

Great Kingshill Residents' Association *Newsletter*



Summer 2022



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Front cover photographs:
by Chris Goodfellow

Welcome to the Summer edition of the GKRA Newsletter

Hello, and welcome to the Summer edition of your newsletter. I'm really hoping that you will be reading this a couple of weeks prior to the village Jubilee picnic that is being organised on Friday 3rd June. See the double page advertisement in the centre of the newsletter for details of the event, and then please come along and join in the celebrations. Please send us some photographs and any memories of the day so that we can share them with everyone in the next newsletter. There is also an article written by a past resident of the village that relates the tale of the 1935 Jubilee celebrations in the village – well worth a read. In this edition we also have some contributions from our two schools, as well as from our local folk club.

As always a couple of points to note – the views expressed in this newsletter are not necessarily the views of the editors or the GKRA committee, and the editorial team reserve the right to edit copy as they see fit. We do not have an unlimited number of pages, so hope that you will understand if your contribution has been shortened in order to fit it in.

gkra.newsletter@gmail.com

Looking forward to hearing from you; copy for the Autumn edition is required by the early August 2022.

Jackie

RESIDENTS' ASSOCIATION OFFICERS

CHAIRMAN	John Golledge	chairman@greatkingshill.org
SECRETARY	Andrew Hodge	thedairyhouse25@gmail.com
TREASURER	Shirley Challis	shirleyannchallis@gmail.com

Diary of Events

Jubilee Weekend
Friday 3rd June 12-4pm
Saturday September

Village Picnic on The Common
See centre pages for details!
Quiz (Village Hall) Tables of 8
email shirleyannchallis@gmail.com to
book your place.

Please look out for posters around the village and on the notice board by the pedestrian crossing for more details and confirmation of dates.

Chairman's Report

This time around I seem to have a lot of updates to give you on things I have previously mentioned.

Firstly, with regard to the Parish Council; there have been a number of co-options so the council is once again quorate and operating normally. They would however ask for your forbearance at the present time whilst there is no parish clerk or deputy (both resigned earlier in the year) meaning that the councillors are having to cover the responsibilities of these positions themselves with the help of locum staff.

A sufficient number of people registered their interest with Swish Fibre for them to calculate the numbers needed to provide full fibre internet to the village, and they have set this threshold at 157 properties. This is a big ask for a village of under 1000 houses so if it really matters to you to have a reliable, fast internet connection go onto their site and register a pre-order! Whilst speaking of commercial matters, most of you will probably have received a letter through your door purporting to come from one of your neighbours and suggesting you sign up to the Nextdoor site for local information. Whilst not seeking to impugn them in any way we believe it is important that you understand that this is from a commercial organisation and not connected with the Residents' Association in any way.

Turning to village matters, you will have seen that the Speed Indication

Devices in the village have been taken down. This is because there have been a series of incidents of vandalism and thefts of batteries from these machines in the broader area and so we have decided that, to protect them, they would be temporarily removed until we could improve their security. We are currently in discussions with the manufacturers over how to do this. In their absence the Speedwatch sessions are all the more important to ensure there continues to be a visible deterrent to speeding through the village. If you are able to help join a team to record details of speeding motorists on an occasional basis, please contact me or another member of the committee for details. As with all other activities the Residents Association undertakes, this relies on your help to take place.

I understand the village quiz was once again very successful (unfortunately I was unable to attend). Our thanks go to all those who worked so hard to get it organised and in particular to Barnaby Moore our quizmaster. Congratulations as always to the worthy winners. The next event is our Jubilee Picnic on 3rd June – see elsewhere in this issue for full details.

Not organised by the GKRA, but very much a village activity, Chequers Folk will be bringing internationally-acclaimed guitarist Clive Carroll to the village on May 18th. Chequers Folk meet monthly in the barns at Cherry Tree Farm on the third Wednesday of every month (not August). See the article elsewhere in this issue for further details.

As always, the Residents' Association committee meets monthly (also except August) on the first Monday of the month to plan activities and address concerns of the local villagers. These are open meetings, so please do come along and have your say. If there is anyone who would like to take on a larger role, we would be particularly keen to hear from you, as our secretary is standing down at the AGM in the autumn, whilst both I and our treasurer have now been in post for longer than the normal maximum allowed period so would be happy to hand over to some 'new blood'.

