LOCAL NEWS
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WOW!

WHAT'S ON IN WING

December 2023



John Lomas, volunteer hero

MERRY CHRISTMAS

- A brace of seasonal recipes for your delectation, plus cow's heels, spotted dick and more
- Rural crime
- Walk the Percy Crow path
- A special Christmas poem
- News from Parish Council *and* a Wing bypass update

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Remembrance Sunday at Wing War Memorial. Photo by Anita Noble



Bewick Green in the snow. Photo by Jenny Leach

Cover: drawing by Emma Bracken

This issue of What's On contains another of our frequent articles about residents of interest; this time our subject is Parish Councillor John Lomas.

As it's Christmas-time, we are pleased to include notices and advertisements in this issue regarding talks, seasonal recipes, carol concerts, Christmas mail delivery by the Scouts, collection of Christmas trees for recycling once they're no longer needed etc etc. What a source of local information we are!

You'll see from page 47 that the last collection this year of the brown garden bins is on Wednesday 6 December.

To all our readers from all the members of the What's On team…….

Happy Christmas!

In case there is doubt, we confirm that the absolute deadline dates for the next issue are the same as in normal months, despite Christmas being so close:

Reserving advertising space: noon on 5 December

Receipt of advertisements and editorial copy: noon on 15 December

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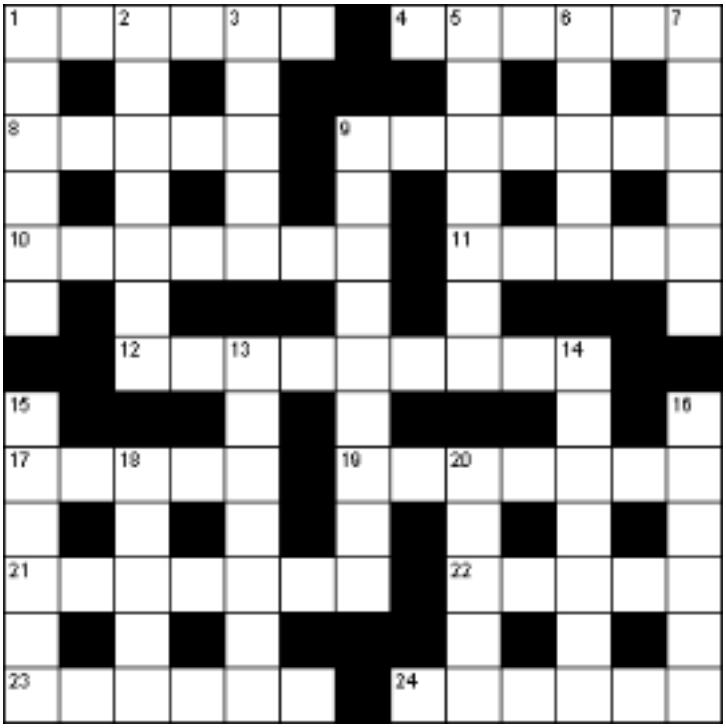
Comments, criticisms and feedback are welcome. Contact us at: editorial@whatsoninwing.info

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DEADLINES

If you are an occasional advertiser with WOiW, or are intending to advertise with us, please note that you **must now book your advertising space no later than NOON on 5th of the month before publication** (contact Jacqui at advertising@whatsoninwing.info). Space will then be held for you. The **absolute deadline** for receiving advertising material and editorial content is NOON on 15th of the month preceding publication.

Quick crossword



Across

1 Find by searching or examining (6)
4 Refuge (6)
8 Hooded snake (5)
9 Without assistance (7)
10 Extend (7)
11 Squeeze (5)
12 Heavy waterproof cover (9)
17 Early birds (5)
19 Showing no expression (7)
21 Discard (4,3)
22 Early part of life (5)
23 Cloth used with polish (6)
24 Go up (6)

Down

1 Destructive migratory insect (6)
2 Floor-show (7)
3 Distinguishing feature (5)
5 Surgical knife (7)
6 Gatehouse (5)
7 Unostentatious (6)
9 Previously unknown (7-2)
13 Give back (7)
14 Roman sea god (7)
15 Serene, unruffled (6)
16 Without shoes (6)
18 Takes a break (5)
20 Bottomless gulf (5)

Solution p32

Cottesloe Physio

A Medically Led Wellness Center

Cottesloe Physio



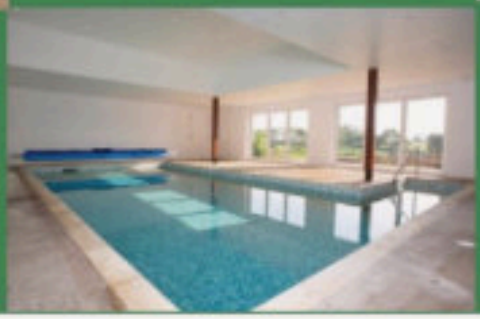
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From the Vicar



We move once again into the Season of Advent, a season heralding the themes of hoping, awaiting and expectation, emphasising that these ways of being carry deep meaning and are not to be trivialised. Furthermore, they are shaped as part of a larger journey, both as individuals and as communities on various levels. The Old Testament literature records ideas and events that led to a sufficiently significant shaping of the hope, awaiting and expectation of an entire people that they were deliberately and officially preserved for posterity. That shaping came through a great variety of means, recorded in many different styles of literature and expression, and involving many different people from different geographical origins and generations.

It is well known nowadays that *how* we anticipate and *what* we expect has very profound (and often very subtle and subliminal) influences on what we *believe* ourselves to be encountering in a given situation, which in turn influences our response. This includes any anticipation concerning where to seek God's engagement with the world – the way in which we anticipate will have considerable influence on the nature of our faith. Advent calls us to remember that God's conversing with us, including the very manner and nature in which we are formed as material creatures of space and time, actively shapes our hoping, our awaiting and our expecting.

The word Advent means 'coming to/towards' and the season reminds us that the source of this conversing, shaping and forming comes from



God. We also have the little-used word 'adventitious' for something coming from outside of a particular situation or system – some influence that is neither the result of internal design nor intrinsic to a particular nature (such as human nature). With respect to what we remember and acknowledge in Advent, such formational influence lies outside of our own control or design but moves us to direct our capacity to converse with God and thereby shapes our hoping and awaiting. There will always be something unexpected about the way in which this works itself out, just as the specific way in which God comes to us in Christ was not fully anticipated and understood in advance by those who first encountered its influence and transformative effect.

The current global situation may not, to many people's minds, seem to give reason for much hope – at least, not a form of hope purely of our *own* fashioning. In this fast-paced world things could of course change significantly in various locations/respects even by the time we reach Christmas, but that landmark occasion still represents a transitional moment that would reform worldviews and shape the hope and expectancy of what would become not just a commun*ity* but a commun*ion*.

With prayers and best wishes as we move through Advent towards Christmas.

Andrew Krauss

December Services		
3*	1100	Holy Communion
10	1100	Morning Prayer
17	0830 1100	BCP Communion Service Lessons and Carols
24	1600 2300	Christingle Service Midnight Christmas Communion
25	1100	Communion Service
31	1030	Benefice Service **at All Saints, Soulbury**

** at 1800 ... Advent Carol Service at* ***St Peter & Paul, Wingrave***

For enquiries regarding weddings, baptisms or funerals, please contact Team Rector Howard Robson (01296) 688593.



