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# From the Editor

It's summer! The best time of year for picnics and parties and meandering walks in sultry fields full of wild flowers and buzzing insects. Head down to Moorend Common in June for the stunning display of orchids on South Meadow and watch out in July for a fleeting glimpse of the elusive Purple Emperor butterfly. (see p32.)

Summer evenings are long and languid, enlivened by the inevitable eeking out of the sun's last rays. Chair in one hand, unsteady drink in the other, don't we always end up chasing the setting sun around the patio? The scrape and clunk of a shifting patio chair is the soundtrack to many a successful summer evening in our sun-worshipping country.

Summer is also the time when villages spruce up and come together for festivities on fete days—ours in Lane End is 10 June, don't miss it! (See p50-51 for details.) There's so much more going on in our busy villages, just check out What's On for details (p32-35).

Have a lovely summer and see you at the fete.

Katy Dunn, editor [katyjdunn@btinternet.com](mailto:katyjdunn@btinternet.com) / 883883

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**Deirdre Hansen**

Tel: 01494 437111

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Cllr William Hunt

Cllr Tim Nolan

## Upcoming Meetings

The next meetings start at 7.30pm on:

5 June Lane End village hall

3 July Cadmore End village hall

8 August Lane End village hall

All are welcome.

## 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.

## Can you help deliver the Clarion?

We need volunteers to help deliver the Clarion. If you can spare an hour or so four times a year to push a few magazine through a few doors, please contact the Parish Clerk.

## Planning Applications

The Planning Applications relevant to the Lane End Parish Council are updated on the Parish Councils website

[www.laneendparishcouncil.org.uk](http://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.

## 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 437111 [clerk@laneendparishcouncil.org.uk](mailto: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 /

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# Is Wycombe District Council going to be abolished?

**Report by Cllr Tim Nolan**

In September 2016 Bucks County Council (BCC) submitted a plan to central government to abolish the four district councils (DCs) in the county. Their proposal is to replace them all (BCC and DCs) with a new unitary authority (UA) and 19 local community hubs to maintain good links with parish councils and local people. More information about the BCC unitary proposal can be found at [www.futurebucks.co.uk](http://www.futurebucks.co.uk)

The BCC proposal would effectively remove a layer of local government and so in theory remove cost and a layer of complexity. BCC claim that their proposed unitary structure for local government would save approx. £73m over five years across Buckinghamshire. However, the four DCs were not convinced that the BCC plan offers the best option for the people of Bucks, so they commissioned the consulting company Deloitte to look at other possible options and concluded that the BCC plan to move to a single authority was not the best option.

In January, Wycombe District Council (WDC), along with the other district councils submitted a more de-

tailed proposal for an alternative plan. This was to have two unitary authorities in Bucks – one in the north of the county and one in the south (in addition to the existing unitary of Milton Keynes). This was presented in person to the Secretary of State for Communities & Local Government, Mr Sajid Javed on 19 January. The full WDC submission is on the WDC website at [www.wycombe.gov.uk](http://www.wycombe.gov.uk)

He stated publicly that he was very impressed with their submission and moved the date when he would make a decision back by two months, to late March, in order to be able to give it full consideration alongside the original BCC bid for one UA.

Unfortunately, the March target date was subsequently moved and a May date was rumoured. However, last week the Department of Communities & Local Government (DCLG) confirmed that a decision about the unitary proposals will not be made before the general election on 8 June.

Officials at DCLG have told Wycombe District Council that the

Secretary of State will still make a decision on the two unitary submissions, but that there is now no time-scale for this. The official line from DCLG is that a decision will be made by the new government 'as soon as is practicable'. So watch this space!

## **So what is this all about?**

There is a view within local government that Buckinghamshire has a number of financial and demographic challenges in the next few years.

The four DCs believe two UAs is a better option than the BCC proposal to have a single UA - even though it will save £15.5m less over five years. They point out that this decrease in the savings is less than 1% of the total budget over the five years (total spend will be £6.8bn).

The DCs believe that there are fundamental differences between the north & south of the County – topography, economic geography, nature of the communities, the services required, the experience of the teams and the efficiencies to be gained due to the above factors. The DCs carried out some initial consultation before Christmas and had 138 questionnaires from various bodies returned to them and 70% of the feedback they received was positive.

WDC thinks it has done a good job in recent years - low council tax, good schools, successfully attracted inward investment to improve facili-

ties **and** generate revenue (e.g. Handy Cross development, Hughenden, John Lewis expansion, Cressex). They also pointed out that just 1% more growth will more than cover the cost shortfall vs the single UA option. They also have a concern that the single UA may focus on the north of the county – partly because it is 'easier to do things in the north' as there are fewer geographic and demographic challenges. Conversely, the two UA proposal will give us a dedicated authority looking after interests of the south of the county.

However, it is important to note that in both proposals all five councils are disbanded - i.e. in either scenario both BCC, WDC and the other 3 District Councils will disappear in their current form. However there would be no need for the extra layer of the 19 community hubs in the WDC plan and the overall resident to councillor ratio would be lower.

In summary, there is no clear outcome and it is worth saying that 'all bets may be off' after the general election and it is still possible that the status quo may be the final outcome. The relevant cabinet minister may feel it is easier to 'let sleeping dogs lie' while he deals with other issues such as business rates, housing plans etc. Time will tell.

*This is a non-partisan overview, for more detailed info visit the BCC and WDC websites.*



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## Lane End Playing Fields

### Report by Cllr Graeme Coulter

Since the last issue of the Clarion work has been rapidly progressing on the two projects taking place at Lane End Playing Fields. At the beginning of May neither project is quite yet fully complete, although the new floodlit 5-A-Side 3G Football Pitch is now very largely finished.

As for the Clubhouse, most of the major works are now complete but it is unlikely that all of the relatively minor works that are still outstanding will actually be fully finished until the end of May.

It had initially been hoped that both of these new facilities would be completed and available for use by early May but realistically this is now more likely to be some time in June. The reasons for this delay are largely the result of the parish council being able to extend the scope of the works on the Clubhouse beyond that which was originally envisaged. As such, and as well as refurbishing the showers and changing rooms, it has now proved possible to extend this refurbishment to include not only the

toilets but also the main Clubhouse bar/social area.

The completion of all of these works at the Playing Fields will provide our community with a new floodlit 3G 5-a-side football pitch together with a much enhanced clubhouse that as well as catering for the Lane End football teams will now be able to offer a significantly improved bar/social area. It is hoped that the use and enjoyment of these facilities will increase and encourage more people to take advantage of the attractive setting that the Playing Fields offers.

It remains the intention of the Parish Council to continue to invest in the facilities at the Playing Fields as fur-



ther funds become accessible from future housing developments however these are unlikely to be on the scale of those received from the developments on the old ELGA and Culver graphics sites.

As such, the Parish Council will seek to take advantage of any external grants that may be available to support the development of sport and community facilities. This is however now a highly competitive environment and gaining such funds will not be an easy task.

That said, an important start has now been made and whilst it was not possible to do everything one would have liked to, the Parish Council believes that the initial investment it has undertaken will provide a firm foundation to support the future development of further facilities at the Playing Fields.



### **Rachael Cook: 21.04.32 - 19.04.17**

It is with great sadness that we remember Rachael Cook, a long-term resident of Lane End.

Rachael was the true definition of a 'Community Champion'. As a dedicated trustee of Lane End Youth & Community Centre from the start, she helped launch a successful weekly drop-in lunch club, jointly ran numerous fundraising country & western nights over the years and was one of the key organisers of the annual New Years Eve party.

Rachael's boundless energy and enthusiasm helped to raise thousands of pounds through fundraising activities for LEYCC over the years, enabling us to keep this valuable community asset open.

A wonderful lady, who will be sorely missed by everyone who knew her.

*Katy Donaghue*



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# The lowdown

## Lane End Players

### Report by Georgie Brooks

Our summer show will be held on Friday 23 and Saturday 24 June at 7.30. This production, 'The Totally Awesome Eighties' comes after the successes of 'Hats off to the Sixties' and 'Super Sounds of the Seventies' in recent years, and will be great mix of music and sketches.



As in the past, the seating is informal around tables, and the bar will be open. No numbered seats are issued in advance, but those booking early will get the tables with the best views! So if you wish to sit with friends, please give the box office details when you book.

The Box Office will open on 20 May at the Village Hall 9.30 – 12 noon and online booking at [www.laneendplayers.com](http://www.laneendplayers.com) will open later that day. You can also book by emailing [boxoffice@laneendplayers.com](mailto:boxoffice@laneendplayers.com) or by phoning 01494 880662. Tickets for both shows will be £10 adults and £8 concessions.

