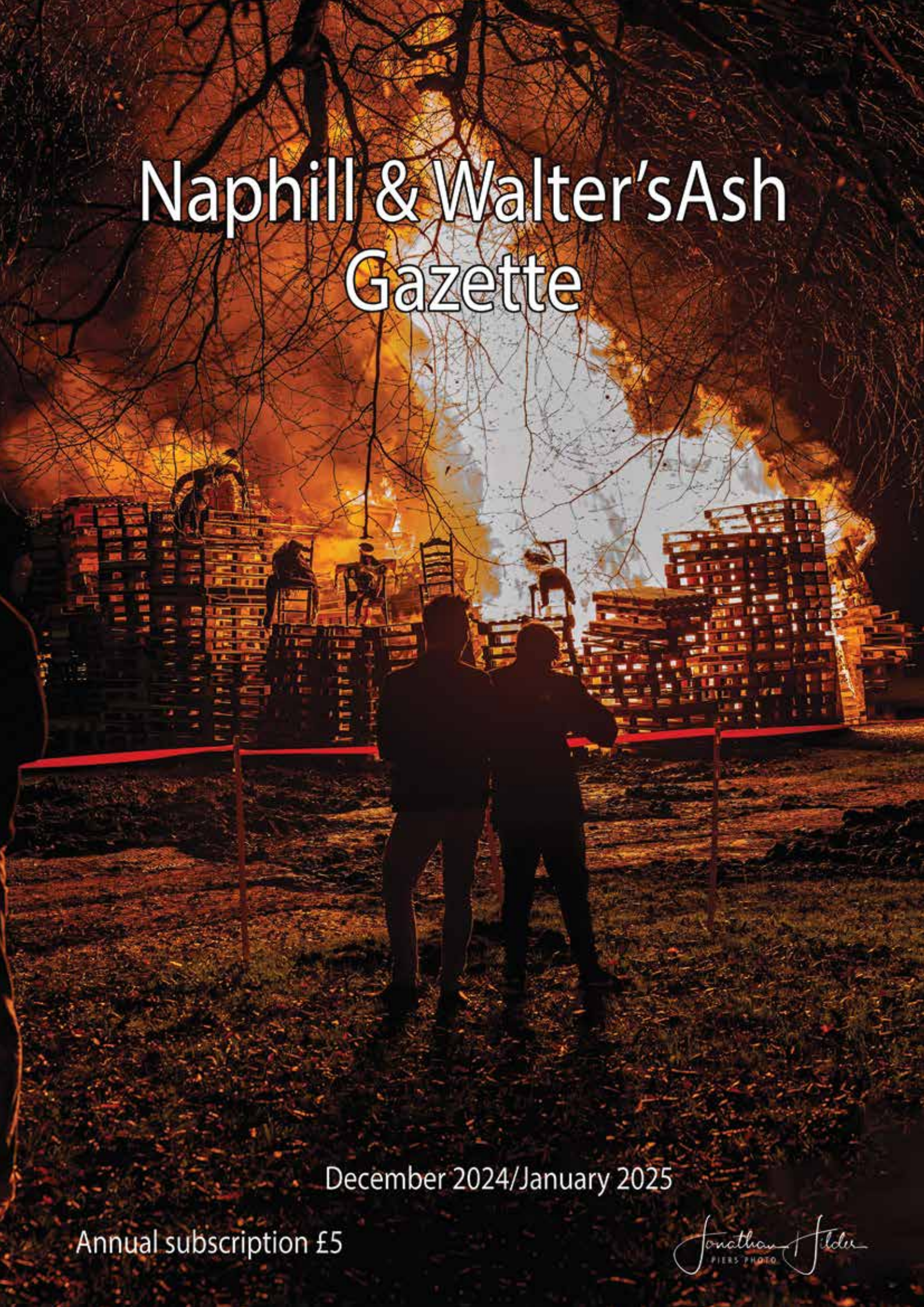




Naphill & Walter's Ash Gazette

December 2024/January 2025

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Merry Christmas and a Happy New Year!

December 2025/January 2026

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Our Local Clubs and Organisation Contacts

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Brownies Naphill & W.A	Caroline Purdom		wabrownies@gmail.com
Bridge Club	Margaret Stagg	01494 530736	
Cubs - Naphill			Groupleader@naphillscouts.org.uk
Friends of Naphill Common	Chris Miller	01494 563707	chairman@naphillcommon.org.uk
Men's Club	Andrew Wasilewski	01494 562770	naphillmensclub@yahoo.co.uk
Residents Association	David Frost	01494 564466	
Naphill Neighbours	Jo Keattch	07802 235578	naphillneighbours@gmail.com
Scouts (Naphill)			Groupleader@naphillscouts.org
Naphill Football Club	Rob McMurray-		Naphill Football Club@gmail.com
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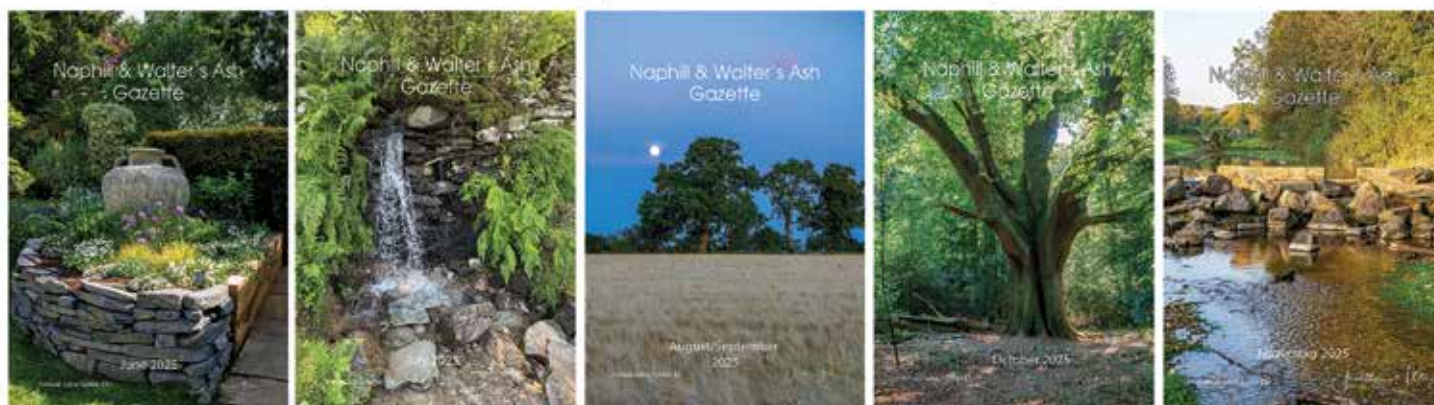
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The 2025 Gazette year is done! Here's to a great 2026!



Copy Date for FEBRUARY 2026 Gazette *12 January 2025*

My thanks to EVERYBODY who has made this another good Gazette year! I couldn't do my job without the backing of my fantastic team, which of course includes the dedicated deliverers, our contributors, our advertisers, our printers and you, our subscribers, there is no Gazette without you all, my thanks to all of you! The Gazette management team met recently and there are some exciting changes ahead, more about these in the new year.

Having young people involved in the Gazette has always been important to me, our school, the scouts, brownies have long been positive representatives for the younger members of our community. It is a joy to report on the positives, so I am especially pleased to include an article from a proud grandma about her grandson, Thomas who was a finalist in the BBC "Junior Chorister of the Year Competition". Congratulations Thomas, a great achievement!

Still celebrating the positive. This month we welcomed our Junior Editor Matilda to the Gazette Team. Matilda joined me here in the office and placed the first of her articles, complete with photos, in this edition of the Gazette! Matilda will very quickly assimilate my limited knowledge and skills and I hope that she will help me to understand the new technology as we continue working and learning together.

The Naphill Firework Display was fantastic as always! Congratulations to the fireworks committee on another great display, I am pleased to be able to share Jonathan's

report and a few of his super photos with you in this special Firework Celebration/ Christmas/New Year edition of the Gazette. I couldn't resist Jonathan's gorgeous "Firework" front cover photograph!

By the time this edition of the Gazette reaches the printer, our special village hall tree will be festooned with its Christmas lights. My thanks to Mike Mason and the "light up team", more about this in the February Gazette. As Cathryn explains on page 7, there are costs involved in running these lights and our donations are needed to meet these.

Our villages have several traditional village events, by the time you read this the Christmas Fayre will have come and gone. I am sure that this will have been another triumph, thanks as always to the organisers. We still have the Carol Service at the village hall, 21 December, to look forward to, an opportunity to meet, greet and look forward to Christmas together!

I can hardly believe how much has been crammed into this Firework/Christmas/New Year edition of the Gazette or how long it has taken me to put it all together. My thanks to everybody who has contributed. The Gazette team join me in sending our very best wishes to you all for a happy Christmas, a good New Year and all the very best for 2026.

Season's greetings,

Sonia





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Naphill Village Hall and Playing Fields Trustee Committee - Chairman's Report

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The monthly committee meeting was held on the 3rd November and 11 committee members attended. Paul Riglar, our treasurer, gave an update on the accounts. Our spending in October included £3760.00 for the roof repairs. A new cooker has been installed in the kitchen as the old one kept blowing its fuse. A quote has been received from the roofer to replace the roof covering at the front entrance. This will cost £1000.00

The firework display was a great success with over 3500 people attending. The bonfire kept them warm and the fireworks display was fantastic, despite a handful of fireworks that failed to ignite. A big THANK YOU to all the volunteers that helped on the day and in the leadup. I would like also to thank all the sponsors for their generosity, particularly Country Supplies. We do try to keep the queues down for the BBQ and bar but with a burger or hot dog being sold every 7 seconds and a drink every 10

seconds, at peak times demand can overtake supply. The fireworks committee is always looking for new members and if you are interested we would love to hear from you. Thanks to heavy rain before and after the fireworks the Crick has become very muddy in places and discussion has begun about installing a grassed over roadway to mitigate this in future.

The lights on the tree outside the hall will have been put up by the time you read this and two of the team are retiring after putting them up for 50 years. So a big THANK YOU to Mike Mason and Mick Leggett for all their work. Climbing the tree when you are 76 is no mean feat!!

Clive Lawrence, Village Hall Chairman

Email me: chairman@naphillvillagehall.org.uk



Naphill Village Hall Christmas Tree Lights

By the time you read this, the Christmas tree outside the Village Hall should be lit up, brightening the dark winter evenings and bringing the usual festive cheer to the whole village at the end of what has been another trying year. They will stay lit until January 5th, Twelfth Night as this marks the end of the Festive Season

We all feel the stresses of the day fade away when we see the tree looking so wonderful on our way home- some even change their route just to admire the tree! Our Christmas tree has brought joy to the community for generations.

