

# the Clarion

Your parish magazine with news and views from Bolter End,  
Cadmore End, Lane End, Moor End and Wheeler End



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*“excellent pub, reasonably priced and very welcoming”*

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# »From the Editor

This issue of The Clarion was only possible thanks to Kyle Allard of Lane End's IT Rescue. If he hadn't fixed my hard drive in super-speedy time, I'd not have been able to complete the layout. It was great to meet him as I was able to persuade him to write a column of IT advice for the next issue. I don't know about you, but I'd appreciate any tips and tricks to help me navigate the frustrating world of IT. (See PS for evidence!)

It's always great to support our local businesses and hail the successes of local people. You must be as proud as me of our Anya. The Garden Fairy has just written her first book which is smashing it in the Amazon bestseller charts. She even credits The Clarion with starting her off on her literary journey!

This time of year is all about fresh starts and renewal. I don't know if spring cleaning is part of your annual routine, but I thought I might give it a go after noticing the state of my windows. I spoke to National Trust colleagues and scoured the internet for top tips (p58). Let's hope I can maintain the momentum and that's not the only scouring I do!

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

PS. Disclaimer—apologies for any typos in this issue. My new hard drive wouldn't connect to my printer so I couldn't print out The Clarion for proofreading on deadline weekend. I think another call to Kyle is due!

## **Advertise in the Clarion**

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# Your Parish Council



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

## Parish Clerk

Hayley Glasgow

Tel: 01494 437111

[clerk@laneendparishcouncil.org.uk](mailto:clerk@laneendparishcouncil.org.uk)

PO Box 1616

High Wycombe

Bucks HP12 9FS

## Councillors

**Chairman:** Cllr Graeme Coulter

**Vice Chair** Cllr Callum Stewart

Cllr Mike Detsiny

Cllr Mandy Dunning

Cllr Colin Harries

Cllr William Hunt

Cllr John Nicolson

Cllr Jane Osborn

Cllr Keith Wright

Cllr Donna Graham

Cllr Anne Bolton

## Up-coming Meetings for 2024

Parish council meetings take place on the first Monday of the month at 7.30pm unless otherwise stated.

Members of the public are welcome to attend the meeting, but may only participate during the 15minute Public Participation segment.

Mon 4 March—Lane End Village Hall

Mon 8 April—LEYCC

Tues 7 May—Rackleys Chiltern Hills  
(Annual Parish Meeting)

## Facebook

Follow us on Facebook to keep up to date with relevant information about what's going on in the parish.

[https://www.facebook.com/  
LaneEndParishCouncil/](https://www.facebook.com/LaneEndParishCouncil/)

## Website

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

You can read parish council minutes, find archive copies of The Clarion, check on local planning applications and there's even a footpaths map.

## Allotments

We have three allotment sites: Chalky Field, Marlow Road. Bunkers, Church Road. Sandyfield, Marlow Road. Prices range from £21-40 per year, depending on size.

## Planning Applications

The Planning Applications relevant

to the Lane End Parish Council are updated on the Parish Council's website  
[www.laneendparishcouncil.org.uk](http://www.laneendparishcouncil.org.uk)

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 01494 437111 /  
[clerk@laneendparishcouncil.org.uk](mailto:clerk@laneendparishcouncil.org.uk)

If a street light is shining directly into your windows, you can apply to Scottish and Southern Electricity for a shield to be put on the light.

### **FixMyStreet.com**

If you want to report anything to the council such as things which are broken, dirty, damaged or dumped, go to [FixMyStreet.com](http://FixMyStreet.com). You can also report things that need fixing, cleaning or clearing, like graffiti, dog fouling, potholes or street lights that don't work. All you have to do is type in a postcode and describe your problem.



## **Snapshot of works carried out by the parish council in the last 3 months**

Chased streetlight repair

Instructed for a new tree to be planted t Ridge Close and inspections on others in the vicinity

Tree works on Denham Road

Requested a resident on Park Lane to cut back the hedge blocking the footpath

Asked police about switching off nuisance light from streetlights in Cadmore End. Feedback that it can lead to an increase in anti-social behaviour and crime. Obtaining costs for shields and timers.

Foliage cut around top pond

Covered a hole on The Row that was deemed a hazard

Contacted Transport for Bucks to cut back intrusive hedge on Bolter End Lane

AED units checked

Collating members for the community Speedwatch scheme

parish clerk Tel — 01494 437111  
or email  
[clerk@laneendparishcouncil.org.uk](mailto:clerk@laneendparishcouncil.org.uk)



# Londis

## Lane End



**GROCERIES:** this includes gluten free and vegan options. Our confectionery range is now stocked with a wide selection of American sweets.

**DAIRY & CHILLED:** increased range of fresh fruits and vegetables, ready made meals and soups, extended range of meat market products.



**BAKERY:** crusty bread and rolls, baguettes, croissants, pastries, jam doughnuts - baked daily.



**INSTORE POST OFFICE:** offering a wide range of products and services - stationery, packaging products and tapes, helium balloons and party pieces.



**PAY POINT TERMINAL:** re-charge gas and electric, TV licence, rent and council tax, mobile phone top-ups, photocopying.



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# The lowdown »

## Lane End Conservation Group

Report by Clive Cruse

At our recent AGM, we looked at the pros and cons of merging the Group with the Finings Wood Community Group. The shared interests and benefits were discussed and two committees are now getting into detailed discussion about how to move ahead together whilst respecting the structure and identity of both groups.

Since the last update, we have carried on the usual work of trimming hedges, clearing footpaths and gullies, and tidying up the Harris Garden. We have also recently started work on the 'resurrection' of the Ditchfield Common pond, long neglected and almost hidden. So far, we have cleared some growth on the south side, to allow a limited (initially) amount of sunlight into the pond.

Future work (in addition to our 'housekeeping') will include coppicing work on Moorend Common, planting some more trees, and more work on the Ditchfield Common pond. We also hope to contribute to work which is under discussion regarding the two ponds in the village itself.

If you would like to know more about



us (including membership) please contact me at

[cruseclive@aol.co.uk](mailto:cruseclive@aol.co.uk)

Speaking personally, it is a great way of getting to know people in the village where you live.

#### **From Lane End Parish Council:**

A big thank you to the eight members of the Conservation Group who spent a couple of hours on Saturday 6 January doing some voluntary work at Ditchfield Common Pond. The work was in accordance with the recommendations from the Future Nature Report commissioned by the Parish Council Environmental Group.

They coppiced and removed scrub along the south facing side of the pond using the cut material to create a few habitat piles, cut back some of the bracken adjacent to the pond allowing more dappled light to get through to the pond.



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## Four Ends Flower Club

Report by Margaret Croxson

Four Ends are a long running flower club and belong to NAFAS. We have a demonstration or talk every month-except August. The demonstrations are held in the main hall at the Lane End Village Hall starting at 12.45 pm. We are a small and friendly club and everyone is most welcome to join us.

The misconception often is you need 'to do something' but you don't! Just watch amazing flower arrangements come together from our demonstra-

tors with great interactive chat along the way.

We finish each meeting with tea and cake.

We had a great start to our 2024 programme with a brilliant demonstration from Jackie Page.

Our February meeting is an Ikebana demo with some great demonstrators coming along for the rest of the year.

Don't worry if you come along on your own, we are a very welcoming group.

If you would like more info email:- [margaret@ihcvenues.com](mailto:margaret@ihcvenues.com) – or turn up and enjoy a great afternoon

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# Lane End Players

## Report by Ceri Nicolson

It's a little known fact that the Lane End Players are committed to charitable and philanthropic activities – this has been part of our constitution for our entire 52 year existence. The past few months have been particularly active for us in that department. Back in December, our traditional Band of Mummers gave free performances at the Village Hall Christmas In The Village event and subsequently at the Prince Albert in Frieth and the Chequers Inn in Wheeler End. As a result, we were able to donate £124 of 'bucket collections' to the Wycombe Homeless Christmas Appeal.

In January we kicked off our production of 'Pinocchio' with a free charity

performance for over a hundred special needs, disabled and disadvantaged children of the Parish and pupils from a school for autistic children. Everyone received free sweets and refreshments and had their photographs taken with the Panto characters afterwards. A great time was had by all. During the public performances our amazing Front of House Teams stood shaking our famous pink buckets at the door, on this occasion collecting £412 from our generous audiences for the Bucks Young Carers.