## Footpaths report

**Report by Teresa Hehir**

Winter was hard on our footpaths, there was mud, and mud, and some more mud! As we moved into spring though, the paths quickly dried out and it was a pleasure to walk them.

We have over 20 miles of footpaths in our area, with some spectacular views, wild flowers and the odd deer. The bluebells were early this year, and put in an appearance for Easter. We have a number of bluebell woods in our area, all of which are brilliant when the 'bells' are out. On Wheeler End common we even had a number of white and pink bluebells (I know, it feels stupid to say a white bluebell, but that is



what they are). By the time you get this, the orchids may be out at Moor End Common – go see them!

Many thanks to my helpers and those who have worked to keep the paths clear, remove some fallen trees, and generally keep the paths safe for everyone. If, when you are out walking our paths you notice a broken gate/stile, or damaged/missing signage please let me know on 881170 or [hehirt@hotmail.com](mailto:hehirt@hotmail.com).

If you would like to join us and take on a footpath (you just need to report any problems and occasionally cut back the brambles) please get in touch.

## Lane End OPAG

**Report by Jane Osborn**

Rachael Cook will be sadly missed by Lane End OPAG – not least because she had been there from the beginning. She not only helped organise but for some, much more importantly, cooked Thursday lunch. And as someone who helped with the washing up, I know how good her food smelt in that small kitchen! We all miss her.

But, despite Rachael's passing, Lane End OPAG continues – we meet on the first Thursday of each month (apart from January) at 2pm

in Lane End Youth & Community Centre, Edmonds Road - so if you are 50+ why not come along.

We have talks on such varied topics as the charity Workaid and the First World War. Plus, Val provides us with excellent quizzes to test our brains. So come along to meet other interesting people and enjoy a cup of tea.

Alternatively, if you have led an interesting life / have a fascinating or unusual hobby you would like to share we would be delighted to hear from you.

To find out more about the Lane End OPAG - contact Jane Osborn 01494 881641 / janemosborn3@gmail.com).

## Lane End Conservation Group

### Report by Ross Osborn

It's that time in the calendar again, when 'The Environment' is used as a political football; where promises are made and its importance highlighted for the good of us all.

In Lane End, we are a small group involved with purely local issues – keeping litter under control, foot-paths clear, the occasional tree cut up for firewood and, I suggest, we sometimes lose touch with the slight-

ly outside world of conservation and view conservation in a very limited sphere.

There is a huge amount going on just in our locality. By the time you read this, the Chilterns Walk Week would have finished and any of you who were involved, in whatever way, will know that it has been one huge success.

The Chilterns Conservation Board is running a project on hill forts, some of which date from the Bronze Age. Hill forts are large enclosures surrounded by a circular ditch and bank which were not necessarily built for defence, but used for grazing live-stock in winter, providing a safe home for communities or for trade or tribal ceremonies.

You may think that recording old hill forts is not conservation, but you would be wrong. The Chilterns have more hill forts than any other part of the UK and were an important link in the chain – they need to be surveyed before they are lost forever and there are quite a few adjacent to our parish.

If you're interested in finding out more – contact the Chilterns Conservation Board [www.chilternsaonb.org](http://www.chilternsaonb.org)

In the last edition of Clarion, Tim Grout Smith talked of his Swift Box project - the boxes are now in the church tower and a recording of swift song is playing morning and evening

to, hopefully, attract these elusive birds back to us. It's conservation at its best.

Tim, I understand, is now thinking of building some owl boxes and would be interested to hear from anyone interested in helping him – it's conservation.

There is a further element – foot-paths. We have miles of them in our parish – mostly well used. There are some, however, that are hardly ever used and as the old saying goes – use them or lose them. This is a very real threat. So...the target for this summer: 'Adopt an unused and unloved footpath and walk it / care for it!'

Contact Teresa Hehir about foot-paths on 881170 or [hehirt@hotmail.com](mailto:hehirt@hotmail.com).

## **Hambleden Valley Gardening Club**

**Report by Janet Collins**

We have now finished our winter season of talks and looking forward to our garden visits which will take place over the next six months. The final talks included our much anticipated speaker, Fergus Garrett of the world famous Great Dixter gardens in Kent. Fergus was so full of enthusiasm and brimming full of practical ideas and knowledge that we were all quite breathless by the end! He described their approach to creating their mixed borders and managing succession planting. It was all very inspiring.

Our final Speaker for this season was Graham Austin who talked



about his life long passion for all things delphinium. We thought that he might have a tough act to follow in Fergus Garrett but his knowledge and enthusiasm was just as infectious. He is a nurseryman of many years and has his own specialist nursery in Bovington. In fact, Graham had also recently been on the TV on Gardeners World with presenter Monty Don.

So after all these inspiring talks we move on to see the real thing with our garden visits which cover a very diverse range of gardens over the next few months. Our first one of the season will be to Tythrop Manor near Thame. Please see the events page to see what's on.

New members are always welcome, please call 01491 638691

## **Royal British Legion**

### **Report by Seddon Parmoor**



The Royal British Legion is a National Charity. It has County Branch officers who support all local branches in their County. Bucking-

hamshire organised a meeting of local branches in March in Marlow, hosted by Lane End Branch.

We heard reports from local branch-

es, listened to two excellent speakers and held a raffle. The speakers told us of life as a young pilot and the problem of homelessness in High Wycombe. The Mayor came and presented certificates to two of our local Poppy Collectors for long service, Reg Meakes and Gerald Sharpe (see photo, right). Mandy Sarney who also earned a Certificate, but could not attend.

At that meeting enquiries were made about affiliating our Scouts to the Legion.

We will attend the Lane End Fete on 10 June. We will have a horseshoe throwing stall and tent with details of how to join.

On 5 July we are holding our annual BBQ at Bessemers, Moor Common, HP14 3HZ. Save the date. All welcome. Food and one drink bring your own glasses and refreshment. Tickets £10. Reserve seats at Seddon Parmoor 01494 881662 or Andrew Mactavish at 01494 881948.

On 6 October we have our annual Officers talk. Please save the date, details will follow nearer the time.

Rachel Cook died in late March, a few days before her 85<sup>th</sup> Birthday. She was a stalwart of the Royal British Legion when there were separate Men's and Women's branches. She was the Branch Poppy Appeal Organiser for many many years, receiving Certificates from Head

Office for her efforts. She held Coffee mornings and held a lunch every June, all to raise money for the Poppy Appeal. She must have raised thousands of pounds for the charity.

She was an extremely hard working and effective Chair of the Women's section until it was abolished a year ago. She was involved in many other community projects. She will be sorely missed.



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## Elim Church new minister

Elim Hope Church Lane End is pleased to announce that Reverend Scott Pash has been appointed as the new Minister of the Church and will be starting in June. Scott is married to Jenny and they have two children, Ellie and Oliver.

Scott was born in Birmingham and worked for several years as a Youth Worker before receiving the call of God to train as a Minister at Elim's Regents Theological College from 2011 to 2014.

For the last three years, Scott has been working as the Assistant Minister at Silverdale Elim Church, Newcastle-under-Lyme in Staffordshire. Scott likes documentaries and learning about history. He also enjoys sport, especially football and is an Aston Villa supporter. He watches rugby union and cricket, attending matches when he gets the chance, and plays table tennis and pool.

We will be holding a special Induction Service at Elim Hope Church, Lane End on Saturday 17 June at 2:30pm, to celebrate his arrival and

introduce him to the Church and local area. Reverend David Campbell, Regional Leader for the Metropolitan West will be present.

Please come and join us, and enjoy the celebration with refreshments



after the Service. This will be a great chance to meet Scott and Jenny and start getting to know them.

Jenny is a GP and will be joining the Marlow Medical Group to work in Lane End Surgery and Marlow.

We look forward to seeing you on Saturday 17 June, at 2:30pm, Elim Hope Church, Lane End.



## Lane End WI

**Report by Ann Carter**



We are always pleased to see new members (especially if you have only just

moved to the village), so please feel free to come along to one of our meetings where you will be made very welcome. Maybe you have an interesting career or topic that you could tell us about?

We meet in the Sycamore Room of the Village Hall on the last Monday

of the month (unless it is a Bank Holiday). Please phone Ann Carter on 01494 881987 for details.