The lights are put up and taken down each year by a team of intrepid volunteers, led by Mike Mason and Mick Leggett who have managed to ensure that the lights have been put up in a safe and secure way for a remarkable 50 Years!! They have both decided to keep their feet firmly on the ground after this year and hand the responsibility on.

Insurance and running costs for the lights are usually around £600 per year, but of course this year this will certainly increase! Any repairs required can add significantly to these costs.

If you would like to make a donation to show your appreciation to the team and to keep our tree alight, you can do so in several ways:

- Scan the QR code below
- By going direct to our Total Giving Appeal Page: www.totalgiving.co.uk/appeal/naphilltreelights2025
- By visiting the Naphill Village Hall website (naphillvillagehall.org.uk) and following the link

If every household in the village gave just £1 our costs would be covered, so please give what you can. Any donation, big or small, will be very welcome.

Enjoy the lights and have a very Happy Christmas!

Cathryn Carter



Naphill Neighbours

Naphill Neighbours' November talk was given by John Wilford. It took us through his 30-plus years as a roadie and sound engineer to a manager and a concert production manager. He gave us an insight into his life on the road touring with bands, musicians, celebrities and people that he met along the way.

It began in the mid 60s when he worked in an electrical shop repairing radios and developed an interest in sound, particularly in speakers as a result of the number of Marshall amps he was required to repair. For the first few years he worked as a roadie about which he gave us an anecdote of a gig in Southend where the sound equipment caught fire on stage and the attempts to extinguish the flames resulted in spraying the audience with the fire extinguishers.

From the late 60s, he became full time with various bands including Free, Uriah Heep and Jethro Tull. In the years that followed, he worked with numerous well-known names and he played many extracts of their performances for us. He also talked about the downside of the business, where the managers were the ones who benefited from the careers of the musicians, with many band members only receiving what would be an average wage and not what we would have expected for famous bands. Most bands were getting very little.

He was involved in the sound production of Top of the Pops and explained to us how the so-called live show was in fact replaying the artists' records rather than transmitting the sound of the live performance. He

compared this to the show 'The Tube' where everything was broadcast as it happened on the night. He also gave us background to the notorious Black Sabbath event with the bat where Ozzy Osborne believed he had picked up a toy. His career was not just with bands, but also featured the likes of Shirley Bassey and Tom Jones.

He concluded his talk by showing us how technology had developed over the period of his career where very simple sound mixers of the early days developed to very complex digital systems. For many of us the music was a reminder of our youth.

The meeting was also the AGM, where the ongoing committee was voted in for the next year. One of the long-standing members, Flo Payne, has decided to step-down and was presented with a hanging basket of pansies. She had been a stalwart member of the committee for many years providing an income to Naphill Neighbours by running the monthly raffle. Our Chair, Jo Keattch thanked Flo for her many years of service to the group. Jo also gave the Chair report for the year, highlighting the events that had taken place and talking about the opportunity we had to revisit the history of the group.

Our December meeting will be our Christmas meal together, which this year is taking place at the Hazlemere Golf Club. We are all looking forward to it!

Jan Honey





A Fabulous Naphill Fireworks 2025

Every year, the bonfire on The Crick is a feat of planning, graft, and sheer community spirit. Built piece by piece over several days, it takes a dedicated team of volunteers working behind the scenes to collect, stack, shape, and secure what ultimately becomes a spectacular centrepiece of the night. This year's bonfire was no exception – an enormous construction made safe, stable and ready to light, thanks to the care and commitment of those who gave their time.

We were honoured that the bonfire was lit by Wing Commander Michael Adamson, Station Commander at RAF High Wycombe, who joined us on the night to help officially begin the festivities. A huge thank you to him for being part of this village tradition.

But beyond the flames and spectacle, it's the effort that matters.

- The hours of planning
- The heavy lifting
- The teamwork in the rain, the mud, and the cold.

So to everyone who helped build, manage, marshal, and oversee the bonfire: thank you. Your work gave thousands of people a moment of warmth, wonder, and shared celebration.

Naphill, once again, you made something truly special.

If you enjoyed this year's bonfire and fireworks, please consider joining the volunteer team. Many hands make it possible – and we would love to welcome more.

Jonathan Hilder





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Naphill & Walter's Ash Gazette Advertising News for 2026

The Gazette Committee met last month to discuss next year's rates. We unanimously agreed that due to the increasing financial pressures faced by our local businesses and readers that there would be no increase in either advertising rates or subscriptions. Advertising rates for 2026 are therefore:

Full page colour	POA
Half page colour	£360
Quarter page colour	£190
One eighth page colour	£100
Small ads (text only)	£40

We will also honour the same rates as this year for existing black and white adverts but are no longer able to accept

new adverts in black and white as the gazette is a full colour production and we need to cover as many costs as possible.

Invoices will be sent out very early in the new year.

Our financial year ends on 28th February 2026 and we will share a summary of the position in the first available gazette thereafter.

Hilary Spain - Treasurer

treasurer@naphillandwaltersash.org.uk

If you would like a Gazette advertising space please contact Sonia Goby.

gazetteeditor@naphillandwaltersash.org.uk



Parenting young kids in N&WA - The joy of Christmas lights

Parents often put a lot of work into making Christmas magic for their children, from visits to Father Christmas and panto trips, to special baking projects and sacred Christmas Eve rituals. But there are few things as magical as that moment of pure joy sparked by laying your eyes on Christmas lights. I'm talking about everything from a string of white fairy lights draped over the bush by your front door, to the all-out technicolor displays we get to admire every December throughout our village. I love it all, and every time another family on our regular routes around the village puts out their illuminated decorations, my children are equally enchanted.

One of the most-admired displays is the adornment of the Dilly Knox memorial tree at the Crick. This is funded by the Village Hall coffers, partly thanks the various fundraising events in our community through the year, so it is to be cherished and celebrated. You can also donate directly to help keep this going, via the village hall website, or the QR code on page 9. Thank you to the team who make it happen every year. As is reported elsewhere in this issue,

this year is the fiftieth – yes fiftieth – and final year that Mike Mason and Mick Legget will have been part of the team that pull this off. A special thank you to them.

If you need even more illuminated magic, you can make it a Christmas day out with several famous light displays within reach of here. Waddesdon has a spectacular offering, incorporating amazing projections onto the manor, and Blenheim is another well-established destination with a fantastic light trail. My research suggests that Windsor Great Park and Kew Gardens also offer potential outings to enjoy beautiful displays. Closer to home, Hughenden Manor does not have the large scale outdoor light displays, but the Manor itself is always enchanting at Christmas.

So let's power through the annual dread surrounding tangled strings of fairy lights, and light up our lovely village for the joy of young and old. It really is magic!

Harriet Clark

Assistant Editor





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Bradenham Parish Council Report

Appointment of New Parish Clerk and Responsible Financial Officer

The Parish Council is delighted to announce the appointment of Ryan Bennett as the new Clerk and Responsible Financial Officer. Brian brings with him a wealth of experience in parish administration and local government finance. He will officially take up the position in January. We look forward to welcoming Ryan and benefitting from his expertise as we continue to serve the Bradenham/ Walter's Ash community.

National Trust Discussions

The Council has been considering various issues related to the National Trust and has decided to invite the Senior National Trust Estate Manager to our next meeting. We are preparing a list of questions for the Estate Manager to address, ensuring that concerns from across the parish are raised and discussed.

Parish Council Logo

At present, the Parish Council does not have an official logo. A draft design was submitted at our recent meeting, but it requires amendments. In particular, the new design should reflect not only the village of Bradenham but also those parts of Waters Ash that fall within our parish boundary. We are working to create a logo that truly represents our whole community.

2026 Meeting Dates Agreed

The Council has agreed on the meeting dates for 2026. These will be published in due course, ensuring everyone has the opportunity to attend and participate in local governance.

Risk Assessments and Maintenance

Comprehensive risk assessments have been carried out for all Parish Council assets. As a result, several maintenance works have been identified and will be scheduled to ensure the ongoing safety and upkeep of our community assets.

New Website

We are still working on finding a website that not only meets our legal requirements but provides value for money.

Draft Budget and Community Events

The draft budget for the coming year was discussed, with final approval set for January. One significant observation is that events have not featured prominently in recent budgets. In recognition of this, the Council has agreed to endeavour to become more actively involved in community events. Councillor Mark Honeyben will do some research, find out what local requirements might be and take responsibility for that budget line. We are committed to supporting and promoting local gatherings and celebrations in the year ahead.

Deirdre Hansen - clerk to the Council.

clerkbradenhampc@gmail.co

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

Editorial Comment: *Thank you Deirdre for all your help and support over many years. Enjoy your retirement! We look forward to welcoming Brian in the New Year.*



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May I begin by wishing all readers a very Merry Christmas and a Happy New Year.

As we look forward to Christmas, I want to take a moment to thank everyone who works so hard in Naphill and the wider Mid Buckinghamshire constituency area, particularly our volunteers who bring support, relief, and cheer to so many others. The spirit of community here is so strong and something to be incredibly proud of.

Something I really urge everyone to think about as we all start buying presents and preparing for the festivities, is to support our local Buckinghamshire shops and businesses. The online mega-shops may be convenient, but the independent shops that bring cheer and character to our Bucks highstreets are under incredible pressure. If we don't use them, we

are at great risk of losing them. Likewise, our pubs, cafes, restaurants, and other hospitality venues find themselves on a precipice, facing punishing tax rises and costs of employment whilst trade dwindles. They need us more than ever before – so whilst I know times are tight for many, do consider popping down to your local for a pint or glass of wine or dinner. It will help maintain the spirit of our wonderful area and save jobs.

2026 will bring many challenges in Bucks, including housebuilding targets - a potential threat to our beautiful countryside - and fire service cuts that could take away vital emergency cover. I will never give up on fighting for Bucks and standing up for what is right for our area.

But for now, let us first celebrate Christmas, decorate the tree, overeat mince pies, raise a glass (or two) and prepare for the year ahead. Merry Christmas.

Greg Smith



Naphill Remembrance Sunday Service 9th November 2025

The annual Remembrance Sunday Service took place on 9th November 2025 at Naphill Village Hall.

The hall was filled with people of all ages, with a particularly strong presence of children seated at the front in their respective uniforms. They behaved impeccably, were fully engaged throughout, and were a real credit to their clubs and families.

Wing Commander Michael Adamson, Station Commander for RAF High Wycombe, attended alongside numerous current and former service personnel. The service was led by RAF Padre Reverend Jonathan Stewart, the Station Chaplain, who delivered an engaging and heartfelt address — his first Naphill Remembrance Service since returning home to RAF High Wycombe.