ALL SAINTS CHURCH, WING OASIS CAFÉ

Café opening time: 10.00 am – noon

Saturday, 9th December

10.45 am Launch of Vol. 2 of

"Wing Churchwardens' Accounts 1663 – 1776"

Author, Paul Brown will be giving a short talk

The book picks up the story of Wing after the Civil War, when restoration of the monarch enabled refurbishment of the ancient Minster church. The four Churchwardens were tasked with local government of the parish, including administering alms to war refugees and other unfortunates passing through the village. A significant bounty was claimed by villagers.

The book is priced at £15 for those who join the Bucks. Record Society at the launch. Retail price £30 for non-Members



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Whats on....





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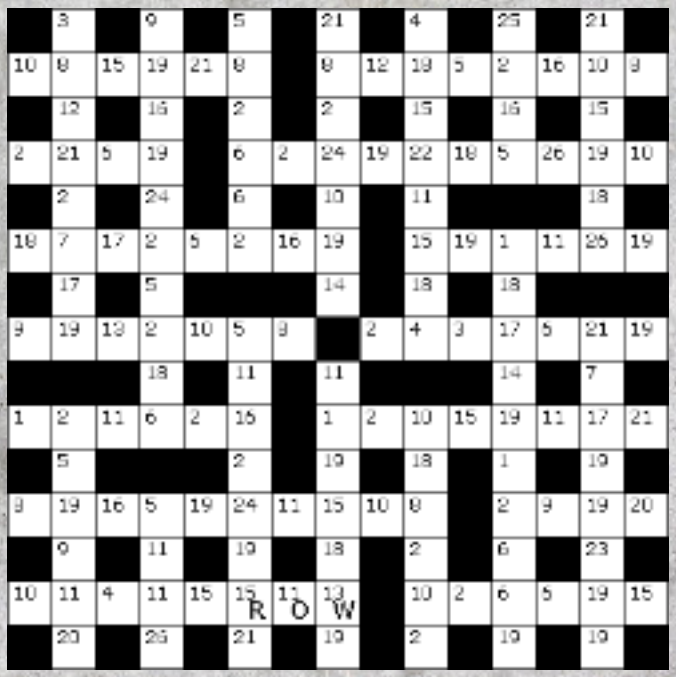
SUDOKU

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Solution p32

CODEWORD

1	2	3	4	5	6	7	8	9	10	11	12	13
14	15	16	17	18	19	20	21	22	23	24	25	26



Country Notes
from Canada

by **Iain Malin**



I am writing this in the middle of November after a spell back in England. On returning to Canada I was quite surprised not to find a thick layer of snow as is usual for this time of year. October 24th did bring about 100mm plus of snow, that has now all but disappeared. The day of the snow the temperature had dropped to -18°C from +10°C the previous day, in a matter of 12 hours. Today we are up to a daytime temperature of +8°C. What is happening to our world?

Practically the whole of the time I was in Devon it was rain, rain and more rain, the likes of which I have not seen in a long time. This of course swells the rivers to ridiculous levels. Coming off the moors they pour down the steep slopes, tumbling and crashing over the rocks and creating a tremendous noise. On these mountain torrents there is a very specialised bird called a dipper. It is a small and rather rotund bird, with a small tail which is often erect. Its next closest relative is the wren and they are both the same shape. Generally dark brown in colour with a bright white breast, the dipper has the unique ability to fly and walk underwater in torrents that would sweep anything else away, feeding on small water crustaceans. It is quite strange to see it appear, walking out of the water onto an exposed rock. Here in Canada we have the equivalent American dipper, which is a very similar shape but brown all over.



European dipper

Being on the moor watching these unique birds, I could not help but notice now the leaves have disappeared off the trees, how the lichens and ferns growing on the rocks and amongst the moss on the trees stand out, being bright green. In their abundance both are clear indicators of how unpolluted the air is. Common polypody, hearts-tongue fern and maidenhair spleenwort grew well by the pond in my garden in Wing, sadly now filled in. However it was much better seeing them in the wild in Devon, next to a fast running river.

Things to look out for around Wing in the coming days and months could be very interesting; two bird species are in the news at the moment as they seem to be invading the UK.

Short-eared owls are arriving in good numbers. I used to see them most years on the Ascott Estate farm when I was there, but this year could be one of those special years. One has already been seen but I can remember several years ago when I was on one of the shoots having seven flying around us, and seeing the guns all stop and admire them. They are really a moorland breeding bird with bright yellow eyes, but they are diurnal, hunting through the day.

Another bird which is invading at the moment is the Bohemian waxwing. It is very common here in Canada, but for the UK these invasions happen every few years, usually because of a lack of berries to feed on in their northern breeding grounds in Norway and Sweden. There apparently were 5000 in Aberdeen alone on November 11th and numbers were spreading down the east coast. One has been seen already in Bucks. Good places to look are supermarkets, because berry-bearing trees are planted all around them. In 2011 during the last big invasion they were at the Tesco stores in Aylesbury and Leighton Buzzard, but you have to be quick as they clear the berries very rapidly and then move on to find the next good tree. So some good birds can be found in winter - keep your eyes open.

I hope you all have a wonderful Christmas and peaceful New Year no matter your beliefs, and we will see what 2024 brings us.



Above: Bohemian waxwing

Below: Maidenhair spleenwort



REBORN

I have a most important job
At this special time of year –
I'm centre stage in a great play
At the height of my career.
I don't have any lines to learn,
I'm a plain old baby doll.
I was shortlisted 'til this year,
Now I play the crucial role.

My first home was a fancy box
Stacked up in a factory -
One of millions for sale each year
To leave wrapped beneath the tree.
I brought great joy to a little child
Who dressed me every day,
And hugged me 'til my arms fell off,
And so I was sent away.

But here I am now, wrapped once more,
This time swaddled in a sheet.
I've been resurrected just in time
To make the scene complete.
I was a gift when first I came,
Now I play the greatest part -
The gift of gifts to all mankind
That can dwell in every heart.

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Happy Christmas everyone!



