LOCAL NEWS
EVENTS
SUPPLIERS
SERVICES
LEISURE
CLUBS
ACTIVITIES
GAMES & PUZZLES

WOW!

WHAT'S ON IN WING

February 2025



- Christmas issue colouring competition - the results
- Ron Fincher remembered
- Country Notes from Canada, Spain and Wing
- The Wing Singers to perform in a large charity concert
- 10th anniversary of Long Spinney & Bewick Green
- Health & wellbeing, puzzles, a topical poem

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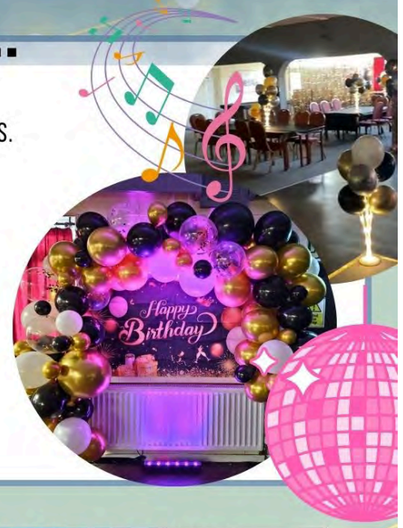
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(not for the easily offended)

Play your cards Right

15TH FEBRUARY

DOORS OPEN AT 7PM

TICKETS £10 MEMBERS £15 NON-MEMBERS

Wing Village Sports and Social Club, Leighton Buzzard Road, Wing LU7 0NW
Tel: 01296 688139 Email: wing_social_club@live.co.uk

WING VILLAGE SPORTS AND SOCIAL CLUB

A covers band playing 80s, 90s, Britpop/Indie/Newwave and Mod covers.

Playing the likes of The Who, Jam, Stone Roses, Oasis, Blur and across the Britpop era and many more.

The Chapel



Doors open at 7pm

TICKETS £5 MEMBERS £10 NON-MEMBERS

Saturday 1st March

LEIGHTON ROAD, WING, LEIGHTON BUZZARD, BEDFORDSHIRE, LU7 0NW
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FIND US ON FACEBOOK FOR ALL THE EVENTS AND UP TO DATE INFORMATION



Cover: Volunteers working in Long Spinney

In the December issue of What's On, we set a fiendishly difficult colouring challenge. On page 9 you will find the winning entry, which represents an amazing amount of care and precision; it must have taken such a long time to complete.

Once again we include words in memory of a Wing resident. We are always happy to include such news, and of course news of happy events.

We are so fortunate in Wing to have the benefit of Long Spinney and Bewick Green, which are enjoyed at all times of year by so many Wing residents and visitors. Our thanks go to all the volunteers who have given their time over the past 10 years to make Long Spinney the delight that it is.

Best wishes to all our readers from the What's On team.

Barn Dance postponed

Regrettably, the Barn Dance advertised as taking place on 8th February has had to be postponed; it is hoped to rearrange it for May or June.

The current month's issue of What's On in Wing can always be found online at: www.whatsoninwing.info

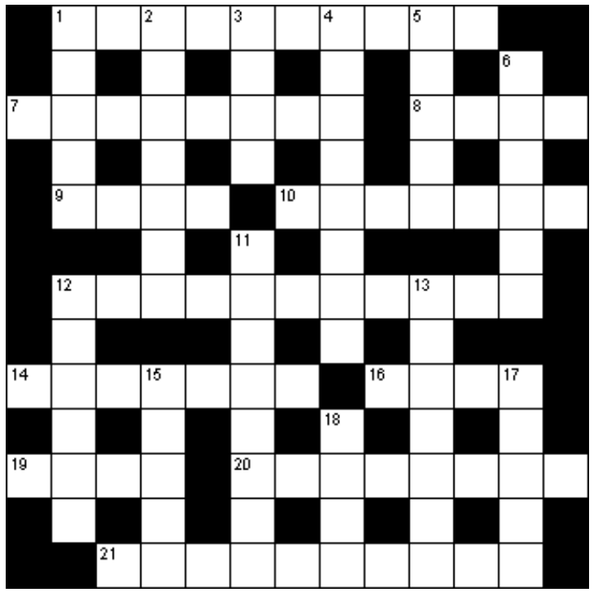
Comments, criticisms and feedback are welcome. Contact us at: editorial@whatsoninwing.info

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.

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

Quick crossword



Across

1 Dramatist (10)
7 Be compatible and friendly (3,2,3)
8 Mature (4)
9 Ballet dancer's skirt (4)
10 Rectified (7)
12 Eternally (11)
14 Horse-soldiers (7)
16 Fail to include (4)
19 Without feeling (4)
20 Evaluate (8)
21 One not given to travel (4-2-4)

Down

1 Sharp or tapered end (5)
2 Airman (7)
3 Timber (4)
4 Notorious (8)
5 Long-legged long-necked wading bird (5)
6 Rapid (6)
11 Shortest month (8)
12 Pestilence (6)
13 Lower back pain (7)
15 Head of a community of monks (5)
17 Savour (5)
18 Catch sight of (4)

Solution p34

YOU ARE ALWAYS WELCOME
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All Saints Church, Wing. February Services		
2	1100	Holy Communion
9	1100	Morning Prayer
16	0830 1100	Book of Common Prayer People's Praise
23	1100	Holy Communion

From the Team Rector



'Doubting Thomas'

'But Thomas (who was called the Twin), one of the twelve, was not with them when Jesus came. So the other disciples told him, 'We have seen the Lord.' But he said to them, 'Unless I see the mark of the nails in his hands, and put my finger in the mark of the nails and my hand in his side, I will not believe.'
John 20: 24-26

St Thomas the Apostle, or "Doubting Thomas" as he is often known, is one of the most interesting of Jesus's disciples. According to tradition he is closely associated with India where he is believed to have travelled in AD 52. Indian Christians today recall that he started church congregations in Kerala and was eventually martyred in, what is nowadays, the State of Tamil Nadu. In October 2023 I had the opportunity to take a sabbatical and decided to investigate the journeys and stories about St Thomas. I started at Mount Nebo in Jordan where Moses overlooked the Promised Land in the Old Testament. My journey would take me through deserts, cities and wildernesses that I had never visited before. As a keen cyclist I decided to travel with my bicycle.