'Pinocchio' was a great success. It was the first time in four years that we had performed a winter pantomime in the Village Hall and our audiences flocked back and gave us rave reviews. 'Better than the Wycombe Swan' said one. Better than the West End!' said another. It was a vivid reminder to all that quality entertainment at a very reasonable price is available right here in the heart of our little village.

We had planned to follow up the pantomime with 'Boeing Boeing' in the Spring but production issues meant that this project has been postponed for a future year. As we go to press, the alternative production is still at the planning and audition phase of development, so check our website and Facebook page for the latest updates.

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





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# Lane End Food Hub

Report by Katy Donaghue



With spring bulbs blooming and birds busy building their nests, you may decide to give your kitchen cupboards a spring clean. Although here at the Lane End Food Hub we can't accept out-of-date food, we would really appreciate any food items (including pet food) that may still be in date, but which may have been languishing in your cupboards for months and you no longer want.

The Lane End Food Hub has now been running for over a year, helping countless families each week. We're open on Fridays, 8.45am – 11am at Lane End Youth & Community Centre, Edmonds Road, HP14 3EJ, for **any** local resident in need of a top up to their weekly shop. We don't means test, we really are open to any local resident who needs help, support and a friendly face.

We often get asked if we have a 'wish list' of specific food items for people to donate. The easy answer

is 'yes we do'. Please scan the QR code below, or download the free app on: [www.bankthefood.org](http://www.bankthefood.org), search for the Lane End Food Hub using the postcode finder (HP14 3EJ), follow us and it will tell you what we need the most.

There's also a collection bin outside the front door to LEYCC and the Centre is open for drop-offs:

Monday: 10am – 1pm

Thursday: 10am – 1pm

Friday: 8.45am - 11am

If anyone would like more information or would like to volunteer, please email: [leycc@hotmail.co.uk](mailto:leycc@hotmail.co.uk) or contact us via Facebook or Instagram.

Thanks so much for your support, every donation you give will make a difference to a local family in need.



**FOOD & TOILETRY  
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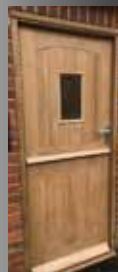
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# How well do you know your spring woodland flowers?

By Katy Dunn

Can you name any of these woodland flowers? They're a beautiful sight in spring and you could see them when walking in Finings and

Widdenton Woods, or on Moorend, Cadmore or Wheeler End Commons.

*Answers on p25*





# THE LANE END LITTER MAGNETS



## Litter

We now have several people litter picking throughout the month resulting in a notable improvement on the reduction of unsightly rubbish on our streets.

Litter picking equipment is available from me for anyone who wants to litter pick and is unable to attend our monthly sessions. Please contact me via the Lane End Community Page on Facebook or on 01494 882199.

## Monthly Litter Picks

It would lovely to see more volunteers at these sessions. Youngsters are welcome providing they are accompanied by an adult. Any youngster of primary school age can win stickers for their litter picking chart. All monthly litter picks are 'double sticker' events! Once complete the youngster will be awarded a prize and certificate.

Monthly sessions take place on the first Saturday of each Month. Meet at 9.50am for a 10am start in the main Drs Surgery Carpark

**Meet first Saturday of the month at 9.50 for a 10am start main drs surgery car park**

## Update on Nitrous Oxide cylinders

Possession of 'laughing gas' is now illegal where a person intends to wrongfully inhale it for a psychoactive effect.

Consequences could include an unlimited fine, a visible community punishment, a caution (which would appear on their criminal record) and for repeat serious offenders, a prison sentence of up to two years and dealers up to 14 years.

Sadly the new legislation has not yet had a noticeable effect yet on the number of large cylinders we are picking up. In December we collected 126 and at the time of writing January has produced 49 – 36 of which were collected in Simmons Way during the January monthly litter pick.



# Finings Wood

Report by Jill Evers  
and Katy Dunn

## Viva AVIVA!

What an amazing rally round within our wonderful villages in the bid to generate the funds to purchase Finings Wood for the community. The total raised in just the eight weeks allowed under AVIVA rules was £25,564. This has certainly added more than one more segment to our logometer.



Also heartwarming were the lovely comments you all made on the AVIVA site as you left donations. Here is just a small selection of the

57 comments posted there.

‘Important to safeguard this ancient woodland and provide an important village asset for all to enjoy.’

‘Good luck Finings Wood! It is such a community treasure and deserves to be saved for future generations to enjoy.’

‘It is a beautiful piece of woodland that should forever belong to the village.’

‘Finings Wood is a great part of our local countryside, and an opportunity like this is very rare. Make the most of it!’

‘We have lost too much of our woodland. We have to fight to retain what is on our doorstep.’

Together with all the ‘thank you’ and ‘keep going’ messages to the committee, it really did spur us on. So no flagging now – we are on the last run down to the woods!

So, our next task is working on a large bid with the Community Ownership Fund. There are a lot of hurdles to jump and paperwork to complete, but the eight people on the committee are working hard to get this in.

What is very encouraging, is that the fund has allowed us to have three of their experienced advisors to steer us through (hopefully) to success.

One of their recommendations to help the bid to success is to gather

organised information about who currently uses the wood and what for, along with evidence that local people want it to be saved for future use by the village.

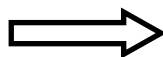
For many people, Finings Wood is a vital lifeline and important connection with nature. It is both a meeting place and a place for calm solitude, a fun place for dogs and children, and an important lynchpin of village life. And as you know, Finings Wood is currently for sale.

Many of you have already donated and we're incredibly grateful, but now what we're asking for is a few minutes of your time to fill out a short survey.

Please scan the QR code with your phone camera and click on the link to bring up the survey. Takes two minutes max.



*Scan me*



**PHOTO:** One of the features we intend to investigate this year is this bank and ditch. There are many of these, many different sizes, in different orientations and different shapes. What are they and what purpose did they serve? Look out for our workshop and walk to find out.



## Workshops, walks and events

We are planning some great events for the woods – so keep your eyes posted on our Facebook page which will announce them as they are set up with firm dates. These will include looking at trees and what they tell us, wildlife workshops, several themed walks including an unusual one – discovering the wood's archaeology!

If you have any ideas on events, or maybe you can lead an event for us? Then let us know and it will be lovely to talk to you. Our next big event is the Finings Family Dash on 28 April. Think fun orienteering crossed with a treasure hunt. See you there!



**Life often doesn't go to plan.**



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# Dog training tips

By Melanie Mathews, Puppy School Tutor and  
Member of the Association of Pet Dog Trainers



Puppies explore and learn to interact with their environment using their mouths and play biting between puppies begins in the litter. This is a very normal part of their development. When they come home to live with us, this is the only way they know how to get us to play and that's when it becomes problematic.

Puppies learn from the consequences of their behaviour and play biting is no exception. If a puppy bites one of its littermates too hard, their littermate will stop playing. Play biting towards humans should follow the same learning process.

So, if your puppy's teeth touch human skin, redirect them onto a toy. If they are biting excessively, take a large or long toy and gently lead them away to engage in a calming activity such as a chew, stuffed Kong or Lickimat.

If you initiate short, low intensity play sessions with your puppy for a few minutes here and there throughout the day, this will ensure the puppy's need for play and social interaction is being met. This will reduce the likelihood of them initiating the play session by biting.

Tug is a game that will help to use up excess energy, encourage self-control and help build connection between you and your puppy. To play tug appropriately, be sure that it's you who initiates the game.

The toy should be long or large enough to keep those sharp puppy teeth away from your skin. Keep the toy low to the ground and allow the puppy to do the tugging. Allow the puppy to win the toy and praise them for doing so. If they bring the toy back, have another game. If they don't bring the toy back, pretend to play with another one until they are curious enough to come over and start playing again.

Only play for a couple of minutes so that the puppy doesn't get over excited. End the game while the level of play is still relatively calm and sprinkle some food on the floor to help the puppy calm itself down by foraging.

Apart from the need for social interaction, tiredness is a major contributor to puppy biting as overtired puppies become fractious more easily and have low levels of self-control.