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Not 4 Dec	Tai Chi (2 classes)		Large Hall	1000-1100 1115-1215	Norma Collins norma.tai.chi@hotmail.co.uk	07947 672069
All except 1st in month	Badminton Club		Large Hall	1900-2300	Gary Stevens	07787 957623
1st in month	Bingo		Large Hall	1930 start	Malcolm Rickard	01296 688428
	Library			1400-1630		
TUESDAY	Dance Class (adults)		Large Hall	1000-1300	Adrian Marsh	07906 988880
3rd in month	Pop-In (Age Concern)		Small Hall	1330-1600	Janet Ratcliffe	01296 720946
Term time only	Street Dance		Large Hall	1530-1830	Kiri Fitzgerald	07988 161043
2nd in month	Gardening Club		Small Hall	1930-2130	winggardeningclub@hotmail.co.uk	
	Badminton Club		Large Hall	1900-2300	Gary Stevens	07787 957623
Last in month	Parish Council Meeting		Small Hall	2000-2200	wingparishclerk@gmail.com	
Term time only	11+ tuition for years 4 & 5		Library	1705-1915	Rachel Harris hello@rachelharrisprofessionaltutoring.co.uk	
	Library			1400-1630		
WEDNESDAY	Zumba		Large Hall	0930-1030	Gabriel	07459 488547
1st in month	Art Appreciation		Small Hall	1400-1600	Bobbie Ward	01296 681982
Fortnightly	Lunch Club (over 60s)		Small Hall	1200-1400	Sue Nightingale Richard Webb	01296 682999 01296 681516
Term time only	Spanish Lessons (18 mths - 11 yrs)		Library	1545-1630	Rebecca Salter rebecca.salter@kidslingo.co.uk	07967 357227
	Dance Class (adults)		Large Hall	1830-2200	Adrian Marsh	07906 988880
Until Christmas	Table Tennis		Small Hall	1830-2300	Bernie Raffe Leightonbuzzardttc@gmail.com	07957 215657
	Library			1000-1230		
THURSDAY	Tots Bop		Large Hall	0930-1200	Rachel Kenning	01525 237474
Term time only	Lacemaking		Small Hall	0930-1130	Bobbie Long	01296 624179
	Yoga		Large Hall	1900-2000	Kim O'Hanlon	07770 450788
3rd each month	Wing WI		Small Hall	1900-2200	Val Fielder	01296 688044
FRIDAY	The Buzzard's Nest		Small Hall	1100-1200	Ashley Millard ashley@thebuzzardsnestcrafts.co.uk www.thebuzzardsnest.co.uk	07923 293599
2nd each month	Line Dancing		Large Hall	1100-1300	Adrian Marsh	07906 988880
	Library			1400-1630		
	Table Tennis		Large Hall	1900-2230	Bernie Raffe Leightonbuzzardttc@gmail.com	07957 215657
SATURDAY	Library			1000-1230		
SUNDAY Term time only	Wing Singers		Large Hall	1645-1915	Angie Varey wingsingers@yahoo.co.uk	07908 653006
Any day	Snooker Club				David Turner	07392 482415

Hall rental rates appear in a separate notice in this issue.

CONTACTS

Regular bookings
Sheila Lambert: 01296 682795
sjlambert49@gmail.com

One-off bookings (parties, weddings etc)
Stephen Payne: 07555 722315
stephenpayne3@hotmail.co.uk



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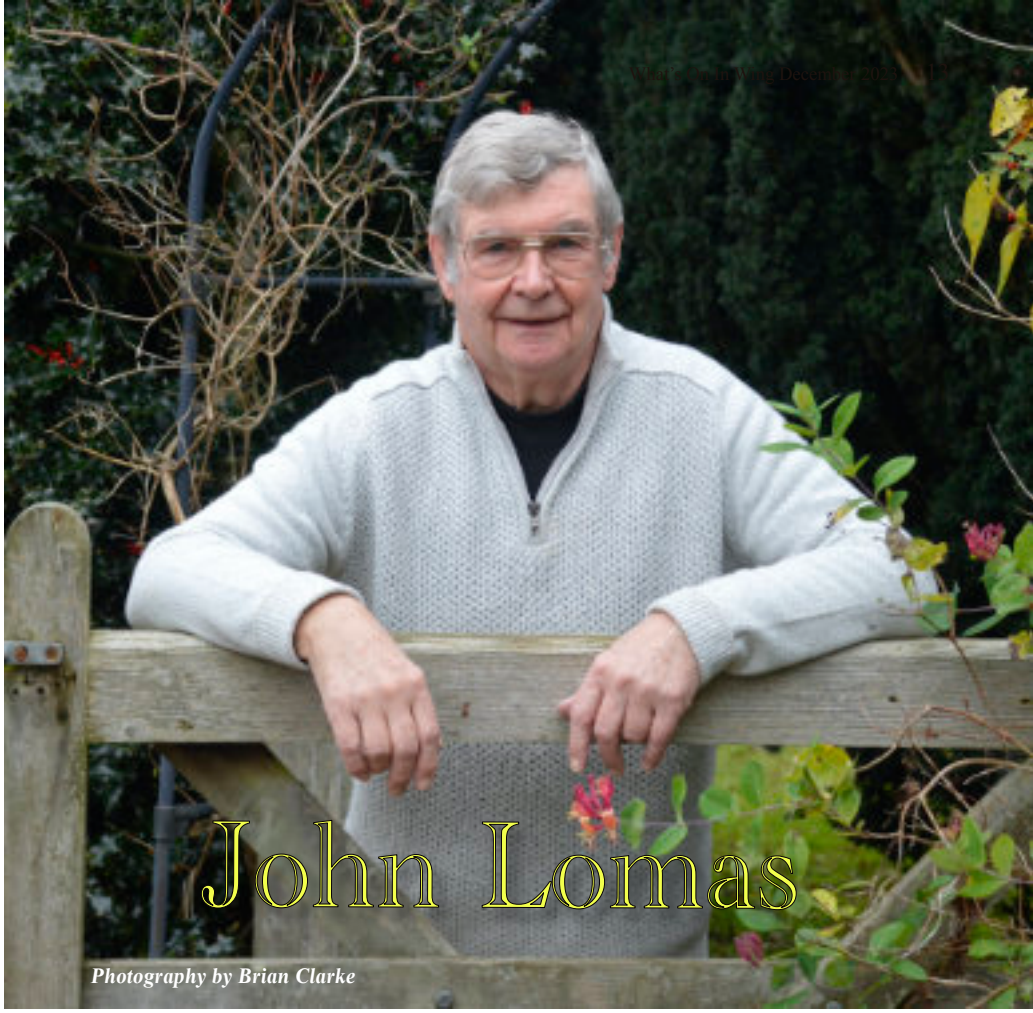
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Focus on Locals

getting to know some of the people and personalities of our parish



John Lomas

Photography by Brian Clarke

John Lomas knows where the bodies are buried. He points to his kitchen floor. *"Plenty of them under here,"* he says. *"About sixty."* He's referring to the Saxon burials over which his house is built. He is, he says, not allowed to build a swimming pool.

John and his wife Maureen came to Wing 23 years ago, from 'oop North. John had earned some distinction for being one of the very few who were educated at Salford Primary School, Salford Grammar School and Salford University. He is consistent, which is a good thing in a man who went on to help build some of the country's first nuclear reactors.

In 1999 Maureen took a consultancy role in Watford. The couple said goodbye to their old home in Warrington, got gazumped in Tring, and said hello to Wing. Their new house was just that, unfinished when they moved in. They camped upstairs while the builder finished the downstairs. Everything was running late because of the Saxon graves they'd found on the site.

There are very few nuclear reactors in Buckinghamshire, so John launched a highly successful IT consultancy. But one of his clients noted John also had specialist mechanical engineering skills, in heat transfer and fluid flow, and he quickly found himself immersed in agglomeration* processes with one of the UK's largest coffee companies, in Dunstable. So much for consistency.

John's house is on the site of the old School House, and is as close as you can get to the church. There is a garden gate into the churchyard. It's hard for any decent person to live so close to the church and not become involved. Maureen quickly became a churchwarden, and soon found herself involved with the Deanery Synod and the Diocesan Synod, and a calendar-full of committees.



John is not one to be left out. Living so close to the church bells, he took the view that, if you can't beat them, join them. That was in 2004.Today he is Tower Captain, a man who understands the mathematically mind-boggling patterns of bellringing, along with managing the bellringers, the schedules and rotas, and the bookings for weddings, funerals, coronations and outbreaks of peace.

In 2002, John volunteered to help organise Wing Carnival. It's hard work. Many good men would stay the course for a season, then gracefully withdraw. John is still at the heart of the Carnival Committee today, more than 20 years later.

Helping to organise the carnival is otherwise known as putting your head over the community parapet. In 2013, John was talent-spotted by the late John Benson and co-opted to Wing Parish Council. That work, too, is hard and time-consuming. But as you'll know, John is still a Parish Councillor today, having served a tour of duty as Vice-Chair. He is our Parish Council's longest-serving councillor.