At the very beginning of the journey I realised that this was not going to be as easy as I had daydreamed before setting off. The terrible war in Gaza had just started. Although I never actually ventured into Israel or Palestine, whilst cycling through the deserts of Jordan I was close enough to get messages from my iPhone welcoming me to Israel and the Palestinian Territories and informing me of what the call charges were there. In the desert on the first day I had three punctures. I fended off countless aggressive sheepdogs, I broke my chain and my cycle shoes. I got lost and had to throw myself on the mercy of Arab and Bedouin villagers who turned out to be very hospitable.

I continued my journey a couple of weeks later through an area known in the Bible as Upper Mesopotamia, part of which is in South East Turkey. Towards the end of this section I had a 50 mile bike ride over some remote mountains and, as I was pondering the fact that I hadn't found anywhere to buy food for the day, I was apprehended by gunmen. They turned out to be ununiformed Turkish security, hired by the Gendarmerie, who kindly shared their food with me during the course of my two hour detention. But the next day warning shots were fired by other unidentified gunmen when I tried to approach a remote monastery. At times I wondered about the wisdom of my journey and what kind of state I would be in when I returned to England! I identified with Thomas, who really experienced doubt after the resurrection.

After a month of being away I arrived in India. Here I was warmly received by the St Thomas Christians who trace their origins back to the Apostle. Their strong sense of faith lifted my spirits as I progressed with my cycle journey and I felt I got to know Thomas the Apostle a little better during the three months away.

Above many of the church doors in India were written the words of Thomas's declaration of faith, 'My Lord and my God'. This is the clearest expression of the worship of Jesus as Lord and God in the Bible. At Easter the risen Lord Jesus reveals himself to us. This revelation changed the course of history and shook the foundations of ancient India, as well as in many other parts of the world. Jesus was, and is, fully human and fully God. He has conquered death and invites us to eternal life. I'm hoping to show a film about my experiences in the village and will publish the arrangements in next month's magazine. See my link to the trailer https://youtube/LS32XqliozY.

A week later his disciples were again in the house, and Thomas was with them. Although the doors were shut, Jesus came and stood among them and said, 'Peace be with you'. Then he said to Thomas, 'Put your finger here and see my hands. Reach out your hand and put it in my side. Do not doubt but believe.' Thomas answered him, 'My Lord and my God!'
John 20: 26-29

Revd Dom Wright

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Solution p34

CODEWORD

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Country Notes from Canada

by Iain Malin



As you will be aware if you read this column each month, I left Canada after what is a moderate amount of snow for us in early December. Little did I expect the snow to follow me to the UK, giving Wing and much of the country a significant amount of snow for a change. As I write this, I was told this morning that temperatures in Wing have averaged -3^{0}C for the last week. This is how winter should be - as it was when I was a child.

In contrast, in Canada it is too warm, although not from Los Angeles' unfortunate fires. Normal winter in Canada at this time of year should bring plentiful snow and temperatures varying from -5^{0}C to possibly -40^{0}C. Today it is +2^{0}C.

In Spain for New Year it was 18^{0}C with a couple of much-needed rain storms. Already Southern Spain is full of small birds such as Blackcaps, and thousands of Chiffchaffs. Some of these will have wintered and not bothered to go across to Africa, but many will be beginning a rather leisurely long journey north to arrive in Wing and southern Britain at the end of March. The bulk will be arriving in April. Saying that, two days ago I saw two Chiffchaffs in a wooded river valley in Devon, as some now take a chance and over winter in Britain.

Some Blackcaps are in Britain now, but research has shown that these are not generally British breeders but apparently from Germany. Central European winters are usually harder than Britain's. I think that some of these over-wintering Chiffchaffs may also be from Western Europe.

While in Spain I wanted to photograph some flowers in bloom now. Paperwhite Narcissus are often purchased as Christmas pot plants in Britain. Unfortunately gardeners have crossbred them to produce larger flowers, but have in so doing lost the intense . As some of you know I had them growing in my garden in Wing. Mine were collected under licence from Spain 40+ years ago and I photographed them in the very spot collected this year. They still have this overwhelming strong scent and after recent rains were flowering in their thousands.



Paperwhite narcissus

Another I wanted to photograph again was Narcissus cantabricus, a small white petticoat narcissus I had found a similar number of years ago, growing on steep sandy cliffs in the El Chorro gorge where it is shady and damp.

Narcissus cantabricus





Butterburr

Things change quickly now that the days are getting longer. Butterburr will be coming into flower in Wing soon as I write this. In Devon it was in flower on Christmas Day, but I have to admit it is not a spectacular flower and is recognised more in the Spring because of its big rhubarb-like leaves.

In Canada it will be a long time before we get to see any flowers, as we never expect the snow to clear until mid-April. Most of the animals are hiding now. Porcupines may be found stripping bark off shrubs and Red Squirrels are still active, cursing at you when out walking.

Moose, White-tailed Deer and Mule Deer start losing their antlers this time of year. I did find a half set last year, but often mammals gnaw at them to get calcium. It's really quite amazing that they will grow nearly a metre plus in length in a matter of nine months, ready for the rut.

I hope that some of you are feeding the birds now with the cold weather. They can be most entertaining, but could I remind you to clean your feeders frequently. The virulent form of Bird Flu is now worldwide and this week fresh outbreaks have been found in America.

Next month there should be more to be seen around Wing and hopefully Canada. I hope you enjoyed the snow while it lasted - maybe you will get some more.

