


## Record takings at fete!

deal weather welcomed the annual St Leonards Fete in early June and visitors were entertained with a wide choice of games and stalls. The record profit made on the day helps towards repairs and maintenance of the Village Hall and, of course, the utility bills, which we all know have risen sharply this year. See our report and photos..

We now look ahead to our next village show - the Churches Fete on August Bank Holiday Monday

## All for charity...

Four years after his last bike ride for charity, Michael Joseph has been at it again, with a 225 -mile continental cycle on behalf of PACE. Michael gives an account of this ride in this issue..


We are very excited that 2024 will mark the 150th anniversary of Hawridge and Cholesbury Church of England School.
Lots more information will follow in the coming months but if you were a past pupil we would love to hear from you with your stories and memories of your time at the school. Please email these
to anniversary@hcschool.uk.
More details of the exciting events that we will be planning will follow soon.

## HAWRIDGE \& CHOLESBURY CHURCHES'

## FETE

## BANK HOLIDAY MONDAY

 28 AUGUST> 1.30pm - 4.30pm

CHOLESBURY COMMON

Walk the Hilltops... A series of five leaflets describing walks around the villages in our parish, produced in 2002, are still relevant and available today. Each leaflet contains information about the local history, wildlife and landscape
 associated with the walk. Most are relatively short walks of around three miles. You can download the leaflets via the Cholesbury.com website, or if you want hard copies, email Chris Brown at rayshill@gmail.com.

## Also in this issue

- Adrian Sparks remembered.
- Erin Thwaites gives valuable tips for your home security.
- A chirping grasshopper is one of the most evocative sounds of summer. Chris Brown delves into this curious creature's world.
- Our Curvaceous Cook goes for a zingy Asian dish.
.. and all the news from our Churches, School, Clubs, Councils and Societies.


## THE PARISH COUNCIL

Changes within the Parish Council Following recent changes on the Parish Council, the Buckinghamshire Council's elections team advised us that they had not received the required number of requests for an election, so we were able to move forward to co-opt to fill the vacancy. Having already had two positions available for co-option, it gives me great pleasure to welcome three new councillors to the Parish Council. Helen Neighbour, Richard Baddon and Anton Wellenreiter have all been co-opted as councillors this month, following meetings with current councillors and the receipt of personal statements. This brings our councillor number up to the full capacity of seven and we all look forward to working together in the future.

## The Green at Buckland Common

The new cutting schedule at The Green at Buckland Common has been received well by many local residents and families and it has been heart-warming to hear that The Green has been used for sporting and leisure activities. Unfortunately, our cutting contractors have experienced some resistance from a few when cutting, with persons standing in the way of the cutting tractors. This is not only dangerous, but also unacceptable. The Green is owned by the Parish Council who have agreed on the new cutting schedule for the enjoyment of all parish residents and visitors to the area. The Parish Council is constrained by various legislation governing how the Green must be maintained. The relevant laws are Inclosure Act 1857, Commons Act 1876 and Commons Registration Act 1965. Our Parish Council is the registered owner of a 'Village Green' in the meaning of those laws.

Those laws mandate that the owner of a Village Green must maintain it in a way that makes it available to members of the public "as a place of exercise and recreation". Legal interpretations have
clarified that this condition extends to encompass "lawful sports and pastimes" to the exclusion of other alternative uses.

Grants for local projects
The Parish Council have been considering many local projects in the area that can be funded through various available grants. These ideas include public noticeboards, benches and picnic benches for the Green, electric vehicle charging points and refurbishment costs for the allotments. If you have a public benefit project that you are considering, please do get in contact and let us know as we may be able to consider this as part of the grant funding applications that we hope to make over the coming months.

## Road repair teams

We are all frustrated by the conditions of the roads, not only in our parish, but also in the wider county. Bucks Council have deployed newly contracted road repair teams to address the issues but this will take time. Unfortunately, the Parish Council has

## HILLTOP TABLE TENNIS at St Leonards Parish Hall

Tuesdays 2.30pm - 4.30pm
We are a friendly, enthusiastic, mixed ability group.

If you would like to join us more information is available from

Diana Mills 01296624993 dimills24@gmail.com
received reports of road repair teams in ou area being shouted at and abused whilst they carry out their work. No-one wants to go to work and be abused. These teams are not the policy makers of how and when roads are repaired so a plea to those few that vent their frustrations on them - be nice! If they encounter this abuse, they will just leave the area and our repairs get put back on the schedule.

## Meetings

Parish Council meetings will take place at St Leonards Parish Hall. The next meeting is:

- Tuesday 5th September 2023

Contacting the Parish Council
If you need advice or assistance, please do not hesitate in contacting the parish council at parishclerk.ccslpc@gmail.com
Alternatively, please call the clerk, Hayley Farrelly, on 07769-698652.

Your Parish Councillors are:
Bill Ingram: (Chairman) 758258
Graham Kersting: (Vice-Chairman) 758319 Philip Matthews: 758205
Oliver Maury: 758015
Helen Neighbour: 758244
Richard Baddon: 757238
Anton Wellenreiter: 758642

Buckinghamshire Councillors:
Patricia Birchley - 07714704017
Jane MacBean - 07812177794
Mohammad Fayyaz - 07772027829
Buckinghamshire Council:
Contact number: 03001316000

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## SHORT MAT BOWLS

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First session free bowls and tuition available tea and biscuits too!

## Mondays from 2.30-4.30

Contact: Jan Heckscher 01494758838
Email: janicelinda.jh@gmail.com

## THE COUNTY COUNCIL

The population of Buckinghamshire continues to rise,
from 553,300 to a projected 564,300 by 2030, but mostly away from the Chilterns. The average house
price in 2022 was

$£ 420,500,32 \%$ of the County is designated Green Belt, and the Bucks economy is now worth more than $\mathbf{f 1 8 . 2}$ billion, with average gross pay at $£ 38,600$. There are currently 302 state pension age residents for 1000 working age residents, rising to 371 by 2040.

Another interesting statistic: in the next decade we expect a $44 \%$ increase in $85+$ year olds, $21 \%$ increase over $65,0.3 \%$ increase in adults and 5\% decrease in children. Life expectancy (particularly high in the Chilterns) is 81.5 years for men and 85.1 years for women. These figures have just been published as the Council refreshes the Corporate Plan for 2023/24. We want the County to remain a forward-thinking and dynamic economy without sacrificing the community assets which make it a great place to live.
Residents have been in touch with us about road defects and the Local Area Technician has been out responding and making repairs. Since 1st April the Council has cleaned out more than 23,000 gullies and fixed 12,700 road defects. We have 15 teams working across the County but there is still a way to go. HS2 Road closures on A413 on the weekend of Saturday 1st July caused a lot of inconvenience, but Cllr Jane

MacBean and I are regularly in touch with Jon Deas, Engagement Manager at EKF (the contractors), to ensure these are well advertised in advance.