As the weather improves, all that is left is for me to wish you all an enjoyable summer, whether you spend it at home or away, and to look forward to seeing many of you at the Jubilee Picnic, Chequers Folk or elsewhere around the village.

John Golledge – Chairman GKRA



Great Kingshill Village Hall

Your Community Centre

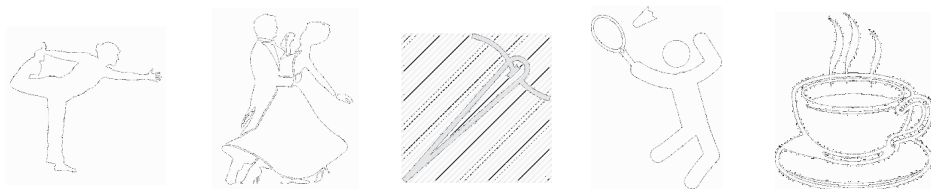
Another financial year is completed – March 2022 – and the hall is in good shape, thanks to a return of most regular bookings, several postponed parties, and government grants to see us through the pandemic closures. More on this at our AGM later this year. Meanwhile, to see what regular activities are operating at the hall, from dancing and fitness to craft groups and sit & sew, see <https://greatkingshill.org/index.php/village-hall> ('Regular events at the hall') or the posters in the hall and on the village notice board.

Apart from ongoing maintenance, the main current activity is in supporting GKRA with the Queen's Platinum Jubilee picnic, on the common from 12 to 4pm on Friday 3rd June. Details are still being confirmed as we go to press; see posters around the village and on the GKRA website <https://greatkingshill.org/index.php/gkra> under 'Quick Links'. Hopefully many residents will be encouraged to celebrate together as a community, weather permitting. Some tables from the hall are still available to book on loan for the afternoon. The cricket club will be running a bar, and the hall's Friday Coffee Morning group will be running an exhibition in the hall itself, along with tea and coffee and home-made cakes. Music, dancing, period (adults) and fancy (children) dress optional, with prizes.

There are still dates this summer for hall party and event bookings, please contact us by email: bookings@gkvillagehall.org. The hall has a new promotional video online and an easier to manage new bookings system.

Finally, there is a vacancy on the hall management committee for a new Trustee. This involves meeting three or four times a year, and a little time taking to share responsibility for on-going tasks to ensure this valuable community resource can continue to operate.

Peter Jackling
Chairman, Great Kingshill Village Hall



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CHAMELEON SINGLES GROUP

The early part of the year started with attendance at many events increasing as our members started to get out a bit more following the end of Covid restrictions. We are now looking forward to doing many more events this year including the return of our day trips out and perhaps even a few days away on a short holiday.

Coffee Mornings, Walks, Lunch Club and Pub Nights have all been popular events recently and these are run on a regular basis. We will continue to have a social evening via Zoom once a month for those who are unable or do not wish to go out at present. The Friday Lunch Club has now settled into its new second Friday of the month slot. This works better with the calendar where on one or two occasions the Pub Night held on the last Thursday of the month was on the day before the lunch event.

Our programme for March and April offered a variety of regular and new events including a Bus Day Out to Henley suggested by one of our members. Our planning for summer events has already taken place and the first of those will be in our May and June 2022 programme. As always, Chameleon members put forward and host all events which gives a variety to suit almost everyone in the bi-monthly programme.

If you are single, 40-60's, looking for a great social life and new friends then why not give us a try? There are no strangers at Chameleon, just new friends to be made. We have several local people from Great Kingshill, Widmer End, Hazlemere, Prestwood, Great Missenden and the surrounding areas and you would be very welcome too. To find out more call our membership secretaries Terrie on 01494 445816, Trevor on 01494 529067 or e-mail: info@chameleonsingles.org.uk. Visit us online at www.chameleonsingles.org.uk for more information and our current programme or connect with us through Facebook.



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Naphill Village Hall
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Well, I'll Eat My Hat!

It's a dog eat dog world, nature raw in tooth and claw. The pyramid of life, our whole natural ecology, is based on one thing eating another. It makes good economic sense, following all the best recycling principles. Anything organic (anything that lives or has lived) can be eaten. And at the bottom of the pyramid are plants and fungi that even eat inorganic material: nitrogen, silicon, calcium can all make a nutritious heart-warming meal. That black mould on wet paintwork round your windows is *Cladosporium sphaerospermum*. The Cellar Cup *Peziza cerea* feeds on damp mortar wherever the weather gets in. There are even fungi that consume plastic.