Chiffchaff



WHAT'S ON at WING HALL

REGULAR ACTIVITIES



MONDAY	Rainbows & Brownies		Small Hall	1730-1830	Carolyn Saunders	01296 688508
	Tai Chi		Large Hall	1100-1200	Norma Collins norma.tai.chi@hotmail.co.uk	07947 672069
All except 1st in month	Badminton Club		Large Hall	1900-2300	Gary Stevens	07769 074570
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	07769 074570
Last in month	Parish Council Meeting		Small Hall	1930-2200	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						
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
	Dance Class (adults)		Large Hall	1830-2200	Adrian Marsh	07906 988880
	Table Tennis		Small Hall	1830-2300	Zita Pascoe leightonbuzzardttc@gmail.com	07517 018889
	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						
	Line Dancing		Large Hall	1045-1400	Adrian Marsh	07906 988880
	Library			1400-1630		
	Table Tennis		Large Hall	1900-2230	Zita Pascoe leightonbuzzardttc@gmail.com	07517 018889
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

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Wing Village Hall

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ON THE FARM



Alex Warren

You'll have noticed - I hope - that we've been busy hedgecutting. Now's the time to trim and tidy the hedgerows, before the birds start nesting, and the hedge plants turn to food production, shelter and corridors for wildlife. Trimming helps keep the hedges healthy, growing strongly and densely, forming effective boundaries and good habitat. When we're working on the road side of the hedges, we're always aware that we move slowly, usually with little opportunity to allow cars to pass. Thank you for your patience.

Back around the farm buildings, we're busy doing winter maintenance, keeping the buildings water, wind and weathertight, and providing safe cover for fodder, machinery and livestock.

Bovine TB continues to make life difficult. Skin tests have produced 17 reactors, and we've had a further 25 positive results on blood tests. The rules, tests and processes that apply to cases of TB are complicated. But all you need to know is those that have tested positive must be slaughtered, and we are unable to sell any cattle off the holding for 60 days. Right now, we're hoping we'll be able to sell cattle around the end of March. Meanwhile, our normal livestock income tap is simply turned off...



Farmers' protests against the new inheritance tax rules, which simply seem to be an attack on family farms, continue. Social media is following the protests, but I'm sorry to say that comments are not always supportive of farmers. It is assumed that because farmers may own valuable land, they have large amounts of money in the bank. There is no logic to this. The average family farm simply does not have the enormous amounts of cash needed to pay the new inheritance tax. The money can only be raised by selling parts of the farm, or by (more) borrowing. Hardly a formula for stability or growth - or for the future of farming and food production.



Measuring the reaction to a bovine TB skin test

A local farmer explained very well in a social media video. He said business plans in other sectors expect a return on investment of around 8%. Invest in agricultural land today, he said, and you can expect a 0.5% return.

Everyone is conscious of the high cost of food. But many farmers often find themselves producing that food at a loss. Yet in 2024, Aldi, Asda, Lidl, M&S, Morrisons, Sainsburys,Tesco and Waitrose all saw increases in profits - some to record levels. While dairy farmers saw their incomes fall by 68%, and cereal farmers incomes fell by 73%.

High taxes are hard for anyone to swallow. But if farms were paid fair and sustainable prices for the output, those taxes might at least be payable. Right now, they're not.

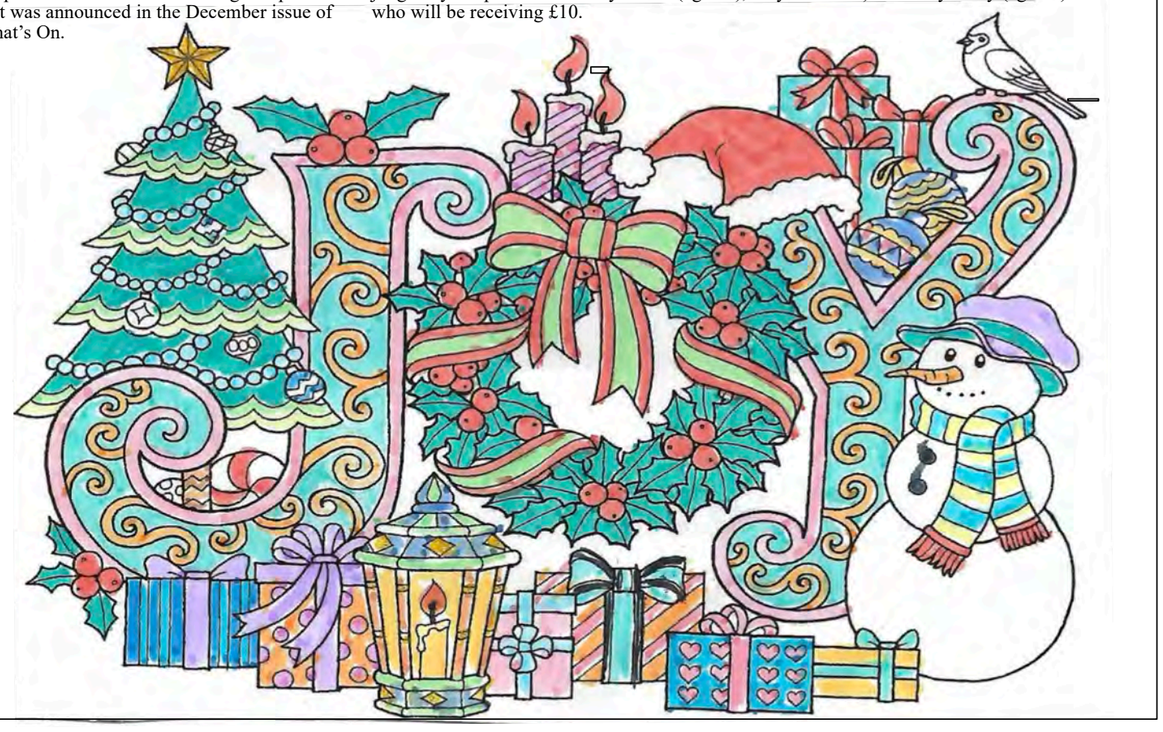
Is it all gloom? Never. Right now, we're starting to look forward to spring calving - new life, a new season, new prospects!