At the close of the service, the congregation gathered around the Commemorative Stone, where numerous wreaths were laid in memory of the fallen.

A heartfelt thank you to everyone who gave their time to make this event possible, especially those who were heavily involved in the Fireworks event the night before, and for the quick turnaround and tidy-up to have

everything ready for the Remembrance Service just a few hours later. I'm pleased to report that £249 was raised through the collection for the Royal British Legion's Poppy Appeal.

Wishing you all a Merry Christmas and a Happy New Year.

Pete Dalby





Naphill and Hughenden Scout Group

Whilst the long summer evenings are well behind us, this has not stopped the Scouts, Cubs and Beavers of Naphill and Hughenden taking part in a wide range of activities and community events over the autumn period.

Some of the highlights include a 15km group autumn hike from Coombe Hill near Wendover back to Naphill, evening and weekend activities at the PACCAR Scout Centre near Chalfont St Peters, trampolining and bowling in High Wycombe and visits to the local fire station.

The groups have also engaged with local community events including the Naphill Fireworks display and Remembrance Day. You might have spotted the Cubs' "Guys" atop of the bonfire at the Fireworks display as well as a significant attendance at the Remembrance day service and wreath laying.

The team are planning a busy programme for next year, with two group camps already booked, as well as many other activities.

We are delighted to welcome Adam Bruerton to our team of leaders. Adam has taken over the Scout Group leaders role from Chris James. Many thanks to Chris for leading and growing the Scout Troop over the past few years.

We are the largest Scout Group in the district with over one hundred young people regularly attending, and others wanting to join. We want to continue growing, but we need more help and adult leaders and volunteers. Volunteering does not only benefit our young people but is also an enjoyable and rewarding way to do new things and make new friends. If you have children who would like to join Scouts or you would like to volunteer, please contact: groupleader@naphillscouts.org.uk

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Friends of Naphill Common Report

Common

Last month, I commented on the exceptional year we've had for fruit and berries. I hope (for those who like to decorate their homes with the 'real thing') that this will also apply to holly. Holly is one of the small minority (~6%) of flowering plants that have distinct males and females. The botanical term for this is "dioecious", which may come in useful if you play Scrabble, and (of course) only the females produce berries. But most holly reproduction is vegetative (asexual), with new trees springing from their extensive root systems, or even where a low branch touches the soil – and the majority of the holly bushes on the common are male, which therefore carry no berries.

Our junipers are also dioecious, and the new saplings we planted in 2016 and 2017 were in groups of three, with a female plant in the middle and a male either side. The females are carrying plenty of berries.

AGM

Our AGM will take place on Friday 23rd January 2026 at 7:30pm in the Village Hall. There will be a talk given by local Vaughan Ward on the "Long March" undertaken by allied Prisoners of War in 1945. Vaughan explains:

"In Jan/Feb 1945, most Germans realised the war was lost. The High Command were fearful that Churchill, Stalin and Roosevelt were insisting on an unconditional surrender. So the Germans, knowing that the Soviets were closing in on the territories wherein allied POWs were held, came up with the idea of moving the POWs westwards into central Germany so as to use them as 'bargaining pawns' with the western allies. But it was a very tough march for tens of thousands of underfed prisoners in the coldest winter for decades."

FoNC Working Parties

If you wish to join in with either of our weekly working parties, on Tuesday and Thursday mornings, our website (where our walking and other activities are also listed), has all the contact details:

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

Because both working parties are dependent on the weather, it's always best to check with the organisers before setting off: Tuesdays – Peter Davis (HW 569303); Thursdays – Ron Collins (HW 562240).

Walks

Our monthly walks – one of around an hour led by Chris Miller at 10:30am on the first Wednesday of each month, and a longer walk (roughly 2 hours) led by Ron Collins at 9:25am on the third Monday – continue to be popular.

Chris Miller

Chairman



AGM



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Hughenden Parish Council – Update

Hughenden Parish Council

As the colder months arrive, Hughenden Parish Council remains focused on key priorities — from planning and biodiversity to road safety and community engagement.

Bereavement Café – A Space to Talk

We continue to host the Bereavement Café at the Parish Council Office on the second Monday of each month. It's a warm and welcoming space for anyone experiencing loss — whether recent or long ago. The café offers a chance to talk, listen, or simply be among others who understand. No booking is needed, and refreshments are provided.

Buckinghamshire Local Plan – Parish Council Response

The consultation on the new Buckinghamshire Local Plan closed on 29th October. The Parish Council submitted a formal response, focusing on local constraints, infrastructure, and community priorities. You can read the full response on our website: www.hughenden-pc.gov.uk

Understanding Our Parish – Census Insights

Did you know Walters Ash is the most religiously diverse part of the Parish? Around 10% Hindu and 4% Buddhist, alongside a strong RAF presence, make this area unique. It also has the highest percentage of under-16s and the lowest proportion of over-65s, shaping how we plan services for families and young people.

Looking Ahead

As we move into 2026, the Council continues its work on biodiversity, developing its strategy when responding to planning, preparing for seasonal maintenance across our open spaces and starting work on the 2026/27 budget

If you'd like to get involved, share feedback, or learn more, please visit our website, contact the Parish Office, or speak to your Ward Councillor. We're here to serve the community — and your voice matters

Season's greeting and best wishes for 2026.

Hughenden Parish Council

www.hughenden-pc.gov.uk

Naphill & Walter's Ash Councillors

Cllr Raheel Khan – raheel.khan@hughenden-pc.gov.uk

Cllr Usha Prashar – usha.prashar@hughenden-pc.gov.uk

Cllr Lee Anderson – lee.anderson@hughenden-pc.gov.uk

Cllr Richard Wilding – richard.wilding@hughenden-pc.gov.uk



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Our monthly lunch is on the 3rd Wednesday in the month at the Spindle and Thread 12 noon for 12.30pm.

Please contact Susan on 07880 519323 to book a place.

The Social Afternoon takes place in the back room of Bon Ami on the 4th Monday each month 2-4pm. No need to book, just come along. Up coming meetings below:

Spindle and Thread lunch

- 17 Dec (our Christmas celebration) then- 21 Jan

Social Afternoon -No Dec meeting, next 26 Jan



Not from the Vicarage - *Merry Xmas*

Being a vicar has many advantages, but one disadvantage is that we can never get away for Christmas. The festive breaks at stunning alpine locations, quaint country house hotels or Caribbean cruises don't even qualify as a pipedream for us. Except once. My husband was on sabbatical (so had no Christmas duties that year) and I wasn't yet ordained, so we decided to accept my brother-in-law's long standing invitation to spend Christmas with him – in Malaysia.

We arrived just before Christmas and were quickly welcomed into his home and the wealthy ex-pat community that he was part of. There then ensued an exhilarating whirl of parties and trips to the local highlights. The homes we visited were magnificently decorated, often with multiple trees and specific themes. Food-wise, the parties were all pretty much the same – the English ex-pats prided themselves on providing 'proper' English treats for their guests, so at almost every gathering, we ate pork pies, sausage rolls, iced gems and traditional iced Christmas cake (fortunately, I do not have a gluten intolerance!).

The malls were an experience – Malaysia is officially a Muslim country, but with so many international brands operating within them, the mall managers embraced the festivities (and marketing opportunities). This was Christmas on steroids, with massive glitzy trees, sparkling snowflakes, fairy lights decorating anything that didn't move, professional dance shows, sentimental Christmas muzak, 'snowy' villages and mountain landscapes, plus photo ops with Santa and his elves.

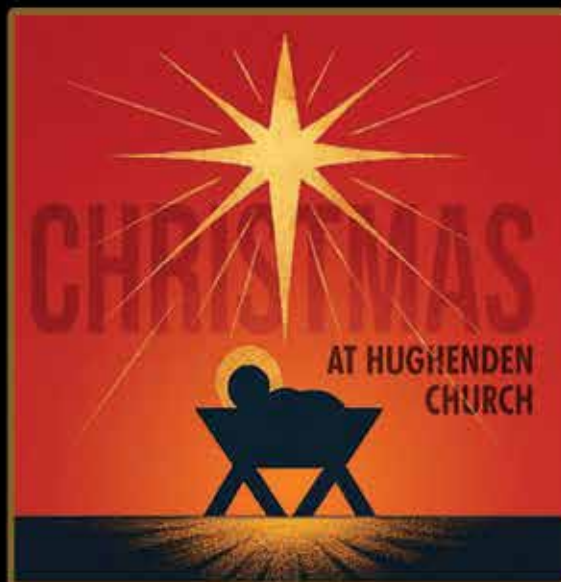
On the big day, after opening the mountain of presents that almost engulfed the main tree, we all sat round the table in the outdoor dining area and had a full-on traditional Christmas lunch (in spite of sprouts costing a small fortune to acquire). I drank champagne swimming in my brother-in-law's private pool at 8pm on Christmas evening – *carpe diem* – there's some things one just has to do. It was memorable, different and fun.

Christmas Day was followed by more parties and by now we had made some friends, so looked forward to furthering our acquaintance with those we had met earlier. We embraced the staple diet of porkpies, sausage rolls and cake and vowed to go on diets when we returned home. At one such party, I overheard a slightly drunken guest say to another 'So what the *!£# have the past two days been about?' I longed to tell them, but couldn't really butt in on an overheard conversation.

In fact, those past few days had been about celebrating Xmas. Originally, Xmas was a shortened way of writing Christmas, X representing chi, the first letter of Christ's name in ancient Greek. What we experienced was some of the many things X can also represent, but little chi. For the drunken guest, the festivities had been devoid of any real meaning, an empty, expensive opportunity for what? When we take Christ out of Christmas, we remove the heart of the celebration and there is nothing to celebrate.

Enjoy your Christmas celebrations, but remember that at their heart is the birth of Jesus – the 'reason for the season'.

Rev Jenny Ellis



CHRISTMAS EVE

2.00 pm - Pop-up Nativity Service

A special service for younger children. Learn more about the birth of Jesus in an interactive and welcoming service. *We encourage everyone, young and old, to come dressed as your favourite nativity character!*

3.30 & 5.00 pm - Family Carol Services

A service for all ages with carols and bible readings by candlelight. Pick the time that suits you.

11.15 pm - Midnight Communion

Welcome Christmas Day in church, as we celebrate the birth of Jesus Christ together, with choir-led singing.



CHRISTMAS DAY

9.00 am - Choral Communion

A traditional choir-led service with choral anthems.

11.00 am - Family Communion

A lively family service with a worship band leading contemporary music and traditional carols.

CHRISTINGLE SERVICE 14th Dec - 3.00 pm

A service that tells of the importance of Jesus Christ through the symbolism of a Christingle.