In my new role as Chairman of Buckinghamshire Council, I have been proud to support our Armed Forces at briefings and flag-raising ceremonies, sporting events, mayor-making and a Civic Service at St Mary's Chesham, where I attended the Ukrainian Concert.

Residents are being urged to join the plastic pollution solution and an online directory has been set up at the Buckinghamshire Recycles Zero Waste Map. This gives sites such as re-use shops, community fridges, recycling points and upcycling schemes. People with babies are being asked to move from disposable to reusable cloth nappies, which are $40 \%$ better for the environment!

Could you host a Heritage Open Day to showcase local heritage and culture? This is another initiative that Town and Parish Councils are being asked to explore.

I look forward to seeing you at events throughout the summer, and please let me know if I can speak to officers at County Hall on your behalf.
Please let me know if I can raise your concerns with officers at County Hall. Cllr Patricia Birchley
Chiltern Ridges Division, Buckinghamshire Council Patricia.Birchley@buckinghamshire. gov.uk 07714704017

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HAWRIDGE AND CHOLESBURY C OF E SCHOOL


Did you know that the carnival is a Christian invention? It is the period that precedes Lent, the word deriving from carne: meat and levare: remove. The time to get rid of indulgences before the period of fasting. Some choice spectacles that were enjoyed in early carnivals were mock battles, including food fights (come on kids - sorry teachers), mockery of authorities (again, sorry teachers) and costumes of the grotesque body (which doesn't tally with the world's largest carnival in Rio). Why am I telling you this? Well, H\&C School had a float in the Chesham Carnival, which parents and kids helped create and decorate. Went down a storm.
As part of their Bronze Arts Award, Year 6 visited Tring Natural History Museum for the Young Wildlife Photographer of the Year Exhibition. Miss Thorp acted as guide, talking the children through what makes a good photo. The museum is fantastic for wildlife photography. The animals are always ready to pose for you. My daughter loves foxes. I got a beautiful picture with her and a vulpes vulpes, which behaved itself admirably. Speaking of the Bronze Arts Award, former pupils came back to collect theirs - congratulations to Anni, Abigail, Samuel and Anna.

Sticking with the animal theme, sing it with me - school's taking us to the zoo tomorrow... well, not tomorrow, it has already happened. And the school didn't take us, it took Year 1 to Whipsnade after the kids had raised an amazing amount of money doing a sponsored scoot. They saw lots of animals and did an African animal workshop. Whipsnade-related animal fact: red pandas are not related to pandas at all. They are in the same family as racoons, weasels and skunks. But they are cuter and less smelly.

Mrs Davey has raised a garden challenge with the school, and I feel it's only right to share with you. The Box Tree Caterpillar. Arrrggggghh! Apparently, this gluttonous larva simply loves to munch on box hedge. Now, I have a little box hedge, given to me by friends. It's taken ages for it to establish and this year I shaped it for the first time. So, if this little bug... gets a hold of it, I'll be none too amused. Now, before you dismiss me as some butterfly-hating sociopath, I'd like to say that some of my best friends are butterflies. But the irony of gardening is that you get set against certain creatures, while trying to maximise the habitat of others. For my mother-in-law it's slugs. For me it's Cabbage White larvae ruining Christmas by munching on my sprouts. In late summer, I can be seen leaping around the veg patch brandishing a bottle of soap solution. Anyway, I'm off to check my box. Thanks for the tip-off, Mrs Davey.

Before I go - and this is cool - H\&C School is turning 150 in 2024. Wow. If you have any stories or memories you'd like to share for the coming celebrations, please email them to anniversary@hcschool.uk. Rob Scott

HAWRIDGE \& CHOLESBURY COMMONS PRESERVATION SOCIETY

## Hilltop Villages calendar

Once again, with your help, we hope to produce the 2024 local calendar. Please send me any good photos of local interest, taken throughout the year. lindsaygriffin@yahoo. co.uk. Photos taken on your devices are very welcome but they are not high enough quality for a full page. These need to be taken with a camera. Subject matter can be any local events, wildlife, scenes, etc. Images should be sent to me by mid-September. Thank you very much in advance. It is always a real treat to see the quality and variety of your photographs and the proceeds from the calendar sales make a substantial contribution to the maintenance costs of the grassland, ponds, paths and rides - as well as keeping the subscription price very low!

## Moths

After a disappointing time mothing earlier this year, due to the strange weather patterns, David had a bonanza of moths at the end of June. Over the last few years, he and Peter Bygate have recorded a total of 442 different moth species on the Commons (332 macros and 110 micros) and counting! David is currently busily trying to identify, from his photos, the latest micros to have arrived - not an easy task since some are no more than 0.5 cm long! We may soon
have to supply the promised bottle of Champagne when the grand total reaches 500!

## Pheromone lure

David has recently purchased some pheromone lures to attract clearwing moths. These are small day flying macro moths without scales on their wings - they mimic wasps and other insects. None of these had previously been found in our area, and Peter, who has been mothing for over 60 years, had never ever seen one! However, the lures have so far attracted eleven clearwings of three different species: red-belted, orange-tailed, and red-tipped clearwings. Some arrived within minutes of hanging out the lures in the sunshine. David plans further use of the lures on the Commons and would be happy to show how it works to anyone who is interested. The weather conditions need to be just right, but if it's going to happen, we will let you know via Grapevine.


Orange-tailed clearwing

## Date for your diary

David and Peter will be giving a presentation on Moths and Butterflies at 7.30 pm at Cholesbury Village Hall on the evening of 28 September. David's talk will encompass butterfly and moth highlights on the Commons over the last few years
and will cover the life cycle of butterflies and their amazing transformation from caterpillar to adult. Peter will concentrate on butterflies and the environments in which they are found overseas. Those of us who have attended any of their talks or moth release mornings know that these will be fascinating talks enhanced by their brilliant photos. Drinks and nibbles will be served.

## Pheromone trap

Recently, I have been inundated with clothes moths and am happy to tell you that pheromone traps have been very successful. Like David's clearwings, the male moths were attracted to the traps within minutes and I have now trapped well over 100. Hopefully, this will mean that the females can't breed and my jumpers will have fewer holes in future! You can also get pheromone traps for the box tree moth, which is creating such devastation now. I don't know how successful these traps are.