Christmas Colouring Competition

We congratulate and thank all the young people who entered the colouring competition that was announced in the December issue of What's On.

The winner, whose entry is shown here, was judged by the panel to be Mary Lewis (aged 8), who will be receiving £10.

'Highly Commended' were Cara Neves (aged 4 yrs 11mths) and Toby Kelly (aged 5).



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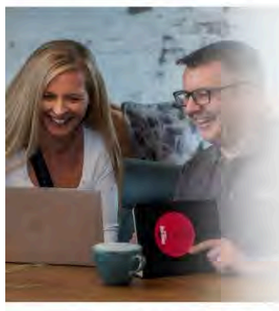
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TALKING DOG with Neil Smith



Crufts and The Kennel Club

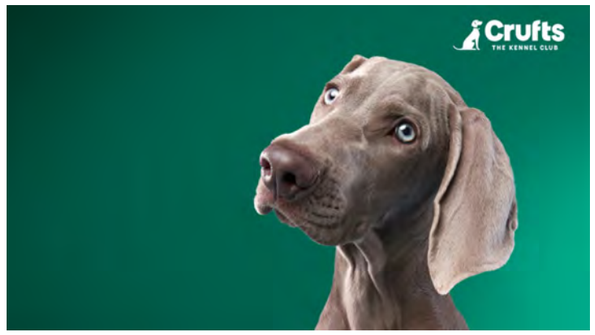
Dating back to the mid 1800s, dog shows had become popular and often focused on specific breeds. These shows, and the clubs that ran them, were all managed independently.

The Kennel Club was the first club of its kind in the world, bringing all individual breeds under one umbrella. It was founded in 1873 by Sewallis Evelyn Shirley MP, along with several other gentlemen, with the purpose of regulating the showing and working of dogs. In 1874 the first Stud Book was founded, which displayed the results of all dog shows throughout the country. In 1865 the Field Trials Book was established showing the results of individual dogs' achievements in their specific categories. Within these books, The Kennel Club printed their rules relating to the running and fair play of these shows/trials, including the regulation of canine health. The first Royal patron was the Prince of Wales (later King Edward VII); all reigning monarchs since then have continued this patronage.

Through the years The Kennel Club has evolved and today it is the largest organisation in the UK devoted to dog health, welfare and training. It has a database for pedigree dogs and an activity log for crossbreeds. It runs the Petlog database for microchipped animals and an accredited Assured Breeders programme.

The Crufts dog show is named after its founder, Charles Cruft. The first Crufts dog show was held in the Royal Agricultural Hall, Islington, London in 1891 and had 2,437 entries covering 36 breeds. In 2024 there were 24,000 dogs taking part in the show over four days, with over 200 pedigree breeds. There are four different sections to the show: Hound and Terrier dogs, Toy and Utility dogs, Gundog, Working and Pastoral, each having their own dedicated day.

If you are considering the addition of a dog to your family, this dog show is a great place to start exploring. You can either attend on the day that covers the type of dog you are interested, in or visit the 'Discover Dogs' section at the show, where you will find a representative from every breed. Here you can meet the dogs and speak to an experienced breeder who will help you to understand the specific needs of their dogs and give you information on the positives and negatives of the breed.



The Kennel Club's next annual show - Crufts - will be held at the NEC Birmingham from 6th to 9th March, 2025.



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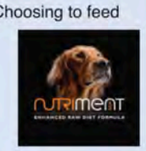
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Wing Parish Council News

Celebrating a 10th Anniversary Long Spinney & Berwick Green

2025 sees the 10th anniversary of our much-loved Long Spinney and Berwick Green. These areas were created and are managed differently.

Long Spinney is the wooded area that houses the dragonfly sculpture, is home to the forest school and has the scout area. This is a piece of land that, after two years of hard work negotiating, is rented from Buckinghamshire Council by the Parish Council. It has a peppercorn rent and is looked after by volunteers. Whilst its charm is in its natural wildness, it is becoming increasingly challenging to care for and keep safe for visitors. With natural ash die back, a lot of tree work is being undertaken and the high volume of visitors make keeping the pathways and bridges walkable a hefty task. We have also planted hundreds of new trees with the help of the scouts, and these all need continued care.

The Long Spinney Volunteers meet twice a month in the afternoon and are always seeking new volunteers to help, so if you would like to get involved,