CAROLS AT NAPHILL VILLAGE HALL

21st Dec - 3.00 pm

A service at Naphill Village Hall for the community to come together, to celebrate, and to sing.

NINE LESSONS & CAROLS

21st Dec - 6.00 pm

Experience the Christmas story, told through nine bible readings and traditional congregational carols as well as choir anthems.



HAPPY CHRISTMAS





Saint Michael & All Angels Christmas Church News



The Church is well into the Interregnum (the gap between one vicar leaving and the 'new' one being appointed and taking up the post) and so far, so good. On the 28th October, the Churchwardens and PCC met a representative of the Oxford Diocesan Board of Patronage, which is the body of the Diocese of Oxford ultimately responsible for the appointment and preparation of the Parish Profile, which is the essential part of the "job description" and "person description" for potential candidates which is in the course of preparation.

The Oxford Diocese guidance describes the Parish profile as the 'shop window' of your parish and states: if well drawn up, it will greatly help potential candidates discern whether or not to apply for the post. Then guidelines suggest that the profile should aim to give a flavour of the real character of the church and its activities and the specific gifts the incumbent would need to have, rather than trotting out what would probably be a rather formulaic list of 'standard' requirements. The guidelines encourage the use of photographs: presumably on the basis that every picture tells a story.

Members of the church have been invited to contribute thoughts and will be involved in the further preparation of this document.

The appointment process is further prescribed by law, involving particular meetings and who should attend them, which is probably unlike other appointment processes readers may have been involved in. However, there are equivalents to the "person specification" and "role specification" that are common.

The process usually takes 9 to 12 months, but this does not mean 'nothing happens' in the church in the interim. Indeed, it is a real opportunity to look to the future, whilst still honing what has been achieved.

Naturally, we are looking in the short term at Advent and Christmas. The full range of services that we 'normally' offer will take place, and the details are included here. Additionally, those in the parish (which includes all of Naphill) may well have received their personal Christmas leaflet, hand delivered to every home in the parish, before this magazine is printed.

You will be welcome at any of the services as we come together to remember the essential message of Christmas: one of love and peace in this increasingly stricken world.

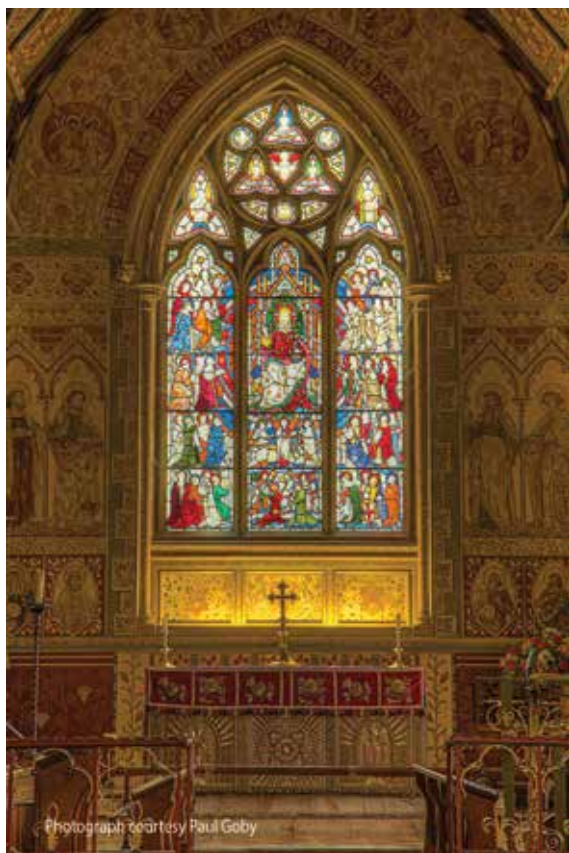
May YOUR Christmas and New Year be full of joy and harmony.

Jane Tyrer





Saint Michael & All Angels A Christmas Message



Photograph courtesy Paul Goby

Poet Christina Rossetti wrote two beautiful carols: 'In the Bleak mid-winter' and 'Love came down at Christmas'. For me, that second title 'Love came down at Christmas' captures both the simplicity and profoundness of what happened that very first Christmas morning.

Out of love for creation, God the creator chose to break into human history. Laying aside Godly majesty, God came to earth in the form of a vulnerable human baby, Jesus Emmanuel – God with us. He came to the most vulnerable, for the most vulnerable. God didn't come on a whim – this was a rescue mission planned from before time began. Jesus' arrival is promised throughout our Old Testament scriptures. John the Baptist shouts from the desert – prepare your hearts! When the right time came, Hosts of angelic angels declared his arrival – shepherd and kings welcomed Him in awe and wonder.

Jesus arrives with a simple invitation for us to accept God's unconditional love and to recognise the mess we're in. To welcome God's love and to allow God's love to change and equip us to be the people we are created and called to be. A people who love-deeply.

As we move from Christmas to the New Year, I wonder what 2026 will hold for each one of us, for the life of St. Michael & all Angel's church, and indeed, the life of the world? There always feels something slightly strange about stepping over the threshold into a New Year. None of us can know for sure what it will hold – what joys, sadnesses, challenges and delights. One thing for sure is whilst we do not know what the future holds, we can know the One who, in his love, holds the future, right there in His hands. As the words of the poet Minnie Louise Haskins put it:

And I said to the man who stood at the gate of the year:

"Give me a light that I may tread safely into the unknown."

And he replied:

Go out into the darkness and put your hand into the Hand of God. That shall be to you better than light and safer than a known way."

We have a variety of different Christmas services running up to the big day and hope you can join us for one or more of them: an opportunity to celebrate God's amazing rescue mission together.

May you know God's love this Christmas, and in the New Year to come.

Revd. Helen Peters

Associate Minister St. Michael's Hughende

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helen.peters@peters-research.com

**Chris Coyston** - Children & Families Minister
Mobile: 07772 642393
chris@hughendenparishchurch.org.uk

PARISH OFFICE
Monday, Wednesday, Friday:
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office@hughendenparishchurch.org.uk
07928 536543

CHRISTMAS CHARITIES
All donations at our Christmas services will be given to these three charities:
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www.embraceme.org
A Christian charity working to help marginalised and vulnerable communities in the Middle East.
Children's Society
www.childrenssociety.org.uk
A national charity working to transform the hopes and happiness of young people facing abuse, exploitation and neglect.
OneYMCA
www.oneymca.org
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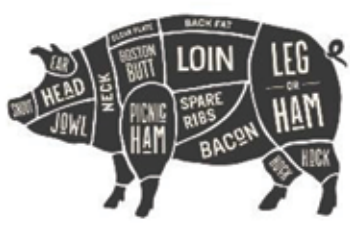
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Scar Therapy: Restoring Comfort, Movement and Connection

Every scar tells a story — of healing, surgery, injury, or change. But even after the surface appears healed, the tissues beneath can remain tight, sensitive, or restricted. Scar therapy helps to restore comfort, mobility, and awareness to these areas, supporting both physical and emotional wellbeing.

What is a scar?

A scar forms as the body repairs tissue after injury or surgery. The new collagen fibres create strength and closure, but they often form in a more rigid, less organised way than the surrounding tissue. This can lead to tightness, pulling sensations, numbness, or tenderness — sometimes even affecting posture or movement patterns elsewhere in the body.

How does scar therapy help?

Scar therapy is a gentle, hands-on treatment that works directly with the scar and the layers of tissue beneath it. Through light touch, lifting, stretching, and softening techniques, the therapist encourages the tissue to regain movement, glide, and elasticity.

Treatment can help:

- Soften and smooth the scar tissue
- Ease tightness, pulling or discomfort
- Improve movement and circulation
- Reduce sensitivity, numbness or tingling
- Enhance body awareness and connection

Scar therapy is suitable for scars from open or keyhole surgery, accidents, burns, or medical procedures — even many years after they've formed.

More than skin deep

Scars are part of your story, and the body often holds memory in the tissue. Releasing restrictions can sometimes bring an unexpected sense of ease or emotional relief. Many people describe feeling more “at home” in their body after treatment.

Supporting your healing

You can support your recovery by:

- Gently massaging or moisturising healed scars (when advised)
- Moving regularly to keep tissues supple
- Eating a balanced diet and staying hydrated
- Giving your body time and kindness as it continues to adapt

How to get help:

Whether your scar is new or long-healed, treatment can help you move with greater ease and reconnect with your body's natural flow and confidence.

- I offer Scar Therapy sessions and advice at The Rosebine Clinic in Naphill therosebineclinic.co.uk
- Look at the national Restore Scar Therapy Directory: restorescarttherapy.com
- You can also learn about opportunities for free scar therapy sessions through Restore at restorescarttherapy.com/free-treatment.

If you have questions, please get in touch:

Clare Goddard

The Rosebine Clinic
clare@therosebineclinic.co.uk
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Naphill & Walter's Ash Gazette welcome their Junior Editor!

Let us introduce you to Matilda Waters, a talented, sports-mad young lady who has lived in the village since she was just six months old. Now a student at Wycombe High School, she's currently tackling an impressive ten GCSEs — but that's not all she's taking on!

Matilda has volunteered to join the Gazette team as our Junior Editor for the next few months, as part of her Duke of Edinburgh Award. Sonia and I are absolutely delighted to welcome her aboard — not least because she'll help lower the average age of the editorial team rather dramatically!

Passionate about all things sport, Matilda plays football in Risborough, as well as rugby, badminton, and athletics. She's keen to connect with local clubs and teams, so if you're involved in village sport, she'd love to hear from you. Inspired by the recent successes of women's sport on the world stage, she's eager to explore how that energy and enthusiasm can flourish right here in our community.

Alongside her sporting interests, Matilda has a love of nature, writing, and local natural history, making her the perfect person to bring a fresh, youthful voice to the Gazette. She'll be developing her own feature section over the coming months — so if her story inspires you to get involved, or if you have something you think she should cover, we'd love to hear from you.

We'll do our best to keep her busy — but not too busy — so she can still focus on those GCSEs before, one day, her fascination with rural Japan leads her to chase the cherry blossom and the country's breathtaking landscapes.

To get in touch:

Sonia Goby
editor@naphillandwaltersash.org.uk

Jonathan Hilder
deputyeditor@naphillandwaltersash.org.uk



Hello from our Junior Editor

Hello, my name is Matilda and I cannot wait to start writing for the Gazette!

From as early as I can remember, a pen in my hand and a sheet of paper in front of me meant entertainment for hours. How the words could fall so meaningfully together has long been a fascination of mine, and so when the opportunity to volunteer arose, I knew exactly what I wanted to do.