If you are an animal you can try running away – all those birds we feed in the garden and fly away as soon as we appear are afraid we are going to eat them. It's quite a good strategy if you can move fast enough, otherwise you can try hiding, but in my garden the blackbirds, robins and bluetits make a pretty good living out of insects, slugs and worms that thought they were safely out of view. You can be a bit more sophisticated and use camouflage, looking like something you are not. Several of our butterflies and moths can look like less appetising dead leaves or bird-droppings or lumps of lichen when they close their wings. The elephant hawkmoth caterpillar swells up when threatened, displays its "eyespot" and sways from side to side to look like something dangerous. (I must admit I'm not fooled, but I was never going to eat it anyway.)

Another good strategy is to store poisonous compounds in yourself, so that nothing will want to eat you (a complicated anatomical trick because you have to be able to avoid poisoning yourself), but that depends on predators learning what is poisonous, involving some collateral damage in the process until they do learn. It is actually better in this case to do the opposite of hiding and stand out instead, wearing bright colours to show you are poisonous, like all those red berries in the hedgerow that

you must not eat, bryony and nightshade, or all those yellow-and-black striped or red-spotted creatures in patterns soon learned as universal symbols of toxicity. That well-known white-spotted red cap of the Fly Agaric toadstool tells you not to eat it, although you can get caught out if you assume that dull-coloured fungi are safe – the most toxic of all, the Deathcap, is a very dingy-looking affair.

You can also adopt the strategy of medieval knights and wear armour. Thorny shrubs and stinging nettles are quite good at keeping some predators at bay (although there are millions of small creatures that easily slip through the defences). Holly has a particularly good strategy, coating its leaves with a hard waxy waterproof layer while waving prickly edges in all directions. It would probably be quite good to eat (cows and deer do eat the young growth softer leaves), but you are not going to try. In fact very few creatures do. While most shrubs have a large range of invertebrates that eat the leaves or bury inside them as leaf-miners (thus protecting themselves from predators), holly has just one leaf-miner, although it happens to be very common and the colourful red-brown and white splotches it makes can usually be seen on almost every leaf of a holly bush. As it is the only creature (the larva of the fly *Phytomyza ilicis*) that has managed this trick, it has no competition and can multiply to its heart's content. But they do not eat the whole

leaf; enough survives that the holly also survives. (Another good strategy that for a predator – do not eat yourself out of house and home even if you are biting the hand that feeds you.) The only other creatures I have witnessed



locally that eat holly are the caterpillars of holly blue butterflies, the privet hawkmoth and the micro-moth *Rhopobota naevana*, the lacewing *Conwentzia pineticola*, and the black aphid *Aphis ilicis*.

The holly blue butterfly is an interesting case, as it has two different food plants, the other one also having tough leaves that generally attract few diners: the ivy. This is quite a good strategy on the butterfly's

part because it minimises competition and can therefore become very common. There is a chink in its own armour, however. There is a parasitic wasp *Listrodromus nycthemerus* that attacks it, and the more common the butterfly gets, the more common the wasp, until the number of holly blues plummets and few wasps can then survive, so that the butterfly population gradually builds up again, a boom-and-bust economy that just goes on for ever.

Recently I have started noticing another predator of our local ivy, leaving large patches of leaves skeletonised or very ragged (it particularly eats between the veins). I first noticed this effect on ivy last year in Prestwood. It is caused by the vine weevil *Otiorhynchus sulcatus*, a common crop pest. I see the weevil quite a lot (it is our largest species), but have never known it to attack ivy before – I wonder what has stimulated this change in behaviour? We have plenty of ivy, so I'm betting this will become more frequent. Predicting nature is a dangerous thing, though – my hat is already well-nibbled at the edge.

Tony Marshall





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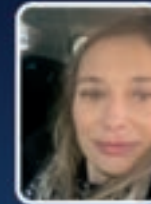
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JUBILEE PICNIC ON THE COMMON

Friday 3rd June Afternoon 12 – 4pm

Great Kingshill Residents' Association, the Village Hall and the Cricket Club are hosting a picnic on the common to celebrate the Queen's Platinum Jubilee.