John's role as Parish Councillor led him to work on our very first Neighbourhood Plan, out of which came, by a winding route, the Parish Council's adoption of the Long Spinney woodland site in 2015.

If you didn't already know, you'd be able to guess the next bit: John became a key member of the Long Spinney volunteer team. Thirty brave people took the tangled, unkempt and muddy 14 acre site, and turned it into one of the most popular spots in the village. And, also no surprise, John is still on the team. He gives four or five days every month to keeping the Spinney in good shape.



Living above a Saxon burial ground seemed a good reason for John to join the Wing Heritage Group. He helped with a series of digs and excavations all around the village, along with heritage walks and tours.

Bellringing, Heritage Group, Carnival Committee, Long Spinney, Parish Council. John usually manages to take Thursdays off, he says.

It's not all volunteering, though. John and Maureen are serious travellers. From the harsh environment of modern cruise liners, they've enjoyed ports of call in the Mediterranean, North and South Atlantic, Caribbean, SE Asia, both sides of the Pacific and a rounding of Cape Horn.

John has turned volunteering into pretty much a full-time job. Inevitably, one asks him why he does all this? *"Got to keep busy,"* he says.

One suspects a more complicated explanation lies beneath that simple statement. Something to do with community, giving, keeping things working for all, helping to make a better place.

Whatever John's motivation, he's just received the Buckinghamshire and Milton Keynes Association of Local Councils Volunteer Award. The citation: '*In recognition of your commitment in supporting local initiatives and groups through monitoring, leadership and engagement within the Parish of Wing*'. And that, we'd suggest, is a bit of an understatement.

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Seasonal Recipe 1



Pork Stroganoff
(Serves 4)

from Elaine Morris
'Morris of Hoggeston'
at the Wing Thursday morning market

Ingredients:

- oil for frying
- 500g mushrooms, sliced
- 400g pork fillet, chopped, or diced pork
- 2 onions, sliced
- 1 tbsp smoked paprika
- 2tsp Dijon mustard
- 200ml pork or chicken stock
- 300ml pot soured cream
- 2 tbsp chopped parsley
- cooked rice, potatoes or tagliatelle, to serve

Method:

Heat 2 tsp of oil in a large frying pan over a medium heat and fry half the mushrooms for a few minutes, until their liquid is released and evaporates. Remove from the pan and set aside, then repeat with the remaining mushrooms and another 2 tsp oil. Set aside.

In the same pan, fry the pork for 5-8 mins in 2 tsp oil until browned. Set aside.

Fry the onions in 1 tbsp oil over a low-medium heat until beginning to caramelise (around 10-12 mins), then tip the mushrooms back in along with the pork.

Sprinkle over the paprika and spoon in the Dijon mustard. Give everything a good mix to combine.

Pour in the stock, season well with salt and pepper, then mix again.

Stir through the soured cream. Cook for about 2 mins more to ensure the meat is piping hot, then scatter over the chopped parsley. Serve with rice, potatoes or tagliatelle.

Send us your favourite recipe!

A monthly recipe has become a regular feature of WOiW. We know there are enthusiastic and capable cooks in Wing, so if you are one, please send us a recipe that we can use. It doesn't have to be 'seasonal' as favourites are always going to be welcome!

Send your recipe to: editorial@whatsoninwing.info



Seasonal Recipe 2

Oliebollen - a Traditional Food for New Year's Eve in the Netherlands

by Helena Ollerenshaw – Wing WI

Huge quantities of a special kind of food are produced and consumed in the Netherlands for New Year's Eve every year. They are called Oliebollen and Appelflappen. Oliebollen are a kind of round doughnuts, but of a firmer texture and full of sultanas and currants, whilst Appelflappen are slices of apple, sprinkled with sugar and cinnamon, dipped in a batter and both dropped in hot oil.

Growing up, I remember my father mixing the batter for the Oliebollen by hand in a big pan (no electric mixers in those days). Later my brother took over and every year when I visit him at New Year's Eve, I can't wait to taste them. During Covid, not being able to travel to the Netherlands, I obtained the recipe from my brother and made the Oliebollen myself. The first year was not bad according to my son, but the next year, perhaps because the oil was not hot enough, the birds were given a treat.

Oliebollen and Appelflappen, sprinkled with icing sugar, are served regularly to visitors during New Year's Eve day and evening, until 12 o'clock midnight when everybody goes outside to watch the many private firework displays in the street. The first 10 minutes after midnight are deafening with the noise of church clocks, car horns and ship sirens in Amsterdam harbour and the fireworks.

When taking my family home to the Netherlands for New Year's Eve and staying with my brother, my son used to save all his pocket money to buy bags of fireworks which, together with his Dutch cousins, he had great fun setting off. Fireworks are only allowed to be lit on the evening of New Year's Eve, and available in the shops shortly before that date.

But of course youngsters do not always follow the rules and, when caught, their fireworks are confiscated by the Police. Nowadays there are more organised public firework displays, but still every year huge amounts of Euros are spent on personal firework displays in the streets. And after all that fun, again more Oliebollen and Appelflappen are eaten. I have booked my ticket already and will be travelling 'home' again and looking forward to my New Year's Eve treats.

Ingredients and Recipe for Oliebollen (makes 15)

5fl.oz milk
10g fresh yeast
200gr plain flour
1 egg
100gr each sultanas & currants, apple, oil
A little salt

Method

Mix yeast with a little warm milk. Put flour in a large bowl and add salt, egg, yeast mixture and a little warm milk.

Stir and add rest of the milk until the mixture is smooth. Wash currants and sultanas, dry them in a cloth and mix them, together with grated apple, into the mixture.

Put bowl in a medium warm place and let it rise for minimum of one hour until quantity has increased by at least half.

Heat up sufficient oil in a heavy bottomed pan until hot. Wet two tablespoons and drop a large spoonful of batter into the hot oil by sliding it from the spoon with the help of the other spoon. Fry them until they are brown on all sides.

———-

As a child I was always fascinated to see that, after a little while, the ball turned itself over (I suppose due to the law of gravity).

The above recipe is a very simple version. More ingredients can be added, like lemon zest, a little brown sugar and a small amount of brown ale.

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Alex Warren

ON THE FARM

You don't need me to tell you we've had a lot of rain since mid-October. In fact, we've had 40% more than the average for this time of year. With the ground so wet, we've brought the cattle in a few weeks ahead of the usual time.



When the cattle come in for housing, we undergo the big task of testing for Bovine tuberculosis (TB) in each and every one of them. Bovine TB is a chronic disease of animals caused by a bacteria which is closely related to the bacteria that causes human and avian tuberculosis. This disease can affect practically all mammals, causing a general state of illness, coughing, and can be fatal.

Until the 1920s when control measures began in developed countries, it was one of the major diseases of domestic animals throughout the world. Today TB remains an important disease of cattle and wild animals, and is a significant zoonosis (a disease of animals which can also infect humans). TB testing is an annual requirement for all herds, and more often for those who've previously tested positive. We're lucky to have a good handling system, which enables us to test around 450 animals in about 6 hours.



The test involves a small injection in the animal's neck. A few days later, the reaction to the test is indicated by the thickness of the skin at the injection site. Depending on the degree of reaction, the animal is classified as 'Clear' with a negative result, 'Inconclusive' – which means the animal must be isolated and tested again after 60 days – or 'Fail', a positive result. It's a process that can be fraught with anxiety – a few years ago, we lost 33 animals to bovine TB.