My exciting new role will mean that I'll cover everything for the youths of the village, perhaps showing a side to things that wouldn't have been shown before. I hope this will bring in many new readers to the Gazette and inspire them to be active in this wonderful community!

So far, I have been shown nothing but kindness from the more experienced volunteers. I can truly see how their passion for the Gazette keeps it as enthralling and eye catching as it always is, and I feel so blessed to be a part of this fabulous operation.

This opportunity is like no other and so I hope that I can live up to the incredible build up that I have had.

Thank you to everyone who has made it as easy as possible to settle into the superbly run Gazette and I look forward to seeing my first article in print!

Matilda Waters





Remember, remember the fifth of November. Gunpowder, treason and plot."

These words have echoed down the generations for centuries, and with them comes a rich history of celebration and community. This year, Bonfire night was honoured with the truly special occasion of the annual Naphill fireworks.

Attended by many, this event was truly an unforgettable night. Highly anticipated within the village, it is often regarded as a day to look forward to by many. Every year, I walk down to the crick with my family to watch the show and it was simply incredible to see just how many were amongst us in making the trek down! In fact, this year I was joined by two locals, Mia and Nova, in my visit and they kindly gave me a few words on their experience: "It had a great social aspect." Mia said, "Food and drink were provided and it was excellently catered to family."

Nova followed on quickly, "It was amazing! It was so well set up that I could entertain myself just with my friends whilst enjoying amenities."

These words show how strong the community really is at the event, how everybody comes together to appreciate the true beauty of the night and bond.

At 5:30, the bonfire was lit in what can only be described as an elaborate manner, surrounded by the joyful cheers of many. It burned high and bright for the remainder of the evening, it's warmth reminding some to take off mittens, I'm sure! But after a few hours filled with some incredible covers by an extremely talented band, it came the main event. Breath was swept away in the cool night's breeze as the fireworks lit up the sky with their brilliant array of shining golds, greens and reds. The show began magnificently, exploding into a spectacle of wonder almost immediately, before its crescendo into a blinding glow of tiny jewels that shone proudly, framed against

the darkness of the night and overpowering the stars that had come out to play for this special occasion. I heard gasps and remarks of admiration all around me as it just kept getting better. Not even the attending babies dared to break out into their usual cries as they were shown the sight of their tiny lives. I find often that firework shows can be overdone and drone on for just a little too long, but as if they sensed our waning warmth, the fireworks dulled and we were all left with a smile tugging at our lips and wonder at the forefront of our minds. And thus, it was over, as a quaint little sign spelled simply, "Good night," a vast sea of applause broke out as the last fireworks sang their booming thanks and hundreds flooded out of the field, waved goodbye by the cheery volunteers that truly make the event what it is!

Overall, such a cold and dismal November evening was completely transformed by this annual spectacle. Doing wonders as it "unites us through generations in the community," as Mia insightfully commented. Again, I was astounded at the attendance and I believe that we should not take for granted such a heartwarming occasion that graces us every year! The few complaints that I found was that "Food and drink could have been moved away from the entrance due to overcrowding," which, despite its dampening tone, really does highlight the strong spirited nature of residents and just how many showed up.

And so, as some start preparing Christmas decorations, we are reminded just how lucky we are to be where we find ourselves, surrounded with such joy and pleasure to lighten ourselves as the evenings draw dark and dim. Happy Bonfire night!

Matilda Waters





Learning about Naphill FC's U12 girls

Established in 1994 by Clive Rowland and Bob Hatherway with the idea of accessible football for the local children, Naphill FC has gained significant momentum since its founding, even earning cup and league victories throughout the years. This inspirational aim is one that I believe has been firmly accomplished.

In 2019, a new club committee was founded, with a goal of further growing and adapting the base laid out 31 years ago. Now, over 130 children play football at the club, including the eighteen under 12 girls that I visited at their weekly training session!

It was a truly wonderful opportunity that I leapt to instantly when I was invited to come to their session, and I was welcomed thoroughly upon arrival. The girls seemed engaged with the incredible coaching on offer as they were given words of motivation and enthusiasm, as well as excellently personalised advice when they had the ball at their feet. The endurance-centred warm up demonstrated just how focused they truly were, not one of them giving up during the run, but pressing on and showing their sheer determination. Overall, the training was incredible to watch. When asked for a few words, the players told me that Naphill FC was pushing them to be the best footballer that they can be, and that the team provides excellent social aspects and increased confidence, once again showing the value of the club.

This group of girls is certainly one to look out for. Not only are they a full and regularly attending

squad with a waiting list showing high demand, but, sitting at Division 4, they faced a Division 1 team in the County Cup competition not too long ago and ended up defeating them to move onto the quarter finals! An incredible achievement that I would like to congratulate the whole team and coaches on, especially since they also sit high at the top of the table and haven't lost a game so far this season.

Naphill's U12 girls are also supported incredibly well by village residents with entirely community-fundraised, championship-level goals sitting proudly at the end of their field for the whole club to use. Popular local Instagram and Tiktoker Leanne Page (@Leanne_Page_) also supports their efforts with sponsorship of their kit.

As they progress through the County Cup, in a world where everything costs, the girls' (and those of many other Naphill teams spanning from reception to sixth form) games are entirely free to watch. Young players more than anyone thoroughly appreciate all support given. So if you ever have a Saturday free, I highly recommend treating yourself to one of their matches on the Crick. I have even been assured there are bacon sandwiches available!

With thanks to Rob McMurray, for interview questions and an invitation to a lovely night of training, and to the coaches and U12 Girls.

Matilda Waters



Shear Madness



With a heavy heart I need to tell you that very sadly we had to have Zak our Shop Dog put to sleep at the end of last month. He's been a shop Dog for the last 16 years, he used to know everyone who came into the shop and exactly who was carrying treats, many of those have now passed, Mrs M for instance, she used to give him a biccy from her tin at home, usually a custard cream and Dianne who always asked permission to give a healthy treat. We shall all miss him terribly.

Sadly, Julian, our village postie for the last 31 years is retiring! He said he didn't want a fuss and just wanted to slip away quietly, NO CHANCE ! Matt has organised a farewell at the Black Lion on the 12th December 4pm-6pm it would be great to see you there, we will present him with his card and donations.. nearly £1000 ! He definitely is well loved by us all.

So I've taken enough of your time. Wishing you all an amazing Christmas, make memories, take time out, relax and enjoy. Let's do it all again next year

Love as always

Mandyx



Valley Players

By the time you read this article, our 2025 Panto season will be nearing its end and Valley Players members will be taking a well-earned Festive break - Oh yes we will!

We will report on " Snow White " in another issue but we are now looking forward to forward to 2026 and celebrating our 10th anniversary year. Yes Valley Players have been enthusiastically entertaining the local population with a diverse range of productions for a decade. From the traditional to a bit off the wall, we've always kept the audience in mind, giving the best effort to put on the glitz, comedy and sometimes tragedy. Our band of players have been variable, we have welcomed and lost lots of talent but always with a feel good factor!

We would like to invite you to celebrate with us on Friday March 6th in Hughenden Village Hall with a birthday party! There will be some Shakespeare, Cabaret and a revisit to our first panto, Dick Whittington. Plus cake, fizz and light refreshments (bring your own tippie). Tickets (£5) will be on sale from February 14th from our website or Ticket Source.

For 2026, we have planned a full year of productions, More news on this next year!

Andrew Pitman (Chairman, Valley Players)

CELEBRATE WITH VALLEY PLAYERS IN '26!

2026 IS OUR 10TH ANNIVERSARY AND WE ARE PLANNING SOME SPECIAL EVENTS WHICH WE HOPE YOU ALL WILL BE ABLE TO JOIN IN.

SAVE THE DATES!

10TH BIRTHDAY PARTY AND CABARET :

FRIDAY 6TH MARCH AT HUGHENDEN VILLAGE HALL

EVERYONE IS WELCOME TO ENJOY A PARTY ATMOSPHERE WITH A CABARET INCLUDING SOME SHAKESPEARE AND A REVISIT OF OUR FIRST PANTOMIME - DICK WHITTINGTON PLUS HOME GROWN TALENT! TICKETS WILL BE £5 TO INCLUDE FIZZ, CAKE AND LIGHT REFRESHMENTS (BRING YOUR OWN TIPPLE).

ON SALE FEBRUARY 14TH FROM OUR WEBSITE AND TICKET SOURCE.

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If you would like to be part of Valley Players, on stage, backstage, FoH or anything you are welcome!

Please email Andrew Pitman -
contact@valleyplayershughenden.co.uk



Congratulations Thomas - Junior Finalist in BBC Young Chorister of the Year

Naphill resident and Royal Grammar School student Thomas was recently one of three junior finalists in the televised BBC Young Chorister of the Year competition. Those of you who regularly watch the BBC Songs of Praise may have already seen Thomas in both the semi-final and final when they were broadcast in October.

Thomas won his place in the final with a performance of the hymn 'How Shall I Sing that Majesty?' at the semi-final. Judges Gareth Malone, Michelle John and Harry Bradford were very impressed, praising his energy, phrasing, diction and 'bright beautiful sound'. They admired his 'beautiful sense of musicality' and commented that 'the top notes were glorious'.

In the final, he sang 'Panis Angelicus', and the judges particularly loved his top registers and 'beautiful sense of musicality'. They remarked that 'he understands the music and knows how to communicate' and called him 'just such a natural singer', saying that 'there was something so beautiful about the space he created'.

Talking to the Rev Kate Botley before his performance, Thomas related how he has been told he sang a lot from an early age, and the programme showed some charming clips, including three-year-old Thomas singing 'The wheels on the bus' to his baby sister Ophelia, and a primary school performance of 'Who will buy?' from Oliver! They also chatted about his other interests, particularly Greek mythology (he named one of his kittens after Greek goddess Nyx), reading and science.

Thomas is a Year 9 student at Royal Grammar School High Wycombe, where he studies singing with Natasha Marsh. He has had many opportunities to perform since joining the school, including singing evensong several times in Oxford with the Chamber Choir, and being a soloist in the Chichester Psalms by Bernstein at the RGS concert in April last year. He also performed Handel's Eternal source of light divine at the RGS Carol service last December.

In May this year, he participated in the recording of 'London Town: a choral celebration' by Sir John Rutter, as part of Taplow Young Voices. This was alongside the Cambridge Singers and the Royal Philharmonic Orchestra, with John Rutter himself as conductor. In Spring 2024, Thomas won the Gwyn Arch Young Singers' competition for the 10-13 age category. He performed in the winners' concert with the Reading Male Voice Choir and later at their Christmas Concert at Reading Minster.

Thomas also studies piano and viola, and his interests away from music include chess and Dungeons and Dragons.

