LOCAL NEWS
EVENTS
SUPPLIERS
SERVICES
LEISURE
CLUBS
ACTIVITIES
GAMES & PUZZLES

WOW!

WHAT'S ON IN WING

February 2024



Wing wallop Silverstone

Fiona Phimester. fund-raiser extraordinaire

- Let your garden planting follow the lunar almanac
- Black-capped chickadees, Yorkshire pudding and crumpets
- What's happening on the farm
- A circular walk from Eaton Bray
- Report on what Wing PC has achieved during 2023

Distributed free to every home in Wing. Supported by voluntary donations.

Wing Heating and Plumbing

Quality Heating & Plumbing:

- Fully gas safe registered engineer
- Over 30 years experience
- Health & Safety CSCS certified
- Public Liability insurance
- Full heating design, including room by room heat loss calculations
- New build houses & re-furbishment projects
- G3 qualified unvented hot water specialist *(RM,Tribune Megaflow)*
- Gas boiler servicing
- Gas boiler replacement (Up to 10-year guarantee)
- Full heating installation service
- Uponor under floor heating wet system
- Power flushing
- General servicing & problem solving
- Gas safety inspections
- Landlord Certificates

Electrical:

Electrical work including:

- Nest & Hive Heating smart thermostat installation
- CCTV cameras
- Electrical safety certification
- Video doorbells
- Texecom intruder alarms
- Car chargers

GAS safe REGISTER
626479

CONTACT ROB:

07484 806576
rob@wingheatingandplumbing.co.uk

Fiona Phimester is our Focus on Locals subject this month, and rightly so as through her efforts the amazing sum of almost £130,000 has already been raised for the charity Macmillan Cancer Support. While she is currently lives in Stewkley, we felt her continuing achievements justified making an exception to our principle of focussing on parish residents.

Readers will be familiar with the monthly walk that we always include - but in this issue we also have information about two walking groups in Wing that meet weekly, so providing a variety of walking options.

Maggy la Grenouille is unwell, and we are grateful to Wing astrology stalwart Albert Stanwyck for stepping in with this month's horoscope.

Our Parish Council's page of news describes in some detail the impressive amount of work our unpaid Councillors have undertaken during 2023 - thank you!

We're always looking for new and interesting content for What's On, so if you have an idea for a contribution just send it to us at:

editorial@whatsoninwing.info.

Pictures, stories, comment or news are also welcome. Although of course we always welcome praise, constructive criticism can also be appropriate.

By the way, we are still seeking a website designer to create a new site for What's On, that will be able to include links to our many advertisers and perhaps be able to hold back numbers of our monthly magazine. For more



Joyce Brooker BEM

The following message was received from Joyce Brooker's sister, Dora:

"Dora and family would like to thank you all for attending Joyce's funeral. We are very grateful to you all and I am sure she will be greatly missed in the village that she loved."

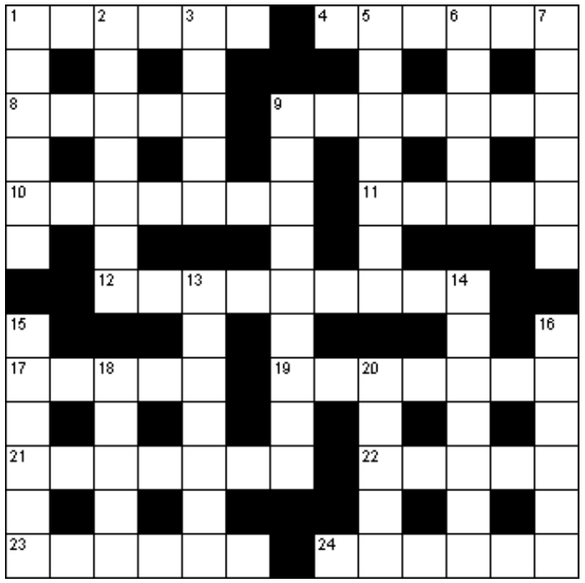
What's On In Wing is published by What's On Publishing CIC, registered number 14178082

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

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 Accepted practice (6)
4 Educational establishment (6)
8 Divide (5)
9 Sleep (7)
10 Pungent gas (7)
11 Lucifer (5)
12 US state (3,6)
17 Shakespearean lover (5)
19 Esteem (7)
21 Scotland's largest city (7)
22 Tantrum (5)
23 Prose compositions (6)
24 Outspoken (6)

Down

1 Free-and-easy (6)
2 Wise king (7)
3 Frequently (5)
5 Sea trips (7)
6 Path of a planet (5)
7 Upper part of the windpipe (6)
9 Ragged figure (9)
13 Incorrectly (7)
14 Gave way (7)
15 Capital of the Czech Republic (6)
16 Remained (6)
18 Wherewithal (5)
20 Colour of old photographs (5)

Solution p32

WING
Community Library

Registered Charity number 1151925

Due to Hall maintenance the library will be CLOSED 12th, 13th, 14th

This is a Leap Year!
Come and find warmth and romance in the library.

We will have a special display of books for Valentine's Day.

Opening Times

Monday	1400 - 1630
Tuesday	1400 - 1630
Wednesday	1000 - 1230
Thursday	CLOSED
Friday	1400 - 1630
Saturday	1000 - 1230

10th February is the start of the Chinese New Year - the Year of the Wood Dragon.



People born in the wood years are **patient and wise;** warm, friendly, and practical – like our volunteers!

The year is predicted to be a good time for fresh starts.

Library Elf is a **FREE** national scheme that helps you to avoid fines when items are due for return or renewal. Sign up here: buckinghamshire.gov.uk/libraries/library-membership/get-email-

Books: Children's board, picture, chapter, and non-fiction
Teen, Audio, Large Print, Adult Fiction, Non-fiction, Biography
Office: Photocopying, Printing, Internet, Scanning, Laminating
Other: Local Information and Displays

Go to https://www.buckinghamshire.gov.uk/libraries/ to gain access to the library catalogue and FREE digital resources. Find us on social media at @wing.community.library @wing_library





February Services		
4	1100	Benefice Holy Communion
11	1100	Morning Prayer
18	0830 1100	BCP Holy Communion People's Praise
25	1100	Holy Communion

NB: Ash Wednesday services (14 February), with communion, will take place at: St Peter & St Paul, Wingrave at 7pm and St Giles, Cheddington at 8pm.

From the Vicar



The Journey of Lent

With Easter being early this year, Lent will be upon us already by the middle of February. The forty days of Lent are, of course, symbolic. In the Hebraic idiom that permeates most of the biblical writings it simply means 'a long time' – a time long enough for something reasonably to be expected to change and develop within people embarking on a Lenten journey. The journey of Lent specifically moves from the wilderness, where we famously hear of Christ resisting temptations of various types, to the city of Jerusalem where the events leading up to the crucifixion and resurrection would take place. Clearly there is a big difference between wilderness and city, which itself points towards the need for change and development along our Lenten journeys now.

Unlike the more communal expectation of Advent, Lenten journeys may often seem rather more focused on individually set tasks, aims and disciplines that are specific to one person's choice. Perhaps this might involve their sense of what may need developing in their response to Christ's call, or distractions that might need avoiding. Whatever the reason, it is equally important to remember the broader context in which Lent is embedded. We have our own discipline and journey to focus on, certainly, but we also know that we often need the cooperation of others to empower and aid us along the way. Sometimes sharing in a Lenten commitment is a good way of emphasising this. It reminds us that our journeys are all intertwined with one another, especially if followed with the same ultimate hope in mind.

Many people express this aspect of Lent by meeting together more frequently during this period – the classic 'Lent group' for example, which often involves studying, discussing and praying together on a pre-agreed theme of common interest. As in previous years we will be having a Benefice Lent Group for this purpose, which this year will focus specifically on the theme of journeying together, and wherever people feel that they are at on their own journey. I wish you all the very best for this rich and often underestimated season – a season well worth inhabiting as fully and meaningfully as we feel able.

Prayers and best wishes to all,

Andrew Krauss

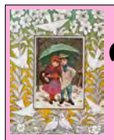
For enquiries regarding weddings, baptisms or funerals, please contact Team Rector Howard Robson (01296) 688593.

Dunn's
Local Locksmith

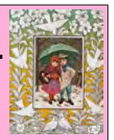
Wing based, fully mobile locksmith
Independent and family run
20 years experience



07434 419431
www.dunnslocallocksmith.co.uk



AND SO THE FEELING GROWS ...



Though the garden sleeps, unseen roots grow,
And there's constant movement to and fro.
Upon the branches lively birds flit,
Sprucing straggly feathers up a bit.

Are they getting ready for Chaucer's date -
The day that, each year, we celebrate -
The day when we choose our cards and sign
Anonymously your Valentine?

Why is this name so completely linked,
(After Chaucer dipped his pen in ink)
To gifts of love and tender thought,
Prompting countless roses to be bought?

Reg Hall was inspired to write that song.
He'd been away on tour far too long,
Away from his wife and young daughter,
And his stamina had begun to falter.

But the smell of roast worked like Cupid's dart,
And the sound of joy strings played a part.
His stomach and heart were reconnected -
It was as Fanny Fern suspected.
—-/—-

© Sally, 13.1.2024

"Parliament of Foules (Fowls)" by Chaucer in 1375 – 1381.
Fanny Fern American novelist 1811-1872 penned "The way to a man's heart is through his ".
Reg Hall of the Troggs wrote "Love is all around".
St. Valentine is also associated with epilepsy, beekeepers and travellers.

Explore... Dream... Discover...

Travel Impressions are specialists in tailor-making holidays to destinations worldwide. If you are thinking of travelling to Canada, USA, Australia, New Zealand, Southern Africa, South America, Asia, India, Sri Lanka, China, Japan or within Europe, please call or email us.