When you first bring your puppy home, they will need anything from 18-20 hours sleep in the form of regular naps throughout the day.

Lack of mental stimulation is also likely to be a factor. Introducing short training sessions throughout the day and involving puppies in activities such as searching for a portion of their daily food allowance will help to engage their brain appropriately.

Advice is frequently given to cry 'ouch' if your puppy bites too hard. This might work initially as it will startle your puppy and interrupt the behaviour. However, in my experience your puppy will eventually start

to ignore this noise or, in the case of certain breeds such as terriers, find the high-pitched cry exciting enough to try harder. Indeed, children are often the victims of play biting because they have high pitched voices and fast body movements.

Puppy biting is a developmental phase that will pass if you gently support your puppy through it and do not accidentally reinforce it through inappropriate play and interaction such as rough and tumble. Plenty of sleep, adequate daily food allowance, moderated play sessions, regular training, licking, chewing and sniffing activities will all help to keep your puppy on an even keel throughout the day.



Classes are held on Saturday mornings at:  
Lane End Youth and Community Centre,  
Edmonds Road, Lane End HP14 3EJ

**9am Puppy School**  
**10.30am Dog Club**

Please go to the Tip Top Training website for further details  
of Puppy School and other services.

Melanie Mathews

Member of the Association of Pet Dog Trainers (01569)

**[www.tiptopdogtraining.co.uk](http://www.tiptopdogtraining.co.uk)**

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# Marlow Medical Group info

By Raymond Cavendish

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Website: [marlowdoctors.co.uk](http://marlowdoctors.co.uk)

In Lane End we are open Monday to Friday 08:30 – 18:00 via our patient System Klinik accessed on our website by clicking the ‘start now’ button or by calling our friendly Reception team. Our other practices in Hambleden and Marlow can also be visited for appointments.

With demand for GP services at an all-time high and a finite number of GPs your request can often be better dealt with by another primary care team member. We will always offer you an appointment with the most appropriate clinician which may be a member of our paramedic, pharma-

cy, nursing, health care assistant or musculoskeletal teams.

The practice operates a triage system, which is based on the symptoms described, and uses artificial intelligence to assign urgency to the query in a safe and consistent way. If a case is flagged as urgent, we usually offer an urgent appointment within 48 hours. If a query is non-urgent, we aim to advise you of an appointment date and time within 48 hours. The length of time for you to be seen routinely may be days or weeks based on demand.

If you require help with setting up or using our practice via our digital services, a timed telephone appointment with our digital champion can be requested via our Reception team.

For patients with greater needs – for example, those recently discharged from hospital, with new diagnoses of cancer, needing end-of-life care or with certain long-term conditions, we have the Marlow Access Team. They offer additional support through



a dedicated team involving GPs liaising across services.

To keep up to date with practice news, scroll to the bottom of website home page and click on the box: 'Subscribe to practice news' we will email you with any new communications.

We are a member practice of the ARC Primary Care Network who offer additional clinical and non-clinical services such as talking and digital cafes. Patients can self-refer to their Social Prescribing and Health and Wellbeing Coaches. Website: [arcbuckspcn.org/](http://arcbuckspcn.org/).

### Answers to 'name the woodland spring flowers'

*From top left down the first column, then second column.*

Wood anemones (white)  
Celandines (yellow)  
Wood sorrel (white)  
Dog violets (purple)  
Stitchwort (white, double petal)  
Bluebells (blue/purple)

*(photo credits:*

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# Mental Weather

By Suzie Yeulett

Mental health and feelings of well-being are actually our natural state, but they get covered up through life and conditioning, like scratches on glass distort an otherwise clear view.

As newborns, we react and respond to life naturally without thought or limitation. As we grow up, we are influenced by our experiences and adapt to people's expectations or guidance. We subconsciously try to fit in by managing our behaviour. This is normal and natural, but it's worth being *aware of* this..

Change coaching looks to uncover the natural mental health at our core, through understanding how the mind works to filter and manage life. The mind will look for patterns and plug gaps to make sense of the world, but this can lead to misunderstandings and limitations. Once we understand this, we can uncover any layers of misunderstanding to give us more peace of mind and ease.

This approach to mental health is very hopeful, simple and gentle. We look towards innate mental health and maintaining it, rather than at mental illness and trying to treat or

remove it. It's an alternative approach, which may be helpful, or offer some relief.

## **Understanding how the mind works allows us to use our minds more effectively.**

It's like reading the instruction manual for a new mobile phone, or following the instructions when putting flat pack furniture together.

If we know how something works, it's more likely we'll operate it correctly and to its maximum functionality.

Dysfunctional thinking covers up our mental health. That doesn't mean to say thinking positive thoughts only is the answer. Whilst that may sound good, we can't change how we automatically think, feel and see things, it's more complex (and subconscious) than that.

What we **can** change is our understanding of how thought works in us all to bring our experience to life.

## **Mental Weather**

If you think of the mind as the clear blue sky, our thoughts are more like the passing weather. We can't con-



trol what the weather does. We might be disappointed it's going to rain instead of being a sunny day, but we don't go out and try and change the weather.

Our thoughts will come and go without our input or control in the same way. We don't need to try to change them, we can just accept that we all have mental weather, knowing that underneath it, we have a clear mind that's mentally healthy. This is freeing and much less serious than believing we have to work everything out to make ourselves feel better.

### What to do?

One thing that is certain with the weather, is that it changes. It's the same with our thoughts, new ones come and go all the time.

Focussing our attention on fears or worries can make those thoughts

stick around and feel more important. It's like poking a bruise, rather than letting it heal as nature intends.

If you feel bogged down or concerned, try to slow down and think of yourself as the clear, blue sky. Stopping for a moment can help us drop into the present, out of our busy minds. You may find that new thoughts come to mind and you can move on.

If negative thoughts loop back around again, you can recognise them for what they are, temporary passing mental weather that will blow through by themselves if you leave them alone.

If you have any questions about this alternative approach to finding mental health please email me: [info@sychangecoach.com](mailto:info@sychangecoach.com)

SUZIE  
YEULETT  
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Email:  
[info@sychangecoach.com](mailto:info@sychangecoach.com)

## Feeling stressed, stuck, unhappy or anxious?

I'm a certified Change Coach, trained to help you access **Mental Health** and **Well-Being**.

Working from exactly where you are, we can explore how the mind really works, to give you freedom and peace of mind.

### My clients have overcome:

anxiety (of flying or health anxiety for example), relationship challenges, low self-esteem and feeling stuck, or unmotivated, in life and work.

Email me at [info@sychangecoach.com](mailto:info@sychangecoach.com) with a bit about what you're struggling with to see if a free consultation would be beneficial.

I do group sessions as well, if you'd like me to speak to a group. Just email me with a few details and I'll see if I can help.

*Suzie*



When we understand how something works (including our minds), we can operate it more effectively

# Lane End Music Fund

By Jocelyn Donachie

The Holy Trinity Music Fund is set up through a legacy from a local benefactor to nurture musical talent and appreciation in young people living in, or connected to, Lane End.

Only in its second year, the Fund has already helped several local children and teenagers pay for piano tuition and to buy musical instruments including a drum kit. And last spring, the HTMF was delighted to purchase glockenspiels for Lane End Primary School. These enable every child in the school, at some stage, to play a real instrument and to begin to read music. Having their own instrument in a lesson, and not having to wait to take turns, has made a huge difference to the participation and enthusiasm in music lessons.

Last summer, the Fund also facilitated children from the school to take part in a workshop with some amazing opera singers and learn about the Barber of Seville by Mozart. They then attended Garsington Opera at Wormsley to see the performance. It was a beautiful and inspiring occasion, and more importantly, an opportunity to experience music they wouldn't usually hear.

*'I liked the location of the opera and I liked the music, I had never heard any-*

*thing like it before',* said one student. Another added that *'It was sung in Italian but we could understand because the words were on a screen for us.'* And although one lamented *'It was very loud!'* overall the comments show the value of experiencing a new musical style in a purpose-built facility. *'It was great!'* said the school music leader summing up the experiment.

If you would like to know more about the Fund or if you know a young person who would love to learn to play music but can't afford to buy either the instrument or pay for lessons, please do get in touch. There is an application form to fill in, with our help if necessary, and the application can be made at any time.

