

Useful Telephone Numbers...

Parish Clerk—Hayley Glasgow	01494 437111
Lane End Surgery	01494 881209
Lane End Pharmacy	01494 880774
NHS Direct	111 / 0845 46 47
Lane End Holy Trinity Church	01494 881913
Lane End Primary School	01494 881169
Little Explorers Nursery	01494 881169
Lane End Village Hall	01494 881152
Frieth Village Hall	01494 881176
Lane End Youth & Community Centre	883878 / 07932 326046
Elim Christian Centre	01494 882587
Lane End Oasis Centre	07592 587554 / 881999
Cadmore End Village Hall	01494 881735
Cadmore End C of E Church	01494 881913
Cadmore End Primary School	01494 881460
Yellow cars taxi	(01494) 44 44 02
Bucks County Council	01296 395000
Wycombe District Council	01494 461000
Highways On Call	0845 2302 882
Flytipping	0845 330 156
Police—non emergency	101
Wycombe General Hospital	01494 526161

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The Clarion is the Parish of Lane End's non profit -making magazine, for the sharing of information about Parish activities. Neither the Editor nor the Parish Council, whilst sponsoring the magazine, takes responsibility for the statements and/or views expressed herein.

We welcome any news or diary dates from community organisations and letters from individuals. The next copy deadline is 1 May and the next issue will be delivered in June.

Send copy to katyjdunn@btinternet.com

Or call Katy on 01494 883883 for more info

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Lane End Action Group

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From the Editor

I have to admit to shamelessly using my dog as model for the front cover of this issue of the Clarion. His uncomplicated happiness at finding the perfect stick in a bluebell wood just seemed to sum up the simple pleasures of spring. (And yes, I know dogs aren't supposed to chew or chase sticks—Clare the vet will be after me if I don't say that I did swap it for his ball after the photo!)

We've another month or more to wait for the bluebells (find out the best places to enjoy them in our area on p24) but I've already noticed the days lengthening and people's spirits relaxing in expectation of warmer weather.

I've just found out today that our vicar, Revd Robert Jennings is retiring this year. His final service will be on Sunday 22 May at 11am so do go along if you can. He and Christine have given much to the village over the years and I wish them all the best for a long and peaceful retirement.

Katy Dunn, editor

katyjdunn@btinternet.com / 883883

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Route 48 (Arriva) Monday - Saturday, at roughly hourly intervals during the working day, runs from Lane End to High Wycombe to Great Missenden.

Route 28 (Carousel) Monday - Friday, fills in some gaps in the route 48 service. Runs between Lane End and Asda. Some buses continue through Lane End to Cadmore End and Stokenchurch. It does not run on Saturday.

Route 32 (Arriva) Evenings only, Monday - Saturday. Runs to and from High Wycombe via Asda.

Route 48A / 48 (Vale Travel) Sundays only. Runs between Lane End, Cadmore End, Stokenchurch and High Wycombe.

Bus Stops The bus services serve several stops as they pass through Lane End and Cadmore End. Information sheets at each stop list the time and route number of each bus, plus its destination. This can be confusing because route 48 buses are shown going to Great Missenden, but they **do** go through High Wycombe. In this guide, departure times of buses to High Wycombe are shown from the Archers Way stop - at other stops the times may be a minute or so earlier or later, but these can be found at each stop.



Let's face it, this isn't going to happen. Cleaning up after your dog is your responsibility.

The situation is getting worse on the common around the church, on the playing fields and even on our walkways and pavements.

If you wouldn't want to step in it, don't leave it for others to.

Please clean up after your dog

Bus times

Parish councillor Nigel King has kindly attempted to make some sense of the chaos that is the Lane End bus service. Many thanks and hats off to him. If you have any suggestions or corrections, please contact him on: nigel.sandra@btinternet.com

Route 28 in red Route 32 in green

Bus times from Lane End to High Wycombe

Mon to Fri 6.55am 7.20 **8.03 (8.15 non school days)** 8.51 **9.12** 10.00
11.01 **11.01** 12.00pm 1.00 **1.01** 2.00 3.00 **3.31** 5.43 **7.09pm** **8.09** **9.08**
10.08

Saturday 7.53am 9.00 then hourly till 4.00pm **then 7.08pm 8.08 9.08**
10.08

Sunday Vale Travel buses 10.20am 12.20pm 2.04pm 3.44pm 5.44pm

Bus times from High Wycombe to Lane End

Mon - Fri **7.00am** **8.45** 9.40 10.40 **10.45** 11.40 12.40pm **12.45** 1.40pm
2.40 **3.15pm** **3.55** 5.20 **5.30** 6.10 **6.40pm** **7.40** **8.40** **9.40** **10.40**

Saturday 9.40am then hourly till 3.40pm 5.40pm **6.40pm 7.40 8.40**
9.40 10.40

Sunday Vale Travel buses 9.50am 11.50 1.50pm 3.50 5.35pm

Cadmore End services (no buses on Saturdays)

Mon - Fri to H W **7.59am** **9.08** **1.07pm** **From H W** **7.00am** **12.45pm**
3.55pm **5.30pm**

Sunday Vale Travel buses. Times from Cadmore End 10.15am 12.15
2.08pm 3.48 5.53pm

Your Parish Council



laneendparishcouncil.org.uk

Parish Clerk ♦ Hayley Glasgow

Tel: 01494 437111

clerk@laneendparishcouncil.org.uk

74 New Road

Sands

High Wycombe

Bucks HP12 4LG

Councillors

Chairman: Cllr Michael Detsiny

Vice Chairman:

Cllr Graeme Coulter

Cllr Mandy Dunning

Cllr Jane Osborn

Cllr Colin Harries

Cllr Lorraine Smith

Cllr Keith Wright

Cllr Callum Stewart

Cllr Nigel King

Cllr Mandy Sarney

Cllr William Hunt

Lane End Parish Council report by Hayley Glasgow

Upcoming parish council meetings

Monday 7 March

Monday 4 April

Monday 9 May

Monday 6 June

All parishioners are welcome to attend

Annual Parish Meeting

The Annual Parish Meeting is an opportunity for the Parish Council and organisations and charities within the village to report back on their activities during the year. It is also an opportunity for residents to ask questions and provide feedback to all those groups.

The Parish Council will be hosting the meeting on **Wednesday 4 May 2016** in Lane End Youth and Community Centre from **7.30pm**.

There will be refreshments available, we look forward to welcoming you.

Planning Applications

The Planning Applications relevant to the Lane End Parish Council are updated on the Parish Councils website www.laneendparishcouncil.org.uk every Monday from the official

list of verified applications supplied by WDC.

Whilst the Parish Council does not have the power to determine applications its local knowledge is sought on each and every application.

Allotments

There are three allotments sites in the Parish, Chalky Fields, Bunkers and Sandyfields. If you would like more information about allotments please contact the Parish Clerk.

Street lights

To report a faulty street light please note the column number, the road where the street light is situated and the nearest property and report to the Clerk - Hayley Glasgow 01494 437111 /

clerk@laneendparishcouncil.org.uk

Pot Holes / road repairs

You can track and report pot holes/ road repairs through the Buckinghamshire County Council website <http://transportforbucks.net/report-it-pothole.aspx> or you can call them on 01296 395000 / 0845 3708090 Monday to Thursday 9am-5.30pm and Friday 9am to 5pm.

If you consider this to be dangerous or an emergency, please call BCC on: 01296 382416 (9am-5.30pm Mon-Thurs 9am-5pm Friday) or 01296 486630 (out of hours and weekends).

Talk to us?

We would love to hear your comments / suggestions / complaints or compliments. Please contact the Parish Clerk Hayley Glasgow 01494 437111 /

clerk@laneendparishcouncil.org.uk

View planning applications for the Lane End area online at:
laneendparishcouncil.org.uk

The Parish Council is your first point of call for any issues that concern you to do with Lane End, Cadmore End, Wheeler End, Bolter End and Moor End.

We are here to help.

Contact your Parish Clerk Hayley Glasgow on:

01494 437111 or
clerk@laneendparishcouncil.org



Letter from Oleron— by Tim Cherry

Winter here has seen a contrast between beautiful weather through November and December, then a complete change to wet and cold conditions throughout January. February has not made up its mind yet. The daffodils have come out (yes I know that they also did in UK, much earlier than here) but we are about on course so far. The other harbinger of Spring is the storks which have returned and are populating the electricity pylons along the main route to Rochefort.