You can see Thomas in action by catching up on the episodes of Songs of Praise on BBC iplayer.

Jan Honey



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In Golden Time Plus, there's an activity for everyone as the selection is varied each half term. Some of the activities have been: Karaoke - an opportunity for children to sing out loud all of their favourite songs with friends; Den Building- getting warm and cosy; Seasonal craft - fun for all ages and a calming experience; Movies (what better way is there to relax than watching a great movie with your friends?!); Sports – for those who love to be active, and even Harry Potter themed activities – where magic meets the real world! We've had some really unusual options too, such as Mocktail-Making, Hairdressers, and Beach Party!

In addition to this, weekly Golden Time is a treat at the end of the week where pupils enjoy activities like games, art, or extra play if they have behaved well. Alongside this, house points also structure our school. Every student belongs to a house and can earn house points - each and every house point matters as at the end of the term, the winning house will get 20 minutes extra playtime! Together, Golden Time and house points encourage children to work harder, do their best, support their fellow pupils and enjoy rewards.



Gordon the Birdman

It seems as though butterflies, at least locally, have had a remarkable change of fortune after a disastrous 2024, with a record equalling 21 species recorded in the garden. One, a Green Hairstreak recorded on May 14th was new to the all-time records but it will not be known until next spring if this trend has been replicated nationally. Green, Brown and Purple hairstreaks are probably more common than is generally realised, as living most of their lives high in the tree canopy, they are hard to spot and identify, but most reasonable size woods south of the Wash will be home to at least one species. One oddity was a White Letter Hairstreak recorded along the hedgerow near the Umbrella Tree. Odd, because this species go through their whole life cycle exclusively on various species of Elm trees and I am not aware of any in this location.

It is now 30 years since the BTO set up Garden Birdwatch. This relies on thousands of volunteers to better understand how, when and what birds and other wildlife use gardens. So what ecological purpose do gardens serve for wildlife? Because gardens are privately owned, understanding their ecological value was somewhat vague and elusive. So, to compliment their garden breeding bird survey a form was devised listing the 40 species of birds most likely

to use gardens. Submitted either on paper or now online this is filled in showing the maximum number of each species seen each week, zeros included, and submitted each quarter. A second and third form following the same formula are filled in by the volunteer showing species seen but which are not on the Common Bird Form. These are submitted once a year. We now know that far more Siskins, Coal Tits and Goldfinches as well as Badgers, Fox and amphibians are utilising gardens than 30 years ago. The data is also used to monitor changes in the distribution of invertebrates. Various species of bumblebee are increasingly active all year while others are expanding their range northwards within the UK, others are colonising from the south. The Tree Bumblebee, first seen in a garden in 2007 is now widespread. The Long Tail Blue butterfly bred here in 2013 and can be seen in most counties on the south coast. The Southern Small White was first recorded in the UK this year.

Gordon.



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We need trace elements from the food we eat. There are no fewer than 92 naturally-occurring elements found in nature, ranging from aluminium to zirconium. Also, in the soil there are around 10,000 different compounds of those elements, for example calcium carbonate which combines calcium, carbon and oxygen. These elements and compounds are also present in the sea, and since we originated in the sea one could say that those elements and compounds form part of our natural environment – and form part of our natural diet.

Nutritionists have identified some of the 92 elements which are vital to human health. For example, a deficiency of selenium can trigger cancer, arterial disease and arthritis. There are no early warning signs. The recommended daily intake is 150 micrograms yet the average intake in Western countries is only 35 micrograms. Selenium is found in nuts, garlic, onions, tomatoes, broccoli, asparagus, horseradish, mushrooms, seeds, soya, wholemeal flour, lettuce, eggs and good quality vegetable oils, so there is plenty of scope for eating adequate amounts. Too much selenium however, as is the case with many trace elements, is a bad thing and can lead to selenium toxicity. So there lies a warning – if you believe you may be suffering from a deficiency of a trace element, consult your doctor rather than rush out for food supplements. Eating a balanced diet, including fruit and vegetables which contain the essential trace elements, is the best way to ensure you have the right balance between famine and feast of trace elements.

It should be mentioned here that the role of most trace elements and compounds in human health is not yet known. Beryllium, germanium and tungsten – what is their role? They are probably important but we simply do not know. With future advances in science we may come to regard some of them as very important. But nutritionists do know the importance of the following 12 essential trace elements which can be sourced from plants we can grow, and which I shall now dub the “Vital 12”. These are selenium, zinc, magnesium, copper, potassium, calcium, iron, manganese, chromium, molybdenum, phosphorus and boron. So is there an “ideal vegetable”, defined as one which contains all the “Vital 12”? To find out, I went through 10 years’ issues of the Good Gardeners’ Association’s news journal, which contained a series of articles on trace elements, the health effects of deficiencies, and the sources of trace elements.

Well, is there an ideal vegetable which contains all the “Vital 12”? The answer is no, unfortunately. The best plant source is the nut, which provides 9 of the “Vital 12” – selenium, zinc, magnesium, copper, potassium, calcium, manganese, phosphorus and boron. The missing iron and molybdenum can be provided by beans and the missing chromium by parsnips – or apples.

But what if one does not have a nut tree – what are the purely vegetable sources of the “Vital 12” trace elements? I found that green leafy vegetables are the best vegetable source. They contain 6 of the “Vital 12” – magnesium,

potassium, calcium, iron, manganese and boron. Beans can provide 4 of the remaining 6 – zinc, copper, molybdenum and phosphorus. Garlic can provide selenium and parsnips chromium.

So there you have it. As a minimum, to ensure you have all of the “Vital 12” trace elements, you should grow “the fab four” – green leafy vegetables, beans, garlic and parsnips. Of course, other vegetables and fruit contain many of the “Vital 12” trace elements, but if space permits the growing of only 4 vegetables, the “fab four” should be the ones to grow since they contain all of the “Vital 12” trace elements.

I should add that I have not included 7 other trace elements which nutritionists have identified as vital to our health. I have not included sodium and chlorine since most people eat too much salt from non-vegetable sources so there is no point in seeking yet more sodium chloride – and tap water is chlorinated anyway. (The only vegetable source of sodium appears to be dandelions and of chlorine couch grass.) I have not included silicon because it is present only in couch grass and nettles and not too many people in the UK eat those plants. I have not included nickel because we absorb it from our environment to a large degree (jewellery, coins, etc). I have not included cobalt, vanadium and fluorine because I could not find a vegetable source of those vital trace elements.

One can source many of the “Vital 12” from non-vegetable foods and food supplements but, to be sure that your diet includes all the “Vital 12”, the “fab four” of green leafy vegetables, beans, garlic and parsnips will provide what you need.

Health Warning

The above has been a light-hearted search for the minimum number of vegetable types which could supply the “Vital 12” trace elements (and 7 other vital trace elements were also mentioned). However, it must be remembered that there are 73 other naturally-occurring trace elements which may be vital to human health but the scientists have not yet discovered their importance. Since they have formed part of our environment and diet since we were amoeba, it is likely that many of them are also vital for our health. Also, there are the vitamins and proteins which we need. Therefore, the only safe course of action is to eat a diet which is as wide as possible in order to have the maximum chance of eating all the trace elements, vitamins and proteins our bodies need. To give an idea, in 2007 I carefully counted species on the allotment and in the garden. I was successfully growing 68 species of vegetables and 22 species of fruit, and for many of them several varieties. But if you have restricted space, and want to be certain of obtaining all the “Vital 12” trace elements which can be sourced from vegetables, then grow the “fab four” – green leafy vegetables, beans, garlic and parsnips.

Good gardening!

Mike Mason



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Sunday

12pm - 3:30pm

(Bank Holiday Mondays)

12pm - 3:30pm

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The Wheel

Christmas & New Year

Merry Christmas and a Happy New Year!

Firstly, we would like to thank the Fireworks Committee for another fantastic year. The team who has tirelessly spent two weeks just sorting out the bonfire have worked so hard and with the clear up at the end. You have all been amazing and its greatly appreciated.

Christmas is now here, and we are doing same as last year with our Christmas Specials board throughout December. We will still be taking bookings and making the tables special, and a full Turkey Roast with all the trimmings will only be available on Sundays. Please look on our website or pop in to see our Christmas Specials. We have a lot of bookings in already so please book to guarantee your table.

New Year's Eve will be a brilliant evening with lots of party music, this year's theme is Pyjama Party. As always, No Tickets, No Extra Cost, No Faff, just enjoy the night with friends.

Everyone at The Wheel wishes you all a very Merry Christmas and a Happy New Year. We hope you have a wonderful festive season and I'm sure we'll see lots of you during the festive period.

Thank you for all the support in 2025 and here's to 2026.

Merry Christmas and Happy New Year from
all the team at The Wheel.



Don't forget Christmas Jumper Day Thursday 11th let's see you all out in your amazing jumpers.



Festive Opening Hours

Mon 22nd Dec	12pm - 9pm	(Food 12pm - 4pm)
Tues 23rd Dec	Normal	
Christmas Eve 24th	12pm - 11pm	(Food 12pm - 4pm)
Christmas Day 25th	12pm - 2.30pm	(Drinks Only)
Boxing Day 26th	12pm - 6pm	(Food 12pm - 3.00pm)
Sat 27th Dec	Normal	
Sun 28th Dec	Normal	
Mon 29th Dec	Closed	
Tues 30th Dec	Normal	
New Year's Eve	12pm - 1.30am	(Food 12pm - 8pm)
New Year's Day	CLOSED (recovering)	
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Forty members of our Local History Group visited St Michael and All Angels Church in Hughenden on Remembrance Day. The visit was particularly special because one of our members gave an informative talk on the history of the church and arranged an organ recital and afternoon tea, which was served in Church House. (see photo above) This event was a culmination of a series of talks which included visits to Dorchester Abbey, a return visit to an archaeological dig at Cookham, Bisham Abbey and Penn House.

We were somewhat surprised but delighted at the number of people who joined the first meeting of our new Chess Group. We have two excellent chess players and instructors who are on hand to help newcomers to the game, and challenge the more experienced players.(see righthand photo above)

Looking ahead, our u3a will be also taking part in the Christmas Tree event inside All Saints Church in High Wycombe. On Tuesday December 9th the High Wycombe Society will be giving us a preview of their latest talk, 'Setting up the Royal Military College in High Wycombe'.



All our groups are well into planning their 2026 programmes and we've love you to join us. If you can offer a talk to any of our Groups, or would like to set up a Group, we would love to hear from you. We can help with any visual aids or equipment you might need. Our meetings take place during the day, making travel to and from our venues easier in the dark winter months.

For further information, please contact Paul Gilliam, or visit our website or Facebook pages.



