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March 2020



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Our Local Clubs and Organisation Contacts

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Brownies (Naphill)	Ruth Daly	01494 565571	ruth.daly3@btinternet.com
Bridge Club	Margaret Staggs	01494 530736	
Cubs - Hughenden	Beth Foster		handnhcubs@hotmail.com
Naphill	Martin Beddows		naphillcubscouts@outlook.com
Football Club - Junior	Andy Sinclair		mailto:naphillfc_cwo@yahoo.com
Senior	Bob Hathaway	01494 563332	chairman@naphillcommon.org.uk
Friends of Naphill Common	Chris Miller	01494 563707	
Good Companions	Pat Furness	01494 565501	
Guides (Naphill)	Toni Green	01494 562089	naphillmensclub@yahoo.co.uk
Men's Club	Andrew Wasilewski	01494 562770	
Naphill Neighbours	Janet Judge	01494 563186	glorialeflaive@msn.com
Residents Association	Gloria LeFlaive	01494 563634	
Naphill Evening W.I.	Sarah Bacon	01494 563479	Sarah.bacon39@googemail.com.
Naphill Neighbours	Janet Judge	01494 563186	
Scouts (Naphill)	John Huddleston		naphillscouts@aol.com
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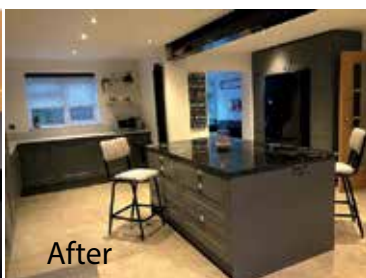
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Email: chairman@naphillvillagehall.org.uk

Bookings - Tanya Stevens

Email: hallbookings@naphillvillagehall.org.uk

Tel: 07851 169275

www.naphillvillagehall.org.uk

Local Council Contact Information

Bradenham Parish Council Clerk	Deirdre Hanson	01494 562254	clerkbradenhampc@gmail.com
Bucks County Council	David Carroll	01494 716967	david_carroll@wycombe.gov.uk
Hughenden Parish Council Clerk	Shona Hadwen	01494 715296	clerk@hughendenpc.org.uk
Hughenden Parish Councillors	Chris Waterton	07968 268067	chris.waterton@hughendenpc.org.uk
Hughenden Parish Councillors			
Hughenden Parish Councillor			
Wycombe District Councillor	Steve Broadbent	07471 144181	steve_broadbent@wycombe.gov.uk
Wycombe District Councillor	David Carroll	01494 716967	david_carroll@wycombe.gov.uk
Wycombe District Councillor	Audrey Jones	01494 563435	audrey_jones@wycombe.gov.uk

Helpful Contact Numbers

Hughenden Surgery	See website www.ourpractice.co.uk	01494 562189
Out of surgery hours		101
Breast Unit Wycombe Hospital	Breast lumps self refer	01494 526161
Stroke Support Service	Stroke sufferers, carers & family support	0300 3300 761
Shaw Clinic - Genitourinary Medicine	Genitourinary Medicine	01494 425430
Hearing Clinic Wycombe Hospital	Self refer	01494 526161
Specsavers Hearing (NHS hearing tests)	Self refer	01494 520304
Healthy Minds	Anxiety, depression, stress, postnatal wellbeing	01865 901 6000
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Wycombe Women's Aid/Also Men	Counselling re domestic violence	01494 461367
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Carers Bucks	Help for carers	0300 7772 722
Alzheimer's Society	Dementia information & support	01296 331722

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Copy Date for April Gazette 15 March

Editorial

So here we are AGAIN! Another issue of our magazine almost completed and about to be passed to our newly appointed secretary for proof reading. Our team, the Gussetteers, who run and organise the Gazette, has not actually changed, Himself has added the title of secretary to his role as the Charity Commission require us to have a named secretary. He will continue to source the photographs, type up any articles which are not sent electronically, proof read the magazine, make the coffee, cook the dinner and provide a broad shoulder when the editorial feathers are ruffled during the production of the magazine.

This month I am once again proud to publish our treasurer's report. Thank you, Judy Whitehouse, for producing this alongside making sure all the advertising accounts are settled. Publishing this report is something I deem to be important! When and how I spend my own money is down to me. Personally, I hate to see money wasted, I will happily donate to what I see as worthwhile cause but if I spend my own money unwisely, this is my responsibility. When it comes to spending other people's money, in this case the Gazette money, I firmly believe that we should be responsible and that we have a duty of care. So we report to you, our subscribers, our advertisers and to those who give us grants/donations as to how this income is used. I thank you all for your ongoing financial support.

Over the last month we have had a couple of severe storms, lashing rain and gale force winds. Here in Naphill and Walter's Ash we have come out of these storms relatively unscathed, a few fence panels down, a few branches lopped from trees etc but thankfully not

the devastating damage suffered by those elsewhere, but still our RAF community were on hand to issue help if this had been needed! There was the familiar, welcome enquiry from them asking if everybody was safe and if any help was needed.

Recently there have been a raft of comments and reports over the proposed building on what was until last August, greenbelt land. In April 2017, I certainly would have happily signed the petition against this happening. The loss of this field is regrettable but recent comments about transitory residents and incomers? Were these helpful? The transitory residents are presumably our RAF community who in an emergency, be it a tractor fire or adverse weather are there to help and where would be without their help and presence when it comes to village events? Several of these RAF transitory residents have bought homes here so are they now incomers?

If we stop to think about it most of us are incomers, who live in houses which have been built over the last 60 years on what was open land. Surely we too must own responsibility for destroying the environment, for the traffic problems, the bad parking, the sewage problems etc. Whilst we are loath to lose a field, the view from our window, the inconvenience of extra people in OUR space, do we need to remember, "People who live in glass houses shouldn't throw stones?" Perhaps, whilst fighting the bigger issues, we all need to try much harder to do our personal bit to make the world a better, safer and more sustainable place.

Sonia
editor@naphillandwaltersash.org.uk

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Naphill & Walter's Ash Annual Treasurer's Report March 2020

I would like to start by thanking Mike Pool for his immaculate bookkeeping which has made the job of taking over as Treasurer very easy indeed. I know we would all like to show our appreciation to Mike for his many years of service to the Gazette.

It has been a great pleasure to be welcomed back onto the Gazette team and to see how much our village magazine has grown since I was last involved. The risk of someone taking over the Gazette and running it as a commercial operation is even greater now that it is such a fine colour product so I am pleased that the committee have therefore agreed to register the Gazette with the Charity Commission as soon as possible. We have already drafted a governing document and will shortly be submitting this for approval. If anyone would like to see it then there is a copy on the Naphill & Walters Ash web site: www.naphillandwaltersash.org.uk.

Below is a table showing our income and expenditure over the last year. This will look a little odd and the reason is that in preparation for becoming a registered charity we are changing from a receipts method of accounting (where income is recorded when it is received even if the payment is for a service in the future) to an accrual method of accounting (which records the income and expenditure in the financial

year that it actually relates to). Both methods are perfectly correct but as our model is cash up front for a year's worth of adverts/subscriptions I felt that the accrual method would give us a more accurate financial picture of the year from now on.

The effect of this change is that the income figure looks very low because all the income from advertising is held back to the current financial year. I can assure you that the vast majority of this income has already been received and that the Gazette has more than enough to meet its commitments for the coming year whilst still holding a reserve for extra-ordinary events.

If anyone would like further information about any aspect of the gazette finances then I can be contacted using the details below.

Having reviewed our rates this year in line with an increase in printing costs from March onwards we have made a small increase in advertising rates for this financial year but subscriptions will once again remain at £3. Please do prepare yourselves for a £1 increase in subscription next year though! The delivery team will soon be knocking on your door to collect this subscription so it would be really helpful if you could have £3 in cash put aside.