If the disease is found in your herd, it becomes very difficult to trade and there are heavy restrictions on animal movements. Further testing is costly and disruptive. Affected animals must be slaughtered, and loss of income can take years to get over. We'll know our results in a few days. Fingers crossed...

Meanwhile, I wanted to take this opportunity to write about rural crime. Last week our quad bike was stolen. The thieves broke into our workshop to take it. They were seen crazily joyriding it in Wing High Street, evidently determined to get away with the bike at all costs, including that to public safety.

It's not the first time we've been the victims of rural crime. In the past, we've had our JCB material handlers stolen, but since improving our security we haven't had a problem. We now fit trackers to our machinery. If any of them move when they shouldn't, we get an instant text message. An increasingly co mon theft is that of the GPS equipment fitted to our tractors. It's very expensive kit, small, removable,and so very appealing to thieves. These days, at the end of every day, we have to remove the displays and the receivers, and take them home with us.

It's a real pain, a chore that most farmers feel just shouldn't be necessary. But last year, the value of stolen agricultural machinery hit a staggering £49.5 million, up almost a quarter on the previous year. Farm machinery and related equipment is now big business for organised crime as well as small time quad-bike robbers. And no, our missing quad bike was one of the few items that hadn't got a tracker on it...

And it's not just organised crime that causes problems. Fly tipping continues to blight our lives and the landscape. In just the last three weeks in Cublington we've had seven cases of flytipping. Unfortunately, the landowner is responsible for the costs of responsibly removing and disposing of waste tipped on their land – and we're even at risk of being fined, ourselves, if we don't clear it up.

We've got cameras in place now wherever possible, and have blocked gateways with straw bales. Let's just hope that's enough to deter the offenders.



All photos for illustrative purposes only. Not Alex's actual animals, quad bike, flytip, or rain.

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Health & Wellbeing



By **Natasha Richmond**



Hello December…and wishing you all a very happy and peaceful Christmas.

Christmas can be a pretty stressful time, so in this month's column I wanted to talk a bit about how to look after your own well-being during the festive season.

I always have a million and one things to do in the lead up to Christmas, and each year I tell myself that next year will be more organised. It never is! But what I am going to try and do this December is not run myself ragged, and try to look after myself better. Especially after I was poorly with Covid for three weeks over Christmas last year.

Here are my top five tips:

1. Write lists. Things to do, presents to buy, things to post, household chores, last minute DIY jobs, outfits for Christmas parties and social events etc. There are free planners online, but our very own Wing-based professional organising company Morganised has a brilliant free guide that can be emailed to you. All you have to do is go to www.morganised.co.uk and click on the Contact Us section where you can request your guide.

2. Make sure you take a break. Don't stay up late every night wrapping presents and try not to have too many back-to-back social events. Schedule some down time into your weeks and make sure you get plenty of sleep!

3. Delegate! If you have people in your household who can help you, give them a list of things to do. They can help with wrapping, cleaning, cooking and shopping. Don't be afraid to ask for help. Most people just want to be told what to do!

4. Eat good food. Christmas is all about indulgence, so don't deprive yourself of the Christmassy goodies, but eat the good stuff too. Plenty of vegetables, salads, some lean proteins (amongst the chocolates and cheese boards!), and drink plenty of water along with the mulled wine!

5. Keep moving! It's really easy (and lovely!) to have back-to-back pyjama days, but keep yourself moving too. Go for brisk walks on your own or with family, do some gentle stretching while you're watching telly, or just dance around the kitchen to get some steps in.

I hope you all have a wonderful Christmas, and see you in the January 2024 issue!

Natasha is a Wing resident, personal trainer, fitness instructor and nutrition coach.

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Scouts
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BEAVERS cubs SCOUTS EXPLORERS

This term we've been hiking, crafting, paddling, pumpkin carving, climbing, shooting and fire-lighting!



"Be Prepared"

We go outside in all sorts of weather - so, as our motto says 'Be Prepared'.

Adventurers Welcome!

Scouts is open to boys and girls from the age of 6yrs. We are a very popular group; always appreciative of more volunteers to help - there are lots of roles available! If you'd like to help, please email enquiries@wingscouts.org

Cubs and Beavers enjoyed a fun-filled sleepover at Gullivers Land!





2024 will be our centenary year for the 1st Wing Scout Group. We've been designing a new badge for the neckers and have a big group camp planned that we'll be fundraising for.

#SkillsForLife

1st Wing Scouts

Registered Charity number 522350

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www.wingscouts.org
enquiries@wingscouts.org

Buckinghamshire Council news

Wing - Traffic Update

Buckinghamshire Council approached the then Roads Minister, Richard Holden, asking for funding for a bypass for Wing.

The Roads Minister said there is no money forthcoming at present. England's Economic Heartland are continuing to press the Government for strategic regional improvements, including a solution to ease traffic for Wing, but this will not happen in the short term.

As a result, Buckinghamshire Council Cabinet Transport Member Stephen Broadbent and a team of senior officers did a two and a half hour tour of Wing, with Unitary Councillors, to see what can be done, given there will be no bypass in the short term. He and officers are now consulting. In the New Year there will be a further meeting, with input from councillors, to see what is possible to mitigate traffic issues in Wing.



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Wing Parish Council News

Recreation Ground

Thank you so much for your patience with this project. We have been informed that during the week commencing on 4th December, the following will be dealt with and carried out:

- Existing piles of subsoil by tennis courts to be removed
- Drainage completion
- Adjust fencing by road, to improve the vision splay as approved on planning documents
- Movement of the parish noticeboard

The area in front of the pavilion has been cleared. It is to be top-soiled and grass-seeded, and we have purchased three accessible picnic benches to be situated there. This was made possible by grant funding that we applied for through the Community Board.

Then it is the final electricity supply, of which we have agreed a company to manage within the final part of the budget.

Meadow Way Playground Bin

Although we have regular checks on this bin, and the pick up is paid for, it is often missed on the rounds by the council collection. If it is overflowing, please don't use it and do let us know so we can chase it up.

Pedestrian Crossing - HS2 Funding

Wing Parish Council has received the preliminary design drawing for the Wing Crossing. The intention is to relocate the bus stop by a few metres and place the pedestrian crossing close to the entrance of Church Street on the A418. We have been told this will go to consultation by Buckinghamshire Council at this point and we will signpost you where this is as soon as we know!

The Fence Around the Recreation Ground

Just to make sure everyone is aware - we are currently bidding for a grant to pay for the external fence on the recreation ground to replace the wooden one that is already there.

This is why it was on the agenda at the recent full council meeting. It is on the edge of the recreation ground, where it meets the A418, not the perimeter of the pitch. The fence will be the same height as the current one, at one metre tall. It will be dark green to blend in well with the surrounding area

CA17 Notices

Our clerk asked for clarification on the notices around the village regarding walking paths around the parish. The CA17 notice that has been placed is a landowner statement, which works by bringing to an end any period of use of land as of right for recreation, i.e. it stops the number of years of usage. Cllrs Sunday, Lomas, Daniels and Gilbert have met with members of the parish as they would like to discuss adding certain pathways and looking at a plan that would facilitate more footpaths by way of a Definitive Map Modification Order (DMMO). If you would like to support this idea, please do contact us at the parish.