We can help you create the best itinerary, as we offer:

Personalised planning - we take the time to get to know you • Friendly, honest advice from an independent travel agency
Extensive experience to arrange every detail • Using fully bonded tour operators • No booking fees



Travel Impressions
A World of Experience

01442 890265
enquiries@travelimpressions.co.uk
www.travelimpressions.co.uk
Suite 4, George House, 64 High Street, Tring, Herts. HP23 4AF

KEV HILL

HEATING & PLUMBING

BOILER INSTALLATIONS & ALTERATIONS
BOILER BREAKDOWNS & FAULT FINDING
BOILER SERVICING & LANDLORD INSPECTIONS
CYLINDERS & UNVENTED CYLINDERS
POWERFLUSHING & SMART HEATING CONTROLS
RADIATOR REPLACEMENT
PLUMBING - TAPS & SHOWERS

0742 999 7000
kevhillheating@gmail.com
Resident Of Wing

WANTED

WE ARE LOOKING TO BUY:
OLD BROWN FURNITURE
TABLES & CHAIRS
CHEST OF DRAWERS
SILVER ITEMS SILVER PLATE
OLD FASHIONED FURNITURE
CUTLERY + CHINA
1950's 60' 70' ITEMS
OLD PRINTS & PAINTINGS
ART DECO ERCOL
ADVERTISING ITEMS
DESKS & BUREAUS
JEWELLERY (even damaged)
BRASS & COPPER
MILITARIA & OLD WEAPONS
MEDALS (collections bought)
CHESTERFIELD SOFAS
CLASSIC CARS
METAL FURNITURE
OLD TRUNKS & BOXES
ENAMEL SIGNS
TAXIDERMY
OLD LUGGAGE
SPORTING ITEMS
VASES + GLASS WARE
ROYAL DOULTON
PINE FURNITURE
LAMPS + FIGURES
OLD TOYS & GAMES
CLOCKS + OLD WATCHES
ORIENTAL CHINA
MUSIC BOXES
GRANDFATHER CLOCKS
OLD SEWING MACHINES

Single items or full house garage & outbuilding clearance
We offer no obligation advice if you are selling
FAIR PRICES PAID - PROMPT AND FRIENDLY SERVICE

BARRY COTGRAVE ANTIQUES
LEIGHTON BUZZARD
bcotgrave@aol.com
07767 495851
01525 372244

BUYING TODAY
BUYING TODAY

Wing Village Supermarket & Post Office

Londis



We sell everything (well, almost) with a friendly service. Fresh bread, rolls, hot pies and cakes baked in-store every day. We also have a wide variety of fruit and veg and a large selection of beers, wines and spirits.

KEEP AN EYE ON OUR SPECIAL OFFERS!

Your Post Office offers a good range of services, including car tax, bill payments and banking. And, the Post Office has recently been upgraded to a Euro Office - meaning you can buy Euros there and then, on the spot, without having to order in advance.

THE NATIONAL LOTTERY™

The National Lottery is another service we provide, as well as PayStation for your top ups, gas and electricity keys.

We also offer newspaper delivery. Ask for more details in-store, or call for information: 01296 688239

OPENING HOURS
Shop: 7 AM TO 7 PM.
Post Office please ask at the counter

SUDOKU CENTRAL

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

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

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



Country Notes from Canada

by **Iain Malin**



Now we are into the second month of the year and winter has finally arrived here in Canada as I write this. It's now 12th January and this morning I woke to weather alarms going off on my phone and the tv. The temperature has suddenly dropped to -38°C overnight with wind chill that's -50°C, at which exposed skin can freeze in five to 10 minutes. That is for human beings, which brought me to thinking how our wildlife fares in these dangerous conditions.

Believe it or not there are a few small insect-eating birds here in winter. Kinglets are an example (the European goldcrests and firecrests are kinglets). I agree that many migrate south, but both golden-crowned kinglets and ruby-crowned kinglets can be found in southern Alberta despite these appalling temperatures.

During the winter of 1962 Britain lost half of its wintering bird population; the goldcrest was nearly wiped out and it took five years to recover. Here they manage to survive in the boreal forest. To put this into context, these birds are four inches (100mm) long and weigh 0.21oz (6 gm). Goldcrests and firecrests are the same. They have to eat a huge quantity of insects to survive and can lose 20% of their bodyweight just to maintain their body temperature. Often they will roost together. Two birds together can reduce their temperature loss by a quarter.

Goldcrests can be found around Wing, favouring fir and evergreen trees and are relatively common. Firecrests are a special bird and a small number can be found in Wendover woods. Now is a good time to see them and they are much prettier than goldcrests, with the appearance of a masked bandit.

With the cold weather, water is a problem for birds but I did see a fascinating thing a couple of days ago while watching birds at the bird table. A black-capped chickadee and a downey woodpecker were eating snow, probably because I had not managed to stop the water from freezing.

There are a few things to look out for in and around Wing at this time of year. Brown hares are beginning to mate. 'Mad March hare' is bit of a misnomer, as February is the peak of their mating season and the best time to see them boxing, but they have been known to mate every month of the year. Sometimes you can find double figures boxing - mainly on old pasture. These are the females fighting off the undesired attentions of the males. Unfortunately, illegal hare coursers take advantage of this. If you see coursers please report to the police, who say they are determined to crack down on this this year. Don't confront coursers yourself.

At the bottom of Wing Park, where the footpath comes off the road to round the small divided field where the sewer pump station is now, there is a permanently running ditch. Here, close to the road, you can find the rather drab flowers of butterbur poking out of the water. This is one of the only sites in Bucks of this plant. Primroses are also coming into flower now and the small dandelion-like flowers of coltsfoot should be seen along the road verges.

Here in Canada we will have to wait for anything much to happen, with the hardest part of the winter still to come, although the way the weather has been this winter I could well be wrong. All we can do is marvel at how our wildlife adapts and survives when we human beings are being warned of the deadly consequences of going out in this weather.



Firecrest

Ruby-crowned kinglet



Simply - for pleasure, health and friendship - *Walk*

Presumably most of us walk just to get somewhere. But there could be plenty of other reasons one might take a walk away from home. There is plenty of evidence, anecdotal and more scientific, that suggests walking is good:

- for our physical health, just generally or for helping us recover from medical problems,
- for our mental health, whether we are sorting out who we are or how we fit into our world, or by just absorbing the calming affects of nature, and
- for connecting with others and making new friends.

Some are less willing to go for a walk on their own and, of course, to make new friends one needs a group, so, Buckinghamshire Council initiated a scheme (now having run for over 20 years) called **Simply Walk**. Across the county there over 60 different walks. The local ones are from Wing. These walks are gentle, last just over an hour and make use of the paths through and around the village of Wing. Inclusion, friendliness and wonderful conversations are all part of these times together.

Every Wednesday, to leave at 10.30am, participants gather in the car park of The Cock Inn, in the High Street. On returning, many stop for coffee, etc. in the pub. Each walk is led by a trained volunteer leader and shepherded by a trained back marker. In addition to the Wing Weekly Walk (designated level 2) there is a shorter, even gentler, fortnightly Wing Strollers' walk (level 1) meeting on the 2nd and 4th Wednesdays, leaving at 11.00am. Both groups end up together in the pub.

Perhaps you used to join in with another walking group around the county, and now find them a bit too strenuous. Perhaps you fancy starting to walk more but want to take it gradually. Perhaps your doctor or physiotherapist has advised you to get moving more or perhaps you are attracted to meeting more people. Whichever, these walks could be just what you need.

To find out more, visit the web page by putting ***buckinghamshire.gov.uk/simply-walk*** into a search engine.

Contributed by Brian Bilson

ALEXANDER'S Country Cats

A peaceful Country Retreat for your cat in spacious heated farm accommodation.



Gillian Alexander - Proprietor
Inspections welcome.
South Tinkers Hole Farm
Cublington Rd,Wing, Leighton Buzzard, Beds LU7 0LB
✆01296 681104 ✉info@alexanderscountrycats.co.uk
www.alexanderscountrycats.co.uk

Laptop&Computer
Printer, Apple Mac, setup, Repairs, Network, mail setup, Data recovery, Internet, wireless, Virus infection, 121Tuition, Tablet, Ipad, smartTV, Phone Home/Office computer problems, 7days services from £40 NO Fix - NO FEE We visit You Qualified, Experienced
01525 306316 07925 338435
PcLaprepairs@Gmail.com

L WARING
Painting and Decorating



- Painting and wallpapering
- Decorative paint techniques and effects
- Hand painted kitchen & furniture
- Murals & artwork
- Coving, plaster repairs
- Tiling

Est.1986

Very competitive rates
References available

01296 681579
07762 101932
leejwaring@btinternet.com



RDS Garden Maintenance & Pressure Washing Service Ltd
Domestic and Commercial

Waste carrier licensed	Public liability insured
✓ Pressure Washing	✓ Hedge cutting
✓ Domestic and Commercial	✓ Grass cutting
✓ Driveways - Re-sand & Sealed	✓ Tree pruning
✓ Patios and Paths	✓ Weed control
✓ Decking	✓ Leaf clearance
✓ Concrete repair	✓ Strimming
✓ Tarmac surface repair	✓ Turfing
✓ Gutter cleaning	✓ Full garden clearance
✓ Buildings cleaned	✓ Litter picking
✓ Tennis/Netball court cleaning	✓ Removal of fly tip waste

Winter Maintenance
For rapid response through the night and day, for gritting and snow removal.

Your local Garden Service



For a FREE estimate call Rob on:Tel. 07908 030408
Email: robsawyer719@gmail.com

WHAT'S ON at WING HALL
REGULAR ACTIVITIES



MONDAY	Rainbows & Brownies		Small Hall	1730-1830	Carolyn Saunders	01296 688508
	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
	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						
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 charges are 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



The SNUG

www.winghall.org
Wing Village Hall

WING HALL TRUST
71 Leighton Road, Wing, Leighton Buzzard, Beds LU7 0NN

Registered with the Charity Commission No 212601

The appliancePROFESSOR



Can we fix it? Yes, we can!

All domestic appliances repaired
Fast and reliable service
Same day/next day appointments
All parts fitted, fully guaranteed
No hidden charges, fully insured

0800 145 5087
or
07852 101087

Checka trade

www.theapplianceprofessor.co.uk
info@theapplianceprofessor.co.uk

WEAVERS

SMART, SAFE AND PRACTICAL BAGS FOR MOBILE PHONES OR GLASSES

WEAVERs (price £10 each) are made from sturdy dark blue denim and lined with brightly coloured fabric from which the "across the shoulder" strap is made. A hand-made woven braid decorates the the flap covering the Velcro fastening. A pocket on the back of the bag stores the strap when not in use.

Proceeds from WEAVERs divided equally for All Saints Church, Wing and the Motor Neurone Disease Association.



Made by Sally Barnes in Wing - Contact 01296 688046
sallysababarnes@icloud.com

ADVERTISING IN WOiW

We are grateful to all our advertisers, without whose support it would not be possible to print and deliver a free copy of What's On in Wing to all households in Wing each month.

Potential new advertisers need to contact Jacqui at advertising@whatsoninwing.info before noon on 5th of a month, to guarantee space being available for them in the following issue. Advertising rates etc. can be found at the back of this issue.

Our Pork Beef & Lamb



At Wing Market Thursdays 9am-12

Farm Shop open Fri 12-6pm Sat 9-1pm

MorrisofHoggeston.co.uk
01296 714239 MK18 3LH

Professional local and reliable friendly service in Wing and surrounding villages.

Free quotations provided for your home or commercial requirements.

GLASS MONKEYS WINDOW CLEANING

Please call Simon on
07980 389 284 or
01296 682 470



Inside or 'one-off' cleans on request.

All work is fully insured and all quotes include cleaning of the windowsills, too!