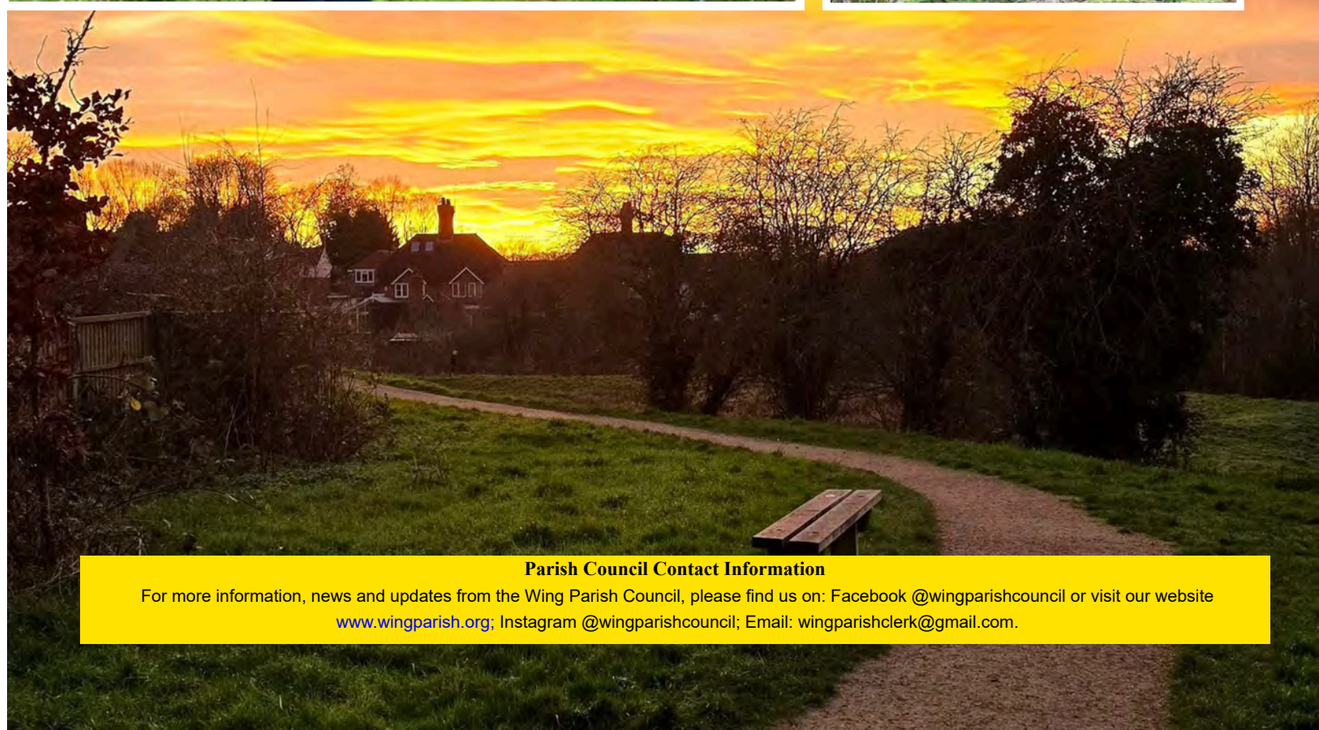
we welcome you to email us at **longspinneywing@gmail.com**.

Berwick Green is the area with the wooden boardwalks and bridges. This was created using S106 money from Martin Grant Homes when they built the Meadow Way Housing Estate, and the maintenance is funded. It was built to be accessible to wheelchair and pushchair users and has its own charm. With the huge amount of rain we have seen lately, it would seem that this area became overwhelmed with water, but with the push these days to rewild upper stretches of watercourses - even with beaver introduction to create exactly the situation that has developed here naturally, she is thriving. Berwick Green was thoughtfully designed and the lower paths were so expensively boardwalked in recognition, that the stream was meant to flood into the old meander low ground along the brook and the pond is part of that. Speaking of the pond, it has become over-vegetated with time and having this attended to is work that is scheduled for a contractor later this year.

We are very proud of both these areas that bring so much joy to so many people. We hope we can continue to keep Long Spinney as a safe area for residents to walk in the future – if you want this too, then please do come along and join us on our volunteer days.







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.

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February, and we are in the Year of the Snake

In Chinese tradition, each year is represented by one of 12 zodiac animals. In 2025 the Chinese New Year started on 29 January. Snake years are: 1941, 1953, 1965, 1977, 1989, 2001, 2013, 2025

Some famous people born in snake years:

Arthur C. Clarke, Bob Dylan, Anne Frank, J.K. Rowling

Snakes are deeply curious. If you are too, come to the library to do some research, even if you are not a snake!

Opening Times

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

February 3rd - 9th

Children's Mental Health Week

The theme is 'Know Yourself, Grow Yourself'. It is about empowering children and young people to embrace self-awareness and explore what that means.

Come to the library to find resources.

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-alerts/

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Ron Fincher

In memoriam



Ron Fincher passed away peacefully in Stoke Mandeville Hospital in the early hours of Christmas Eve. Although not a native of Wing (he was born and raised in Weedon) he moved here after his marriage to Eveline in 1975. He became very involved with Wing Church and was for several years the Verger, always welcoming both regulars and newcomers to the services with his ever-ready smile

His interests included country music, snooker and railways, both full sized and model. After he retired from his career long job with Stern Osmat of Aylesbury, in 1994 he became more involved with the life of the church. In 1998 he joined a project (Trains for Marie Curie) exploiting a local garden railway to fund-raise for the charity. The amount ultimately raised owed much to his hard work and commitment, and retained his interest, right up until he died.

Ron's wife died in January 2012, after charging Ron and Andrzej (his stepson) to look after each other. This worked well and when Ron suddenly became seriously ill with sepsis in December 2015 it became Andrzej's mission to provide Ron, who never fully recovered from this, with the best possible care. This was unequivocally a mission that was accomplished.

Ron had a unique talent to be able to engage quietly, but joyfully, with everybody he met, whether in Church, as a patient in a succession of hospitals or at model railway clubs or shows. Even at his lowest times he could conjure up smiles and dwell upon the blessings life had brought his way.

He will be missed.



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Evelyn wrote of a great wind
That most furiously did blow -
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Three centuries ago.

The glazier, John Holland,
Had finished work here, unaware
That he'd be needed quite so soon
For emergency repairs.

He must have been so busy,
strange winter, more than any.
The Church accounts indicate that
He earned a pretty penny!

© Sally 12.1.2025

John Evelyn's diary refers to "A most furious wind …" on 19.2.1699.

John Holland of Soulbury earned £1 17s 6d for work in Wing Church that year. Also, 1s was paid to make a fire for "glaziers" – more than one person was employed, and they consumed 2s 3d worth of drink!

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Wing's Community Choir to Sing Out for Mental Health



Much-loved, television, radio and theatre personality Andy Collins will join Community Choir champion, Jill Neenan, at the Aylesbury Waterside Theatre, to host a ground-breaking concert - *Sing Out For … Mental Health.*

The concert will feature 200 singers (including children) from Jill's two community choirs – **The Wing Singers and Wendover Singers** - singing together as one large choir, raising awareness about the impact singing can have on mental health. It will feature personal stories from choir members whose lives have been transformed by the power of singing in a group.