Just phone 01494 854045, email [parishoffice.sctc@gmail.com](mailto:parishoffice.sctc@gmail.com) or write directly to *The Parish Administrator*, South Chilterns Team Ministry, St Peter and St Paul's Church, Church Road, Stokenchurch, HP14 3TH.



# Martha's baking column

By Martha Foster-Will

## Cinnamon spiced ginger biscuits

I thought I would share a recipe with you that I created accidentally. I was intent on baking ginger biscuits on request of my dad but when I looked for a recipe, we didn't have most of the ingredients required, hence this recipe's creation.

### Ingredients:

100g salted butter  
40g dark muscovado sugar  
40g caster or granulated sugar  
90g honey  
250g self-raising flour  
1 tbsp ground ginger  
1 tsp ground cinnamon  
1 yolk of a free-range egg

### Method:

.Pre-heat your oven to 190c/170c fan/ gas mark 5. In a saucepan over a low flame, melt the butter and then mix in the sugar, ginger, cinnamon and honey and then leave to cool.



Put your flour in a bowl. Pour your sugary-butter mix into it and mix together, add the egg and stir together to form a dough.

Roll the dough into little balls, place on a baking tray (lined with baking paper or non-stick) and flatten down slightly - be sure to leave enough space for spreading.

Cook in the oven for roughly 10 minutes, or until golden-brown. Remove from the oven, lay them on a cooling rack and voila, Bon appetit!

# Lane End Youth and Community Centre

Report by Emma Savory

01494 883878

leycc@hotmail.co.uk

www.leycc.co.uk

We currently have availability for a regular Monday evening hire and lots of space on Tuesday and Wednesday daytime. We also offer amazing facilities for parties/celebrations at the weekend with hire as low as £15 per hour for Lane End residents. Email [leycc@hotmail.co.uk](mailto:leycc@hotmail.co.uk) for availability.

## AFTERNOON TEA

Are you a senior member of our community and would like to socialise with others in our Village? Then come along to our Afternoon Tea on Thursday 4 April 2024 at 1pm. All places must be booked and paid for in advance. Only £10 per person.

## EASTER PLAYScheme

2, 9, 10 April 2024

Children aged 5 – 12 years old

10am – 3pm £20 per day

Price includes a hot dinner, pudding, snacks and drinks

PLUS a day trip on 10 April.

Limited free places available for Bucks HAF families.

Please add 'Lane End Youth & Community Centre' on Facebook.

Remember the Centre is here for the community, please support it!



## On at Lane End Youth and Community Centre:

<b>Monday</b>	<b>Coffee morning 10am—12noon</b> <b>Gentle exercise 2.30—3.30pm</b>
<b>Tuesday</b>	<b>Self Defence with Ultra Krav Maga 7-8m</b>
<b>Wednesday</b>	<b>Self Defence with Ultra Krav Maga 8pm</b>
<b>Thursday</b>	<b>Coffee morning 10am-12noon</b> <b>Zumba Gold 10.30—11.15am</b> <b>Drop-in lunch 12noon</b>
<b>Friday</b>	<b>Lane End Food Bank 8.45—11am</b> <b>Dog Training</b>
<b>Saturday</b>	<b>Dog training</b>
<b>Sunday</b>	<b>Self Defence with Ultra Krav Maga 9am</b>



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[slimmingworld.co.uk](http://slimmingworld.co.uk)

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[Include your  
events here.]

Email details to:

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

# 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 on [katyjdunn@btinternet.com](mailto:katyjdunn@btinternet.com)

## Church Services

Sundays 10.30am Elim Hope Church

Sundays 9.15am Holy Trinity church, Lane End

Sunday 11am St Mary le Moor church, Cadmore End

## Jump for Joy

Church service at Holy Trinity Church for children and their families on the second Sunday of the month at 10am. This is a shorter, more informal service, often with a craft activity. Everyone welcome.

## Village tidy

First Saturday of every month—The Lane End Conservation Group meets in the village (doctor's) car park at 10am. No previous experience necessary, everyone welcome, young and old. Litter-pickers also meet here at the same time and place.

## Tai Chi

Monday 2.30-3.30 Gentle Tai Chi LEYCC Community Centre.

Tuesday 2pm in Lane End Village Hall, £6 per session. Contact Dr Sue Stuart,  
[sastuart@globalnet.co.uk](mailto:sastuart@globalnet.co.uk) 01494 532088

## Lane End Players

Check the Lane End Players' website for the spring production.

## Coffee morning

Mondays 10am – 12noon for coffee and homemade cakes, and Thursday 12noon for drop-in lunch. LEYCC Community Centre. Tel 883878

## Self defence classes

Self defence classes are Tuesday evenings and Sunday mornings with Ultra Krav Maga at the Community Centre. Contact Marc on 07774 633209  
email [raretalent@me.com](mailto:raretalent@me.com)

## Drop in lunch

Anyone welcome to join us, Thursdays 12 noon at LEYCC community centre. Tel 883878

## Dog training

Saturday mornings at the Community Centre 9am-12noon.

[Tiptopdogtraining.co.uk](http://Tiptopdogtraining.co.uk)

## Little Fishes baby group

Baby and toddler group for children aged 0-4 years and their parent/carer at Elim Church Lane End every Wednesday morning in term time. 9-11am. Free, with coffee and snack provided, songs, bible crafts, toys and stories.

## Zumba Gold

Low-impact classes, on Thursdays 10.30am-11.15am in Lane End Youth and Community Centre. £7 or buy 5 classes and get 6<sup>th</sup> class free. Contact Jennifer, 07595869012, [jennifer.morais.zumba@outlook.com](mailto:jennifer.morais.zumba@outlook.com)

## Forget me knot café

Last Tuesday of every month 2-4pm, Ridley Manor. Helping people and families living with dementia. There'll be a discussion topic, guest speaker or presentation as well as light refreshments each session. Come along for a chat and meet with others who understand what it means to live or care for someone with memory loss.


## Lane End food bank

Every Friday 8.45-11am. Everyone welcome, take what you need or donate what you can. LEYCC—[leycc@hotmail.co.uk](mailto:leycc@hotmail.co.uk)

## Four Ends Flower Club

Demonstrations are held on the fourth Thursday of the month starting at 12.45 pm in the main hall in the village hall. £7 for visitors. Everyone welcome. Email [margaret@ihcvenues.com](mailto:margaret@ihcvenues.com) for details.

## Singing for Fun

Singing for Fun in  Lane End Village Hall. We

sing to pre recorded backing tracks. It happens on the 4th Monday of each month from 10-11:45 am. Ring Sylvia on 01494 482085 for details leaving a message if not answered.

## Frieth Natural History Society

Talk on Bats 7 March 7.30pm Frieth Village Hall

Talk on bird watching 17 April 10am Little Marlow

Please call Mary on 881501 or Andy on 881586 or email [fnhs2023@gmail.com](mailto:fnhs2023@gmail.com)

## Finings Family Dash

28 April. Family or team event to solve the clues and orienteer your way to the next stage on the trail, taking in the best bluebell sites around the village. 28 April, 10am-12noon. Meet village hall. More info coming soon. [Finingswood.org.uk](http://Finingswood.org.uk)

## National Trust Easter Egg Trails

23 March-7 April—**Hughenden**, mythical creatures theme.

23 March—14 April—**Greys Court**, nature theme.

29 March—14 April—**Cliveden**, nature theme

27 March—7 April—**Waddesdon**, kids go free at half term

*(Normal admission or free for National Trust members, plus £3 per trail. Includes chocolate egg, or vegan 'Free From' chocolate egg)*

**Feaster** at **Stowe Gardens** is a spring festival from 29 March—14 April with a colour run, kite-making, leaf printing, egg-painting and storytelling.

## Home library service

If you are a full-time unpaid carer or find it difficult to visit your local library due to age, poor mobility or health we can arrange for a volunteer to visit you with books, audiobooks or large print on a regular basis.