Regrettably, this year Lane End was unable to send anyone to the *Marche Noel* in December; the *Marche* continued as usual with stalls selling local produce and with entertainment, including our own Town Crier with his drum, who was present as usual. We missed you guys being there; it would have been good to buy some mince pies and other UK bits and pieces; lets hope you can make it next Christmas.

The local debate between communes about reintroducing a toll on the viaduct to the Island continues. The estimate of the amount to

charge each vehicle for accessing the Island is €16, and since they cannot easily discriminate between locals and other French visitors this would be levied on all. Which would make a huge difference to folk who live on the Island and work on the Mainland, and vice versa. The cost of collecting the toll of course adds to the expense: so the debate continues.

Local fishermen are doing fairly well. Last year they reported a record catch of fish landed at La Cotiniere and I am told by a local friend that was repeated last week. My favourite places on the Island are Chateau d'Oleron and La Cotiniere, both of which are working fishing ports, and also have some splendid restaurants for seafood and fish. The range of lovely food to be had is considerable; the local dishes of seafood which include *mouclade* and *eclade*; both really delicious, are two good examples.

So its all still here for you to come and visit. Why not take advantage of the cheap flights from Stansted to come and see us this coming Summer? It would be good to see you.

A bientot! Tim

The garden centres will no doubt be full of Rhododendrons now, but don't forget they like acid soil, and won't do well on alkaline or chalky soil. They may do well in neutral soil but an acid additive should be used to help them flourish.



Answer: Magnolia stellata.

Dave's Mystery Plant:

I am a deciduous compact and bushy shrub, reaching a height of about three metres over a long period of time. My striking feature begins early to mid Spring with silky buds opening to a pure white profusion of star shaped flowers. My other family members are generally larger than me with more cup shaped flowers, but I like to be different, a bit of a....'star'!

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Lots of people have been asking for dog waste bin facilities and Lane End Parish Council is making it happen.

Within the next couple of months, dog waste bins will be installed on Handleton, Ditchfield and Wheeler End Commons.

Park and Ride

Report by Cllr Nigel King

Some local residents have been concerned that the new Park and Ride terminal at Handy Cross will be far more difficult to drive to than the former terminal at Cressex.

The good news is that P & R is still possible from Cressex. A new bus route, no **34**, was introduced on 1 February, operating from the Empire cinema at Cressex and following the same route as the former P & R bus. Free parking is available in the car park adjacent to the cinema.

The route 34 bus operates at 20 minute intervals, serving the cinema, Cressex Business Park, the hospital, the railway station, the bus station, the business park and back to the cinema.

The new High Wycombe Coachway at Handy X hub has connections to London Victoria, Heathrow, Stansted, Gatwick, Birmingham and Glasgow.



Favourites:

The Rhododendron family has a massive catalogue of dwarf, small, medium, or large shrubs with amazing displays of pinks, reds, purples, and whites, and even yellows. One or two early flowerers should be opening up by now, with others flowering right up to the summer.

I have a couple of favourites not only for their flowers, but also because they are small or dwarf growers to suit a small garden. 'Blue Tit' grows to around 1m high and wide with blue flowers, 'Moupinense' white to pink 1.2m high, or pictured here is Rhododendron 'Cilpinense'



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Gardening

with Dave Dunbar 



Spring beckons

March is upon us and the beginning of spring beckons. February has already seen snowdrops and crocus flowering, and the Hellebore, otherwise known as Christmas Rose, have flowered well from what I have seen last month. Now early daffodils should be popping their heads up true to their fashion, and we should prepare for the start of the growing season before things start to get busy.

Seasonal Top Tips:

There are some shrubs which flower on the same growth they make this season, so they can be pruned back now without worrying as they will still flower later on in the year.

The butterfly bush, or Buddleia, can be cut back hard and will respond by putting on a good 4 feet of growth with flowers in late summer. They come in pink, white, lilac, or for a really dark purple a variety called 'Black Knight' is widely available.

A group of plants are grown for their winter stem colours of red, yellow or orange, which are the dogwoods (Cornus), and willows (Salix). The younger growth of these can be more vibrant in colour, so plants that have not been pruned over the years may have lost their edge a little. They can be cut down hard and they will grow quickly during the year to produce striking stems for next winter's garden. If you want to propagate more of these cut the stems into 6" sections and pop them in the ground, they root really easily.

A quick tip for the lawn. In April the grass will be ready to take its food reserves from the roots and draw them into action putting on a sudden spurt of new growth, and before you know it that late first cut becomes a nightmare. If we get a mild day before then, there's no harm in taking the top off in March, that light early trim could save time in the long run.

Lane End Conservation Group

Report by Jane Osborn

Lane End Conservation Group continues to work on an informal basis helping to keep the many miles of public footpaths within the Parish open and maintaining the Harris Garden. If you would like to assist / find out more please contact Margaret Adnitt on 882609 / Margaret.adnitt@gmail.com or Jane Osborn on 881641 / janemosborn3@gmail.com.

Several of our members also undertake litter picks near where they live and when they are out walking.

In fact, you may see more about litter picking this year as several major organisations are campaigning to mark the Queen's 90th birthday by encouraging people to remove litter and generally tidy up their neighbourhoods under the slogan 'Clean for the Queen' - for more information and how to get involved visit www.cleanforthequeen.co.uk

See more on p30 About local celebrations for the Queen's 90th birthday.



CLEAN FOR
THE QUEEN

Hambleton Valley Gardening Club

Report by Janet Collins

Our final talk of 2015 was provided by Annette, owner of the White Garden Florist Shop. She provided a very topical evening with incredible floral displays and shared tips on how to achieve such fantastical arrangements. This social evening was finished off with mulled wine and mince pies, a good way to welcome Christmas and New Year



The first Talk of New Year was provided by a return Speaker, Roger Askew from Windsor Heritage Tours and Talks. He gave another fascinating talk, this time on the historical background to the Royal Botanical Gardens at Kew. He showed us areas of Kew that we did not even know existed and had wonderful photography to describe these places and also the really ancient plant and tree specimens.

In February we had a talk from Geoff

Hawkins on Wildflowers. Geoff is a renowned broadcaster, horticulturalist and garden consultant. He walked us through the countryside showing us all the wild flowers that are all around us

Our final talk will be from Ursula Buchan who is a well known journalist, award winning writer and historian. Her topic is the subject of her latest book – Did we really Dig for Victory? She will tell the fascinating story of how gardeners were involved in the Home Front and, in the process, dispel some enduring myths.



Our garden visits start quite early this year with the first one in late March visiting Chesham Bois House and Gardens. Do look at the events page for our list of activities. Please make a note in your diaries of our upcoming **Plant Sale** on the 7 May. Not to be missed for good, home grown plants at rock bottom prices!



Lane End OPAG

Report by Jane Osborn

Despite being part of the 'grey' generation, most of us are still interested in life and the world in general - people, places and 'things'. If that describes you, do come along to Lane End OPAG which meets on the first Thursday of each month at 2pm in Lane End Youth & Community Centre, Edmonds Road - for a talk or quiz, the opportunity to meet interesting people and a cup of tea.

Even better, if you feel you have a talk within you which members of the 'grey generation' might enjoy - or to find out more about the Lane End OPAG - contact Jane Osborn (01494 881641 / janemosborn3@gmail.com).

Lane End Players

Report by Georgina Brooks

'Jack and the Beanstalk' was a great success and we have been able to send good sums of money to the two charities we supported with our raffle.

The next offering by LEP will be 'Shakespeare in Hollywood'. This is a riotous comedy involving Oberon and Puck from Midsummer Night's

have to display a tax disc. Anyone can check to see if a vehicle is taxed or not on the DVLA website. All you need is the car make and registration. Google DVLA TAX CHECKER and you'll find the site.

Speeding

Speeding is still a problem in our villages. Bolter End Lane will be a target for the Neighbourhood Police Team over the coming month, so be careful with your speed.

Fly Tipping

It's inconceivable to most of us how anyone can dump their rubbish in some of the most beautiful countryside in the UK. However it's becoming

more of a problem in our area. The police are working with Bucks County Council on the issue and if you see this happening don't hesitate to report the culprits.

For non-emergency matters contact our local Neighbourhood Police Team by calling 101 or emailing marlowsouthwestrural-nhpt@thamesvalley.pnn.police.uk

Look up street-level crime information by going to www.police.uk and typing in your postcode.