The Waterside Theatre has yet to have this number of performers on stage and is incredibly excited to welcome the singers, who will perform alongside some special guests plus Jill and Andy. It promises to be an exclusive evening of uplifting music and song, with inspiring stories, comedy and audience participation. All profits raised from the concert will go to three much-needed mental health charities: **MIND** (National), **Lindengate** (Wendover) and **SPACE** (Aylesbury).

Jill Neenan is a highly skilled music professional with over 30 years of experience in the UK and abroad. Holding a BA in Music & Drama from Warwick University, she has performed leading roles on stage and undergone advanced vocal training, showcasing her passion, expertise, and dedication to the craft.

A champion of community and charitable initiatives, Jill brings music and performance to people from all walks of life. She leads two engaging and vibrant community choirs, directs musical theatre productions and performs at corporate, private, and stage events, all while coaching professional and semi-professional performers.

Known for her approachable yet professional demeanour, Jill is a highly regarded Choral and Musical Director. Her inclusive and empathetic approach consistently delivers exceptional results, earning her widespread respect in the industry.

Andy Collins is best known as the host of BBC1's popular gardening show 'Garden SOS'. It proved to be the perfect show for Andy's warm, friendly and outgoing personality. He also hosted ITV1's prime time show Family Fortunes, following the footsteps of Bob Monkhouse, Max Bygraves and Les Denis.

Since June 2016, Andy has presented the breakfast show on BBC Three Counties Radio. He is the compere and warm up man for shows such as Ant & Dec's Saturday Night Takeaway and ITV National Television Awards. He is also a regular star of Aylesbury Waterside Theatre's Christmas pantomime, usually playing the comedic sidekick character.

For further details, see singoutfor.org or contact Jo Durden-Moore: talktojo@hotmail.com.

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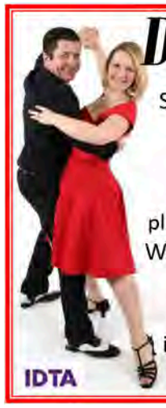
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Health & Wellbeing

By **Natasha Richmond**

The Power of Protein at Breakfast

Did you know that starting the day with a protein-rich breakfast can significantly impact your energy levels, metabolism, and overall health?

As we head towards spring after what seems like 500 dark days of January, we can feel tired and low in energy, but maybe incorporating more protein into the beginning of your day could help?

Often called the "building block of life," protein plays a vital role in maintaining and repairing tissues, producing enzymes and hormones, and fuelling the body. So having protein for breakfast can set a strong foundation for physical and mental performance throughout the day.

One of the most immediate benefits of eating protein at breakfast is its ability to keep you fuller for longer. Protein takes longer to digest compared to carbohydrates, which means it provides a steady release of energy. This helps to prevent blood sugar spikes and crashes that often happen after a carb-heavy meal, such as a bowl of sugary cereal or a pastry.

Now for the science bit! When you eat a protein-rich breakfast, your body releases hormones like peptide YY and GLP-1, which signal feelings of fullness. This reduces hunger and the likelihood of overeating later in the day. Studies have found that people who consumed a high-protein breakfast felt more satisfied and had fewer cravings for unhealthy snacks compared to those who ate a low-protein meal.

In addition to this, protein is known to have a high thermic effect of food (TEF), meaning your body uses more energy to digest and metabolise it compared to fats or carbohydrates. So having more protein at breakfast can give your metabolism a slight boost, which helps with calorie burning throughout the day. This can be particularly beneficial for those trying to manage their weight.

So instead of starting your day with cereal or toast, opting for scrambled eggs with wholemeal or sourdough toast, or Greek yogurt with nuts can provide not only more energy but also support your metabolic health. It's also good for your brain, as protein is especially important for mental clarity and focus.

So as you can see, upping your protein at breakfast can provide so many benefits, from stabilising energy levels and curbing hunger to enhancing metabolism and cognitive performance. It's a simple thing that you can do to support your overall health and set the tone for a great day.

Natasha is a Wing resident, personal trainer, fitness instructor and nutrition coach.
trainersandbananas@outlook.com

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Gardener's Diary

By Ginny Hollas, Wing Gardening Club

SUMMER BULBS





Abyssinian Gladioli

As I look out onto the garden, that's looking very beautiful covered in frost, it is hard to imagine that it will be full of colour in the summer. Most of us will have planted our spring bulbs, the daffodils, tulips and crocus, but the summer flowering ones tend to be forgotten as there is so much competition from other blooms. However, they can add some vibrant colour and variety to a border and now is the time to think about what to buy for spring planting.

The general term is summer flowering bulbs, but it also includes a wonderful variety of corms, tubers and rhizomes. What is the difference? All these have swollen roots and gardeners will often refer to them as 'bulbs' but they are not the same. The correct general term is 'geophytes', a term made from the Greek words for earth and plant.

Bulbs

Bulbs are like onions, with swollen leaves filled with nutrients surrounding a bud. Examples you will know are daffodils, tulips, lilies, hyacinths and alliums.

Corms

Corms are swollen stems storing nutrients and are round, but slightly flattened with an indentation from which a shoot grows. Gladiolus, crocus and crocosmia are all corms.

Tubers

These are modified underground plant stems that act as storage organs that allow the plant to grow in the following year. They look rather strange, like a bunch of swollen fingers bunched together against the old stem, but these are the swollen stems on which there are 'eyes', just like on a potato from which the new growth will sprout. The tuber can be cut up to make numerous plants provided each piece has an eye. Dahlias are tubers as are some root vegetables, including potatoes and Jerusalem artichokes.

Rhizomes

Rhizomes are very similar to a tuber, also being a modified stem, but instead of growing downwards into the soil they grow horizontally and buds appear along the top. The most well known garden plant would be the flag iris, but the group also includes bamboo, ginger ferns and the dreaded Japanese knotweed.

Here are some more unusual examples that bloom in summer, which you might like to try:

Eucomis, the Pineapple Lily: this looks very exotic but is quite easy to grow in a sunny border. It is hardy but should be given a good mulch in winter to protect it from frost damage.



