

A photograph of a snowy forest. The ground is covered in a layer of snow, and many bare trees stand tall against a clear blue sky. The trees have thin, light-colored trunks and no leaves. The sky is a pale blue, and the overall scene is bright and clear.

# Naphill & Walter's Ash Gazette

February 2021

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# Naphill & Walter's Ash Gazette February 2021



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Tel: 07851 169275

[www.naphillvillagehall.org.uk](http://www.naphillvillagehall.org.uk)

## Local Council Contact Information

Bradenham Parish Council Clerk	Deirdre Hanson	01494 562254	<a href="mailto:clerkbradenhampc@gmail.com">clerkbradenhampc@gmail.com</a>
Hughenden Parish Council Clerk	Melinda Woof	01494 715296	<a href="mailto:clerk@hughendenpc.org.uk">clerk@hughendenpc.org.uk</a>
Hughenden Parish Councillors	Chris Waterton	07968 268067	<a href="mailto:chris.waterton@hughendenpc.org.uk">chris.waterton@hughendenpc.org.uk</a>
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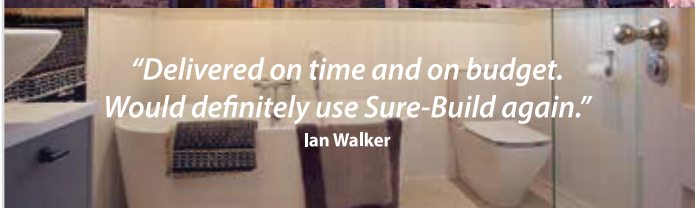


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Photograph courtesy Dave Talbot

### ***Copy Date for March Gazette 15 February 2021***

New Year greetings to you all and welcome to the February edition of the Naphill & Walter's Ash Gazette which due to the ongoing COVID restrictions can only be published online. As soon as these restrictions are eased we will go back to a printed version. All our publications are archived on our website [www.naphillandwaltersash.org.uk](http://www.naphillandwaltersash.org.uk). All immediate news will be published on our newly set up Facebook page, more about this exciting news on the next page.

It is with sadness that I write that the statement included in my November editorial has not been understood by everybody. There would appear to remain some confusion amongst some parties as to who decides what does or does not go into this publication. and so, with the agreement of my Gazette Committee, I am updating the editorial disclaimer to include the statement as shown below.

Back to the POSITIVES! Judy, our treasurer, has sent out all the accounts to our business advertisers. We are delighted that in these difficult times so many of our advertisers have renewed their advertisements and we thank them for their ongoing support. There are a very few spaces

available so if you would like an advertising space, please contact me.

Andria, our Facebook Community Coordinator, has organised three highly successful photographic competitions. I have displayed three first prize winning entries from the first published competition in this edition, please pages 35-37. The snow day, popup photographic event, run last Sunday was AMAZING with over 80 photos submitted. Amongst these were this month's cover photograph and the one above this editorial, submitted by Dave Talbot, which he has very kindly allowed me to share with you. I am very grateful to Dave for all the photos he has sent me! Personally, I find it refreshing to see something like these competitions which unites the community and brings out the positives rather than the negatives! Well done everybody!

My very best wishes to you all, please stay safe in these challenging times, and I look forward to speaking with you all in our March edition.

Sonia  
[editor@naphillandwaltersash.org.uk](mailto:editor@naphillandwaltersash.org.uk)

***The editor retains the right to refuse contributions as she sees fit. No group or individual sending in a contribution can demand that their contribution will be published or dictate how or where their contribution is placed or displayed. The editor will also close comments on any subject if this is agreed by her committee members, she will announce any such decision and will expect this to be respected. Please see the editorial disclaimer on page 3.***



# Announcing the Naphill & Walter's Ash Facebook Page

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## *The Gazette gets Social*

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We are so excited to announce that we now have an official Naphill & Walters Ash Gazette Facebook group. Launched by Andria Benjamin, our community admin, we're building on the wonderful village community spirit and the goal of the group is to bring the Gazette into your homes online as well as in print.

With regular photography competitions plus village events and activities, interviews with residents old and new, we've plenty to keep you informed, entertained and even inspired!

All our Gazette advertisers will also be featured on our Facebook Group; creating an easy, accessible place for you to find local, trusted businesses. Managed by our business admin, Karen Davis, we'll be running 'in the spotlight'

features so we can get to know our local tradespeople and business owners even better!

Come and join the conversation  
- [www.facebook.com/groups/naphillandwaltersashgazette](http://www.facebook.com/groups/naphillandwaltersashgazette)

*Andria and Karen*

Editorial Note: *The Gazette team and I are delighted to welcome Andria and Karen as our Facebook coordinators. I will publish their contact details on our contact page in the next edition of the Gazette. I am an administrator of this Facebook page and Andria and Karen will always discuss new plans and developments with me but, as with the other group coordinators, I will leave the day to day running of this page in their capable hands.*

*Sonia*

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

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A meeting of the committee was held on 4 January, there were 17 members online.

As the village hall is closed in accordance with the latest rules there were only a few items to discuss. It was decided to close the car park to deter any unsocial use and for added security. The playground remains open. It was decided to leave the Christmas tree lights up until the end of January to try and brighten the lives of the residents of the village. It goes to show how much the Christmas tree is loved by the village as the donations have raised over £800 so far. The Post Office / Naphill Local Mini Market has generously paid the £350 that it costs to insure the team that erect the lights each year. The Christmas Fayre at the start of December was attended by over a hundred people and was held within the restrictive rules of the Covid pandemic. Cathryn, Moi and team did a great job and £1000 was raised.

Talking of fundraising, I always seem to be asking the local business to donate to or fund some of our events but in light of the present Covid situation I have been reluctant to ask as I realise that their generosity does have a limit, especially in these uncertain times. Hopefully when we can hold our events again they will be just as supportive again as in the past.

As with all heating systems the village hall boiler has come to the end of its life. It was hoped the boiler would last a bit longer but it has sprung a leak in its water jacket and will need replacing shortly. There are several ideas as to how we should replace the boiler. There is the idea that we should go for 2 boilers, one to run most of the time and the other one to boost when needed. Or we could go for just the one larger industrial boiler. It has been recommended that a heat exchanger is used between the boiler and existing pipe work so that any sediment in the system does not compromise the new boiler, the new boilers seem to be more sensitive. There is also the possibility of going green for the heat source and even this route has multiple choices. It looks as if the green route would be more expensive but it appears there might be some grants that would help to defray the cost. Some of the committee and others are evaluating all these solutions but if anyone in the village has suggestions about heating or grants please email me at the village hall website which is: [www.naphillvillagehall.org.uk](http://www.naphillvillagehall.org.uk).

I wish you all a happy and safe New Year.

*Clive Lawrence*  
Village Hall Chairman

## NAPHILL FIREWORKS SPECTACULAR 2020

### **Naphill Village Hall Funding Appeal - A Huge Thank You**

There are some amazingly generous people living in or connected to our village. Whether it's giving up their own time or donating to our fundraising page, it brings hope and positivity in what has certainly been one of the more challenging periods in recent times. We've received some fantastic donations from generous locals, Naphill Neighbours and friends as far away as Canada and Abu Dhabi. We were even gifted Gold-Level Sponsorship of £700 for an event that couldn't take place by Pervez and his team at Sure-Build, which is incredible. A huge thank you to all those who donated.

In total we raised £2320, which is fantastic. All the proceeds raised are vitally important and will be invested in the on-going running and maintenance of the village hall and playing fields.

Sincere thanks to all those who donated, it really does make a difference to our local community.

**The Naphill Fireworks Committee**





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## Naphill Village Hall Christmas Tree Lights

Putting up the lights this time, on 28th November, was so, so different to what we have done in the past. We were permitted to put the lights up because people were allowed to go to work, and that included charitable work. However, our team of 15 was constrained by the "rule of six", so we divided our activities into a group of 4 putting up the sphere and connector box on one day, then a team of 5 in the Village Hall putting bulbs in the garlands and testing on another day, then a team of 6 putting the garlands on the tree on a third day. We observed other rules, such as wearing masks, using the gel provided in the Village Hall, and keeping 2 metres apart where possible. A few team members were unavailable because either themselves or family members were self-isolating.

We decided to leave the lights on for the whole of the month of January to cheer everyone up in this awful period we are going through. The response of the public, in donating money for the lights, was overwhelming, thank you very much. Cathryn Carter's various methods of providing opportunities to donate were very successful.

The team putting up the lights this time, with the number of times they have put the lights up, was as follows: Mike Leggett (45) who was doing the climbing for the 29th time; Daniel Smith (5) of Lacey Green who drove the cherry-picker; Stephen Fountain (18) of Lacey Green who was also in the cherry-picker, and the team on the ground; Mark Blamey (12) of Saunderton; Gary Putnam (21) of Lacey Green; Andy Debrou (2); Ross Greenlee (4) the electrician; Peter Davis (19); John Harris (34); Glenn Gavin (21); Neil McMinn (8); Paul Hewitt (2) and myself (45). So, we have quite a lot of experience in the team! And a massive "thank you" to Paul Johnson of Upward Powered Access Ltd who provided the cherry-picker at no charge, and without which we could not have put up the lights.