Focus on Locals

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

By Nick Dyke, aided by Gill Allmark. Photos: Brian



Charity fundraiser extraordinaire

Fiona Phimester

MACMILLAN CANCER SUPPORT

I visited Fiona at her beautiful home in Stewkley in early January 2024 (on one of the rare dry mornings). Having been a Wing resident for over 14 years, Fiona moved to Stewkley with her family in early 2020 at the start of 'lock-down'. Fiona is married to Will and they have two children; Finlay aged 16 and Patrick aged 15.

I was also fortunate enough to meet and befriend their gorgeous five-year-old cat 'Willow' - whom I'm told generally quickly runs from strangers – she's of a breed called Siberian Neva Masquerade and she sat with us for nearly the whole interview!

Born in Glasgow and raised on the Isle of Skye from the age of one, Fiona was schooled in Skye and then attended university in Glasgow where she studied History before embarking on 12 months' travelling.

On her return, Fiona joined Whitbread's graduate training scheme with Pizza Hut, where in 1997 she met her husband Will, who was from Wendover.

In 1999 Fiona and Will moved to Hatfield and took on the role of General Manager at the Body Shop's flagship store near Selfridge's in London. Then, in 2001, due to Will's work they moved to Reading, before returning to Scotland in 2005 for 18 months due to work commitments. She and Will married in 2006, before moving south again and settling in Wing in 2007. Fiona's dad still lives in Scotland, in Inverness.



Fiona has been tirelessly fund raising for charities for many years. initially for Children in Need (for two years) and then the Macmillan Cancer Support charity since 2010, spurred on by the faultless care given by the charity to her mother, who sadly passed away due to a brain tumour in that same year.

To date, Fiona has raised an astonishing ***£129,000*** for Macmillan. To put this into context, this sum would pay for a full-time Macmillan nurse for just over two years. £50,000 is enough provision for small single room in one of their facilities and £30,000 would fund an information pod, where clients can sit and talk with a Macmillan nurse in comfort.

Just before Covid struck in 2020, Fiona's running total was around £76,000, with her next



target being to hit £100,000 to mark the 10th anniversary of her mother passing.

During Covid Fiona set up 'Fiona's Kitchen' and was selling soups, curries, and casseroles in timed slots from her doorstep, as well as organising 'on-line' dinner parties and 'cooking together/eat together' virtual sessions using 'Teams'. Fiona was working in Room No. 9 Café prior to Covid and created 'Fiona's Kitchen' when the café was forced to close due to the pandemic.

Many of our residents will have attended some of Fiona's excellent fund-raising initiatives which have included the following:

- The 26 mile Mighty Hike, Henley to Windsor and Brighton to Eastbourne
- Curry and cocktail nights at Wing village hall
- Pizza take-away nights
- Yoga self-care nights
- Bacon butty breakfasts in Wing village small hall and Cottesloe dining hall
- Cake stalls and raffles
- Curry take-away nights



Early in 2020, well-known local resident Roy Collis nominated Fiona for her relentless charitable work to attend the Buckingham Palace Garden Party that was scheduled right in the mist of Covid. Roy's letter paid off and Fiona was selected and finally attended in the summer of 2022, where Prince Edward and Princess Sophie, along with Prince William and Princess Katherine were present. Delightfully, during this party Fiona had a conversation with Princess Beatrice – how wonderful!

In 2021 Fiona was also Highly Commended for her work by the 'Proud of Bucks Awards' for best adult contribution by the Winslow and Villages Community Board.

As to hobbies, Fiona commented that she has a passion for both cooking and walking when time permits.

Next steps? Having commenced a new full-time role as Secretary at St Michaels School just over a year ago, in 2024 Fiona still plans to fit in further fund-raising in the form of Coffee Mornings and Bacon Butty Breakfasts. A coffee morning in September 2023 raised £1,200 and the annual Bacon Butty Breakfasts have raised over £5,000 each year.

My meeting with Fiona was both enjoyable and informative and I'm sure that you will agree that she is a true inspiration. She has achieved wonderful things for Macmillan and hopefully many residents will be able to attend and enjoy her future fund-raising events as and when they are announced in 2024.



Richmond Renovations
Home renovation – Interior & Exterior

- *Kitchen & bathroom fitting*
- *Project Management*
- *Internal/external painting & decorating*
- *Plastering*
- *Tiling*

Richmond Renovations provides a friendly and efficient service for all your home refurbishments. Working to an exceptionally high standard providing you with complete job satisfaction.

To arrange for a free estimate or to discuss ideas please call Jonathan Richmond on 07764 520194 / 01296 688397 or email jonathan.richmond@richmondrenovations.co.uk

Richmond Renovations
www.richmondrenovations.co.uk

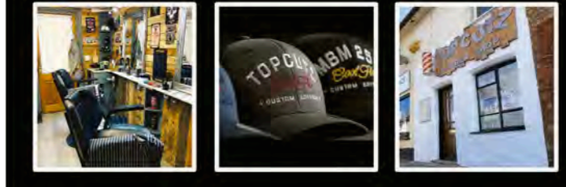
Find us on Facebook
Richmond Renovations

TOP CUTZ
BARBER SHOP

APPOINTMENTS ONLY

Book your appointment via the NearCut app
or alternatively call 01296 688835

NEARCUT
1. Download the NearCut app
2. Register with your email
3. Search "Topcutz"
4. Pick your barber and appointment time



Top Cutz Barber Shop
16A High St, Wing, LU7 0NR

@Tanias Topcutz @top.cutz

Phil Lee
Heating Services

Local Wing-based
British Gas trained
and experienced heating engineer.

All types of central heating work undertaken.

Boiler servicing
Landlord's inspections
Repairs
Fault-finding
Power flushing
Installations
System alterations and improvements
Minor plumbing works
Fully insured

_____

Call now
07834 718103 / 07787 505742

GAS safe REGISTER
649549

Seasonal Recipe

from
Margaret Redler



Crumpets for Tea?
(Makes 12)

This might be a bit of a cliché or even a fantasy, but how about a winter walk and home to tea and crumpets?

Ingredients

275ml (10fl oz) milk
55ml (2fl oz) water
1tsp caster sugar
1tbs dried yeast
225g (8oz) strong white flour
1tsp salt
Butter for cooking
A large thick-based frying pan and some egg cooking rings or similar.

Method

Heat milk and water together until warm. Stir in the sugar and dried yeast and keep in a warm place for 10-15 minutes, when a frothy head should have formed.

Sift the flour and salt into a large bowl. Make a well in the centre and pour the frothy yeast mixture into the flour mix. Carefully mix the dry and wet ingredients together to form a smooth batter.

Cover the bowl and leave in a warm place for approx. one hour. The mixture should now be frothy and ready to cook.

Grease the egg rings and frying pan well and, when the pan is medium hot, spoon some mixture into each ring, about half way up. Cook for about five-six minutes.

The familiar holes will appear during this process. When the top is dry, carefully remove the rings, turn the crumpets over and cook for about a minute.

Allow to cool a little, then spread with butter and honey or jam.

Uneaten crumpets can of course be reheated later in a toaster, under a grill or with a toasting fork in front of a real fire.

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

Wing Park Motors
Auto Repair Services
Family run business for all vehicle repairs

- Servicing
- MOT's Arranged
- Repairs
- Tyres
- Air Conditioning
- Clutches
- Cambelts
- Diagnostics

Stewkley Road, Wing, LU7 ONE
Tel: 01296 688256
Mobile: 07947 984083



YOU ARE ALWAYS WELCOME
AT THE POP IN



Tuesday 20th February
WING SMALL HALL
1.45 – 3.45

Come for tea, coffee, cake, a chat and a few games
TO FIND OUT MORE CALL
01296 688044 or
01296 720946



Wheelchair Available
There is a light wheelchair available for anyone to borrow. It is foldable, easily manageable and fits easily in a car boot. Call 01296 681982.

Ladybird Baby and Toddler Group



Thursdays 9.30am-11.00am
£2 for first child; 50p each additional sibling

Friendly environment for busy little people.

Enclosed garden with great facilities.

Song time and craft activities.

Breastfeeding friendly.

Follow us on Facebook

Wing Scout Hut, Cotes Way, Wing

Contact Claire on 07788 850753



S.E ROOFING

incorporating Ridge Roofing

Fascias, soffits, guttering, flat roofing, tiling and slating, chimney pointing, roof repairs, roof cleaning, lead work, re-roofing, general building maintenance.

Steve Eldridge
Telephone: 01525 302552
Mobile: 07763 415785
Email: s.eroofing@hotmail.co.uk
www.seroofingleightonbuzzard.co.uk
Buckinghamshire and Bedfordshire areas
Wing resident

Free quotations and advice

Amphathai

Freshly cooked authentic Thai food delivered to your door
Simply place your order on the day or pre-order up to 5 days in advance @
www.amphathai.co.uk
Open Thursday–Saturday
5.30pm–9.30pm
Search AmphaThaiUK on Facebook to see our five star reviews

FOOD HYGIENE RATING 5

Get youthful skin using *natural* treatments

Be in control of how you age using **Natural Facial Treatments**

Give the gift of Face Yoga
Gift vouchers available now

Yoga your Face

16 The Green, Soulbury, Beds, LU7 0DD (between Milton Keynes and Leighton Buzzard)
07442 157 400
carla@yogayourface.com

Face Yoga
Rebuild and tone facial muscles for a youthful glow

Facial Massage
Helps to gently release tension and stress

Gua Sha Facial Fusion Therapy
Promotes skin rejuvenation and lymphatic drainage

Natural Face Lifting Massage
Lifts and tones with no need for chemicals or needles

Dermaviduals
Skin analysis and bespoke skin care treatment - transform your skin with skincare tailored to your skin's needs Perfect for problem skins

Book online yogayourface.com

15% OFF Your first appointment

Scan to book

ON THE FARM



Alex Warren

This time of year, feeding the cattle is a big part of our day. Each housed animal can eat between 20 kg and 25 kg of feed every day. We also have to ensure we're providing them all with the correct nutritive values. Quantity and quality are both important. Between feeding tasks, we've carried on with hedgecutting. Right now, the crops are sound asleep in the ground, but it will soon be time to fertilise them with some nitrogen.

But this month I want to talk about what might be seen as a slightly controversial matter.

British agriculture is undergoing its biggest transition in decades. With our exit from Europe, Britain is in charge of its own destiny. As a farmer who wants to sustainably produce food, I find it unsettling to see so much land going out of production.

Our need for energy is huge and rumours of huge expansions of solar farms are on the horizon, locally and across the country. I have nothing against solar panels.

They're a great way to produce renewable energy. But when I see all these huge distribution centres and industrial units going up and not a solar panel to be seen on the acres of roofs, it seems bonkers! Especially as that's where the energy is needed.

The land in this country is going to play a massive part in getting Britain to net zero by 2050.

Carbon locking is becoming the big thing, and can work with direct drilling and minimal cultivations. Plants take carbon from the atmosphere, and transfer it into the soil. Leaving the soil undisturbed keeps that carbon locked in the ground.