Residents are invited to bring their own picnic and enjoy the day together as a community.

The day will include:

- Bar at the cricket club
- 50s music and dancing
- Games for all ages
- Ice cream and local delicacies
- Tea, coffee and cakes in the village hall
- Exhibition from the 50s in the village hall
- Come in 50s dress, children fancy dress
- Dogs on leads welcome
- Sorry - no BBQs

Tables – a limited number of large outdoor tables (seat 8) set out on the common ready for use, can be pre-booked for no charge. Bring your own chairs. Please contact peter.jackling@ida.co.uk

Volunteers – we need a couple more volunteers to help organise some practical details on the day. Any questions please contact gkra.newsletter@gmail.com

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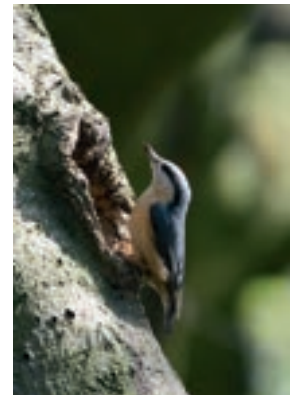





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Stop, Look and Listen

As a child I remember being taught to 'stop, look and listen' when crossing the road, but of late I have realised that this can also be applied when you are out for a walk! If you are out in the local woods just take a minute to pause, listen and look up. You may be lucky enough to spot something like this delightful nuthatch that I recently spotted hopping around in a tree. There is a lot of wildlife there just waiting to be heard and seen, but you just need to be patient...



And a little tip – the BirdNET app that you can download onto your phone will help you identify a bird's song!

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5 Ways A Healthy Lifestyle Can Save You Money!

Did you know living a healthy lifestyle can save you money? Unfortunately, many people believe pursuing a healthier life is expensive. But the opposite is true. There are different ways to reduce the expense and enjoy a better quality of life. Below are 5 healthy lifestyle tips to help you save money:

1. Save on fuel and walk more.....

Are you heading to the shops a few miles away? Do you have some errands to run which are within walking distance? Don't take the car, walk instead. Walking is an excellent form of exercise that benefits your body and mind. At the same time, you don't need to pay for more fuel for your vehicle. So, leave the car and get a workout. Not only do you get in better shape, but you also save money. Walking more is a healthy lifestyle change you can easily make.

2. Grow your own vegetables.....

Do you have an area where you can set up a vegetable garden? Even a paved area can get fitted with raised planting boxes. Out of season veggies can be pricey. One way to save money, get more veggies in your diet and still enjoy eating good food, is by growing your own. When you harvest, you can freeze some for use at another time. Also, you can earn a few bucks by selling some to the neighbours.

3. Eat less junk food.....

Fast food is generally not filled with the varied nutrients we need and can work out more expensive. We will spend less by cooking and eating at home and not ordering take-away or eating out. A quick search online will reveal lots of incredible recipes to try. You can turn cooking at home into a fun activity for the whole family.

4. Fewer medicine and prescription bills.....

When you eat unhealthy foods and don't work out, it's easy to fall ill. One way to lower the medical bills you incur is eating a varied, healthy diet and exercising. While it's not possible to eliminate all possibility of

falling ill, you can lower the frequency. Start a workout routine at home or join a class and if you can do it as a family you'll end up lowering the total health bill in your household.

5. Save money on gym memberships.....

You don't have to go to the gym to stay healthy. There are plenty of on-demand and online simple exercise programs and classes to join. Or you could head outdoors and pursue free activities like hiking, running or cycling. Additionally, you can set up a home gym. Just invest in some excellent workout equipment, and you have a place in your home where you don't have to pay monthly charges to use. The important thing is to find something you enjoy and can stick with. Consistency is key; make your exercise or activity enjoyable, frequent and regular. Check out the NHS website for the recommended exercise guidelines

<https://www.nhs.uk/live-well/exercise/exerciseguidelines/physical-activity-guidelines-children-and-youngpeople/>

Physical activity will also keep you warmer so will reduce your heating bills – win win! I hope this has helped or inspired you to get healthier whilst saving money. For local, online and on-demand exercise classes contact Alison 07813540751 or visit

www.onyxhealthandfitness.co.uk or www.meno-strong.com

Great Kingshill Combined School Eco Council

“Hi! We are the young, new voices from the Eco Council at Great Kingshill CE Combined School, and we are trying to do whatever we can to help our planet! One of our first, and most important, missions is to become a Hedgehog Friendly School. Some of the other things we will be doing as an Eco Council include recycling post boxes for used paper, planting more flowers to encourage bees and butterflies, and regular litter picking to help keep our wildlife alive.”

