

Ellesborough Magazine

Covering Butlers Cross, Dunsmore, North Lee and Terrick



A Socially Distanced Recital in an English Country Garden

September 2020

Issue 170

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Chairman's Letter

A big thank you to our editor Paul Couling for getting this edition together. It has been a huge amount of work consolidating our last e-edition and updating it with new content.

The magazine is run entirely by local volunteers: Steph Hares, Judith Harper, Janette West, Tony Young plus our distributors. We would appreciate any contributions for our costs. BACS to:

"Ellesborough Village Magazine, Sort Code: 40-08-41, Account No: 61151614".

The magazine is available online from the Dunsmore Village Hall web-site (dvha.co.uk) . If you would like to be notified of access to new editions you can subscribe through the site or via our subscription email address subsemgz@gmail.com.

Wishing you a mellow September.

Richard Jennings

Chairman.

Front Cover: Photo provided by Tom Cox

A Note from the Editor

Fortunately this edition of the Ellesborough Magazine will be produced as a printed edition as well as being available in digital form on the Dunsmore Village Hall Association website. As the June edition had unavoidably limited circulation we are repeating the Covid-19 supplement included in that edition, and have added new material to bring the story up to date.

We have also repeated our report on the restricted VE Day anniversary events that took place in May. We hope that these two reports will act as a record of how the village responded to the the extraordinary situation that has prevailed over the past six months.

Worldwide and for the country as a whole we are at a critical stage in the easing of restrictions and many local organisations are still unable or find it impracticable to undertake their normal programme of events. Some are not yet able to meet, or now operate either remotely or at new (temporary) venues where social

distancing is more easily achieved. Others are operating on a limited basis under restrictions which inhibit normal levels of involvement or social interaction.

However as far as possible we have included details of forthcoming events over the next few months, although all are subject to change or cancellation in the event that infection rates rise again.

We will be aiming to produce a full printed edition in December and hope that by that time further relaxation of restrictions may be possible and that we will be moving back to something approaching what until the beginning of this year we regarded as normality.

With very best wishes,

Paul Couling
Editor

edellesboroughmgz@gmail.com

Macmillan Fundraising 2020

In light of the continued restrictions in place, I am postponing my Coffee Morning Event until it is safe to host one. I hope it won't be too long. In the meantime, thank you for your amazing support over the years and I look forward to welcoming you again. Stay safe and well.

Julie Needle

British Legion Poppy Appeal 2020

This year the poppy collection is affected by the coronavirus pandemic. There will be no house to house collections nor church collection. Poppies will be obtainable at Banks, Post Offices and Supermarkets between **22 October** and **7 November**. There is a British Legion Shop website where you can buy British Legion items and also make a donation to the Appeal. Poppyshop.org.uk and I do hope many of you will find that a good way to donate money to the Appeal.

If there are any changes to these arrangements I shall inform our parish clerk who will send e-mails to those he sends Ellesborough Parish Update. Remembrance Sunday service will be held on **8th November** at **10.00 a.m.** Wreath laying and silence just before **11 a.m.** at the memorial at the cross roads.

Diana Strathon

Poppy Appeal Organiser

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edellesboroughmgz@gmail.com

by 15th November 2020

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BACS: Ellesborough Village Magazine

Sort Code: 40-08-41 Account No: 61151614

Notices

Ellesborough 200 Club

June 2020

27 Mr Sellers	£50
62 Peter Tilbury	£35
122 Mike & Anne Russell	£25

July 2020

19 Yvonne Clifton	£50
48 Mrs Tuppen	£35
89 Matt Porter	£25

August 2020

64 Jean Longstaff	£50
97 Mr C C Lund	£35
121 Darren Withy	£25

Ellesborough Coffee Morning Dates

Cancelled until further notice

Flag Days

8th November
Remembrance Day

14th November
Birthday of the Prince of Wales

Fish and Chip Van Visits

Parish Hall Car Park
5.30 p.m. to 7.00 p.m.
Every four weeks

Please see Ellesborough Parish Update
for dates.

General Data Protection Regulation

The General Data Protection Regulation (GDPR) came into effect on 25th May 2018. It is designed to give people more control over the personal data held by companies and other organisations, and impose greater control over the way that data is held and used. Personal data is necessarily held for a variety of reasons, some to comply with legal and similar statutory requirements or to allow processes essential to the functioning of the organisation to be carried out. In some instances however, where such requirements do not apply, the specific consent of private individuals to the holding and use of personal data is required.

Where we publish contact details of the representatives of local organisations whose contact information is a private or personal telephone number or email address we will confirm your consent to us holding and using such data.

Editor

The editorial board of the Ellesborough Magazine cannot be held responsible for any errors or claims made by advertisers. The Board also asks you to note that it does not necessarily agree with the views expressed in letters or articles.



The RUSSELL ARMS

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As many readers will know, the doors of The Russell Arms reopened on July 4th after the national lockdown due to Covid 19 which lasted over 3 months. On behalf of all the team at the pub, we would like to say a big thank you to everyone for the fantastic support we have experienced since then! We have had some wonderful feedback about how we have adapted to the new way of needing to operate which means a great deal to us.

We're also delighted that so many of you took advantage of the Government's Eat Out To Help Out Scheme in August which proved extremely popular. For those of you who used this offer to experience The Russell Arms for the first time, we hope that this will be the first of many visits!

We continue to offer our Takeaway menu as an alternative to dining in the restaurant, on the terrace or in the garden. Copies of our takeaway menu are available at the pub or can be viewed on our website at www.therussellarms.co.uk. Simply call us to order your food for collection! There's plenty of choice including vegetarian and vegan options, kids meal boxes, desserts and side dishes. Not only that but there are a selection of new HEAT@HOME dishes created by our talented chef team and in microwaveable packaging with full instructions for you to heat at home. Also, SHOP@HOME, a selection of fresh produce and store cupboard items available to order for collection from the pub.

We continue to monitor and adhere to the Government guidelines surrounding Covid 19. The health and welfare of our staff and customers remains of the utmost importance to us alongside making each visit truly enjoyable.

Thanks again for your support and hope to see you soon!
From all the staff at The Russell Arms

Thank You from Elizabeth Hine

I would like to say a huge thank you to the Ellesborough Allotmenteers, who deliver bags of beautiful fresh vegetables to so many of us Seniors during lockdown. What a treat to receive such delicious produce every week - not only free of charge but brought right to our doorsteps. Thank you so much, all of you.

Elizabeth

The Church Bells are Ringing again

After the longest break since the Second World War the bells are ringing again from the tower of Ellesborough Church. Due to the social distancing and many other strict Covid -19 regulations, only three of the six bells can be rung for short periods for the time being. It is one more tentative step to some sort of normality on Sunday mornings. The sound of the bells have for long been part of life in and around the parish and the imposed silence was missed by people, whether churchgoing, in the garden, at home, out for exercise or just having a lay-in.

Ellesborough Church has for very many years had a very active and competent team of change ringers and their enthusiasm to get back into their routine is greatly appreciated.

Sunday Services began on 5 July

Services at the church resumed cautiously each Sunday at 10.45 as soon as the regulations permitted. We were determined to reopen as soon as safe to do so. A formidable risk assessment was worked through and a gallant team cleared the cobwebs and cleaned the accumulated dust.

The services are short and socialising afterwards has to be outside the building. As everywhere else, social distancing limit the numbers attending but our maximum capacity is sufficient for our usual needs. How we cope with the increased numbers at the major festival services in the autumn and of course at Christmas will depend on how the regulations evolve (look out for notices). Meanwhile at present (late August) face masks have to be worn and there is no congregational singing, though we have been fortunate that Ben Hulett who is a professional opera tenor together with our regular organists have given some memorable musical contributions.

Wonderful Wild Flowers in the Churchyard

The church may have been closed for over three months but the greatly increased numbers of walkers and keep fit enthusiasts using the paths through the churchyard

during the lockdown have benefitted from the glorious display of wildflowers this year. No end of visitors just sit and enjoy the wonder of the location.

Following a survey back in March 2017 *The Wildlife Sites Project* supported by the local authorities added the churchyards at St Peter and St Paul Ellesborough as a designated Local Wildlife Site under Local Plan Policy. The survey listed its extensive species and habitats. It acknowledged the goodwill and care needed to encourage and protect the long term survival of the site. This is due to collaboration with the Parish Council in regulating the grass cutting programme. The cuttings are left for a week to enable the shedding of seeds and then a team of volunteers rake up to reduce the soil fertility and growth of vigorous grasses. The species population is increasing every year.

Sorry No Sunday Afternoon Teas

In normal times every Sunday and Bank Holiday afternoon throughout the summer months the churches is open for afternoon teas. Another Covid casualty. The weather has been so good this year that this much needed fund raiser for the upkeep of church would almost certainly have been a record. Another loss was the popular Moonrakers folk Concert in the church. We are looking forward to resuming all next year. Hopefully by then the Covid crisis will have abated and the fear of infection will be in the past.

Improvements in the Church

Following earlier discussion with representatives of the Diocesan Advisory Committee (DAC), during the lockdown detailed plans, specifications and drawings were finalised with our architect for the proposed internal WC and an improved servery. Everything has now been submitted to the DAC and the work put out for tender. We await final approval.

Tony Young
Churchwarden

Ellesborough Village Diary

We hope to include the full Village Diary in future editions. For details of activities planned over the next three months see the notices inserted by

Kimble & Ellesborough Horticultural Society

Wendover Art Club

Kimble & Ellesborough WI

A Letter from David Carroll, Buckinghamshire Council Councillor

Dear Residents

Over the last few months I have received many stories of many acts of human kindness and support within our community.

Hopefully things will become easier for everyone very soon.

There's been a very bad parking issue in the Coombe Hill area which we have asked the enforcement team to patrol and to take the appropriate action.

Unfortunately HS2 is going to carry on despite our lobbying to government in the past ,so we are still trying to convey some of the ideas with the support of our Parish Council to HS2 through the Buckinghamshire Council to alleviate some of the problems in our area, this is proving very challenging so I had to escalate our concerns.

In conclusion can I thank everyone who is supporting our Community through these challenging times, and keep safe.

Kind regards,

David

The Ark - Benefice Administration Centre

The Ark is currently being refurbished. The work should be completed by mid October after which it will be available for very limited use. Owing to current restrictions none of the regular activities will be able to resume as they were before but very small groups could use the hall once we reopen. New charges will apply.

To book and for guidance as to what is allowed please phone Revd. Janet Wales on 01296 612936 or by email revjanetwales231@btinternet.com or leave a message on The Ark phone or email.

Telephone: 01296 615886 email: ark.office@wendoveremail.co.uk

Ellesborough Parish Church Services

September to November 2020

Sunday 6 th September	10.45 a.m.	Songs of Praise - Covid-19 Rules
Sunday 13 th September	10.45 a.m.	Service of the Word
Sunday 20 th September	10.45 a.m.	Matins (BCP)
Sunday 27th September	10.45 a.m.	Parish Communion or Service of the Word (CW)
Sunday 4 th October	10.45 a.m.	Harvest - Lay Service
Sunday 11 th October	10.45 a.m.	Morning Worship
Sunday 18 th October	10.45 a.m.	Matins (BCP)
Sunday 25 th October	10.45 a.m.	Shortened Parish Communion
Sunday 1 st November	10.45 a.m.	Songs of Praise
Sunday 8 th November	10.00 a.m.	Service of Remembrance followed at 11.00 a.m. by wreath laying at the War Memorial
Sunday 15 th November	10.45 a.m.	Matins (BCP)
Sunday 22 nd November	10.45 a.m.	Shortened Parish Communion
Sunday 29 th November		No Service (fifth Sunday)

All services subject to current Covid 19 rules and may be amended if regulations change

Services at The Church of the Resurrection, Dunsmore

Sunday 20th September at 4.30 p.m. Harvest (In the open air)

Further information and access

The Parish church is currently closed except during the Sunday morning services shown above. For further information about Ellesborough Parish Church the contacts are:

Tony Young - Churchwarden (01296) 622306
Liz Norris (01296) 615821
Glenise Whalley (01296) 622159

www.achurchnearyou.com/ellesborough-st-peter-st-paul

Kimble and Ellesborough Horticultural Society



As we are not able to hold meeting in Little Kimble's Stewart Hall at the moment, we are pleased to confirm that our September, October and November speakers will be presenting Zoom meetings. Members will be contacted about the Zoom meetings and information about the procedures sent to those who wish to participate. If you are not a member but would be interested in more information about the Zoom meetings please contact Brian Butler as below at least a week before the meeting.

Unfortunately, we have had to cancel our Autumn Show. However, if it becomes possible to hold the monthly meetings in Stewart Hall, members will be contacted and our website updated.

SEPTEMBER – CURRENTLY SCHEDULED VIA ZOOM

Genetically Modified Crops - A Good Thing?

Tuesday 1

Martin Hodson, a plant scientist and author from Oxford Brookes University, returns with another very topical subject following his stimulating talk last year on Plants & Climate Change.

OCTOBER – CURRENTLY SCHEDULED VIA ZOOM

Making Space for Wildlife

Tuesday 6

With so many ancient habitats disappearing from our countryside, even a small garden can provide a vital sanctuary for wild plants and animals. John Tyler, a local naturalist, will discuss garden design, choosing the right plants, building a pond, establishing a wildflower meadow and managing your garden in a wildlife-friendly way.

NOVEMBER – CURRENTLY SCHEDULED VIA ZOOM

Two Poppies - the Field or Remembrance Poppy and the Opium Poppy

Tuesday 3

This talk, by Professor Sandy Primrose, scientist and author, will describe how these poppies impact our lives today and those of our servicemen and servicewomen.

DECEMBER – TO BE CONFIRMED

Local History

Tuesday 1

Roger Howgate will give us another fascinating talk on local history with the theme to be confirmed shortly.

Our monthly meetings are normally held at 8 00 pm and, until further notice, will be presented on Zoom. If you would like more information, please contact Brian Butler (Chairman) at butler@care4free.net or call him on 01844 342220. You can also visit our website for any updates.

www.e-voice.org.uk/kehs/

Gardening in Ellesborough...