Judy Whitehouse – Treasurer
judy@judyq.demon.co.uk 07813 678844

Naphill & Walter's Ash Gazette - Financial Statement 2019-2020

INCOME	31-Jan-19	31-Jan-20	EXPENDITURE	31-Jan-19	31-Jan-20
Adverts	£14,970.00	£1,582.40	Printing	£14,405.47	£15,573.97
Subscriptions	£2,776.08	£2,739.23	Expenses	£612.02	£599.28
Donations	£608.40	£529.20	Website	£80.07	
Interest	£3.37	£4.15	Donations	£0.00	£3,000.00
TOTALS	18,358.85	4,854.98		£15097.56	£19,173.25

Notes

31/01/19 adverts total is primarily income for adverts that run from 1st March 2019 as this is how the gazette finances have traditionally been prepared

31/01/2020 adverts excludes income for adverts that run from 1st March 2020 as that will be reported at the end of this financial year

Assets at Year End

Current account	£ 14,317.95
Deposit account	£ 388.51
Petty cash	£ 20.15



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

www.naphillvillagehall.org.uk



The village hall committee held their meeting on the 3rd February. With the reorganisation of the Trustee committee moving forward, 11 members of the current committee have put their names forward to be considered for the reorganised committee. It was agreed that as it will be a restructured committee all eight positions would be decided at the AGM. It was also decided that the positions should be open to anyone in the village over the age of 18. To remind you they are, Trustee Board Chairman, Secretary and Administrative Officer, Treasurer and Financial Officer, Governance and regulation officer which includes ensuring the village hall committee complies with its governing document and charity law regulations and requirements with other laws that apply to the VHC. Maintenance and Facilities Officer to be responsible for the upkeep of the hall and playing fields. Commercial Management Officer to look after the hall and field hirings. Fund Raising Officer, engaging in all events designed to raise funds and identifying and pursuing any viable external funding and liaising with all sub committees for fund raising. Community Activities and Clubs Officer who will co-ordinate with the Naphill beneficiaries' clubs and societies. If you feel that the challenge of one of these positions is one that you would like to do, come along to the AGM on Monday 6th April and be part of the

Naphill community in deciding the revised trustee committee. If you would like more details on the positions e-mail me at the village hall website.

Napfest will be on 12th and 13th and Classics on the Crick on the 14th June this year. Plans are going ahead with the marquee booked and other attractions for your entertainment.

A first for this year will be a Food and Drink festival on the Crick in July. There appears to be quite an interest in this event from possible stallholders. If you know of anyone who might be interested in a stall let me know via the website and I will pass the information on to the organisers. The weather has been so wet that the playground area by the new equipment is still very muddy but when the grass seed has taken root we will be able to open it fully.

The committee would like someone to come along to the monthly meeting and take the minutes of the meeting. If you are interested please email either the secretary or the chairman via the village hall website www.naphillvillagehall.org.uk.

Clive Lawrence
Village Hall Chairman



NAPHILL VILLAGE HALL AGM **6th APRIL at 8.00pm.**

The AGM of the village hall is on Monday 6th April 2020 at 8.00. All residents of Naphill and Walters Ash can attend. The AGM this year will select the committee who will be trustees of the village hall for this coming year. The eight posts on the committee will be open to any resident over 18. The eight vacancies are listed in the March issue of the Naphill Gazette in the chairman's report. If you require further information about these posts you can e-mail chairman@naphillvillagehall.org.uk

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Allotments

Hughenden Parish Council has received several enquiries concerning dogs on allotments. The council wish to clarify the following:

Allotment Tenants

The Allotment Agreement states that 'the Tenant shall not bring or cause to be brought onto the allotment site any dog unless it is held at all times on a leash and remains on the Tenant's plot only. Any fouling must be removed by the Tenant and disposed of offsite.

Public Access

Allotments are areas of land designated for the cultivation of food crops. It is therefore not appropriate for members of the public to access allotments except where there is a designated Right of Way (Walters Ash Allotment & Hughenden Valley Allotment). Members of the public are requested to keep to the Right of Way and keep dogs on lead. There are no Rights of Way and therefore no public access at Louches Lane, North Dean, Cryers Hill, Windmill Lane, Primrose Hill and Red Lion Allotments.

Vacant Plots

There are vacant plots available at Cryers Hill, Hughenden Valley, North Dean, Louches Lane, Primrose Hill and Windmill Lane Allotments. Annual rent is £46 per plot. Half plots are available at most allotment sites. For further information on any of the above please email clerk@hughendenpc.org.uk or call 01494 715296.

Precept

At its meeting on 28th January 2020, the Council agreed a 2% increase on the precept for the year 2020-2021. For the average Band D property this means an increase of 89p per annum. The Parish Council took this decision as it is expecting increased annual costs in the years ahead for Devolved Services. Having just agreed a further one-year funding package from Bucks County Council of £11,410, this could be the last year that the funding is offered and as such the Parish Council needs to make provisions for the years ahead.

Grant to Great Kingshill Village Hall

The Parish Council recently awarded Great Kingshill Village Hall a grant of £5,000 to assist with an upcoming kitchen refurbishment project. Seen as a vital community asset, the village hall provides education, fitness and entertainment to residents. The newly improved kitchen will, it is hoped, increase bookings for the hall and help the hall to become more financially independent.

Parish Council Elections 7th May 2020

Parish Council elections will take place on 7th May 2020. Elections to the new Buckinghamshire Council and the Police & Crime Commissioner Elections will take place on the same day. Hours of poll will be 7 am – 10 pm.

The Notice of Election will be published on 31st March 2020.

The period for nominations will then commence and the deadline for nominations will be 4 pm on 8th April 2020. Nomination Forms and information for candidates may be obtained from the Parish Council Office at The Common, Great Kingshill, HP15 6EN from 2nd March 2020. Further information may be obtained by contacting elections@wycombe.gov.uk. (01494 421180).

What is a parish council?

- first tier of local government
- statutory body with duties and legal powers
- serve communities and are elected by residents
- provide services to meet local needs, improve quality of life and well-being
- democratically & financially accountable to the local community
- can raise their own precept (form of council tax)
- legal right to be informed about planning applications & local issues
- provide a powerful voice in the local area
- help & support local groups through funding, provision of meeting places
- provide allotments, cemetery, play areas, open spaces, benches, bus shelters, notice boards, streetlights, dog bins, maintain grass verges, Rights of Way, street furniture
- Who is eligible to be a parish councillor?

Any person over the age of 18 who is a citizen of the United Kingdom can be a Councillor if they are an elector, work in, live in or live within three miles of the area of the parish council.

What will I do if elected?

- Attend council meetings. Make informed contributions which influence debate on the business that needs to be decided. Participate in the council's decision-making process and represent the council externally.
- What qualities make a good councillor?
- knowledge & understanding of local affairs & local community
- interest in local matters
- good interpersonal skills, ability to communicate clearly both orally & in writing
- ability & willingness to work & make decisions as part of a team
- ability & willingness to attend meetings
- flexible, enthusiastic

To find out more about becoming a parish councillor please contact Hughenden Parish Council Office for further information:

clerk@hughendenpc.org.uk
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Naphill HP14 4SF

Parish council elections will be held on Thursday 7th May 2020. If you are interested in a position as councillor on the parish council, nomination papers will be available from Wycombe District Council 31/03/20

Our next meeting will be Monday 2 March 2020 @ 7pm at Station Heritage Room, RAF High Wycombe. This will be accessible via the Hive Building.