Freya, 6H. GKCS Eco Council.

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Libby Wiltshire and The Jubilee Bonfire

It might seem an appropriate time to mention the last time there was a Jubilee Bonfire on the common at Great Kingshill. King George V had by 1935 been our monarch for twenty-five years. The country was asked to celebrate the event in a suitable manner.

The great and the good of the village decided to have a Grand Carnival procession around the village and celebrate with a bonfire on the common opposite the Red Lion public house. The carnival procession was left to a separate committee but the bonfire was put in the hands of one of the village 'characters'.

"Libby" Wiltshire was well known to like a drink and could usually be seen sitting in or outside the Red Lion with a pint in his hands. His reputation was a bit shredded by the villagers who thought him lazy and a sometime drunkard. The boys of the village knew him as a funny old fellow who usually had a clay pipe in his mouth which was invariably upside down 'to keep the rain off'. I believe he was a part-time roadman and a casual worker at Cherry Tree farm. He certainly lived in that part of the village behind Clarke's garage. Generally he kept to himself but one day he asked a gang of we boys hanging about on The Common if we would help him. Apparently a huge bonfire was to be built on The Common itself. Hatches Wood had just been 'cut through' and Mr Carvalho of Cherry Tree Farm had purchased all 'the tops' for the bonfire. Libby had already made up the tops into handy sized faggots and we boys were to make neat piles of them ready for loading onto wagons to be carried back to Kingshill Common.

A procession of heavy wagons loaded up to the hilt, each hauled by four big Shire horses, progressed through the wood and up Hatches Lane with an extra pair of horses hitched on to assist the load up the steep Little Hill at the top. There were no chains around the common in those days and the ground opposite the shop soon became churned up as the wagons made their way to the growing pile of fuel at the proposed

site of the bonfire. Libby was soon back on the site supervising the up-ending of the dilapidated old pheasant hut which was to form the basis of the fire. The faggots we had loaded and hauled from Hatches Wood were then stacked all around and over the fire. Libby was here, there and everywhere, supervising, cajoling and generally in his element. It was certainly an eye-opener for most of the villagers who had thought Libby a drunken layabout.

The fire was a great success and burned for two days. In 2010 when I last walked on The Common there were still marks where the intense heat of that fire had scorched the earth. I am sure Libby is having a smile about it all, wherever he is!

R R Free

Goodbye Old Friend

The handsome birch tree at the top of Cockpit Road was brought down by Storm Eunice on February 18th. It has been a significant village feature for all the 40+ years my family and I have lived here, welcoming us back from many a weary day or long journey. It was always handsome, but no more so than when there was a hoar frost, as pictured here in January 2009. We shall miss it!

Sylvia Barnes





Cycling with The Chiltern Hills Member Group

Join your local Cycling UK groups this summer. In South Buckinghamshire we have local riding groups offering a variety of rides and coffee meets on Wednesday, Friday and Sunday. Full details of all the rides, coffee meets and socials are on the website. There is sure to be something for everyone of all ages who want to get out on their bike. Both pedal bikes and e-bikers welcome, and you can ride only part way if you wish or just come for coffee.

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www.southbuckscycling.org.uk

Contact the Chiltern Hills Rides Sec Cilla Gosnell on 01494 863679

Midweek – Peter Robinson: midweek.sec@southbuckscycling.org.uk

Thames Valley – Peter England: thames.sec@southbuckscycling.org.uk

Wycombe District Neighbourhood Watch Association

The NHW holds regular meetings with senior representatives of Wycombe police to discuss prevailing crimes in our area and how we can work together to reduce them. Some crimes are seasonal, such as burglaries in the darker months, but in the warmer months people leave their houses forgetting they have left windows open (particularly parents rushing for the school run), making it easy for opportunistic thieves. Recent crimes have been stealing car catalytic convertors, crimes in rural areas such as stealing agricultural equipment, stealing keyless cars from drives or stealing from cars. It is surprising how many people forget to lock their cars or leave items in their cars inviting break-ins. The NHW has a number of leaflets that cover various crimes and how to avoid being a victim, available from your NHW coordinator or Stan Jones 01494 716278.