*Your local u3a Group
(High Wycombe and District)
wishes everyone a very Happy
Christmas and New Year.*

Best wishes

Paul Gilliam

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Photographs courtesy RAF High Wycombe



RAF High Wycombe A Del of a story....



They say never meet your acting heroes. But I am glad I did.

He once topped the poll of 50 Greatest TV stars, and has scooped four BAFTAs, four British Comedy Awards and seven National Television Awards. Add to the mix an OBE and a knighthood and you have a National Treasure. Enter, stage left, Sir David Jason.

RAF High Wycombe had the pleasure of welcoming Sir David and his wife Gill on a tour of our famous Sir Arthur 'Bomber' Harris room. In return we were able to satisfy Sir David with answers to some of his long held quesitons...

He may have rubbed shoulders with the great and the good in a career spanning over sixty years, but there were no pretensions on first meeting. "It's just Gill & David," said Gill, Sir David's wife of twenty years. As keeper of his diary and support to Sir David she is a true unsung hero.

Sir David's interest in all things World War II is well known, having narrated and presented various television shows including 'The Battle of Britain,' 'The Lancaster Bomber at 80' and 'Flying for Britain.' His eyes, which are a piercing twinkly-blue came alive when we started to talk about a subject close to his heart: flying. But what really started the fascination with being in the air? For the actor it is summed up in one word: passion. He had cut his teeth early in his flying career on gliders "because it was the cheapest way to start flying," he said, jokingly. The experience proved useful as he converted to helicopters, which he has personally flown for decades.

The interest in aviation pricked the attention of the Fairford Air Show organisers, also known as the Royal International Air Tattoo (he later became the Honorary Vice Patron.) This led to the actor being able to fulfil a lifelong ambition, to fly with the world-famous Red

Arrows in 1991. He shared the aircraft with Red 1, the leader of the formation. "It was so exciting...when we were flying in formation we did a turn, a bank...we were so close to the ground. How the wing did not touch the ground I do not know. All take their lead from Red Leader. The furthest one away takes his lead from his next adjacent aircraft and so on until Red Leader. The trust in each other is phenomenal." Though feeling nauseous at the end of the display - "I was told I looked green when I got off the plane," he would do it again. Flying, for him is summed up in one word: Freedom. Along with the Red Arrows the intrepid aviator has also flown in a Harrier and experienced a barrel role in a Spitfire over the White Cliffs of Dover. 'He who dares, wins' as one famous Peckham resident would say.....!

A visit to the Sir Arthur 'Bomber' Harris room is not complete without the chance to sit behind 'Bomber's' original desk. And Sir David was no exception. He seemed genuinely in awe as he surveyed the room and relived the momentous decisions that had taken place in this room to help bring victory to the allies. RAF Historian Mr Brown and I were certainly kept on our toes as the questions came thick and fast on everything from why 'Bomber' Harris obliterated many German cities during bombing raids to the history of RAF High Wycombe.

Although now he does not fly as much as he has done in the past, he has added another string to his already fulsome bow, that of becoming an author. His books, including a 'A Del of a Life,' 'The Twelve Dels of Christmas' and his autobiography, 'My Life' have all topped the best seller lists. The research and delving into his past is the best part of the process for any tome he may undertake. "Photos often stimulate the memory, and I go off on tangents," he said.

It is hard to believe that one of the most recognisable faces in the UK started out as a teenage apprentice mechanic, then an electrician before fate beckoned him in another direction. Does he ever feel the urge to change the odd plug around the house? "Yes," was his wry response, "but getting down on the ground and getting up is a little bit difficult! The rules and regulations have changed so much. My bible was the 13th edition for electricians. Not sure what it is now..... When I was working as an electrician, my favourite was pyrotechnics."

The iconic characters he has played have left a lasting mark in the annals of British television. Never content to be known for one character, he has conquered comedy and drama roles with equal aplomb. From 'Only Fools & Horses', 'A Touch of Frost' and 'The Darling Buds of May' to the voice of 'Danger Mouse' he has enthralled the British public for decades. However, what he would like to be remembered for might surprise you.

" 'All the Kings Men' (1999, as Capt Frank Beck) and 'Porterhouse Blue' (1987, as Head Porter, Scullion) stick in my mind. The 'Scullion' and 'Capt Beck' characters both pushed me in different directions to create a character... one I had to believe in. That belief motivated me to be an actor in the first place. I didn't become an actor for the trappings of fame...I like inventing that person and living that person for a while. If it is as far away from me, then I look forward to the journey." As such, David has never let fame dominate his life. "I have never believed in it. You have to be grounded and know that it is part of the job. I

have not let it affect me. I am not a diva...although I have worked with a few!"

An hour and a half flew by. I wish it could have been all day. Gracious, self-effacing, candid and down-to-earth is the only way to describe this ball of whimsical energy. Dame Judi Dench once said that actors never retire and for a man approaching 86, he shows no sign of slowing down: "I don't see it as work...I enjoy it too much" was his honest reply. His one-man show where he recollects his career is planned for venues all over the UK in 2026. If you get a chance, go. You won't be disappointed.

Walking back to the car I pondered on the life of Sir David Jason and how different it could have been but for one major decision. I asked him about his brief appearance in the soap opera 'Crossroads' back in 1966. Seasoned readers will remember this Midlands set drama with the wobbly sets! He played 'Bert Bradshaw' for eighteen episodes and was offered a longer-term contract which he turned down for fear of being typecast. Was it the right decision? "If I had accepted, I would never have achieved all this," grinned the National Treasure. How true.

And how would he like to be remembered? As a great actor? No, it is simpler than that. "A good person," was his humble response.

Lovely jubbly, as Del Boy would say.

Laurence Parker, RAF High Wycombe



Camomile PT

Why wait until New Year to make a small positive change to your health and wellbeing?



By the time you read this, we will be into December and hurtling towards Christmas. It barely seems two months have passed since we packed away last year's decorations. December is often a time of year when we end up overindulging, so this year to tip the balance the other way, I would like to challenge you to make one positive health-enhancing change today, rather than waiting until January.

To help you identify a change that is meaningful for you, have a think about a part of your daily routine that you would like to change or improve.

Maybe boosting your energy resonates with you, in which case, why not drink an extra glass of water each day, or go to bed 30 minutes earlier as many evenings as you can?

If you feel you need to build or rebuild strength, for example if you are finding it harder to get up from your chair then practice doing just that 2-10 extra times each day.

You may want to improve your cardio fitness, so why not treat yourself to a walk to increase your step count, or even practice some slow marching on the spot indoors. This latter exercise will help strengthen your legs and improve your balance too.

A couple of weeks ago, instead of my customary cup of tea, I started drinking a glass of water first. I think it really does make me feel more awake, and ready to take on the day!

What positive change will you treat yourself to this December?

Hilary

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Local Tales - Mid Winter



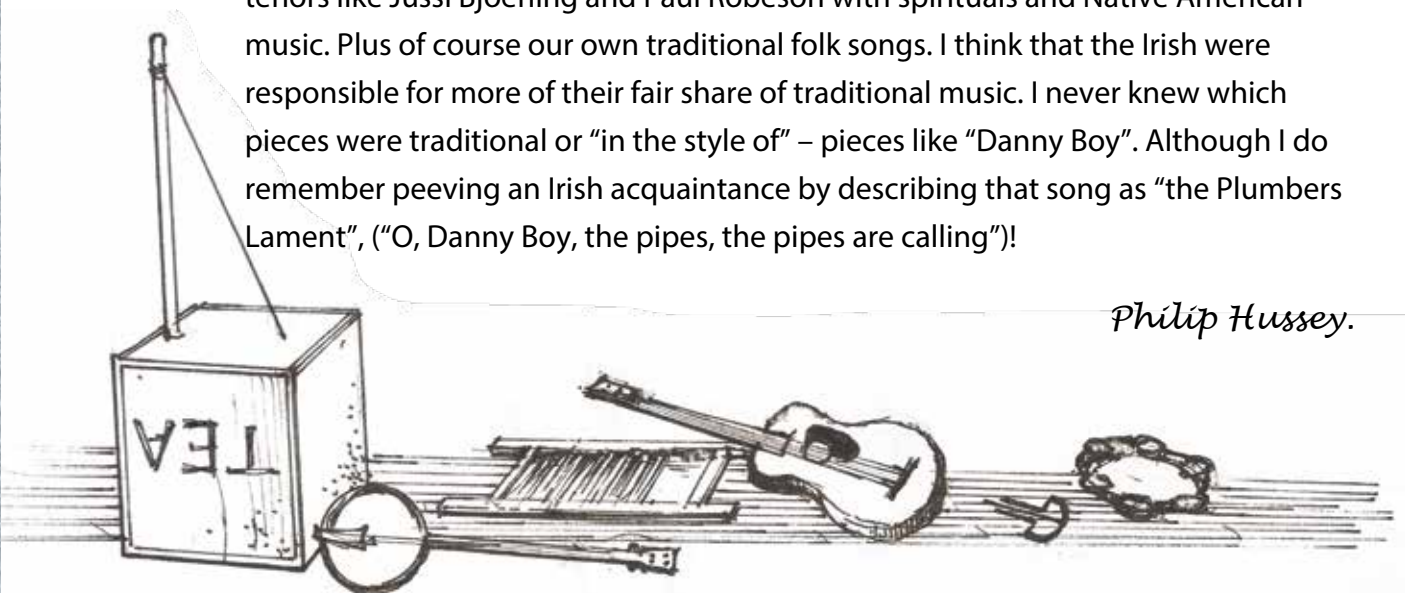
December, the month of short days and for some, the thought of snuggling up to a warm fire, or for me, and I suspect for many others, a warm radiator. It is perhaps the most romanticised of months with Christmas, family get-togethers, parties or cozy days indoors. We may remember Christmas Day as one of feasting and of excited children opening their presents with grandparents looking on. All perhaps followed by a vigorous stroll in crisp snow, (although I only remember one white Christmas). But of course, December is more than the days of celebration; it is the end of the old year. As the old year dies and the days shorten to the shortest, we then have the hint of a new year to come. It may be mid-winter, but we have the relentless lengthening of the days that bring the spring.

One aspect of the festive season that I remember whilst growing up, is the place of music: the carols and secular songs. I've mentioned before that as children, friends and I went from house to house singing carols. This was of course, to gather a few pence which were meagre, but it left me with memories of tunes and lyrics to this day: "Silent Night, Away in a Manger, Hark the Herald Angels sing, good King Wenceslas" and many more. Going to the mission hall on a Sunday as a child, gave me "All Things Bright and Beautiful" (although I remember wondering about the things like parasites that were not so bright and beautiful).