Notes from an occasional diary

Heat Wave. We were well into August and it became hot – very hot and dry. Day-time temperatures nudging 36.5 c and tropical temperatures at night, the longest consecutive spell of days at these temperatures since 1961. It seems that each decade brings more evidence of climate change. Gradually the energy needed to tackle all that needed to be done was sapped away. As in the tropics, working routines changed to take advantage of earlier mornings and later evenings. Really the only sensible thing was to find some shade with the coolest trace of a breeze and to totally relax. This is easily done on holiday under the shade of a great tree with gentle sea breezes and sea close at hand to plunge into; not so relaxing for the Head Gardener (HG) looking out at her wilting plants and a back-log of tasks: cuttings to be taken, dead heading etc. all demanding attention. Proof, if any were needed, that staycations at home for gardeners or anyone else are pretty pointless.

That heatwave came to an abrupt end on the afternoon of 12th August with a sudden, brief but strong gust of wind threatening to up-lift the garden awnings and furniture, blowing some pots over, with doors slamming and curtains billowing. Then came the blissful rain. Meanwhile, Thames Water issue dire warnings of water shortages.

Vivid Colours .This is the time of the year for vivid colours in the borders, not much subtlety and some really brazen. Dotted around like star shaped fireworks exploding, are splashes of blues and whites from the agapanthus growing in pots and in the ground. The delphiniums that the HG had cut right back after their main flowering in May and June have now re-grown to join the show. Rising above are the large blooms of the deliciously cool climbing Rose *Iceberg*. Altogether a riot. At one time this sort of show in an English garden was considered to be rather vulgar – some in the horticultural community can get very snooty – yet how times and fashions have

changed, thanks largely to the influence of great gardeners like the late Christopher Lloyd of Great Dixter in Kent and the BBC's Monty Don's *Jewel Garden* at Longmeadow. Nowadays a great range of plants, originating from across the world have made it possible to keep a garden full of colour way into autumn.

Planning. The HG is making notes of what needs to be re-positioned for next year, correcting colour clashes and plants hidden behind some of the vigorous competition. Dahlias are ablaze, some gladiolas left in over the mild winter, half –forgotten, are now putting on a really splendid show. The canna lilies have done very well in the tropical conditions although a new banana we got at Heligan last autumn, which should have grown to as much as couple of metres, hasn't. It needs to be in much deeper, richly composted soil next year.

Repeat flowering roses are all putting on their second performance. After flowering very prolifically in May and June with dry spells since, it seemed that they would have been exhausted and one or two of the older ones are not looking so healthy. On our thin chalk, despite heavy annual mulching and feeding regimes, ten years or so is as much as we can expect them to last.

Fruit and Vegetables. It is turning out to be a good year for fruit and vegetables. No end of gardeners are offering friends and neighbours fresh picked plums and soft fruit of all sorts. We have been self-sufficient for months and the freezer is filling. Nevertheless, one time ideas of reducing the vegetable beds have changed; the HG's planning since last year has been based on the assumption of Brexit induced shortages, these are still to materialise, but, what with covid-19 as well, you never know...

Covid-19. This year will be memorable for the enormous impact and consequences of the covid-19 pandemic. Yet to be assessed is the environmental impact. The reduction in road

Gardening in Ellesborough... Notes from an occasional diary(continued)

traffic, though now increasing, and clear skies with scarcely any aircraft will have reduced pollution, if only temporarily. The value of gardens and gardening and open spaces has never been greater in modern times, not only for our physical and mental well-being but also in the potential to help off-set the causes of climate change. In our pesticide free garden the myriads of insects on the cultivated borders, in the wildflower meadow, the hedges and the uncut verges down the lane seem greater than ever. The ponds attract bird life and we have enjoyed seeing, amongst others, more thrushes and wrens, which have declined in recent years, no doubt helped by the milder winters and being fed though the lean months by us and neighbours.

Wild Life. A few weeks ago we noticed mysterious scraped out, quite deep holes appearing in a couple of places. Puzzled and concerned that maybe it was a sign of a rodent invasion, we eventually consulted Martin Holman, Ellesborough's resident Pest Control expert. The diagnosis? A visiting badger has been grubbing up the nests of bumble bees for delicacies. On his suggestion we put tubes down to allow bee activity to resume and filled in the holes. Problem solved, bees happy, good for the garden. Presumably the badger has trundled off to another garden. Meanwhile a Muntjac deer has started visiting.

TY August 2020

Church of the Resurrection, Dunsmore

As we enter the second half of August we are making tentative plans for our future services. We intend holding a simple harvest festival service on Sunday, 20th September at 4.30pm. We will all sit outside as that makes it easier to accommodate people within the social distancing rules, the church chairs will be available but you may bring your own seat if you prefer. We will be focusing on the local food bank and will be collecting dried and tinned goods to donate to them. If you would like to donate food but can't come to the service you may drop goods off at Jeni's house. This service will be a modest start towards normality as we won't be able to sing any hymns.

At the moment we have no plans for a carol service at Christmas but will hold one if things improve and we are allowed to sing.

We are going to hold a service of Holy Communion on Christmas Day, there will be more details about this in the next issue of the magazine.

Although we haven't been able to hold any services for five months and had to cancel our cream teas the church has had some work done on it during this time. Our thanks go to David and John who tackled some urgent repairs to the end wall of the church during a dry spell.

Our thanks also go to Kit who cleaned all the windows for us as part of the Duke of Edinburgh's Award scheme.

Repairs are also needed to the roof and these will be undertaken fairly soon as they need to be completed before winter. If anyone would like to offer their help for this project please speak to David, Jeni or Lynne.

Lindengate - Rest & Reflect Programme



Free drop-ins at Lindengate's 5 acre therapeutic gardens for all those struggling with the impact of COVID-19 as restrictions ease. Imagine having the time and space to "be" in a calm, safe environment, whilst relaxing in beautiful, natural surroundings. Now Lindengate is giving you the chance to do just that.

- Stunning gardens and wildlife haven, set over 5 acres near Wendover.
- Free drop-in sessions every Tuesday/Wednesday/Thursday 4-7pm and Saturdays 1.30-4.30pm.
- Space to "Breathe and Be" in and amongst our resident ducklings and moorhen chicks.
- Meet a friend for a catch up, bring a picnic or flask of coffee.
- Bring a book, sketch pad, or take photographs of the beautiful surroundings.
- Take home a free gift of produce from our extensive gardens.
- Children are welcome on Saturdays 1.30 – 4.30pm, but please ensure that they are supervised at all times and respect their surroundings and other visitors.

Feedback has been incredible, with visitors returning to relax in our oasis of calm, alongside our ducklings, moorhen chicks and the many bees, butterflies and other wildlife, who enjoy the safe and relaxing environment. Recent visitors say:

"I feel really relaxed – it has done me the world of good just walking around and taking this in".

"Please do not underestimate what you do here, it is clear you have spent a lot of time thinking things through. I feel very safe and supported."

For further information, visit www.lindengate.org.uk or email info@lindengate.org.uk



A Thank You Note from Nicky Gregory

Dear Fellow Gardener from Butlers Cross,

It was a lovely surprise to find your very kind note put through my door recently, in praise of Hollyhocks.

They have all seeded themselves. I sometimes put out plants etc., for people and several years ago I put out some Hollyhock seeds. Some escaped and what you see now is the result. They get bigger and stronger and spread further down the road each year!



Thank you again for your kind words. If you would like to get in touch - 0771 203 2565.

Everyone is welcome to come and gather some Hollyhock seeds!

Nicky Gregory
Wendover Antiques



New prehistoric hillfort discovered in Chilterns AONB

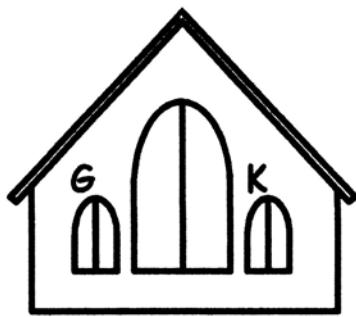
The Beacons of the Past project team were thrilled this month to reveal that a previously unrecorded prehistoric hillfort has been discovered in the Chilterns AONB.

One of the aspirations of the project was to locate any hillforts that might have been hiding in plain sight or under tree cover. Archaeologist Dr Ed Peveler, Landscape Heritage Officer for the project, and several Citizen Scientists each independently identified an earthwork in the southern Chilterns as a potential hillfort. Following careful assessment of the LiDAR and an extensive walk-over survey by the team, thanks to the full co-operation of the landowner, a

significant new hillfort has been added to the Chilterns records.

Unfortunately, there is no public access to the site, and the exact location of the hillfort is being withheld to protect sensitive archaeology and the landowner's privacy. The team is now actively engaged with the landowner to protect and preserve what remains.

Announced in the Chilterns Conservation Board News August 2020



Love Learn Live

Great Kimble C of E School

Church Lane

Great Kimble

Aylesbury

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HP17 9TH

Telephone / Fax 01844 346189

E Mail office@gkglt.co.uk

Interim Headteacher:

Miss K H Needham

School News - September 2020

This School News signals the end of a monumental school year; beyond anything we could have imagined. We have been stretched beyond our limits, had to adapt, change and put our resilience to the test but we made it. We have so much to celebrate and be thankful for, starting with some of the below:

GKS Marathon - Mrs Erskine Crum organised a wonderful GKS marathon event, which thoroughly engaged the children during their home learning. Activities varied from runs up to 5 miles, cycling 13 miles, walking, swimming numerous times around paddling pools and even a triathlon! It was a fabulous idea and appreciated by everyone who took part. Sponsorship money flooded in with an outstanding total of £500. An enormous well done and thank you to all those involved, especially Mrs Erskin Crum for a fantastic event!

School Library - this is now fully installed in the old Yr 3 classroom and looks fantastic! A woodland forest and castle have been hand-painted onto the walls and a fabulous section of books installed thanks to generous donations from members of our school community. We can't wait to welcome the children back to start using it in September.

Defibrillator - We are pleased that the defibrillator and its cabinet are now installed

at the front of Great Kimble hall. What a wonderful achievement it has been to be able to provide this for the school and local community. A huge thank you to FOKS for putting this into action and to Kimble Parish Council who kindly donated towards it.

New building - We were delighted to hear that Contour, the Architects who designed our fabulous new building, have been shortlisted for the regional LABC Building Excellence Awards for this project. We do not yet know the date that the winner will be announced, win or not, it is fantastic to have a building that has been rated so highly by others. We wish Contour the best of luck.

On the last day of term, we held a Celebration Afternoon. Over the course of two hours and at staggered times, Great Kimble families visited the school and participated in a socially distanced treasure hunt of the Kimble area followed by meeting the teachers in the playground. A few stalls had been set up to buy ice creams, win sweets and participate in a fabulous raffle. This was then followed by a Zoom presentation to all; it was a very special and fun afternoon especially for those children in Years 2 and 3 as, for some, it was the first time they had seen any teachers since the lockdown in March.

(continued)

This will be my last School News for the Ellesborough Magazine as from the end of September Mrs Cozadinos will be returning to her role as Headteacher. I want to say that the children at Great Kimble are the most warm-hearted and happiest children I have ever known. Seeing them so happy at school keeps us all going, even when workload is high and morale could be low. They really are the ambassadors for our school and truly a credit

to everyone. Thank you children for making me smile and giving us a reason to get up and work hard. Thank you for a great year - it's been amazing! I know that I will always look back on my time at Kimble with real admiration and pride for what we have all achieved.

Miss K H Needham, Interim Headteacher

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A Thought from the Rev'd Janet Wales

Whatever a person's religion or faith or absence thereof, many people try to find some kind of calm still centre from which to live out their lives. This is particularly true when in trouble.

Many Christians have used a mantra composed by the 16th Century Saint Teresa of Avila to help them. The English words of this go:

**Nothing can trouble, nothing can frighten,
those who seek God shall never go wanting.
Nothing can trouble, nothing can frighten.
God alone fills us.**

(It helps if you know the tune and
you can sing this.)

However, you could go right back to the Gospels for help in the story of the disciples in the middle of a storm on the Sea of Galilee. As the storm intensifies the disciples fear they

will drown and wake up Jesus who has been sound asleep. Jesus stands up and commands the waves and the wind to be still. (Luke 8: 22 -25) People have always applied this metaphorically to God's ability to still the storms in us.

At school I learnt a hymn about this gospel story - 'Fierce was the wild billow, dark was the night! This ended 'And when the storms of life roar sweeping o'er, whisper O truth of truth, Peace it is I.'

The search for a still centre is strongly associated with Buddhism but Christianity is hot on this too and Christians have always turned to God in crises to help them not be overwhelmed and to enable them to continue to have a strength to offer others.

Revd. Janet Wales

"Farmers are never happy"- The inversion effect

Is a statement we often hear. Inside the agricultural industry we have an awkward secret; our financial prospects are the inverse of the wider economy. We believe part of the reason for this inversion rests with the main agricultural commodity markets being traded in US dollars, so farmers benefit from a weak pound. As a result, when enjoying the company of "normal" people revelling in the benefits of a strong economy we are suffering, hence we moan a little! Alternatively, when the economy is in trouble it's unseemly for us to enjoy our highs, so we try to keep quiet.

This year has been a microcosm of the inversion effect, not this time due to the whims of currency but rather freedom of movement. As key workers we have enjoyed the freedom to keep working, much as normal. In fact, we have enjoyed the quieter roads! However, like the wider economy we have moved online. Wheat growing has gone virtual! Well, not really. We are now invited to virtual farm tours and BASF, a German multinational chemical company, now welcomes us to their "virtual farm" which strangely still promotes real rather than virtual crop protection products!

As agriculture has moved online, the public have inverted and become tangible. Since lockdown, we've experienced huge waves of inexperienced walkers, discovering the countryside for the first time. Many people have commented on the joys of watching spring develop and hearing birdsong without the background noise of traffic and planes. As custodians of the countryside, we closely observe our environment and of recent we've pondered the apparent changes in weather patterns. Whether a climate change advocate or cynic, benign periods, like April showers, have given way to more energetic storms and extended periods of extreme wet or dry.

At Landsman Farming we believe a system called "Regenerative Agriculture" might offer

a solution. This system mimics the relationship between large grazing herds and prairie grasses in building topsoil. The system opposes the inversion of soil (with ploughing) and utilises plants above and below ground to fix carbon dioxide and improve water infiltration. The Rodale Institute claims converting all global cropland and pastures to regenerative practises could sequester 100% of current annual CO₂ emissions. A pioneer of the system, an American farmer Gabe Brown, has managed to improve his farm's water infiltration rate from 0.5 inches /hr in 1991 to 10 inches /hr in 2009, an outcome which could seriously mitigate future flood risks and improve soil and hence crop resilience to drought.