As an alternative to growing the same cereals year after year on the same land, break crops such as beans and oilseed rape became popular. But many farmers are now opting to grow herbal legume mixes. They capture more carbon, and add nitrogen to the soil as well.

In more extreme cases rewilding is an attractive choice as the payments from the government are very high. Rewilding has a huge environmental benefit for our wildlife, but we have to ask ourselves the question: where will our food come from?

The answer could be from more imports. But they can be from countries that don't apply our high standards or sustainable farming practices. And let's not forget the fuel used to transport it all.

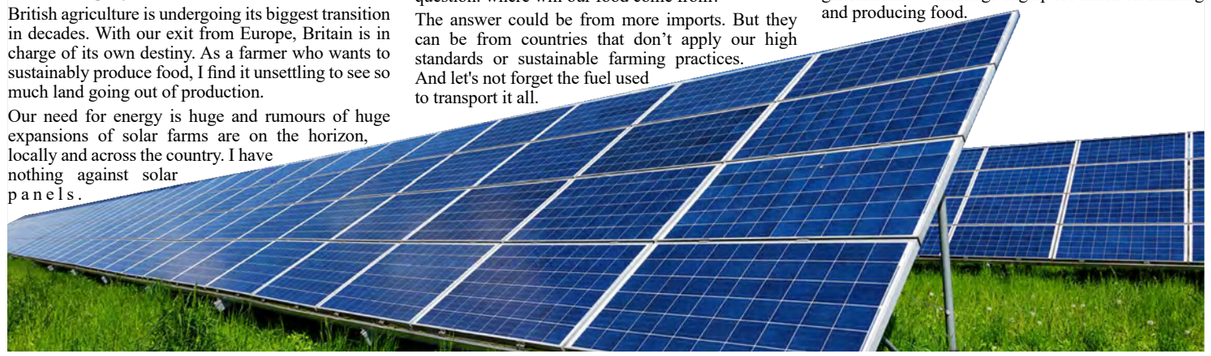
We may be helping the environment here, but moving the problem offshore won't solve anything!

With these new policies, farmers are directly competing with government supported payments that incentivise non-farming non-production policies. The reality is that they can't compete.

Until recently, farmers played a part in delivering cheap food, by producing some crops at a loss. They were able to do that because of EU support payments. Those payments are now gone, causing farmers and landowners to look to other enterprises such as diversification, environmental schemes, or those solar panels.

Here on this farm we have opted to join the sustainable farming incentive. To be sustainable we are direct drilling 25% of our farm each year, and adding organic matter to at least 25% of our farm (we actually add a lot more). We also follow strict nutrient management and soil management plans to alleviate nitrogen run off and soil erosion.

With these policies in place we plan to keep the farm running sustainably for us and many future generations - without giving up too much on farming and producing food.



07939 061777

SL SERVICES

Domestic Electrical Services - Based in Wingrave

No Obligation - Free Estimates - Fully Insured

EICR, fault finding, rewires, fuse board changes, additional sockets and lighting. No job too small.

City and Guilds Qualified

www.slservices.info
slservicescontact@yahoo.co.uk

City & Guilds NAPIT Electrical

Why Choose Raw Feeding?

Raw food promotes optimal health for dogs and cats. Choosing to feed your pets a raw food diet can help to:

- Support overall health
- Support digestive health
- Reduce waste (poop)
- Support oral health and hygiene
- Support coat and skin health
- Reduce allergies and intolerances
- Support bone and joint health
- Support energy levels
- Encourage food enjoyment
- Encourage ideal nature and behaviour

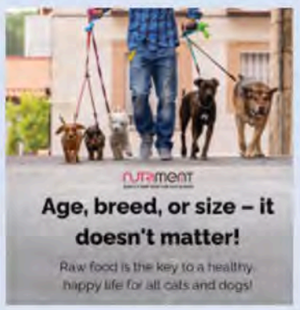




Nutriment Limited are wholeheartedly dedicated to raw feeding and the principles of Biologically Appropriate Raw Food (BARF). Providing a complete, nutritious raw diet, which is easily digested, is the best way to promote ideal health and happiness for your pets.

It contains 100% human-grade quality raw meat and fish, is committed to a grain-free and low carbohydrate approach to recipes with superfoods to enhance the nutritional profile of their recipes.

www.nutriment.co.uk.

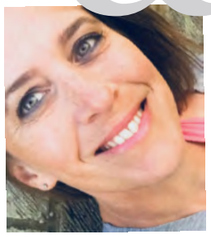


As your local stockist we offer a free local delivery service.

Please contact us for further information or to place an order.

Nuts about Muts - 07973 299656.

Health & Wellbeing



By **Natasha Richmond**





It's February at last, after a very long January, which always feels like it has twice the amount of days in it. And while it might feel like Groundhog Day with endless grey skies and dark days (Groundhog Day is actually on the 2nd of February, and is an American tradition for predicting the end of winter. If the groundhog can see its shadow on February 2nd, there will be six more weeks of winter apparently!), Spring is on it's way.

We don't celebrate Groundhog Day here in the UK, but we have something far more important… National Yorkshire Pudding Day, on the first Sunday in February, which this year falls on Sunday the 4th of February.

So why not celebrate the excuse to hunker down, get cosy and have a delicious Sunday roast with all the trimmings, including Yorkshire pudding! There are loads of really delicious seasonal vegetables around at the moment, such as beetroot, brussel sprouts, carrots, kale, leeks, red cabbage, squash, swedes and white cabbage, and for an easier take on a Sunday roast, why not try a vegetable tray bake to accompany your meat and Yorkshire puddings? Cut your vegetables into bite-sized chunks, drizzle with olive oil and some salt and pepper and roast in the oven until the veg has softened.

The best recipe that I have ever found for Yorkshire puddings is from the BBC Good Food website. It always makes the perfect puddings so I use it every time, even though I'm tempted to just throw it in the bowl by eye. Here's what I do:

- Heat oven to 230C/fan 210C/gas 8.
- Drizzle a little sunflower oil evenly into two 4-hole Yorkshire pudding tins or two 12-hole non-stick muffin tins and place in the oven to heat through.
- To make the batter, tip 140g plain flour into a bowl and beat in 4 eggs until smooth.
- Gradually add 200ml milk and carry on beating until the mix is completely lump-free. Season with salt and pepper.
- Pour the batter into a jug, then remove the hot tins from the oven. Carefully and evenly pour the batter into the holes.
- Place the tins back in the oven and leave undisturbed for 20-25 mins until the puddings have puffed up and browned.

Enjoy your roast! See you in the March issue.

Best wishes,

Natasha Richmond

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

trainersandbananas@outlook.com

Find us on Facebook

est. 1980
ACORN FARM
BUSINESS CENTRE

UNIT LETS AND SELF STORAGE

OFFICE AND INDUSTRIAL UNIT LETS
SELF STORAGE CONTAINERS
COUNTRYSIDE LOCATION

CONTACT FOR MORE INFO
07831 879680
CONTACT@ACORNFARMLETS.CO.UK
ACORN FARM BUSINESS CENTRE
CUBLINGTON ROAD, WING, LU7 0LB
WWW.ACORNFARMBUSINESSCENTRE.CO.UK

Your 5 Star Rated Wing Estate Agents

EweMove
SALES AND LETTINGS



If you're thinking of moving...

Start by getting a Hometrack Valuation Report to seehow much your home is worth.

Hometrack is the UK's largest automated valuer of residential properties and is relied upon by 13 of the 15 top UK high street lenders.

This report normally costs £19.95 and includes ALL recent house sales near you!

Chris Naylor & Simon Hancott
Branch Directors



Get Your FREE Online Valuation Report
Call 24/7: 01525 300 010 or visit:
EweMoveLBvalue.co.uk

EweMove respects any existing sole agency agreement already in place with another agent.

Buckinghamshire Council news

Council Agrees to Start Work on Phase 2 of the South East Aylesbury Link Road



Buckinghamshire Council will start work shortly on Phase 2 of the South East Aylesbury Link Road (SEALR) scheme.

The construction of this Link Road will lead to 1.1 miles of dual carriageway, including three new roundabout junctions designed to ease congestion in Aylesbury and provide an easier route for traffic to flow without going through the town centre.

The new link road will join the A413 Wendover Road with the Stoke Mandeville Relief Road, which is being constructed by HS2.

The council is coordinating the SEALR scheme with the project moving forward in two phases. Phase 2 will connect the B4443 Lower Road to a new roundabout junction with both the Stoke Mandeville Relief Road and future South West Aylesbury Link Road.

Buckinghamshire Council Leader Martin Tett said: *"To grow and thrive, Buckinghamshire needs the right infrastructure in place so it's great news that we've been able to approve the delivery of Phase 2 of the South East Aylesbury Link Road. The scheme is a crucial project that will unlock housing delivery in Aylesbury by accommodating for increased traffic in the future."*

Work recently started on the Wendover Road roundabout and Phase 2 works are scheduled to start in March this year.

For more information on SEALR and to sign up to regular e-bulletins, visit: www.buckinghamshire.gov.uk/sealr.



diana.blamires@
buckinghamshire.gov.uk



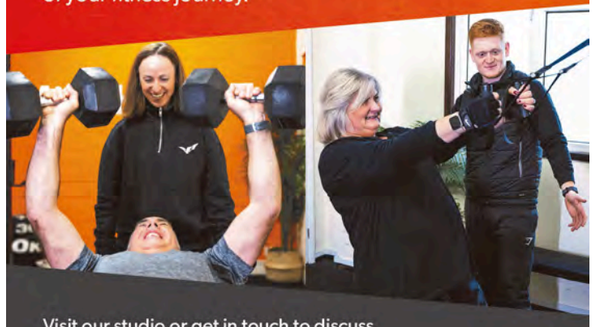
ashley.bond@
buckinghamshire.gov.uk



peter.cooper@
buckinghamshire.gov.uk

Smash your goals and get results at Hunt Fitness

We offer tailored one-to-one, small group and online personal training with our dedicated coaches, who will support you at every stage of your fitness journey.



Visit our studio or get in touch to discuss how we can help you get started.

www.huntfitness.co.uk

huntfitnessuk huntfitness.uk

Cublington Road, Wing

hunt fitness

theWI INSPIRING WOMEN

WING WOMENS INSTITUTE

Are you looking for a new interest in 2024?
Then come and try us out - we are not all Jam & Jerusalem. We have a full programme planned for 2024 including interesting speakers and trips out.
We meet on the 3rd Thursday of each month.

Thursday 15th February 2024
in Wing Small Hall 7.30-10 p.m.



Make Your Own Handcream
Speaker - Ian Merry

A workshop demonstration, making a batch of hand cream from scratch, using predominantly UK grown ingredients (plant oils and actives)

Competition: What will you be giving up for Lent this year?