Our Neighbourhood Police Team are: PCs Danny O'Driscoll and Claire Marchant, PCSOs Penny Ling, Gavin Ward and Ben Rackstraw

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Safety and security

Thefts in Lane End

A child's bike has been stolen from a garden on Church Road along with reports of people stealing delivery packages left in porches while the residents were out. It might be worth asking for deliveries to be left with neighbours or collecting them from the post office.

BikeRegister

BikeRegister is the police-approved national cycle database and aims to reduce theft and identify stolen bikes.

A BikeRegister Membership Plus kit for £7 contains tamper-resistant barcode labels which allow you to register your bike on the database. The labels can be scanned with a smartphone to identify your bike on the BikeRegister website and determine whether it has been stolen.

For more info:
publicitywdnhwa@hotmail.co.uk

www.bikeregister.com

Woman fined after breaching an animal disqualification order

The RSPCA is urging the public to report people who own or keep animals after being disqualified by the courts.

A woman living in Tapping Road was convicted of causing unnecessary suffering to two horses in 2012. She has breached the disqualification order twice but has been caught, fined and banned from keeping horses until 2020 thanks to tip-offs from the public. Her horse is being fostered.

Suspicious male

A suspicious male has been going around houses in Stokenchurch claiming he is from Home Guard Security. This is not the case, so don't allow him access to your house. He is described as white, 5ft, stubbly facial hair and wearing a blue jumper with the Home Guard logo on it.

Parking

Inconsiderate parking near schools at drop-off and pick-up times is a problem in our neighbourhood. As is parking on white zig-zag lines at pedestrian crossings. Please be more considerate with your parking. Police will ticket anyone causing an obstruction.

Vehicle Tax

More people are not renewing their tax because they think they can get away with it because you no longer



Dream somehow arriving on the set of a modern Warner Bros film of the play, creating hilarious confusions and cultural misunderstandings galore!

The dates are Fridays and Saturdays at 8pm on 29/30 April and

6/7 May. The Box Office will be open on Saturdays in the Village Hall from 9.30 – 12 noon starting on Saturday 19 March.

Tickets can also be bought online at www.laneendplayers.com, by emailing boxoffice@laneendplayers.com, and by phoning

01494 880662.

The prices are £8 Adults and £6 Concessions for the first Friday only, the rest of the performances being £10 Adults and £8 Concessions.



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Lane End Evening Women's Institute

Report by Ann Carter

We are looking forward to another busy year. We have some very good speakers booked - on 21 March we have Mr Whelpton talking about Chocolate which sounds 'tasty'.

Judge Seddon Cripps will speak about 'My Time in the Law' on 25 April. I am sure many of you will know Seddon so please feel free to join us.

On 23 May we have Liz Payne taking us on her journey in Malawi.

We meet in the Sycamore Room, Lane End Village Hall at 8pm on the last Monday in every month (unless it is a Bank Holiday in which case it is the previous Monday).

There is our annual quiz in April, Group meetings in March and October and more activities will be arranged through the year. Bucks Federation also organises some very interesting activities & outings.

Come along, as a guest, to any of our meetings. We are a very friendly group and you can be sure of a warm welcome.

Please contact:

Ann Carter 01494 881987 or

Ann Spalton 01494 483314 for any information.

Footpath Report

by Margaret Adnitt

As I write in late January this wretched wet and windy weather continues and the footpaths remain very muddy and slippery. I just hope that February brings bright skies in order for the paths to dry out.

I am now handing over the responsibility of the Lane End footpaths for the Chiltern Society to Teresa Hehir and I feel sure you will give her the support you have given me over the last few years.

Do remember to report any footpath problems to her on 881170 or hehirt@hotmail.com

I hope you will all continue to walk and enjoy the beautiful Chiltern countryside around our village and beyond.



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Bill – my shower is running hot all the time. What can I do?

If your shower is electric, this problem can be caused by blocked holes in the shower head or a kink in the shower hose. Both these things can reduce the water flow rate in an electric shower as they cause the water to run irrespective of how the temperature is set on the shower. Unblocking the holes in the shower head or replacing the shower hose will clear this problem.

Mixer showers may run hot because the mixer is stuck. This happens when limescale builds up inside the mixer valve, stopping the internal parts from moving between hot and cold. Sometimes this can be cleared by moving the temperature gauge from hot to cold and back a few times. Other times, the cartridge has to be taken out and descaled.

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will spoil much of the benefit to the countryside that followed from the last ten years of ELS care for the countryside.

Badgers and Bovine Tuberculosis

We were pleased to hear that Government has authorised further research into DNA testing of faeces and hairs outside badger setts that could determine whether the badgers in that sett were infected with Bovine Tuberculosis. This is a terrible disease for livestock farmers, the latest published statistics show that 29,832 cattle were compulsorily slaughtered in the year up to October 2015 after failing the TT test for tuberculosis.

Most of those cattle had contracted the disease from infected badgers. At the present time, control of infect-

ed badgers is by authorised shooting in specific cull zones, but further research is being carried out into a suitable gas which could then be used to kill the badgers in the infected setts in a humane way, so that the disease could be controlled without harm to any healthy badgers.

Bryan and Alison Edgley started farming Kensham Farm at Cadmore End in 1955.

Their son, Charlie Edgley, manages the arable crops for the family partnership—around 2,300 acres, mainly of milling wheat, centred on Kensham Farm but including rented fields between West Wycombe, Sands, Booker, Fingest and Lane End.

www.kenshamfarms.com

Royal British Legion

Report by Seddon Parmoor

As you know we had a worrying and a thought provoking time in 2015 when we feared that the Branch may be forced to close down. Happily, we found a way to continue doing the good work of collecting money for the Poppy Appeal and continuing the branch. Thank you all for your thoughts and help in making this change happen.

We have had a few changes to our committee.

Seddon Parmoor and Bruce James have changed places. Bruce will be President from 1 January 2016 and Seddon will become Chair.

Peter Jennings and Clifford Miller have retired from the Committee. They have each served the Branch well and for some time. They deserve our thanks for all their efforts over the last few years. Elizabeth Connell will replace Clifford as Treasurer. Ian Harris has joined the Committee.

We have decided to keep the programme this year small.

We will arrange the Poppy Collection and the Remembrance parade and Service as usual.

Together with the Twinning Association, We organised a hugely suc-

cessful VE day Sunday lunch last year in the Village Hall. The tickets sold quickly and we had over 100 guests at the event.

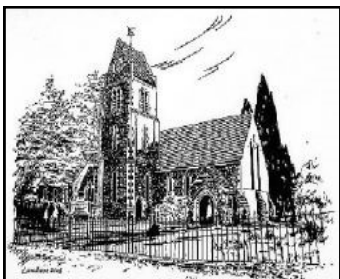
Her Majesty the Queen is 90 years old in April. Her official Birthday is Sunday 12 June. We have provisionally booked the Village Hall for Sunday 5 June and hope to arrange a HM the Queen's Birthday Lunch on that date, with suitable entertainment. Please put that date in your diary. We will put details in the Clarion nearer the date.

Please let the secretary, Gill Barrett (01494 881822) know your thoughts about the branch's future.



We look forward to welcoming you to our events both presently arranged and those to be organised in the future.

Every penny we raise goes to ex-service men and women or their dependants who are in need of support financially or in other ways.



Holy Trinity Church Lane End

Your church is now open every day during daylight hours.

Why not take five minutes from your busy life to spend some time to pray, or just sit in the peace and serenity of this beautiful building.

Lane End's war memorial

Article by Andrew MacTavish

'Laye, Frank (O & BLI) Gassed'

You can read it, there, on the wall in the entrance to the Lane End Village Hall, with all the other names on the Roll of Honour of the villagers who served in the First World War.

They are on the wall there, because the entrance porch is our official War Memorial. Two hundred and seventy three men are named from our village, a huge number. The village must have been empty.

Outside, those 37 who died are recorded on the two plates facing the road. Inside, everyone who served is named - their rank, their regiment and some specific details, as with Frank Laye who survived the horror of being gassed.

A large number served in the county regiment, the O & BLI' (Oxford and Bucks Light Infantry). Seven saw action with the 'RBH' (Royal Bucks Hussars).



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NFU advisers discussing the main farming concerns both now and in the near future.

Some of these issues, with Steve Baker's views are:-

The future for UK farming if we were to leave the EU

Steve Baker is strongly in favour of Brexit, that is the UK withdrawing from membership of the EU altogether. If this were to be approved at the proposed Referendum, he would not expect any immediate changes, but would expect a relaxation of regulations to take place gradually. Steve realises the benefit of relatively cheap food in the shops, which is

important subject, and in the context of recent policies formulated by the EU, Steve remarked that even a broken watch does show the right time twice each day.