## Polecats

According to Paul Brown in the Guardian recently, in the 17th and 18th centuries it was one of the duties of churchwardens to pay bounties to residents for exterminating vermin. He cites the list of animals and birds for which bounties had been paid from the annual accounts in Wing. These included buzzards, hedgehogs, kites, polecats, starlings, stoats, weasels and starlings. Most of these species survived over the years but polecats were nearly extinct in England by the early 20th century. However, Brown says that they have since spread widely from Wales where they had survived.

You may remember that Andrew Jordan found one, accidentally trapped in the foundations for a pond which he was creating in 2021 and which was released unharmed. At the time, several others reported that they had also sighted one. Has anyone seen one since? We have been unable to capture sightings on our trail


Accidentally trapped!
camera. Polecats are now heavily protected and the churchwardens here will definitely not be paying out any bounties!

## Grass cutting

Our thanks to James Jolliffe for his cutting of the paths and rides and for topping the bracken on the heather beds. The Commons look fantastic and are accessible for walkers and riders. In September James will be asked to cut the Manorial Waste - the land outside people's houses on the south side of the main road. If for some reason you don't want him to cut outside your property, please let us know.

## Orchid

Lizzie Every found a bee orchid on the Common just outside my hedge. Although there have been bee orchids recorded on the Commons in the past, I know of none recently though they are around locally elsewhere. Have you spotted any?


The elusive bee orchid

## Work for volunteers

Although the bulk of the work on the Commons is now done by machine there is still work which needs to be done by hand. Recently the DofE volunteers worked on removing the bracken from the heather and Janet and others have had a go on the Hawridge side of Horseblock. We very much appreciate their help and we would value your help on the heather beds too in pulling up bracken plants or cutting off the bracken with secateurs if it is too hard to pull it out. Please be aware that you need to wear heavy duty gardening gloves because the bracken stems can splinter and cause wounds. Other jobs that you could undertake are clearing the ride of debris on Rays Hill. Just throw logs/branches off to the sides. This would make it easier for riders. Also, clearing the areas around the various benches from brambles and bracken would
make it easier to sit comfortably.
Stick and flick
We have deliberately not required dog walkers to pick up their dog poo on the Commons and really hate to see bushes 'decorated' with poo bags which the walker probably intends to remove on their return journey but forgets to do so. Please, as a courtesy to others use a stick to remove your dog mess from the paths and flick it off out of the way of other walkers.
Lindsay Griffin


Jameselliottfarrier@gmail.com


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## CHOLESBURY-CUM-ST LEONARDS W.I.

## Do you miss meeting people

 face to face?Our WI is a lovely, lively group of women who meet once a month here in St Leonards Village Hall.

What is the Women's Institute? It sounds old fashioned, but it is extremely relevant in today's society Providing social interaction and support for anyone in our villages.

The Women's Institute campaign nationally on a wide range of issues and provide life-long learning and selfdevelopment opportunities.
Members are encouraged to contribute their own ideas for speakers, etc.

There are also workshops, outings and events throughout Bucks and beyond.

So, if you fancy a giggle and a chat whilst listening to interesting speakers or taking part in workshops then do pop in and see us. We would welcome new members.

Our next meeting is on
Monday 18 September at 7.30 pm in
St Leonards Village Hall
For further information on the Women's Institute: www.thewi.org.uk

## Local contacts:

Carol Henry:
michaelcarolhenry@yahoo.co.uk

## Sylvia Lee:

sylvia.d.lee2@gmail.com
Hilary Sheppard:
sheppardnh@btinternet.com

## Hilltots Pre School

## Opening September 2023

## St Leonards Parish Hall

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10 minutes from Chesham set in a beautiful location.
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## CHOLESBURY CUM ST LEONARDS HORT SOC

I hope all gardeners are pleased to have some good rain after all the lovely hot summer weather in June. I found that, despite daily watering, the runner beans didn't start to set until after it did finally rain, so I am now hopeful that we will have a good crop.

0
ver the past few weeks we have had a great display of lavenders and hollyhocks which are both traditional cottage garden plants. The hollyhocks have been especially good this year. I have never sown any seeds but they just self-sow where they fancy with the colours changing from year to year. Please get in touch in the autumn if you would like some seed heads to scatter in your garden. The lavenders love the hot weather and I have several different varieties. Once they have flowered cut hard back and then give them a trim next year when the danger of frost is over.

The Hort.Soc's Annual coach trip this year was to RHS Hyde Hall near Chelmsford. Everyone enjoyed wandering around the different areas and up to the gardens at the top of the hill. The overall vote went to the wonderful display of colourful cottage garden favourites. The two well-run restaurants were well patronised as was the shop and plant sales. A very big thank you to Jan and Angie for their hard work organising the visit.

Please now look around your gardens to see what you may be able to enter in our Annual Flower Show which is held in the school hall on Saturday 2nd September. Schedules can be downloaded from our Cholesbury website or from Angie Bettison on 757088. Angie is our new Show Secretary so please get in touch should you have any queries about entries.

We look forward to seeing members and friends on Show Day. Our judge has said these smaller village shows are beginning to decline so please support our traditional Show. As well as the main Show tables of flowers and vegetables, photography and domestic classes are an excellent showcase for many members' talents. Teas will be served.
Liz Firth


## NEIGHBOURHOOD WATCH <br> Summertime is just around <br> the corner! The perfect <br> season to enjoy the warm weather and longer <br> 

evenings outside. However, it is also the time when burglars are on the lookout for unguarded homes.

Phockingly, the police report that over 500 burglaries occur every day in the UK! So, let's take a moment to think about your summer home security and take the necessary measures to protect your property.

1. Always lock your doors and windows, even when you're at home or in the garden. As we enter the summer months, doors and windows are opened to let in fresh air whilst homeowners are outside enjoying barbecues in their gardens or even in bed, and potentially letting down their guard when it comes to home security. Unfortunately, this can provide an opportunity for burglars to sneak in and steal our valuables.

It only takes a minute for a burglar to sneak in. In fact, over half of the incidents of domestic burglaries happened when someone was at home.