Would you like someone to call for you and take you to the meeting? If so, or for more information please contact:

President: Maureen Lomas
Wing 682915 maureen@lomasfamily.plus.com
Secretary: Pat Jones
Wing 682362 pat.jones@talk21.com



A COST EFFECTIVE ALTERNATIVE TO SKIP HIRE AND WE DO ALL THE LOADING FOR YOU

- House clearance
- Rubbish clearance
- Trade waste clearance

Here to help with all the jobs you don't want to do

scan QR code to get a **FREE**quote

Tel: 01525 854438
Mob: 07852 839 372
E-mail: CRS-Clearance@hotmail.co.uk

WE COVER BEDFORDSHIRE, HERTFORDSHIRE, BUCKINGHAMSHIRE, NORTHANTS AND ALL SURROUNDING AREAS.



Personal Training focused on rehabilitation, strength training, cardio or a combination of all three.

Amy is a highly trained personal trainer with specialist skills including Health and Cancer Rehabilitation. She encourages her clients to be the best version of themselves through building confidence in a gym environment and learning about the benefits of being healthier and fitter.

- Level 3 Personal Trainer
- Level 2 Gym Instructor
- Metafit Class Instructor
- Fitness Pilates Class Instructor
- FA Level 1 Certified
- Level 4 Cancer Rehabilitation Specialist
- Level 3 GP Referral Specialist
- NUCO First Aid Certified

Ready to kick-start your health and fitness journey?
Get 24% off your monthly membership with Amy for 3 months in 2024! That's £135.99 per month.
Personal training sessions are once a week. To benefit from this offer, you will be required to make at least 1x payment of the full membership of £179 after your three discounted months. Applies to bookings made with Amy. New members only.

Private fitness studio in Leighton Buzzard

ENQUIRE NOW
Tel: 07873 125710 Email: acerehabilitation66@gmail.com



J.C. Pantling
For all your car repairs

- Servicing
- Brakes
- Clutches
- MOTs arranged
- Winter Checks
- Engine Tuning

For further information contact Bob on:
01296 688272
Or call in and see me at:
77 Leighton Road Wing Beds LU7 0NN

Wing Parish Council News

Wing Parish Council strives to improve the village facilities and amenities for the benefit of the parish residents as well as safety in the community. The Council has been very busy over the last year with both large and small projects taking place. Here are some of the projects that have carried out:

Environmental

We support the plans for a new Wing Wood and have been working with Buckinghamshire Council to provide a link to Long Spinney and looking at ways in which the access at Long Spinney can be improved.

Following the award of a grant from Wing and Ivinghoe Community Board, the bridges in Long Spinney have been improved providing better access to the wetter areas.

Councillors and a few village residents planted bulbs on the embankment opposite the High Street/Stewkley Road junction. These should be blooming during the spring months.

Our Long Spinney volunteers have been busy clearing footpaths, cutting back potentially hazardous branches, unblocking the stream from fallen branches, locating the wasps nests and lots of other maintenance work.

Village Facilities Improvements

The recreation ground improvements project has seen a new pavilion installed, a car park extension and a new Multi Use Games Area installed. The project is still ongoing and information on the future improvements will be included later on.

The hedge along the recreation ground boundary with the A418 has been cut back and the height reduced.

Several street lights were reported as faulty; these have been fixed. The street light outside the village hall took nearly a year, due to a broken cable awaiting repair by UK Power Networks, but gladly this has now been repaired and the light is working again.

Our grounds-work contractor has carried out the grass cutting around the Parish Council-owned land and play areas, carried out meadow cuts at Bewick Green and the Woodlands and has been cutting down the weeds in the alleyways.

Addressing Road Safety Concerns

We are working with our Unitary Councillors, both to introduce a 40mph limit by Mill Cottages and extend the 40mph limit by Ascott House to include the National Trust entrance.

Three new Speed Indicative Devices have been installed, located outside Ascott House, on Littleworth and on Aylesbury Road. Half of the funding for these came from the Wing and Ivinghoe Community Board, with reduced costs as the project was shared with surrounding villages.

Our HS2 funding application for the installation of a pedestrian crossing on the A418 by Church Street has passed several stages for the funding. It has currently reached the consultation stage, from which we are waiting to hear the results.

Planning

The Council resolved to submit consultee comments on 23 planning applications, including objecting to the Queen's Head proposed change of use and development.

The review of the Neighbourhood Plan is in progress, with a new Design Code approved as a supplement document. This provides guidance on the style of properties for different areas of the parish. The review of the Neighbourhood Plan also includes the design of a Green Strategy, including a Biodiversity enhancement policy, and bringing our Neighbourhood Plan in line with the Vale of Aylesbury Local Plan (VALP). A consultation will be taking place around springtime. The review and additional supplements are being funded through grants applied for and awarded by Locality.

Community

Issuing Community Grants.

Holding the Annual Parish Meeting.

Submitting responses to consultations that could impact the parish and its residents.

Entering the Best Kept Village competition (in 2023 Wing was joint runner-up in the DeFraine Cup).

Holding the Annual Wing and Burcott in Bloom competition.

Working on an alternative green proposal for Chesterfield Crescent.

Putting up a village Christmas Tree.

There are already projects underway to continue to make more improvements going forward, such as:

Installation of bike racks around the parish.

Continuing with the recreation ground improvements by connecting a permanent electricity supply to the pavilion (this is dependent on UK Power Networks upgrading their substation at Park Gate; our contractors are liaising with them), floodlights for the tennis courts, creating a picnic area in front of the pavilion with wheelchair accessible picnic benches and replacing the fencing bordering the A418 up towards Pate Gate.

Continuing work in Long Spinney to improve the pathways and working with the Newt Partnership providing a habitat for Great Crested Newts.

—/—

Wing Parish Council currently has three vacancies for Parish Councillors. There are so many areas in which Parish Councillors can help the local community and make a difference to people's lives.

Why Become A Parish Councillor?

You can help shape the future of the parish; increase mental and physical awareness; make decisions on issues that matter to you; provide a voice for your community by assisting in resolving issues; make an impact on your community. Being a Parish Councillor looks good on your c.v.

To become a Parish Councillor, you must:

-be over 18 years old,

-be a British citizen, an eligible Commonwealth citizen or a citizen of any member state of the European Union **and** meet one of the following criteria:

a. You are, and will continue to be, registered as a local government elector for the parish in which you wish to stand.

b. You have occupied as owner or tenant any land or other premises in the parish during the last 12 months.

c. Your main place of work for the last 12 months has been in the parish.

d. You have lived in the parish or within three miles of it for 12 months.

Please contact the Clerk (see below) for information on how to apply.

Parish Council Contact 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

da AESTHETICS

Redefining beauty, naturally...

about us

- Procedure carried out by a specialist nurse with more than 13years experience
- Aesthetics trained from a reputable medical training facility
- NMC registered
- Fully insured with Hamilton Fraser
- Aesthetic Complications Expert group member

our services

ANTI-WRINKLE TREATMENT
DERMAL FILLERS
SKIN BOOSTERS
FAT DISSOLVING
POLYNUCLEOTIDES
(UNDER EYE REJUVENATION)

BOOK YOUR APPOINTMENT TODAY!
07748828113 | DA-AESTHETICS.CO.UK
STYLE HAIR AND BEAUTY SALON 6-8 HIGH STREET LU7 0NR
DA AESTHETICS DAAESTHETICS_BUCKS

Repair Cafe

Saturday 24th Feb
9:30-12:30
Pitstone Pavilion

Bring along:

- Clothing and Fabrics mending
- Household items
- Furniture
- Laptops, phones, tablets

And more...

No charge for fixing, but donations are welcome



@ivinghoepitstonerepaircafe
Ivinghoe & Pitstone Repair Café
ivinghoerepaircafe@gmail.com
www.iprepaircafe.wixsite.com/repaircafe

The world is a big place!

Angela Visciano, an independent travel agent based in Wing and bucks.

For all your holiday requirements.
I love putting together tailor-made bespoke holidays and turning your dreams into reality with memories to last a lifetime.
Please get in touch and let's talk about all things travel .



travel counsellors
With us...it's personal

01442 540070
Angela.Visciano@travelcounsellors.com

TALKING DOG with Neil Smith



Using Food for Dog Training

Using food for dog training is becoming more commonplace than ever, however this can have a massive impact on a dog's nutritional and psychological wellbeing.



Many modern dog trainers use food for training behaviour, done by lure reward. This type of training is popular, especially with puppies, because the new owners will get lots of success. Training in this way is positive, but can also become a negative in the long term and can cause some behavioural issues. Rewards can be made higher by the quality and quantity of the treat given. Puppies achieve well with food rewards whilst they are growing, but adolescent and adult dogs do not give the same value to the treats. At this point behavioural issues may arise and the dog learns to ignore the commands and the only reward is food. Food rewards need to be phased out before adolescence.

The handler must be mindful that the food being given as treats is part of their daily food allowance and not additional food, as this will affect their weight gain. Therefore it is important to reduce the quantity of their daily food intake.

Be aware of the compositional value of the treats being used, looking carefully at the levels of nutrients and also if they have high levels of additives and preservatives. It may be necessary to adjust the balance of the daily food intake to reflect the composition of the treats. The protein, carbohydrate and fat levels in the treats will affect behaviour and energy level, so choosing an appropriate treat for the activity is important eg: scent detection uses less physical energy than agility.



walk with me wing
Boarding & Dog Walking

Dog Boarding, Doggy Day Care & Dog Walking
Based in Wing, Leighton Buzzard
07402944770
walkwithmewing@gmail.com
www.walkwithmewing.co.uk

5 Star Licensed by Buckinghamshire Council
LC202205-76425

@walkwithmewing

VASS-TECH

Volkswagen - Audi - Seat - Skoda Specialists

Audi

SEAT

ŠKODA

Save up to 50% on your main dealer prices

Audi qualified & licensed technicians with over 54 years combined experience

Diagnostic repairs with the latest equipment

All servicing & mechanical repairs carried out to the highest standards including brakes, clutches, cambelts, etc

Complimentary courtesy car subject to availability

MOTs, Tyres, wheel alignment 'ADAS' ready and puncture repairs

VEHICLE TESTING STATION

www.vass-tech.co.uk

T: 01296 641429 E: info@vass-tech.co.uk

5A High Street, Whitchurch, Buckinghamshire, HP22 4JU

WE BUY RECORDS!!!



ALL GENRES, ALL ERAS, NO COLLECTION IS TOO BIG OR SMALL.

BASED IN WING, WE HAVE OVER 30 YEARS EXPERIENCE OF VINYL & MUSIC MEMORABILIA AND WILL PAY THE BEST PRICES.