If this sounds like you, or someone you know, please get in touch by phone on **01494 475573** or by email at: [homelibraryservice@buckinghamshire.gov.uk](mailto:homelibraryservice@buckinghamshire.gov.uk)

# Lane End village hall regeneration

By Alison Hartnett

Nestled in the heart of Lane End, Buckinghamshire, Lane End Village Hall stands as a cornerstone of community life. It is a registered charity and has been the heartbeat of our village for generations. However, to ensure its continued vitality and relevance for the future, we must embark on a journey of regeneration.

Lane End Village Hall holds a special place in the hearts of locals, serving as a hub for gatherings, events, and cherished memories. Yet, as times change and community needs evolve, so must our beloved hall. Regeneration is not merely about refurbishing a building; it's about future-proofing a vital community asset for the generations to come.

The regeneration project aims to address several key aspects to ensure the hall remains a vibrant centre for community life:

**Preservation of Heritage:** While mod-

ernisation is essential, preserving the hall's historical significance and architectural charm is paramount. Any renovations will be carried out with utmost respect for its heritage.

**Enhanced Facilities:** Assessing and upgrading facilities such as the toilets, heating, and lighting will enhance user experience and ensure the hall meets modern standards.

**Accessibility:** Making the hall accessible to all members of the community, including those with disabilities, is a priority. This may involve installing ramps or other accessibility features.

**Versatile Usage:** To cater to diverse community needs, the regenerated hall will offer flexible spaces suitable for various activities, ensuring it remains relevant to all generations. Think Saturday morning cinema club for the children and an outdoor performance area for local schools and theatre companies to perform in.



**Sustainability:** Embracing sustainable practices will minimise environmental impact and reduce operational costs. This may include energy-efficient technologies and eco-friendly materials.

**Community Engagement:** The input and involvement of the local community is crucial. Community workshops, surveys, and consultations will ensure that the regenerated hall reflects the aspirations of residents.

**Securing Funding:** Securing funding through grants, donations, and partnerships will be essential to finance the regeneration.

**Promotion and Outreach:** Keeping

the community informed and engaged throughout the regeneration process is vital.

By undertaking this regeneration project, we are not only preserving a building but safeguarding a cherished community space for future generations. Together, we will ensure that Lane End Village Hall continues to be a beacon of community spirit and a source of pride for years to come.

Lane End residents are encouraged to like and follow the Lane End Village Hall Facebook page to stay connected and be part of this exciting chapter in the hall's history.



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# Royal British Legion

Report by Andrew MacTavish



'I do not think it will be a great success, but it's worth trying,' wrote George Howson in 1922. He was talking about the idea of making artificial poppies to raise money for the Royal British Legion and he was writing from his home over the hill from Lane End - at Hambleden.

He had survived the First World War as a Major in the Hampshire Regiment and won a Military Cross at Passchendaele. He had founded the Disabled Society and had been given £2000 by the British Legion to put five men to make a test batch of poppies. Cautiously optimistic, he thought this might start a small industry to employ a few disabled servicemen. Little could he have realised the huge movement he had started. By 1931 the factory he founded at Richmond was producing 30 million poppies a year and the Poppy Appeal had become part of our annual way of life.

Major Howson died at home at Hambleden on 28 November 1936. On that date every year at noon, the village holds a simple service at his grave. A representa-

tive from the Richmond factory attends and lays a wreath on behalf of all those connected with the Poppy Appeal.

This year the service was conducted by the Rev. Sue Morton and, as we are the nearest Royal British Legion Branch to Hambleden, members of Lane End were present.



His grave is in the small cemetery half a mile up the Lane End road from the village. The wreath is there now if you are passing. It was made by one of the senior Richmond craftsmen who makes wreaths for the Royal Family.

We are proud to remember such a man.

# Birdlife by Jerry Gray

## What's in a name?

I was amazed to read recently that the American Ornithological Society is replacing the names of birds named after people, citing the need to 'distance ornithology from its history of colonial oppression'. Goodbye McCown's Longspur, Townsend's Solitaire and Audubon's Warbler: thus, the greatest American naturalist and painter, Audubon, will be erased from memory. Where does this nonsense end, I wonder? Will they rename all Audubon's books and publications?

It got me thinking about bird names in the UK and I found an article by Andrew Gosler in *The Conversation Magazine*. He notes that only two breeding species, Montague's Harrier and Cetti's Warbler, are named for notable people. Ironically, the latter bird is a recent colonist to the UK: ha!



Gosler continues 'this indicates that the process of naming was a more organic, 'bottom-up' and even democratic process than elsewhere in the British empire. We know of more than 7,000 folk names in English for about 150 species of British bird. Mostly recorded during the 19th century, these names indicate a widespread local naming of birds, such that names might not only be regional but specific to particular villages. For example, the grey heron has 180 recorded

English folk names, and the wren 164'.

Bird names evoke strong emotional connections, linking us not only to specific encounters with birds, but with the context and people who experienced them. English folk names reveal the depth of knowledge of those who coined them. For example, the name 'English mockingbird' for the marsh warbler, refers to the fact that its song consists almost entirely of the mimicry of other species. It indicates that whoever coined this name recognised that the bird was singing the songs of other, more familiar species – and that the namer knew these songs.

Many of the folk names given to other species were probably coined by or for children, hence 'Fanny-redtail' and 'Bessy-brantail', suggesting efforts to teach a child the common birds around them. As spring unfolds, revel in the joyous melody of Jenny-wren and Robin-redbreast. (Pictured below and right).



## Footpath Report

Report by Nigel and Anna Bacon

In this, our last report, we are delighted to be able to say that Jane & Roger Jansen have agreed to take on the role of footpath wardens. If you have any concerns about local footpaths, they can be contacted on [jane.fowler2@googlemail.com](mailto:jane.fowler2@googlemail.com) or [rogerbjansen@gmail.com](mailto:rogerbjansen@gmail.com)

We have enjoyed the role and will continue walking as many footpaths as possible. If anyone would like to adopt a footpath, please let Jane or Roger know.

The footpaths remain very muddy following a lot of rain in the last three months which can make walking difficult. However, some bulbs are now beginning to appear which is a lovely sign that spring is near.

As always, may we give a polite reminder that footpaths are for walkers. Cyclists and horse riders should only use the bridleways, most of which are clearly marked. The countryside code can be found at <http://www.gov.uk/countryside-code> and gives helpful advice on how to make sure walkers safely enjoy the outdoors.

A footpath map is available on the Lane End Parish Council website. Enjoy your walking!

# Beekeeping in Lane End

By Richard Hicks



Spring is returning to the countryside. A walk on the commons around Lane End is full of birdsong as the dawn and dusk chorus gets into full swing. Many of our summer migrants are yet to arrive but our resident birds will be building nests or sitting on clutches of eggs. Long-tailed tits who spend the winter in family groups in an endless search for food commence building nests early in

the year. They can be very obvious as they constantly twitter to each other flying backwards and forwards to the nest site. Each one of the nests can contain 1000 feathers and take a month to build. By the end of March they will be laying their eggs.

This is the time of year the beekeeper inspects each of the hives, checking the bees are healthy and starting to build up the numbers. Inevitably there are disappointments. Maybe the queen died during the winter, the bees ran out of stores or were affected by disease and the colony is lost. Some queens turn into drone layers and only lay male eggs.

If the colony is left, inevitably it dies out as it fills with drones with no workers. These queens must be removed and the colony united with a healthy colony. Most beekeepers will have losses but usually the majority of hives are building up numbers as the queen gradually increases the rate of egg laying.

In Lane End we see a succession of flowering plants from early February that the bees can feed on, starting



with snowdrops and crocuses and moving onto blackthorn. Interestingly, we are usually 10 days behind the flowering times in Marlow because of the difference in altitude. Willows come into flower in early March and by the end of the month, if conditions are right, we can get the first honey flow of the season.

Those years where the weather has been good and the bees can work all the available early spring flowers, the hive numbers increase almost exponentially. The bright yellow pollen from the male pussy willow flowers are eagerly sought by the bees and they return to the hive dusted yellow with pollen. Last year was such a year and I got the first honey crop in April which I'm sure

was from the willow trees.

As the woods and commons turn green, more flowers start to appear. Cherry, dandelion and fruit trees are important forage, but the real bonanza is if there happens to be a field of rape nearby. The bees will work this to the exclusion of anything else and soon the hives fill with honey.