Farm Gate prices for Farm Produce in 2015/2016

Steve realises that as a result of two better than average growing seasons throughout the whole world, there is now an international surplus of wheat and milk. This surplus, following the laws of supply and demand, has resulted in these food commodities trading at less than cost of production. Recent statistics published by HSBC confirm that position. But

no political control has yet been devised to solve this volatility.

Care of the British Countryside


Farmers are as keen as any other rural folk to look after the countryside and the wildlife that lives in it, and the majority of farmers have joined the EU 'Entry Level Scheme' for specific

measures such as Wild Flower Strips to benefit birds and insect life in field edges during the past ten years. But the EU and UK Government have now taken the inept decision to scrap that scheme, and to replace it with a badly planned new scheme which



possible by subsidising the production costs of farmers, and would expect a similar system to continue – perhaps better administered and targeted than at present through the EU. On the lighter side of this hugely

On the land

with Bryan Edgley 



What do farmers do in the winter?

What do farmers do in the winter? At Kensham Farm we do not have live-stock jobs such as feeding and bedding down cattle, milking dairy cows or the shepherd's task of assisting the ewes to give birth to the baby lambs at lambing time, which is generally February to early April each year.

Instead of that one of our main productive tasks in the winter is looking after the grain in store and loading lorries. In late January, when there was a ship in Bristol Docks being loaded with milling wheat destined for Algeria, we loaded 48 articulated lorries in one week, each carrying just under thirty tonnes. On one day, Charlie loaded six of these lorries, that is about 180 tonnes

of wheat, before breakfast. Loading is carried out with the Manitou rough terrain telescopic forklift, shown in the picture with its bucket, which holds two tonnes of wheat.

Winter is always a good time of year to take a strategic look at the farm as a business, before the spring and start of the growing season. At the end of January our Wycombe Constituency MP, Steve Baker, spent the whole of a Friday afternoon with us and nine other local farmers and



They went to Palestine and stormed the ridge held by the Turks at El Mughar on 13 October 1917 in the last recorded cavalry charge. A few villagers wore the black cap badge of the Bucks Battalion, and the rest were in a wide variety of units including, surprisingly, a number sent to Canadian regiments.

The War Memorial porch was consecrated in 1920 (and this event is shown in the framed photograph in the Sycamore Room). When smoking was allowed inside the Hall, a notice used to request that people did not smoke inside the porch.

A memorial to the designer of the Hall, Frederick Meakes, is above the porch's inner door. To the sides are the 16 names of those who fell in the Second World War. To the right, is a plaque presented to village by the Canadian Owen Sound Collegiate and Vocational Institution to record the crew of Lancaster RF 150 which crashed in Widdenton Wood in 1945. Two of the crew had been pupils at that school. The framed record of the First World War is to the left.

As it is our official memorial, the traffic stops on our main road, the B482, at 11am on Remembrance Sunday. The Royal British Legion and the rest of the parade march past to take up their positions to lay the wreaths,

and they execute an 'Eyes right' as is proper.

For visitors from outside who crowd excitedly into our Hall to watch plays and pantomimes, it's just...an entrance.



For most of the village, the porch is part of our history. But for some, it has a sharper meaning. Relatives and loved ones are still remembered, and named crosses are put at the base of the flagpole every year. Nor we do not forget the plaque above the inner door 'Patrick Marshall. Iraq. 2005'.

Missing flag

During repairs to the brickwork of the Village Hall, the framed piece of the Union Flag from the First World War was unscrewed and taken down and has disappeared. It's about 18" square, dark wood frame, bit of the diagonal red, white and blue showing, with a typed insert explaining when it was flown. If you know where it is, please email in confidence: katyjdunn@btinternet.com

Frieth Cricket Club

Report by Ben Smiley

The 'off' season for a cricket club is often a more busy time than the playing season, especially behind the scenes. The committee of Frieth Cricket Club have been working hard to finalise our 2016 fixtures, prepare the ground and put some new plans in place for our players.

Gaining promotion into the Mid Bucks League Division One last season was a fantastic achievement for a Club such as ours, and the main area that we had to develop was, not only a strategy to recruit some

more players, but a plan to better involve our current squad in the wider happenings at Frieth Cricket Club. This will be an ongoing process, however we feel that we have made some good progress with the forthcoming appointments of a new Club Captain and Vice-Captain, and with regards to the social elements of the Club.

Our social and fundraising calendar has been given the attention that it deserves, and we now have a schedule of different events that will enable us to engage with our players, their families and the wider community that supports the Club. We are looking forward to our first Casino Night in April, and to a number of mid-week evening T20 (20-over)

TABLE TOP SALE

Lane End Village Hall

Saturday 2 April

Tables - £8 pre booked, £10 on the day

Set up from 11am

Sale 12 – 4pm

**To book your table, please ring
Margaret Scott on 01494 881298**

Looking for somewhere different for a special get together?



St Katharine's Parmoor

St Katharine's Parmoor is only minutes away from Lane End, Frieth, Hambleden or Marlow but a world away from the hurly-burly of the High Street.

We can offer an individual afternoon tea for you and your family or friends; we can create an intimate meal, tailor-made to your wishes in elegant surroundings.

We can provide a special venue for your after funeral get-together. Why not talk to us and see what is possible at a very reasonable price.

For more details phone Beth on 01494 881037 or visit our website www.srpf.org.uk

Ask the: Vet

with Clare Hamilton 



Travelling with your pet

With the spring and summer holidays on the horizon it's time to start thinking ahead if you plan to take your pet with you.

Dogs and cats can now travel abroad on holidays in the European Union with you as long as they have a valid pet passport.

Make sure you allow a month for the process of obtaining a valid passport, but it only requires a single trip to see your UK vet. Pets need to be microchipped (from April 2016, the government is introducing compulsory microchipping for dogs). They must also be vaccinated against Rabies for a passport to be issued and you must wait 21 days from the date of the vaccination before travelling.

See the government website for more details www.gov.uk/take-pet-abroad/ or pop in to Cherry Tree and ask.



If you're going to be away for a while, or you're travelling with a pet from outside the EU, do check the requirements. It may be that on the homewards journey you'll need to see a vet in the country you're visiting prior to your return to check that

your animal is fit to travel. Some transport companies also require a veterinary statement to prove the animal is fit and well. Make sure you check before you travel.

While you're away make sure dogs have plenty of shade and access to water at all times.

Don't forget to take some appropriate para-

site treatments to prevent infections from biting insects—ask your vet for more info.

Worried about travel sickness? There's an excellent tablet that your pet can take which lasts 24 hrs and should prevent your dog from feeling queasy on the journey.

Happy holidays!

matches during the height of summer.

Later in the Summer we'll be hosting another first for our Club, the Frieth Sixes. This will be a 6-aside tournament that will bring even more pace to the cricket that is played at our ground in Parmoor. Combined with our Sunday fixture schedule of 16 or so social games, an end of season tour and the annual Frieth Cup in August, there are plenty of opportunities for players of all abilities and ages to play the type of cricket that suits them.

At the ground itself, our Grounds Manager has put a huge amount of work in (as usual) which has meant that we were in a superb position to

benefit from the warmer and better than usual growing conditions in the Winter. As such, the new seed has had time to germinate and begin growing ahead of time, which will give us a much more resilient pitch for our long season.

If you would like to find out more about Frieth Cricket Club, are interested in playing or think that you have any other skills that a small, community club such as ours would benefit from, please do get in touch with us at friethcricket@btinternet.com.

Whether you have an hour a year to offer, just one game in you or would like to attend one of our fundraising events, we'd love to hear from you.



Drawing and Watercolour Beginners and Improvers



20 April – 18 May 2016
Wednesday 10am - 12pm
Cost £52.50
Course code J3AR27AAM

Lane End Youth and Community Centre, Edmonds Road, Lane End, HP14 3EJ

To enrol, phone 01296 382403 or visit www.adultlearningbcc.ac.uk

* An annual £10 registration fee applies on enrolment



Lane End Youth and Community Centre

Report by Emma Savory



2016 Playschemes

Wednesday 17 Feb

Wednesday 30 March

Wednesday 6 April

5 yr olds morning sessions
only £4

6 yrs plus 10am – 3pm - £10
per child per day

Art, crafts, cooking, sports, games,
stories and soooo much more!
Places limited so book now.