*Mike Mason*



What a joy to see our spectacular tree lights this year! They are loved by everyone and also considered to be the best in the area.

As always, our thanks and admiration goes to the team, led by Mike Mason, who brave the elements each year to bring us all such pleasure, and cheer up the dark evenings. This year more than most, as they had to cope with Covid restrictions as well.

However, the biggest thanks must go to everyone who contributed towards the lights by going online to make a donation through our Total Giving page or who put a donation in one of the few collecting boxes. You were incredibly generous and the donations via Total Giving were an amazing £1095!, The collecting boxes contained £97 and we were given a donation of £75 by the Residents Association giving a grand total of £1267. Hughenden Parish Council have also very kindly agreed to cover the cost of any repairs to the lights and equipment.

We can safely say that our tree's future remains very bright indeed!

*Cathryn Carter*







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## Update from Hughenden Parish Council

Despite the deep disappointment of a third lockdown and the challenges it brings to everyday living, life itself continues. Snowdrops are emerging and buds are visible on the trees. The January snow brought children of all ages a moments respite and it was a joy to hear their laughter and to see their snowmen around the parish.

Work within Hughenden Parish Council continues. The office is closed and all our meetings continue remotely. Mel and Jill, our Clerk and Deputy Clerk, are working predominantly from home and whilst they aren't there to answer your calls, they do return messages and do receive your emails, write to us at [Clerk@hughendenpc.org.uk](mailto:Clerk@hughendenpc.org.uk). At this time the delayed local council elections are still planned for May 2021, but we are realistic that these plans may change at short notice. Similarly the legislation to be able to hold our meetings virtually, expires in May 2021 and we wait to see what the government will instruct thereafter.

Councillors are like you, juggling work from home, home schooling, practical life and their council interests too. We are actively working with local resident associations on pressing issues whilst developing a new website and Survey and revisiting policies and procedures to serve us better in the future. Our Garden of Rest remains open and interest in our allotment sites is brisk. Whilst our playgrounds are open, we emphasise that they are not being cleaned and parents or carers must be cautious and take responsibility for cleaning their children's hands before and after use and of course, absolutely no eating or drinking whilst in the playgrounds. Hedges are being cut when the ground conditions favour us and the work identified by the Tree Survey 2020, is underway.

Our colleagues at Buckinghamshire Council remain busy too, many officers are redeployed to frontline Covid activities and the balance are predominantly working from home, this does mean that there are sometimes delays to queries and responses, please bear with them as they try to respond.

Within the greater parish, we are fortunate to have many volunteers and volunteer groups who swung back into action before Christmas. They have done a magnificent job in supporting those in need both with practical actions and friendly support. Thank you to each and every one.

With the emphasis on our physical health we shouldn't ignore the second issue of our mental health, and, much like Covid 19, anxiety, stress, loneliness and depression can affect all, even the healthiest of us. So we draw your attention to the Public Health England message below.

### Every Mind Matters campaign

Health and wellbeing have been a theme of our work over the last year or so, and mental health, in particular, has never been more important. Public Health England has launched the Better Health – Every Mind Matters campaign to support the nation's mental wellbeing with the message that "when things aren't so good out there, make inside feel better". The campaign encourages people to create a free NHS-approved Mind Plan. Resources to help you support and promote the campaign include images for social media, Embedding Instructions: Your Mind Plan, and web banners. Follow the link <https://bit.ly/3iZNG13> to access this information.

Hughenden Parish Council

January 2021



Photograph courtesy Lucy Youens

*Council Offices, The Common, Great Kingshill, HP5 6EN*

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ROB BUTLER MP



HOUSE OF COMMONS  
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We are at a critical moment in the fight against coronavirus locally.

In a matter of weeks over Christmas and the New Year, we went from the restrictions of Tier 2 to a new national lockdown, as infections escalated and our local hospitals came under intense pressure. 2021 has begun with our favourite local bars, restaurants and shops shut again, with schools also closed to many pupils.

Conversely, we now have several vaccines approved. Inoculation sites have finally opened in our area, and thousands of local people are receiving their jabs. This has come later than we all wanted, and I have argued in Parliament and meetings with ministers for the local rollout to speed up. All the decisions are being taken by the NHS, but I am pleased that the Prime Minister confirmed to me in the House of Commons that we are now well on the way to reaching the government target of all those in the four most vulnerable groups being vaccinated by mid-February.

I would like to thank all the local healthcare staff who are working so hard on the vaccination programme. Much of the inoculation effort is being supported by volunteers, once more showing how strong our community spirit is here in Buckinghamshire. GP surgeries do not have detailed knowledge far in advance of when they will be allocated supplies of the vaccines, so please do not call them - you will be contacted directly about your appointment, and their availability will escalate in the weeks to come as vaccine supplies increase.

Though there is some hope for the future, we must wait that little bit longer to return to normality when we can once more meet others indoors or enjoy a drink in the Wheel or the Black Lion. I know how hard coronavirus has been for our local businesses and I will continue to do everything I can to support them during this difficult period.

Back in Parliament, I have also been raising other topics which impact our constituency the most. The consultation on planning reform closed for submissions before the New Year. I know many residents of Naphill and Walters Ash expressed their concerns over unchecked development spoiling the Chilterns, and I have made this point strongly with ministers and responded to the consultation myself.

As ever, if you need help from me, please email [rob.butler.mp@parliament.uk](mailto:rob.butler.mp@parliament.uk).

**Member of Parliament for Aylesbury**

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## Bradenham Parish Council

At its January 2021 meeting Bradenham Parish Council set its 2021/22 budget at £9,003 and its precept for 2021/22 was kept at the 2020/21 level of £7,435 in recognition of the difficulties caused to our parishioners this year due to COVID-19. The balance required will come out of reserves. Our second biggest expense next year could well be the forthcoming election, but we have been budgeting for that for the last two years.

We are delighted that two people have shown an interest in our still vacant position on the Council. At the moment elections are due for the 6th May, but the Government is keeping this date under review.

Improving the flooding on Rectory Lane remains a top priority and we have been in discussion with the National Trust.

It was decided this year make some donations to local homeless charities and a food bank.

The RAF sent their representative to the meeting and he gave us an update what was happening on site.

This presence allows us to raise small issues on a more informal basis and gets matters resolved more easily. We are very grateful for the time they spend with us at our meetings.

The council was sad to have to decide that it could not go ahead with the organisation of its annual spring clean, last year we just managed to squeeze one in before we went into lockdown. March is always a good time to hold a litter pick, before the trees are full of leaf again. We would encourage people to collect any litter that they may find on their many walks, safely and dispose of it in the correct way. Do not pick up anything dangerous!

Our next meeting will be Monday 1st March online, all parishioners welcome.

*Deirdre Hansen*

Clerk to the Council

Tel: 07391-896076

[www.e-voice.org.uk/bradenham-parish-council](http://www.e-voice.org.uk/bradenham-parish-council)

## 2nd Naphill Guides - Good News!

Good news, Naphill Guides will keep running. At the last minute someone from the RAF came forward interested in helping keeping Naphill Guides open. This is fantastic news. Jayne Green will do her Girlguiding leadership qualification and eventually take over running the Naphill Guide Unit. As she is with the RAF she won't be here for ever, but for now the unit is saved. She will have help from a parent and I will support her. We are meeting on Zoom for now and the next few months.

We have plans for the next term and will get the Guides involved letting us know what they would like to do during the meetings with all the limitations that zoom does bring. We now have a substantial waiting list, but are not able to take on any new Guides due to the Girlguiding Covid rules. We are very sorry about that. It will all get better as time moves on.

Deirdre Hansen, Girlguiding Buckinghamshire, Hughenden District Commissioner, Leader 2nd Naphill Guides.

*Deirdre Hansen*

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A gentle reminder that it's time to renew your membership – still at the low, low price of £5 per person (£2 for under-18s). At present, this can only be done by credit transfer – our account details (now with Metro Bank) are: Friends of Naphill Common, sort code 23-05-80, account no 40231064. Please don't forget to include your full name in the Reference, so we know who's paid and who hasn't!

Instead of holding our Annual General Meeting in the Village Hall, we intend to use Zoom video-conferencing at 7:30pm on Friday 12th February. We plan to send invitations to all members for whom we hold an email address, if you don't believe we hold this information or haven't received an invite by 10th February, please let Lynn McMinn know ([membership@naphillcommon.org.uk](mailto:membership@naphillcommon.org.uk)).