CALL ANGELA ON 07976 204249

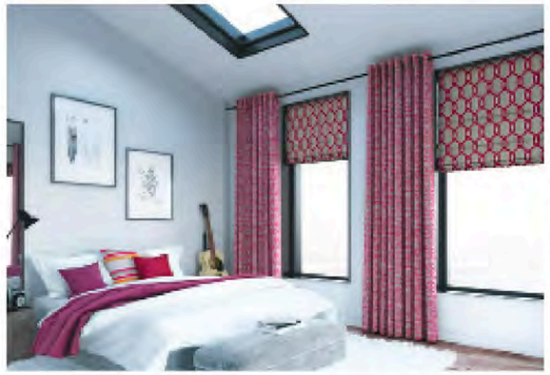
OR EMAIL TURNTABLE.RECORDS@HOTMAIL.COM

Buzzard
Blinds & Curtains

Local family run business established for over 23 years









Quality blinds & curtains from a local family run business.

Town centre showroom with blind displays, curtain fabrics and new awning display showing three electric awnings

Roller blinds • One-touch remote control option • Conservatory blinds

'Perfect fit' range • No drilling required with frames • After sales service

01525 382444 | sales@buzzardblinds.co.uk

17 Market Square, Leighton Buzzard, Bedfordshire LU7 1EU

www.buzzardblinds.co.uk

SaBa

Bridal Design
Evening Wear
Smart Suits

Sally Barnes
01296 688046
sallysababarnes@icloud.com



Please ring for an appointment

The Wing Singers

DO YOU LOVE TO SING?

Come join our community choir where everyone is welcome. Enjoy a fun, relaxed and friendly atmosphere.

Membership open to all age groups - currently ranging from 8 - 80s

Weekly rehearsal information on the Wing Singers website

Varied repertoire, from popular classics to musical theatre, with something for everyone

No auditions or musical knowledge needed

Professional, patient and approachable Musical Director, Jill Neenan

Half-time interval to enjoy tea & coffee and a chat

WING VILLAGE HALL
EVERY SUNDAY* 16:45-19:15
*Rehearsals held on Sundays during school term time

For more information, check out our website, www.thewingsingers.org.uk, or email Angie, the Membership Secretary, at wingsingers@yahoo.co.uk

AYLESBURY VALE
CHIROPRACTIC
EXPERTS IN MOTION

Professional Chiropractic Treatment and Massage Therapy

Now also offering

Neuro Physiotherapy
Clinical Psychology

Contact us for more information



www.avcclinic.co.uk
info@avcclinic.co.uk

Unit 9 Media Village
Liscombe PArk
LU7 0JL
01296 846981

Gardener's Diary

by Ginny Hollas , Wing Gardening Club

Lunar Gardening

For Christmas I was given a copy of 'The Almanac' by Lia Leendertz ,which had a very interesting article on gardening according to the phases of the moon. The theory is that the moon has a pulling effect on all water, not just sea tides but also the ground water table and even the sap within the plants. This means the sap rises during the waxing moon and falls towards the roots as it wanes. You might think this is outside normal gardening practice, but the system has many followers around the world.

I was reminded of a garden I had many years ago in Democratic Republic of the Congo. I was fortunate to have a young lad who helped me in the garden and he could grow anything. He always planted by the phase of the moon, preferring a full moon. He would bring a bundle of sticks and from them grew magnificent tropical plants,



Frangipan

including an hibiscus hedge, fragrant frangipani and banana palms. Between us we produced a lush garden from a bare patch. He came from up country with little education, all his gardening skills were those handed down to him. I never asked where he got his cuttings from - I suspect some of my neighbours may have been the unknowing donors! He only brought them to me at the time of the full moon.

This method of gardening has been gaining in popularity and I understand our King is an avid follower, so if you are interested in trying this method you will be in good company.

HOW DOES IT WORK?

You can simply plant when the moon is waxing or use a more complicated method as the true advocates do. This involves using a combination of the waxing and waning moon and its passage through the tropical zodiacs, which have a fixed position. This is not the same as astrological star signs. Each star sign has different strengths that can be taken into account. This sounds rather complicated but it can be quite easy. You just buy a lunar planting calendar which will give you all the details of what you plant when.

My almanac tells me all the dates of the phases of the moon and what to be sowing and jobs to be done, so I cannot go wrong – in theory! These are some of the sowing suggestions that my almanac suggests for the full moon period 24 February – 3 March:

- sowing or planting crops that develop below ground - garlic, rhubarb crowns, onion and shallot sets (not if the ground is frozen)
- sow onions and leek seeds in the greenhouse
- plant shrubs and trees if bare-rooted
- chit potatoes

I have not tried lunar planting myself but think I might try. Maybe this summer we might all have a crop like this if we get our dates right!





SOME JOBS TO BE GETTING ON WITH

It is a busy time in the garden getting everything ready for the growing season. This is the time to make sure you start with a clean greenhouse, otherwise those overwintering bugs will make a meal of your new seedlings.

- Divide clumps of snowdrops and congested perennials to increase stock, or give to friends.
- Prune winter-flowering shrubs like mahonia, winter jasmine or heathers.
- Prune late-flowering clematis back to healthy buds, about 30cm from base.
- Sprinkle slow-release fertiliser around roses and flowering shrubs.
- Finish pruning fruit trees and feed with high potash fertiliser.
- Hunt for slugs overwintering under pots and stones and clear last year's dead leaves that may harbour disease.
- Sow tomatoes and peppers in heated conditions.
- Sow sweet peas and, if you sowed them in autumn, nip out the leader shoot to make a sturdier plant.

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

Protect Your Vehicle with Expert Security Installers!

MobileSystems



TASSA REGISTERED INSTALLATION COMPANY SETTING BEST PRACTICE
SmarTrack Stolen Vehicle Recovery Systems
AUTOWATCH GHOST AUTHORISED INSTALLER
Meta Trak
SCORPIONTRACK

Mobile Systems is a well-established vehicle security company based in Wing. We offer a mobile installation service of a wide range of vehicle tracking and modern technology immobiliser systems. We have a large customer base that includes large fleets, main dealers, and private users.

info@mobilesystems.co.uk 01296 688766
Mobile Systems, Charlotte Cottage, 73 Leighton Road, Wing, LU7 0NN


Wing Village
F.C
EST·1896
SCAN THE QR
CODE &
SUBSCRIBE FOR
YOUR CHANCE TO
WIN £££
ENTER THE
WING
VILLAGE FC
MONTHLY
DRAW


THE UNICORN
Valentines Day
Feb 14th
Bookings Now Being
Taken
Menu Available
Online Now!
www.theunicornpub.co.uk
Or Email Us On
theunicorncublington@gmail.com

ANDERTON ELECTRICS
Keeping you wired up

✔ Free quotations, no obligations
✔ Emergency Work – day or night
✔ Domestic or Commercial
✔ A name you can trust

Contact us:
01442 824 740
01582 343 123

Email: james@andertonelectrics.co.uk

Proud members of Checkatrade.com Where reputation matters
See our feedback on Check a trade
www.checkatrade.com/andertonelectrics

TRUST MARK Government Endorsed Standards www.trustmark.org.uk
City & Guilds
Registered Competent Person Electrical
fsb Experts in Business
NAPIT
The Guild of Master Craftsmen
PART P Electrical Safety

www.andertonelectrics.co.uk

Crossword solution

1 C	U	2 S	T	3 O	M	■	4 S	5 C	H	6 O	O	7 L
A	■	O	■	F	■	■	R	■	R	■	A	
8 S	P	L	I	T	■	9 S	L	U	M	B	E	R
U	■	O	■	E	■	C	■	I	■	I	■	Y
10 A	M	M	O	N	I	A	■	11 S	A	T	A	N
L	■	O	■	■	■	R	■	E	■	■	■	X
■	■	12 N	E	13 W	J	E	R	S	E	14 Y	■	■
15 P	■	■	■	R	■	C	■	■	■	I	■	16 S
17 R	O	18 M	E	O	■	19 R	E	S	20 P	E	C	T
A	■	E	■	N	■	O	■	E	■	L	■	A
21 G	L	A	S	G	O	W	■	22 P	A	D	D	Y
U	■	N	■	L	■	■	■	I	■	E	■	E
23 E	S	S	A	Y	S	■	24 C	A	N	D	I	D

Sudoku solution

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

Codeword solution

13 J	■	16 I	■	7 V	■	2 S	■	11 P	■	22 Z	■	2 S
15 Q	12 U	19 A	8 N	6 D	19 A	18 R	4 Y	19 A	24 G	14 E	8 N	9 C	4 Y
■	■	26 M	■	9 C	■	8 N	■	18 R	■	19 A	■	3 H	■
5 O	23 L	2 S	14 E	15 Q	12 U	16 I	5 O	12 U	2 S	25 L	5 O	5 O	20 K
■	25 L	■	8 N	■	12 U	■	8 N	■	14 E	■	5 O	■	5 O	■
13 J	14 E	21 T	2 S	19 A	26 M	■	4 Y	19 A	9 C	3 H	21 T	16 I	8 N	24 G
■	■	■	14 E	■	■	■	26 M	■	■	■	■	■	14 E	■
6 D	5 O	5 O	6 D	19 A	6 D	2 S	■	19 A	1 F	1 F	19 A	16 I	18 R	2 S
■	7 V	■	■	■	■	■	9 C	■	5 O	■	11 P	■	■	■
8 D	14 E	17 X	21 T	18 R	5 O	2 S	14 E	■	25 L	19 A	11 P	14 E	25 L	2 S
■	18 R	■	19 A	■	18 R	■	16 I	■	20 K	■	19 A	■	14 E	■
2 S	20 K	14 E	10 W	■	16 I	8 N	21 T	5 O	25 L	14 E	18 R	19 A	8 N	21 T
■	16 I	■	6 D	■	5 O	■	16 I	■	5 O	■	14 E	■	21 T	■
1 F	25 L	5 O	18 R	19 A	25 L	■	1 F	5 O	18 R	14 E	8 N	2 S	16 I	9 C
■	25 L	■	4 Y	■	14 E	■	4 Y	■	14 E	■	21 T	■	25 L	■

FARCE 'N'
YOUR SEATBELTS!
MARC CAMOLETTI'S
BOEING BOEING
A STEWKLEY PLAYERS PRODUCTION
WEDS 20 - SAT 23 MARCH 24
8PM STEWKLEY VILLAGE HALL
Licensed Bar opens 30 mins prior to the show
TICKETS £7.50 - ON SALE 26 FEB
BOX OFFICE TEL: 07845 489167

SPORTS ROUNDUP

Sue Corcoran, Sports Editor



Photos by Brian Clarke

Wing FC vs Silverstone. Won by Wing 3:0

Wing Ladies Play in League Cup - 4 Feb

Sunday February 4th sees Wing Ladies F.C. play for the League Cup after getting through to the third round. They will be playing at home on Wing Recreation Ground, with kick off at 1pm against Larkspur Ladies who play two divisions above the Wing Ladies.

Our Wing ladies reached the third round after a convincing win over Taplow Utd Ladies, beating them 3:1. It would be great for the community in Wing to come out and show the Ladies some support on the day!



WING GARDENING CLUB

A club for anyone interested in gardening. Varied talks, demonstrations, Group garden visits and discount seed/plant scheme.