This is a wonderful time to be out with the bees and there few things more relaxing than watching them come and go from the hive on a warm evening with a glass of wine in hand! We make the most of this time of plenty because for the beekeeper the real work begins in May. This is the start of the swarming season and in order to avoid losing bees, each





colony must be inspected weekly. Where signs of swarming are seen, actions need to be taken to avoid the loss of half your hive. I'll write more about swarming in the next edition of the Clarion.

If you'd like some of the wonderful Lane End honey drop me a line on [Richard.hicks50@btinternet.com](mailto:Richard.hicks50@btinternet.com)



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# Lane End Twinning Association

<https://www.laneendtwinning.co.uk>



@laneendtwinning

**LANE END**

Twinning with  
St Pierre d'Oléron

So Much More Than Just a Sign

Well what an end to the year! Oléron, like the UK, suffered 10 named storms from October to December 23. It is the worst for a decade. The maritime erosion has been so great that the 'Petit Train de St Trojan' was in peril as its track to the beach at Gatseau was in danger. However, I am pleased to say that recent works have saved the track for the summer season.

As you may have read, Oléron and Marennes oyster growers were the only ones allowed to sell oysters in France for Christmas and New Year because elsewhere the shellfish were not safe to eat because of a virus. A moratorium has also hit the fishing fleet at La Cotinière as of 22 January, no boats can fish around Oléron and the adjacent waters for one month in order to save dolphins. Over the past year more than 100 dolphins have drowned in trawler

nets. Will a month be long enough to save the day? Who knows.

The Oléronaise are also attempting to save their small cottage hospital in St Pierre. The local health authority wishes to close it but everyone is in uproar given that the nearest alternative hospital is an hour away in Rochefort. Add to that the delays on the connecting viaduct to the mainland as work commences for the next six months on bridge repairs.

It is not all bad news as St Pierre gets preparation underway for the Mimosa Festival in February. Furthermore, there is great excitement amongst the island football clubs as the Real Madrid Football School will be resident on the island in July in order to offer training to 7-16 year old local youth footballers.

I do hope my words give a flavour of life on Oléron. *Terry Dennett*



# Milk Men

with Will Lacey



## Focus on milk

This issue I want to talk to you about milk. Milk is the main focus of our farm, with the management of our pedigree Guernsey cows the most important job we do. So many factors influence the milk we produce, and I want to tell you a bit more about what happens to all the milks we produce.

What makes our milk different from 'supermarket milk'?

Firstly the breed of cattle. Guernsey cows are a native breed - originating from the island of the same name. They are a medium size golden brown cow, renowned for producing high quality milk. Our Guernsey cattle have been born and bred on





our farm, and we can trace family lines back to the original cows that my Great Grandfather brought here in the 1930s. Today our herd is regarded as one of the top herds in the country (something we are very proud of!)

The milk we produce is high quality - but what does this mean? Guernsey milk is higher in butter fats, protein and Vitamin A - all essential for a healthy balanced diet. Not only that, Guernsey milk has:

12% more protein

33% more vitamin D

25% more vitamin A

15% more calcium

300% more Omega than standard supermarket milk.

All this helps to make a higher quality product which is in demand for home consumption and by high quality manufacturers of milk products.

What we feed our cows, how we manage them, and even the times of day we milk them all have an impact on the quality of the milk, which is why we take management of our cows very seriously, and they take priority over everything we do.

Where does all our milk go? There are two markets for the milk we produce. At the top of our list is our own bottled milk. To do this we have our own milk bottling facility on the farm. This was designed and built so that we could sell our milk direct to the consumer, and reduce the food miles. The milk is held in our refrigerated bulk tank at 1 degree, before being pasteurised and bottled. We do not homogenise the milk, which is a process of breaking down the fats in the milk as we believe milk is best in its natural form.

Supermarkets like milk to be homogenised as it gives it a longer shelf life and you do not get the cream settling to the top. Our milk is so fresh, it could be bottled in the morning



and on your table by lunch time!



From this point, the milk goes to our farm shop to be sold, or on to one of our delivery vans to go to one of the many different outlets that are retailing or manufacturing with our milk products. Since Covid we have seen a big increase in the volume of our milks going in to coffee shops, and have baristas in all the local towns, as far as Reading and Saint Albans proudly supporting our Guernsey milks.

The milk we do not bottle ourselves is sold to Arla. They are the biggest milk wholesaler in Europe, and send a big tanker out to collect our milk. They will then either deliver to their own milk bottling facility at Aston Clinton, but more likely due to the huge demand for high quality milk, to a local Cheese producer. Our milk goes in to a number of local cheeses, including VillageMaid and Two Hoots Cheese, as well as the Marlow Cheese Company.

But is not only cheese that our milk is

very popular for. Ice Cream is also in big demand, with The Chiltern Ice Cream Company based at Princes Risborough, Agosti Gelato in Cookham and many coffee shops also making their own ice creams. Artisan Chocolates is another popular market, with Rumseys Chocolate Shops in Wendover and Thame, Tutus Chocolates in Watlington and Gorvett and Stone in Henley all producing hand crafted chocolates with our milks. Bakeries, restaurants and cafes all make up our diverse customer list.

We love working with some many brilliant local producers, and their support is helping us to farm in a way that support our beliefs of animal welfare and caring for the countryside. Next time you are out buying a coffee or supporting a local producer, ask them where they get their milk from and you may be surprised how often you are supporting Lacey's farm without even realising!





Award Winning

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Ian Harris  
Group Lead  
1st Lane End Scouts

Lane End Scouts  
(est 1909)  
Registered  
Charity 308008

**Here at Lane End Scouts, there's nothing we like better than a challenge.**

During this time of year, the long, dark and often wet nights mean that we have to look to challenge our Scouts in an indoor setting. As the Chinese New Year is just around the corner the Cub Scouts will be honing their knife skills by making their own chopsticks from scratch before learning how to use them by picking up a range of objects.

For Burns night we challenged the Cubs hold a ceilidh – a traditional Scottish gathering where there is usually dancing – this was a real challenge as you can imagine, although some of the leaders appeared to be having a great time.



In March the cubs are having a sleepover at our lovely HQ, where the challenge will be for them all to have at least an hour's sleep!

The Scouts, always the exception to the rule when it comes to challenges and wet weather, have entered a team into an event in March, called endurance 40, where over a 12-hour period they must navigate a 40km orienteering course.

Practice is always the key to success, so we have been focusing on map reading and compass skills in our program and despite some inclement weather and darkened skies, off practising they went. There are walking boots under that mud I promise.



The Beavers have been focusing on teamwork challenges this term, which builds a skill much-needed for later in their Scouting life, as working well together is a key requirement for success.

We have recently sent one of our leaders on a Range Managers training course which allows us to deliver closely controlled Air Rifle Shooting to the group and have invested in equipment to ensure a safe, yet demanding challenge is available to our young people and the wider Scouting community.

The National Scout Census is completed in January, and the figures show an increase in young people of 14% over the three sec-

tions and 7% in adult volunteers, making Lane End Scout Group one of the most successful in the area in terms of growth and adult support.



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# Recognise this picture?

By Andrew MacTavish



A class in Land End School. Double desks, iron framed with tip-up seats. Ink pots for dip pens. Most boys in jackets, ties and waist-coats. One near the back in an Eton collar. A girl wears high lace-up boots. Chart on wall of the British Empire with the empire countries presumably in pink. Boy at the front holds a figure 3 - one guesses to identify the class.

Everyone is very serious and sitting very still because this is before flash photography. It is a long exposure and slight movement will cause a blur.

Can anyone tell us more about this picture, such as when it was taken. If you can, please ring Andrew MacTavish on 01494 881948.

# Ask the: plumber

with Bill Blake



## ***'Bill – The bathroom basin leaks when I let the water out. Help!'***

Leaking wastes on basins happens all the time. This time it was slightly different because it involved a very specific type of plug hole. This was a pop-up waste, the type with a plunger set in the back of the tap where you push it down and the plug pops up.

Quite a few of these have been failing recently in an unusual way. The metal part of the waste under the sink has been splitting and literally falling apart. In this instance, the cast aluminium part under the sink had rotted away and split in two, probably to do with the unit being made from two different metals: brass and aluminium.