Deirdre Hansen, - Clerk.
clerkbradenhampc@gmail.com
www.e-voice.org.uk/bradenham-parish-council/

Naphill & Walters Ash Residents Association

PLANNING: *The following are local planning applications received by Wycombe District Council (WDC) between 13th January and 10th February 2020. Any responses by NAWARA appear in full on the WDC website*

20/05083/FUL 5 Louches Lane, Naphill HP14

4QH Householder application of construction of single storey front extension following the removal of existing front porch, addition of pitched roof to existing garage (alternative scheme to 19/07410/FUL) Received Wed 15 Jan 2020. Validated Fri 17 Jan 2020

20/05142/ADRC Modena Hunts Hill Lane, Naphill. HP14 4RJ. Approval of details reserved by condition 3 (materials) 4(TPP and AMS) 5 (landscaping) and 6 (planting) pursuant to planning approval 19/07498/FUL. Received Wed 22 Jan 2020. Validated Thu 23 Jan 2020.

20/05108/FUL 5 Cherrycroft Drive, Naphill.

HP14 4QG. HA for construction of single storey front extension to create new porch, pitched roof to existing front dormers and two rear roof lights. Received Fri 17 Jan 2020. Validated Mon 20 Jan 2020.

20/05147/FUL Beethive Cottage, Downley

Road, Naphill. HP14 4RQ. HA for construction of single storey front porch and part single, part two storey side and rear extension. Received. Wed 22 Jan 2020. Validated Thu 30 Jan 2020..

Permitted. 19/07953/VCDN. 209 Main Road Naphill. 19/07902/FUL Pentire 138 Main Road Naphill

Refused . 19/07873 / FUL Darracott Coombe Lane Naphill . 19/07774 / FUL183 Main Road Naphill

Gloria Leflaive. 563634



NAWARA BIENNIAL MEETING

8pm Monday 30th March 2020.

Naphill Village Hall.

SCAMS and CONS

Learn more about the evolving threat of Scams and Cons from the Award Winning Scambassador himself Geoff Pegg of Neighbourhood Watch.



Plenty of wine and nibbles to enjoy as well, so do join us. Everyone Welcome.



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Storm Ciara came with its potentially damaging winds and torrential rain, raising fears of damage on the Common. (As I write, we await the arrival of Storm Dennis, but at least it is forecast to be less severe.) A quick survey the following day (in still more wind and rain) found only limited damage. Our biggest fear concerned the ancient veteran trees, but the loss of any tree is regrettable.

Fortunately, as far as we could see, the damage was not too severe. Two fairly young trees had been blown down and several trees had lost branches. Surprisingly the oaks seem to be the most susceptible to damage. Three mature oaks had lost huge limbs which, in falling, had stripped branches from nearby trees. One handsome, middle-aged oak had snapped off at about half its height. An old beech growing beside path H21 has lost two huge limbs. We found no paths that were blocked although several could do with some judicious pruning to allow people to avoid the sea of mud.

Our brief survey reassured us that no veterans were damaged. We have 3 veteran yews, 20 beeches still standing, and 9 oaks. Quite what qualifies a tree to be called a 'veteran' is rather complicated. Obviously, they are old – but what counts as old depends on the species. Quick growing species such as fruit trees, birch and wild cherry, have much shorter lives than yew, oak and beech. A girth circumference of over 2.5m (8ft) is sometimes suggested as denoting a veteran. We have about 20 beech veterans with a girth of over 3m (10ft) The great beech at Dew Pond that was blown down in

2015 was our largest, having a girth of 5.44m (17ft-10½ins) and was estimated to be at least 400 years old. There are several other beeches almost as big. All were once pollarded, which made them grow more slowly and develop huge trunks to a height of about 2½m. Of our 9 veteran oaks, 3 have girths of over 4m and one has 5.26m (17ft-3ins). Such trees as these are of great ecological importance as they host of a large range of fungi, lichens, insects and other invertebrates while offering homes to a range of birds and mammals.

There are also some magnificent yews, mainly along the Southern edge of the Common. Of these at least three must count as veterans, having girths over 3m. and there are several others that are clearly very old. It was disappointing to find that one Yew is surrounded by litter. Please enjoy our Common, but take your litter home with you.

There have been some changes in the Officers and Committee of FoNC. Our Treasurer, Peggy Ewart, is standing down after many years of efficient and dedicated service, but will remain on the Committee. Neil McMinn has agreed to take on her duties, and Marian Miller will fill the post of Secretary, which has been vacant for a year and will join the Committee. Philip Hussey and Marek Pawlik are also standing down as committee members, again after many years of service, leaving a vacancy. If any member of FoNC is interested in filling the gap, please let me know.

Chris Miller, Chairman

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Growing Your Own

The government have announced that, at the end of 2020, they will no longer abide by EU rules and regulations. How does that affect our food? Genetically-modified (GM) crops are banned at present apart from Bt maize which has been approved by the EU and is grown in Spain and five other countries (but not the UK). However, in the future, our farmers may no longer be constrained by EU regulations and may be permitted to grow genetically-modified crops as they do in the USA and the Americas generally. The reason why EU farmers cannot grow GM crops is the fear of cross-pollination of the GM crop with non-GM crops, natural grasses etc, and thereby possibly creating havoc in nature.

The state of play at the moment is that in the USA genetically-modified crops meet little resistance and are freely grown by gung-ho farmers. And now we come to something really controversial. In the EU authorisation has not been given to GROW genetically-modified crops in general, but authorisation has been granted to IMPORT GM CROPS FOR HUMAN CONSUMPTION (and 40% of our food is imported). By 2015 58 such GM crops had been authorised for importation and another 19 were being authorised. These crops are multiple varieties of maize, soyabeans, oilseed rape and cotton seed (for vegetable oil). In the USA 25 GM crops have received regulatory approval and 85% of maize, 91% of soyabeans, 85% of cotton and 95% of sugar beet are genetically-modified. In the USA and UK, 80 to 90

% of cheeses are made using GM Chymosin (rather than animal-sourced rennet). So the EU are horrified of cross-pollination of "normal" crops with GM crops but are quite content to let people eat the stuff. Quite a paradox. The EU population may think that, if the growing of GM crops is virtually banned then they will be spared from eating the stuff. Nothing could be further from the truth.

British consumers have no means of telling whether what they are eating has been genetically-modified since labelling does not contain such information. Even milk and meat produced in the UK is affected since the principal animal feed is soyabeans grown in the Americas and which are almost-all genetically-modified (60% of feed for animals is imported). Taking refuge in crops labelled "organic" is no certain solution since the EU allows food to be labelled "organic" so long as the GM content is less than 0.9%.

Bon appétit!

Mike Mason

P.S. You could of course grow your own to avoid future genetically-modified fruit and vegetables and the effects of cross-pollination and become a vegetarian to avoid meat from animals fed on GM feed. You could take GM food off your CURRENT menu by avoiding all sauces, cooking oils, margarine, butter, prepared meals, cheeses and milk. Put your name down for an allotment!

Nick Gammage Books

My interest in collecting books and postcards grew out of a lifelong passion for literature and history - especially local history - and a fascination with printing. My father worked as a printer on the Northampton newspaper The Chronicle and Echo where I began my career as a journalist. I have had books published myself linked to my long friendship with the late Poet Laureate Ted Hughes. My tribute to Ted Hughes "The Epic Poise" was published by Faber and Faber, as were many of Ted Hughes's letters to me in "The Letters of Ted Hughes".

Having retired last year from my hectic job as a Director of Communications dealing with the media, I now live in Chesham Bois and I am pleased to have more time to add to my collections of interesting old postcards - especially of Buckinghamshire and Northamptonshire - fine books and other work on paper. My other passion is music and I collect Rock, Pop, Jazz and Folk records. "Please see my advertisement on the opposite page.

Nick Gammage



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Are you a 'Mothering Sunday' person? Or a modern 'Mother's Day' type?



If I was to be asked that question, I would vote for Mothering Sunday! I suspect it's a generation thing, and being a member of the older generation, I think that is where my loyalties lie.