Last year I started a YouTube channel, to help other farmers on their journey to regenerative farming by telling the story of our journey. So, if you are interested in learning more about how non-inversion methods could help in an inverted world, come and join us, growing virtual wheat online and let's see if we can start sharing the highs and lows together?

Search: Landsman Farming on YouTube.

Antony Pearce
Moat Farm

COVID 19 Lockdown

how we coped and what we did



Exercise at Home by Judith Harper

The Community's Response to Covid 19

On the pages that follow we are including both the original reports that appeared in the digital only June edition, which many readers will not have seen, together with a number of reports to bring the story up to date.

We have distinguished between the original reports and the updates by printing the latter in italics

Ellesborough Village Community Volunteers during Covid

The positive attitude and community spirit that has been demonstrated by the residents of Ellesborough has been exemplary during the past 8 weeks.

Two months ago, Ellesborough Parish Council (EPC) took the decision to act quickly and organise a network of volunteers to help the members of our Parish that might need assistance during the proposed lockdown. None of the Councillors fully understood what might be required or for how long and for whom, but instinctively we knew that there would be residents who needed assistance and that as a community we needed to react. The response was brilliant.

Within a few days, a hardcore of "Book Club" ladies had already started beating their drums and Amanda McGrail had set up a WhatsApp group which soon extended to the far corners of the Parish. Over 30 volunteers were ready and willing to help. 5 days after the lockdown was formally announced, 25 volunteers met in the

Russell Arms and a door to door Parish mailing was undertaken.

8 weeks on, we now have over 50 volunteers registered and 21 people have been helped via the Volunteer network. The Volunteers have been collecting prescriptions, shopping, dog walking and even arranging for electricians to fix cookers. We also know that many more people have been helped by neighbours and friends, not via the volunteer network.

On behalf of Ellesborough Parish Council, we thank you and you should all be proud of yourselves. With no sign of "normality" in the short term, we know that you will continue to help those who need it.

It is often only in the face of adversity that true characteristics can be seen.

Matthew McGrail on behalf of EPC

May 2020

A Thank You message from Elizabeth Hine

May I please take this opportunity to thank everyone, friends and neighbours, the Ellesborough Community Network and the Risborough Grapevine for all they do for me and other housebound folks. For the flowers and cakes, Easter eggs and fresh new laid eggs left on my doorstep. The shopping, the prescription collection, and the 'phone calls. I couldn't have survived this without you.

Thank you so much, I and my families living overseas are so very grateful to you.

Elizabeth Hine

May 2020

Home Schooling during Covid 19

For our family the effects of the lockdown by Covid-19 have been extremely mixed. We are a family of five with three boys under the age of eleven. On one hand we're all thoroughly enjoying having everyone at home and spending time together not needing to rush here and there for school drop offs and numerous after school clubs, but on the other hand, the home schooling has been testing to say the least. Trying to motivate each of them individually has been a challenge and there have been more fights than I ever expected.....but then again boys will be boys and I now have a completely new respect for all teachers! But we're working through it and know that everyone is trying their best and we will get there in the end. We have achieved seven weeks of lock-down so far, which is the equivalent of longer than a school summer holiday, so I think parents deserve a 'pat on the back' for still being sane - but ask me in 4 weeks time and I might say something very different!

The boys are desperate to see their friends at

So, 4 months after lockdown and home-schooling continued right up to the end of the Summer term. If I had been told back in March that I would be home-schooling my boys until July and the end of the school summer term, I think I would have fallen over and cried! Looking back on those months it all feels very surreal and like a hazy fog descended over us. However, we got through it and I for one, am hoping that I will not need to repeat being a home-schooling mum again. It was very tough but we are through it for the moment and all indicators are showing that the children will return to school in September in some form or other. All my fingers are crossed!

Sadly, the buzz of end of year activities were missed, including sports days, leavers events, summer fayres and many more. My 11-year-old, being in year 6, missed out on his weeklong residential trip and saying a proper goodbye to his friends as his primary school education came to an end. However, he was fortunate to see a few of his peers in June when the government deemed the Year 6 group an important one to be back at school, albeit in small bubbles. My other two also went back to school for a couple of days a week under the 'key worker' status as I work as a companionship carer. This helped them enormously as they were able to see some teachers and children, albeit in mixed 'bubble' groups and none of their specific friends, but it made a huge difference to their behaviour and well-being. For me it was a 'life-line'. To see

school again and even though they can wave and say hello via video messaging, nothing is the same as seeing them in person. We are all living history and I hope they will look back on this time, not just as mummy being a terrible teacher and forcing them to do some work, but as a special and bonding experience that we all have benefited from. Having children at home 24/7 is unbelievably hard and adding being teacher, mum, housekeeper, cook, referee and wife into the mix is even harder. I myself, will try to look back on this time positively and with no regrets; we are the lucky ones, we live in the beautiful Chilterns and have space to move and breathe in proper fresh air, we are lucky. Our hearts go out to those who are not so lucky and have tragically lost loved ones in this awful pandemic and to those who have fought the virus on the front line.....we thank you.

Jennie Smith
May 2020

them desperate to get into school and wanting to go every day was an eye-opener. I realise how important social interaction is for our children. Never again will they say to me 'mummy I don't want to go to school again, why can't we be home-schooled?' - a comment which had been mentioned in the past before this pandemic.

Being a parent at three different schools and chatting to other mums, I became very aware of the big discrepancy in how schools responded to this crisis. It was very clear that those schools whose teachers communicated directly and regularly with their pupils fared much better. To me this discrepancy was very evident and made home teaching much more difficult.

It was not all doom and gloom though and I have certainly enjoyed many moments with my family. Being at home and able to enjoy lovely dog walks and eating meals altogether has been extremely special. I have also loved not having to rush around in the car to various clubs and activities; my petrol consumption has reduced dramatically.

Let's hope we can all learn from this experience in all aspects of our lives and, apart from me trying to be a teacher, I hope to look back on this time with positivity rather than regret.

Jennie Smith
August 2020

The Children's Society in Covid 19

As a longstanding volunteer and local representative for The Children's Society, I would like to share, with you, some of the ventures and appeals that The Children's Society are doing, during these unprecedented times, for the young people that need it most.

Every childhood has been disrupted by these challenging times, but it has trapped the most vulnerable children and young people at home, hidden from view and away from vital support. They are all alone, trying to cope with their mental health problems, their fears and uncertainties, their abusers – through to poverty and neglect.

In the current situation, giving these children help is more vital than ever – that is why The

The Children's Society remains grateful for ongoing support as they cope and adapt to Covid-19, address the challenges of young people and connect with volunteers.

For those of you who have a Collection box – I will update you when there is a policy in place as, at present, we are not permitted to collect or count.

As a volunteer, I share some of the recent and ongoing campaigns:

Volunteers remain connected to The Children's Society thorough the "Connect Newsletter", "Virtual Coffees" and "Lunch & Learn" online sessions.

"Pot of Gold Funding" – is funding given to young people to make a difference to things that are important to them in their local area and situation:

<https://www.childrenssociety.org.uk/pot-of-gold-and-over-the-rainbow>

Life on Hold/ Children Well-being & Covid-19 Report

A New report launched to look at children's happiness during Corona Virus lockdown:

Children's Society, their practitioners and partners are making sure they are still there for young people. They are speaking with children on the phone, delivering vital care packages, and calling emergency services when the child is at high risk or too scared to do it themselves.

One of our practitioners has shared 'Young people are going to need more support to get them back to where they were before all this happened. We are the place that they can turn to.'

Thank you, Judith Harper
May 2020

<https://www.childrenssociety.org.uk/news-and-blogs/press-releases/pandemic-leaves-11m-teenagers-unhappy-with-their-lives>

Strengthening the Safety Net (STSN)
A petition recently to get the Government to provide councils with the long-term resources to fund and fix crisis support.
<https://act.childrenssociety.org.uk/page/64052/petition/1?ea.tracking.id=RM>

Volunteers Speaker Talks.
Talks can be arranged for social groups, churches, schools and colleges.

Good Childhood Report – 28th August

Emergency Appeal
To find out more about this appeal please visit <https://www.childrenssociety.org.uk/lifeline>

The Children Society – just giving via Judith's fundraising
<https://www.justgiving.com/fundraising/judith-harper21>

Thank you, Judith Harper
August 2020

Sewing for the NHS during Covid 19

After a couple of weeks in lockdown, I noticed on Facebook a group who were sewing items for NHS staff. My children are teenagers now and no longer need World Book Day outfits made, so I dragged my machine out from the cupboard and blew away the dust. Initially my machine and I had a big argument but after a good service we made up and I was ready to collect fabric and join the group, so that's what I did.

"Sewing for the NHS" has over 3,500 members and is a volunteer group covering Buckinghamshire, Bedfordshire and Milton Keynes.

So far the group have provided NHS staff, carers and surgeries with over 16,000 scrub bags 7,000 headbands, 300 NHS approved scrub sets & caps.

The scrub wash bags provide an invaluable and hygienic way for Doctors and staff to take their clothing to be laundered and the headbands have buttons attached either side to prevent pressure sores behind the ears from wearing masks for long periods.

Hi, since I last wrote about the sewing group I'm part of, the groups name has changed to "Sewing for Frontline workers Bedfordshire, Bucks and Milton Keynes" and the huge demands have dropped off for most items.

In July the group did however supply 373 Scrubs, 112 bags and 45 headbands to the student Doctors at Stoke Mandeville Hospital and throughout July requests for face coverings have gained popularity.

Our local area coordinator has recently supplied:
150 face coverings to Kent House Care Home and Buckinghamshire Mental Health Teams.
300 to Buckinghamshire Health Care Trust.
100 to Stoke Mandeville Medical Records Department (and other key staff).
150 to Westongrove Doctors Surgery.

You may remember in my last article, mentioning how my machine and I got off to a bad start? Well, it has sadly been banished to the cupboard again, until I replace it as its issues returned causing me great frustration.

In order to keep calm and carry on helping, I continue to offer my help as a driver, collecting

It's been great being part of something and connecting with new people but also learning new skills on my machine.

Take care and stay safe

Kaye Warner
May 2020



NHS staff with the headbands and scrub bags

completed items and delivering them to the coordinator but it all seems to be quieter now. Professional seamstresses are making scrubs and other dedicated members continue to make face coverings.

Our local ladies are poised ready if needed and occasional pledges are made but on the whole they are enjoying a break from the big demands made earlier in the pandemic.

It has been amazing to be part of and I'm sure in years to come my children will remember the continuing hum of my machine, fabric cuttings everywhere with a washing line full of other people's bedding and headbands lined up.

I also will have memories of my own, including a very nice gold ring I discovered in a donated Laura Ashley style duvet cover. I'm pleased to say, despite the donation being collected in a black sack full of various peoples bedding, the original owner was reunited with their ring.

Take care,

Kaye
August 2020

School Teaching during Covid 19



As a Primary School Teacher at Great Kimble School I am one of a skeleton crew looking after children of critical workers, who are often working 24 hour shifts. It seems strange being in school with only a few children but we are filling the days with

So following Boris' announcement we did meet again with our Reception and Year One. Classes returning to school alongside the children of keyworkers. To enable the Government guidance to be followed with the 2m social distancing rule these classes were split into two with a morning and afternoon session focusing on core aspects of the curriculum. Every classroom was utilized so sadly the rest of our Year 2 and 3 classes continued their home learning.

In preparation, before the children returned to school, they watched a video with their parents to help them understand what it would be like in their streamlined classrooms.

I am so proud of them all because they quickly adapted and got used to all the extra hand washing, standing on socially distanced coloured discs in the playground, having staggered breaks, being in their class bubbles and working to a revised timetable. They have all loved having their own tables, individual stationary packs and work folders. Before we closed for the Summer holidays the whole school was invited to a Celebration Afternoon on a glorious, sunny day. It was great for everyone to meet up and carry out a socially distanced outdoors treasure hunt in our beautiful surroundings followed by family picnics, a raffle

a mixture of routine and fun activities. To help the children and parents staying at home we gave them Home Learning packs before the lockdown

and on our school website post daily tasks for our classes, together with lots of resources and links to useful websites. We have rung our families, stay in touch by email and encourage the children to send in photos of their activities. We share their pictures in our weekly newsletters to help everyone keep in touch and stay motivated. We are lucky to have our own private YouTube channel and I am rising to the challenge to produce weekly videos linked to our topics, which the children are enjoying. I am sure my rehearsals in the garden have kept the neighbours entertained! We are all using our Growth Mindsets and can't wait till we'll meet again!

Helen Holman
May 2020

and a zoom party at home. It was the perfect tribute and ending to an academic year like no other

During lockdown it was Children's Mental Health Week (18-24th May) and we promoted a range of daily relaxing and mindfulness activities. With my Wellbeing Subject Leader hat on I just wanted to reinforce the need for us all to look after our own mental health. (See next page)

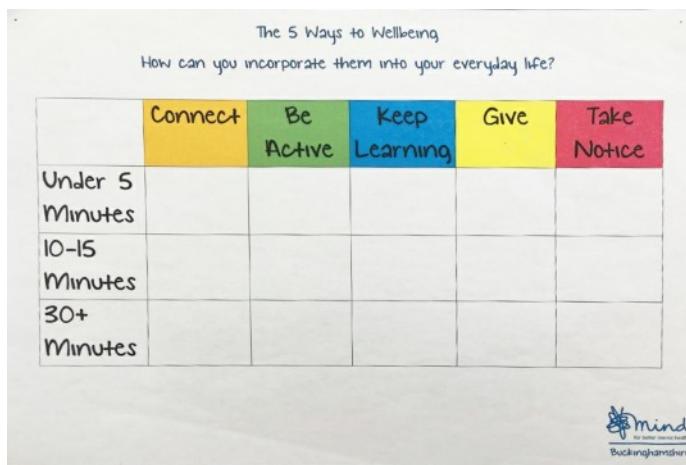
If you just spend a few minutes thinking about and completing The 5 Ways to Wellbeing table using the notes I am sure you will all find tips and ways to help you look after your own mental health. There is also a really good website <https://www.actionforhappiness.org> When you click on the tabs you will find that the first five keys are based on 'The Five Ways to Wellbeing'. The monthly Action for Happiness calendars I have found really useful and you can also download the Action for Happiness App which is based on the monthly calendars and gives users the day's action in the morning and an inspiring message towards the end of the day.