Katherine Woods

http://www.teabreakgardener.co.uk/

Growing Alpines

"All the things you usually think about in planning a border apply – seasonal interest, form and shape of plants, colours of flowers – only in miniature."

Tuesday 13th February 2024

WING VILLAGE HALL

Small hall at rear **7.30 for 8pm start**

More information from Christine via winggardeningclub@hotmail.co.uk

Table-top Sale Continues
Please donate any surplus gifts, well-wrapped plants, and gardening publications

Coffees and teas available

Members: £2 Price includes a ticket for the raffle draw **Non-members: £4**
2024 Membership Subscription now due: £20 pa

StotenGillam
chartered accountants
chartered tax advisers

Our aim is to provide an outstanding professional, cost effective and friendly service

✓ Established over 50 years
✓ Traditional values with forward thinking and modern technology
✓ Full range of business and personal accountancy and tax services
✓ Latest cloud software
✓ Free initial meeting



CIOT CHARTERED TAX ADVISERS
ICAEW CHARTERED ACCOUNTANTS

Tel: 01582 608601
99 High Street South,
Dunstable, LU6 3SF

Contact us today:
enquiries@stotengillam.co.uk
www.stotengillam.co.uk
@stotengillam

J&P SITE SERVICES
CLEAR AND BUILD

Transforming Spaces, Enhancing Environments

Comprehensive Construction & Landscaping Solutions

Serving Beds, Bucks, Oxon & Herts Regions

Expertise Includes:

- **Site Clearance & Groundwork**
- **Ditching, Fencing & Concrete Laying**
- **Garden Rooms & Landscaping**
- **Field Topping & Mowing**
- **General Maintenance**
- **Driveways & Small Building Works**

Years of Experience, Portfolio of Successes | **Contact Jaime on:**

07989445761 **info@jpsiteservices.co.uk**

follow us on **@J&PSiteServices**

Let's bring your vision to life!

WING VILLAGE
Sports and Social Club





Come and join us new members welcome...

Bingo is back!
Cash Bingo every Sunday doors open at 7.30pm
Eyes down at 8pm
Over 18 only.
You dont have to be a member to play but you do if you want to win the jackpot.

Membership from £7.50 a year
Collect your form from behind the bar
Opening Hrs
Mon-Thu 4pm-11pm
Friday 2pm-11pm
Saturday 12pm - 11.30pm
Sunday 12pm - 10.30pm

Coming Up.....







Wing Village Sports and Social Club, Leighton Buzzard Road, Wing
Tel: 01296 688139 Email: wing_social_club@live.co.uk
Wing Village Sports and Social Club

THE LITTLE IT COMPANY

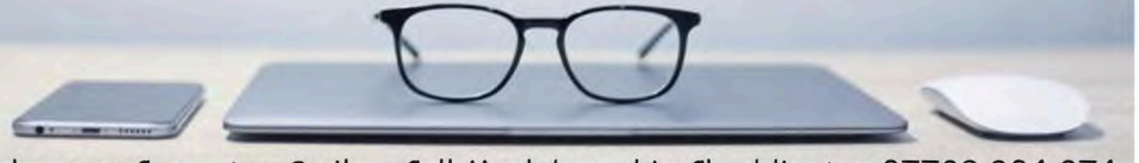
Laptops, PCs, Tablet, Apple Macs, WiFi Internet,
Repairs & Upgrades, FREE collection & Delivery

Experienced Tech Professional will solve all your computer/technology related problems.

NO FIX - NO FEE GUARANTEE

Facebook Page:
@thelittleitc

Website:
www.thelittleITcompany.co.uk



Make your Computer Smile - Call Mark based in Cheddington 07789 304 274

Looking for a Pre-School for your child?



OVERSTONE COMBINED SCHOOL

An inspiring and exciting place for children aged 3 to 11 years to learn.

To arrange a tour of the school, please contact the admin team on

01296 688799 | admin@overstone-wing.org | www.overstone-wing.bucks.sch.uk/web

THREE COUNTIES PET DOG TRAINING



TRAINED FOR LIFE

Trained for life is a course which is tailored for all breeds and abilities, covering basic obedience training and life skills for your pet dog.

The aim is to achieve a well balanced pet, that you are proud to take anywhere and enjoy the company of, and is a pleasure to walk on a loose lead and sociable with both humans and other dogs.

SCENT DETECTION TRAINING

Scent detection is a great way to work and bond with dogs of all ages and breeds. Together you will learn how to ignite your dogs seeking system, every breed has this ability as they would use this to forage for food. This activity can be a fabulous activity for older, retired dogs as well as younger dogs, as it is not as physically demanding but is mentally stimulating.

THE PET GUNDOG TRAINING

The APGI classes offered are structured and set in stages.

- Dog psychology - the way that it learns and what motivates it.
- The dog's anatomy - how this impacts on training
- Body language and how dogs communicate.
- Age-related training

Contact us for more details or to book a place on any of the courses.
NEIL SMITH 07774 159618

the Stag est. 1847

Valentine's Day

Wednesday 14th February

Set menu
6pm–8:30pm

£90 per couple
To include a red rose and a glass of prosecco each

Sharing starter

Twice baked cheese souffle,
smoked haddock and spinach in a mornay sauce, parmesan crisp

Main course

Roasted sirloin of beef, roasted shallots, red wine jus

A sharing board consisting of:
Lobster mac and cheese, truffle fries, caesar salad

Pudding

Dark chocolate cremeaux, cherry and kirsch compote,
chantilly cream, chocolate sable, cocoa nib tuille

To Finish

Caramelised white chocolate and sea salt fudge

01296 534450
hello@thestag.pub
www.thestag.pub

@thestagatmentmore

Cottesloe Physio

A Medically Led Wellness Center

Cottesloe Physio



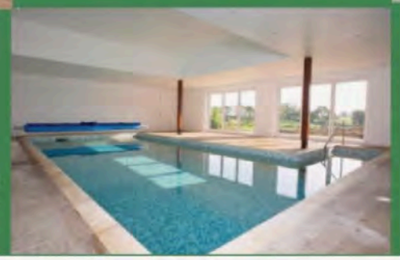
HYDROTHERAPY

Post op rehabilitation
Pain Management
Small Group Clinical sessions
Great low impact exercise for those awaiting or who have just had a hip or knee replacement.



PILATES

Matwork Pilates Classes
Reformer Pilates Classes
Horse Rider Specific Pilates
1:1 and Small group classes
All Run by Chartered Physiotherapists
Clinical courses such as Healthy Hips and Back to Mobility.



PHYSIOTHERAPIST

Rehabilitation
Sports Physio/ Sports Massage
Womens Health
Horse Rider Specific Physio
Neurological Rehabilitation
Acupuncture
Recognised by health insurance.

Cottesloe Physio
Cublington Rd
Wing
LU70LB

Tel: 01296 326377/ 07811238163
Email: info@cottesloephysio.co.uk
Visit: www.cottesloephysio.co.uk

LAMBOURNE

TREE & GARDEN SERVICES

Full garden maintenance

Specialising in

- Fencing, Patios, Driveways
- All aspects of groundwork including footings and oversites
- All aspects of tree work, pruning, hedge trimming, planting, turfing, etc
- Fully qualified, fully insured
- Trading since 1950

Highbury, Aylesbury Road, Wing

07768857065

REQUIRE A VENUE FOR YOUR EVENT??

WING VILLAGE HALL

could provide the ideal setting whether it's a formal meeting, dancing, big or small celebration, a child's party, clubs or exercise classes



Our superb range of facilities include :

	Wing residents/hr	Non Wing Residents/hr
LARGE HALL	£18.00	£25.60
SMALL HALL	£12.80	£19.20
THE SNUG	£10.00	£15.00
LIBRARY	£12.80	£19.20

All bookings include use of well-equipped kitchen, furniture, PA system if required

Special wedding rates on request









To make your reservation

e-mail: stephenpayne3@hotmail.co.uk
mobile: 07555 722315 www.winghall.org
Facebook : Wing Village Hall

Free wi-fi throughout premises



MORE THAN "JUST" ACCOUNTANTS

BAS ASSOCIATES
making it all add up

Your Wingrave based family-run accountants and business support team

Our services include:

- Individual Tax Returns (including Rental Properties)
- Sole Trader Accounts & Tax Returns
- Partnership Accounts & Tax Returns
- Limited Company Accounts & Tax Returns
- Payroll
- VAT/Bookkeeping
- Wills & Probate
- Registered Office Service
- Business Planning
- Business Coaching
- Marketing Strategy Planning
- Marketing Coaching
- Succession Planning
- Governance Planning
- Financial Awareness Coaching

01296 681341
info@basassociates.co.uk
Unit 8 Wingbury Courtyard, Leighton Road, Wingrave, HP22 4LW

Nimby Pest
WILDLIFE MANAGEMENT

For all your Pest Solutions
(covering London, Herts, Beds and Bucks)

Call Peter: 07958 669 706 or 01525 220 653
Email: peter@nimbypest.org.uk
www.nimbypest.org.uk
Wasps | Rats | Mice | Squirrels | Rabbits | All Flying & Crawling Insects | Glis Glis| Moles |

npta
National Pest Technicians Association

PROMPT Register

DAMIAN STEWART
PLUMBING & HEATING

PROFESSIONAL QUALIFIED PLUMBING & HEATING ENGINEER

- For all your Plumbing, Gas , Oil & Heating requirements
- Boiler & appliance installations, system upgrades, servicing, fault finding & repair
- Oil – boiler and tank installations, service & repair
- Complete bathroom installations & design
- No job too small / Free no obligation quote/ No call out charge

Tel : 01296-688968 / 07527900028
E mail : info@damianstewartplumbing.co.uk www.damianstewartplumbing.co.uk
7 Chiltern Road, Wingrave, Aylesbury, Bucks,
HP22 4QQ

NVQ City & Guilds Qualified OFTEC Gas Safe Register

OUT & ABOUT

Photos by Liz Tring







Eaton Bray and Edlesborough Circular Walk

with Gill Jeffries. Map by Arthur Jones

1¾ hrs
Approx. 4.4 miles (7 km)
Map: © OpenStreetMap contributors
(Equivalent OS Explorer maps: 181, 192)

▶Park in Church Lane, Eaton Bray, near St Mary's Church.

▶Walk to the High Street and turn left in front of the church.

▶At the corner, cross the road and walk down the paved road and footpath towards Park Farm Cottages.

▶Continue past the cottages, through a gate and onto a concrete track.

▶Continue along the track with fishing lakes either side and an old moat ahead.

▶Follow the track to the right and past a farmyard.

▶Cross the paddock, bearing right to the far-right corner and exit between the hangars.

▶In the next field keep the fence on your left initially, then continue ahead towards the opposite hedge. The footpath is well marked with yellow topped markers.

▶At the edge of the field turn right and aim for the end of the garden of the house ahead.

▶Pass through the gate and continue across several paddocks, following the signed footpath.