Of course, growing up through the 50s gave us Skiffle with Lonnie Donegan and the encouragement to make your own instruments with washboards and a bass with a tea chest, broom handle and string. Many bought Guitars, Harmonicas and Kazoos, or modest Jews Harps or simply combs and paper. It was very much a time of "do it for yourself" and you and your friends playing together which led onto many of the pop groups and singers that followed.

I must mention singers like Joan Baez and Acker Bilk and my own attraction to tenors like Jussi Bjoerling and Paul Robeson with spirituals and Native American music. Plus of course our own traditional folk songs. I think that the Irish were responsible for more of their fair share of traditional music. I never knew which pieces were traditional or "in the style of" – pieces like "Danny Boy". Although I do remember peevish an Irish acquaintance by describing that song as "the Plumbers Lament", ("O, Danny Boy, the pipes, the pipes are calling")!

Philip Hussey.



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It's been a wonderfully busy time for our Club! We were proud to support the Remembrance Day event on 10th Nov, and just a couple of weeks later, on 23rd Nov, we held our annual Tree of Light dedication - a moving event to remember loved ones and raise funds for the Florence Nightingale Hospice Charity. The festive season is also keeping us on our toes! We joined in the fun at the Princes Risborough Christmas Lights switch-on on 29th Nov, and on Dec 7th we're holding a Christmas party for the Bucks Young Carers and we're looking forward to hosting our "Over 75s Christmas Lunch" on 13th Dec - a heartwarming event for those living alone locally and, as always, our members will be out and about for our traditional Christmas charity collections in the Town during the weekends leading up to Christmas. We'll round off the year with our Club Christmas Dinner and Quiz Night on 15th Dec, celebrating all we've achieved together; and throughout the year, our support continues for Saunderton Lodge, including providing gifts for residents during the festive season.

Alongside our regular Monday evening meetings (featuring excellent guest speakers - see our website for details), members have enjoyed an exciting mix of outings: from the theatre to a high-tech dairy farm, the De Havilland Aircraft Museum, and the Mini factory in

Oxford. Our Curry Club nights, walking group outings, snooker, and ten-pin bowling evenings continue to be popular - and great fun! We're also proud to support the Risborough Upper School and Royal Grammar School Interact Clubs, the Risborough Youth Club, and local junior and secondary schools, helping young people grow and lead in their communities.

It's a packed schedule - and we love it! But there's always room for more helping hands. We'd be delighted to welcome new members - men and women who want to make a difference while enjoying friendship and fun along the way. If that sounds like you, visit our website and come along to one of our meetings to see what we're all about. And if you know of a local cause that could use our support, please get in touch using the details below. Together we can make this community shine even brighter this season.

We wish you a Happy Christmas and a Happy New Year.

You can contact us at: rcpr.org.uk or use the QR code below, or call David White on 07787 750889, or email: dwhite2025@hotmail.com :

David White



Naphill & Walters' Ash Residents Association

Our Annual Christmas Drinks

8pm on 8th December

Napill Village Hall

This is our opportunity to thank residents who have helped NAWARA during the year. It's also an opportunity for residents to get together for a convivial drink and chat. We'd be delighted to see you, especially if you are new to the villages.



Diary Dates for 2026

Our **2026 AGM** will be held in the village hall on Monday 8th June when there will be a speaker.

Our ever popular **Quiz Night** is on 16th October.

Finally, if you'd like to put a 30mph sticker on one of your bins, Gloria (563634) has some, give her a call.

Best wishes

David Frost

Vice Chairman





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A new year is the perfect time for a fresh start — and not just for the gym! Your online life deserves a quick tidy-up too, and one of the easiest ways to protect yourself (and your wallet) is by sorting out your passwords.

1. See if your passwords have been leaked

Before you start changing anything, visit haveibeenpwned.com (a safe, trusted site) to check whether your email address has appeared in any known data breaches. If it has, change those passwords right away — you might be surprised how often big companies get hacked!

2. The “three-word trick”

You don’t need complicated gibberish. Try three random but memorable words — like “carrotsnowcastle” — or a short phrase such as “MyCatLikesToast!”. Easy to remember, hard to crack.

3. Let technology remember for you

If you already use Google Chrome, Microsoft Edge, or Safari, they have built-in **password managers** that securely store and fill in your passwords for you. They even warn you if a password has been leaked in a data breach.

- **Windows & Android users:** Google Password Manager (built into Chrome and Android phones).
- **Apple users:** iCloud Keychain, which works across iPhone, iPad, and Mac.

Both are free, safe, and much better than writing passwords on scraps of paper or reusing the same one everywhere.

4. Add a second lock

Whenever you can, turn on Two-Factor Authentication (2FA) — that’s the code sent to your phone when logging in. It’s an extra door between you and trouble.

5. Don’t fall for fake password warnings

Watch out for emails that claim “your account is locked” or “password needs resetting.” These are often scams designed to make you click. If in doubt, go directly to the website yourself instead of using the link in the email.

Bonus tip:

While you’re at it, update your recovery email and phone number in your main accounts. That way, if you ever do get locked out, you can actually get back in!

Start the year with digital peace of mind — and a strong password (or three).

Chris Dadd

Chris also runs DADD.TV, where he helps local businesses and charities with websites and digital marketing.

For friendly advice or a chat about your online presence, visit www.dadd.tv



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May your Christmas be Furry and Bright!

It's hard to believe another year is coming to a close! It's been such a busy one, filled with wonderful moments and memories.

At Ruby&Me, we've welcomed some gorgeous new pups and pooches to our furry family, whilst also saying goodbye to some moving on to new adventures and inevitably, those that have gone over the rainbow bridge.

For many, Christmas is the most wonderful time of the year—but for dogs, the sights, sounds, and smells of the season can be overwhelming. Extra visitors, unexpected guests, and excited friends and family can create a lot for your pooch (and you!) to handle.

When planning for family and friends over the holidays, try to stick to your dog's usual mealtimes and exercise routine as much as possible—this helps keep them calm and relaxed. The same applies if you're visiting others. You can give your dog a distraction when guests arrive, such as a favourite toy, chew, or long-lasting treat like a Kong, treat ball, or lick mat. Make sure your dog has a quiet space with familiar bedding, toys, and water to retreat to if they need some down time.

There are many parts of Christmas that we all love, but that can be dangerous for dogs, so make sure they don't get hold of these, including chocolate, turkey and chicken bones, grapes, onion gravy, mince pies, Christmas pudding, and plants like poinsettias, mistletoe, holly, and ivy. If you're unsure, check The Dogs Trust website for guidance through the festive season.

You can also prepare treat toys in advance and freeze them. If you don't have Kongs or lick mats, silicone ice cube trays or Tupperware lids (as long as your dog won't chew them) work well. Simply fill, wrap, and freeze—ready to use when needed. There are plenty of safe food options you can use depending on your dog's dietary needs.

If children will be visiting who aren't used to dogs (or if your dog isn't used to children), talk to the family beforehand so everyone understands how to behave around your pooch.

Ruby&Me wishes you all a very Merry Christmas. A huge thank you to our furry friends and their amazing owners for your ongoing support.

Charlie Hughes



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Wishing you all a very Merry Christmas & a Happy New Year

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It has been a very busy year for SHH Fundraising for 4 local hospices in the Chilterns. We have raised much needed funds for Helen & Douglas House for Children - Rennie Grove and Peace Hospice Care - South Bucks Hospice at Butterfly House - Florence Nightingale Hospice Charity.

With Christmas not far away the Annual Christmas Market took place at Speen Church on Saturday 15th November and this was our final major event of 2025.

The committee will shortly be planning out the events for 2026 and as normal these will be listed on our website www.shh-shop.org and promoted on Facebook & Instagram.

If you are interested in raising money by taking part in an event from running in a local marathon / fun run, we are looking for volunteers who might be interested in setting up other challenges like a five a side football match, golf tournament, Go-Karting Endurance Extravaganza, Triathlon, Charity Abseil please contact me at events@shh-shop.org or on 07778 803260.

Gráinne Suter,

Chair SHH



Bon Ami



Christmas greetings



We are gearing up for Christmas and throughout December will again be offering our sausage, bacon, stuffing and cranberry Christmas paninis, as well as mince pies (gluten free option available), Christmas cake and gingerbread reindeer biscuits.

A reminder of our Christmas opening dates. **We will close at 4pm on Tuesday December 23rd and reopen on Monday January 5th at 10am.** During January and February when it gets dark so early we will be closing at the slightly earlier time of 3.30pm and will return to our usual 4pm closing time in March.

We wish you all a very Happy Christmas and New Year.

Ruth, Dorothy, Jackie, Rachel, Tracey, Ciara and Ella.



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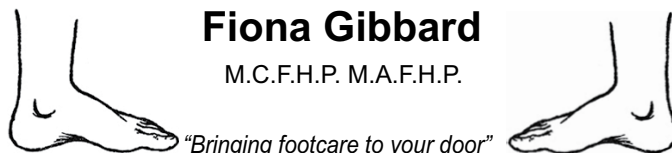


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WYCOMBE PHOTOGRAPHIC SOCIETY

Winter photo opps!

December means Christmas and the chance to take lots of photos of festivities including lights -including of course our spectacular village tree lights. I know that the Gazette Editor will be more than pleased if you submit your photos of the village tree in all its glory.

With any luck, you may even have a chance to try out a new camera or tripod you received for Christmas...

Wycombe Photographic Society meets in the large hall at Hughenden Valley Village Hall, on the first four Wednesdays of each month at 8pm. Potential new members welcome, come and see what we do.

- | | |
|----------|--|
| 10th Dec | Themed assignment – Street Photography |
| 17th Dec | Christmas social – Wine and Nibbles |
| 7th Jan | Members talk by Chris Palmer FRPS – not to be missed |
| 14th Jan | PiC Group Photographers Visit - Fellowship showings |
| 21st Jan | Themed Assignment – 'Water' |

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



Naphill Lawn Tennis Club

Hooray! Thanks to our group of Tennis Club 'vigilantes', our courts did not melt on Bonfire Night although the fall-out from the impressive firework display did create a great deal of clearing up afterwards.

Lots of tennis is being played in between showers and our Thursday evening club session under the floodlights is proving popular.



Our Festive Tennis Events



9th December (morning)



11th December (evening)

Both events with a little Christmas cheer to warm us. Don't forget to wear your Yuletide 'bling' to earn a glass of mulled wine and a mince pie!

Happy tennis Chistmast 2026!

Jenny Tench



For further information on Naphill Tennis Club please visit our website: www.clubspark.lta.org.uk/NaphillLTC or get in touch with our membership secretary at: naphilltennismembership@gmail.com





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