## 2. Be cautious about leaving windows open

 on a warm night.If you do want to leave windows open, then consider getting window restrictors professionally installed so that they can't be fully opened to allow somebody to climb in. 3. Keep valuables out of sight and reach. Don't leave valuable items, like car keys, wallets, and mobile phones, in reach of an open window, door or even a cat flap if you have one.
4. Install additional security measures. Install a home alarm, CCTV camera or video
doorbell and make sure to use it even if you're only going to be out of the home for a short period of time. As well as alerting you to issues, alarms can also act as a good visual deterrent.
5. Keep your garden well-maintained and clear of any potential hiding spots for burglars.
Trim back any overgrown bushes or trees and ensure that your lawn is mowed regularly. This will make it more difficult for burglars to approach your home undetected.
6. Lock away tools in your shed or garage. After a day in the garden, remember to put tools, ladders, barbeque, and other equipment in a well-secured shed or garage out of sight, as expensive outdoor equipment can attract opportunistic thieves and be used to break into your house.
7. Make it look like you're at home, even when you're not.
If you're leaving your home empty, avoid advertising your absence by making it appear as though someone is home. Use timer lighting or consider a fake TV that mimics the appearance of a real television. Timed lighting and a fake TV are energyefficient. However, ensure that the fake TV is placed in a room where the device itself is not visible through a window (so it is not obvious it is fake).
8. Beware of accepting new friends or connections on social media if you don't know them personally.
Burglars can pose as 'friends' to find out more about you and your home. Avoid posting snaps of your days or outdoor activities on social media at the time. Enjoy your summer, but don't tell the world that your home is empty. Instead post your photos whilst relaxing and enjoying a nice cup of tea when you get back home!

The devices in our homes are getting smarter all the time. How smart are you about keeping yours protected?

For many of us, today's home is a very
convenient and cool place to live, with more and more devices responding to a tap in, an app or the sound of your voice. However, every device that's connected to your Wi-Fi is also transmitting data which could be of interest to criminals; not least your speakers, voice assistants, cameras, intruder alarms, door locks and security lighting. Or even your kids' toys. Not setting up and maintaining the appropriate security measures for your smart devices, their apps and your Wi-Fi network could lead to your information being stolen and even your every movement being observed. Another consideration is that the data provided by your smart devices - or the information you supply when you set them up - could be used by manufacturers for unwanted purposes, including being sold on to third parties.

- Consider that buying well-known, reputable brands means that more care has probably been taken in securing the products.
- For smart devices for which you need to log in to connect, replace factoryset passwords with secure ones you create yourself. This is because default administrator passwords may be common
to every device shipped, and potentially insecure. If in doubt, check manufacturers' instructions on how to change passwords.
- Don't use the same password for more than one connected device, nor share passwords with those you already use for other online accounts.
- Make sure your Wi-Fi network is secure. Read the advice page on Wireless Networks \& Hotspots at www.getsafeonline.org
- Make sure that all your computers and mobile devices are protected with updated internet security software/app and that access to these devices is safeguarded with a PIN or passcode.
- Check the apps associated with your connected devices and install updates as soon as prompted. Also, regularly check manufacturers' websites for updates, as they can be slow to push these out via the app.
- Limit the amount of information you provide when setting up an app to what is absolutely necessary.
- Be aware that devices like voice assistants, smart speakers and cameras are always active and potentially recording unless you switch off or disable them.
Stay safe!
Erin (758079)


## Hawridge and Cholesbury C of E School

Would you like to be a school governor?
We have vacancies for Foundation governors and would particularly welcome applications from people with HR, finance, premises or legal backgrounds. However just as important is.

- being able to share our vision for the school
- being able to work as part of a team
- having sufficient time to visit the school and participate fully in governance activities and responsibilities.
Governance experience is welcome but not essential as full training will be given. We are
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SWalton@hcschool.uk. For more information about our school please look at our website: http://www.hawridge-cholesbury.bucks.sch.uk/website


## HAWRIDGE \& CHOLESBURY CRICKET CLUB

So much has been going on at the Club since the last newsletter. This includes 'home' games for Chesham Masters, Chenies and Bucks Seniors as well
 as Hawridge and Cholesbury School.

0ur own teams have been going well - the All Stars and Dynamos programmes for 5 to 11-year-olds have been well attended and everyone has been able to develop their individual and team skills. The Under14s won all their games in June and the Under10s have gained valuable match experience, including home and away fixtures against the strong Wendover Under12 girls.

It has been a competitive first half of the season for the Saturday XI. In June, they won three out of their four Mid-Bucks Division 1 fixtures, gelling together under the leadership of captain Luke Hames. Steve White retired on 50 in the Sunday team's victory over Wendover.

Steve was selected to represent the England Chairman's XI versus the Australian Over 60s touring side in early July (the 'Grey Ashes'). He also helped host the Australian visitors, who were sponsored by HG Matthews. After a meal laid on at the Full Moon, they visited our President Trafford Matthews' extraordinary collection of vintage cars and farm vehicles at Dundridge. To complete a quintessentially English experience, Katharine Dallas provided tea.

The pitch is looking great, due to the hard work being put in by volunteers from the Club, led by our excellent groundsman


Fun on the Common (see also inside front cover)

George Kerr. George also organised the annual fixture between the Farmy Army (made up of farmers and workers from the Full Moon) against a Verney XI (led by Mark Verney and consisting of firemen and builders). The spirit of the game was excellent and was supported well by local families and friends. The annual President's Day on Sunday 16 July involved cricketers of all ages.

We have held a couple of fun events: our 'Wigfest' 80s Music Night, organised in tandem with Wigginton Church, proved very popular and 'Shake Your Booty' on the Common, by kind permission of Christine Stott, benefitted from beautiful summer weather and was enjoyed by everyone. It has been great to see so many players and supporters up at the club. For a full fixture list and other information about the cricket club please see our website: www. hawridgecholesbury.play-cricket.com. Sean Robinson
Chairman


A fond welcome to the Aussie tourists


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## Our traditional Bank Holiday Fete

A number of new residents have arrived in the Hilltop Villages and you will soon hear about the Hawridge and Cholesbury Churches' Fete. The annual event raises funds for the two churches. It is always held on the Late Summer Bank Holiday Monday and this year the date is 28 August.

Many years ago it was the place where second hand clothes were sold and several racks of assorted garments were a feature of the Fete. Many of us remember the year it rained and clothes were damaged. The Charity Shops now fulfil this valuable role.

Traditionally the Fete moved every year from either the site outside Cholesbury Village Hall or the Common opposite the school, where an electricity cable was laid over the road! How did we get away with that? For a few years the School was used. We were allowed onto school grounds but dogs were banned, which caused some dispute. Today the Fete is always held outside Cholesbury Village Hall and is an ideal setting.

The Fete runs from 1.30 to 4.30 and this year the usual stalls are planned, although most years a new stall pops up unexpectedly to make the Fete even busier. The Grand Draw preparations have already started and the Ellesborough Silver Band has been booked. They will play a varied programme for three hours. Teas are served in the Village Hall and are very popular.
The Fete organisation depends on people and this year Angela Lincoln has taken on the demanding work of contacting people to run stalls, allowing John Farmer to stand back. John is no longer able (due to age) to get insurance to hire a van but Angela has asked Malcolm 18

Angell to help and he, most fortunately, has a horsebox. Rosemary Pearce will again organise the teas that are traditionally the biggest earner, benefitting from the superb home-made cakes. Linda Stacey does not know what breeds of dogs will be brought by their owners for Temptation but they will provide both amazement and laughter. Maggie Carruthers has the Grand Draw in hand and is gathering the delightfully packaged prizes.