Awards to Wing PC and Cllr Lomas

Wing Parish Council was invited to attend the Buckinghamshire and Milton Keynes Association of Local Councils Annual General Meeting, followed by an award ceremony celebrating their 75th Anniversary. The Council was presented with an award as one of the founding members of the Association.

During the award ceremony, Councillor John Lomas was presented with a Volunteer Award for his commitment in supporting local initiatives and groups.



Parish Council Information

For more information, news and updates from the Wing Parish Council, please find us on Facebook @wingparishcouncil or visit our website www.wingparish.org; Instagram @wingparishcouncil; Email: wingparishclerk@gmail.com

THE UNICORN'S *December Diary*

FRIDAY 1ST DECEMBER

OUR NEW FESTIVE MENU STARTS
SLOE GIN COMPETITION
LIVE MUSIC FROM THE TWO - 7.30-10PM

FRIDAY 8TH DECEMBER

LIVE MUSIC FROM SMOKE & BEAR - 7.30-10PM

FRIDAY 15TH DECEMBER

LIVE MUSIC FROM DANNY BARTON- 7.30-10PM

FRIDAY 22ND DECEMBER

CHRISTMAS PARTY - LIVE MUSIC FROM THE RECOLLECTIONS 7.30PM START - FREE ENTRY
NO FOOD SERVICE FOR THE EVENING

CHRISTMAS EVE	12-4PM FOOD /12-11PM DRINKS
CHRISTMAS DAY	DRINKS ONLY - 11.30-2PM
BOXING DAY	12-3PM FOOD / 12-5PM DRINKS
NEW YEARS EVE	DRINKS ONLY - 12-7PM
NEW YEARS DAY	NEW YEARS DAY BRUNCH 12PM-2PM / DRINKS 12-5PM

TUESDAY 2ND JAN	CLOSED
WEDNESDAY 3RD JAN	DRINKS ONLY - 5-10PM
THURSDAY 4TH JAN	NEW MENU STARTS

(ALL OTHER DATES ARE SERVICE AS USUAL)

TALKING DOG with Neil Smith



Nutrients for Canines (4)

Minerals are a very important component of a dog's diet, as they are involved in all processes of the body. Dogs need a wide variety in order to stay fit and healthy and puppies need a good balance of minerals to promote strong bone development. Most adult dogs need sufficient quantities to keep them well, although some dogs may need a lower content especially if they are suffering from kidney or urinary ailments.



Calcium is required for the growth of healthy teeth and bones, for nerve transmission and the contraction of muscles. It is found in milk, yogurt, sardines with bones, raw bones, green beans, broccoli and cauliflower.

Phosphorus is important for the skeletal structure, for RNA and DNA structure and energy metabolism. This is found in animal flesh, eggs, milk and fish.

Potassium is needed for healthy nerve functions, energy metabolism and enzyme reactions and is best found in fruit, vegetable, grains and milk.

Iron is an important part of haemoglobin and myoglobin and is needed for respiratory enzymes and energy metabolism. Iron can be found in red meats, poultry, fish and shellfish, eggs and vegetables.

Magnesium is needed for the function of enzymes, the secretions of hormones and nerve cells. This is best found in dark leafy greens like broccoli, spinach and green beans, whole grain, beans, sea food and tofu.

Copper is important for the formation of blood cells and the defence against oxidation, for connective tissue and iron metabolism. It can be found in seafoods, nuts, seeds and wholegrain.

Zinc is important for the healing of skin and skin function. Also for enzyme function and the metabolism of proteins and carbohydrates. Zinc is in beef, poultry, wholegrain and vegetables like spinach and broccoli.

Selenium plays an important role in the immune system and prevention of oxidisation. Foods high in selenium are seafoods, meat, brown rice and wholegrain.



Contact us for more details or to book a place on any of the courses.
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THE PET GUNDOG TRAINING

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News Needed

If you have Wing-related news about births, marriages or deaths, do send them to us for publication.

We would also welcome regular news about your club or society.

Email your news to: editorial@whatsoninwing.info or call Lance Redler on 07769 942951



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Tickets £5 – including refreshments
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Thursday 14th December 2023
Wing Hall 7.30-10 p.m.

Members Evening

See the December newsletter for details

For more information contact:-
President: Maureen Lomas
☏ Wing 682915 □ maureen@lomasfamily.plus.com
Secretary: Pat Jones
☏ Wing 682362 □ pat.jones@talk21.com

ALL SAINTS CHURCH WING
UPCOMING EVENTS



CAROL SERVICE
At All Saints Church
SUNDAY 17TH DECEMBER
11.00 a.m.

Please come along and join us at our traditional
Nine Lessons & Carols service.

Oasis Café



December Programme
Dec 2nd - Christmas Raffle Draw 11 am
Dec 9th - Book launch 'Churchwarden's Accounts' edited by Maureen and Paul Brown
Dec 16th - Festive music - Handbell ringers 11 am
Dec 23rd - Christingle workshop
Dec 31st - CLOSED

For full details please contact:

Christine Mardlin christinemardlin@btinternet.com Tel: 01296 688331
Maureen Lomas maureen@lomasfamily.plus.com Tel: 01296 682915

CELEBRATE Christmas WITH The Wing Singers

Join us for our Carol Concerts Sunday 10th December
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3pm Concert (doors open at 2:30pm)
7pm Concert (doors open at 6:30pm)

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Gardener's Diary

by Ginny Hollas, Wing Gardening Club

The Myths & Magic of Mistletoe



Songs are written about it and Christmas cards display the image of this rather uninteresting looking plant. Why do we traditionally kiss under it? We have been doing so for a very long time. It would take a book to cover all the myths and legends attached to this plant, so below is a short insight into some of them.

In the Saturnalia Festival in ancient Greece, mistletoe was referred to as being the sperm of the oak. It played a symbolic role in early marriages and was thereafter always associated with fertility and love. Thought to have medicinal properties, the Greeks used it to cure disorders of the spleen affecting women.

The Romans also endowed it with special powers. It represented peace and, when at war, they would reconcile their differences with enemies under the mistletoe (though it is doubtful that they kissed each other!). Pliny the Elder, a great naturalist, stated that it could be used as a balm against conditions as diverse as arthritis, epilepsy, asthma and as an aid to fecundity. It was hung over doorways to protect the household and also to promote love and understanding.



Mistletoe has a strong place in Norse mythology. Balder, the son of Odin the God of war, was killed with an arrow made of mistletoe. His mother, the Goddess Frigg, was so distraught at the loss of her son that her tears turned into the white mistletoe berries and, miraculously, this brought him back to life. In gratitude his mother declared mistletoe to be a symbol of peace and love and promised to bless all who passed under its influence. Well, Gods are able to do anything!

The Celtic Druids also endowed the plant with great powers, believing that as it stayed green, could blossom, fruit and survive winter frosts, it possessed properties that promoted eternal life and virility. Women used to wear it round there waist or wrists as an aid to fertility.

Despite the growth of Christianity in the Middle Ages, the tradition of hanging mistletoe as a protection against witches as well as promoting virility, did not diminish. Despite its connection with pagan rites it can still be found to this day as a decoration in churches.

It was the Victorians who really promoted the custom of kissing under the mistletoe bough. The ancient rite of a man plucking one berry from the bough for each kiss received became a widespread custom. If all berries had been taken a proposal must ensue, but if the girl refused a kiss she would not receive any marriage offers over the following year. As you can see, it was taken very seriously indeed. Thank goodness we have a lighter approach these days. However, if you are looking for a mate, you need to kiss someone under the berries and if you then burn these on Twelfth Night, folklore says you are guaranteed a spouse.