In February Mike Dewey gave a very good talk on 'Our Village in the Great War' and several members' relatives came to light, which added a lot of interest. In March, under Edna Szulc's tuition, we all made beautiful cards.

We were all very pleased with our results even if we are not particularly 'handy' normally! In April we have another local topic – 'West Wycombe and the Dashwoods'.

There is always a cup of tea and plenty of chatter at the end of the meeting so come along and join in.

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As I write this, I'm revelling in the fact that our season is about to start, and there's an amazing atmosphere around the Club.

Over 15 people contributed more than 50 working-hours at the Frieth Cricket Club during the Easter week-

end, repairing, preparing and sorting equipment, pitches, perimeters and cricket nets to make sure that we are as ready as possible for the start of the season. This meant that later in April the groundsman had more time to concentrate on getting the first 'track' of the season ready, and

we've been able to host two practice matches already.

On 22 April, Frieth Cricket Club played and won a warm-up game against High Wycombe Asians, and yesterday (29 April) saw 22 Frieth Cricket Club players turn up at our ground in Parmoor to play a warm-up game between the Captain, and Vice-Captain's XI. In a well spirited, yet fiercely competitive match, the

Vice Captain's team successfully chased 165 runs losing 6 wickets in the process. Our first league matches are next weekend, and the performances during the game have made things tough for the selection committee over the next few days.



It's really pleasing to see the level of competition and camaraderie between the players, so much so that we've decided to create some new awards for the season. A fielding prize and a duck-based award will be in place for our first matches. No doubt that there'll be some photos of players holding their rubber ducks doing the rounds soon! If you'd

like get involved, do contact us, as we have opportunities for players of any ability and experience during the season. We can be emailed at

[friethcricket@btinternet.com](mailto:friethcricket@btinternet.com).

or ring, me, Ben Smiley on **07879 855353**.

In recent years we've been raising money for Frieth Cricket Club's New Pavilion Fund, and we've made ex-

cellent progress. This season we've shifted our focus to recognise the amount of support that our current members give us, so we've invested in our Club as it stands now. Last spring we purchased some new pitch covers with the help of sponsorship from The Grouse and Ale, Jolyon Marshall Ltd, The Prince Albert, Red Kite Community Housing, Spadeoak and Wave Healthcare. This season we've already purchased a new set of sightscreens and a boundary rope, which all combine to make our ground look stunning.

In addition to creating such a lovely environment in which to play cricket, we've been very lucky to receive

generous sponsorship to provide each player with a new playing shirt.

The Junior Section runs from 10-11.30am every Sunday until 30 July. We've also worked with Frieth School to organise some free cricket coaching for their children through the Cricket charity, Chance to Shine. I hope they'll be inspired to try cricket at Frieth Cricket Club.

Any youngsters between the ages of 6 and 12 are welcome, as are parents for tea and a chat. Turn up and play for £5 a week, or become a Club member for £20, and receive the coaching free. Either way, please let us know if you're coming. Email us at [friethcricket@btinternet.com](mailto:friethcricket@btinternet.com).

## Great summer evenings at

# The Prince Albert

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# Lane End Youth and Community Centre

Report by Emma Savory

Do you know you can find something to do at Lane End Youth & Community Centre almost every day?

Start your week on **Monday** morning at 10.30am for a coffee with friends, pop back at 2pm for some low impact exercise at Wendy's fitness class, or even join Lauren for Pilates 6pm – 8pm. Maybe you would like to get involved and help at the Youth Clubs held at the Centre on

**Tuesday** and **Wednesday**

evenings. By **Thursday** you can treat yourself to a hot lunch and pudding for £5.50 at our over 50s lunch club, followed by improving your computing skills at our FREE drop in computer club 11.30am – 2pm. Need to work off the delicious lunch from Thursday? then try the Circuit training class on **Friday** mornings. Could your puppy bene-

fit from some dog training sessions then bring them to the Centre on

**Saturday** mornings where you'll find Jenny from Bells and Whistles holding dog training classes. Come Saturday evening you can put on your party shoes and dance the night away at a private party in the main hall. Wow what a week at the Centre!

These are regular weekly classes/sessions, but the Centre has so much more to offer. We are the perfect venue to hire to celebrate any special occasion. If you haven't visited us yet, please pop in any time to have a look around.



## So what have we been up to?

During February half term and Easter school holidays we held two very successful children's prize bingo sessions. Lots of children

won some great prizes, plus helped to raise over £200 for the Centre.

We also ran the ever-growing Play-scheme. The children enjoyed an Easter egg hunt, created chocolate nests that they decorated with chicks and chocolate eggs, entered colouring competitions and played lots of games while making new friends and catching up with old ones.

We have redecorated the disabled

toilet and have mounted a new baby changing wall unit. This toilet is now 100% accessible for wheel chair users and has the perfect baby changing unit for parents with babies.

## DATES FOR YOUR DIARY:-

**Beach themed disco for the over 50's – Sat 17 June**, Organised by DJ Bruce, disco, raffle and party games! Bring your own drinks and nibbles £7 per person. Tickets available from the Community Centre.

## Summer holiday Playscheme

Week one - Monday 7 to Wednesday 9 August 2017

Week two – Monday 14 August to Wednesday 16 August 2017.

10am – 3pm for children 6 yrs plus, £10 per day. Places are going fast, so book yours in now!

PLEASE remember we have vacancies on our fundraising team and committee. We are also low on volunteers to help cook/serve a hot lunch on Thursdays. If you can spare any time and would like to get involved in the community, then please give Emma a call on 01494 883878 or email [leycc@hotmail.co.uk](mailto:leycc@hotmail.co.uk).

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



## ... to volunteer

Lane End Youth & Community Centre is a registered charity and non-profit making organisation, fully self-funded through hire fees and activities organised by our management committee.

However **we DESPERATELY need your help**. If you don't want Lane End to lose this valuable facility and have a few hours spare, then please call us on 01494 883878 or 07932 326046  
Or email: [leycc@hotmail.co.uk](mailto:leycc@hotmail.co.uk)

## Lane End Scouts

### Report by Ian Harris

The 1<sup>st</sup> Lane End Scout Group is the fastest growing community group in the parish. Only this week I have dealt with five new member applications. Our brilliant leader team is putting fantastic activities in front of our young people on a weekly basis and we have a well-deserved reputation for Scouting excellence throughout Buckinghamshire.

Since Christmas we have held Scout camps, created a production line for Mother's Day presents, played real life Monopoly, hiked dozens of miles using traditional Map and Compass techniques, attended the High Wycombe Gang Show performance, and even cooked and ate lunch on top of West Wycombe Hill.

Earlier this year two teams from the Scout section and one from the Explorer Scout Section played Monopoly. Nothing unusual in that you might think and generally you'd be right, apart from the fact that it was with 1,200 other Scouts and it was played, in person, live across central London.

Using a cleverly designed smartphone app, all the teams (over

200 of them) had to travel using only tube, bus and foot to visit the iconic landmarks from the Monopoly board. It was a full day event with over 12 miles walked across the capital and our Explorer Scout team finished 10<sup>th</sup> overall.

Between May and July we have a massive program of events to attend, including Cub Camp, Scout skill training days, A Beaveree, an Explorer Scout Lightweight hike camp, a District camp where the 600 Scouts from across our area camp as a group, the village summer fete and an upcoming affiliation ceremony with the Lane End Branch of The Royal British Legion.

*We welcome support in many ways and in whatever form. You could volunteer to be a leader, you might be a plumber, electrician or carpenter who could help us with some maintenance on our Victorian Headquarters, you might even be a generous millionaire! If you'd like to get involved in any way with this long running and priceless youth community asset, then please give me a call.*

Lane End Scouts and Guides  
Registered Charity 308008

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

[laneend@chilternvalescouts.org.uk](mailto:laneend@chilternvalescouts.org.uk)

Tel 880617

# Ask the Osteopath

with Wayne Twitchen 



**Q**—I've hurt my back, what can I do?

**A**—The most common complaints in my clinic are: 'I've done my back', 'trapped a nerve' or 'slipped a disc'.

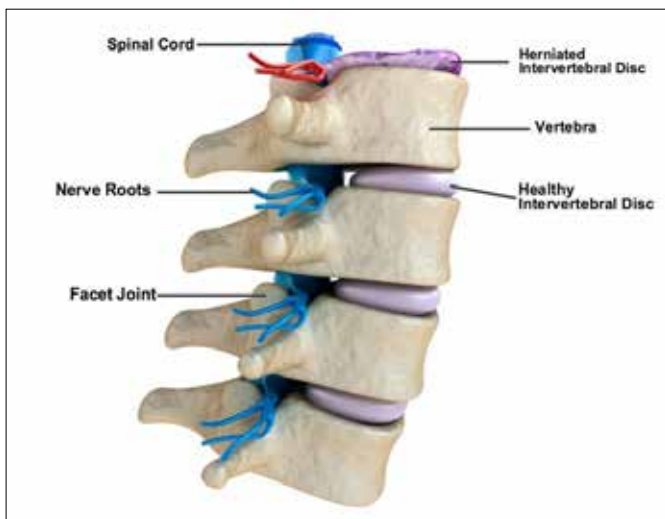
The human body is one amazing piece of kit / bio mechanical engineering / evolution and occasionally we will all experience a setback or two. We all get headaches, colds and other ailments, such as muscular and skeletal problems, one aspect of which is back pain.