The Fete sells cakes, books, bric-a-brac, gifts and plants; all of which are gifted by parishioners. There has been great generosity over the years and your help is again requested. There will be games of chance and of skill to amuse all ages and, as ever, bottles will be in demand for Bottle Tombola.

The Fete has developed into a largely covered event requiring gazebos and tents. This makes a most attractive scene but all must be erected and dismantled. Newcomers and old hands please come and volunteer on Sunday evening and Monday morning and evening.

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## Adrian Sparks

October 1945 - March 2023

Many older residents of the Hilltops will remember Adrian Sparks, who lived in St Leonards with his wife Gill for many years and attended many social events. We are saddened to learn of his death earlier this year. Gill pays the following tribute..

Adrian was fine and healthy until the age of five and he had just started school when he had a series of childhood diseases in quick succession, leaving his immune system compromised. He developed an autoimmune disease - Dermatomyositis - with many severe consequences in future life.

He was in hospital in Oxford until he was eleven and was too poorly to receive very much in the way of education. So, he went to school for the first time having no basic knowledge of anything on the curriculum. The careers teacher helped Adrian, at the age of 16, to find a job in British Leyland in the accounts department - the start of a long and varied career.

Adrian was a popular and very hardworking member of the team at British Leyland and he was still working there when he and Gill married in 1968. A good friend suggested Adrian apply to Plessey to learn computer skills. He passed the appropriate test and started there in 1969.

After a few years Adrian applied to join Woolworth's computing department and was a very successful member of their team, so much so that he was asked to transfer to Rochdale to run the computer department. Adrian has always been a 'grafter' and was frequently called out at night to rectify problems which had occurred. We had seven very happy years living in Lancashire and made many wonderful friends there.

In 1977 Adrian successfully applied for a job in London and we moved to Buckinghamshire where Adrian had many family members. As he moved through his career he had very many promotions and much success selling computer software. He would drive from Bucks to Blackpool, or Hull and back in a day and he covered very many thousands of miles, despite his disability.

Away from work Adrian joined the RDA (Riding for the Disabled) and had a wonderful time with many life-long friends made there.

We decided to locate to Devon in 2012, where we already had good friends and where we had spent many happy holidays, to purchase a larger house to accommodate our family. Adrian continued to work from home until he was 70 .

Very sadly, as Adrian became older his health deteriorated and he has needed more and more help. Thank goodness for all his ukulele friends, especially Paul, who sold him his first ukulele. These friends and good neighbours made his retirement and life in Devon joyous.

Adrian always said that he has had a very good life but mainly it is what he made it by hard work and determination.


## Information signs for our hillfort

Beacons of the Past, a National Lottery Heritage Fund project that was hosted by the Chilterns Conservation Board, is installing interpretation panels at Cholesbury Camp hillfort. Three (identical) panels will be placed at the main points of entry to the monument.

These colourful and engaging signs will not only inform visitors about the site and its history but will also provide QR code links to a webpage with further information. This includes a short film about the Cholesbury Camp in the Iron Age and will allow visitors to experience Augmented Reality and see the daily working of the hillfort come to life.

The panels will be in place by end of August.


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## From Revd. Chris Haywood...



Having celebrated Pentecost, the Church calendar settles down into a long period which is known as 'Ordinary Time'. Each Sunday a series of 'Proper' readings and prayers or collects are listed. This is the origin of the old name for the season 'Proper Time'. Far from being a season of bland ordinariness which carries us through the summer months from Pentecost to Advent, it is a season when we consider and reflect on the life and purpose of the Church in the world.

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n other words, we consider the mission of the church and what we are about. It comes after Pentecost because we especially highlight the work of the Spirit in the mission of the church in the world. We consider how the kingdom of God is present now and how it can be realized in more profound ways in the future. Ordinary Time is a season for the church to focus on its growth and maturation, a time when we consider what it means to be a Christian and how we live it out. Ordinary Time might well refer to living out our 'ordinary' lives as Christians, but since we follow the risen Lord Jesus Christ, there's nothing ordinary about it! As I often say about history - 'one thing is for sure, my life has not been boring'. It is necessarily my focus as the spiritual leader and Vicar of The Lee and Rector of the Hilltops, as well as Governor of the two church schools.
As we grow and develop as a church, our vision and emphasis will emerge. Certainly any such vision and mission is framed by Jesus's own imperative to make and grow new followers of Jesus (which we considered on the first Sunday of Ordinary

Time) and is focused on presenting who Jesus is, which is why the season culminates on 'Christ the King' Sunday in late November: the culmination of the church year no less, before it starts all over again on the first Sunday of Advent. The churches' focus is always to witness how Christ is sovereign in our lives.

Many people have been actively reflecting what it means to be a Christian and how we live it out. A group meets in the vicarage every Tuesday to study the Bible and work out what it means for our lives and another group have been discussing the Christian faith together with a view to Confirmation. We hope very much to host a confirmation service for the benefices when Bishop Alan, Bishop of Buckingham, will come and confirm those candidates who wish to publicly declare their faith. If there are others who are interested in being confirmed and wish to prepare for such an undertaking, please do let me know. I'd be happy to conduct confirmation preparation as appropriate to the circumstances.