The Mistletoe Seller, by Adrien Barrère

A word of warning though. The plant, particularly the leaf, is poisonous to humans as it contains phoratoxin, so keep it well away from children and pets.

Mistletoe is an extraordinary parasitic plant that grows on a host tree, usually apple, lime, poplar or hawthorn. The ball-shaped growths look like large footballs wedged into the tree's branches. It is not as widely available these days, as many apple orchards have disappeared and the plant favours gnarly old trees.



If you did want to grow it, it is a long process. You must spread the squashed sticky seeds into a crack in a branch. Propagation is difficult and there has to be a male and female seed, so many seeds will need to be sown. If you are lucky, in about five years you may have enough to pick a sprig!

The Gardening Club has a special event at the Christmas meeting on 12 December. Miss Dorothy Wright (Neil Gurney), renowned throughout Buckinghamshire, will be making an appearance producing some fantastic floral displays and wonderful patter for your entertainment. See below for details. Do come you - will enjoy it and have a chance to win a[illegible]is wonderful creations.

HAPPY CHRISTMAS



Wing Gardening Club meets on the second Tuesday of the month in Wing Village Hall. For further information e-mail winggardeningclub@hotmail.co.uk

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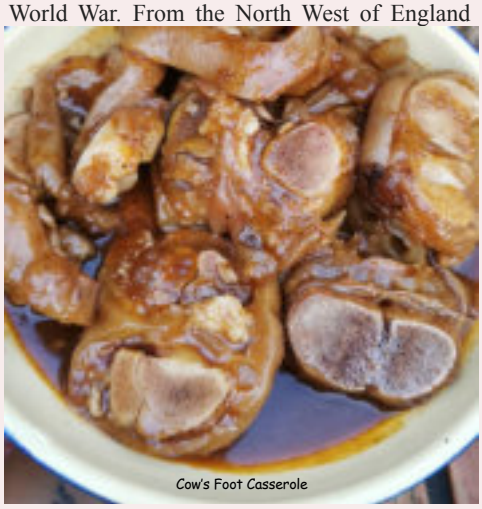
Toad in the Hole – *'They tasted just like sausages'* (my son) Spotted Dick – you make your own one up here! Bubble & Squeak – it does, sort of….

…not to mention lamb's tongues (not the salad variety), whelks, winkles, black pudding, tripe, pig's trotters, sweetbreads, gizzards - and dare I say haggis!

Memories? Back in the days when Curry was a surname and muesli was regarded as cattle food, coffee was Camp and came in a bottle and a Big Mac was what we wore when it rained. Regional dishes used whatever and everything that was available to put a meal on the table. No takeaways, fast foods or gourmet burgers back then.

Most regions - not only of the UK, but across Europe - have their own culinary specialities, some of which are now regarded as 'haute cuisine' but on closer inspection may just be those particular regions' way of 'ussey-uppey'. Risotto and paella spring to mind – both of which can be bulked up with cheaper or more easily obtainable foods, and what about such delicacies as black pudding, paté, sausages and haggis – all very nutritious but the contents alone by themselves would not necessarily look that appetising on a plate!

From the North East of England we have Panackelty Pie – slices of potato, onions and corned beef baked in the oven, and then down to the South West where we have Stargazy Pie – when the dish on you plate looks back at you! Have a GOOGLE! (literally!). Brummie Bacon Bites are another old recipe which, funnily enough for the region, have Worcestershire sauce in them! Homity Pie was another 'use what you have' allegedly invented in the Second World War. From the North West of England



Cow's Foot Casserole

there is Lobscouse, a type of stew made from chunks of meat, usually beef or lamb, potatoes and onions and is particularly associated with the port of Liverpool which is why the inhabitants of that city are often referred to as 'Scousers'. Scotland has the wonderful 'potted heid' which the English equivalent of brawn – which I once tried to make for my father-in-law – a good ol' London boy who would eat (almost) anything I put in front of him. I duly followed the recipe, put everything into the biggest pot I could find and let it simmer. About an hour later, going to check on it, there was half a set of teeth floating…no, not even he could manage to eat it after that. I think this is known as pork cheese is some parts of the country, but the idea is the same – no waste! I won't mention stuffed hearts as a delicacy, having worked for a Cardiologist for 10 years.

In no way am I decrying those who genuinely need to use food banks or struggle with putting food on the table nowadays, but I often wonder whether we have become too dependent on 'instant' foods, i.e. in tins/packets etc rather than cooking from scratch.

With a nigh on 55-year relationship with the catering industry in its many and various forms, I am really surprised at the number of (especially young) people who have no idea how to cook a basic meal. Perhaps some of us 'old birds' ought to step up to the plate (sorry about that!).

One of the first stories in the Bible mentions food – the apple – although with more dire consequences than most menus. We also have 'manna from Heaven', a phrase which has passed into common usage and which has provoked debate as to what it may have been - it is also mentioned in the Quran.

The first miracle recorded also involves food, or to be more precise drink, in turning water into wine at a wedding and then the subsequent miracle of feeding the 5,000 on five loaves and two fishes! What a literal 'Godsend' that would be in some parts of the world today.

I hope I haven't offended anyone with this lighthearted look at our foods and fads.

Contributed by Carol Wyatt ©



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3	6	7	9	8	1	5	2	4
8	5	1	7	2	4	3	9	6
4	2	9	6	5	3	1	8	7
7	3	4	2	1	5	9	6	8
2	9	8	3	4	6	7	5	1
6	1	5	8	9	7	4	3	2

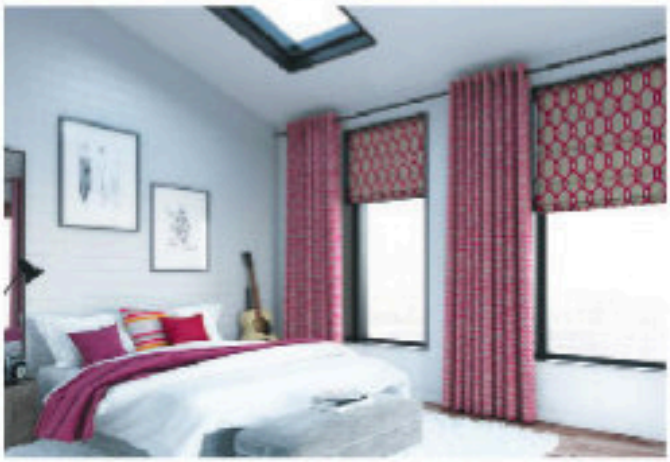
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These gentle creatures came visiting the children in Reception and the Pre-School to support their learning about animals and how to care for them.

The session began with the children observing the animals and comparing their differing features, such as which were hairy and which had feathers. Then we had a talk about how the animals were looked after, what they ate, where they sleep and which one loved to roll in mud to give herself protection from the sun. The children all listened extremely well and some asked their own questions about the animals.

The next part was the most exciting part of the visit, when the children went into the pens with the animals to pet them. The children loved this hands-on approach of getting to know the animals and all took the opportunity to stroke them. This ensured all the animals received a lot of attention





on this visit, especially Declan and Meggie, who seemed to be firm favourites across all the groups of children. To finish the visit the children took turns to throw a ball for Kiboko to run for and retrieve, providing both the children and the dog with some exercise and much enjoyment.

The visit gave the children an invaluable chance to experience being with these animals, allowing them to find out more about them and to talk about what they had learnt from their time together. Many memories were definitely made.