Our spine is made up of a continuous column of bones called vertebrae, all sitting upon discs, and inter connected via ligaments and tendons in the most beautiful and fascinating manner. One of the functions of vertebrae is to provide support and anchorage for muscular structures. Sitting in between each vertebra is the proudly titled 'Intervertebral Disc'.

It's fine, it's OK to call it a disc.

These discs are tough, yet they are also flexible. They're structured with a strong outer layer and a softer gel-like centre, and it's this combination that allows flexibility of spinal movements and shock absorption of forces the body experiences on a daily basis.

The disc structure is by some likened to a donut (although it's a lot tougher than that). The jam in the middle represents the soft inner 'nucleus polpopus' – the gel. This gel shifts in response to movement. The vertebrae don't move, they're firm and





relatively solid - think of a 'Crunchie' bar (other chocolate bars are available). So, when we bend forward or to the side, on the side that we bend toward, the discs will compress and the opposite side will bulge. Viewed in cross section this is roughly akin to a wedge shape, and it's the bulging side that causes the problem, especially so when touching against nerve roots.

Prevention is better than cure, although this is not always possible. However, there are some straightforward measures that you can take in your daily life.

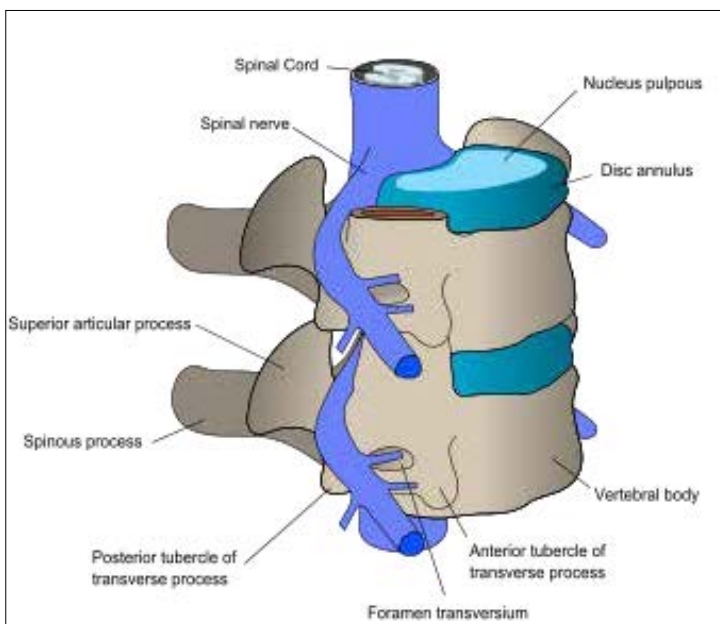
For a start, if your daily activities involve lifting light or heavy objects, then deploy good lifting and movement techniques. This means bending with your hips and knees, thus reducing strain on the back.

If you must lift anything, then at least face square on what you're about to lift. Remember that it's not necessarily the loading, i.e. the weight of what's being moved, so much as the manoeuvre itself that can inflict damage.

Quite often I see the results of movements that have combined reaching, bending, twisting actions and/or lifting the object too far away from the body – a less than ideal combination. And not forgetting . . . . posture! Think about how you sit stand or slouch, it really can make a difference.

If your job involves getting into awkward, confined spaces, try and take a few minutes out to loosen up and stretch off.

A stitch in time mostly does save nine, so if you are experiencing problems or pain, then it's probably a fair idea to get seen sooner rather than later. Generally, the longer something is left or ignored, the longer it will take to get better.



# Self defence with Krav Maga

By Marc Smith

## Keeping Yourself and Your Family Safe - Part 1

Over the next three issues I will be answering some of the common questions about Self Defence (Krav Maga) that I'm often asked.

### What is Krav Maga?

Krav Maga is the hand to hand self-defence system of the Israeli Military. Its simple, straight forward method and realistic approach make Krav Maga an ideal choice for anyone wanting practical self-protection skills.

### What is the difference between Martial Arts and Self-Defence (Krav Maga)?

Traditional martial arts are an art and sport that may have been effective in fighting centuries ago, but ill-suited to modern realities. Martial arts emphasise forms or kata (the memorisation and performance of a specific sequence of techniques) and perfect execution of techniques.

Self-defence (Krav Maga) emphasises awareness, de-escalation oral techniques, and if necessary, any physical

means to stop the attacker and escape.

### Do I have to practice a lot to be effective?

Not necessarily. Just enough for the techniques to become automatic in response to an attack. Krav Maga training is based on one's natural reaction so it can be performed under stress easily and instinctively. Of course, the more you train the more natural it becomes.

### I am female and 46, am I too old to learn a self-defence?

Not at all, in fact the older we get, the more of a target we become. Krav Maga is based on natural reactions so has no real reliance on one's age in regards to being able to perform techniques. Krav Maga is



ideal for all ages, genders, sizes and fitness levels.

**I am scared about being attacked would you recommend I carry a weapon for self-defence?**

**No!** Carrying a weapon is a criminal offence and subject to serious prosecution. It should NEVER be considered - even for self-defence. However, in the event of an attack we have many everyday items we can use to defend ourselves; bags, laptops, coins, umbrellas, phones etc. These 'common objects' can all be used to defend ourselves and cause a distraction for us to escape.

**What if I am confronted by someone much larger than me?**

There are several stages preceding an attack regardless of whether we see them or not. Being able to identify these reduce the chances of actual physical harm. But if the aggressor is already within your personal space (maybe grabbing) you need to make the decision to act - and act fast and hard.

The quickest and most effective way to do this is strike the groin area. Regardless of a person's build, this area is relatively the same size on us all – and very

sensitive. Other sensitive points are the eyes and throat. After striking, look to create as much space between yourself and the attacker as



possible and make lots of noise to attract attention.

I hope this has been helpful. In the next edition I will answer questions on bullying and home/family safety.

**For more information see our ad to the right. Or contact me (Marc) on [ultrakravmaga@gmail.com](mailto:ultrakravmaga@gmail.com)**





## ADULT CLASSES

MARLOW & HIGH WYCOMBE CLASSES

In an ever increasingly violent society the need to defend yourself has never been more important. Krav Maga is the fighting system featured in the **Bourne Identity** and **Taken** films. Learn to defend against all forms of modern day attacks from punches to knife, kicks to gun, bottle to rape, headlock/chokes to multiple attackers and everything in-between. No experience needed, ideal for all ages, genders and fitness levels.  
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**FACT: 10,000+ knife related incidents in London alone in 2016**

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**FACT: OVER 700 Police responded to over 700 school knife incidents in 2016**

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Your day by day  
guide to local  
meetings, clubs  
and events



# What's On?

To include your event or group meeting (free) email: [katyjdunn@btinternet.com](mailto:katyjdunn@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

**Drop-in coffee morning**—10.30-12.30am, LEYCC, Edmonds Road, Lane End. Tel: 883878

**Fun, social and effective low impact exercise to music**—2-3pm working at your own pace to improve posture and get fit. £5 per class - Wendy Fryer 01628 628632

**Rainbows and Brownies**—4.30-7.30 Frieth Village Hall. Email [friethbrownies@hotmail.com](mailto:friethbrownies@hotmail.com)

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

**Pilates with Lauren**—6-8pm LEYCC £50 for 6 week course. Tel 07709 430634

**Bridge Club**—7.30pm Lane End Village Hall

### Monday events

5 June—parish council meeting 7.30pm  
Lane End village hall

3 July—parish council meeting, 7.30pm Cadmore End village hall

# Tuesdays

## Regulars

**Child Health Clinic**—First and third of the month, 9.30-11am, Lane End Childrens Centre, (Lane End Primary School). Tel 01628 475456 Just turn up