Mothering Sunday when I was a child, meant attending Morning Church with your Mum. On entering the

church each child would be given a tiny posy of sweet violets. These were clutched in hot sticky little hands until the appropriate part of the service, where the vicar indicated to all the children, they were to bring their posies to the altar rail. Here we knelt while we, and the violets were 'blessed'. This was followed by a general blessing for our Mums, after which we trotted back to our places and handed over, the by now, crushed but still sweetly smelling posy. The thing that puzzled my small brain at the time, was all the mummies were tearful, when in my view they should have been pleased! Maturity has taught me that this special service must have been a very emotional event!

My own children belonged to the Mother's Day brigade! As I am sat typing this, I am looking at a very tattered but oh so precious piece of paper. It is in my daughters handwriting (she is a Grandmother herself now!) it is a list of duties that herself and her two younger brothers were to carry out on Mother's Day. She was very clear in her instructions, time to get up, and menu for breakfast in bed etc. There are instructions on what they were to wear, and stating very firmly where they stood in the pecking order of waiter duties! Roughly forty eight years after this was written, her brothers would claim she has not altered one bit!

Mothering Sunday or Mother's Day? The title is not important, what is relevant is that all Mums are remembered and loved on this happy traditional festive day.

A Shy Contributor - details upon request

Shear Madness

Firstly I must apologise to our beloved gazette editor and the villages for not doing a February article. Quite a few of you noticed and told me off! February is so hard to write as nothing happens? I did try a couple of times and gave up.

March is an easy one to do as it is OUR BIRTHDAY!

Wow 9 years! In some ways it's gone quickly but then I feel I've known you all for ever, it is such a privilege to be part of the community and I've made some amazing friends along the way. I've seen toddlers starting school, others growing up and going to secondary school, onto university and starting their adult lives, marriages and

babies, oh I love babies. We have lost many over the years but they are always remembered fondly, too many for me to mention. So onwards and upwards. I've just signed up for another three years so I'm here to stay, thank you all for being there through thick and thin.

Love as always
Mandy x





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A Message from the Vicarage

Oscar Wilde once famously said "I can resist everything apart from temptation". I wonder what images immediately come into your mind when I mention temptation – naughty but nice – tv adverts for triple layered chocolate cake from M&S, topped with double cream perhaps! It is fun to joke about being tempted in a light-hearted way, but in reality the consequences will vary from none, an inch on the hips, to a broken marriage or lengthy prison sentence, depending upon what particular temptation we might face.

We are all tempted in different ways, we all have our own weaknesses and character flaws, that is part of what it means to be human. How we respond to the potentially more serious situations, such as a deliberate avoidance of putting ourselves in a vulnerable situation - being alone with a member of the opposite sex, or having access to work or club finances is more than half the battle.

The biblical root of temptation can be traced all the way back to the book of Genesis, and the temptation of Adam and Eve in the Garden of Eden. God had warned them to enjoy all that he had created for them to prosper, but not to eat the food from the tree of the knowledge of good and evil, and that is exactly what they did! The bible teaches us that sin entered into the world through this act, and that humanity has been living with the consequences ever since.

During the holy season of Lent, we recall the 40 days and 40 nights which Jesus spent in the wilderness, fasting from food, and then at his most tired, lonely and vulnerable, the devil tempted him three times, with the promise of bread, that angels would catch him if he threw himself off the top of the temple in Jerusalem,

and power given by the devil to rule over the whole earth in return for worship.

Jesus did not give in to temptation, despite his vulnerable human state. On each occasion he saw the approaches from the devil for what they were – a vain attempt to deflect the Son of God from the path set out for him to redeem humanity, and Jesus fought back by quoting scripture, and putting the devil in his place.

Rev Keith Johnson

Church Meetings & Services

Friendship Group meets each month

The Friendship Group is a get together in Church House (up the path past the Church) on the third Thursday each month at 10.30 am. It is primarily for those who are bereaved, who live on their own and for those who are lonely. The emphasis is very much on companionship and the atmosphere is light and cheerful. Refreshments served! Please contact Penny Austin on 01494 529596 if you think this is for you.

Lent and Easter Services

Our Easter Services information leaflet will be delivered round our parish during March: look out for one dropping through your letter box! If you would like information as to other services or events, please visit our website www.hughendenparishchurch.org.uk. Find us also on Facebook and Instagram.

Jane Tyre



**Volunteers URGENTLY
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or
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Would you like to support a puppy in its training?
An update from Hearing Dogs for Deaf People in Saunderton



A unique Mother's Day gift

At it's now March, some of you may be on the lookout for a unique Mother's Day gift (or maybe you just want to drop a few hints if you're a mother yourself!). If you're looking for something different that says, 'I love you', why not consider sponsoring a hearing dog puppy as a gift?

Your mum will receive a free personalised Mother's Day card from you, a fabulous welcome pack to introduce her to her pup, and regular updates on how her puppy is getting on in its training. It's a simple but thoughtful gift that will last for around two years until her pup is ready to change the life of a deaf person.

Our puppy sponsors are incredibly important to us, as they enable us to train more dogs that will one day transform someone's life, by alerting them to important and life-saving sounds and by offering lots of love, companionship and emotional support.

To sponsor a puppy as a gift (or for yourself!) visit www.hearingdogs.org.uk/puppy.

Walkies!

Last month we told you about The Great British Dog Walk, our fun-filled charity dog walk being held at the beautiful Waddesdon Manor Estate on Saturday 28th March.

The event consists of a shorter family-friendly walk (3km) and a longer scenic walk (6km) through the

magnificent grounds of Waddesdon Manor, making it ideal for dog owners, families, single walkers, organised walking groups and those who simply want to meet lots of dogs and get a bit of exercise for a good cause.

Tickets are selling fast! To find out more about the walk, and for tickets, visit www.greatbritishdogwalk.org.

One of the most rewarding things about what we do here at Hearing Dogs for Deaf People is seeing our amazing dogs having such a remarkable impact on their deaf partners. If you would like to read about some of the people whose lives have been made much easier by their adorable hearing dog, just take a look at www.hearingdogs.org.uk/stories. Have a tissue at the ready!

For anyone who would like to get more involved with Hearing Dogs for Deaf People, we have some exciting volunteer opportunities available. You'll make a huge difference by helping us to change the lives of more deaf people and will get to spend lots of time with puppies or dogs – what could be better? Just visit www.hearingdogs.org.uk/volunteer to find out more.

Until next time, take care.

The team at Hearing Dogs for Deaf People

Before writing this I took some time to research the long range weather forecast for March. It's looking reasonably good, with mild temperatures and a distinct lack of rain on the horizon. I did this via www.metcheck.com so if it is pouring down, don't blame me, blame them.

This month I wanted to raise awareness of a charity event that another villager is undertaking this May..... Saturday May 9th to be precise.

Janet Keen is jumping out of a plane over the village of Hinton. Not for a laugh. Not for a thrill, and not for a bet.

Janet is doing this in support of a local charity, Robs ARTTT. The charity was founded by Rob Holland, a local lad who went to school in Holmer Green.

In 2007 Rob was admitted to The John Radcliffe hospital, just a few days before his 15th birthday. He had symptoms of gastroenteritis and irritable bowel syndrome. However, after extensive testing he was diagnosed with DSRCT (Desmoplastic Small Round Cell Tumors). Rob underwent five courses of chemotherapy, but such is the nature of this form of cancer chemotherapy is ineffective.

Rob died four months after his 15th birthday.

So what has all this got to do with Janet? Three quarters of the sufferers of this condition are in their teens or early twenties.

In July 2017, after five years of treatment, chemotherapy, and an amputation, Janet and her family lost their son and brother to a similar cancer that predominantly strikes in teenagers and young adults.



Will Keen was 19 years old.