Thursday Lunch Club 12 – 1.30pm

Every Thursday we welcome you into the Centre for a two-course cooked dinner with tea or coffee for £5.50. We currently have a small group of volunteers to take turns each week to provide approximately 20 people a delicious hot meal. We

are always looking for people who can help, cook or serve at this club, maybe you have two hours a month you can spare to help out, if so please get in touch.

Computer Club Every Thursday 11.30am – 2pm

This club is run by Bella who is on hand to help with any IT, computer/tablet/iPad problems you may have. It is a 'drop in' session with no formal structure.

If you need help with setting up/ retrieving emails, internet security, downloading and editing photos or any IT query, Bella will be on hand to point you in the right direction!



This is a FREE facility but we do appreciate a donation if you can afford it when you visit. Pop in with your laptop or use one of ours, everyone is welcome!

Coffee Shop – Mondays 10.30am – 12noon

Do you want to meet new local people? Then come along to our coffee morning, every Monday at 10am. All ages welcome.



engaged and focussed through out the afternoon. Whilst in KS1 they went on a treasure hunt for jigsaw puzzle pieces to help them with their discovery. There were certainly a few puzzled expressions around school, but perseverance paid off and eventually the quest was solved. The children are now all looking forward to our trip to Warwick Castle in March.



We are also looking forward to World Book Day when the children are asked to bring a book to school and dress as a character from the story.



**Frieth's annual
Easter Egg Hunt** is
on 20 March 10am-

12noon (last entry 11.30) £3.50 per child. There's the usual fun scramble along muddy footpaths followed by a fantastic full-sized boxed choccy egg. Craft room, sausage or bacon sandwiches, homemade cakes and biscuits, tea and coffee. Children are invited to bring a decorated hard-boiled egg—the best one gets a prize. **Everyone welcome, but email to book your egg on** fi.hayter@btopenworld.com

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 **OXFORD AERIALS**



By Jo Reid,
Headteacher

This half term has been all about learning quests. Pupils across the school have been learning about Chinese New Year, as some of our wonderful displays demonstrate.

Inspired by Tim Peake's adventures on the space station, Kestrels class have been on a quest to find out what life is like trying to complete everyday tasks when you are floating upside down. They also tested their fine motor skills on peeling a satsuma and playing with lego when encumbered by large gloves. The picture speaks for itself as to the level of



challenge. They also tried space food—dehydrated clementines received a warm reception but dried kale, less so!



Thanks to a wonderful fundraising effort by the PTA and Frieth Hilly committee, our IT provision at Frieth school is now second to none.

We are making the most of the technology available to us and embarking on a learning quest ourselves by trialling online school resources such as Education City and Purple Mash. We look forward to feedback from children and parents as to how these new learning tools help the children in their schoolwork.

On the last day before half term, the whole school quest was to follow a treasure hunt of clues to help them discover where they are going on their whole school trip. The older children tackled a series of challenges and clues that had them all totally



Children's Easter Bingo The Easter prize/egg bingo session will be held on **FRIDAY 1 APRIL 2016** at 1.30pm, tickets cost £2.50 per child and the tuck shop will be selling all your favourite sweets and drinks. No need to book just pop along!

NEW - Adult Art class

Adult Education is starting a new adult art class – **Drawing and water-colour painting** which will run every Wednesday 10am – 12noon, starting 20 April for five weeks. The cost is £52.50pp. Please contact us for more details.

Pamper Evening Friday 13 May 2016

We are hosting another ladies pamper evening, with therapists providing the following treatments: Indian head massage, reflexology, shellac nail polish, pedicure, facial, back/shoulder massage, eyelash extensions. We will be selling wine and a limited selection of spirits and running a raffle. Why not get a group of friends together and join us for a relaxing girlie night at the Centre?

OTHER FUTURE EVENTS:-

70's & 80's Night – Sat 9 July
Come in fancy dress, licensed bar,

bring your own nibbles, tickets £7 per person

Children's Talent Show
June TBC

MAY Half Term

A family coach trip to Chessington World of Adventure – details to follow

Summer holiday Playscheme
Dates to be confirmed

Afternoon Tea with live singing from Lane End's very own 'Aca-Holics', one of the top 10 female acapella quartets in the UK.

Please add 'Lane End Youth & Community Centre' on Facebook, ask to join the group and you will become one of the first to find out about all our latest events.

Having a party?

The Centre is so versatile and can be used for many different events/celebrations, we are very competitively priced, offering discounts to Lane End residents. Pop into the Centre or call anytime to check availability and prices for private hire.

Lane End Youth & Community Centre,
Edmonds Road, Lane End, HP14 3EJ
Tel: 01494 883878 / 07932 326046
Email: leycc@hotmail.co.uk
Charity Number: 1101360

Lane End Scouts

Report by Ian Harris



Scouts Win Gold

Full on, frantic and fun, is probably the

best way to describe pretty much everything we do within Scouts at Lane End. Just before Christmas the young people from the Scout Section successfully invited, entertained, cooked for and fed over 30 parents at our HQ and this along with a series of badge work and challenges has led toward five of our Scouts having achieved the Chief Scouts Gold Award. This is no mean feat and the dedication and involvement required by the Scouts (and the Leaders) to get to this level is not to be underestimated. A lot of fun has been had along the way to gaining these awards and massive congratulations go to all concerned.

Please wipe your feet

We like to give a warm welcome to any visitor to our lovely Victorian building up here on the common and this has been made even more possible by Andrew Preece and the team at UK Mats Ltd based here in the village. They have supplied us with these absolutely brilliant logo mats for our Scout HQ giving both

entrances a fantastic Scouting identity whilst giving us the ability to protect our aging parquet flooring from the outside elements. Shoes off at the door please!



Combined Forces

As you will have seen during the annual Remembrance Parade the Scout Group has close ties with the Royal British Legion. It is an association we are very pleased to have and one that we are committed to maintain and improve wherever and whenever we can with the local Lane End Branch. I have joined the committee of the Legion as a representative of Lane End Scouts and as the year unfolds our Group will be assisting the Legion in as many of their functions and activities as our own



Christmas was! We had our hugely successful Christmas Fayre and Carol Evening. A big thank you to everyone from the village who came to support us. The PTA raised over £800 which will go towards purchasing a new oven for the school, allow-

ing children to cook as part of the design technology curriculum.

The children sang at the LEOPAG Christmas lunch, Christmas in the Village event and Christingle as well as putting on a fantastic Christmas performance. The children spoke confidently and sang beautifully and made us all very proud.

Phew! What a term! Now we are into a new year with all the exciting opportunities it brings! We are looking forward to taking part in a range of trips as well as continuing our project with John Hampden Grammar School with our Year 4 and 5s.



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By Debbie Williams,
Headteacher

Writing Week: We had a hugely exciting week in November when we returned to school to discover three large eggs had been laid in a nest at the top of the school playground!

The children had a fabulous week becoming scientists as they investigated the eggs and nest. Each class produced some fantastic writing about what they found and what sort of animal they think may have been responsible. There were some wonderful ideas and our parents were great at supporting the children in researching ideas at home too!



The children were also visited by Mrs Adnitt and Mr Osborn from Lane End Conservation Group, who were able to give us some insight into the sorts of animals we have living locally and how to protect different habitats.

The children reported our findings back to the Chiltern Rangers and two of our PCSOs who also came in to find out more information from the children so they could share it with other local agencies! The Bucks Free Press came to take photos as it was such a rare event. The eggs were sent off to a zoo at the end of the week who helped us further with our enquiries, informing us that the eggs belonged to the North Island Brown Kiwi Bird! How very exciting!

Barnum! I am very excited about the project we are involved with which links us to John Hampden Grammar School. The purpose of the project is to try to widen the access to Grammar Schools in the County and create links between primary schools and grammar schools. As part of our project, the Year 4 and 5 children went to see the production of Barnum which was performed by students from John Hampden and Wycombe High. It was a highly polished performance which the children thoroughly enjoyed – particularly the magic tricks and tightrope walking!

Bikeability Training: A big well done to all the children that took part in the bikeability training last term. Two days were spent in the freezing cold, making sure their cycling skills were up to scratch and that they could cycle safe on the roads.

Christmas! What a busy time

allow us to. The Legion Men and Women raise funds throughout the year toward the Poppy Appeal, not just in November and by becoming a member you too can assist them and the wider Legion in the outstanding work they carry out. Membership is open to all, not just those who have served in the armed forces and at just £19.50 per year is excellent value. Please visit www.britishlegion.org.uk join the Lane End branch and help us support the local section of this wonderful organisation.