Helen Holman
August 2020

School Teaching during Covid 19 (continued)

Mental Health Grid

See previous page



Bucks Mind Staff Handout

Five Ways to wellbeing

- CONNECT** – talk & listen, be there, feel connected
- BE ACTIVE** – do what you can enjoy what you do, move your body
- TAKE NOTICE** – remember the simple things that give you joy
- KEEP LEARNING** – embrace new experiences, try new activities, surprise yourself
- GIVE** – your time, your words, your presence

Fund Raising during Covid 19

Early lockdown seems long ago; the flood of memes has now slowed to a trickle and the chain poems/recipes/albums/books have petered out in a way that we can only hope the virus will eventually. When I received the 5/5/5 chain challenge - run 5 km, donate £5 and nominate 5 others, it was a great excuse for another outing to the woods in the beautiful weather that has been helping us through. I decided that as Capt. Tom had smashed all targets on NHS fundraising, another charity could benefit and as a result of using Judith Harper's Children's Society fundraising page, I'm writing this. Not that I really run in the way that Judith does, or Liz Alexander, who has a real achievement to report! 'Interval running' is a great way to get fit gradually and not worry about stopping to talk to people (at an appropriate distance) or to take photos or watch wildlife. Basically you walk as much as you like, especially on the uphill sections! Unlike Couch to 5 km or other schemes, there is no guide so you can take it as you please, but somehow you end up going a little further and faster over time, whilst not stressing your knees and back quite so much.

Meanwhile, my son Sacha considered doing a vertical 5 km, in multiple ascents of Beacon Hill. In the end he decided to attempt the '26' challenge, suggested by lots of charities as an alternative to the 26.2 mile marathon on April 26th. People all over



the country ran, walked, sang, swum and knitted their way to 2.6 or 26 targets. Sacha completed non-stop 26 climbs of Beacon Hill (from near the gate into the field), almost 1500 m of height, in 2½ hours, raising funds for Crisis

This pales into insignificance when compared to the long hours being put in by all key workers: the NHS, teachers, post office, transport and our own wonderful farm shop and village volunteers - a huge thank you to you all!

Fiona Tchen
May 2020

The Alexanders during Covid 19

Lockdown according to the Alexander 'youth'

Tom (20)

Working over this period of uncertainty has been interesting to say the least and working in the food industry even more so. I work for an online butcher called field&flower who deliver nationally. As a result of the pandemic demand has increased significantly and our working patterns have had to flex to accommodate the increased demand. We've all been working at home since just before lockdown which has also been an interesting experience!

It's great to see how we can manage to help people who are self-isolating across the country by delivering free-range grass fed meat and sustainably sourced fish. We have also been donating to FareShare South West as a company which is very rewarding to know that over 80,000 meals have been donated by us and our customers.

A bit closer to home I have been helping my younger brother - Josh - in his collections for food banks. So if you see an old grey Volkswagen pottering about the village of an evening you'll know we're out collecting! It's been amazing to see everyone in the village get involved in this great enterprise and help out those who are in need in these bizarre times.

Han (19)

During the pandemic I have been working at the farm shop along with doing my degree from home. It has been a big change at the farm shop with online deliveries, collections as well as serving customers in a socially distanced face to face way.

It is great to be able to help the local community to access high quality food in a time like this. I've also been doing my lectures online on my days off which has been more challenging than when in Edinburgh!

Josh (16)

In the lockdown I got a job at Aylesbury Tesco and I'm working there twice a week. I'm in the Covid-19 Response team and our main role is to help people to feel safe whilst they are shopping.

We sanitise the trolleys and hand held scanners for people, manage queues so that not too many people come in the shop and then do our best to ensure people stay 2 metres apart whilst they are shopping. It's quite sociable and my colleagues are all very friendly. Through my school (AGS) I've been collecting food for local food banks from the village. My brother Tom has been my collection driver. People have been incredibly generous and we are extremely grateful for all the support. I've also been studying at home for my A levels which has been an interesting experience!

My alternative London marathon - Liz Alexander

After 7 years of trying, I finally had the opportunity of a lifetime to fulfil one of my major ambitions - running the London Marathon.....I had already entered the Edinburgh marathon as initially I didn't get into London, so back in the Autumn it seemed like a good idea to run them both, 1 month apart, to raise funds for the amazing mental health charity YoungMinds (<https://youngminds.org.uk>)

I have run 2 marathons in 2 months before, but that was 6 years ago, and whilst the spirit is still very willing, my half century plus means that the flesh is undeniably weaker.....

Getting from December to now has been both a physical and a mental challenge; physically it has been about making it through the training without too many injuries – this didn't go according to plan as I developed foot and knee injuries pretty early on which hampered initial training. But it has also been a very real mental challenge; 26.2 (x 2!) miles is a long way, and compounded by the fact that I've never before entered an event that meant I had to train during the winter months, in fact I've actively avoided them. I don't enjoy the winter, I thrive in the sunshine, so the thought of having to motivate myself to get the training miles in during the dark and cold was seriously scary. I did however know that there was a definite end to my mental challenge at the finish line. For many people mental health challenges can seem never ending, which is why I wanted to do something to support the amazing charity that is YoungMinds. They are committed to ensuring that every young person in a dark place, and their family, can see that there is light at the end of the tunnel. YoungMinds is a unique charity which provides mental health support for young

The Alexanders during Covid 19 (continued)

people aged 0 to 25 and, crucially, their parents & carers as well.

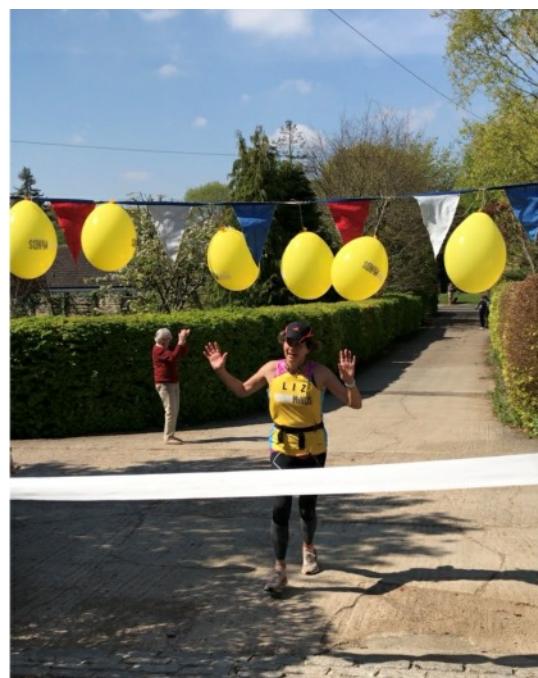
Back in the autumn, who could have predicted that living through a pandemic would be our reality in the Spring. London and Edinburgh marathons were postponed to the Autumn, and even as I write there is significant doubt that either will actually happen before next Spring. I had spent months training and so many people had supported me and sponsored me, that I really wanted to do something in return for their faith in pledging their hard-earned cash to YoungMinds.

So..... On Sunday April 26th it wasn't quite the London Marathon I'd imagined, but I had decided that I would run my own 26.2 miles in honour of the cancelled event. My route consisted of twice round a very close to home local lap - 1 loop with Hannah and the other with Josh - and then the majority of the miles on my own round the garden/lane. It was an amazing, unique and surreal experience, if a bit lonely on the garden laps! I found the last 3 miles very hard as I hadn't managed a long training run for 6 weeks due to lockdown.

I hadn't really told anyone other than immediate family what I was going to do, as I was very nervous that I may not be able to finish, but the support was astonishing: Hannah had made chalk board landmarks to keep me motivated on the way round the garden, there were amazing banners from the Hares family, neighbours, realising something was going on, offered amazing support from a safe distance behind their garden gates,

the 'Grannies' were dialled in on FaceTime for the finish, and Eldridge Lane made an amazing Mall substitute for my very colourful finish line, adorned with bunting and balloons. A cold Erdinger low alcohol isotonic beer was waiting at the end ...and proper fizz did follow once I had recovered enough to be sure it wouldn't make me fall over! A huge thanks once again to everyone for the most amazing support for #YoungMinds (for more info see JustGiving,Liz Alexander) and hopefully, when the pandemic subsides, I will be able to run the real London Marathon....probably in 2021!

Liz Alexander
May 2020



My Alternative Marathons - part 2

I last left you perhaps wondering if I completed my 'virtual' Edinburgh Marathon on 24th May.....well thanks to a slight relaxation of lockdown rules at that point I was able to complete it and mercifully do the entire 26.2 on the roads, as opposed to getting dizzy running a lot of laps around the garden as I had done a month earlier in my own 'virtual London'! It certainly doesn't seem to get any easier - you just know what's coming at certain points and need to keep telling your brain to forget that!! Once again, I was so lucky to have the support of the family - cycle company for a large chunk of the run, drinks replenishment, flapjack on the go and Josh ran the last 6 miles

with me. We kept the pace up and finished just a couple of minutes off a sub-4 hours and my sponsorship total has topped £3,000 for Young Minds - a great outcome of the 5 months of training and 2 virtual marathons.....but, as the saying goes, it isn't over until the last marathon is run.....

You may have heard that the 2020 London Marathon was rescheduled for 4th October this year. However, on 7th August, not unsurprisingly, the organisers decided that despite having explored all avenues, due to Covid-19 it would still be too dangerous to try and host the real thing as a mass participation event this year. But there was an alternative option.....London 2020 has now gone 'officially virtual'!!!

The Alexanders during Covid 19 (continued)

Unfortunately my own virtual in April isn't enough to get the much coveted medal and finisher's T shirt for the 2020 40th London Marathon.....however by running 'virtually' on 4th October and recording the run on a special app, those mementos could still be mine!

So with some degree of trepidation borne out of a very hot summer and not enough training, I'm going again on 4th October. I just need to find myself a new local 26.2 mile route, a good dose of motivation and maybe bribe a few family members to accompany me some of the way again!

And extraordinarily that will still not be the end!!!!.....the London Marathon organisers have also published dates for the next 3 'real' London Marathons and as a 2020 entrant I get the chance to defer this year's real entry to a 'proper' London Marathon: run in London, past the traditional landmarks, finishing at the mall, with supporters lining the route. I have opted for April 2022 so will know in a few weeks' time if I have been successful in getting that date (if not it will be Oct 2021 or April 2023).

So my idea of running 2 marathons this year and fulfilling a 7 year dream of running London has become something of a marathon itself.....I will have run 3 this year with the 'real deal' hopefully in April 2022 (and who knows, maybe Edinburgh May 2022 as well just to finish what I started !!)I'm hoping for a following wind both literally and metaphorically on 4th October....wish me luck and watch this space!!

**Liz Alexander
August 2020**



Food Bank during COVID 19

Josh Alexander has organised the Food Bank over the last few months.

The support and contributions have been overwhelming and greatly appreciated. Josh's collections have been suspended throughout the school summer holidays but may hopefully resume in September when there will be an update.

Allotment Project and Fresh Vegetables or the community in Covid 19

In just a few weeks we have progressed rapidly, turning two unused and overgrown plots into what we expect to be highly productive land for a wide selection of fruit and vegetables. The first job of finding volunteers achieved success, and we are now an energetic team of 6 enthusiastic amateurs: more volunteers always welcome.

Having ploughed, tilled, levelled and cleared we have now also completed about 70% of the planting, with the remaining tender seeds/plants waiting for the risk of frost to pass.

A tense time ahead while we wait for the donated plants and seeds to grow or germinate, but the potatoes are coming up, the radish, spinach &

lettuce are growing well and we're hopeful the many other seeds will also thrive.

We'll obviously report progress again, but until then we'll be weeding, watering and planting to ensure we can have fresh, local and organic produce available for our Parish neighbours this Summer.

Many thanks to our volunteers, but also to the Ellesborough Relief In Need charity for provision of crop protection netting and to Buckmoored Farm for well-rotted manure for the plots.

Graeme Bird
May 2020

The “allotmenteers” are reliably supplying and delivering weekly vegetable bags to over 20 households in the village. Most produce is picked on the day, so we go from field to doorstep in just a couple of hours. Beat that Waitrose!

Although we've had challenges, most of what we've planted has worked well with beans and courgettes being the best of the current crop. We're hoping to get carrots out this week and main crop potatoes in a couple of weeks. Some of the fruit is looking really good, provided we can get the plums and apples before the wasps. Unfortunately, we lost a lot of plums last week due to wind damage to a heavily laden branch - disappointing!

It's been hard but satisfying work and the team have had lovely comments from many of our ‘customers’, which makes it all worthwhile. I must confess we also sample most produce ourselves; Quality Control is so important, and I highly recommend plum tartin as soon as the rest of the plums are ready.

**Stay safe all.
Graham Bird
August 2020**



**The Before & After photos tell the story of The Allotment Project
It's been quite an eventful 5 months, from 2nd April to 6th August 2020,**

Lockdown Farming

I have spent many a day feeling somewhat guilty in recent weeks. Without doubt the common question asked by customers in our shop or footpath users on our farm is how Covid19 has affected us. The honest truth is that it hasn't much. In the first few days I used to joke that we were already in a fairly isolated position anyway. However, as reality has dawned on how long we may have to endure this new way of living, and what the long-term effects may be, my same response has become far more penitent.

I certainly feel like I'm fortunate in this situation. As a farmer I have livestock to tend and crops to oversee. I have a bona fide reason to carry on with my work, and fortunately it cannot be done from indoors. We are approaching the end of lambing, so recently my days have started at 5am in the lambing shed, and ended there around midnight, with a plethora of tasks to be carried out throughout the day.

pack fruit and vegetables. There is a real fear that some of this fresh produce could end up rotting in the fields without the labour to harvest it. So, if you fancy the challenge, it could be your ticket outdoors!

<https://www.fwi.co.uk/business/coronavirus-urgent-appeal-for-brits-to-work-on-farms>



We have made some significant efforts in our shop to adjust to the new guidelines in relation to social distancing. We have also introduced an online ordering system to arrange collections and deliveries for customers who are in isolating situations. We have increased our stock and range of products. More information can be found on our website at www.buckmoorendfarm.co.uk or give us a call on 01296 624 425

Finally, we would like to thank all of our customers for shopping with us and supporting local.