The Chequers Folk Club

You may be familiar with the beautifully restored Barn at Cherry Tree Farm in Great Kingshill but did you know it provides a wonderfully atmospheric venue for local folk club, Chequers Folk which, on Wednesday May 18 will be welcoming internationally-acclaimed guitarist Clive Carroll? Clive has worked with guitar greats such as John Williams and Tommy Emmanuel and has toured across Europe, Australia, the Middle East, and North America. His vast musical accomplishments as a performer and a composer have been influenced by the breadth of his musical experience – from soul, pop and funk to classical and traditional Irish music. Clive has also written, performed, and conducted music for television and film, most notably collaborating with John Renbourn to compose the music for the film Driving Lessons which features Julie Walters and Rupert Grint of Harry Potter fame. Do email philippa.wallin@btinternet.com to buy tickets for May 18 at just £12. Any remaining tickets will be on sale at the door on the night. Doors open at 7.30pm for an 8pm performance beginning with the welcoming music of The Wick Trimmers.

Chequers Folk Club started 11 years ago in the back room of The Chequers Pub in Prestwood, hence the name, but moved to leafy Great Kingshill in 2018. Many local music lovers have now discovered the club (the entrance is opposite the end of Stag Lane) and appreciate the friendly atmosphere and variety of music on offer – from local resident band, the Wick Trimmers with their lively rhythms (lively sense of humour too!) and evocative airs, often self-penned, to guest musicians who will travel the length of the country to visit this much loved venue. If you are coming by car you will be pleased to know there is plenty of free parking behind the barn and the venue also has a licensed bar.

Chequers Folk meets monthly always on the third Wednesday in the month at 8pm, every month except August. Guest nights are ticketed, on other months the 'gold box' is passed around for the enthusiastic audience to make donations.

There is a varied and exciting programme lined up for the rest of the year and beyond, including multi-instrumentalist band The Pitmatics, on June

15, our 'Christmas Special' on December 21, and on November 16 we are honoured to have melodeon and harmonica player Will Pound visit us. Will appears on TV & radio frequently and worked on projects with Dame Evelyn Glennie, Martin Simpson and Robbie Williams to name but a few!

So do come and find us – you won't be disappointed – it's always an enjoyable evening of live music.

See www.wicktrimmers.co.uk/chequers-folk for more details.



Live Well Stay Well – YOU are in control

It is fair to say that most of us would agree that this headline makes sense. However, do we actively work on this? The pandemic has had an incredible impact on our lives in so many ways not least our physical and mental wellbeing. It seems so strange now to reflect on all the time we were forced to stay indoors, socially isolated inside our bubble and only allowed to walk very locally. One impact was to remind us here in Hughenden how lucky we are to be able to stretch our legs with ease, take in the glorious changing of the seasons and eventually meet up outside – albeit initially in a socially distanced way. Now of course it feels in many ways that we are getting back to normal, whatever that means!

It is a sad fact that many adults (and indeed children) do not get enough exercise, and this will have an adverse impact over time. Did you know that 25% of the local population is aged 65 and over? As we benefit from living longer, we need to do our bit! Campaigns aimed at addressing this

do have some success, however this is often relatively in the short term. The weather conspires against us (or so we tell ourselves) and whilst a gym membership seemed a good idea at the time, the reality is that it often remains unused by many. At the end of the day our wellbeing is largely down to our choices – not always, as external factors can of course adversely impact on our lives.

An affluent area like Hughenden also means that eating out or getting deliveries is very much part of our lives. Of course, our pubs and cafes employ people – often residents – and it is important that we support them. It is also good for our mental wellbeing to dine out or go for a pint. Who hasn't got to Friday and thought: let's just order a takeaway and have it delivered? We do live busy lives and there is absolutely no reason why we should not treat ourselves.

There is an underlying principle that we should consider adopting: moderation. If we can achieve that, whether we are talking about exercise or eating, then we will have achieved a lot. Public Health England is running a nationwide campaign to Live Well Stay Well and Hughenden Street Association is delighted to be supporting this important initiative. Working in partnership with Buckinghamshire Council, the Association will be actively promoting this campaign in the weeks and months ahead. Indeed, during the pandemic, regular articles about exercise, eating and our mental and physical wellbeing were published.