The charity that Rob founded exists to raise awareness and fund research for a cure for this horrendous condition. Let's help Janet smash her fundraising target.

If you feel you can contribute type the tiny url below into your browser. This will take you to Janets Just Giving page. <https://tinyurl.com/wvghh5o>

Danny Peacock of Chiltern Hills Arboriculture will be doing another 24 hour "charity tree sit" at The Wheel this summer, and as such some of the money raised will be donated to Robs ARTTT.

Local people....local charity....cancer and young people. I don't know what else to say about this.

More information about Robs ARTTT can be found here.

<http://www.robsarttt.co.uk/>

If you have made it this far, thanks for reading.

Mike Beckley

A Letter from our local Councillor David Carroll

Dear Residents

You may know that all the District Councils and the County Council in Buckinghamshire will be abolished with a new Unitary Council put in place in May.

This will involve all the services operating within one Council.

One thing which won't change is my approach of being your Councillor, making home visits on many issues and always contactable .

I hope the new Unitary Council will be a positive for our community and if am able I will continue to fight your corner.

In conclusion I think we have a very special place that we live in and hope we all continue to work together to maintain this.

Regards

David.

HUGHENDEN VALLEY & CHEQUERS SURGERIES



Patient Participation Group News

Mandy Bates, the new Social Prescriber for the Mid Chiltern Primary Care Network would like to introduce herself to the community.

She will be partly based at Hughenden working for the Hughenden and Chequers practice patients. She will help patients to resolve social issues which are causing anxiety and distress to them such as loneliness, benefit difficulties, housing problems or ageing difficulties thus preventing these issues spiralling down into an illness.

Mandy has written a bit about herself below:

Mandy Bates

My name is Mandy Bates and I am the Social Prescriber for the Mid Chiltern PCN, which includes Rectory Meadow Surgery.



I have recently moved 'down south' from Sheffield to live in Chalfont St Giles. I have worked in the community for the last 20 years, primarily with mental health, but have vast experience of the problems we all face.

I would like to take this opportunity to say "How do you do" to you lovely folk in Buckinghamshire, from this Yorkshire lass (as my dad would say). In just a few months I have realised, although miles apart, we all face the same difficulties that life

throws at us. We sometimes feel overwhelmed and helpless, albeit we don't like to admit this, causing anxiety and loss of motivation and confidence, which can lead to social isolation and loneliness.

I have already met some wonderful people who have had successful and interesting lives. In my role I am able to meet patients in their surgery or in their homes, where it gives time to have a cuppa and a chat in a relaxed atmosphere, without being rushed.

I'm here to discuss any issues which are important to you. This could be advice and information, help with filling out forms, applying for benefits, filling in or referring for assessments or liaising with both statutory and local community agencies. I can help to find local groups and activities and go with you if you want to try something out.

Social Prescribing is about 'What matters to you,' it could help you have more control over your health and wellbeing in ways that suit you.

If you feel you may need a little help in some way, speak to your GP or other staff at the surgery

Mandy Bates

Thank You!

A big thank you to all those who made the Talk on the Menopause, on 12th February, such a success.

Particular thanks to The Hughenden Valley Hall Committee who donated the hall free of charge; to Dr Sucheta Iyengar, Consultant Gynaecologist, who gave an excellent presentation and answered questions until 10pm and for the input from The Royal Osteoporosis Society, who had a stand.

120 ladies came to the talk and the feedback was excellent.

Elizabeth Carless

High Wycombe



The Royal Air Force Association

The Royal Air Forces Association is a membership organisation committed to providing confidential, professional and fair services to members of the wider RAF family from the youngest recruit to the oldest veteran and their families.

With thousands of members and volunteers across the UK and further afield, we have the network needed for a personal, one-to-one approach. We carefully and sensitively deliver all the support we offer to members of the RAF family to suit the needs of each individual we help.

Membership is available to all so register via www.rafa.org.uk/members or call 0800 018 2361.

Today, there are over 1.5 million people in the RAF family who are either serving or who have served in the RAF (whether as a regular or reservist) and their spouses, partners or dependent children. You do not need to be a member to receive our help.

High Wycombe has a local Branch that would welcome your support. If you can spare some time to volunteer, please email rafahighwycombe@hotmail.com or call the number above and ask for a Branch official to contact you. With the clear link to the RAF and the local community, we are sure that there are many veterans living amongst us and we would appreciate hearing from you. Similarly, if you require help or support, please contact the central number and they will put you in touch with those locally who could help.

Yours, in friendship,



Adrian Morris
RAF Association High Wycombe
Branch Chairman

EPIC 5 MARATHONS IN 5 DAYS!



In January, Corporal Nick Gaulder ran a staggering 5 marathons in just 5 days, totalling an epic 131 miles. Not the only physical challenge that Nick has set himself, he'll also be completing a 12-hour circuit session in March before his final undertaking of running the London marathon in sub 3 hours, all in aid of the RAF Charitable Trust.

A keen runner, Nick set himself the arduous task of running the marathons from RAF High Wycombe to RAF Halton, before returning to RAF High Wycombe; a difficult task any time of year, the winter elements only made it more challenging. Nick said: "On the first day it was like the gates of hell had opened with torrential rain, hail and thunder. The following day the temperature didn't get past three degrees all day."

Nick (38), who is stationed at RAF High Wycombe has been volunteering for the RAF Charitable Trust for 20 years and has seen first-hand the good work that they do. The Charitable trust added:

"We really appreciate Nick's efforts in raising funds for us. As a volunteer at the Royal International Air Tattoo, Nick has been able to see up close some of the life-changing experiences Trust grants have enabled for a wide range of people. With Nick's help, the Trust will be able to continue its excellent work to Promote the RAF, support its people and to encourage young people into aviation based careers. We wish him every success."

Nick is hoping to raise £2000 for the RAF Charitable Trust, to sponsor him go to: <https://uk.virginmoneygiving.com/fundraiser-display/showROFundraiserPage?userUrl=NICHOLASGAULDER&pageUrl=3>

MCO Assistant SHQ
RAF High Wycombe



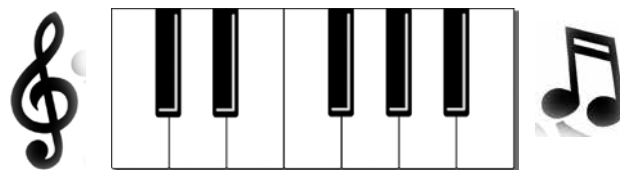
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MUSIC ON THE CRICK - 12th JUNE

This is coming along really nicely and we have 'Sultans on Swings' back headlining, but we are hoping for a few different bands this year, so that you all get a different experience. (If you would like to perform, please get in touch). It would be great to see people dress up for the occasion (although remember to keep warm). We have booked the food stalls, we have Noodle Nation and Gonelys with their Pizza's! The bar is booked and we will have a Ferris Wheel and a full range of inflatables, bungee trampolines and much, much more. Tickets will shortly be available on www.napfest.co.uk and at the Wheel PH, these are the same price as last year - £25 for a family ticket of four, adults £10, Kids £5. There will be an increase on the night, so pre-book.



FETE ON THE CRICK - 13th JUNE

This too is definitely going to be a lot bigger and so much better this year. We have lots planned for the arena, with displays from the RAF and also some fitness classes and don't forget our gorgeous Princes and princesses. As always we still need all our faithful stall holders and you should have all been contacted by now. If not please get in touch with us by email nwafete@hotmail.com

As always we still need extra volunteers for all three days and we will need tombola prizes, cakes, raffle prizes and books. Please get in touch if you are able to provide any assistance or would like to sponsor the event.

Can't wait to see you all there.

The Napfest Committee



CLASSICS ON THE CRICK

Classic cars, exotic cars, displays, car clubs, motorbikes, scooters, licensed bar, food court, entertainment and award ceremony for the winning entrants) a fun day out for all the family!