Happy 100th Birthday

2016 is the 100th Birthday for the Cub Scout Section and during the coming months all Cubs will be holding special events to celebrate the centenary year and Lane End Cub Scouts will be no exception. In the early Summer we will be hold-

ing a Cub Scout Centenary celebration camp during which we would like to hold a Birthday Party. I am on the lookout for a talented cake maker who would be prepared to help us design and make a special 100th Birthday cake for the event and a few local businesses who might be prepared to help us with some 'party' food. If you can help in anyway, please drop me a line or give me a call.

Many thanks

Ian Harris - Group Scout Leader

Lane End Scouts and Guides
Registered Charity 308008

Contact Ian Harris
Group Scout Leader
1st Lane End Scouts (est 1909)

laneend@chilternvalescouts.org.uk

Tel 880617

Nature notes

A hazy blue carpet in the dappled shade of a beech wood is a common sight in our parish in late April. British bluebells are steeped in myth and legend, but in danger from an alien invader

Article by Katy Dunn

Bluebells may be common here but they are rare in Europe and absent from the rest of world, which helps to explain why it such a quintessentially British and much-loved flower. This makes it all the more worrying that our native bluebell is under threat from an aggressive Spanish invader.



Our old deciduous woodlands are perfect for wild native bluebells as they like moisture and partial shade. They can also grow in hedgerows and park or grassland, often following the line of an old hedge or where trees once stood. When you see them each year, faithfully pushing through the old leaf litter on sturdy stalks in their hundreds, it's hard to believe they're actually a relatively fragile flower. They don't like change or disturbance, preferring ancient woods where the ground has lain undisturbed for years. If their leaves are trampled, they die back from lack of food.

Our gardening forefathers were aware of the difficult nature of native bluebells and introduced the more hardy Spanish Bluebell to their gardens around 300 years ago. However, Spanish blue-



provision at Cadmore End School. Last term we were awarded some lottery funding to have a much needed canopy built for our Early Years Class. These days our youngest children can get outside, whatever the weather!


They also have a new 'Mud Kitchen' which is much loved and allows the children to develop their imaginations

and role play skills in a fun and safe environment. Sorry Parents, muddy children coming home today! Mrs Tristram is currently in the middle of her Forest School Training and by the summer term we will offer all our children superb forest school opportunities.

We do have some nursery places available in school for next September 2016 for 3 year olds. If you are interested in this or would like to enquire about anything else at our friendly Church of England School please get in touch;

office@cadmoreend.bucks.sch.uk

www.cadmoreendschool.org/



Frieth Pre-school
Freedom to be me, to explore who I can be

We are a pre-school for 2-5 year olds in the lovely village of Frieth, next to Frieth CEC School!

Opening times

Mon – Wed
8:40am to 3:30pm

Thurs and Fri
8:40am to 12:30pm

Lunch Club each day
11:40 to 12:30

Received 'GOOD' from Ofsted! (January 2015)

We are open for mornings, afternoons and all-day sessions. To book a visit or register please contact

Donna or Kirstin:
Tel: 07928 186738
Frieth-preschool@outlook.com
www.friethpreschool.co.uk

Schools



By Lisa Fern
Headteacher

Christmas was a busy time at Cadmore End School with carols in the woods, productions, carols in the church and a visit from Father Christmas just as we were about to head off into the holidays. It was fun and I was very proud of the children in school who played their instruments at our carol concert. They demonstrated great courage.

We started the term with our new lunch provider, 'Black Cat Kitchens'. Karen and Gaynor have had a fabulous few weeks cooking and serving



us, Radnage, Mary Towerton and Ibstone schools with the best school dinners I have ever tasted. Well done ladies, we are delighted to have you on board and thrilled that the children in our schools are enjoying such delicious food.

Lots of the schools in the Marlow area are joining in with a collaborative project this term on developing 'Growth Mindsets'. By introducing the small word 'yet'; 'I can't add fractions yet.....' into our vocabulary we are opening up opportunities for children to have a go, make mistakes and become courageous as they learn.

Claire Farrell is working in our schools with our children and is also teaching them about their 'amazing brains' and how they work. The science involved in teaching children how they learn is all very exciting. Eleanor, Ashton and Toby in Y2 have become our 'Growth Mindset Champions' and started training in their new role last week at a joint session with children from all of the schools involved at Spinfield Primary School.

Finally, we have also been growing our outdoor learning

Email: katyjdunn@btinternet.com and **share** here any local photos, wildlife stories or interesting nature encounters...

bells were not content to stay in the garden and over the years have begun to hybridise with native flowers, producing tougher plants with dominant genes.

A recent survey from the charity Plantlife International showed that as many as one in six British woodlands contains a mixture of the varieties and their hybrids.

The main visible difference between the varieties is that native bluebells are slightly smaller, have narrow leaves, drooping heads, a violet bell-shaped flower and a delicate but distinctive fragrance. Spanish bluebells are wider-leaved, stand erect and have no scent. Their flowers have less of a bell and are a more 'hyacinth' blue. (The Plantlife website has a pictorial identifier: www.plantlife.org.uk)



Naturally it would be a tragedy to have such a precious part of our rural heritage disappear. The bluebell has held a treasured place in the hearts of British people for centuries. It has been an inspiration to poets and writers such as Oscar Wilde, Emily and Anne Bronte, Gerard Manley Hopkins and Percy Bysshe Shelley and has played an influential role in folk culture. Some of the names it has been given offer an insight. For instance, the earliest British botanists called them *Crowtoes*, but they've also been called *Cuckoo's Boots*, *Wood Hyacinth*, *Lady's Nightcap* and *Witches' Thimbles*.

Many myths surround the bluebell, although for such a heart-lifting flower the folklore does seem rather tragic and gloomy. There was a belief that it was used in witches' potions. Others believed that anyone who wanders into a ring of bluebells will fall under fairy enchantment, or that anyone who hears the ringing of the flower's bell will be visited by a malicious fairy and die soon after.

We owe the British bluebell more than myth and sentiment, as it has also had practical uses throughout the ages. The bluebell's bulb contains muselage and inulin

which was used as a glue for fixing feathers to arrows and for bookbinding. The Elizabethans used the starch-like juice from the bluebell bulb to stiffen their fancy ruff collars.

Bluebells were not often used medicinally but legend has it that bluebells were used by 13th century monks to treat snakebites and lepers – something of a kill or cure remedy given that the bulb is poisonous. On the other hand, researchers are looking into the bluebell's highly effective animal and insect repellent properties and there's even the possibility that certain bluebell extracts could be used to combat HIV and cancer.

To most of us, however, a gorgeous spread of bluebells is a welcome sign that Spring is well under way and the warmer days of summer are not far off. Look out for native British bluebells and remember if you ever plant the bulbs, be sure that it is *Hyacinthoides non-scripta* you buy from a reliable sustainable source, rather than *Hyacinthoides hispanica*.



Best places to see carpets of Bluebells near where we live:

Wheeler End—follow Bullocks Farm Lane past the Chequers and down the hill. As the road rises, there's a footpath on the right hand side through a field and into the woods on the West Wycombe estate.

Cowleaze Wood—Drive through Stokenchurch and turn right on the A40 as if to Lewknor. Take the first left towards Christmas Common. Cowleaze wood is a few minutes drive on the left and plenty parking. www.chilternsaonb.org/ccbmaps/423/137/cowleaze-wood.html

Bottom Wood—This crescent-shaped wood is just to the north-east of Studley Green, near Radnage. The easiest access point is to park near the Dashwood Arms, cross the road and walk up the track, or park on Old Dashwood Hill—there's a signpost marking the footpath between the houses. For more info: www.chilternsociety.org.uk/

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donation, throw away, pack away and not sure if you are ready to part with yet. Having an organised wardrobe makes it much quicker to get ready in the morning!

4. Welcome new bed linen

Nothing says spring to me like packing away the heavy blankets and buying some fresh new bed-linen. I really love elegant, pared-back sheets, always white. Also updating towels in the bathroom gives this room a new lease of life and I especially love the soft open weave ivory white towels from Volga linen as they are elegant, not bulky and dry incredibly quickly.



5. Hello heavenly scents

Change how your home smells with the seasons as you would do your own perfume. Scented candles are perfect for this – so put those heady woods, ambers and spicy fragrances into hibernation and replace them with lighter, more botanical notes. My personal favourites are Jo Malone's Lime, Basil & Mandarin or The White Company Verbena.