Daniel Hares
May 2020



I have total sympathy for anyone who has a yearning to spend a weekend getting out and about. I honestly don't know how I'd manage given the fact that I spend 365 days a year working outside. Especially with the stunning weather of late. There could be some hope for the claustrophobic though...whilst we grow cereals and rear livestock, other farms nationwide are desperately recruiting for farm workers to pick and

Sewing Scrubs for the NHS during Covid-19

Back in April, early into the Coronavirus pandemic, a friend asked me whether I would be interested in making items for the NHS, and I was delighted to be able to help.

Lead by a team of very hard-working coordinators throughout Bucks, Beds & Herts, the initial requirement was for hairbands, with buttons at the sides. Staff are wearing face masks for very long periods of time, which has proved painful and, in some cases, caused sores behind the ears. Having these hairbands means a mask can be attached to them rather than having elastic behind the ears, making it more comfortable.

Very soon after, laundry bags were requested. At the end of a shift, all the clothes worn by medical staff and other front line services, can be removed and placed into the large bags, which are closed with a drawstring and placed straight into the washing machine. This ensures safety in the homes, so no work uniforms come into contact with other items.

By May the sewing task grew and volunteers were asked if we would be happy to sew scrubs, which I have now been making. It feels great to be able to help the amazing people in our NHS and other frontline services. At times the house has felt like a mini production line...but it's kept me nice and busy...and a distraction from not being able to see the grandchildren!

I have now taken a break from NHS sewing to allow me to concentrate on other projects at home and in the garden. What has been good to know is that the scrubs that I have sewn, have made their way to Wendover Health Centre, Florence Nightingale Hospice as well as to Kings in London and other care facilities in the area.

Let's hope we all get back to some sort of 'normal' soon, and that we can return to meeting up with our family and friends in easier conditions, rather than outside, holding down a gazebo(!) and with a 'Bring Your Own' policy!

Sharle Norton
August 2020

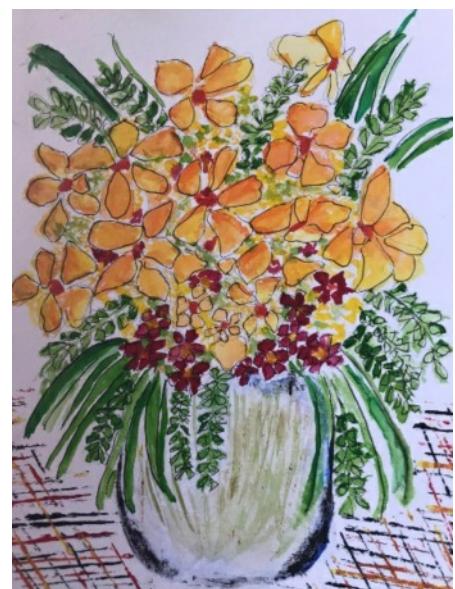
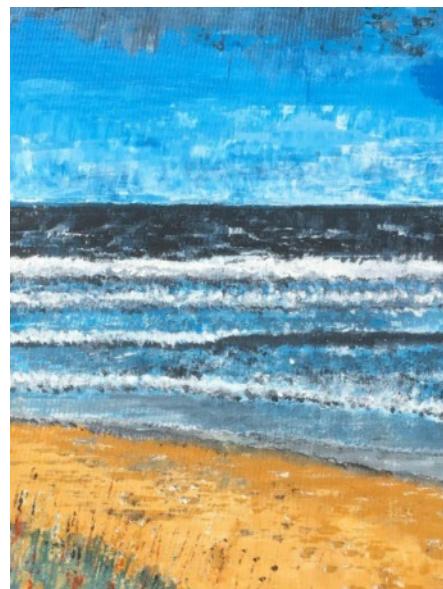


Art Therapy Online during Covid 19

With the local MS Centre closed, due to "lockdown," - the members and patients suddenly found themselves without their treatments, therapies, social groups and interaction with each other.

Included, was the fortnightly art group, so we decided to continue our volunteering by running online art sessions throughout this difficult time.

With almost 50 following our art challenges and several participating in art – it has worked out to be valuable and therapeutic for many.



We are continuing to set online art sessions, demos and ideas for the MS members and patients. Some of our recent arty challenges have included themes from Nature and working in the style of artists as John Piper, Ben Nicholson & Pete Monaghan. Perhaps you could also take a look at these inspiring artists !!

Our recent "Zoom show and tell" was very successful as the collaborate and interactive opportunity is something which the members miss during these times.

We have more arty ideas at our fingertips and will continue the online art sessions until

The challenges have included: working in the Style of LS Lowry, Spring Flowers and Seascapes.

Below are some pieces of work completed by members/patients.

Judith Harper
May 2020

the MS centre re-opens and the Angell Art group can meet again. The first physio sessions are planned to start on 17th August but the social groups, such as the art group, will not be commencing for some time.

We have also selected some of the members artwork to include into a 2021 calendar, so if you would like to order one – let me know.

Here are a few more pieces of art completed by the members/patients (see page 33)

Judith Harper
August 2020

Summer in Locked-down Dunsomore

.Everything's the same – and nothing's the same. White Pond is still home to travelling ducks and resident moorhens. The younger set is out on bicycles, finding new byways to explore, as are those setting off on the footpaths. But unusually, there are home deliveries from the farm shop and supermarkets, neighbours collecting prescriptions from the surgery, and residents learning or remembering how to grow tomatoes and runner beans. And until the county council stepped in, there was gridlock in the lanes leading in and out of the village, particularly in the Coombe Hill area. Thank you, Bucks County!

It has been a relatively quiet time, without Cream Teas at the church and DVHA activities in the Village Hall and on the common. The hall has recently reopened under strict coronavirus guidelines. The roof has been repaired, too. Restoration of full activities is on hold until this airborne evil is no more.

Just two months before his 95th birthday, Jeff Brill passed away on 6 July. Those of us who knew Jeff and his wife Margaret have been thinking of her and their family and sending her our condolences. Jeff was the patriarch behind Peterley Farm, where many of us have spent time picking our own and enjoying the family's wonderful crops.

and fireplaces – and some put their creative talents to use with the remains. The Hague family took advantage of some offcuts, and Bryn and Bel each decorated appropriately-shaped pieces. Bel's fox was much admired by villagers and walkers alike. Artistic talent galore in that family!

After four months in the excellent care of various NHS facilities, Tina O'Toole arrived back home on 10 July. Her husband Mike is truly delighted to have her home, as are her friends and neighbours. Tina's rehabilitation continues, and we all wish her the very best as she regains her health.



The Ladies' Lunch events have begun again, at socially distanced levels. Each attendee provides her own food and drink, but we are able to chat to one another in a slightly different manner. We may have to play our own version of Musical Chairs in order to speak with all our friends, but it's wonderful to be out in the fresh air with them again. The next lunch is at noon on 10 September, at Dunsomore Park Lodge. By 27 October, the next scheduled get-together, the rules may have changed, but we hope to be able to continue this new-found social outlet. Will we be able to celebrate Christmas together? Stay tuned.

Lynne Ladd
August 2020



A very large, old and unhealthy cherry tree behind the church had to be felled during the summer, and villagers were invited to help themselves to the wood. Some residents scooped up logs for their woodburners



Allotments – then and now - May 2020



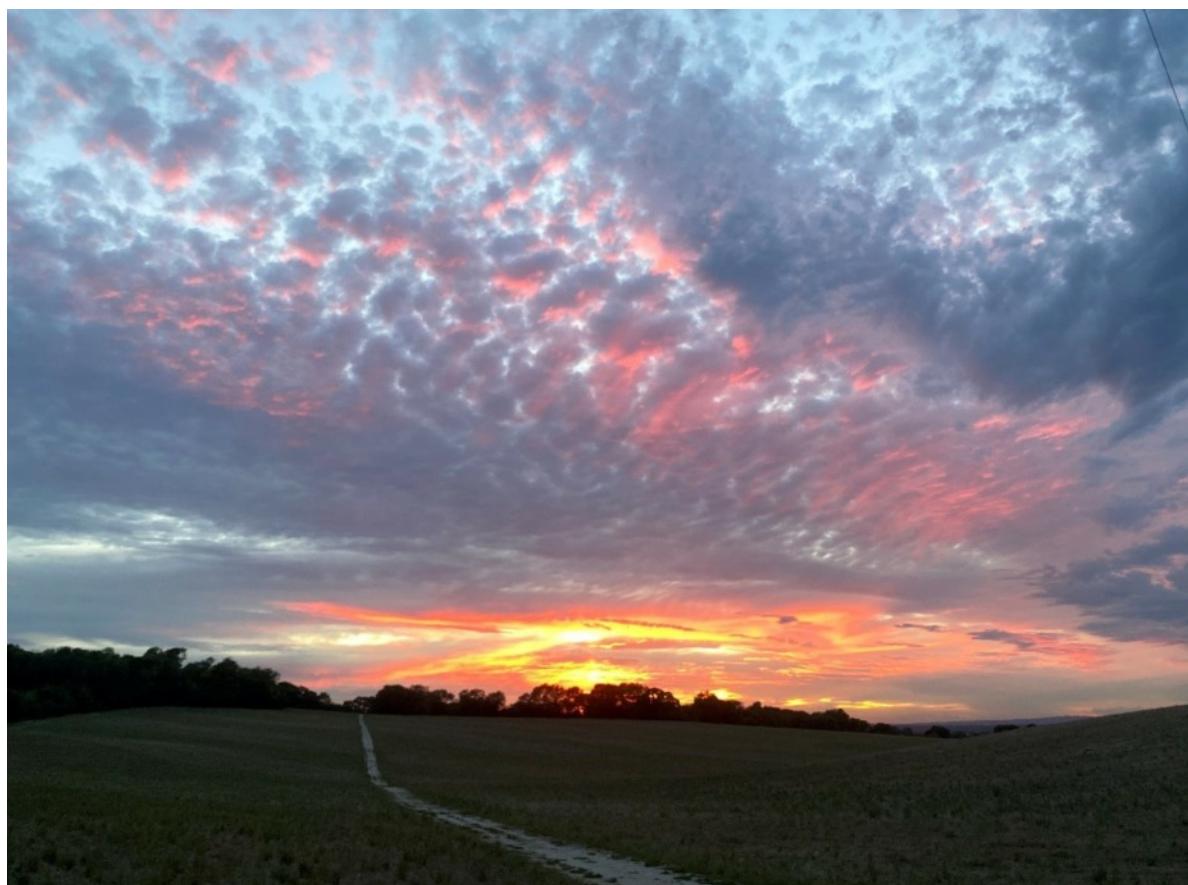
Art Therapy Online

August 2020





Sacha on course to complete 26 non-stop ascents of Beacon Hill - April 2020



Sunset - photo by Fiona Tchen

Putting out a message - May 2020



VE Day 75th Anniversary – 8th May 2020 Chalkshire Road Street Party

Much enjoyed, but all strictly Socially Distanced



Nicholas Strathon has these memories of VE Day 1945

I do actually recall as a six year old attending the Bonfire celebration of VE day in Peaslake in Surrey where my mother and I were staying with friends having left London in summer '44 for a spell to get away from the V1s and V2s. The War for us wasn't over at all since my father was shortly to go to the Far East, but fortunately Japan surrendered very shortly after he landed in India!

Victory in Europe, May 1945

My memories of this period are very vivid. I was a young 9 year old child living at my home in Bath with older brothers and sisters all involved in war work. Two brothers in the Navy, one a sub-mariner in the Far East and the other on a Destroyer in the North Sea and Baring Straits I think. One sister was directed to Nursing, one to the Admiralty and one to a secret location where National treasures were hidden away. Home life was somewhat fragmented with comings and goings at odd hours - no job was a regular 9 to 5.

May 7th stands out for me, it was the birthday of one of my sisters and we knew the war was over, but we had to wait until May 8th before Mr. Churchill would make the Official Declaration of the end of the hostilities in Europe. The excitement had 24 hours to build.

And Oh the relief. After nearly 6 long weary years of anxiety, blackout, worry, fear and so much more - we were overjoyed. Dancing and singing in the Streets and of course we held a Street Party. Fancy Dress or Sunday best. Bunting. Flags. Fish paste sandwiches, jelly and iced buns made by our local baker - boy were they good. A veritable feast. We didn't exactly go hungry during the war but food was 'different' and somewhat bland and certainly not plentiful, no one was overweight.

However, celebrations were tempered by thoughts of those who would not be returning from the war, or our friends lost in the local blitz on Bath.

My brother James was still on active service in the Far East until August 1945, and Oliver's Destroyer was sent to many places around the world to pick up soldiers to bring them home. All this took very many months. An amazing story to end. Returning from the Far East James's submarine came through the Suez Canal and stopped for refuelling at the same Port as Oliver's Destroyer was picking up with soldiers.

They met! What an amazing coincidence.

When finally after many months they were both home and very fortunately with no injuries although they had both witnessed the true horrors of war.

And the upside for me was that I had some very nice souvenirs from faraway places. And also, because of all my older siblings I know all the words to the wartime songs.

Jean Young
May 2020



News & Reports

Kimble & Ellesborough W.I.

Kimble and Ellesborough WI normally meet at Stewart Hall, Station Road, Kimble, on the first Wednesday of the month at 2pm. Come along and meet us we are known to be a very friendly group and everyone is made very welcome. We have an interesting speaker each month and of course there is always tea and biscuits. It's free to visit. For information about our meetings please contact either our President Elizabeth Hine (01296 625912), or our Secretary Bev Russell (01296 489298).

There was much on offer at our WI during the spring and summer this year.

- A coach trip to visit the Hindu Temple in Neasden with an Indian style buffet lunch was much anticipated.
- Princes Risborough Morning WI were to be our hosts at the Icknield Group Spring Meeting in April.
- We had been invited to visit the Spinal Unit facility and to watch the Inter Spinal Unit Games at Stoke Mandeville Stadium in April.
- The Annual Council Meeting of the Bucks. Federation of WIs takes place every year at the Waterside Theatre in May. We looked forward to hearing the speakers, Esther Rantzen and Jay Blades from The Repair Shop.
- We had also looked forward to visiting the beautiful Horatio's Garden at Stoke Mandeville Hospital and enjoy tea there in June.
- The Annual Meeting of the National Federation of WIs at the Royal Albert Hall is always an exciting summer event, and to join with 5,000 other like-minded women singing Jerusalem is the highlight of any WI membership, and our own President Mrs. Elizabeth Hine had an invitation this year.
- The July garden party at Waddesdon Manor was another highly anticipated event when we would celebrate the centenary of the Bucks. Federation of WIs.