Save the date – SUNDAY 14th JUNE 2020

If you'd like to volunteer to help at the event this year or you'd like to enter your vehicle (all vehicles must be pre-entered) then please get in touch by checking out our website and email or use social media links below to connect with us. Classics on the Crick donated £1600 last year to Thames Valley Air Ambulance and this year we're hoping to donate even more !

If you fancy yourself as a car or bike expert then why not sign up as a judge for the day (all anonymous, so no come backs on you !)

If you'd like to have a stall or stand at COTC then please also get in touch for further details. Watch this space for more info next month.

Fb – Crick Classics www.classicsonthecrick.co.uk insta – classicsonthecrick

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Summer Migrant Birds

Summer Might be just a distant memory but have you ever considered where our summer migrants are right now?

In the past, due to the size of GPS tags, only larger species (Ducks, Geese, Raptors,) could be tagged. these days tags are so small that even warblers can be tagged.

One commonly held assumption is that birds like Swifts arrive in the UK for the summer, breed, then head straight back to winter in Africa, before repeating the journey again the next year. The concept that birds head to a single region of Africa to see out the winter is misplaced. Many species undertake a tour of Africa, arriving in one region before moving off to another after a few weeks. Tagged Swifts have shown that, after leaving the UK, they head through Spain and down the West coast of Africa To Senegal around early August before heading to the Democratic Republic of Congo where they stay till December. They then go southeast to Mozambique For about a month before starting on the return journey.

The reason species do this is to follow the seasonal rains and the food these provide. The stopovers on their return allow birds to fatten up for the journey ahead, rather than migrating with little fat reserves and struggling to find food in hostile areas. Cuckoos, Nightjars, Nightingales and some Warblers also use this strategy.

G.S. Hickmott.

Naphill Neighbours

Yesterday's talk was entitled "Homeward Bound-Railway Stations". It was given by Jeff Rozelaar and was both entertaining and informative. It was an illustrated talk and covered the development of the railways and the opposition to this from environmentalists such William Wordsworth. Ring any bells? The HS2 decision is to be announced as I write!

We visited many stations (in photographs) and Jeff had stories to tell, or poems to highlight, related to these. Carnforth was the setting for 'Brief Encounter', St Pancras was saved from demolition thanks to John Betjeman whose statue gazes at the departure board, Paddington inspired the name of Michael Bond's much loved bear, and so on. There were snippets of literature related to the names of engines and stations. Jeff was a trainspotter in his youth. Station architecture was illustrated, contrasting the modern Canary Wharf with Victorian stations such as Marylebone. All in all a fascinating afternoon.

Our next meeting, on March 9th welcomes Will Phillips talking about 'Liberty - the Bucks Man, the London shop, the global style.' The talk starts promptly at 2pm.

There are a few spaces left on our outing to Milestones Museum in Basingstoke on Tuesday , April 21st, leaving the Village Hall at 9am and returning about 6pm. The cost is £27 for members and £29 for guests. If you are interested, please contact Yvonne Cook on 01494 563960 (mobile 07702882603

Peggy Ewart - 565969

Bon Ami

Welcome to March, such a beautiful month. The 22nd March is Mothering Sunday when rightfully we should be treating our mothers to say thank you for all that they do. Bon Ami are offering a "Mothering Sunday" afternoon tea voucher with or without bubbles. Why not treat your mum and then "take tea" on an afternoon of your choice. Our afternoon tea comprises of:

A selection of delicate finger sandwiches including unique Neapolitan sandwiches, plain and fruit scones served with clotted cream and your choice of jam, a selection of cakes and freshly brewed tea. A glass of bubbles too if that takes your fancy!

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Kind regards,
Amanda & Ruth.



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Bad stuff/good news

March begins and we can start to put winter behind us – but don't hold your breath....my photo diary informs me that the 'Beast from the East' struck on March 18th in 2018! Hopefully winter is mostly behind us but what a winter we've had. A pre-Christmas general election, Brexit, Coronavirus, wildfires in the Southern Hemisphere, storms Atiyah, Brendan and Ciara with Dennis looming as I write, to name but a few of the world events of the past months. Sometimes it feels as if the planet is caught up in a maelstrom that affects each and every part of it alongside each and every one of us.

When we hear the news, it is often tempting to ask 'where is God?' as if somehow God is to blame for every bad thing that happens. But bad stuff is good 'news', the copy sells newspapers and airtime, so that's mostly what our media reports. From the Christian perspective, bad stuff IS good news. As the year moves on and seasons change, the Christian year also moves and changes. Behind us is the bright joy and celebration of Christmas. The story dramatically changes. The Bible tells us how the infant Christ was forced to flee from those who wanted him dead and were prepared to commit mass infanticide to ensure he did not survive. But Jesus did survive and grew to adulthood and became a loved and influential teacher. The Christian year spends the weeks after Christmas telling his story, but as the story is told we see it unfold as a Greek tragedy might unfold. Through the brightening days of spring, the shadow of Easter looms.

Shadow of Easter? Bunnies and flowers and eggs and sunshine – how is this shadow? We prepare ourselves for what is to come during Lent, a season of 6 weeks of spiritual discipline, however you wish to interpret 'spiritual discipline'. For some it is fasting or abstinence, for others it may be additional acts of charity or extra time in prayer and contemplation. Whatever you choose to do, for the Christian it is in preparation for what is to come....the bad stuff that is good.

Lent is a time to prepare for Easter and reflect on its meaning. After 3 years of doing good, healing people and giving hope to the hopeless, Jesus is arrested and tried on trumped up charges. Jesus Christ – God's Son and the goodest person ever – is executed by crucifixion alongside two criminals on the day we call 'Good Friday'. The disciplines of Lent allow us to walk the path towards the cross with Jesus and in the company of Christians throughout the world. Although we may make this journey every year, it seldom becomes routine. The disciplines of Lent open us up to receiving God's light and every year that light seems to illumine a different part of the path. What happens next explains why the day on which such an atrocity is committed has come to be known as Good Friday and why this bad stuff IS good news for Christians.

To be continued.....

May God's light illumine your Lent

Rev Jenny Ellis



Saint Boltolph's Service Times

March	1st	11am	Eucharist	Rev.Jenny Ellis
March	8th	11am	Eucharist	Rev. Jenny Ellis
March	15th	11am	Eucharist	Rev. Jenny Ellis
March	22nd	Mothering Sunday	Rev. Linda Richardson	
March	29th	Benefice	Eucharist	Rev. Jenny Ellis

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Message from Padre Lacey - *Do you really mean love?*



As a Padre, one of my favourite parts of my job is weddings! I love meeting the couple and working together towards the day and the marriage. I love the palpable excitement at the rehearsal. I love the buzz on the day as people arrive and eagerly await the bride. I love standing in front of the congregation and seeing happy and hopeful faces. I love a wedding! Have I written 'love' enough in the last paragraph!?

That's the thing though, isn't it...we use the word love in so many different situations and towards so many different things, meaning different things. When I say, 'I love port', it is a very different from saying, 'I love you' to my children. It's sad that we don't have different words to describe the different 'loves' that we feel and then want to express. We throw the word 'love' around a bit too much that it takes the intensity out what it means in certain contexts.

It's made out to be a big deal when a couple tell each other they love each other for the first time... but how quickly are we to use it when our favourite song comes on, on the radio. And it's because it's the same word, but in different contexts it can mean quite different things. Ancient Greek has different words for different expressions of love and I think that's cool, because it means they can use the specific word to communicate at a deeper level what they are feeling and expressing.

Words are powerful, what we say and the specific words we use can build up or tear down. In a society where we communicate so much in written and not verbal forms choosing our words carefully is of great importance. Choosing the right words to communicate what's going on within ourselves takes time, and sometimes the words we know aren't big enough to express our feelings. Roald Dahl and Miranda Hart are known for making up words which go further than words already around, and the Greeks did it when trying to grasp Jesus' sacrificial love through His death. As we go into a season of 'love' which words will you choose wisely to communicate how you feel with those around you?