**French for Little Ones** (Babies and pre-schoolers) - 1.50-2.30pm. Just turn up. Tel 01628 472121

**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

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

**Bingo** — 7.30pm Sycamore Room Lane End Village Hall

**Slimming World**—7.30pm at Lane End village hall. Call Kathy on 07776 285071

## Tuesday Events

30 May—Hambleden Valley Garden Club visit to Tythrop Manor gardens. Tel 01491 638691

**4 July—Sue Ryder Day 10am-8pm, St Katherine's Parmoor.**

8—August parish council meeting 7.30pm Lane End village hall

# Wednesdays

## Regulars

**Pacey**—(for childminders and nannies) 9.30-11am, Lane End Childrens Centre, (Lane End Primary School). Tel 01628 472121 Just turn up

**Bridge Club**—1.30pm Lane End Village Hall

**Sticky Kids**—2-2.45pm, Lane End Childrens Centre, (Lane End Primary School). Tel 01628 475456 Just turn up

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

**Junior youth club (7-11yr olds)**—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

21 June—Hambleden Valley Garden Club visit to Upton Wold garden. Tel 01491 638691

5 July—RBL lunch at Bessemers, Moor common. Tickets £10 tel 01494 881662

12 July—Hambleden Valley Garden Club visit to Parmoor Gardens with a talk by Lane Anne Parmoor. Tel 01491 638691

# 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

**Computers@The Centre**—11.30-2pm LEYCC

**The Drop-In (Social lunch)** - 12-1.30pm LEYCC

**Four Ends Flower Club**—Fourth Thursday of the month 1.45pm in Lane End Village Hall. Visitors £6. Flower arranging demonstration, raffle, tea and cake. Contact 482724

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

**Lane End Players**—8pm Village Hall Tel 483359

**West Wycombe Guides**—7.15pm Piddington Village Hall

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

## THURSDAY Events

# Fridays

## Regulars

**Circuits**—9.30-10.30am LEYCC

**Pop in and play**—10am-3pm, Lane End Childrens Centre, (Lane End Primary School). Tel 01628 475456 Just turn up. £1 suggested donation.

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

## Friday Events

23 June—Lane End Players summer show  
The Totally Awesome Eighties' 7.30pm Lane End village Hall. Tel 01494 880662



# 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](mailto:anitahanson11@yahoo.com)

**11+ tutoring**—with Alison Taylor 10am-12noon. Email [alisontaylor@pass11+.co.uk](mailto:alisontaylor@pass11+.co.uk)

## Saturday Events

### 10 June—Lane End fete

17 June—Elim Church Induction Service at Elim Hope Church, 2.30pm.

17 June—Beach themed disco for the over 50s at LEYCC. Tickets £7 per person. Tel LEYCC on 07932 326046

24 June—Lane End Players summer show 'The Totally Awesome Eighties' 7.30pm Lane End village Hall. Tel 01494 880662

# Sundays

## Regulars

**Holy Eucharist**—8am fourth Sunday of the month

**Parish Communion**—9.30 Holy Trinity Church Lane End (except second Sunday of the month when all are invited to the Methodist service.)

**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

**Frieth Cricket Club Junior Cricket Coaching**—10-11.30am at Parmoor cricket ground until 30 July. Tel 07879 855353

**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

## Sunday Events

**4 June—Open Farm Sunday at Lacey's Family Farm, Bolter End.**

# Nature notes

## Moorend Common delights

Article by Katy Dunn

If you've never explored Moorend Common before, June/July is the time to visit. South meadow is freckled purple with hundreds of orchid spears and you may catch a glimpse of one of the most elusive and sought after butterflies in the land—the Purple Emperor.

Moorend Common lies on either side of the road as you approach Frieth crossroads from Lane End. It's the wooded area between the last house on the right at Colliers Corner and the crossroads. It's one of the most species-rich commons in Buckinghamshire and home to rare grasses, wild flowers and a multitude of butterflies.



You'll see the best display of orchids on South Meadow. This is the clearing nearest the Frieth—Marlow road. If you park at the layby with the five-bar gate, take the path onto Middle Meadow, then follow the 'ride' with the overhead power lines, you'll end up on South Meadow. It's only a five minute walk and the rewards are spectacular.



The orchids are Southern Marsh orchids and Heath Spotted varieties, along with hybrids of the two. Southern Marsh orchids have another name—Meadow Rocket—and it's

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

apt in many ways. The spike clustered with the hyacinth-like flowers is rocket-shaped and when the conditions are right, they shoot up like a rocket. The ones on Moorend Common can reach to around 30-40cm high.

The Heath Spotted orchid is usually paler in colour than the Southern Marsh and has flowers with dark pink lines and spots. However, it gets its name from the aubergine coloured spots on its leaves.

All wild orchids are protected by law so please be sure to leave them where they are so that they can thrive and be enjoyed by others.

The other star of the show at Moorend Common is the Purple Emperor butterfly. The brilliant website for all Purple Emperor geeks is [thepurpleempire.com](http://thepurpleempire.com) and its introduction says: 'The Purple Emperor is neither the rarest, nor the largest of Britain's resident butterflies. So how has this elusive insect managed to maintain such a

hold on the imagination of generations of lepidopterists?

It may have something to do its enigmatic nature. They're pretty hard to spot as they generally fly high in the tree tops, only coming down to feed.

Personally, I've never seen one settled so as to study it close up. I've only seen them as a heart-rushing flash of rich black, purple and white. The first time, it's powerful flapping flight made me mistake it for a bat, until I reasoned that it was unlikely in the middle of the day.

One of the Purple Emperor's less attractive traits is their diet. They feed on rotting animal flesh and faeces. Fans of the butterfly will go to gruesome lengths to attract the insect, including mixing smelly shrimp paste with cat poo for an irresistible Purple Emperor breakfast. Nice!





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Experience with horses is useful but not essential as we have a job for everyone from leading a pony, side walking, aiding mounting or helping with the hats/equipment. It is great fun and you would be helping someone less able than yourself succeed at something they never thought possible.

Why not give us a ring:

Ann Short 01296 748943 / [short851@btinternet.com](mailto:short851@btinternet.com)

Lizzie Arnott 01491 638337 / [lizba@btinternet.com](mailto:lizba@btinternet.com)



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# Buckets of flowers from your garden

with Samantha Johnson 

As a young girl, I loved picking flowers. When out playing in the garden with my friends we would sit for hours making fashionable crowns of daisies for our hair, tickle our chins with buttercups, and scatter rose petals. Even now I like to put my favorite flowers in a mason jar on my desk where I sit at my computer.

As I have got older, I've started to enjoy my own garden. In the morning whilst the dew is still on the ground and with a cup of tea in hand, I wander around and pick a few fresh flowers to put in vases around my home. They add an instant injection of life and colour and make me feel more upbeat.

Many of my clients with their beautiful homes and extensive gardens

have an area designated to cut flowers. I have always envied the space they have to grow an abundance of beautiful flowers for their home. However, I realised that my borders could be adapted to provide cutting material throughout the year too.

When adapting existing borders, plant larger groups of annuals, perennials and bulbs suited for cutting to allow for picking without affecting the overall appearance of the border. Do not forget to incorporate a few well-chosen shrubs and grasses with interesting foliage. Use bulbs to extend the picking season.

If space allows, you can dedicate a part of the garden to growing just cut flowers. The advantage of a cutting garden over picking from borders is that it avoids depleting beds, as well as providing a more productive planned area for the cut flower gardener.

Planting in rows makes weeding, staking and picking so much easier. Take the final spread of plants into account to allow you access between the rows. If planted too close together, plants will fall into each other and get tangled and get damaged, making them less suitable for harvesting. As taller plants are often





grown for cut flowers, robust supports are usually needed. Cut flowers do need a fertile, weed-free soil.

Sarah Raven has given me great confidence with the blogs on her website and visiting her garden several times through the year to understand what is best for cutting and planting that generate a good yield. She has some wonderful ideas too on how to display and introduce herbs and vegetables into your borders too.



Instead of filling an oversized vase with towering blooms, separate your bouquet into an abundance of containers. Groupings of flowers often create more impact than one large vase of flowers. They allow you to add colour and fragrance to every

corner of the house, brightening multiple rooms as opposed to just the one space.

To keep your flowers looking good for longer:

**Cut flower stems at an angle** to prevent the stem resting on the bottom of the vase and sealing itself over. Angular cuts also create a larger surface area for water uptake.