The agenda, minutes of the previous meeting, and our report and accounts will be posted on our web site ([www.naphillcommon.org.uk](http://www.naphillcommon.org.uk)). As far as I'm aware, there are no particularly contentious issues and all the committee are standing for re-election (although 'new blood' is always very welcome). The AGM will be followed by an illustrated talk given by Marian Miller on the history and restoration of 2/3 High Street, High Wycombe – built in 1399 and so the oldest building in the town, after the church – which is being restored by the Bucks Historic Buildings Trust.

Because of Covid restrictions, none of our regular FoNC activities are taking place at present, but we can still enjoy the attractions of our Common, whether walking, cycling or riding. So I thought I might provide some information on the problems posed by non-native, invasive animal species which have become established and are causing problems, in and around Naphill.

The one most likely to be encountered is the Grey Squirrel. A native of North America, grey squirrels were deliberately released into the wild in Great Britain in 1876, and carry a pox virus to which our smaller, native red squirrel is very susceptible. Red squirrels have now been wiped out across most of Britain, mainly through disease transmission, and only a few populations remain in England and Wales. Fortunately, red squirrels still have a stronghold in Scotland, where the forests of fir trees also support a population of Pine Martens (found in Wales, as well). Although it's a fierce predator of squirrels, it's thought that the smaller red squirrel can escape along thin branches that cannot support the weight of a marten – a strategy not available to the larger greys. Pine Martens are spreading back into England and it's hoped that their reappearance may help to control the grey squirrel population.

Another grey, furry rodent is the Edible Dormouse, often referred to by its scientific name of *Glis glis*. Introduced in 1902 from central Europe by the zoologist Lionel Rothschild to his house in Tring, they escaped and are now spreading through the Chilterns. In Germany, where they are a serious pest of vineyards, they are known as Siebenschläfer, because they hibernate for seven months of the year – often seeking out the eaves of our houses for this purpose, where their tendency to gnaw on electric cables can be a problem. They are classified both as endangered and a pest species, which makes it illegal to kill them without a licence and also illegal to release them into the wild if captured. Fortunately, the relevant licence can be downloaded from Natural England, but only authorised lethal traps may be used. They are one of Britain's rarest mammals (except here in the Chilterns), and because they are a nocturnal species (for the five months of the year when they are active), they're less likely to be glimpsed in the wild.

The final invader for this month is the Muntjac, another familiar sight in our woods, fields and (too often) gardens. Muntjacs are among the world's smallest deer, the species found in the UK is Reeves's Muntjac and are all descended from specimens that escaped from Woburn Park in 1925. Being a tropical species (from the Far East) they breed all year round, which accounts for their rapid proliferation – it's expected that they will soon become our most numerous deer species and there are reports of them spreading into Scotland. Also known as the 'barking deer', muntjac bark repeatedly and loudly given its small size, and generally at night when we are trying to sleep!

More on invasive species next month.

*Chris Miller -Chairman*







We were hoping that we would not still be in the midst of a lockdown when we wrote this.

We are, however, continuing to offer our afternoon teas for collection or local delivery for those who are shielding.

Valentine's Day is approaching and hopefully a high point in the month. We are therefore offering extra special Valentine's Day teas. This will include a heart shaped chocolate brownie and a special treat made by "Something Chocolatey". We hope this will fit the bill for a stay at home Valentine

We are currently finding that many of our orders are being purchased as gifts. These are being very well received.

Stay safe and well. We look forward to making teas for you and when we can welcoming you back into Bon Ami.

*Amanda & Ruth.*

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## The Wheel

We would like to wish everyone a Happy New Year and hope you all stay safe.

We have tried to add a little weekend service for you all while you are out doing your daily exercise. The 'Pit Stop' which is being served from a window or out of the shed in the carpark is providing hot drinks, hot and cold snacks for you to be able to enjoy on your walk. As always, we are adhering to all the government guidelines/rules and have covid safe practices in place for you. We are also still providing our Takeaway service for full meals on Friday and Saturday evenings, to book one all you need to do is give us a call on the pub number.

The weekend services we are providing are there to help give an extra bit of sanity to us all on these dark cold days. It is vital to everyone's mental health to see a smile and be able to have a chat at a safe distance as we are all feeling the strain of this lockdown. It has been great to see so many of you and my full-time staff are so happy to be able

to help as they are flexi furloughed, which means they can be here too.

I would like to take this opportunity to thank everyone for their support, it truly means so much to us. I would also like to thank one of our lovely customers who introduced me to a Hot Chocolate that is actually drinkable, and we are now selling lots of it!

As it looks like we will be closed for rather a long time I am in the processes of updating and completely renovating our website. This is a learning curve for me but as I have rather a lot of time on my hands it seemed an ideal opportunity. Hopefully, this will be running by the middle of Feb all going well and will be able to keep you updated (until then its all on social media).

Once again thank you for all the support and please stay strong and safe.

*Claire and Mark and The Wheel Team*



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Thinking about starting a business? Help is at hand from your Community Boards!

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The 'Be Your Own Boss' programme is part of the Community Board business start-up initiative, delivered in partnership with Buckinghamshire Business First and funded by Wycombe, North West Chilterns, South West Chilterns, Beaconsfield and Chepping Wye Community Boards.

More businesses start in Buckinghamshire than almost anywhere else in the country, and we are keen to support each of them on their journey.

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- Advice and guidance from people who have been in the same position as you are now
- Networking events to help you make new contacts
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One of the key priorities of Hughenden Street Association is to work collaboratively across the Parish with community groups to support their priorities. Now that the Gazette has its own Facebook group we are delighted to be working with its organisers. Whilst for some the Association is seen as being aimed at older residents this in fact is not true. Look at our newsletter and you will see information aimed at the younger members of our community: mental health is one example.

Encouraging inter-generational communication is so important if we are to bridge the perceived gap between youngsters and older members of our community. There are, of course, examples of young people supporting older members however more could be done. In addition, as was highlighted during the first conversation between the Association and the Gazette Facebook Group organisers, Karen Davis and Andria Benjamin, that our young people are more sedentary than we would like and reliant on online games and mobiles than is perhaps healthy. Sadly, this is nothing new. However, the Covid19 pandemic has brought it into sharper focus. It has been a tough time for young people: exams thrown into chaos and the ability to meet up with friends sharply reduced as schools closed and Government restrictions reduced opportunities to socialise. As the vaccine is rolled out and we can slowly begin to look forward to a new normality later this year now is the ideal time to help our youngsters to gain an insight into a more active and perhaps more community-focussed life in Hughenden. The conversation began with teasing out what we wanted as a collaboration to achieve and as you might imagine a lot of ideas bubbled up! After almost an hour and a half we settled on how to get youngsters more active. Quite a tall order, however, we agreed that it was important that we explore options through some research of what is already available and how it might help achieve our

goal. We are determined to avoid re-inventing the wheel as the saying goes.

Over the coming months we will be talking to youngsters and existing activity groups to explore the options. A case of 'watch this space'. In the meantime, do take a look at the new Facebook Group page and sign up as a member. Here is the link: <https://bit.ly/39PmRIs>

*Hilda Stearn*

Communications Co-ordinator

Hughenden Street Association

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## A Message from St. Boltolph's Vicarage - *Candle what!?*

By the time you read this, I will have just taken down the last of my Christmas decorations. Yes – you did read that aright. This year, spurred on by exhortations from English Heritage, I am keeping my Christmas tree up until Candlemas (it's synthetic). But why is English Heritage urging us to keep our Christmas lights shining almost a month beyond the traditional date of 6th January? Surely this is bad luck? – heaven knows we don't need any more of that at the moment.

Not so it seems. And not so for much of the world. Poland, Austria, Mexico along with many Orthodox and Catholic countries keep decorations up until Candlemas. I first came across this custom whilst doing my theological training at Salisbury. Part of the training was to attend an early morning communion service on Saturdays in the cathedral. During my first term of training I was thrilled to see the beautiful almost life sized paper maché nativity scene and the magnificent 40ft high tree the cathedral displayed in the run up to Christmas. I was quite put out when I returned mid January to find both still in place – surely the vergers could not have been so lazy or negligent as to forget/not bother to take the decorations down? A small notice at the foot of the tree explained – the decorations were to stay in place until the traditional time of removing them at Candlemas.

Uh!? Candlemas the traditional time for de-decorating!? Apparently so. In medieval times, Advent was a time of fasting rather like Lent. Decorations were not put up until Christmas Eve and stayed up until February 2nd – Candlemas. The 'Twelve Days of Christmas' were the first part of a much longer celebration that took you to the brink of spring and the start of the Earth's celebration of the passing of winter.