But, instead of all those great opportunities we had Covid 19

Everything was cancelled. No WI meetings at Stewart Hall, no coffee mornings at The Swan, no pub lunches, no coach outings, and we simply missed each other.

Maggie Kaye cleverly organised meetings for groups of friends via Zoom but we missed the 'company' of our fellow members - and the tea and cake of course!

When will we meet again?

As restrictions eased it was decided to go ahead with our Summer Garden Meeting in August as the

guests of Sue and John Stewart at The Plough on Chalkshire Road. Such excitement! Parking areas mowed, marquee erected and the cleaning of tables and dozens of chairs, placed 2 meters apart of course. One way 'traffic' signs were made and risk assessments were prepared. No sharing of pens allowed for 'signing in', masks and hand sanitiser were available and the handling of 'untouchable' entrance money organised.

So much work for John and Sue, and her sister Stephanie.

It was a brilliant and glorious day, the sun shone, the garden looked at its best, the coffee was welcome and the cakes and the scones made that morning served with jam and cream were superb. Snowy white cloths and bowls of wild flowers were everywhere. Everything was perfect. Our grateful thanks to Sue and John. We had such a happy afternoon of WI friendship.



Sue and John Stewart at The Plough, Chalkshire Road, Terrick, open their garden to the public at various times during the spring and summer for the National Garden Scheme but have been unable to do so this year due to the Coronavirus. For details of future openings please ring them on 01296 612477.

Walking in South Western Australia Part 2

Our second route in Western Australia was the Cape to Cape Track. This is about 250km south of Perth, running along the Indian Ocean.

Normally walkers start at the Cape Naturaliste lighthouse and walk southwards to the Cape Leeuwin lighthouse. For several reasons our guides did it in reverse. Firstly, it was because the most difficult part of the track is in the south and it meant we had done the hardest part in the early days while we were fresh. Secondly, we did the final day's walking on the same day that we returned to Perth. By ending in the north, it meant fewer miles in the minibus at the end of a very long day. Really this day should have been divided between two days.

The accommodation plans had been changed before we set off. No longer were we walking and staying progressively along the route. We were to be based at Margaret River Beach for the whole trek. This meant that we had some long bus drives at the end and beginning of each day. Only once were we able to walk into and out of our base camp which was in the middle of the route.

This decision had been made to reduce the costs and therefore make it more financially attractive and therefore able to create a viable group. Not a wholly popular decision.

The Cape to Cape Track winds along the spine of the Leeuwin-Naturaliste National Park and is 135 km. In the past it had always been possible to walk from Cape to Cape along the coast and through the forest. The original Aboriginal inhabitants of the area, the Wardandi people would have regularly travelled its length.

In modern times the area has become increasingly populated with roads and tracks criss crossing the land. Most of these, however, run east west and much of the remaining bush land between has grown thick and impenetrable. In the 1980s it was decided to develop a dedicated walk track from Cape to Cape, which would allow people to access this landscape on foot, without the impact of vehicles and roads.

The official opening was celebrated in 2001. The present track is a combination of different types of terrain and surfaces, including miles of soft beaches, ancient sand dunes, karri forest, heath land, narrow rocky paths and a few rough scrambles. In some places, to prevent erosion, some steep stairways have been created. There are still some hills that require some work when it can be afforded.

Crossing the Margaret River is a major obstacle and is too dangerous to do in the winter.

As with the Bibbulmun Track we had to take all the usual precautions, carry plenty of water, use sunscreen, use anti mosquito spray, wear a hat, check for ticks, watch out for snakes, stay on the tracks, carry our rubbish and be dressed appropriately.

As mentioned before, we started in the south at Cape Leeuwin. This is the most south westerly tip of Australia and is where the Indian and Southern Oceans meet. Walking to the north was very difficult at times and the days were long. Some of the walking was not overly enjoyable, but the vista over the Indian Ocean was stunning. On our first day we had to walk along 7km of sand, scramble over huge rocks with blow holes and then scramble up a very steep, ancient sand dune to the Augusta Cliffs. We soon formed a pattern of the men in our group waiting to help some of us over the huge granite rocks and we were all responsible at junctions to make sure the person behind us could see where we were going. Many of the route markers had been stolen or were not that clear and after the initial period of some wrong turns we perfected the waiting for the person behind. Although, some of us were more diligent than others.

There was much grumbling about the sand and the bad conditions took their toll on several walkers' footwear. Our guides carried duct tape to help with the repairs.

After three days of difficult walking we were walking through a karri forest, up high on the heathland with stunning views of the ocean, but we were not finished with beach walking. From

Walking in South Western Australia Part 2 (continued)

there we went inland for a while and up more than 300 steps. At the end of that day we were able to walk into our accommodation. After showering, we fell into the bar for a beer and then we all ate together in the house that our two guides were staying in. The meals were delivered to this house during the day and we carried our plates and cutlery round for every breakfast and supper. In the mornings we had plenty of choice to prepare our own picnic for the day. The houses we were staying in were very comfortable with all mod cons. This meant we were able to wash our gear every day.

On the only morning that we could set off on foot from our base the first obstacle was Margaret River. There is a sand bar between the river and the sea but not so high to prevent the bodies of water meeting. If the tide was in or you mistimed a wave you could get very wet. Some did.

As we progressed north the temperature increased, and we were using all our water rations. Our guides were two young ladies, Merel, who had been with us on the Bibbulmun Track and Katie. Both had enormous backpacks that I could not even lift. This was because apart from all the emergency equipment, they were carrying many litres of water to top us up, and water is heavy to carry. One day, I had to use Katie as steps. We had taken the wrong route; the tide came in and the only way off the beach was a sheer rock face. She was so strong.

The wildflowers were not as abundant or spectacular as on the Bibb as many had finished flowering, but there were still plenty to see and many flowering and aromatic shrubs such as peppermints, boronia, myrtle, banksia and different varieties of eucalypts. Among the flowers we noticed many wilting arum lilies. These had been sprayed as they have become a pernicious weed and are taking over certain areas.

Among the reptiles we saw bobtails, a species of blue tongued skink, and dugites which are venomous but are very shy and slithered away

as we approached them. Out to sea we watched the occasional dolphins and whales, but no sharks. The biting insects were a nuisance and despite all the deterrents I was bitten through my clothes but no ticks.

The second half of the walk was not quite as scary, but we still had the odd beach and massive climb into the dunes. We saw many surfers and memorials to surfers who had succumbed to the sharks. We passed a few shark sirens.

Gail, my sister in law, destroyed two pairs of walking shoes and suffered horrendous blisters as a result. Katie did a splendid job of strapping her feet up every morning. Thank goodness my faithful boots from Wainwrights kept going.

The last few kilometers of the Track are boarded so that wheelchair users can do a little of the track. It was very hot by the time we reached the Cape Naturaliste lighthouse. We could see it but reaching it took a long time. We finished with a glass of champagne, and the use of proper toilets. We then had the long drive back to Perth.

I was very pleased to have completed the Cape to Cape but preferred the Bibbulmun. I think the difficulty of the C2C was at my limit. We were a small group and found that generally we were walking on our own as we walked at varying tempos. This led to some tempers reaching boiling point and generally the group did not gel as well as on the Bibbulmun. I enjoyed the variety of the Bibb, plus it was not as hot. The Indian Ocean was almost the same every day, but beautiful.

Deborah Hulett

Photographs on the following page

Walking in South Western Australia Part 2 (continued)



Harvest 2020



The phrase 'the new normal' seems to be a feature in many conversations these days. I hope the same phrase doesn't become true for the weather. Harvest is starting to become a salvage operation for many farmers across the country, as recent wet weather is starting to damage crops still to be cut. The whole growing season has seen some extreme weather conditions; a horrendously wet autumn/winter made for challenging planting and growing conditions. This year's spring crops were planted in one of the driest seasons on record, although there was plenty of moisture in the soil to get the plants going. However, in April, just as we all discovered what 'lockdown' entailed, the sun shone and didn't stop shining. Plants raced through the growing stages to ripen and didn't look like they would produce anywhere near an average yield. Harvest started well with a week or so of dry weather, but many crops hadn't had quite enough time to ripen, and now here we are, unable to get onto the fields to finish the job off. The picture tells a story – just as we have a day of sunshine, the clouds always seem to be building for another day of rain. Let's just hope it dries up enough in September to see the job through.

Customers in our farm shop have enjoyed visiting our kitchen which is now back in operation and returning to...well, you know! Our queuing system serves the shop and kitchen separately to try and keep things efficient. Our menu has been reduced slightly; however, we are looking to add some items back on soon.

We are also very excited to be able to expand our opening hours – from 1st September we will be opening the shop on Tuesdays and kitchen on Fridays.

Our relationship with Lindengate, a mental health charity based in Wendover, is really thriving. The produce from their gardens is frequently available to purchase in the shop, the sale of which is helping to support the fantastic work that they do. The availability is limited, partly because they can only provide a certain amount, but also because as soon as it comes in it flies out again! The feedback on this fresh produce is that it's absolutely delicious, which is unsurprising given the level of care that goes into its cultivation.



Finally, we were sad to say goodbye to not only our colleague and manager, but also our friend Anna, as she left her position in the shop. Anna has been with us since the shop's inception and has been instrumental in its growth to point. Every cloud has a silver lining though, and we are thrilled to have found a replacement who has experience and has brought with her some fresh ideas. Lindsey is already a great hit with both customers and existing staff here, and we're looking forward to working with her to continue to grow and develop the shop. Hannah is also leaving us to head back off to university soon, and is being ably replaced by new team member Laura. So, there's many reasons to call in and see what's new!

Buckmoorend Farm Shop,
Butlers Cross, HP17 0UT
01296 624 425
www.buckmoorendfarm.co.uk

Farm Shop: Tue – Fri 10 – 6

Shop and Kitchen: Fri – Sun 10 - 4

An Evening of Song in an English Country Garden

As the Coronavirus restrictions started to be relaxed, we were able to hold a fund-raising event for our Church, St. Peter and St. Paul.

Being a professional singer Benjamin Hulett was able to kindly volunteer to stage an outside recital. Once we had a date that suited all, we followed the Government Covid 19 regulations, and invited a limited number of people to a socially distanced recital in Tony and Jean Young's beautiful garden. The tickets sold out within a few hours. It was such a pity that we were so limited with numbers.

Initially, we were anxious about rain cancelling the event, but on the actual evening the weather could not have been better. Parasols rather than umbrellas. All regulations were adhered to, even down to 2 metre markings stuck on the drive and a one way system.

Ben was accompanied by Anna Markland on an electric piano, and they had compiled a programme reflecting the English country garden setting. He started with *An die Musik* by Schubert which was rather appropriate as all live performances had been banned during Lockdown. This was followed by two more Schubert pieces – *Alinde*, about a young man searching for his love, and *Was ist Sylvia?*

After the Schubert Ben sang *Till Earth Out Wears* by Gerald Finzi. This is a series of seven pastoral songs written to the poetry of Thomas Hardy. Not always the happiest of words.

After the interval when most of us partook of our BYO refreshments (Covid rules), Ben started the second half with pieces by Handel. The first, another pastoral song, *Let me wander not unseen* with words based on John Milton's poem, followed by an aria from *Rodelinda*. The final Handel piece was *Where'er you walk*, a well-known aria from *Semele*. Next came three songs by Benjamin Britten. His arrangement of *O Waly, Waly* followed by a short, lively song, *When you are feeling like expressing your affection*. The words are attributed to W.H. Auden and the piece used as an advertisement for the GPO and its telephone system. This section ended with the beautiful *Salley gardens*.

We then heard an aria from *Manon Lescaut* by Puccini and *La donna è mobile* from *Rigoletto* by Verdi. In between these arias Ben sang *On the streets where you live* from *My Fair Lady*.

Finally, as an encore, we were treated to *Oliver Cromwell*, a lighthearted piece of nonsense by Benjamin Britten. This was written to tell the story of Oliver Cromwell's head being buried in a garden and an apple tree growing over his head, subsequently causing an old lady to overindulge in the cider... hee-haw hippety hop.

It was a wonderful evening and occasion that we will never forget.

We all felt so fortunate that we were able to attend our first live musical event since before Lockdown. Ben is hoping, that one day, he will be able to stage another performance in the village, but inside and to a much larger audience.

Anna is a very talented pianist and it was wonderful that she could accompany Ben. We are so grateful to both, not just for the recital but also for their rehearsal time.

It was also a wonderful opportunity to indulge in Jean and Tony's garden which was looking magnificent. As every year, they have been working hard in the garden, but have been unable to open it to the public.

Who knows what the future may hold for all professional singers? It was a bittersweet event for us, as we were able to benefit from Ben having all his engagements cancelled. That evening, he and his wife, Alice, were both due to be performing in a BBC Prom.

Since we have been allowed to hold Covid 19 regulated church services at St. Peter and St Paul, Ben has been helping to lighten the lack of singing in our Church. The congregation is still not permitted to sing (at time of writing) but a solo professional has been allowed from a great distance.

On Thursday evenings Anna has been playing on the green in Askett. This started as applause for the NHS and has continued much to the delight of Askett residents and pub goers.

Thank you to all involved.

Deborah Hulett
August 2020

Front cover photo provided by Tom Cox

The Leather Bottle

An article from "The Chilterns Magazine", Summer 1950 – Author: Geoffrey Carr

A CHARMING INN – BUT WHERE IS IT?

There is a quaint little inn at Long Wood, Wendover called the "Leather Bottle". Around the Leather Bottle is an aura of mystery.

It holds nothing sinister. There are no ghosts. No genie comes out of it. The mystery surrounds its whereabouts. Many times have I heard the question asked, "Can you direct me to the Leather Bottle?" I have been asked the question myself, and have been unable to supply the answer. One day I resolve to find the Leather Bottle. If you have tried to find it, you will understand why I missed it by miles. I tried a second time with the same result. The third time; lucky.

And, having found it, was struck by its charming situation. The little inn has an ample cellar, where ice cooled beer comes up with a froth that looks like a hoar frost, and the cider is apple-flavoured ice-cream. So it is worthwhile making the effort to get to the Leather Bottle. You may find a party there. The little 15 ft bar parlour may be filled with locals and strangers, and there may be a VIP or two. There will certainly be the lovers from the neighbouring villages who have made their way there, leisurely, through the woodland paths. A happy party, but with a variety of ideas and learning.