**Strip any foliage from stems** that would sit below water level in a vase as these will simply decay, becoming slimy and smelly.

**Always use a thoroughly clean vase** as bacteria can survive in dirty vases and reduce the life of your cut flowers.

**Always use tepid water in your vases.** Cold water has a higher oxygen content, which can cause air bubbles to form in the stems of your flowers, blocking their water uptake. Spring bulbs such as tulips and daffodils are the exception to this rule as they prefer to be placed in cold water.

**Add a splash of bleach to the water** to inhibit bacterial growth and make your flower last longer. You only need to add about ¼ teaspoon per litre of water. You can also try adding a tablespoon of sugar as this will help to nourish the flowers.

**Position your vase carefully.** The vase life of your cut flowers will be



reduced if they are placed close to heat, draughts or direct sunlight.

**Keep cut flowers away from fruit bowls** as fruit produces ethylene which causes cut flowers to die prematurely.

**Remove any dead or fading blooms** to prevent bacteria damaging the healthy flowers.

**Change the water every few days**, refreshing any flower feed and preservatives at the same time.

**My top plants for cut flowers**



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**Sweetpeas** - I have always loved sweet peas and their frilliness and fragrance. I love the whole ritual of growing them, and take pride in being able to cut bunches for my kitchen table.

**Dahlias** - Prolific and versatile – with so many colours and shapes to choose from, it makes you feel like a kid in a sweet shop!

**Daucus Crota Dara** - A classy cow parsley lookalike. Sown as an annual, it lasts well if you sear the stems.

**Antheum Graveolens** - Dill - A striking zingy green and yellow filler flower that is the perfect foil for showstoppers.

**Astrantia** - A reliable perennial.

The flowers are not attention-seekers, but their palette of greeny white, blush pink and deep burgundy makes them a good wedding flower.

**Scabiosa Clive Greaves** - A low-maintenance perennial with lavender-blue blooms that is blowsy without being too big.

**Nicotiana** - The crisp white, vibrant purple and glorious lime-green of the petals look almost exotic in a jumble of bright flowers on the kitchen table.

**Sanguisorba** - Adds interest and movement to a summer bouquet and is something excitingly offbeat that you rarely find in a florist's.

I hope this gives you some inspiration!

Moving house, decluttering, downsizing or renovating?  
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**RIGHT TIME TO SELL**

The advertisement is set against a background image of a room. In the center is a white fireplace mantel with a wooden base. On the mantel, there are several white candles of different heights. To the left and right of the fireplace are two light-colored armchairs with white cushions. The wall is a neutral tone, and there are decorative sconces on either side of the fireplace.

# The Yew Tree news

**Report by Carlos Maidana**

The Yew Tree—a chip off the old Grouse?

Well no, not really, but hopefully a much loved cousin over future years. There'll be a different food offering, a large garden to relax in after country walks in the wonderful Hambleden Valley and, of course, it will be our first Free house amongst our stable of pubs and restaurants.

So why, do I hear you ask, open another pub so close to the Grouse?

Well, it's really a case of expanding our local offering. The Grouse has won many awards over the past ten years for its consistency of food, value and variety both in menu and drinks choices to a wide community audience.

The Yew Tree will address some missing areas in our portfolio such as a Free house drinks offering enabling us to experiment with more cask and craft ales, a large garden for evening and weekend activities and a large kitchen allowing us to extend our offering into grill, charcoal and wood fired menus.

We will also be placing some emphasis on lighter, healthier options, particularly around lunch times.

We started negotiating for the pub in October 2013 and put our first pre application for Planning early in 2014. Fast forward to 23 March 2017 and we have finally gained full planning approval. It was a lot of stress, mortgage payments, business rates (yes business rates even though its closed) and a whole lot of other bills just to keep it standing through almost three and half years of being closed.



So finally, we can hand our new pub over to the builders, decorators, plumbers, electricians, roofers and landscape gardeners to start their magic. The builders are first in line and started on 1 May.

It's going to feel like a bit of a build-

ing site through to spring next year as the development and in particular the landscaping comes together (mother nature just won't be rushed!) However, we will be open and trading in our refurbished pub from the beginning of September.

We will be throwing a big, BIG bash as a thank you to the villagers of Frieth for all the wonderful support through our planning as we chased our dreams, followed by another

'taste the Yew' party for Lane End and surrounding local villages, our valued clients of old.

There is a new website now commissioned so there'll be updates from the team coming soon.

We look forward to all of our friends from the Grouse & Ale and Lane End enjoying some additional hospitality at the Yew Tree in Frieth during the late summer.



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Well – the year draws on and there is still no firm news about the proposed toll on the viaduct between the island and the mainland.

When the local people voted, those on the island voted overwhelmingly in favour, while those in the surrounding areas naturally voted against. It would be easier to sympathise if the money raised was to be used for the upkeep of the viaduct (the original toll was to pay for the bridge – once the loan was repaid – the toll stopped) but apparently the monies raised will fund different projects on the island.

They are presently working on the road surface yet again – this time they seem to be creating a proper cycle track on the right as you approach the island and a very narrow walkway on the left. It looks very smart with its blue lights at night.

Easter has been and gone, and judging by the number of visiting campervans – this will be a busy year for tourism – hopefully some of you will be coming to visit us!

The gardens are blooming everywhere – spring flowers over and done with—wisteria and lilac now in full bloom, and all the trees shedding fluff or blossom wherever you walk. It is a magical time of year!

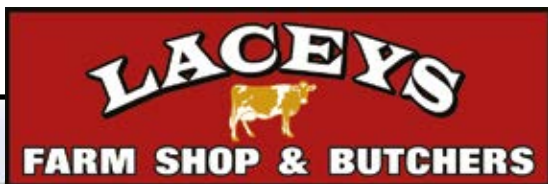
Our local Anglican parish St Ignatius continues to flourish with the service on Easter Sunday well attended. Our Chaplain for the Poitou Charente region will visit for the June service.

Our very best wishes for the summer Season to all from your twin town of Ile d'Oleron!

*Monica Cherry*







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# Milk Men

with Will Lacey 



## Open Farm Sunday 4 June

April and May is when we complete early season maintenance work on the grass fields. We're making sure they are ready for the warmer weather and in a fit condition for optimum grass growth. We let the milking cows out to graze in the first week of April this year. After being in the straw yards all winter, it's lovely to see the cows back out grazing in the fields again. It is always a mad rush to get all the fencing done, check water troughs, and finish any chain-harrowing and rolling before letting the cows out.

We do all the grass maintenance work so that we can grow as much grass as possible throughout the summer. Our aim is to let the cows out when there is enough grass for them to start eating right away, and to not run out. If we let them out too early they will eat the grass quicker than it can grow and there'll not be enough at the end of the season. If we let them out too late, the grass will be too long and they will end up

trampling it all and wasting it. It's a case of reviewing grass growth and managing it accordingly.

Another job we do to encourage good crops is muck spreading. When the cows are indoors all winter they have their beds made for them every day with fresh straw. They eat enough food per cow to fill your garden wheelbarrow three times! This



generates a lot of muck.

We have to clean out cows sheds every week of the winter, and will produce in the region of two thousand tons of manure. None of this goes to waste though. We store the manure in a heap in the fields, allowing it to break down a little before spreading on the land to improve soil fertility and structure and help us grow stronger, healthier crops.

We take soil sample analysis to see which fields are in need of the extra nutrients so we can target where we spread the manure to make best use of it. We are governed by many rules and guidelines which limit or restrict the times and frequency that we use, spread or store muck in any particular site, so we rotate the location of heaps around the farm to make best use of all the muck.

The cows were pleased to be the stars in a new advert recently. The Chilterns Tourism board are running a campaign to promote the Chiltern Hills as a brilliant place to live, work and visit, and have received some government funding to help them promote the area.

We were really pleased to be involved with them in making an advert to promote some of the local businesses in the Chilterns. You can log on to our facebook page, or youtube to see the advert, called 'Taste The Chilterns.' Keep an eye out for the Chiltern

Taste magazine this month also as the cows make the front cover picture!

On Sunday 4 June we will host Open Farm Sunday. This is a great chance to bring the whole family up to the farm to see what goes on. We will have milking demonstrations, tractor trailer rides, and a great opportunity to get close to and meet some of our cows, calves and lambs. It really is a good day out. Last time we held it, we had 35 volunteers helping to run the day and had over 2000 people visit. This helped us to raise in excess of £1500 for local schools and charities.