Two metals in contact in a wet environment will set up an electrolytic action and inevitably one of the metals – aluminium – becomes the 'sacrificial anode' and drops to bits. There's not an awful lot you can do apart from change the waste unit.

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# On the land

with Bryan Edgley



## Grain storage

The frosty weather during January has been quite useful to us for two main purposes. The first of which has been to cool the grain which is in store.

At harvest time last August the grain that we harvested, mainly winter wheat suitable for milling for bread making, came into our stores either straight off the combine or after going through the grain drier, still too warm to store well. Correct storage of grain is essential to keep the grain in the very best condition, for which the grain must be both dry and cool.

Some of last harvests crop came off the combine harvester at 14% moisture content, dry enough to store well before sale, whereas some had to be dried in our grain drier first. However all this grain then needed to be cooled to store well, since some of it may be in store on our farm for up to ten months before delivery to the miller for the first stage of bread making.

One of the recent improvements we have made to our grain stores is the installation of wireless probes around 6ft deep which are put into





the stored grain with each one being given a reference number corresponding to the bunker in which it is kept and the approximate place in which it is kept in that bunker. These probes transmit back to the computers in the farm office. In this way, the temperature of the grain can be monitored from the farm office more accurately and much more quickly than checking each grain store at regular intervals with a handheld probe.

This installation has been developed and made by a firm called Robydome, with software for the farm computer that then plots a graph of the temperature of the stored grain in each individual area of each bunker. For the grain now in store, these graphs show that it was all put into the stores at temperatures between 20 to 30 degrees centigrade. After cooling the grain with small fans blowing cold air through grids within the floor of the grain drier, by the end of January, the coolest store was at 2 degrees centigrade. Places in other bunkers were still at 8 degrees centigrade but the frosty nights in January brought these down to low temperatures. Grain which is dry and cold will store well, without giving any grain mite or weevils the chance to breed.

### **Sumo heavy cultivator**

The second job for which the very



cold weather has been useful has been for the cultivation shown in the photos of our heavy Sumo cultivator burying and incorporating the cover crop of buckwheat, fodder radish and mustard which we had planted immediately after harvest as green manure.

We received some grant funding towards the cost of this cover crop. Recent research work has shown that cover crops can be a keystone towards improving the biological chemical and physical functions of the soil to provide humus into which the roots of the next crop will draw maximum benefit. A further advantage of the cover crops is that they convert carbon from the atmosphere into plant food since the decaying plant residues account for most soil organic matter. The number of earthworms in a soil can be a measure of the good crumbly struc-

ture of the soil which will provide the best growing conditions for the next crop. We have recently carried out earthworm counts on many of our arable fields as a measure of their good condition.

### **Post-Brexit Farm Support**

Farm support of some sort is necessary in Britain, as it was, and still is, within the EU – since in recent years the Basic Payment Scheme payments on most farms equated roughly to overall farm net profit. In most countries of the world, food production is subsidised, to limit the cost of food to the consumer.

British farms have high overhead costs, such as for land, labour, machinery and fertiliser, so that food production in Britain would cease as being uneconomic without some form of Government support. With-

out farm support, farmers would have to rely on farm diversifications to make a living. We have recently seen the protests in Germany, with thousands of farm tractors descending on Berlin, as a demonstration against the proposed removal of agricultural fuel subsidy.

The methods of farm support in Britain are now formulated in Westminster rather than at Brussels, with administration by The Department for Farming and Rural Affairs (DEFRA) in conjunction with the Rural Payments Agency (RPA). Farmers have had to become familiar with these new schemes, since the old EU method of farm support, the Basic Payment Scheme (BPS), has been scaled down since 2021 – and will cease all together by 2027.

In place of the BPS, new schemes, based on care of the land and wild-



life, are collectively known as the Environment Land Management Scheme (ELMS), within which individual schemes such as Countryside Stewardship (CS) and Sustainable Farm Incentive (SFI) are options. The green cover crop of buckwheat and fodder radish and mustard described above is one of these new SFI measures.

### **Opinions on food security**

The main drawback of these new schemes is that there is over-emphasis on schemes to provide habitat for wildlife, with no recognition that growing food is a farmer's main objective and task. Furthermore, in the present times of international friction, with war in the Middle East and Ukraine, this growing of food from our own British farms should be regarded by Government an essential for our own security of food supply. However, Defra has made the extraordinary statement that the growing of top-quality British food by farmers is not a 'public good'.

When we held one of the Defra 'Farmer Engagement' meetings at Kensham Farm in 2018, we came to the conclusion that sensible Government aims would be:-

For Government to encourage low-land farmers to grow food and care for the environment as a by-product

Encourage and support farmers with Open Access Land (such a moun-

tains, moors and heathland where the general public have 'The Right to Roam') to look after the landscape and environment and produce food as a by-product

However, these Defra schemes, ELMS and the SFI, treat the environment and care for wildlife as being so important that there is no longer any encouragement for farmers to grow food. A Cambridge arable farmer has warned Defra in a letter, reported in the farming press, that farmers are now incentivised to take land out of production, thus putting food security for the British people at risk.

Landowners who have let land to farmers in the past on Farm Business Tenancies, or who have employed farmer contractors to grow crops on their land, can find under these new SFI agreements that a better return on their investment in land can be achieved by re-wilding, or growing wildflowers, under an SFI agreement than by growing food. When this happens, food security for Britain suffers, as well as the farmers, or farm contractors, losing their job as food growers.

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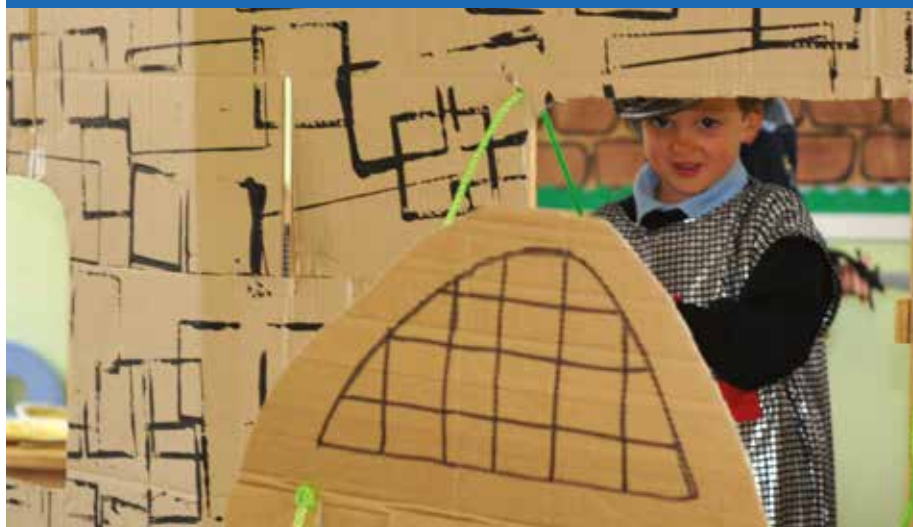
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***"Children make a good start in the Early Years Foundation Stage because of the good provision."*** OFSTED March 2012

Little Explorers Nursery at  
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# Lane End Primary School

By Sue Maddix

We are delighted to report that at the end of last term we were one of a very few Buckinghamshire schools to be awarded the Quality Assurance Standard for our Early Years Foundation Stage. We are now an Early Year's Children's Champion for Communication and Language. This award also means that our talented staff are the 'go-to team' for other schools who look to Lane End Primary as a proven source of knowledge and expertise in this area.

It sounds impressive - but what does it mean? It means that our staff are recognised experts at teaching and inspiring children to master the communication skills so vital to maximising their future life chances. So, among other skills, Lane End parents can expect their children to improve their listening and speaking skills, expand their vocabulary, gain confidence and become more empathetic and respectful of others. Also we teach them to understand how to use talk to help resolve conflict.

You may have heard these kinds of

skills increasingly grouped under the term 'oracy'. This may be a new buzzword, but the skills it describes have been around forever, and are key to supporting development and unlocking children's potential.

The children are immersed in story language and develop a vocabulary and sense of story telling through performance. Learning in our Early Years Foundation Stage is rooted in first-hand experience with the world

through trips out and visitors coming to us. We get dirty in our extensive outdoor areas - going outside in rain or shine and we learn to work hard in all that we do.