THE LEE AND HILLTOPS SERVICE ROTA AUGUST - SEPTEMBER 2023

|  | Day | St John The Baptist The Lee | St Leonard's St Leonards | St Laurence Cholesbury | St Mary's Hawridge |
| :---: | :---: | :---: | :---: | :---: | :---: |
| August 2023 |  |  |  |  |  |
| 6th August | Trinity 9 | 8.00 AM BCP Holy Communion (Old Church) 11.00 AM Family Service | 9.00 AM CW Parish Communion |  |  |
| 13th August | Trinity 10 | 11.00 AM CW Parish Communion |  | 9.30 AM BPC Holy Communion St Lawrence Patronal Festival |  |
| 20th August | Trinty 11 | 8.00 AM BCP Holy Communion (Old Church) | 9.00 AM Breakfast Service Lay led |  | 11.00 AM CW Parish Communion Patronal Festival Blessed Virgin Mary |
| 27th August | Trinity 12 | 11.00 AM CW Parish Communion |  | 9.00 AM CW Parish Communion |  |
| September 2023 |  |  |  |  |  |
| 3rd September | Trinity 13 | 8.00 AM BCP Holy Communion (Old Church) 11.00 AM Family Service | 9.00 AM CW Parish Communion |  |  |
| 10th September | Trinity 14 | 11.00 AM CW Parish Communion |  |  | 9.30 AM BCP Holy Commumion |
| 17th September | Trinity 15 | 8.00 AM BCP Holy Communion (Old Church) | 9.00 AM Breakfast Service Lay led |  | 11.00 AM Parish Communion |
| 24th September | Trinity 16 | 11.00 AM CW Parish Communion |  | 10.00 AM Hawridge and Cholesbury Harvest Festival CW Parish Communion |  |
|  | Vicar and Rector | Churchwarden | Churchwarden | Churchwarden | Churchwarden |
|  | Revd. Chris Haywood | The Lee | St Leonards | Cholesbury | Hawridge |
|  | The Vicarage | Trevor Pearce | Robert Donnell | John Farmer | Elizabeth Tomlin |
|  | The Lee, Great Missenden | 01494837601 | 07962231110 | 01494758715 | 07753817431 |
|  | HP16 9LZ |  | stleonardschurchwarden@gmail.com | jandb.farmer@btinternet.com | etomlin626@gmail.com |
|  | 01494837566 <br> chrishaywood@btinternet. |  |  |  |  |

## FROM THE REGISTERS

ST LEONARDS

## Holy Matrimony

20 May - James Arthapan Neal and Hannah Victoria Podbury 17 June - Simon David Halls and Nicola Louise Windridge 24 June - Oliver Huw Westmoreland-Caunter and Madeleine Sophie Allsop

## CHURCHMATTERS

HAWRIDGE

The joint fete for Hawridge and Cholesbury
Churches will, as ever,

be held on August
Bank Holiday. It is a
great village event and we hope that all will wish to attend (and we also hope that the weather is kind). Donations for the various stalls are necessary and if you have anything suitable to give or do please make contact and donate. There is also always a need for volunteers to do things on the day, and before, so please do not wait to be asked but contact any of the team (contact details of the Churchwardens are given under the schedule of services). Our Churchwarden, Elizabeth, having been reelected at the annual meeting, was formally sworn into office by the Archdeacon at the Visitation in June.
A special plea from Elizabeth for cakes for the cake stall which should be delivered, please, to the stall/tent on the morning of the fete (any cake previously frozen should be clearly marked as such). Elizabeth, and others, also have tickets for the grand draw - if you don't buy tickets, you cannot win a prize!

St Mary's churchyard is looking very tidy. Over the last nine or so months much hard work has gone into this although, as ever with something that is tidy, you forget how many overgrown bushes, brambles and weeds and so on used to be there and what an effort is needed to remove them all. You may have seen the recent correspondence in The Times newspaper on the thorny (ahem!) topic of tidy churchyards and strong views were put forward. Should the whole or only part be mown, should sheep be allowed to graze among the old gravestones (perhaps not in Hawridge!), should there be completely wild areas and so on. You may have your own view about our Churchyard and, if so, the PCC would be pleased to hear from you although, obviously, it is imperative for families/ friends to have easy access to the markers of loved ones.

A good opportunity to see the Churchyard for yourself would be to visit St Mary's for its Patronal Festival on Sunday 20 August (CW Communion service at 11.00 ) for which the church will be decorated to make a 'bit of a thing' of the Patronal day. Another occasion would be on Saturday 9 September when our Church will again have a register available
for those taking part in Ride and Stride to raise funds for the Bucks Historic Churches Trust. The idea is that participants find sponsors for riding (horse or bike), running or walking between participating Churches where they sign the register to show they were there. More detail and information can be found at https://bucks-historic-churches.org/ride-stride/

Another big day for St Mary's Church will be the celebration of a wedding on 23 September (Charles Elliott and Sammy Halsey): the first wedding in the Church for a while.

Finally, new rotas for cleaning and for the flower arranging at St Mary's are being arranged and volunteers to help (a younger contingent is most desirable) are really needed - please contact Elizabeth if you can assist.

## ST beOndrde

W
e have had a busy summer season of weddings at St Leonards with three taking place in May and June. All were very different but absolutely lovely. It was fantastic to see such happy couples embark on their lives together and their families and friends celebrating with them. We wish all the best to James and Hannah Neal, Simon and Nicola Halls and Oliver and Madeleine Westmoreland-Caunter.

Nikki and Simon Halls of Little Twye Road Buckland Common, were married on 17 June. The sun was shining for them as they made their vows, accompanied by close family and friends for an intimate service. The couple wish to give special
thanks to Rev'd Sue Gill, from St Mary's Church, Amersham and Organist Richard Charles, for making their Wedding Service so meaningful. They also wish to express their gratitude to Virginia Oldham, Ann Horn and Liz Firth for decorating the church with such beautiful flowers and, along with Churchwarden Robert Donnell, for their care and attention.

Nikki looked beautiful and tells us her dress came from Pretty in Pre-Loved, a second-hand Wedding Dress Studio in Wendover - just one of the ways in which they tried to make their Wedding as fussfree and sustainable as possible. In addition to this they had their Invitations and Orders of Service printed on recycled, un-bleached paper and either hired equipment and decorations or sourced them from charity shops. In place of Wedding gifts, guests were encouraged to donate to one of the couple's three favourite charities - The Chesham Food Bank, Tiggywinkles Wildlife Hospital or Edirisa UK.


Congratulations Nikki and Simon

The Hilltops Breakfast Service continues to go from strength to strength. We celebrated Fathers Day with a wonderfully relaxed but emotional service in which we considered a father's love and what it meant to us all. Ann Horn spoke movingly of her own father and what a father's love meant. There was an opportunity to light a candle in memory of fathers and grandfathers no longer with us

The PCC are hoping to commence a new Evening Service on Sunday 13 August. This will be a simple relaxed service in which the Sunday service, filmed and broadcast by the central Church of England, will be played with the Congregation being encouraged to join in with all the Hymns and prayers. The service will start at 6 pm and there will be refreshments afterwards. We hope that the addition of an evening Church will be popular and provide an opportunity for those who find it difficult to attend early morning services. We will trial this for six months on the second and fourth Sunday of the Month.

Following the success of last year's inaugural Hilltops Scarecrow competition, we will be running it again in the week preceding the Harvest Festival. The theme this year will be 'Royal' so put your thinking caps on and start creating. We had such a good response last year with some fabulous entries, so many people have told us they want to enter this year. Judging will take place on Sunday 1st October with the results being announced at St Leonards Harvest Supper later that evening

The Harvest Supper on 1st October will be in St Leonards Village Hall at 7.30pm with drinks at 7.15 following the Harvest Service at 5pm in the Church. We would be pleased if you could join us for both or just the supper. This was very popular last year with almost 90 attending, so email stleonardschurchwarden@gmail. com quickly to reserve your Harvest Supper tickets or to enter the Scarecrow Competition.