The event is 4 June at Laceys Family Farm, Bolter End Farm, Lane End, High Wycombe HP14 3LP. We ask for a donation of £1 per person on entry, which goes to our chosen charities, then all activities are free.





**THE UNMISSABLE**

# **LANE END FETE**

**SATURDAY JUNE 10**

**A VERITABLE CORNUCOPIA OF DELIGHTS INCLUDING:**

**THE WEST WYCOMBE BAND**

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**BARBECUE**

**GAMES FROM THE SCOUTS**

**FIRE ENGINE**

**FLOWER STALL**



**PLUS THE AMAZING ZIPPY DIPPER  
AND MUCH, MUCH MORE...**



## Lane End fete

**Report by Andrew MacTavish**

It's all going to happen on 10 June this year — the Silver Band, the maypole dancing, the dog show, fire engines and classic vehicles, the zippy dipper.

There'll be the Scouts making fire with bow drills, the medieval sword fighters, the church bell ringers, the flower display, the book stall... (deep breath) and the coconut shy, the spit roast, the beer tent, the tea and cakes, the children's races, the bouncy castle (you *have* to have a bouncy castle!)... and the Horseshoe

Hoopla challenge, the Old Age Pensioners' Shot Putt... and that's just a the start...

If you want to get really involved in the village and the fun, you should lend a hand for an hour, or more if you like.

You could help with one of the events or competitions. We need people to take over sideshows for a bit so that the others can get round to see the show for themselves. Or you might have an urge to run something we don't do — like Welly throwing.

So get with it! Ring Bob Nix on 881000 / nix682@btinternet.com.

He'll be really pleased to hear from you!



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# Schools



We provide a broad and balanced education for the children at Lane End Primary School.

## Book Week—In

March we had some visitors in school for Book Week. West End in Schools really fired the children's imaginations with their dance workshops based on Tiddler by Julia Donaldson.

Printing—Emerald Class have been looking at the work of William Morris and were inspired by the shapes and patterns they saw in their natural surroundings on their walk around the village. Their first experiments with printing were very successful!

Look Out Discovery Centre—Year 2 went to the Discovery Centre to practice asking scientific questions. The children made a hot air balloon fly. They also watched a show called 'splash, bubbles and balloons' and were delighted as they got to pour water over their teacher's head!

Maths at Wycombe High—Year 6 pupils have taken part in the Royal Institute of Mathematics workshops at Wycombe High School. They looked at a range of maths topics

including platonic solids and base number systems. It was a fantastic opportunity for the group to use maths in an enjoyable, and different, way.

Garsington—Once again we will be taking part in the Garsington Opera schools project which offers our children the opportunity to discover the world of opera. This year is very special indeed as Garsington has created a special people's opera - 'Silver Birch' to be performed in July. Eight of our children have been selected to participate.

Early Years Foundation Stage—The EYFS team have been working very hard this term on developing our outdoor provision. In particular, they have been setting up the gardens for the children's 'deconstructed play'. This helps to support the children's problem solving skills and develop their communication.

The nursery garden has also had a facelift ready for our extended afternoon sessions after Easter.

If you would like to find out more and are considering nurseries or schools please do visit us. Call the office on 01494 881169 to make an appointment. We would love to show you around!



# little explorers nursery

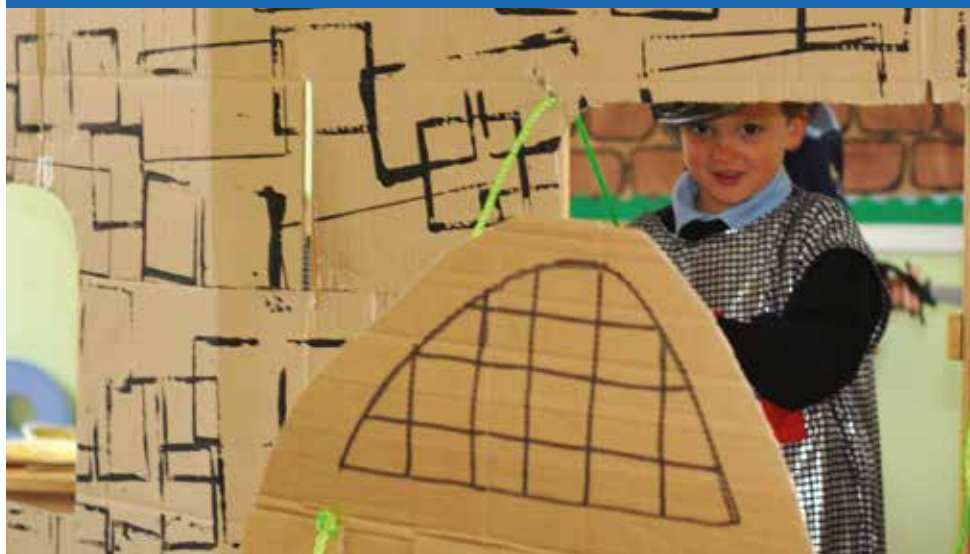
Choosing the right nursery for your child is essential. At Little Explorers Nursery we treat each child as an individual, nurturing their talent, skills and confidence so that they can flourish. We have a bright and spacious setting. Inside, there's sand and water, messy play, painting and crafts, cooking, role play and music. There are quiet areas too for reading, computers and maths. Outside, the Nursery has two play areas: one for riding bikes and scooters and another where we enjoy playing, climbing and digging, growing fruit and vegetables and exploring the log pile for mini beasts!

The Nursery is led by a qualified teacher supported by experienced and qualified staff. Full or part-time places for 2, 3 and 4 year olds. Call us to arrange a visit on 01494 881169 or email us at [office@laneendprimary.co.uk](mailto:office@laneendprimary.co.uk)

*"Children make a good start in the Early Years Foundation Stage and thrive in the caring and stimulating classes."*

OFSTED April 2014

Little Explorers Nursery at  
Lane End Primary School  
Edmonds Road, Lane End  
Bucks HP14 3EJ





I write this having just completed my first week as the new Headteacher at Cadmore End.

I had very much been looking forward to starting

my challenge here and I have not been disappointed. The staff, governors and most of all, the children, are fabulous! I am very grateful for the warm welcome and keen to quickly learn the ways of this busy school and move it forwards.

### **New – Before- and after-school childcare**

As a working Mum myself, I am fully aware of the difficulties associated with school drop-off and collection times and so one of my first plans for Cadmore is to introduce 'wrap around care' to make things easier for our busy parents.

This means that for a small charge, from September 2017, children can be dropped off at school from 7.45am and then collected up to 5.15pm. There are still a few places left for September in EYFS, KS1 and KS2; so please feel free to contact the school for further details.

### **Summer is on the way!**

This means making the most of the (hopefully) pleasant weather and really enjoying our beautiful school grounds, nestled in the woods. Outdoor learning is at the heart of our school. I am looking forward to working with the children and watching our pupils enhance their creative skills while at the same time having fun. Our new 'enrichment Friday' scheme will see the children embark on a series of outdoor learning projects, including gardening, fun 'junk' sculptures and homemade bird feeders. The aim is for these sessions to be held with mixed year groups to encourage collaborative learning and helping each other, in line with the school's caring ethos.

The Whole school project for this term is transport. This will see the children learning the history of transport and how it has evolved over the years. They will also be able to design their own racing car or other mode of transport with a prize for the most fun or innovative idea.

As we head towards the summer holidays, we all have so much to do and learn and I look forward to updating you on our progress next time!



## Open afternoon at Frieth CEC School Wednesday 28 June 2017 1.30 – 3pm

Are you considering the best schools for September 2018?  
The best way to feel confident about your choice of school  
is to spend some time there, have a chat with staff and other  
parents and get a feel for the place.

We are hosting an open afternoon so you and your children can get  
to know Frieth. Come and enjoy an afternoon tea while your  
children get stuck in to some fun activities with Miss Gibbens, our  
Reception teacher.

**Please contact the school on: 01494 881554 or email  
[office@frieth.bucks.sch.uk](mailto:office@frieth.bucks.sch.uk) to book your place**



A warm and caring Pre-School environment in the beautiful rural  
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We offer a range of learning opportunities for 2 to 5 year-olds.



### Opening hours:

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Lunch club each  
day 11:30-12:00

We are open for mornings, afternoons or all day sessions.  
Funded sessions also available.