Due to a recent increase in staffing we are pleased to be able to take more children in our nursery and we are currently offering full time places for 3- (in the term following their 3<sup>rd</sup> birthday) and 4 year olds.

If you are interested in a place for your child, please contact the school office either by telephone or email: 01494 881169 or by email [office@laneendprimary.co.uk](mailto:office@laneendprimary.co.uk)



# Spring cleaning—why and how

By Katy Dunn

I can't claim to be any kind of Mrs Hinch clean demon. One of my sisters can't leave the house if her skirting boards are dusty. I'm more of the 'Ach, it can wait,' mentality.

However, I did notice in a rare moment of sunshine today that our kitchen windows are really quite grubby. There are also a few cobwebs veiling the plants on the windowsill. It made me think maybe I should do a proper spring clean. (There's a first time for everything!)



It's a tradition that goes back centuries and exists in many cultures. Admittedly, there was probably more necessity when homes were lit by candles and sooty from winter heating with wood and coal fires.

But even now there are good reasons for a thorough clean in spring. The weather is (arguably) slightly warmer and drier so you can open

the windows let dust out and fresh air in—without the pollen allergens if you have hay fever.

There's also a mental health aspect to spring cleaning. When daylight is in short supply in winter our melatonin levels are high, making us sleepier and less motivated. As the days lengthen we have more energy and a desire to be more productive. It's no secret that a clean and tidy environment is more conducive to focus. Cleaning and organising your personal space can give you a satisfying sense of order. This feeling of being in control can broaden out to other areas of your life.

So, I've scoured(!) the internet for top tips and spoken to House & Collections colleagues at work (National Trust). Their advice is to concentrate on one room at a time (to avoid feeling overwhelmed) and always start at the top of the room. This is obvious when you think about it, as dust and debris is always going to fall downwards.

## De-clutter

Going back a step, ahead of cleaning you're going to need to de-clutter. It's amazing how little piles of things can accumulate and become almost part of the furniture so you



don't notice them any more. Ask yourself—does it make me happy to see this thing on this surface, or is there a practical reason for it to be there? If not, put it away, recycle it or bin it.

### **Start at the top**

Take a dry mop and dust the cobwebs from ceiling and wall corners and from the tops of doors to skirting. Take down curtains and if they're washable, put them in the wash, or vacuum them on a low suction setting. Wipe blinds.



Wipe down painted walls and doors in high traffic places (entrances, stairs, corridors) with a mild solution of hot water and washing up

liquid. Test on an out-of-the-way patch first to check it doesn't damage paintwork.

### **Shelves and wooden furniture**

Take everything off shelves, dust with a clean dry cloth and polish with soft, paste wax. My NT colleagues say to avoid aerosol polishes if you have old furniture as it can dissolve other finishes and leave a surface 'bloom.' Wash old or delicate glassware and ceramics by hand.



### **Windows**

You can use shop-bought window sprays or make your own window cleaner with 50-50 distilled water and white vinegar. It needs to be distilled water in our area because otherwise the limescale can leave a residue. Spray onto the cloth rather than the window to avoid drip marks and use a microfibre cloth and squeegee and buff with quick, light strokes for a streak-free finish.

### **Limescale**

We live in a hard water area and limescale can be a big issue for us, coating our kettles in a brittle white shell and clogging our shower heads. For this, lemons and vinegar

are our friend. You can get a big 5 litre container of white (spirit) vinegar from B&Q or any DIY store for not much more than a fiver.

After you've used a lemon in cooking or even from your G&T, chuck the lemons in your kettle, boil up and leave for as long as is practical (an hour or overnight) then rinse and this will stop limescale build up in your kettle. You can also tie squeezed lemon shells onto your taps with a cloth, leave overnight and then wipe off the limescale. Alternatively, leave cloths or kitchen roll soaked in vinegar on patches of limescale overnight and then wipe away.

Lemons are also great for cleaning the microwave. Put in a bowl of water and some lemons, microwave for a few minutes, then wipe off that caked on gunk.

## Floors

Use two people to move furniture so that you can clean underneath. Lift, rather than drag to avoid damaging floors. Remove any loose elements of the furniture and hold onto the lowest part of the main frame to lift.



You can mop vinyl, but avoid mopping hardwood and laminate. Wipe

stains from laminate as they happen. You could re-wax wooden floors if they're looking dull and dry, but check what finish is on there—you wouldn't wax a floor with a pol-urethane varnish, for example.

Vac rugs then lift and shake or beat them outside. You can use a dry shampoo (sprinkle and leave on for as long as it says, then vac off.

Break out all the vac attachments for spring cleaning your carpet to make sure you get right into all the corners. Lift dents in carpets with the ice cube trick. I'll leave you to Google that one!

I can't guarantee I'm going to do all this, but just writing it down is making me feel better!

### Spring cleaning tips in brief:

Take one room at a time

De-clutter first

Start at the top of the room and work your way down

Remove everything from flat surfaces then dust

Wipe down vertical surfaces

Wash curtains / wipe blinds

Wash windows

Tackle limescale with lemon or vinegar

Move furniture and rugs to give floors a thorough clean

# Anya the garden fairy

Follow me on Instagram  
[@anya\\_thegarden\\_fairy](#)



When I was growing up, we didn't have much money, but we always had a beautiful garden filled with roses, hydrangeas and dahlias. We also grew most of our food. My grandparents, war survivors, never wasted anything and growing your own was a necessity to survive.

Thirteen years later, after I'd come to the UK, I moved to our current house here in Lane End. Our garden didn't have a single decent plant. I have transformed this place without spending much money. I went back to my roots and followed my grandparents' footsteps. I created my gar-

den by growing plants from seeds and cuttings, using everything that the garden produces and turning it into something useful. I feel like this garden connects me with the previous generations. People now gone, but still here with me in some ways.

I make my own fertilisers from stinging nettles, I use grass cuttings as mulch, I grow green manure and let white clover fertilise our lawn instead of adding any expensive fertilisers which could potentially be harmful to nature. I repurpose items and buy most things second hand. I've saved money because I have grown from seed, propagated, bought from community marketplaces, and also made my own compost.

Years ago, when I realised what I have achieved without breaking the bank, I started sharing my tutorials on social media and my Instagram [@anya\\_thegarden\\_fairy](#). Since an early age I wanted to make a difference and help others. This was my grandparents' approach. Always positively contributing to our society.





Recently I have also written my first book, *The Money-Saving Gardener*. I hope to help people create their dream gardens at a fraction of the cost just as I did. In my book I have included easy to follow tips and instructions, making stunning gardens achievable for all.

You can create the most stunning garden without breaking the bank and I'm so pleased that I was given a chance to write a book and capture all my knowledge for others to have in one place.

There are so many ways to the most breathtaking gardens without spending much money. Most plants can be easily multiplied by division, by taking cuttings or grown from seeds. Pre-owned tools can be found in local social media groups or simply by reaching out to neighbours and friends and asking if anyone's getting rid of any gardening stuff. Sometimes people will give you

things for free, whether it's tools, pots or even plants that they've grown.

Growing perennial plants from seed instead of annuals is also a money-saving approach. If you buy a plant that's an annual, you only get it for a year for your money and you need compost and everything else. With perennial plants you make the same amount of effort, but you have a much longer-lasting impact.



If you don't have the time, space or inclination to grow from seed, buy your plants small in early spring. Seedlings will grow quickly in the right place.

More money-saving gardening tips are included in my new book, *The Money-Saving Gardener*.



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.

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 May and the next issue will be delivered in June.

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<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 881000</b>
<b>Lane End Primary School</b>	<b>01494 881169</b>
<b>Lane End Village Hall</b>	<b>01865 400365</b>
<b>Frieth Village Hall</b>	<b>01494 880737</b>
<b>Lane End Youth &amp; Community Centre</b>	<b>01494 883878</b>
<b>Elim Hope Church</b>	<b>01494 882587</b>
<b>Cadmore End Village Hall</b>	<b>cadmoreendvillagehall@gmail.com</b>
<b>Cadmore End C of E Church</b>	<b>01494 882644</b>
<b>Cadmore End Primary School</b>	<b>01494 881460</b>
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