▶As you approach more houses, aim for the right-hand end of a low red brick wall.

▶Exit the field onto Park Lane and walk up to the crossroads.

▶Cross the road and bear slightly right to walk up The Comp, a small road.

▶Continue past the houses until a barn is directly ahead of you.

▶Turn right along the track and continue straight ahead on this track until you reach a road.

▶Turn right along the road to a T junction. Harling Lane and Bower Lane are ahead of you.

▶Cross the road and walk along the footpath, crossing the stream before reaching Brook Street.

▶Turn right down Brook Street with allotments on your left.

▶Turn left onto Edlesborough High Street and continue until you reach the Methodist Church.

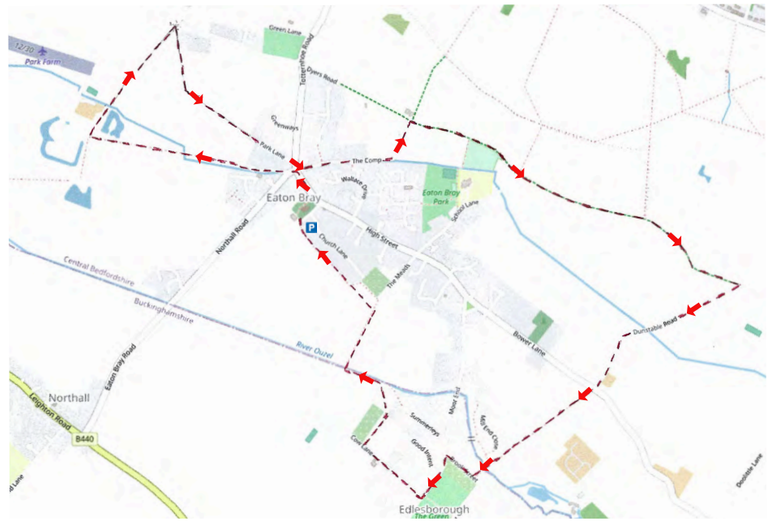
▶Turn right down Cow Lane past the houses, then turn right onto another footpath behind the end house on Damson Way.

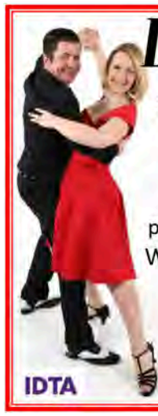
▶Follow the well-used path as it bends towards the bank of the stream, which will be on your right.

▶Take the bridge over the stream and continue following the path along the edge of a field.

▶Just before the end of the field turn left across the field.

▶Continue along the path behind some bungalows and back to the church.





Dance in Wing Village Hall
Sara & Adrian Marsh – Dance Teachers
Line Dance - Tuesdays
Ballroom & Latin – Wednesdays
Line Dance & Sequence - Fridays
plus, 50's Jive Rock n Roll at our other venue
Weekly Classes Monthly Socials
Group Lessons Private Lessons
079-069-88880
info@adrianmarshschoolofdance.com
IDTA Adrian Marsh School of Dance

A J Waring
Carpentry Services



All aspects of carpentry & joinery
Doors, windows, wardrobes, kitchens & bespoke carpentry
Local & reliable
NVQ Qualified
Established for over 15 years
07468 041680 ajwcarpentry2@gmail.com

Burcott Physiotherapy

Paula Robinson MSc HCPC

Bachelor in Physiotherapy
Masters in Rehabilitation

- Specialist rehabilitation following injury, illness or surgery
- Health and Wellbeing in later life
- Neurological Rehabilitation
- Qualified in acupuncture
- Women's Health
- Available for virtual and face to face appointments in clinic or at your home

Ph. 07983770970
paula@burcottphysio.co.uk
www.burcottphysio.co.uk

Babysitters



The following young people* have offered to babysit:

Name	Born	Contact
Tilly Forrest	Dec 2007	07854 918457
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).**

SURGERIES

Ashcroft Surgery 01296 688201

Surgery: Mon-Fri 0830-1200; 1400-1800
Dispensary: Mon-Fri 0900-1200; 1400-1800

3W Health (Wing Surgery) 01296 681814

Surgery: Mon-Fri 0800-1300; 1400-1830
Dispensary: Mon-Fri 0900-1300; 1400-1800

Out of Hours: 111 (999 for emergencies)

BIN COLLECTION IN WING



YOUR STARS

February by *Albert Stanwyck*



AQUARIUS Jan 20-Feb 18 Your philosophical side allies with your usual sense of detachment this month. You see plenty of problems, everywhere. But happily, none of them are yours!
PISCES Feb 19-Mar 20 Cast aside those workplace woes. Tell management to take a hike. Strike a blow for freedom. Let your partner run the coloured wash, for a change.
ARIES Mar 21-Apr 19 Impostor syndrome has always been a challenge for you. But sometimes you need to accept reality. You actually are not, and never have been, Catwoman.
TAURUS Apr 20-May 20 Sometime around the 6th of the month, Vulpecula will arrive at synchronical precession with Eridanus. For you, that means macaronic arachnidion, with a dash of synodic horridity. Sorry.
GEMINI May 21-Jun 20 You find it hard to focus, and take a superficial approach to everything. You specialise in indifference and apparent trances. And not just this month. Always.
CANCER Jun 21-Jul 22 Time to overcome you naturally reserved nature, and let your passions drive you, and the hell with it all. It's just a Twix bar, after all.
LEO Jul 23-Aug 22 Brace yourself for a testing adventure - one which may push you to the very edge, to the limits of human endurance. Breathe deeply, prepare, focus, brace. And make that trip to Ikea.
VIRGO Aug 23-Sep 22 Time for questioning. Why do they do these things? What do they hope to achieve? Why do they do it there? Well, they're just kids, and you may never, ever know the answer.
LIBRA Sep 23-Oct 22 You're about to become the single focus of their attention. They're at your feet, adoring you, loving you, imploring you. You forgot to feed the cat.
SCORPIO Oct 23-Nov 21 Discretion, nay, utter secrecy is your watchword for February. Do not tell anyone, anywhere, ever, what you just saw in Long Spinney.
SAGITTARIUS Nov 22-Dec 21 You are extraordinary. A powerhouse of charm, talent, energy and dynamic charisma. Your people love you. If you keep telling yourself that, for long enough, it might come true.
CAPRICORN Dec 22-Jan 19 Plan on overcoming your natural sense of reluctance, around the 21st. Dig deep, find that self-belief, think positive, and finally clean out that shower drain.

MA
Moren Associates Technology Services

Technology Support for Home and Business

Onsite or Remote Support



PCs, Smartphones, Tablets, Printers
Broadband, Internet, WiFi, Email
Security Guidance
Virus Protection & Removal
Upgrades & Installations
Data and System Recovery
Hardware & Software Troubleshooting
Home & Office Network Setup & Support







07950 597962 or 01525 229695
support@morenassociates.co.uk
Free initial consultation

ADVERTISE IN WHAT'S ON IN WING

IN PRINT and ON-LINE!

What's On In Wing is published once a month. 1,400 copies are delivered to households, shops, pubs and public buildings in the parish of Wing, and public buildings in neighbouring parishes. It's also available on-line.

Advertising

For **advertising enquiries and bookings**, contact Jacqui Wakefield, on 07518 156853 or **advertising@whatsoninwing.info**

The absolute deadline for reserving advertising space is noon on the 5th of the month preceding publication.

Please supply your ad artwork by email to Jacqui. Artwork must be either a jpg or pdf file to the sizes shown in the table below. *We cannot accept any other kind of artwork.*

Size	Width mm	Depth mm	Price	Parish advertiser
Whole page	195	270	£35.00	**£30.00**
Half page landscape	195	134	£20.00	**£18.00**
Half page portrait	95	270	£20.00	**£18.00**
Quarter page	95	134	£15.00	**£12.00**
Eighth page	95	66	£10.00	**£8.00**
Inside front cover	195	270	£40	**£35**
Outside back cover	195	270	£45	**£40**
10% series discount for 12 ads				

The absolute deadline for content is noon on the 15th of the month preceding publication date. Credit or refunds cannot be applied when artwork is provided after the deadline.

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

For **payments or accounts**, contact Carmen James: **accounts@whatsoninwing.info**

Advertising and editorial policy

The views and opinions expressed in editorial contributions do not necessarily reflect the position of the publishers of What's On In Wing, nor does the inclusion of any advertisement or news item represent endorsement by the publishers. We are neutral and impartial, but we reserve the right to edit material to fit the available space, or to decline publication of material, at our discretion.

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.

Claydon Auctioneers

Auctioneers of:

Antiques, Collectables, Silver, Jewellery, Watches, Paintings & Prints, Furniture, Clocks, Militaria, General Goods & Chattels, etc.

Free auction valuations available, Partial & total house clearance service, Insurance, probate & family division valuations

Auctions every month
Visit our website for more details

Auctioneers: Louise Gostelow
Robin Ealey Jamieson

Contact:
01296 714434
info@claydonauctioneers.com
www.claydonauctioneers.com

Claydon Auctioneers Ltd.
The Claydon Saleroom,
Calvert Road, Middle Claydon,
Buckinghamshire, MK18 2EZ

Deakin-White

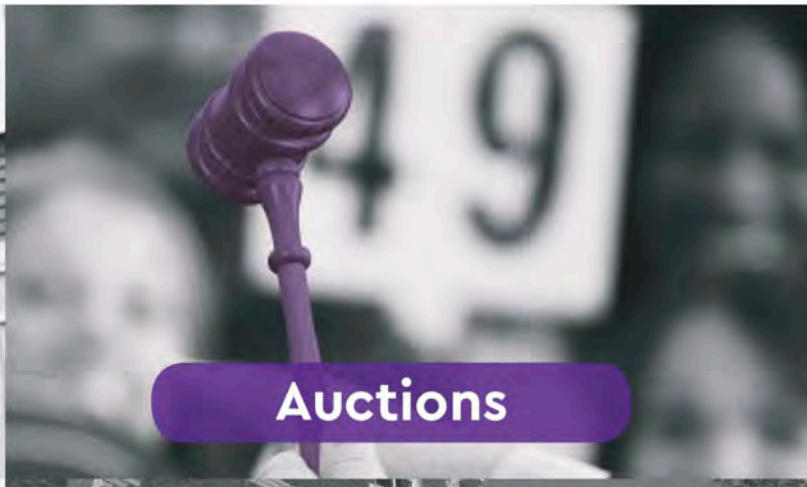
We have buyers looking for properties in your area.

If you are thinking of selling now or in the near future, please contact us to find out what the current market and demand is like for your property.

Deakin-White is an independent family run boutique estate agency with offices covering Hertfordshire, Bedfordshire, and Buckinghamshire.



Sales



Auctions



Mortgages



Lettings

Scan the QR code and see what the market is like for your home!

01296 252 043
4 Aylesbury Road, Wing, LU7 0PB