Candlemas is also known as the Feast of the purification of the Virgin Mary. This marks the point at which Jesus' mother Mary presented him to God at the Temple in Jerusalem after observing the traditional 40-day period of purification of mothers following the birth of a boy. The New Testament tells how a man named Simeon held the baby Jesus in his arms and said that he would be a light for the Gentiles (Luke 2:32). So this event is called Candlemas since for many centuries the only light available was the candle. Candlemas is also known as the "Feast of the Presentation of Christ in the Temple". It marks the point at which things could start to return to normal for the Holy Family; the taking down of decorations sees our return to 'normal' from the celebrations of Christmas.

From February 2nd it is just 12 days until Valentine's Day and mid February. Winter is not completely gone

by this point in the year, but the days are growing noticeably longer, there is the beginning of warmth in the sun, snowdrops are in full bloom, daffodils are budding and the birds are starting to build their nests. The promise of Easter and a new beginning are just over the horizon.

So this year, I wanted to hold on a little longer to the hope and joy of Christmas. Taking down the tree would see a return to 'normal'; and 'normal' this year is not filling me with glee. 'Normal' is the round of sanitizer-chapped hands, physical distancing, Zoom meetings, closed facilities and missing my daughters. But the great hope of Christmas is the birth of a child who would be a 'light to the nations'; and with that child the birth of a new age. An age of justice, freedom, healing, wholeness, peace, plenty and unity; something Christians call the Kingdom of Heaven on Earth. We still have a long way to go to see its fulfilment, but it still remains the great hope of Christmas.

May you be blessed by the hope of Christmas now and always.

*Rev Jenny Ellis*

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## From My Kitchen

A very HAPPY NEW YEAR to you all!

I had intended publishing my special Valentine's Day menu on this page! I sent this through to the editor on Wednesday evening and had to tell her that we had SOLD OUT on Thursday morning! I am sorry we have had to disappoint so many people!

I publish my menu for the coming week the weekend before service commences. Please see my Facebook page, Rays Kitchen Naphill and join my subscribers list to receive regular updates via email.

Best wishes,

*Ray*



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## Slimming World Hughenden Valley - with Kerry.

On the 7th of January this year I should have been in group at Hughenden Valley Village Hall, celebrating my 2-year anniversary as Slimming World Consultant with my members. At this time of year, we are usually welcoming many new members. Due to being put back into lockdown again, I haven't been able to do that this year. We hope to be back in real-life groups as soon as we possibly can.

I just wanted to let you know that I am still here to help and support current members, and new members alike. Albeit not in a real-life group. I am running Slimming World Hughenden Valley as a Virtual Group (this is not the same as Online membership). The picture below shows what you can expect as a member of our Virtual Groups.



Having our weekly virtual image therapy sessions does have its benefits. It enables me to share my screen and show some amazing features and resources from our Slimming World Lifeline Online website. January is a month where we focus on having a Fresh Start after Christmas and New Year. (I know I certainly did after the end to 2020 we had)! During the first week I give all my members the New Member Talk. I give this to all members when they first join. It focuses on how we can create healthy habits (with eating and exercise) to be able to make the changes we need to lose weight and stay there for life. New and current members receive a copy of our 2021 Fresh Start Booklet with one month of meals already planned for you. My members have enjoyed using this and have been sharing pictures of their tasty meals on our Facebook Group.

If you haven't been a member for at least 3 months, you may be eligible for 12 weeks free membership through the Live Well Stay Well scheme in Bucks. See picture below to find out more.



To find out about our warm and friendly group please contact me - Kerry on 07887 567264

You can also follow my Facebook Page for the latest information and updates -

<https://www.facebook.com/KerrySWHughendenValley>

## Let's Ring Out the Bells 2020 Style

Christmas Eve was always a time for me to assemble with other like-minded folk in a local Church Tower, and ring in Christmas Day as the clock struck midnight. The treble (the lightest bell) ringer would call 'treble going, she's gone' and as she sounded her first resonate note the other five bells would tumble gracefully in strict rhythm after her. Always a joyful gathering wrapped warmly in bright Christmas jumpers! A band formed from mixed ages, teenagers through to very mature. Age was not a barrier to this joyful event, the older members passing on their skills to the youngest generation with generosity and enthusiasm. When the task was done we would spill out into the cold night air calling Happy Christmas messages, then return home (some of us) to fill magic Christmas stockings!

This Christmas Eve was one of the most sombre and quiet in living memory for the young (and not so young) folks in our road; so we decided to respond to the fb suggestion of gathering (socially distanced) at 6pm and ring any bells we could find.

The gathering formed a large circle ringing their bells, (quite a cacophony of sound) while singing a hearty rendition of 'We wish you a Merry Christmas'

It wasn't the light tripping rhythm of Bob Minor or the strict beat of Steadman with the heavy tenor bell tolling behind, but the joy was there, the unity of the gathering was there, the happiness of Christmas Eve was there, so keeping the tradition of welcoming Christmas Day with bells, united in warmth and friendship.

*The Shy Contributor*



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## Growing Your Own

We are experiencing a fairly dramatic series of weather events which are affecting our ability to grow crops. The UN's World Meteorological Organisation has declared 2011-2020 the planet's hottest decade on record. Closer to home we had the driest May on record in England in 2020 and the wettest February. Over the past 60 years winter rainfall has increased by 12%. In 2020, here in Walter's Ash and Naphill we had no rain during March, April and May apart from one very heavy downpour at the end of April. We had warmer weather during those three months, which made the coronavirus lockdown easier to bear.

Climate change can make things very difficult. As I have already commented, the previous year in 2019, in Walter's Ash and Naphill we had no rain AT ALL during May, June and July. That unprecedented drought was accompanied by high temperatures and burning sunshine with about 30% more intense sunlight than average. I usually water when I sow seeds and also when I plant out young plants, and then leave crops to it in my moisture-retentive, manure-rich soil. However, in those three months I had to water daily just in order to keep my crops alive. I discovered that moisture rises from the depths by capillary action then evaporates at the surface, and that if I put down a barrier such as black plastic sheet, the moisture did not evaporate and the soil underneath was moist. A row of carrots a couple of inches from the sheet grew at twice the rate of a similar row a further 9 inches away. So, in the spring of 2020 I prepared a large area of my allotment with black plastic strips about 6 inches wide and laid them out in rows with about 6 inches of soil between in which to grow crops. Not only would that give my crops moisture from the depths

during droughts, but it would also prevent weeds growing on 50% of the soil and taking up precious moisture and soil nutrients.

However, 2020 did not allow me to see whether my method worked in a real drought since, after the spring drought of March, April and May, we had good rain at convenient intervals from June onwards – and in consequence it was the best growing year I can remember.

Nevertheless, we do have to take note of climate changes affecting our growing of crops in our gardens and on our allotments. At the start of 2021 we have no idea of what the growing year will bring. I am prepared for a massive drought in summer, since my strips of black plastic are down permanently but, we shall see!

If you have not yet placed your order for seeds for 2021, here are the addresses of some online sellers: [www.kingsseeds.com](http://www.kingsseeds.com); [www.thompson-morgan.com](http://www.thompson-morgan.com); [www.suttons.co.uk](http://www.suttons.co.uk); [www.tuckers-seeds.com](http://www.tuckers-seeds.com); [www.marshalls-seeds.co.uk](http://www.marshalls-seeds.co.uk).

Good gardening!