6. Introduce indoor plants

Entice spring indoors with the use of gorgeous indoor plants, such as potted hyacinths, crocuses, primroses or even sweet smelling Jasmine and pop them in hand-woven basket or pretty ceramics, and hey presto! It's amazing what a pop of greenery can do to a space. Spring is also all about florals and freshness and the smell that summer is on its way. Freshly cut flowers next to your bed will help to energise the room and celebrate the return of warmer weather. Enjoy!

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For any enquires please contact Lo Smith

01494 881147 lorrainesmith00@gmail.com

You are what you eat—or are you?

Report by Rebecca Whittaker, Nutritionist and Health Coach
(Dip N. Adv., IICT, BA, MSc)

Food glorious food! I am so passionate about food and how delicious and nourishing it can be. Food is our fuel, but there's a bit more to it than that. What we eat is just one part of the picture. How we eat, digest, absorb and eliminate waste all come into play.

Mindless eating is when we eat on auto-pilot out of boredom or while doing something else, like watching TV or rushing around. How we handle stress may also impact digestion. Mindful, or

conscious eating produces digestive enzymes that we need to properly digest our food. So when grandma used to say chew your food properly before you swallow, she was giving some great advice – as wise grandmas often do.

But what happens if we are not eating mindfully or are feeling stressed? Simply put, our body may not be able to digest food as well as it is designed to. So what? Well, if our body doesn't digest food effectively,

it may have knock-on health impacts such as bloating, gas, nausea, acne or heartburn.

Those symptoms are our body's way of telling us that something isn't working properly. It's time to listen up and do something about it, or more

serious health issues may come up.


If we aren't digesting our food well, we may not get all the benefits from nutrients in that food. Plus, some small food particles, which should have been digested more fully, can find their way into our blood-

stream. These are treated like foreign invaders and may cause inflammatory response symptoms such as achy joints, headaches, allergies, breathing difficulties, skin conditions and irregular bowel movements.

If food is not properly digested it is harder for our body to eliminate waste products after any nutrients have been absorbed. Symptoms such as skin problems, nausea, bloating, stomach pain, constipation



Ask the interior designer

with Samantha Johnson 

We've officially survived yet another winter! Soon we will be saying goodbye to those chilly mornings and hello to long summer evenings and sun kissed skin – I can't wait! And as we watch our outside surroundings burst into life we begin to reflect on how we can make a few simple changes to our homes too. Here are a few simple ideas for spring;

1. A coat of paint

With just a simple coat of paint, you can breathe new life into your home and create your own home spring transformation. My tip this year is coral and charcoal – dusty greys with a punch of pink and this can be found in a variety of accessories from eye catching glassware, luxurious and cosy throws and striking tiles for walls and floors – really beautiful!

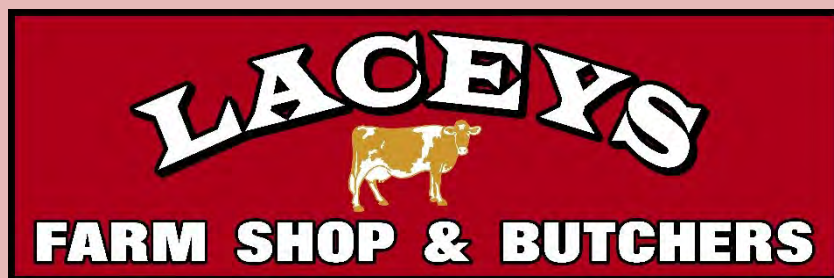
2. Move around your art

One of the best ways to easily and affordably give your home a new look for the spring is to move around existing artwork. Refresh a living space or entrance hall with a piece of artwork that's been perhaps out of the way – in a bedroom for example – and use it as inspiration to change accessories, and even your wall colour. This is something you can do with furniture too.

3. Revamp your closet

It's a daunting task, but necessary for any spring refresh! Clear out your closet and pack away those winter woollies. Try turning all your hangers in the wardrobe the same way, reversing the hanger once it has been worn, making it easier to identify anything that hasn't been worn this season. Categorise your clothes into





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or diarrhoea suggest that our elimination channels may need support.

Of course, what we eat can have an impact on how well our body processes food, but how we eat and other lifestyle choices are also important.

Our mental attitude and how we care for our physical body in terms of exercise and beauty products may also affect our health. There are often some simple changes we can make to what and how we eat that may help with some of the symptoms mentioned above.

So, be aware of what you are eating, including the balance of foods, chew well and listen to your body's signals. Start with these small steps focussed on your well-being for a healthier, happier you.



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Lane End Pharmacy under threat of closure

Report by Olivier Picard

Pharmacist proprietor, Lane End Pharmacy

The NHS under the current Conservative government has announced its intention to reduce the number of pharmacies in England and Wales by between 1000 and 3000, by enforcing a progressive series of financial cuts starting from October 2016. These cuts will disproportionately affect independent pharmacies. As a small independent pharmacy, Lane End Pharmacy is in great peril.

We believe there is still time to persuade this Conservative government not to take this drastic and destructive path, that community pharmacies have a vital role within our community, and should be preserved.

The NHS is buckling under the strain of ever increasing numbers of people requiring its services. GPs and A&E departments are at crisis point, and pharmacies have been working

hard to help. The cuts have been proposed just as patients are being repeatedly told to make better use of their pharmacies as an alternative to seeing the doctor.

Health Secretary Jeremy Hunt and other senior officials have urged the



public to go to chemists instead of A&E or a GP, and yet the NHS and the Government have not earmarked particular pharmacies for closure, meaning the exact number will

depend on how each pharmacy copes with the cuts.

If you would like to stop this madness and save your local pharmacy, I urge you to put pen to paper and write a letter to your local MP (this applies equally to any pharmacies in England and Wales, so please encourage your friends and family to support their local independent pharmacies as well).

We spent a long time interviewing different butchers in the autumn, with applicants from all over the world! We think we've found the right person in Steve. He has worked in butchers shops for 15 years and knows how to cut and display the meat very well. He is very friendly and approachable so if you have an unusual request please come in and see him and he will always do his best.

Rosie Johnston has also joined our team to work behind the deli counter, making all the pies, sausage rolls, scotch eggs and more. She has really helped us get this up and running smoothly.



We are trying things out to see what works. We have started off using the same recipes for pies, sausages etc. that the old butchers had as they were popular, but already we are trying new recipes too. Our sausage of the week has started with great success, with varieties including Smoked Ham and Mushroom, Beef and Mustard and Lamb and Mint all selling out.


Every aspect of the shop will be looked at to see what works and what doesn't. We're opening on Sundays and closed Mondays as that was the request from the survey, and since opening we have adjusted the opening times so we now open at 8.30am-5pm Tuesday to Saturday (10am-3pm on a Sunday).

Away from the shop, the farm still needs attention! The cows are indoors for the winter, and milking really well. They're thriving on the food we made last summer. Cows are calving all year round on our farm, with the busiest time in November and December.

Any girl (heifer) calf born on our farm will be reared to join the milking herd. This year for the first time in many we had more girls than we need, so we had some to sell. This is a great thing for us, as the girls are worth a lot more than the boys, and there is demand for our heifer calves from many other farmers.

The calves we had to sell this winter have been sold to Italy! The Italian farmer came on a study tour to the UK about two years ago and came to visit our farm along with many others. He liked our cows and how they produce a better quality milk, and the way we have used this to help develop our farm. He has been waiting for us to have some to sell and is keen to have more when we have them!

Milk Men

with Will Lacey 



the new shop is going well...

This year started with great changes on the farm. On 7 January we opened our new butchers shop for the very first time and I am pleased to say it is going really well!

It's taken a lot of work to convert the old milking shed in the farm yard into a building that looks great and attractive as well as meeting all the food hygiene and safety requirements. It has been a big task, but one that was well worth the effort.

We were fortunate to have a good

team of people to help us out over Christmas and New Year to get all the butchers kit in and set up so we were ready for our opening.

Our aim with the butchers is to be able to offer you the very best and freshest of meat, that has been sourced from either our farm or other local farms, so you as the consumer know that the meat had been reared to the highest welfare standards, as well as supporting local business at the same time and tasting great!



Please write in your own words explaining why you feel that it is important to have a local pharmacy in Lane End. Every letter received by MPs will be read individually, and should be responded to in kind. We believe it will only be possible to save our village pharmacy if the MPs feel that their local constituents are really concerned, to the point that this will be a critical factor in their ongoing support within the local community.