Like Welsh Valley

Of course, the bar parlour does not hold all those who crowd to the Leather Bottle on a summer evening. Thus you will find the seats in the garden filled with people, and many cars in the adjoining meadow. If by chance you get a seat at the back window of the parlour, you will see a picture that is not unlike a Welsh Valley, with a light mist clinging to the hillsides, and the wood wrapped in a mellow purple. And beaming at you will be the host, Arthur Judd – 84 years old, but "just a chicken yet" who has lost count of descendants of four generations. ("Ask Ma, she remembers all their birthdays").

Arthur has lived in the Leather Bottle for 40 years and never regretted it from the day he came from the madding crowd of North London. It is peaceful in the "Bottle". You hear the soft chatter of the

customers, and the softer music from the wireless, the only touch with the outside world.

Arthur is fond of music, and, being a "brass" himself he likes military bands. "I'm a cornet" he told me confidentially in a whisper. And, still more confidentially, he added that he had played many times at the Crystal Palace. I asked him if he still played the cornet. Sadly he told me he could not. A gesture towards his mouth showed that he lacked the necessary apparatus.

Arthur wears a red knitted cap with a tassel. I have never seen him without it. It signifies contentment. Why did he take the Leather Bottle, I ask. "It was through the lass that stole my heart many years ago". "Let us take a country pub" she said. And thus it was. Arthur waved his arm towards the distant hills; "I was married over there".

Arthur drinks from a German pint glass with a hinged top. He takes a sip, and down comes the lid with a clatter. "A good drop of beer" he says. So it is. In 40 years he has learned how to keep it in condition. If you visit the Leather Bottle, take a look at the spacious, deep cellar. And don't be afraid to ask for what you fancy. You will get it.

"But where is the Leather Bottle?" I expected that question. Observe carefully then.

You can reach it through the fields from Wendover Station, where you must ask your way. But if you are travelling by car you will have to take the road on the right, about a mile from Wendover, marked on the signpost Small Dean. Follow the road until it takes an abrupt left-hand turn, by a large farmhouse in extensive well-kept gardens. To the right of this farmhouse is a narrow cart track, which you take. Your car will just negotiate it, but there will be little to spare between it and the hedgerows. Half a mile along this track, which leads well into the hills and woods, you will find the Leather Bottle. You will marvel why it was ever built in such an isolated spot.

Article Provided by Belinda Brackley

Note : The site of the Leather Bottle is no longer accessible by car

For map - see page 46

Autumn Fruit Liqueurs



Having all endured lock-down, the Ellesborough Magazine Committee were all for an autumnal alcoholic beverage recipe in the September issue.

Make it this month and it will be ready to enjoy for Christmas – if you can wait that long !!!!

BERRY LIQUEUR

Makes 1.2 litres (2½ pints)

Ingredients:

750 ml (1¼ pint) white or dark rum

425 g (15oz) caster sugar

425 g (15oz) mixed frozen berries - we used a mixture of blackberries, raspberries and redcurrants

1 tsp. vanilla extract

Method:

1. Put all ingredients into a large, clean bowl. Stir with a clean spoon; cover well with clingfilm. Leave to infuse for at least two weeks (up to one month) in a cool, dark place. When you remember, give the mixture a stir.
2. Strain through a sieve lined with kitchen paper into a large clean jug. Then use a funnel to decant into pretty, sterilised bottles. The liqueur keeps for up to six months.

BLACKCURRANT LIQUEUR (Cassis)

Makes about 900ml (1½ pints)

Ingredients:

500g (1lb) blackcurrants – topped and tailed. (Can be frozen fruit)

1 x 3.5 cm (1½ inch) stick of cinnamon

3 cloves

6 fresh blackcurrant leaves (optional)

600ml (1 pint) Brandy

350g (12oz) sugar

Method :

1. Put blackcurrants in a basin and mash with potato masher. Place in a jar/bottle with the spices and leaves. Add Brandy and sugar. Cover tightly and place in a warm place for 1 to 2 months
2. Strain, squeezing out as much juice as possible. Pour into sterilised jars/pretty bottles.

DAMSON LIQUEUR

Makes about 900ml (1½ pints)

Ingredients:

500g (1lb) damsons

500g (1lb) sugar

600ml (1 pint) Gin

Method :

1. Prick damsons well and put in a jar/bottle with the sugar. Cover tightly and leave to stand for 23 days until juice runs freely.
2. Pour in the Gin and cover tightly. Leave in a warm place for about 2 months.
3. Strain, squeezing out as much liquid as possible. Pour into sterilised bottles and cork tightly.

Wendover Art Club

Please note that all our meetings, except the Saturday workshop, are now at Wendover Memorial Hall in Wharf Road as this provides a larger, and thus more protective, venue. Times are 7:30 to 9:30 as before. We hope to return to Wendover Library Room in the New Year but this obviously depends on the Covid-19 situation. There is a charge of £5 for non members attending meetings. There will probably not be a pre Xmas exhibition this year.

Peter Edwards
Programme Secretary

Forthcoming Events:

9 th September	AGM	
23 rd September	Mitzi Green	Mixed Media Demonstation
14 th October	Working Evening	Subject TBC
28 th October	Susan Chester	Watercolour Demonstration
10 th October	Workshop	St. Anne's Hall (members only; untutored) 11am-5pm
11 th November	Working Evening	Subject TBC
25 th November	Demonstration/Talk	
9 th December	Christmas Party	

Where was the Leather Bottle? (See article page 44)



Site of the
Leather Bottle

Wendover Computers

We are a small IT business based in Wendover since 2008. Owner Pete Williams, set up the business after working as an IT Manager at RAF Halton for 10 years.

We work with home users and businesses alike and have built up a loyal customer base in and around Wendover. We can help with all computer problem hardware and software Mac and Windows. Issues such as slow, not turning on, upgrades, email, virus. Also help with setting up and demonstrating things like zoom and even internet banking.

The recent lockdown has certainly made a difference to how we operate as a business, however being an IT company we were able to react quickly to be able to continue to meet the needs of our customer's. Usually Pete spends a lot of time out on the road visiting customers in their homes, and while it has been necessary to collect equipment using strict social distancing and hygiene measures, we have found ourselves using remote support more and more over the telephone. We have of course been using video conferencing to meet with our business users and partners.

Our technology has never been so important to us and with the lockdown our customer demands have also changed. We have set up systems to allow people to work from home and helped many people in setting up internet banking, video conferencing and online shopping. We have also had many requests to amend websites to communicate changes in business operation, as we have all adapted to the new rules.

Staying connected through the lockdown has proved essential to our work and health. Our computers have been a lifeline and we feel very lucky to have been able to help and support people through this time.



Daniel's Tribute to the NHS

Ashridge Home Care shortlisted for national award for its positive impact during the corona virus epidemic

Amersham based Ashridge Home Care, which provides live-in and visiting care in Buckinghamshire and the South East, has been shortlisted at the SME National Business Awards 2020 which recognise industrious, hardworking and enterprising SME's Nationally. The winner will be announced at a ceremony at Wembley Stadium on Friday 4th December.

Reaching a national awards final is always an incredible achievement and reflects the Ashridge Home Care team's commitment, positive impact, expertise and hard work throughout the Covid-19 pandemic. The company is being judged in the Positive Impact category.

Trudi Scrivener, Managing Director at Ashridge Home Care , said: " *This is absolutely brilliant news. Our carers have made so many sacrifices during this pandemic to make sure that the people they care for remain safe and they continue to do so. I am so proud to be part of this amazing team.*"

She continued: " *It is brilliant that live-in care is being recognised and celebrated alongside other businesses in UK and all credit must go to our kind-hearted carers who do the best job ever.*"

Care has come to the fore during recent months across all industries and the Ashridge Home Care management team has worked exceptionally hard during the pandemic to support its staff and customers. Technology was utilised to ensure carers were up to date with new legislation being announced, PPE equipment was distributed efficiently and external health and wellbeing practitioners supported carers in looking after their clients. Trudi worked with the national Live In Care Hub to drive a recruitment campaign to recruit 21,000 live-in carers and the company took on 23 new recruits itself to support new clients.

One example of a positive impact is the story of one couple - during lockdown Ashridge went to extraordinary lengths to help a family where the client had broken their arm. The wife was the main carer for her husband who was suffering with dementia but Ashridge helped to redesign the house to enable them to accommodate a live in carer who came in and helped the wife rehabilitate her arm whilst also looking after the husband suffering with dementia. She lived with them for two months and then was able to leave them in the capable hands of a visiting carer. This was during the corona virus pandemic.

Agata Stepien Care Manager added: "Many families are worried right now – families are coming to us saying that their loved ones are just not safe in a care home. We have had no cases of COVID-19 amongst the Ashridge Home Care Family – no clients, head office team or carers have been infected, and we are incredible proud of that fact! It really goes to show that staying at home is the best care solution!"

As a multi award winning care provider with over 30 years' experience, Ashridge Home Care has the capacity to provide skilled, conscientious and friendly carers to deliver a safe one-to-one care to vulnerable and elderly individuals in the comfort of their own home.

To find out more about Ashridge Home Care, visit <https://www.ashridgehomecare.co.uk> or telephone **01494 917344**.

Bucks County Museum

Perfect Launch Day for Bucks County Museum summer re-opening on 30 July

It was smiles all round today at Bucks County Museum for our grand reopening after closing for lockdown back in March. We couldn't have hoped for a more perfect start to our programme of summer events. We had wonderful sunshine, lovely locals visiting the garden for tea and cake, and a group of very relaxed yoga participants with instruction by the fabulous Laila from The Fitness Garden.

The day marked the start of a summer programme on selected days offering Yoga, mindfulness, open gardens and family crafts all taking place in the Museum's popular Victorian walled garden on selected days. Our open gardens continue on Thursday afternoons (6th, 13th Aug & 3rd Sept) with pop-up mini events, such as art and mindfulness. We are also excited to announce that our Family Fun Garden Explorer sessions (Fridays and Saturdays) start on 14 August and include the Bank Holiday 31 August. Visitors need to pre-book these family dates on our web site from 1st August and the admission is by donation to the Museum.

The re-opening summer programme has been supported by Heart of Bucks Community Foundation with a grant of just under £5000 to help make this programme possible and to support local communities and charities with members in need, who have been seriously impacted by lockdown.

Sue Shave, Museum Director said "I am delighted that the museum has re-opened today to welcome back our local community. We know that everyone has found lockdown difficult and the Museum can help by offering a haven of tranquility, as well as exciting adventure with our amazing explorer family programme to get everyone out in the fresh air enjoying museum collections in the beautiful surroundings of the museum garden. We are very grateful to Heart of Bucks for helping to make it possible to open for some of the summer"

On 20th August we will be honouring our local Covid-19 heroes with a garden-party cream tea, and on 27th August we will be doing the same to thank our own volunteers, who have been unable to work with us and whom we have greatly missed.

For further details about events, visit our website. For further details please contact Serena Avery, Learning Manager at learning@buckscountymuseum.org . Press very welcome at any of the events, including the Covid 19 Local Heroes Afternoon Tea on 20th August.



Your charities need you!

The majority of charities and community groups in Buckinghamshire operate very locally within neighbourhood communities, towns, and villages.

Their local knowledge and established networks are key and helps to explain why our voluntary groups have been so important in the response to the coronavirus pandemic. Each year Community Impact Bucks publishes a report looking at the county's charities and community groups, including challenges they face. The [State of the Sector Report 2019](#) found that there were two challenges that most voluntary groups encountered: securing funding and increased demand for services.

Coronavirus has compounded these challenges; many organisations were forced to close their doors, stop fundraising events, and alter their ways of working at a time when demand for their services soared. This has affected not just the charities but also has an impact on the people they help.

Local charities and community groups are never more needed, but they now need your help. To ensure their survival and able to help both now and in years to come, please think about how you could help – maybe volunteer, donate, fundraise for them or buy from their shops.

Perhaps you know of a local charity which has supported you, a family member or neighbour. Why not contact them and see how you could help? You can also find information on our website about [local volunteering opportunities](#) as well as current [Bucks Fundraising Appeals](#).

- If you are responsible for recruiting and managing volunteers in Buckinghamshire, we are running a new networking event for you to meet and share ideas with other local volunteer managers on 7th October. To book your free place on the Buckinghamshire Volunteer Manager Forum, go to Volunteer Manager's Forum.
- Community Impact Bucks has teamed up with IBB Law who will be giving free one to one advice to local charities. If your charity has a particular legal or governance issue which you would like to discuss with a charity expert, book your free 45 minute slot here.



Chiltern Brewery News - August 2020

Much like everybody else, 2020 has been an 'unpredictable' year for The Chiltern Brewery to say the least! Since we first brewed in 1980, we have always strived to provide our customers with the finest quality ale to drink accompanied by the finest quality service. Since the lockdown that started in March this year, we have remained determined as ever to continue to be able to provide this along with a little cheer for our fantastic customers! In order to keep doing this we have found new, innovative ways of supplying our customers.

The first has been the introduction of our Local Delivery Service, which offers free delivery on orders of £30 or more to customers who live within 20 miles of the brewery. We found that this has allowed us to stay in contact with regular customers who either didn't want to leave the house or those who simply couldn't... and certainly kept our delivery driver busy in the absence of delivering to local pubs!

The second innovation is our Drive-Through Brewery Shop, which allows our wonderful customers to visit the brewery and collect fresh beer & foods etc without leaving the comfort of their car. This has ensured that we can continue to deliver a speedy, convenient and contactless collection service.

Our innovation doesn't stop with operating procedures though. We've also been innovating in the brewhouse! Our brewers recently took the residual mash from a brew of Bodger's Barley Wine and used it to create a new, limited edition low-alcohol ale that we christened Test Mash Special. Test Mash Special used a combination of five British hops to create a memorable & refreshing peach flavour profile. We've got exciting plans for new limited-edition beers to follow Test Mash Special, so make sure to follow our social media channels for the latest updates.

In August we were also given reasons to celebrate as we won 3 medals at the annual, prestigious SIBA (Society of Independent Brewers) awards. This competition is one of the most fiercely contested in the brewing calendar, representing some of the best British Breweries. Both 300s Old Ale and Bodger's Barley Wine won gold in their respective regional categories, with Bodger's going to win bronze in the national competition for its category! These two beers are our most highly decorated with nearly 30 awards between them.