## CHOLESBURY

Cholesbury church is open during the day and is a quiet, peaceful place for
 personal prayer or meditation and it is also available for visitors. In the last three months we had visitors from Massachusetts and New Zealand and three nuns from the Amaravah Buddhist monastery wrote they felt a lovely warm feeling. Dave and Hayley, who have recently moved into Sandpit Hill cottages, signed the book.

Tim and Sue Phipers visited from Shropshire and wrote that they married in Cholesbury in February 1969. The marriage register reveals that Susan, nee Betteridge, was a State Registered Nurse from Chesham Road, Wigginton. Hilary Bath from Towcester told us that generations of her family were married and baptised in Cholesbury and mentioned Carpenters, Elses, Wingfields and Hensons. Are there any residents who remember these families?

The Annual Parish Church Meeting was held at the end of May. The church officers voted onto the PCC were the same as last year. There was a lively discussion regarding the provision of services with calls for more diverse types of worship and a review of service times. The financial situation has improved as expenditure on repairing fallen plaster was postponed.

It was a joy to host Eva from Echor, who performed Bach's Sonata No. 2 in A minor on the violin. The performance was enhanced because Eva introduced the music with valuable insights into the composition. Cholesbury Church provided an intimate atmosphere for this beautiful piece.

We have started planning for the Churches' Fete on the Summer Bank

Holiday, which falls on Monday 28 August this year. The regular features will be back with the Ellesborough Silver Band returning for three hours of live music. Maggie Carruthers is collecting prizes for the Grand Draw and we look forward to selling a wide range of books and bric-a-brac. There will be the usual mix of games and items for sale including homemade cakes. We would be most grateful for your support in providing items for sale, preparing the site, running stalls and, most important, attending the Day.

The annual Ride and Stride this year will be on Saturday 9 September. Steve Davey will again provide refreshments in St Laurence for visiting cyclists and I am confident that participants cycling from the Hilltop villages will find refreshments in the churches they visit.

Cholesbury will host Harvest Festival this year with a 9 am service on 24 September. A social event will also be organised.

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## Grasshoppers go in many a thumming spring (John Clare)

The subdivision of insects comprising grasshoppers, known as the Orthoptera, which also contains the crickets and a separate group, the katydids or bush crickets, first appeared in the fossil record during the Carboniferous Period, some 350 to 300 million years ago (mya).

Recently, through DNA analysis, grasshoppers have been identified as the last of the three related groups to evolve, breaking away from an ancestral form of Orthopteran during the Cenozoic era, just a mere $50-65 \mathrm{mya}$. It was once thought that the early origins of this group were in the African savanna, but more recent studies have revised this theory based on the development of the first grasslands in what is now continental South America.

The Orthopterans are so-called because in Greek the first syllable 'orthos' means straight or rigid, referring to their modified front wings, specially toughened into a leathery covering to protect the hind wings for those species that use them to fly. Previously, the Orthopterans had been named by the more behaviourally descriptive name Saltatoria which hails from the Latin 'saltare' meaning to leap.

The chirping sound heard in daytime is usually only by male grasshoppers. Grasshoppers use specialised 'pegs' on their hind legs to rub on a reinforced rib on the forewings. This sound is one of those characteristic features of the English summer. When melodious it might attract a female: at other times it might be more strident, to warn off other males from a territory. The tympanae (hearing organs),
which are located on either side of the abdomen, are positioned such that one is slightly further back than the other. This creates a minute time delay between the two hearing organs, thus providing clues to the origin of the sound. Interestingly, owls utilise a similar albeit much more sophisticated acoustic approach to hunt their prey.
Grasshoppers can be distinguished from crickets by their antennae. The latter have long antennae, often extending beyond the length of their bodies whilst grasshoppers' antennae are short, clearly segmented and stout. Though grasshoppers tend to chirp some of their cricket cousins produce a melodious repertoire of songs. So prized was the singing of crickets that they have probably had a long association with humans, who would capture them and keep for their delightful nocturnal singing Even today crickets are kept in some African homes for their singing.

Grasshoppers and their relatives are almost exclusively vegetarians with specialised downward-pointing mouth parts for chewing grasses and cereals and in one case, mosses, which is unique in the insect world. In contrast to tropical regions, where the largest grasshoppers or locusts rule supreme and are a serious pest of agricultural produce, in the UK
grasshoppers are less of a serious threat to cereal crops than other pests.

Of around 8,000 species of grasshoppers worldwide, they are represented in the UK by just 14 examples., although global warming is now resulting in some sightings of the migratory locust in southern England.

The biggest British species, found only on peat bogs, is appropriately named the 'large marsh grasshopper', and is around 1.25 inches long. Probably the most frequently seen or heard of all grasshoppers across all the UK, 0.75 inches in length, is the 'common field grasshopper'. Its chirping call is one of the loudest grasshopper chirps in the UK and the metallic scraping sound has been likened to that of a dentist's drill!

Female grasshoppers lay up to 14 eggs in a frothy substance that hardens into a protective envelope or 'pod' on the soil, which protects it over the winter. In May the eggs hatch. The nymph is enclosed in a worm-shaped casing to enable it to crawl undamaged through the soil. Grasshopper nymphs take five months to progress through five moult phases or instars, before the adult grasshopper emerges. Overall, a grasshopper can be expected to live for five months.

Because of the cryptic colouration of grasshoppers: shades of green, buff, purple or brown, they are more usually heard rather than seen. This sentiment is most elegantly expressed in a quote from the early half of the 20th century which I came across recorded in a 1972 insect field guide I have: "Grasshoppers and crickets share with radio announcers the distinction of being known more by their voices than by their looks because, although these insects noisily advertise their presence, their colouring normally ensures that they remain hidden from the casual stroller".

My own experience tends to confirm this. Having heard the chirps in the long grass, often they then go silent as they have obviously detected my presence through ground vibrations, or with their large compound eyes, or their membranous hearing organ located on their abdomens (crickets' hearing organs are on their front legs). Usually, no amount of patience, scrutinising the nearby tussocks of grass or waiting for the critters to hop to a new leaf of grass is rewarded. Instead, one is forced to take a step or two in the general direction where the sound stemmed from to see if I can encourage the insect to reveal themselves.

Most grasshoppers have wings but their default solution for rapid movement is to use their characteristically elongated rear legs to catapult themselves away from predators, to find a mate, or to find new feeding grounds. These legs, which are designed specifically for springing great distances, relative to their size, have muscles which attach the knee joints containing a coiled spring to the hind feet which store energy for explosive jumping.