For more information or to book a visit, please contact  
Donna Watkins:

Tel: **07928 186738**  
**[frieth-preschool@outlook.com](mailto:frieth-preschool@outlook.com)**  
**[www.friethpreschool.co.uk](http://www.friethpreschool.co.uk)**



# On the land

with Bryan Edgley 



## Trouble with the waterworks

Our records over the past 10 years show that our annual average rainfall at Kensham Farm has been 859mm, but in April 2017 the rainfall was only 5.5mm. This makes it an unusually dry spring - but not quite the driest. Ten years ago in April 2007 the rainfall at Kensham Farm was only 3mm. However the crops were not short of water in that year, since the average for the following three month period of May to July 2007 was 133mm of rainfall in each month.

Those statistics have also reminded me that I have now been writing a few thoughts about the farming scene each quarter for *The Clarion* for 10 years. This issue starts my eleventh year. I have often commented that good weather and soil conditions are the most important factors in making a good seed bed, and without a good seed bed crops will be off to a poor start, from which

they seldom recover. This season with dry conditions in both in September and October for autumn seeding, and in March for spring seeding, we were able to make good seedbeds. At seeding time it was possible to walk over the fields in shoes rather than in boots, with the soil in a nice friable condition to handle, just like a good gardening soil – not sticky or wet. But good germination has to be followed by sufficient rain to keep the crop growing.

We have had an unwelcome reminder of the importance of water, for farming as well as for everyday life, in February this year. We received a water bill for over £10,000 for three months of water when our normal quarterly bill is around £400. Our investigation showed that the estimated bill was quite wrong, but the actual consumption had been £2,000 of water—the excess was caused by leaks.

At Kensham Farm there was no mains water until 1948. Before that time, all the rain water from the gutters of the farmhouse was saved in an underground brick built chamber. It was rather like a well in construction, but only 7 or 8 feet deep and designed just to save water, rather than to go right down to reach the natural ground water level. In the kitchen the water was pumped up with a semi-rotary hand pump for cooking and washing. And at that time no water was wasted flushing the loo, since the sanitary arrangement was a just brick built shed in the garden, with a one-hole earth closet.

The pond in front of the farmhouse on Cadmore End Common was no good for drinking. Cattle kept by our predecessors, Jack and Frank Bird (whose father had started farming

here towards the end of the 1800s), drank from this pond. It had become infected with Johnes Disease (Paratuberculosis), a nasty chronic enteritis caused from which there is no prospect of recovery or treatment. Each year, the Bird Brothers lost two or three of their cattle which had suffered from the disease so badly as to lose weight until all the ribs on their body could be seen, followed by death.

When the new piped water system was laid in 1948 galvanised water troughs were set up in all the fields that were used for grazing the cattle. After that there were no new case of Johnes Disease. This proved that the infection had been in the pond, made worse by the cattle fouling in the very pond which provided their only water supply.



Nothing lasts forever, and by 1974 the galvanised water pipes had started to rust, perhaps the quality of the zinc galvanising just after the Second World War was not as good as nowadays. We had to replace all the underground galvanised iron water pipes with the latest recommended type of water pipe, black imperial size alkathene. We did have subsequent difficulties making any extensions or repairs to the system, since manufacture of the black imperial size ceased when it was replaced by the newer blue alkathene, needing special couplings to convert from imperial to metric.



When we investigated the cause of our excessive water consumption it transpired that the original black imperial size alkathene becomes brittle with age, and can then crack – leading to serious underground leakage which is difficult to spot. So for a second time we have had to replace many of our underground water pipes, this time using the blue metric sized alkathene which is supposed to have a longer life – but time will tell, and perhaps my grandsons will have to replace all the pipes again in years to come. The photo shows us

backfilling the trench after laying a pair of new main pipes on Cadmore End Common, one to the farmhouse and the other bigger pipe for all the troughs and standpipes on the farm.

The pond is on the right – it is now a haven for ducks and wildlife and we hope that it no longer harbours any of the Johnes Disease infection which had been in its water before the days of mains piped water.

The other photo was taken when we had a second hand four tonne Portakabin installed for one of our farm workshops. The difficulty was the telephone lines that can be seen in the photo, in that the delivery lorry was one side of the lines, and the site for the Portakabin was the other side.

However, Lane End is a good village, and we did not have to go any further afield than Meakes Blacksmiths Works on Ditchfield Common to hire a crane – with a driver for which such a task presented no difficulty, all part of the day's work.

The Edgley family has farmed at  
Kensham Farm, Cadmore End  
since 1955

[www.kenshamfarms.com](http://www.kenshamfarms.com)



# Ask the: plumber

with Bill Blake 



**Q—** *Bill, there's water constantly running down the inside of the toilet bowl. What's wrong?*

**A—** This sounds like a push button toilet to me.

There are two potential problems here:

The fill valve has failed and is over-filling. Push button toilets invariably overflow on the inside of the house (not like the old days when overflows dripped from a pipe on the outside of the house) so the overflow runs down the inside of the toilet bowl.

The other possibility is the actual flush washer has failed. These have many ways of failing - wearing out, splitting, or pimpling. Occasionally the flush valve itself may have failed although this usually stops the toilet flushing at all.

In either case, the toilet needs to be repaired.

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# Gardening

with Dave Dunbar 



## Splash out on bedding plants

Here it comes....the summer! Don't blink or you'll miss it, so get out there and enjoy. We are lucky to have such a green landscape all year round, the rain helps....oops!

### Seasonal Top Tips

As usual if you want a garden full of flower most of the summer then your best bet is always splashing out on some bedding plants. They work great in pots, hanging baskets, and if you plant in borders, plant in larger groups for greater impact otherwise they just get lost.

They are annuals so will only last for one season and will have to be dug up and put on the compost heap by the end of the year. This may seem a costly exercise but prolonged flowering comes at a price. Keep young bedding plants watered in well until they establish or they will stunt in growth and be small and weak.

Hanging baskets will need watering everyday. Remember the slugs love

young marigolds.

### Favourites

Here's a lovely little planting combination in a client's garden in Marlow. Check this out, a beautifully mature scented lilac in full flower in May, and planted in front, a yellow leaved Philadelphus coronarius 'Aureus'. This will soon have white flowers, highly scented with what I can only describe as a sweet bubblegum smell.



Here are two rockery plants which colours also complement each other in the same way. Aubretia, a great sprawling plant that will tumble its way down the side of unsightly walls and produce a carpet of purple flowers, and the yellow rockery Alyssum saxatile, not the summer bedding plant type. It can be vigorous so keep it in check.



## Dave's Mystery Plant:

I am a border perennial that dies down in winter and grows again the following spring.

I have many varieties, but all have thick fleshy textured leaves of different shades of green and many variegated white or yellow.

I also have spires of trumpet-shaped flowers of white or purple. I only grow to 60cm in a year, and I am happy in some shade. My biggest downfall is slugs which love to eat the new young leaves! What's my name?

Answer: Hosta

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Any copy submitted to The Clarion may be edited for space, content or style. By sending information or articles to the editor for inclusion, you are accepting these terms.

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

Send copy to [katyjdunn@btinternet.com](mailto:katyjdunn@btinternet.com)

Or call Katy on 01494 883883 for more info



## **SUE RYDER DAY**

**TUESDAY 4 JULY 2017**

**AN EXHIBITION OF HER LIFE & WORK**

**10am – 8pm**

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**HENLEY-ON-THAMES, RG9 6NN**

**Free admission**

**Refreshments available**

**Visitors may also enjoy the grounds and Walled Garden**

**[www.srpf.org.uk](http://www.srpf.org.uk)**

## Useful Telephone Numbers...

<b>(Parish Clerk—Hayley Glasgow)</b>	<b>01494 437111</b>
<b>Lane End Surgery</b>	<b>01494 881209</b>
<b>Lane End Pharmacy</b>	<b>01494 880774</b>
<b>NHS Direct</b>	<b>111 / 0845 46 47</b>
<b>Lane End Holy Trinity Church</b>	<b>01494 882644</b>
<b>Lane End Primary School</b>	<b>01494 881169</b>
<b>Little Explorers Nursery</b>	<b>01494 881169</b>
<b>Lane End Village Hall</b>	<b>01494 881152</b>
<b>Frieth Village Hall</b>	<b>01494 881176</b>
<b>Lane End Youth &amp; Community Centre</b>	<b>883878 / 07932 326046</b>
<b>Elim Christian Centre</b>	<b>01494 882587</b>
<b>Cadmore End Village Hall</b>	<b>01494 881735</b>
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<b>Cadmore End Primary School</b>	<b>01494 881460</b>
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