Gladioli: I do not like the usually grown varieties, they are too stiff and formal for me but the Abyssinian variety are really stunning. They are best planted in groups or as a drift through borders, and they have a beautiful scent. They do well in pots, blooming in late summer when annuals are looking past their best.

Eucomis (Pineapple Lily)



Nerines (Guernsey Lily): these come into their own in the autumn. They need a very sunny and well drained site that will remain undisturbed. They can take a while to establish but are really spectacular against a warm wall in the September sunshine. Nerine Bowdenii are the hardy variety,

Of course I shall be growing lots of dahlias as they give so much. They bloom all summer, come in so many shapes colours and sizes and are not expensive if you buy the tubers. You can start them off in early spring but never plant out before the end of the frosts. I hope that my stored ones survive but, as we had very low temperatures in January and the greenhouse is unheated, I doubt it. Still, it's a chance to try some new varieties,

Lilies (bulbs) are a very big family. The easiest ones to grow, being tough and happy to grow in any soil, are the Asiatic Hybrids. The Orientals are good if you have acid soil, or grow them in containers wirh ericacious soil if yours is alkaline. All lilies grow well in pots apart from Tree Lilies that I grow, and they have survived several winters in the ground. They really are spectacular, reaching up to a metre and a half high. They are a hybrid cross between Asiatic and Oriental lilies, coming in vibrant colours with a sweet scent.

There are far too many to describe here but the garden centres will have racks of them, look on the packets to establish hardiness and soil preference. Crocosmias (corms) are pretty hardy and grow to almost a metre with arching stems of bright red trumpets that really brighten up the late summer garden and grow like weeds.

February is the planning month for us gardeners as you can still see the

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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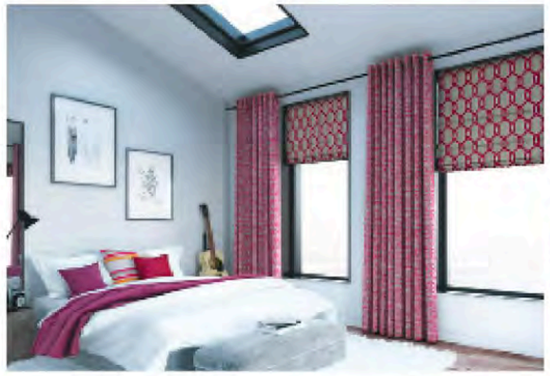
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Building a Culture of Kindness





Creating a safe and supportive environment for children is a cornerstone of any thriving primary school. At the heart of this is a proactive approach to preventing bullying, fostering kindness and encouraging positive relationships among our children.

Bullying can take many forms—physical, verbal, social, or even digital—and its effects can be long-lasting. To counteract this, our school adopts holistic strategies that empower children, engage parents and support teachers to recognise and address bullying behaviours.

Empowering Children

Education is the first step in preventing bullying. Teaching children about empathy, respect and inclusivity helps create a culture where everyone feels valued. Our school has embraced programs that promote emotional intelligence and conflict resolution, equipping the children with tools to communicate effectively and navigate differences. Peer support systems, such as our G.A.M.E. acronym (get along nicely, ask them to stop, move away, explain to an adult) devised by the children play a crucial role in ensuring no child feels isolated.

Engaging Parents and Guardians

A strong partnership between the school and families is essential in tackling bullying. Open communication channels ensure parents feel comfortable reporting concerns and collaborating with teachers to resolve issues on the rare occasion that they happen.

Supporting Teachers and Staff

Teachers and school staff are on the front lines of creating an anti-bullying culture. Ongoing training helps them recognise subtle signs of bullying and intervene effectively. Clear policies and protocols ensure consistent responses to bullying incidents, sending a strong message that such behaviour will not be tolerated. Parents also play a vital role n educating their children to treat others with care and respect as well as being confident to speak out at times when they are unhappy.

Celebrating Kindness

We take a proactive approach by celebrating kindness and positive behaviours. Anti-Bullying Week, Random Acts of Kindness campaigns and inclusive classroom activities encourage children to practice compassion daily. Recognising and rewarding these efforts reinforces a positive school culture. Together, through education, collaboration and celebration of kindness, we can ensure every child feels safe, respected and ready to learn.

Anti-bullying is not just about addressing problems—it's about building a foundation of empathy and understanding that will benefit children for a lifetime.

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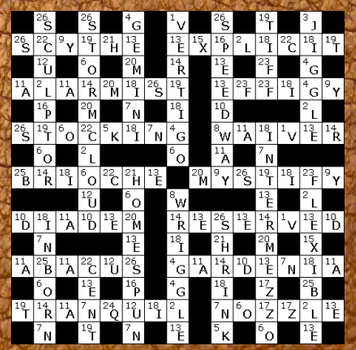
Crossword solution

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

Sudoku solution

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

Codeword solution



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Buckinghamshire Council news

Bucks Council's Progress in Climate Change and Air Quality Efforts

Buckinghamshire Council has released its third annual Climate Change and Air Quality report.

The Climate Change and Air Quality Strategy 2023-2024 Progress Report outlines the progress made since the strategy's adoption in October 2021.

The council reports a 78% reduction in net emissions for 2023/24 compared to baseline emissions from 1990. This means that the Council has achieved its goal of reducing emissions by 75% by 2030, five years ahead of schedule.

Buckinghamshire Council has continued its de-carbonisation efforts, including a successful project to install solar PV and battery storage across four sites.

The Council's tree planting programme has resulted in almost 193,000 trees planted in the first three years of a ten-year mission.

Transport remains the biggest source of emissions in Buckinghamshire, followed by domestic sources.

Looking ahead the Council is working on a new Bucks-wide Local Travel Plan and a new Bucks Local Plan, both of which have commitments to sustainability and climate change mitigation. For those interested in the full report, it is available here: Report for Climate Change Air Quality Strategy - Annual Progress Report.

For tips on reducing your own carbon emissions, see the Bucks Climate Challenge webpage.