*Mike Mason*

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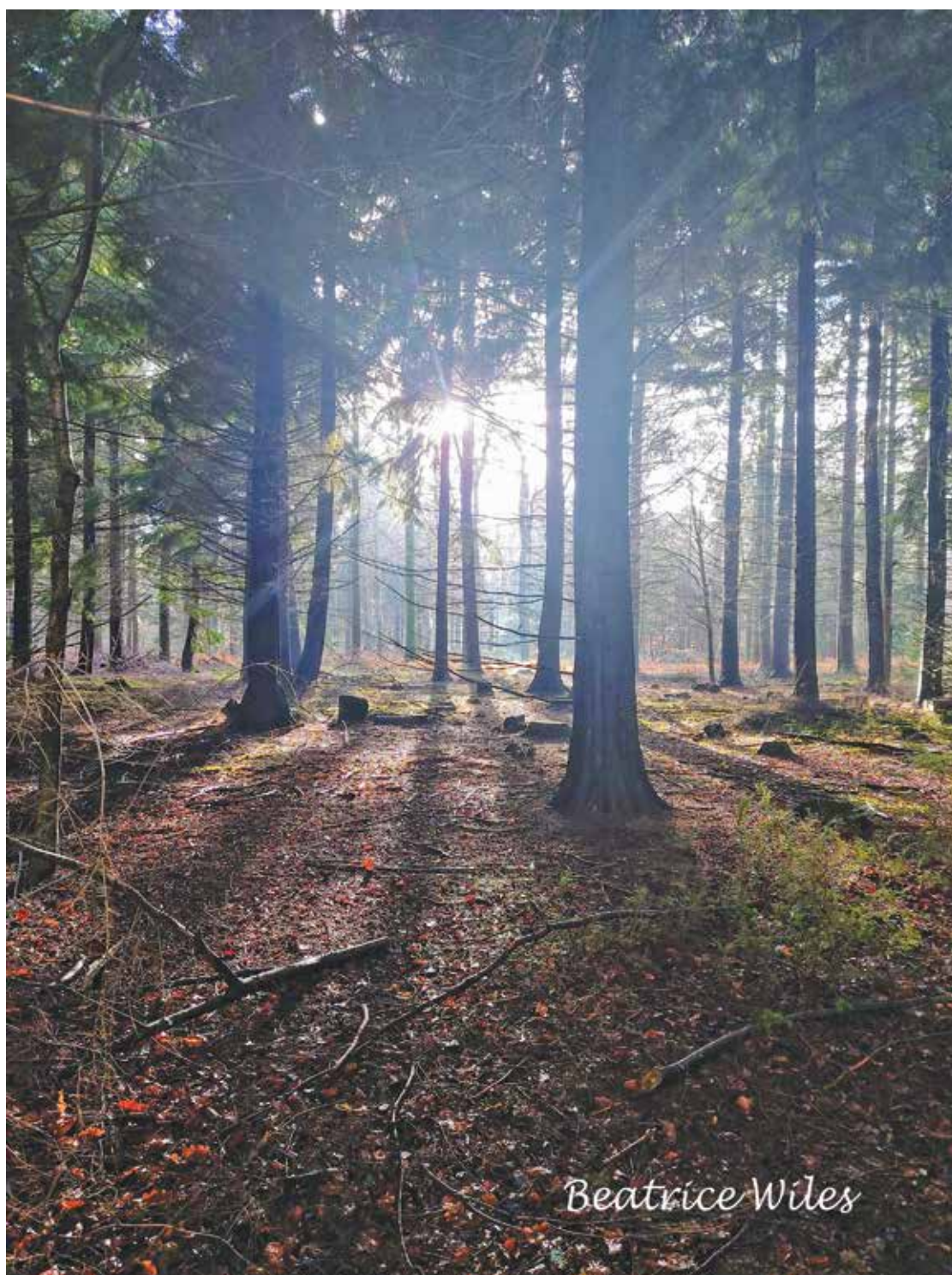
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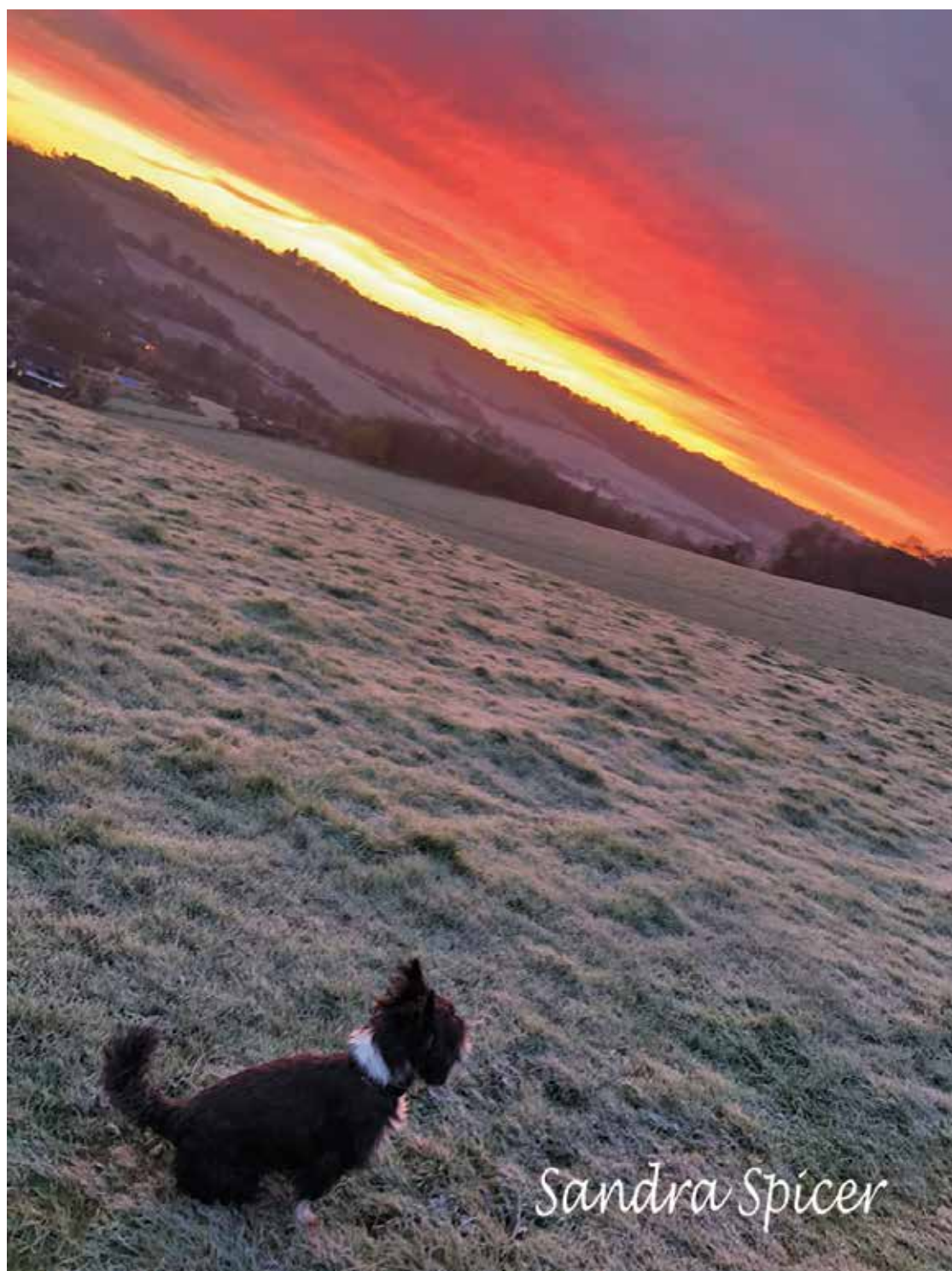


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This time last year we were all leading “normal”, whatever that is, lives and the news was that there was a “dangerous” virus in China. How the last 12 months have changed our lives.

Despite all the upset and “lockdowns” Wycombe Photographic Society has persevered and we continue to hold meetings with guest speakers, members evenings and competitions all using Zoom.

On February 4th we have a very special guest speaker who will be presenting from Namibia – Scott Hurd who will be presenting “Wildlife in Namibia”.

In the mid two thousands Scott decided to leave the UK to realise a dream. He set up a company as a photographer in Namibia, which he saw as the most diverse and photogenic country on the planet. His photography is of a high and reliable standard and he is regularly employed by both local and international companies. His work has been used for conservation projects worldwide including the London CITES conference for world leaders. He has had a number of front covers including the UK’s prestigious Telegraph magazine.

Please contact me if you are interested in joining this very special Zoom presentation.

Also in February we have a members general discussion evening where we bring an image to the Zoom meeting to discuss as well as a inter club competition against two other clubs and an internal competition.

I have been watching the Gazette Facebook page where many of you have been posting some stunning photos that you have taken in and around Naphill in the photo competition they ran.

Congratulations to the winners of the various competition sections.

However, here is my challenge to all who are posting their images and entered the competition..... why not consider “sitting in” on some of our Zoom sessions and meeting

some of our other members, there are in fact five of us in Naphill and Hughenden Valley.

For full details of what is going on at Wycombe Photographic Society have a look at our website – [www.wycombephotographicsociety.org.uk](http://www.wycombephotographicsociety.org.uk)

You will also see how to contact me on the website.

Remember every member started off as a “club newbie” at one point in time so please do not think that your photographic skills may not be good enough.

We all learn something each meeting which helps our photography.

David Greenwood  
Membership Secretary  
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## Gordon the Bird Man

The UK is home to 10% of the world's Red Kites, yet 30 years ago they were nearing extinction, so what changed?

Red Kites were once so common that Shakespeare referred to London as a "city of Kites and Crows", but by the first world war they were near extinction. By 1990 the population was down to thirty nine birds in mid Wales.

So began one of the world's longest running reintroduction programmes, starting in Radnage, using birds hatched here in the UK from eggs collected in Sweden. As a result, Red Kites have now been a daily sight for people across the UK. This gives hope that we can turn things around for other species. Killing birds of prey is a criminal offence, yet data shows there were 85 confirmed cases in England and 32 in Scotland last year. Victims included Buzzards, Red Kites, Peregrine Falcons, Goshawks, Hen Harriers, Golden Eagles and a White Tailed Sea Eagle.

For the last ten years, raptor persecution has been a wildlife crime priority but little has changed.