If you want to explore more about Jesus all are welcome to services at the Station Church, Sunday's, 9.15-10.15am. Please contact me on 01494 494469 to arrange access to the station.

Padre Chrissie Lacey

Naphill Evening WI

Our talk and demonstration by Ruriko Kojima on 'The Art of Japanese Flower Arranging' was so interesting and the arrangements were lovely. Ruriko, who wore a kimono, explained the importance and meaning of the positioning of the leaves and flowers as she worked.

On 18 March there will be the Spring Group Meeting hosted by Downley Evening WI. We will hear from Catherine Jones on "From Guns and Roses to Hearts and Flowers". Our own meeting on 19 March will be an Open Meeting, when members can bring a guest. The talk will be by Peter Hague on "Cliveden: Power, Politics and Scandal".

The Food Group will be off to the Harte & Magpies in Colleshill for lunch on 23 March.

Sew and Chat have had their first meeting of 2020 and are happy during the winter months to continue with their knitting for charity project.

We have some outings planned for 2020, one of which is a trip to see the ballet "The Red Shoes".

If any Gazette readers would like to come along and see what we get up to at WI, you would be made most welcome.

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Essentially it entails moving well in all the major types of movement, whilst maintaining good posture & balance. This can be only achieved by using the right muscles, in the right way at the right time. This might sound obvious, however we have all picked up bad habits over the years, which lead inevitably, to niggles and aches and pains. Think about everyday things like standing up or lifting heavy boxes or bags. Our bodies are well designed to do these things safely, however all too often we start to "cheat" by using our arms to push ourselves up from the chair rather than the stronger leg muscles (putting unnecessary load on the shoulders), or taking the strain on the lower back when lifting boxes or holiday luggage. These bad habits take their toll.

Similarly, if we enjoy playing a particular sport we will become adept at the particular movements required for that sport, however this can create imbalances with

opposing movements which we don't do as often. Revisiting the foundations of good movement helps such imbalances to be addressed, improving performance and reducing injury risk for the future.

With firm foundations we can then progress, by adding more resistance (weight) or learning more complex movements, to make these moves with greater strength, and ultimately with greater power or speed.

As we are all different and are all on different journeys, we have different fitness goals and needs, it is therefore important to ensure that everyone gets lots of individual attention. It is for this reason that the groups are small (4-8 people max) however still benefit from the support and camaraderie that comes with training with others. The amazing people who have joined so far are seeing the benefits already and enjoying the process. Why not get in touch with me to see how I can help you on your fitness journey?



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Naphill & Walter's Ash School Media Team Report - 2020 So Far!

Hello, hope you are having a great 2020 so far. We would like to tell you about what our school has been doing recently. The school has been busy learning about their topics and subjects.

First, we were interviewing Annabel from Year six about the SATS practice tests.

She did not find it very hard as she has learned many different methods for the tests. She found them very time consuming though. She thinks the SATS are very helpful because they are good for setting you up for tests in secondary school. Annabel is not worried about the tests because they are "just tests" but many others are quite anxious about these upcoming exams.

In the year below, the Planetarium has visited the school to teach Year Five about space. They learned all about the solar system and how light travels. The Year Fives learned a lot about space that day.

Year Five librarians have started a competition where you have to draw and describe your favourite book character. This will be a fun challenge in which all year groups can compete. We can't wait to see the finished results!

Year Six are running a chess club. All of Key Stage Two can take part. Next term, they will start a chess tournament. Everyone who is in Key Stage Two can join. They will be separated into Year Three, Four and Five, Six. Good luck!

As well as all of this, the Eco Warriors are setting up a challenge for the school. Each class has to reduce the amount of electricity they use. The class that uses the least electricity gets to pick a reward.

On the 11th February, the RAF came to visit the school for STEM (Science, Technology, Engineering and Mathematics) activities. This time they made towers. Their first task was to make a tower out of paper straws and masking tape. The towers had to hold an amount of marbles at least twenty centimetres above the ground. The towers had to withstand a hair dryer blow. This was a hard challenge, but none of the towers collapsed or fell over. The next challenge was to make a tower out of spaghetti and marshmallows. This had to be over thirty centimetres high. The challenge for these towers was to survive an earthquake that was made from a board and a box. Unfortunately, none of the towers survived.

The Media Team

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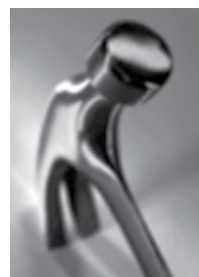
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The Wheel

Mark and I would like to thank Chloe, Julia and the team for holding the fort whilst we had a much-needed break at the beginning of February and having to cope brilliantly with Storm Ciara, the rugby days and the birthday parties. We had another fab time in Pembrokeshire enjoying the walks, sea and the local hostelrys (the dogs had a great time too).

Well, the start of 6 Nations Rugby did not quite go as planned for England but has been as exciting as ever and it's been great to have everyone in cheering on their team and enjoying the atmosphere. Remember to be here early if you want a table to sit at! The Sweepstake scores have been interesting as always, as you are all so competitive.

With the lighter evenings now really beginning to show, we are seeing more and more of you out walking and then enjoying a beverage before heading home. After coming runners up on the dog friendly pub awards, we have seen lots of our furry four-footed friends enjoying themselves too.

Many families will have noticed that the play area was dismantled over the winter, but do not fear, new play equipment is on its way, so your kids will be kept entertained in the garden as we head into Spring.

For all you Motorbike fans the Moto GP season starts again on the 8th of March, we will be

showing as many as we can, assuming they don't clash with the Rugby or on at 4am! For those of you who don't want to watch sports don't panic, we have a separate bar and dining area that is a TV free area.

We look forward to seeing you all over the next few months with a few dates to put in your diary's.

- Sat 1st Feb – 14th March - 6 Nations Rugby
- Thurs 5th Mar – Chefs famous Curry Night (again please book)
- Sun 22nd Mar – Mother's Day (definitely book)!
- 11th – 13th April – Easter Weekend

Please note: On the 7th March we have a birthday party and will be closed to the public in the evening, so we apologise for any inconvenience caused. On that note, remember it is always advisable to give us a call before coming down for food, even if its five minutes before you leave, just in case we have a function on.

Thank you to everyone for your continuous support at The Wheel over the years and last few months. Mark and I look forward to seeing you all soon and hopefully the Spring is on its way.

Claire and Mark



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Our First half term...

It has been an incredible first half term here at Toddle In Group. With all of our children now settled and our community growing, we would like to share with you a little about water play.

Water play is an incredibly freeing form of exploration. The children find fun in all forms of water play from our automatic sink taps that fascinate them, a big puddle, or working out systems to connect, transfer and pump water from one place to another. The activities involving water are always a success! Today, our children have been exploring potion making in our water tray. They have carefully selected which container they need, how they will fill it, how it will look, and how it will smell. The children have a variety of tools at their disposal that include scoops, tubes, funnels and pipettes. Some potions needed to shimmer, they are magical after all, while some potions needed to be coloured. The children explored fresh rosemary, dried herbs, spices, and baked lemons and limes. These sorts of opportunities help the children to collaborate on a really imaginative level, whilst also exploring capacity, tuning in to their senses, and extending their descriptive vocabulary.

Another lovely water activity is bubble painting.