Please note your letters and emails just need to convey your concerns and strength of feeling. The support that we have had from the community since opening the pharmacy in 2008 has been fantastic and we are hugely grateful for it and hope to be

able to continue to work hard within the community for many years to come.

Our local conservative MP is Steve Baker. Please write to him at:

The House of Commons, London, SW1A 0AA or email:

steve.baker.mp@parliament.uk.

You can also sign an online petition to save local pharmacies at:

<https://petition.parliament.uk/petitions/116943>

If we reach 100,000 signatures, this petition will be considered for debate in Parliament.

Thank you very much for your continuing support.



Her Majesty The Queen's 90th Birthday

2016 is The Queen's 90th birthday. She is Head of State of the UK and 15 other Commonwealth realms. She was born in 1926 and became Queen at the age of 25. She has reigned through more than five decades of enormous social change and development. The Queen is married to Prince Philip, Duke of Edinburgh and has four children and eight grandchildren.



Events in our parish to commemorate the anniversary include:



If you'd like to organise a 'Clean for the Queen' event, please contact Jane Osborn on janemosborn3@gmail.com

Royal British Legion lunch on Sunday 5 June at Lane End Village hall (see p13 for details)

Queen's 90th birthday beacon on West Wycombe Hill by the Mausoleum. 21 April at 5pm.

Saturdays

Regulars

Coffee Shop—Enjoy coffee and cake on the first and third Saturdays of the month, 10am-12noon, Lane End Village Hall.

The Twinning Association runs the first Saturday in the month, Holy Trinity the third.

Whistles & Bells dog behaviour school—9-12noon LEYCC, Tel Jenny 07703 020344

Lane End Football Club—11am-12noon, Lane End Playing Fields. All welcome, anitahanson11@yahoo.com

11+ tutoring—with Alison Taylor 10am-12noon. Email alisontaylor@pass11+.co.uk

Events

30 April and 7 May—8pm. Lane End Players performance of 'Shakespeare in Hollywood' at Lane End Village Hall. Tickets £10 or £8 concessions. Email boxoffice@laneendplayers.com or phone 880662.

7 May—Plant Sale held at Skirmett Village Hall from 10am-12noon. Member bring their own plants from their gardens to sell to raise money for the Garden Club. Tea and homemade cake. Tel 01491 638690

5 June—Queen's Birthday Lunch at Lane End Village Hall organised by the Royal British Legion. Tel 881822)

Sundays

Regulars

Parish Communion—9.30 Holy Trinity Church Lane End (crèche first Sunday of the month)

Elim service—10.30 am at Elim Christian Centre, Edmonds Road, Lane End

Sung Eucharist/Family Service—11am St Mary's Church Cadmore End

Morning Service (Methodist)—11.15am Holy Trinity Church Lane End

Sunday lunch—Grand International Buffet and traditional carvery at The Tree, Cadmore End. £12.95 Book on 881183

Evensong—6pm at Holy Trinity Church Lane End

Lane End Players—7.30pm Village Hall Tel 483359

Events

Thursdays

Regulars

Simply Walk—10am Lane End Playing Field's car park. Walk and chat for 1-2 hours

Coffee Stop—Village Hall 10-12noon. Coffee and chat. All welcome, run by Methodist Church

Lane End Support Group—second Thursday of the month, 9.30-11.30am, Sure Start Children's Centre at Lane End Primary

Computers@The Centre—11.30-2pm LEYCC

The Drop-In (Social lunch) - 12-2pm LEYCC

Four Ends Flower Club—Fourth Thursday of the month 2pm in Lane End Village Hall. Visitors £5. Flower arranging demonstration, raffle, tea and cake. Contact 482724

LEOPAG—First Thursday of the month 2-4pm LEYCC

Spanish for children—4-4.30pm, Denise 881919 / toddlertalk.webs.com

Lane End Players—8pm Village Hall Tel 483359

West Wycombe Guides—7.15pm Piddington Village Hall

The Tree, Cadmore End—Indian special curry night. Two courses are £15.95 and three courses for £18.95 per person. Both menus include a complimentary beer. Tel 881183 to book

Twinning Association—first Thursday of the month at the Grouse & Ale 8pm

Fridays

Regulars

French for babies and toddlers—9.30-10.15 (Mondays too) Denise 881919 / toddlertalk.webs.com

Circuits—9.30-10.30am LEYCC

Craft group—first and third Friday of the month in Lane End Village Hall. Tel 01993 837078 for details

The Tree—lunch and soft drink offer £5.99 per person, 12-5pm

Events

1 April—1.30pm, Children's Easter Bingo at LEYCC, £2.50 per child, no need to book. Call 883878 for info.

29 April and 6 May—8pm. Lane End Players performance of 'Shakespeare in Hollywood' at Lane End Village Hall. Tickets £10 or £8 concessions. Email boxoffice@laneendplayers.com or phone 880662.

← THURSDAY Events

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guide to local
meetings, clubs
and events



What's On?

To include your event or group meeting (free) email: katjdunn@btinternet.com
Please also be sure to inform me of any changes

Mondays

Regulars

Simply Walk—10am Meet Lane End Playing Field's car park. Walk and chat for 1-2 hours

LEOPAG (50+)—10.30-12.30am coffee pop-in LEYCC, Edmonds Road, Lane End. Tel: 883878

Gentle Exercise for over 60s—2-3pm LEYCC

Baby Welfare Clinic—2-4pm, SureStart Centre, Lane End Primary School

The Tree—lunch and soft drink offer all week £5.99 per person, 12-5pm

Rainbows and Brownies—4.30-7.30 Frieth Village Hall. Email friethbrownies@hotmail.com

Lane End Parish Council Meeting—First Monday of the month, 7.30 in Lane End Village Hall, all welcome

Lane End Evening WI—Last Monday of the month at 8pm in Lane End Village Hall

Pilates with Lauren—5.50 and 7pm LEYCC £50 for 6 week course. Tel 07709 430634

Bridge Club—7.30pm Lane End Village Hall

Lane End Action Group—6.30pm Grouse and Ale. jilrunge99@gmail.com

Events

Lane End Parish Council meeting, Lane End village hall. 7 March, 4 April, 9 May, 6 June

21 March—Lane End WI talk about chocolate

25 April—Lane End WI talk from Seddon Cripps

23 May—Lane End WI talk about Malawi

Tuesdays

Regulars

Parent & Toddler Group—9.30-11 Lane End Primary School. Tel Sure Start 447110

The Tree—lunch and soft drink offer £5.99 per person, 12-5pm

West Wycombe WI—Third Tuesday in the month (except August) 2pm in West Wycombe Village Hall. New members and visitors welcome. Tel Janice 881049

Hambleden Valley Gardening Club—7.30pm, First Tuesday of the month, Skirmett Village Hall. Tel 01491 638690

Bingo—7.30pm Sycamore Room Lane End Village Hall

Senior youth club—LEYCC, 6.30-8.30, call Mark Lockwood 07787 402636

Circuits—Frieth village hall, 7pm

Wednesday events

23 March—Hambleden Valley Gardening Club garden visit to Chesham Bois House nad Gardens. Guided tour followed by tea and cake. Tel 01491 638690

30 March and 6 April—LEYCC Playscheme, Tel 883878

27 April—Hambleden Valley Gardening Club visit to Hardy's Cottage Garden near Whitchurch. Tel 01491 638690

4 May—Lane End Parish Council Annual Parish Meeting. Refreshments available. 7.30pm Lane End Youth and Community Centre

Wednesdays

Regulars

Music & Rhymes—9.30-10.15 Lane End Primary School. Tel Sure Start 447110

Drawing and watercolour art class for beginners and improvers—10am-12noon. Starts 20 April LEYCC. Enrol on 01296 382403 or adultlearningbcc.ac.uk

Adult Art Class—10am-12noon at LEYCC for five weeks starting 20 April. £52.50pp Tel 883878

The Tree—lunch and soft drink offer £5.99 per person, 12-5pm

Bridge Club—1.30pm Lane End Village Hall

French for children—3.45-4.15 with Denise 881919 / toddlertalk.webs.com

School of Traditional Medieval Fencing—7.30pm Lane End Village Hall

Junior youth club—LEYCC, 6-8pm. call Mark Lockwood 07787 402636

Beginners Jive classes, Frieth Village Hall. Doors open 7.30pm, class 8pm. Fun & friendly class, no partner required. £5 ~~the~~ rockingrebels@gmail.com or 07947 106607



Wednesday events