A high percentage of young eagles in Scotland are fitted with satellite transmitters which enabled conservationists to detect these birds in an area of east Scotland with an appalling history of poisonings, shooting and illegal trap use. A Scottish government review of the fates of tagged eagles proved that birds were disappearing, presumed killed, almost exclusively in areas



managed intensively for driven Grouse shooting. No-one has yet been charged.

On a lighter note, I have had Bramblings in the garden for the first winter since 2017/18. Also on 5th of January I saw two overwintering Blackcaps.

*Gordon.*





## A Message from St Michael's & All Angels Church, Hughenden

### *What are you giving up for Lent this year?*

If I were to look back on talks and articles which I have written in the past 15 years, I suspect that question would pop up more than any other, when it comes to the season of Lent.

"Lent?"... I hear you cry in disbelief, "I'm still recovering from a Covid Christmas". Perhaps this year, more than any other, we need to be asking ourselves a different question, when it comes to observing Lent.

2020 began as a brave new world, where Brexit would be sorted, and we each had our plans for the year. But how many of those did we manage to achieve? Not many, I suspect.

How many things which you took for granted, did you really appreciate, and miss immensely last year? Meeting up with friends and family openly, with no restrictions? A holiday in the sun or the snow? Marking a special celebration with a party? Walking around a supermarket without it feeling like an assault course at times? Hugging those you love but don't live with? Going down the pub, without having to work out which tier we are in, and whether food and/or drink is being served, or is that just takeaway?

A different language has entered our daily vocabulary including strange new words like Zoom, support bubble, social distancing, anti-vaxxer, and the R number.

I am very mindful that some have enjoyed the time and space afforded to them by lockdowns and have thrived in unusual circumstances. But for others, the last 12 months have been amongst the most trying in their lives. How many parents felt equipped to handle home-schooling 12 months ago? Very few I suspect. Jobs have been lost, business owners have struggled hand-to-mouth, trying to keep their heads above water, and their staff in work, against great odds.

But then there is the impact of the epidemic itself – with a national death-toll now exceeding 80,000 lives, many of the most vulnerable in our society fearful of going out, and the enormous pressure placed upon our carers and the NHS.

I know I have painted a rather bleak picture. So here is a different question for you? Has any good come out of a very difficult year? We are using our cars much less, families are spending more time together, gardens have been tended with great care, and many have run out of excuses when to do that home improvement task which has been put off "Until I get more time".

I still work out of my study at the Vicarage but have found myself spending far more time staring at a computer screen, and really missing meaningful contact with others in person. This has also been felt keenly by my two Clergy colleagues at Hughenden Church – Helen and TJ.

So back to my original point – should we perhaps be looking at Lent in a different way this year? How about resolving to adopt a new habit that you have started during lockdown, as a permanent lifestyle choice, instead of giving up chocolate for 6 weeks?

"How about you Vicar", I hear you cry. Well, I have been meaning to spend more time out in our wonderful countryside ever since we moved to Hughenden in 2016, and I have finally succeeded! I have pledged to myself to lose weight through careful eating and regular exercise, and so far it is going really well. The real challenge will be keeping it up when much of our old patterns of life resume, once the epidemic is under control, and we are permitted once again to meet others in public.

I have really missed bumping into many of you for coffee on Monday and Wednesday mornings at the local café, I hope we might be reacquainted sooner rather than later.

However you mark Lent this year [which begins with Ash Wednesday on 17 February], be kind to yourself, and resolve to rediscover some of the simpler things of life again, which can make our lives so much richer, but which we so often put aside, until the right time comes along. What if the right time is now? What might God be nudging you to pick up this year, to enrich your life and the lives of others?

*Rev Keith Johnson*

## Church News

At the time of writing (in these difficult times, how many articles start thus?) Churches are permitted to hold congregational worship, but St Michael's has decided that it would be inappropriate to do so given the infection rate. (Sadly, it seems inevitable that the rules will soon reflect our decision.)

The Church is however open for private prayer, and the churchyard is open for the tending of and visits to graves.

Online services take place weekly: St Michael's @ 10 being streamed weekly and available at any time thereafter for on demand viewing. Also available are the weekly JC club broadcasts with activities for younger members, and the youngest members of all having a monthly Tiny Tots service. All services are shown online via our website, or on our YouTube channel (Hughenden Church).

Details can be found at [www.hughendenparishchurch.org.uk](http://www.hughendenparishchurch.org.uk), which also carries information of any changes to arrangements as soon as they are implemented.

It seems a long time ago, but several services with congregations were able to be safely held over the Christmas period, with choir and instrumental support. Others such as the Christingle and Crib services were streamed online.

Many of the usual activities of the Church have had to be shelved for the duration of the pandemic, but some groups still 'meet' weekly via Zoom, and a 'Zoom coffee morning after church' is held from time to time.

It is reassuring to report that some members of our church family have already received their vaccination, perhaps the first steps towards a return to normality.

*Jane Tyrer*

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## Valentine's Day Flowers by KAREN ELLIOTT

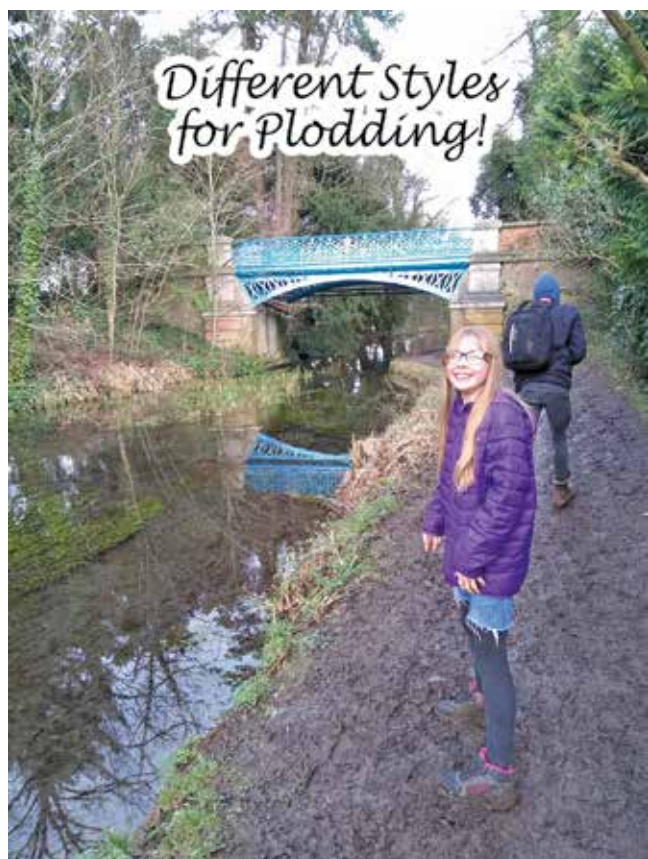


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This isn't just a lyric from the popular Christmas carol 'little donkey'...it is what it feels like we are all doing at the moment as we begin this new year. And, it's something we are unmetaphorically doing if we chose to go out for a walk...anywhere...at the moment! I love walking around here and did a lot of it in the summer and so have carried on as the weather has turned. And what with lockdown and everyone trying to get outside it seems like the paths around here have taken a hit. The mud is on an extreme level in some areas, I have heard some epic squelching that would impress any sound producer recording the sounds for the story 'Going on a Bear Hunt'! But with all the mud, plodding is a good description of my walking pace at the moment!

The other day when I was plodding onwards with my children, I observed their different techniques when it came to dealing with the mud. My 10yr old, with her wellies or ankle walking boots alike, simply just keeps on going straight...the consequences, ie mud all up her legs and slightly wet feet, can be dealt with when she gets home, in that moment it just doesn't matter or stop her from enjoying being out and hanging out with family.



My 14yr old with his new walking boots and head buried in his phone catching pokemon or taking photos appears to be able to nimbly and magically dodge the deeper mud and puddles, but with seemingly no effort or attention paid. Me, my 37yr old self, with walking boots (which claimed to be waterproof but aren't if you actually get them ever-so slightly near any moisture) and loving being in the amazing creation we have around us, trying to pick the least sinkage looking route on the footpath without straying too far near the edges of the path.

As we plod on, we have different techniques. My daughter with her just plough through not worrying about too much about how tricky or messy it is as at the end she can get herself sorted. My son with his ability to adapt to enable him to carry on with what energises him while he plods. And me, with my slow and steady, thinking it through having to pause every now and then...it made me think about how we are all plodding through the COVID pandemic right now. Are you ploughing through with confidence and ready to deal with what you've gathered on route when it's over? Are you adapting and not allowing it all to stop you from doing what fuels you? Are you taking it slowly, pausing and making every effort to plan the 'best route' through?

We have each had to find our own way of dealing with mud on the footpaths, and we have each had to find our own way of dealing with how we are journeying through this pandemic. Each of us are different and we may look at how others are navigating the path with envy or with unease. We may have tried different techniques, we may be finding the plodding absolutely exhausting and staying on this footpath through the pandemic tricky.