To find out more visit: <https://bit.ly/38tDTPz> or sign up to the weekly Hughenden Street Association newsletter. Simply email the Editor: hughendensa@gmail.com

Let's all do our bit to live well and stay well!

Hilda Stearn
Communications Co-ordinator
Hughenden Street Association

Pipers Corner HOPE Students Helping To Make Homes Greener

Pipers Corner School has a dedicated group of students who have made it their mission to help others to protect the environment. We all consume and waste too much so the HOPE group have put together information on ways to make your home more environmentally friendly and sustainable. When buying things, including food, ask yourself: Do I need this? Will it be used? Will it be wasted? Why do I want to buy this? Look at where a product has come from and where it was grown and/or produced. Remember that recycling will never reach its full potential if it does not come behind reducing and reusing so get into the habit of taking used clothes and books to a charity shop.

Energy

Invest in renewable energy for electricity.

Use LED light bulbs or natural light to light a room.

Turn off lights when there is no one in a room.

Do not place objects in front of radiators (up to 1/3 of heat produced can be lost by obstructing radiators).

Unplug sockets whenever possible (switched off but plugged in sockets leech a little energy).

Make sure appliances are turned off properly and not left on standby.

Use rechargeable batteries instead of single-use batteries.

Cleaning

Use Eco cleaning products or make your own: to make anti-bacterial cleaner you need ¼ cup of white vinegar, 1tbsp of baking soda, 1 litre of hot water and orange essentials oils). Turn old t-shirts and towels into cleaning rags rather than using paper towels or wipes.

Food

The average family of four wastes over £600 of edible food a year. As a nation we waste 3.6 million tonnes of edible food a year.

Maximise your food so that it is not wasted

Walk to shops or take public transport

Wrap food in plant/beeswax wraps or reusable lunch boxes rather than cling film or aluminium foil

Do not use disposable straws

Compost all food waste

Buy locally grown and produced food products to support local farmers and businesses. Look at where a product has come from where it was grown and/or produced.

Save Water

When cleaning your teeth only turn on the tap when you need water – never leave the water running.

Take a shower rather than a bath; a 5-minute shower is enough.... really it is enough.

Use water butts to collect rain for watering your flowers, plants, vegetables and herbs.

If you have an old toilet water cistern place a hippo bag in the tank.

Shopping

Please do not buy products that are produced under the heading of Fast Fashion; cheap clothing is often produced using child labour, and because it is cheap it is often thrown away.

Buy Fair Trade products whenever possible.

Buy locally produced and grown food and vegetables to support local farmers and producers and to reduce your carbon footprint.

Grow your own vegetables, fruit, herbs and spices.

Do not buy wooden furniture or products made from tropical hardwoods, and look for the FSC logo which guarantees that the wood used is coming from a sustainable source and not the Tropical Rainforest.

We can all make a difference.

Thank you from the Pipers Corner HOPE (Helping Others Protect the Environment) Group.





GREAT KINGSHILL VILLAGE HALL – YOUR LOCAL PARTY VENUE –

Apart from the full range of regular health, exercise, crafts and educational classes, the village hall is a great place for holding parties or quiz nights. It boasts a new kitchen, large spaces and includes an entertainment licence and a high quality AV system. And it is not expensive.

Have a look at our new website, which includes a virtual tour and details of the resources available:
<https://www.gkvillagehall.org/>

We now use the Hallmaster venue booking system, where you can check availability and costs, and make a booking:
<https://v2.hallmaster.co.uk/Scheduler/View/10540>

Alternatively, if you are interested in making a regular booking please contact our Bookings Secretary by email on bookings@gkvillagehall.org



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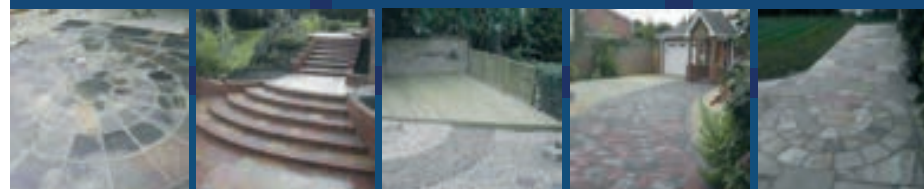
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