Here's how we suggest you try it at home:

You will need:

- A deep bowl
- Washing up liquid/bubble bath
- Whisk (or a fork)
- Straw
- Food colouring/paint (optional)
- A little water
- Paper



Help your child to fill the bowl with a little water and a few drops of washing up liquid, if you are adding colour one or two drops will do. Are there any bubbles yet, or do we need to add in some air? We add air to a balloon, and we add air to a cake mixture to help it to rise. Maybe a whisk will work. Maybe blowing through a straw will help (I would suggest practising blowing through the straw before placing it in the water mixture. Sucking through a straw will not be nice for your child!). Once the bubbles reach the very top of the bowl your child can catch their bubbles on to a piece of paper laid over the top. Watch while they pop, and leave a beautiful picture made up of lots of different circular marks.

As always, risk assess any of our activity suggestions to make sure they are appropriate for your own children. We love to see the fabulous activities that our children try, so please do feel free to pop in or get in contact by email to share your child's experience.

For more information about us here at Toddle In Group please contact Kim on 01494957196, or email us at enquiries@toddleingroup.co.uk.

Happy water play!

Kim Cahalan Crompton



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Naphill Brownies

We have now completed last term's science badge finishing off by making gooey slime, trying out a paper cutting trick and having some fun with bubbles

We are doing a World Guiding challenge this term. Our first country-themed night of the term featured Switzerland (the home of one of the 5 Girlguiding world centres). We made mountains out of plastic cups, swiss chocolate mug-cakes, launched paper ski-jumpers and sang a hearty yodelling song.

The other Girlguiding centres are in London, Mexico, India and Africa (a mobile centre) – lots of scope for fun activities there!

Last week saw us out on a torchlit walk into the woods on a glorious moonlit night. We followed a trail through the woods and across the fields. We were lucky enough to hear a range of night animals and birds and see a sky full of stars. The brownies were able to point out some constellations that they had learned about.

We have a couple of spaces available at Brownies this term, so if you have a daughter between 7 and 10 years of age, feel free to get in touch

The Brownies and Guides Spring Jumble Sale will soon be upon us - Saturday 7th March. Please do keep any jumble for us. We will collect it from you nearer the time.



**Guide
& Brownie
Jumble Sale**

**7th March
Naphill Village Hall
1.30pm**

**We will be collecting items for
the sale around the village
on the morning of the sale,
and we would also welcome
any items you wish to bring to
the Village Hall on the sale day.**

NO ELECTRICAL GOODS PLEASE!

Brown Owl

Ruth Daly 565571. ruth.daly3@btinternet.com
1st Naphill Brownies - Thursdays 5:45-7pm

Wycombe Photographic Society

It is now four years that I have been writing this article and for four years it seems that February is the month for our new members to show the members who have been in the club for some time that they "mean business" when it comes to their photographic skills. For the last four years the new members "rocked the establishment" and at the last competition night for February 2020 the "newbies" did the same thing with high scores and the "establishment" were left "back in the pack".

Our guest speaker in February was from a company called Fotospeed who specialize in photographic paper. OK, so now you are heading off to another article to read because what could be more boring than paper... fish & chips come in paper, sausages from the butcher come in paper, occasionally Wycombe District Council collect paper.....but..... there are so many different types of paper that can really enhance a good photo to make a great photo and yes, it was actually a very interesting night.

Our March program includes a couple of internal competitions, plus a number of external competitions

where we go to other clubs and let them see the high quality of images taken by our members.


I know that it appears to be all about competitions but these are a great way to improve your photography as judges do make suggestions and comments about the images they are judging and if you listen it is amazing what little hints and tips you will pick up from the judges.

For full details of what is going on at Wycombe Photographic Society please look at our website – www.wycombephotographicsociety.org.uk

Come along to one of our meetings where you will be made very welcome and as I always say in these articles..... every member started off as a "club newbie" at one point in time so do not think that your photographic skills may not be that good.

We all learn something at each meeting which helps our photography.

David Greenwood
Membership Secretary
Wycombe Photographic Society



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Princes Risborough Choral Society

The Princes Risborough Choral Society was founded in 1912. It has a wide repertoire ranging from classical composers such as Mozart and Fauré to operetta composers such as Gilbert and Sullivan. We put on four concerts a year - classical choral music in the spring and autumn, a concert version of an operetta in the summer and a Christmas concert with music for choir and audience in December.

This summer we are putting on a concert performance of Gilbert and Sullivan's HMS Pinafore on June 25th, 26th and 27th in Longwick Village Hall and on 21st November we will be performing Mozart's Requiem in High Wycombe with Marlow Choral Society. Our Christmas concert will be on December 15th.

We practise on Tuesday nights during term time from 7:30 pm – 9:30 pm in the Lower Hall at the Baptist church in Princes Risborough, 42 Bell St, Princes Risborough HP27 0AD.

If you would like to enjoy the exhilaration of singing within an expertly directed choir, come and join us. You will find us a friendly lot and auditions are not required.

If you are interested, please call 01844 346916 or visit our website at www.princesrisboroughchoralsociety.uk or just turn up on a Tuesday night. The practices for HMS Pinafore will be starting on 5th May and for Mozart's Requiem on 8th September.

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presents

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St Lawrence Church
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I've kindly been given the opportunity to introduce myself and my business to you all. I'm Charlie Cooper and I set up Whipped Cakery after leaving my fashion buying career to achieve a better work/life balance for our young family. Having always been a creative person who loved baking, the opportunity to combine the two has been amazing!

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Slimming World - Hughenden Valley Group News

Since moving to our new venue at Hughenden Valley Village Hall in November we have well and truly settled in.

JANUARY

What a busy month it has been! We welcomed 37 new and returning members over this long month and group has been buzzing.

The total weight loss over January was 304 lbs, that is a whopping 21 stone and 10 pounds. Some great awards were given out over the month too!

11 x Half Stone

1 x Three Stone

2 x Personal Achievement Targets

Our 2 Slimmers of the Month lost an amazing 7 ½ and 11 ½ pounds.

FEBRUARY

We have kicked off this month with our Free Food Festival. At Slimming World we love thinking about food, we love talking about food, we love cooking food and most of all we love eating food with the focus on the power of eating fabulous free foods with no weighing or measuring.

Free food isn't just about nutrition. Free food is about liberation from hunger, from guilt and shame and from deprivation. It means we can love food, have fun with food and lose weight in the process.

To celebrate free foods Slimming World are giving

away a brand new cookbook The A to Z of Free Food during February, when members purchase a 12 week countdown.

Also this month members who bring a friend who joins can get a free week. Bring 5 friends get 5 free weeks.

We meet in the lovely warm and welcoming smaller hall at Hughenden Valley Village Hall, please see photo below. We are there every Thursday evening at 5.30pm and 7.30pm. We are a really friendly group who encourage one another and celebrate our achievements together.

To find out more contact Kerry on 07887 567264 Or head over to our Facebook Page Slimming World Hughenden Valley with Kerry.

*Kerry Brown,
Group Consultant*



Naphill Tennis Club

Our Annual Newsletter is due out early March with details of tennis and social events for 2020.

Children's Tennis Camps and Adult Tennis Clinics as well as private lessons are available for all abilities. These cater, in particular, for those returning to tennis after a long absence or those wanting to try a new sport.

Membership subscriptions are extremely competitive and have not changed but make sure you renew your subs before 1st April to qualify for the discounted rate!

New Members do even better:

- Adult Membership = £70 or £130 a couple
- Junior Membership = £45*
- Under-7s = £30*
- Discounts for family membership.



****Please note that Junior and Under-7s Membership includes FREE COACHING during the school summer term on Friday evenings for Juniors and from 9-9.45 am on Saturday mornings for the Under-7s.***

On Saturday 28 March, we will be holding the 'Quorn' Fun Family Tournament. This is as it says – a 'fun' doubles event for an adult and child using mini nets.

For further information on the above, please contact our Membership Secretary, Sarah Dengel, on 563706/sarah.dengel1@gmail.com or visit our website:www.naphilltennisclub.org.uk.

Jenny Tench



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