Staying to the footpath (and not widening it) is something which I have had drilled in-to me on many a childhood Sunday walk with my parents. But staying on the footpath can sometimes mean sacrificing dry toes or mud free trousers. It can mean going a bit slower and not being able to look up as much as you had planned...staying on the footpath, the path well-trod can be difficult and not the easiest route to take...but to deviate means clomping over farmers crops or stepping into that dog poo,

Continued from page 44 .....

invertedly marking out another path which could get map readers confused...or as my parents instilled in, to be off the footpath is to be in a place where you simply shouldn't be.

As we plod along the COVID pandemic path it is beginning to feel slow going and messy like the footpaths around us, but it is the plodding on, which is a must. No matter how tricky it is, like the donkey in the carol or the walking terrain around us at the moment, we have to keep on plodding onwards. And, one of the biggest things for me, is you are not alone in this journey. Just as so many have hit the footpaths recently, we are all on this journey together, however we navigate it or whatever technique you use, let's do it together. Because walking in company is a walk much more enjoyable! And if you are getting bogged down with the mud all around, take a pause, look up from the mire and see that there is hope, we will get to firmer ground

again...we will, but sometimes we need a helping hand to give us this hope. If that's faith, God, friends, family members, work mates...now is a time to do this plodding together and remind ourselves and others to look up.

'He lifted me out of the slimy pit, out of the mud and mire; he set my feet on a rock and gave me a firm place to stand.' Psalm 40: 2

*Padre Chrissie:*

christina.lacey102@mod.gov.uk  
01494 494469

Editorial Note: *Padre Lacey is our local RAF Padre but she is not just here for the RAF members of our community, she is here for us all! If you need a shoulder, a friendly ear do give her a call.*

*Sonia*

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## A Christmas "THANK YOU" to RAF High Wycombe - A Christmas Tale

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As the days lengthened and the winter receded, it was a time of great expectation and hopefulness amongst the people of Naphill and Walters Ash as they looked forward in anticipation to the warmer days ahead and the fruitfulness of a new year. But alas, out of the East there came an evil demon called Covid, whose very breath could unleash a plague and reap untold suffering on all whom the demon encountered. And the people were much troubled and were compelled to hide away in their homes lest they be taken by the demon. And as time progressed, optimism that the demon could be conquered and driven from the land began to fade.

Even so, the people clung to the belief that the coming of Christmas would relieve them of their fears and bring a period of light to their darkness. But alas, once again their hopes were dashed as Covid was joined by a sibling demon called Mutant who was even more noxious and once again the people were compelled to remain hidden away and to be afraid. And they were forbidden to meet and to take bread with their relatives and loved ones whom they greatly missed and the future looked dark and they were much downhearted.

Yet, out of the darkness bearing gifts there came the Spirit of Christmas who was to provide much good cheer and sustenance to the people and to make them more joyful and contented. And they were reminded that even when things look bleak, kindness and generosity will overcome all that is down heartening and they were much gladdened and had their spirits lifted.

A big thank you to Group Captain Arnold and all the personnel at RAF High Wycombe for the splendid veterans Christmas hamper; and to all our wonderful neighbours and friends who have made the effort to lift our spirits and give us something to smile about. May you all have a very safe and successful 2021.

*Bob Foggo*

Editorial Note: *My personal thanks to Group Captain Arnold and the personnel at RAF High Wycombe for the Christmas hamper. Thank you all, and the RAF members of or community beyond, for all your kindnee help and support all the year round.*

*Sonia*





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## Toddle In Group nurturing curious minds Winter Days

It snowed! Our children, like many in the village, have been eagerly watching for signs of any flurries of snow in the sky. What a joy to wake up on Sunday morning to such a lovely blanket covering. Our children have built igloos, snowmen, and snow babies whilst they played with their families. On Monday we were lucky enough to still have snow to explore at the Nursery. The children shared ideas and memories with their friends, based on their own experiences at home. I have never seen so many pre-schoolers walk out of the Nursery door and drop on their backs to immediately make snow fairies in one go! What a wonderful time of year, and a very welcome moment of awe and wonder during lockdown.

We have been learning about hibernation this month, and the children have learnt a new song to sing that lists some of the animals that enjoy a Winter sleep. It is sung to the tune of 'Do you know the Muffin man, who lives on Drury lane'.

Do you know who hibernates?  
Hibernates, hibernates  
Do you know who hibernates?  
Great big bears

*Then replace the last line with the following animals:*

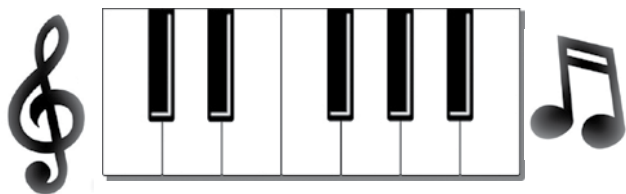
Spikey little Hedgehogs  
Buzzy Bumble Bees  
Sleepy little Dormouse  
Slithering Grass Snakes

We have looked into the life of each animal, and how they prepare to hibernate. Our books have supported the children's understanding of hibernation. We have a few favourites that include 'The Bear snores on', 'You're snug with me', 'Winter sleep' and 'Over and Under the snow'. The children have really enjoyed creating their own warm Winter dens, and using torches and light boxes to create shadows. Children love den building whether it's inside or outside. It can create a new space for them to play and sparks so many different storylines. For some children, a den can create a safe and cosy spot for them to sit back and observe what is going on in their world, it can help them to slow down and focus. For others it can quickly turn in to a bear's cave, a ship or a train station. All you need is a collection of blankets or sheets to drape over tables or chairs, and a little imagination!

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



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Oh well, here we go again!

I usually struggle to write my February article as nothing really happens and that can't be any more true at the moment. I'm hoping some of you have already received your vaccinations and are feeling ok, I've heard good reports on how well Chesham has organised this. I hear there was chaos in the village with the roadworks and looking at my CCTV they completely blocked our car parks so probably a good job I'm closed at the moment.

Me, well I've not really been getting up to much but the days are getting a little longer and the first signs of spring are showing so there is light at the end of the tunnel. I'm still popping up to the shop to pick up post and to check on things and to wave at you all from the car park, I love how sociable my job is and I'm missing you all terribly but hopefully I'll be back before too long.

Take care, stay safe

Love as always

*Mandy x*

---

## Councillor David Carroll

Dear Residents

We have had many challenges over the past year in all sorts of ways.

Hopefully with the roll out of the vaccine over the next months we will see a vast improvement in our everyday lives.

I continue to try and action issues, for example the oak tree at the entrance to the Dandara site in Clappins Lane. I'm attempting to get a preservation order to protect it.

The Ann's cottage / allotments application is now on the planning committee agenda after I called it in because it's important our residents have their say and continue to protect our precious area.

I'm getting many residents contacting me about challenges in their lives, so I try and help them by directing them to the right people.

We are very fortunate to have so many people supporting our community and keeping up our morale, for example, the Christmas lights on the village hall tree. We all look forward to them being put up, so well done to everyone involved in that.

Keep Safe

*David Carroll*



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### ***CORE Training – What is the “Core” and why is it so important to build core strength***

There is much talk about “the Core” and many people would freely admit that they lack core strength. I wanted to explore just what the core is, why it is so important and also, to share some principles to apply when thinking about how best to improve this area.

When I ask people to show me where the core muscles are located, most point straight to their abs or abdominal muscles. These are absolutely part of the core musculature however they are only one part of it. One way to envisage the full range of core muscles is to think of a tailor’s dummy and imagine the multitude of muscles we have in that area, not just at the front but essentially all around the torso.

The core muscles are critical to maintaining our posture, protecting our organs, supporting the spine and ribcage and the lower back to the hips, and preventing incontinence. They enable us to stand upright, & work in a controlled way to support all the movement we do all day, walking, running, lifting in different directions (think about lifting a child out of their car seat which also includes a rotational movement, with added weight of a potentially wriggly child too).

### **Some principles to apply to achieve the best out of any core strength training**

#### ***Use for Dynamic Exercises***

Many traditional abs workouts will focus on specific sub groups of muscles, which is fine to correct specific weaknesses in those areas, however incorporating these types of movements in isolation won’t provide the best platform to improve every day movement. Instead, I would suggest focussing on dynamic movements – These are efficient as they engage many muscles working together. Dynamic movements mirror everyday life, and often will be done standing up, requiring the core stabilising muscles to keep you balanced, maintaining good posture whilst engaging other core and leg / arm muscles to perform the required movement itself. (Think about wood chopping movements or starting the lawn mower).

#### ***Ensure exercises are balanced***

As the core muscles incorporate muscles around the entire torso, exercises should target both the abs and the back muscles. If you imagine the muscles as if they worked like the guy ropes on a tent, if some are tighter/ stronger than others then this can lead to imbalances, strain and ultimately, weakness and failure of parts of the main structure of the tent. The same happens with the body.