Here to conclude is a poem by Northamptonshire poet, John Clare, which beautifully exemplifies these unique travelling habits of grasshoppers:

Grasshoppers go in many a
thumming spring
And now to stalks of tasseled sow-
grass cling,
That shakes and swees awhile, but still keeps straight;
While arching oxeye doubles with his weight.
Next on the cat-tail-grass with
farther bound
He springs, that bends until they touch the ground.

Chris Brown

## Another Charity Bike Ride for Michael

Four years after my last multi-day bike ride for charity I found myself in my lycra once again trying to raise money for PACE, the Stoke Mandeville charity that looks after children with neural disabilities. This time 25 riders (men and women) were travelling over three and a half days (14-17 June) from Amsterdam to Lille - a total of about 225 miles.

Holland and Belgium are pretty flat so the challenge was just doing the daily mileage and avoiding accidents. None of us had thought that on all four days we would be riding in temperatures of over $30^{\circ} \mathrm{C}$. Dehydration became an unexpected risk and I don't think I've ever drunk as much water whilst cycling before.

Nevertheless, it was a most enjoyable experience, not least because of the cyclist friendly roads, drivers and often dedicated cycling lanes that can be found in Holland and Belgium - and an almost complete absence of potholes! (BucksCC please note). It also meant overnight stops in Gouda, which is lovely, and Bruges which is even better. I can't say the same for Lille.

The unexpected highlight for me however was the excellent company of the other 24 riders and the leadership team.


I found myself randomly allocated a man called Csaba (pronounced Chubba) as my roommate for four nights. He is originally from Hungary, a trained civil engineer and a man who, nine years ago, became father to twins who were born prematurely. His daughter Hanna has special needs but is able to attend normal school and is learning to play the piano. His son Peter lives his life in a wheelchair, feeds through a tube and needs $24 / 7$ supervision. It is a heavy burden and one that Csaba and his wife bear with great dignity.

Csaba was on the ride to show his appreciation for what PACE has done for his family and the support he and his wife get. Peter attends the centre five days a week. Csaba is a man of immense dignity and resilience and over the course of the four days we were together established himself as the heartbeat of the whole effort. It was a privilege to spent time with him.

Also on the ride were a team of four civil engineers working on the HS2 project and based near Aylesbury. They had heard about PACE and with their employers' support entered a team and raised quite a sum. They came from Ireland, Venezuela, Spain and India. They had no reason to feel an obligation to support a local charity but they were excellent company and really good cyclists. They made me realise that, although I might not like the politics or economics of HS2, the people working on it are decent folk like you and me.

I think the ride raised over $£ 40,000$ for PACE which is a material sum for the charity and I am most grateful for the support I received from the local community in my own fund-raising effort which exceeded the amount I raised four years earlier.

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## Record takings for our showpiece event

The St Leonards Village Fete and dog show on Saturday 3rd June was a great success with a record-breaking net profit of around $£ 7,300$. The result is particularly pleasing considering it was still school half-term and the afternoon of the FA Cup final!

Such success is of course down to many factors. There are the unknowns, like the weather (which was superb) and how many people attending (thank you for eating all the barbeque burgers and sausages and drinking record amounts of tea). Then there are the factors we can control, most importantly because of the superb organising duo of Hannah Lane and Izzy Carlisle, who have been thinking fete since the beginning of the year whilst balancing pressured full-time careers.

Visitors were entertained by musicians and a wide array of stalls and games, including the old favourites of wellywanging, splat-the-rat, coconut shy, facepainting, bouncy castle, merry-go-round and the Circus Skills Workshop. Our resident stallholders were also worked off their feet with huge sales of plants, along with books, bric-a-brac, tombola and raffle tickets.

Thank you to the hordes of helpers, the sponsors, the commercial stall holders, the prize donors, the cake-makers, the musicians, the dog show team and, most importantly, those who came along to enjoy a classic village fete.

The fete profits help towards the Hall repairs (roofing works recently), maintenance of the building and grounds and help pay the utility bills (very scary recently).

There are never too many volunteers at the Fete, so if you feel inspired by this year's fun to offer some help and some different ideas please get in touch!


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## Hilltop Framing

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## Contact Annemarie for further details on oakdenpilates@gmail.com <br> Move your body, relax your mind!

## * * *

## 100 Club winners

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St Leonards Parish Hall May 2023
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## CURVACEOUS COOK

## Zingy Asian-style salad

I have to admit to being addicted to a cookbook by Dominique Woolf: Dominique's Kitchen. We have loved every recipe and have adapted not to use the sugar that she does. This salad is a bit of a combo of two of her recipes, and to be honest, you could use whatever you want to as the veg element.

## Dressing:

Whisk together:
2 tbs lime juice (I use a bottle).
1 tbs fish sauce, Nam Plau. Please don't be put off by this, even ifyou don't like fish, it just adds a certain something to the flavour.
1 tbs soft brown sugar (l use 1 tsp stevia).
$1 / 2-1$ tsp chilli flakes to taste.

## Salad

I have a cheap mandoline with interchangeable blades that I use for this recipe,
and many others, but you can use a box grater or just a sharp knife.
Into a biggish bowl grate one crisp eating apple, skin and flesh.
Grate one carrot.
Thinly shred about 200g red cabbage or, I prefer, some red and some white.

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\text { Finely slice } 1 / 4 \text { red onion. }
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Add a small handful of chopped coriander leaves and stems.
Small handful chopped mint leaves.
You can make up to this point any time, then add
30 g toasted hazelnuts, smashed. I put them under a big jar and just press gently. 2 tbs shop-bought crispy fried onions. Most supermarkets sell these now, but be warned, they are very moorish!
Pour over the dressing, mix well and serve.
It does last a few days, covered, in the fridge. I eat it on its own or with meat, cheese,
flatbreads, or pretty much anything!
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## Hilltop News

We welcome all news, letters and articles which are of general interest and relevance to the Hilltop Villages. Material for inclusion in the October/November edition should be sent to Graham Lincoln or Anne Butterworth (Church Matters) by 10 September latest. Please note that photos sent online must be at least $2,500 \mathrm{x}$ 1,750 pixels in size.

## Editor

Graham Lincoln 758449
grahamInc@aol.com
Co-ordinator/Church Matters
Anne Butterworth 758700
anne@churchcottage.uk
Advertising
Ann Horn 758250
annhorn272@gmail.com
Design \& Production
Michael Spark 758882
info@michaelspark.com
Distribution
Rosemary Pearce 758334

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info@orbitpress.co.uk

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