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OUT & ABOUT

A Circular Walk from Aldbury

with Gill Jeffries.
Map by Arthur Jones.

1 hr 25 mins

Approx. 3.5 miles (5.7 km)
Map: © OpenStreetMap contributors
(Equivalent OS Explorer map: 181)



▶ Park at the recreation ground car park on the edge of Aldbury.

▶Walk across the bottom corner of the recreation ground towards the village.

▶Pass through a gate with the sign, Percy Crow Path.

▶Cross the next field, heading towards some farm buildings and keeping the church on your left.

▶Walk through a gate next to the buildings and follow the path away from the village, along the side of a building.

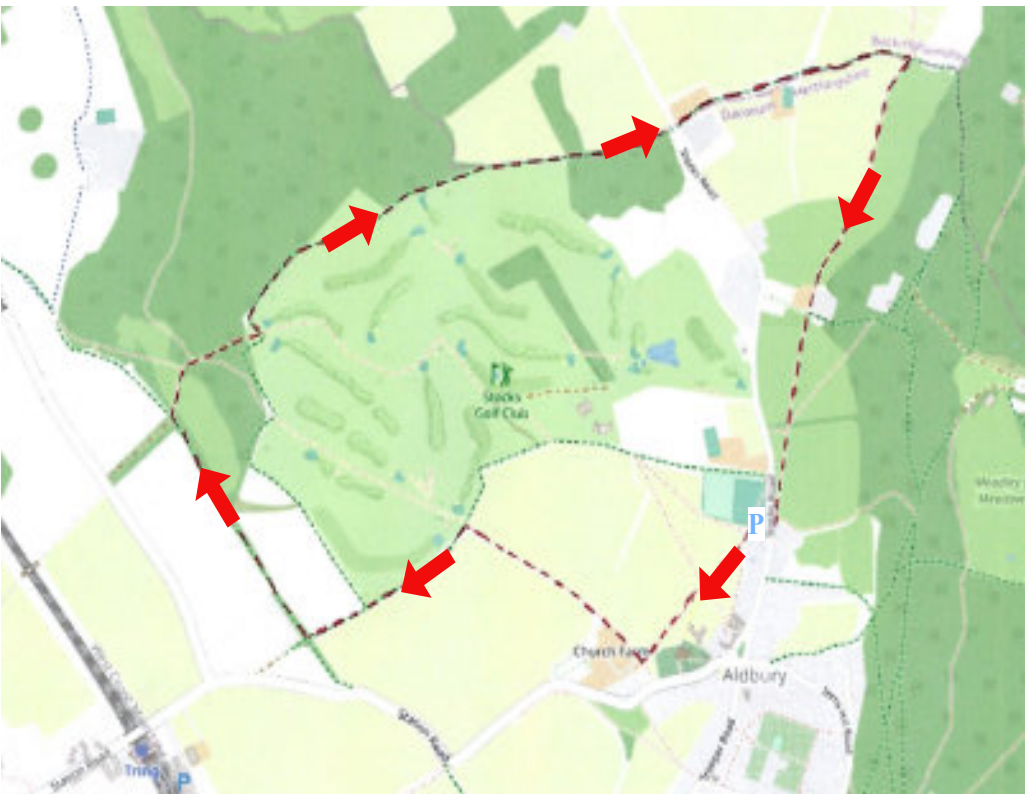
▶Pass through two gates and follow the path ahead towards the golf course.

▶At a path junction, turn left and follow the Hertfordshire Way down a slope with the golf course on your right.

▶Towards the bottom of the slope turn right onto the Ridgeway.

▶At the next intersection, turn right following the Ridgeway up the slope. The sign at the side of the path says 'Aldbury Nowers'.

▶As the Ridgeway bears left, take the path bearing right through the wood to the edge of the golf course.



▶Follow the path round the north side of the golf course, along the edge of a wood and down to the road to Aldbury.

▶Cross the road and walk through a stable yard, keeping the hedge on your right.

▶Continue up the track with fields on your left and the hedge on your right.

▶Continue up hill until another footpath crosses the track.

▶Turn right through a gate into a field and walk down the edge of the field, with the hedge on your right.

▶Continue into the next field along a fenced footpath.

▶Cross a lane near some houses into the field ahead. Cross the next two fields and exit the last field onto the road by the car park.







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Cerys Wuczke	Mar 2006	07398 210861
Jemima Pye	Jan 2008	07840 944111

** The inclusion of a name on this list is neither a recommendation nor an endorsement by the What's On in Wing team.*

—/—

N.B. If you would like your name included on this list, please email editorial@whatsoninwing.info **with the same information shown above (please only do this with the approval of your parent or guardian).**

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To submit **editorial or photographic material,** contact Lance Redler: **editorial@whatsoninwing.info**

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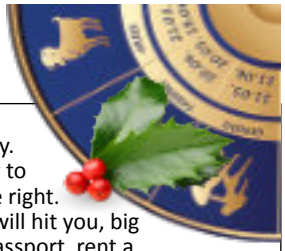
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What's On In Wing is published monthly by What's On Publishing CIC, 12 Overstone Close, Wing, Leighton Buzzard, England, LU7 0TE, reg no 14178082.

YOUR STARS

for **December** by Maggy La Grenouille MBE



SAGITTARIUS Nov 22-Dec 21 Proximity to Christmas dilutes the impact of your birthday. You sense people are taking the opportunity to save, by combining the events. And you'd be right.
CAPRICORN Dec 22-Jan 19 The wanderlust will hit you, big time, this month. Pack a bag, dig out your passport, rent a satphone, pack the snakebite kit and head for Lower Ascott.
AQUARIUS Jan 20-Feb 18 You're the cup-bearer to the Greek gods, so now's the time to fulfill your destiny. Make your partner that cup of tea.
PISCES Feb 19-Mar 20 You're impatient, itching to get on, but everyone else is holding you back. And you're frustrated by everyone's failure to share your obsession with mince pies.
ARIES Mar 21-Apr 19 Arcturus will schmooze Callisto on 17th, which means polygonal siderence with Enchelada, so you'd best get ready with the tinfoil hat. Just in case.
TAURUS Apr 20-May 20 Taureans just love festivities. For you, it's non-stop full-on party-time from here on in. Just don't expect others to share your energy, enthusiasm and goodwill. They're still getting over Easter.
GEMINI May 21-Jun 20 Workplace worries just melt away for you this month. Your recurring anxieties melt away. Covid and WFH mean no more excruciating office Christmas parties. Phew.
CANCER Jun 21-Jul 22 Expect the unexpected. Be ready to provide warm hospitality and deep generosity. The boiler engineer is on his way.
LEO Jul 23-Aug 22 You plan far head, in depth and detail, and Act. The cake is made. The cards are written. The presents are wrapped. You're ready to hang the decorations. Yep. Right. Really?
VIRGO Aug 23-Sep 22 December should be a big month for a whirlwind romance that'll sweep you off your feet, taking your heart where it's been before. It should be, but chances are it won't.
LIBRA Sep 23-Oct 22 Your legendary level-headedness will desert you this month. In place of your balanced outlook, and your logical reasoning, you'll become – a lively, interesting, engaging, fascinating fun person!
SCORPIO Oct 23-Nov 21 Personal fitness will be in your mind, right up to 20th. You'll be thinking about a gym subscription, a Peloton in the front room, even a personal trainer. After the 20th, you'll get back to normal.

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