#### ***Exercise at the most efficient Pace / Speed***

Many of the core muscles are designed to keep us supported (e.g standing up) for long periods of time, they are therefore built for endurance. In order to challenge these muscles in the best way, core related movements should generally be performed slowly, these will make exercises that might feel easier when performed quickly, much harder to sustain, which will encourage better strengthening of the muscles being worked.

I will be running a free taster session on core strengthening in the coming weeks. If you are interested in taking part, please contact me as soon as possible, via your preferred method below to book on.

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### PLANNING

The following are planning applications received by Bucks Council between 25 November 2020 and 11 January 2021 for Naphill & Walter's Ash. Any responses by NAWARA appear in full on the Bucks Planning website.

**AWAITING DECISION. 20/08274/FUL** 130 Templewood, Walter's Ash. HP144UF. Householder application for construction of single storey rear extension.

**20/08276/FUL Little Orchard, Downley Road, Naphill. HP14 4QY.** HA for construction of part single storey/part two storey side/rear extension. Received. 06.12.20. Validated 07.12.20.

**20/08246/CLP.** 12 Grimms Meadow, Walter's Ash. HP14 4UH. Certificate of Lawfulness for proposed alterations to front porch and garage conversion including insertion of 2 x windows to front 1 x door to front, 1 x window to rear and 1 x set of patio doors to rear. Rec. 03.12.20. Val. 09.12.20. Status unknown.

**20/08413/FUL.** 12 Grimms Meadow, Walter's Ash HP14 4NE. HA for construction of single storey side extension. Rec. 17.12.20. Val. 17.12.20.

**20/08352/CLE. Bramley, Stocking Lane, Naphill. HP14 4NE.** Certificate of Lawfulness for existing use of land used for residential purpose ancillary to Bramley. Rec. 12.12.20. Val. 14.12.20.

**20/08499/FUL. 2** Wellhouse Way, Naphill. HP14 4QP. HA for construction of single storey front and side extensions with internal and fenestration alterations. Rec. 25.12.20. Val. 29.12.20.

**20/08505/FUL** Lamorna, Forge Rd., Naphill. HP14 4ST. HA for conversion of integral garage into habitable space, relocated front entrance with pitched roof, enlarged front dormer, internal alterations and alterations to fenestration and 2 x rooflights to existing rear extension.

**20/08446/FUL** 42 Main Road, Naphill. HP14 4QB. HA for construction of single storey rear extension. Rec.20.12.20. Val. 04.01.21.

**20/08434/FUL** 17 Ash Close, Walter's Ash. HP14 4TR. HA for construction of single storey side extension and partial demolition of existing garage (part retrospective). Rec. 19.12.20. Val. 06.01.21.

**21/05035/FUL.** Erlestoke, Stocking Lane, Naphill. HP14 4NE. HA for construction of single storey rear extension and internal fenestration alterations.

**APPROVAL. 20/07824/FUL** Beehive Cottage. Downley Rd., Naphill. **20/07966/FUL** Langlea, Coombe Lane, Naphill. **20/07959/FUL 68** Woodcock Avenue, Walter's Ash. **20/07951/FUL.** The Oaks, 18 Vincent Way, Naphill. **20/07920/FUL.** 155 Main Rd., Naphill. **20/07710/FUL.** 14 Moseley Rd. Naphill., **20/07601/ADRC.** 40 Main Rd., Naphill. **20/06397/FUL.** 20 Ash Close. Walter's Ash.

**19/08031/FUL** | Erection of 63 dwellings with vehicular access from Clappins Lane. Member of Parliament Rob Butler has now forwarded letters of complaint to Bucks Council relating to the failure of the West Area Planning Committee to take into account all the prevailing conditions and up-to-date material considerations, before agreeing to conditional permission for this application. A victim of this plan is the 100 year Oak Tree in Clappins Lane. Bucks Council intend felling this beautiful oak to increase the short length of pavement from Main Road, by 9.5m, so it reaches one of the three access points to the planned estate, siting pedestrian safety. However, incomprehensibly, it considers it unnecessary to continue the pavement along the rest of Clappins Lane to safeguard the same pedestrians when venturing along Clappins Lane beyond the oak. Please join the action to save the oak.

Corrections to statements printed at the end of the NAWARA article in the December/January edition over my name: NAWARA committee news for residents of N&WA does not appear in the CFAG Facebook page, "Save Clappins Field", because the Residents Assn. is a separate organisation from CFAG; NAWARA news does not appear on the [www.nawaraid.co.uk](http://www.nawaraid.co.uk) website because this is not a NAWARA website.

Many Congratulations to Phil Conran for being honoured in the Queen's New Year's Honours List with an OBE. Phil is Chair of the Government Advisory Committee on Packaging and gained the honour for services to Recycling and the Environment.

*Gloria Leflaive 563634*

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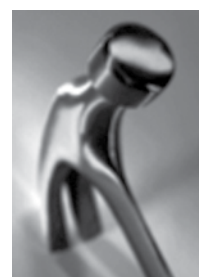
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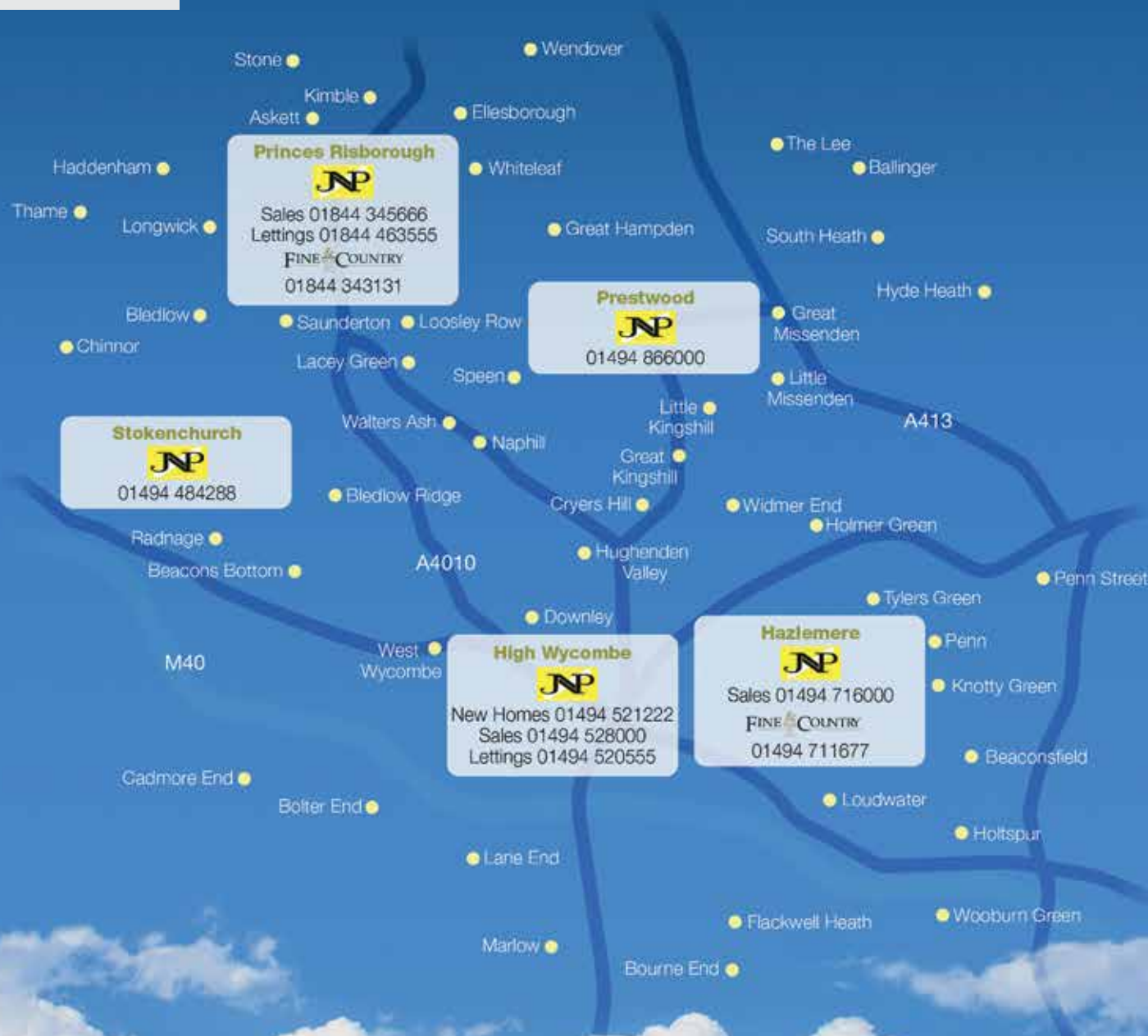
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