Finally, we would like to say a huge THANK YOU to all of our wonderful customers for your ongoing support, it is greatly appreciated. We remain more committed than ever to doing what we love doing - brewing exceptional ales and providing exceptional service to our customers - cheers!

For the latest Chiltern Brewery news & brews, please visit our website (www.chilternbrewery.co.uk) or follow us on social media (@ChilternBrewery)

Ellesborough Parish Council Notes - August 2020

As the country battles with delivering Brexit, containing Covid-19 and surviving a heatwave, we have to be thankful that we live in a beautiful area, almost a bubble, that is as safe as it can be.

The Council continue to hold their meetings via Zoom which has proved to be a very efficient and effective way of keeping Council business moving. We met at the end of July and our next meeting is on Monday 21st September at 1930 in Dunsmore Village Hall (subject to government restrictions).

It has been really pleasing to see the community come together during these times. The Volunteer system, set up by Councillor McGrail and his wife Amanda continues to provide help to households in the village. We are sure that the new connections that have been made will continue and will become increasingly important if we suffer another lockdown or second wave during the winter months. Similarly, the 'Community allotmentors' have been outstanding. Two allotments have been transformed from six-foot-high weeds to highly productive food sources. Beans, potatoes, lettuce, carrots, spinach, courgette and more are being distributed to around 20 households in the village each week. The idea came from Councillor Panikkar, and through her vision she enlisted Graham Bird (a greenfingers expert) to manage the renovation and planting of the new area with several villagers. Another great example of people coming together to do the right thing for the community.

It is good that the recreational facilities and the playground are now open. Playgrounds were one of the last areas to come off the Governments restricted list. We encourage everyone to use these facilities but please be responsible for your own safety and wash hands and use sanitizer before and after using the swings/slides and equipment. We are also pleased to see the addition of a Red Tractor to the playground. Many years ago, the playground did have a full sized red tractor for children to play on. It proved to be a massive attraction and kids came from far and wide to play on it. Unfortunately, Health and Safety rules meant that the tractor had to be removed and we have been tractorless for over 25 years. I am sure the new addition, whilst not as large as the original one, will provide lots of fun for the smaller children.

Talking of red bits of kit, you will soon see an old red phone box at the cross roads, on the site of the BT

payphone which became obsolete a few years ago. The Council have purchased this to house the Village defibrillator which is currently on the side of the Village Hall. We hope that you like the addition to the village and please do remember that if you witness a cardiac arrest either outside or at home then the defibrillator is there to be used. Do not hesitate to grab it if needed – the machine will tell you what to do, and you may save a life.

The finances of the Council continue to be in good order, and we have healthy reserves.

In other news, new commemorative benches have been installed at Ellesborough Village Hall and in Dunsmore. Work has started on the repair to the end wall in the Dunsmore Church which is collapsing.

We continue to be disappointed and frustrated with HS2. You will all have seen the start of the construction of the concrete factory in the field adjacent to the Wendover bypass, and the works in Stoke Mandeville. The vehicle movements along Nash Lee road past the Brewery and to Terrick roundabout are likely to dramatically increase. This part of the road is a pinch point and the movement of HGVs is going to be very problematic. The only mitigation option that HS2 have shared to alleviate the problem is to widen the road by the Terrick cottages by approximately 1 foot!! We continue to try and get a pragmatic conversation going with the local project team but this is being problematic. We do however have good support from both our local Councillors Carroll and Harris.

As always if there are any points you would like to raise you are very welcome to come to the start of any Parish Council meeting or alternatively contact our Clerk, Rex Norris in the first instance.

Stay well and stay safe.

Rob Alexander

Vice Chairman

Planning Applications for Ellesborough Parish 19 May 2020 – 20 August 2020

For further information, contact Wycombe District Council 01494 461000 Website wycombe.gov.uk or the Parish Clerk, 01296 615821, clerk@ellesborough.org.uk quoting the application number shown below.

Application No	Address	Brief Description of Application	Decision
20/06698/ADRC	Barn at land adjacent Hunters Leaze, Nash Lee Road, Terrick.	Approval of details subject to condition 1 (siting, design and external appearance of the highways works) pursuant to prior notification (Part 3, Class R) change of use of barn from Agricultural to flexible commercial use on ref no 20/05351/PNP3R.	Awaiting Decision.
20/05455/CLE	Yard to the front of 86 Chalkshire Road, Butlers Cross.	Certificate of Lawfulness for use of Buildings 1 & 3 for B1(c) for light industrial purposes and Buildings 4 & 5 for Agricultural purposes.	Certificate Granted.
20/06114/FUL	Forge Meadow, Nash Lee Road, Terrick.	Construction of single storey extension and alterations to existing fenestrations (alternative to 19/07746/FUL).	Application Permitted.
20/05776/FUL	1 Aspley Cottages, North Lee Lane, Terrick	Construction of two storey side extension and front porch, patio and gravel drive	Application Permitted.
20/5715/FUL	Chalkshire Barn, 51A Chalkshire Road, Butlers Cross.	Construction of outdoor swimming pool and buried plant room, retaining wall and raised ground.	Application Permitted.
20/05644/FUL	Marlswood, Ellesborough Road, Butlers Cross.	Retention of temporary site office, store and utility outbuilding, decking with balustrade and gates and associated fencing.	Application Permitted.
20/06600/ADRC	Wellwick House, Wendover Road, Butlers Cross.	Approval of details reserved by condition 6 (Historic Building Recording) pursuant to planning approval ref 18/07213/LBC	Permit, detail reserved by condition.
20/06564/ADRC	Wellwick House, Wendover Road, Butlers Cross.	Approval of details reserved by condition 5 (archaeology) pursuant to planning approval ref 18/07212/FUL	Permit, detail reserved by condition.
20/06343/FUL	Marlswood, Ellesborough Road, Butlers Cross.	Demolition of existing dwelling house and construction of single replacement dwelling house with outbuilding and carport.	Application Permitted.
20/06105/FUL	The Pound, North Lee Lane, Terrick.	Construction of hip to gable end roof extensions and insertion of 5 x rooflights to front and rear slope in connection with loft conversion.	Application Permitted.
20/06910/NOTR	Land at 86 Chalkshire Road, Butlers Cross.	Notification (Part 3, Class R) for change of use of 99.5m ² of existing agricultural buildings and agricultural yard area to flexible commercial use falling within Class B8 (Storage and Distribution).	Awaiting Decision.
20/06799/FUL	The Old Orchard, Ellesborough Road, Butlers Cross.	Construction of single storey rear extension with insertion of rear dormer and 2 x juliet balconies in connection with loft conversion.	Awaiting Decision.
20/06654/FUL	Glebe Cottage, Missenden Road, Butlers Cross.	Demolition of existing conservatory and garage, construction of 2 storey side extension, single storey rear extension and attached garage.	Awaiting Decision.

The 50 plus

Autumn Jobs Around The Home

With the end of summer, thoughts turn to a new school year and the start of autumn with misty mornings, cooler temperatures and darker evenings. With the change of season, we all need to start getting our homes ready for the winter months. It is better to do that now and not wait till the colder weather kicks in. These are just some of the seasonal jobs which might need attention:



Lighting: Check external lights and sensors (PIRs; often built into lights). If they have failed it's time to change the bulbs or more commonly now the fittings to the modern LED energy efficient type. Additional fittings can enhance both for safety and security.

Central Heating: Now is the time to get your boiler serviced and check the radiators are all working before they are needed in the colder weather.

Insulation: Is your loft insulation up to standard? You may be eligible for a grant to help with this. Contact your energy supplier in the first instance.

Plumbing: Check that your stop cock is easy to turn on and off. Stop cocks should be tested every few months but most of us forget to do this. In a plumbing emergency, speedy access to the stop cock can save considerable damage. If your stop cock is difficult to access you could consider installing a 'Sure Stop'. This is a simple water on-off switch, like a light switch, which can be placed in an easily reached position.



Based in Chesham for over 20 years 50plus provides maintenance services to a wide area of Bucks, Herts, Oxon, Beds and Berks. The company has always championed the mature workforce and is particular attuned to serving the 50 plus user community. In addition to plumbing, electrical, handy and more, their range of services to older customers to maintain independence in their own home includes:

Assurance Care: Pro-active non-intrusive monitoring of the wellbeing of an elderly person(s) in their home for remote relatives or carers with learning algorithms and automated alerts.

The Ring Doorbell: which allows you to answer the door bell from your chair and also allows others to deal with the call and to see and talk to the caller.

Technology Installations: such as the Amazon Echo which can provide significant benefit to the elderly once set up.

The company always answers the telephone during office hours (Monday to Friday) and are happy to discuss your job requirements and to provide solutions for your property maintenance and elderly care issues.

They have a bookable free advice clinic which runs at the Chesham office and a knowledge centre on their web site with lots of useful information.

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	Anthony's Servicing	Service & maintenance of boilers, fires, agas/rayburns	anthonysservice@gmail.com 01296 658419 07973 911674 www.anthonysservice.co.uk	56
	Brendan McFall	Painter & Decorator	brendanmcfall511@btinternet.com 07581 693653 01296 294175	59
	Clements Carpentry	Carpentry & Property Services	clementscarpentry@hotmail.co.uk 01296 625863 07584 201706	67
	Extreme Clean	Cleaning Services Carpet, Flooring & Upholstery Cleaning & Treatments	jjp@uwclub.net 01844 346379/344735 07866 376934 www.extremecleancouk.com	59
	M Simmonds	Painter & Decorator	michael@msimmonds.co.uk 01296 655774 07850 499795 www.msimmonds.co.uk	68
	Martin Holman's Pest Control & Services	Domestic & Commercial Treatments/Prevention for rodents & insects	ratman01@talktalk.net 01296 622972 07510 290321 www.martinholmanpestcontrol.co.uk	60
	North Bucks Tree Surgery	Tree Surgeon	01296 651010	60
	Roofcraft	Specialists in all forms of roofing	01296 624369 07889 681828	60
	Surab	Experts in Plumbing, New Boiler & Central Heating Systems	01844 274604 www.surab.co.uk	63
COMPUTER SERVICES	The 50 plus Handyman	Property maintenance, repairs & installations	01525 570129 www.the50plus.co.uk	67
	Village Environmental Services	Family run domestic drain services with 24/7 callout service	01296 624221 (messages) 07850 635844	61
Wendover Computers	Qualified IT technician who can help with all computer needs	pete@wendover-computers.co.uk 0800 3118385 07881 555482 www.wendover-computers.co.uk	67	

Genre	Business Name	Services Provided	Contact	Page
FOOD & DRINK	Buckmoorend Farm Shop & Kitchen	Farm shop & kitchen selling home reared meats & other local produce as well as hot food & drink	info@buckmoorendfarm.co.uk 07771 566491 www.buckmoorendfarm.co.uk	55
	Chiltern Brewery	Brewery selling award winning ales & tastings	01296 613647 www.chilternbrewery.co.uk	2
	The Russell Arms	A real village pub and restaurant	hello@therussellarms.co.uk 01296 624411 www.therussellarms.co.uk	58
CARE & HEALTH SERVICES	Ashridge Home Care	Care company providing around the clock care in your own home	info@ashridgehomecare.co.uk 01494 917344 www.ashridgehomecare.co.uk	57
	Wendy Hilliard	Chiropodist - appointments made within your own home	01296 630189 07969 741792	58
FUNERAL SERVICES	Bradley & Jones	Funeral Directors	www.bradleyandjones.co.uk 01296 622975	62
PRIVATE SERVICES	Store More Containers	High quality secure 20ft storage containers for rent	antony@stokefarm.co.uk 01296 612447	58
RETAIL	Antiques at Wendover	A datelined antiques centre	01296 625335 www.antiquesatwendover.co.uk	68
TRAVEL	Travel Impressions	Independent Travel Agents	enquiries@travelimpressions.co.uk 01442 890265 www.travelimpressions.co.uk	55

Directory of Local Organisations

Ellesborough Parish Council	Chairman, Debra Panikkar Clerk, Mr Rex Norris	07748 630102 615821
Buckinghamshire Council	Councillor Mr Clive Harriss Councillor Mr David Carroll	07768 876568 01494 716967
Ellesborough Parish Hall	Bookings Secretary, Mrs Val Finch	624950
Kimble Stewart Hall	Bookings Secretary, Amanda Robinson	07527 595813
Dunsmore Village Hall Association	dunsmorehallbookings@gmail.com	
Ellesborough Magazine	Chairman, Mr Richard Jennings Editor, Paul Couling Treasurer, Mr Tony Young Distribution, Mrs Janette West Secretary, Judith Harper Advertising, Mrs Steph Hares	625498 edellesboroughmgz@gmail.com 622306 696688 622033 622472
Ellesborough Silver Band	For contact details see website http://www.ellesboroughsilverband.co.uk/	
Great Kimble Church Of England First School	Headteacher, Mrs Mala Cozadinos	01844 346189
Kimble and Ellesborough Horticultural Society	Membership Secretary, Charlie Taylor	07710 504300
Kimble and Ellesborough Women's Institute	President, Mrs Elizabeth Hine	lizziehine@talktalk.net
Brownie Guides	County Office	487683
The Scout Association, Buckinghamshire	Enquiries, County Office	631016
Ellesborough Church	Church Warden, Mr Tony Young Treasurer, Paul Couling Tower Captain, Mr Les Floyd	622306 07903 162378 01844 345575
Dunsmore Church	Secretary To The Trustees	622868
Kimble Free Church		612748
Ellesborough Relief In Need Charity	Chairman, Mr Rob Nicholson Secretary, Mrs Tracey Davison	612658 07847 969944
The Children's Society	Local Box Secretary, Mrs Judith Harper	622033
Community Car	Booking Co-ordinator	317769
Risborough Area Community Bus	Co-ordinator	07941 963097

To be included in the above list or change any details, please contact the Editor on

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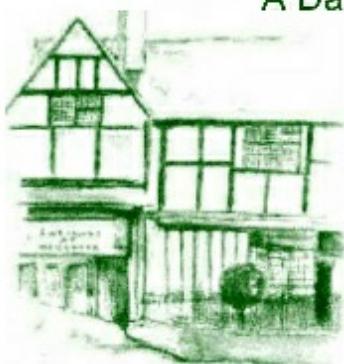
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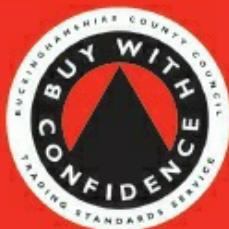


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