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OUTGABOUT

Walk and photos by Arthur Jones

Gt. Brickhill - Rushmere Country Park - Gt. Brickhill

A walk through some of the stunning woodland, heathland and meadows of Rushmere Country Park.

Approx 2 hrs 15 min
Approx 4.25 miles (6.8 km)
Map: © OpenStreetMap contributors
(Equivalent OS Explorer map:182)
NB: streetmap.co.uk will enable you to print off a map with footpaths and field boundaries.





▶In Gt. Brickhill, park on the road near the Old Red Lion pub on Ivy Lane.

▶Walk down Heath Road (opposite the Old Red Lion pub) and turn off to the right down Cuff Lane.

▶Continue down Cuff Lane, which becomes a bridleway, and enter the country park via a gate.

▶On arriving at the Y fork on the bridleway, take the left path through the woods over and downhill until reaching a T junction. Turn left and carry on along the Greensands Ridge Trail.

▶At the bridleway cross road, go right and follow the path signposted 'Stockgrove and Rushmere'.

▶Continue along this bridleway until reaching a large wooden bar gate and wooden kissing gate.

▶Go through the kissing gate and continue along the bridleway straight ahead, signposted 'Heath and Reach' and down the hill and up the next hill.

▶Ignore bridleways going off to the right until reaching the next junction. Take the bridleway to the sharp left and continue towards Bakers Wood.

▶Enter Bakers Wood via a kissing gate and follow the path, bearing left down the hill towards Stockgrove car park and café. Opportunity for refreshments and facilities.

▶On leaving the café area, walk towards the car park entrance and the opposite side of Gt. Brickhill Road is a signposted footpath.

▶This footpath goes across the meadow and leads (via kissing gate) into a wood where the footpath becomes very narrow.

▶The footpath emerges from the wood the Greensands Ridge Walk trail. Turn left and follow the trail where it meets Gt. Brickhill Road at a small car park.

▶Turn right and walk down the road and, where it bears right, take the signposted bridleway on the opposite side of the road by North Lodge.

▶Walk down the bridleway (Greensands Ridge Trail) until reaching the bridleway cross road encountered earlier in the walk. Take the route to the right signposted Gt. Brickhill, through the woods and meadows where the path leads to the bottom of Cuff Lane and the short walk back to the start.



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Jemima Pye	Jan 2008	07840 944111
Emma Wrighton-Ward	May 2008	07877 198591

** 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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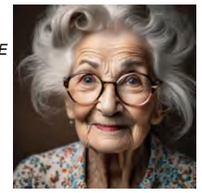
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YOUR STARS for February by *Maggy La Grenouille, MBE*



Aquarius Jan 20-Feb 18 This month, you may find yourself howling at the moon, and biting chunks out of car dashboards. That's perfectly normal for this time of year.

Pisces Feb 19-Mar 20 You're walking on air. Floating through life. Skating over life's many problems. Why can't you just take things seriously, for once?

Aries Mar 21-Apr 19 You're finding the demands of domestic pets dominate your life. They need care, feeding, amusement and a lot of cleaning-up-afterwards. Well, you married them.

Taurus Apr 20-May 20 It's time to stop being so OCD. Odd socks are cool. Slightly uneven shoelaces just don't matter. Please, stop collating the cat-food sachets.

Gemini May 21-Jun 20 Most Geminis are intolerant, rude and overly demanding. You'll have a golden opportunity, on the 5th, to prove this is completely accurate.

Cancer Jun 21-Jul 22 Generosity of spirit is your defining style in the next few weeks. You're warm, forgiving, kindly and sympathetic. You can do this. You really can.

Leo Jul 23-Aug 22 You'll soon need to draw deeply and heavily on your reserves of inner strength. Square your chin. Steel your gaze. Tell them what you will do to them if they don't tidy their room.

Virgo Aug 23-Sep 22 Things will start to look a little tricky on the 19th, when Granula goes into oblivity with Odeon and becomes pandiculously constabulate. Told you so.

Libra Sep 23-Oct 22 Pack your bags. Get a visa. Get your jabs. The travel bug has you in its grip. You're headed for new and exotic territory. Burcott.

Scorpio Oct 23-Nov 21 Why let work woes worry when you wonder why weariness would wreak weepiness wherever we walk. What?

Sagittarius Nov 22-Dec 21 On the 25th, your aggressive approach to problem-solving crashes and burns. You'll just make things ten times worse. When will you learn?

Capricorn Dec 22-Jan 19 You've been carrying a major burden of guilt. So shrug it off. Nobody saw you eat that last piece of cake. And unless they read this, no-one will ever know it was you.

HOW TO 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 at: whatsoninwing.info.

Advertising Rates

What's On in Wing has always represented great value for money. Our advertising rates reflect our wide circulation, colour printing and the inclusion of the on-line version (which in fact gives your advertising *global* reach). The on-line version of your ad links directly to your own website, at no extra cost.

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Sponsor an issue of What's On in Wing for just £95, and get a half page of editorial and photographic coverage of your business, as well as a whole page advertisement, and banner promotion of your company name on that issue's front cover *and* every spread! Email **advertising@whatsoninwing.info** for details.

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**
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Quarter page	95	134	£15.00	**£12.00**
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10% series discount for 12 ads				

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HOW TO CONTACT WHAT'S ON IN WING

Advertising

For advertising enquiries and bookings, contact Jacqui Wakefield at:
advertising@whatsoninwing.info

The absolute deadline for reserving or cancelling advertising space is noon on the 5th of the month preceding publication. Please supply your advertising artwork by email to Jacqui - as a .jpg file - and to the sizes shown in the adjacent table. We cannot accept any other kind of artwork.

Editorial and News

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

The absolute deadline for all advertising and editorial content is noon on the 15th of the month preceding publication. Credit or refunds cannot be applied when artwork is provided after the deadline. Unfulfilled bookings will be charged at cost.

Accounts

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

Distribution, Other enquiries

The distribution of copies to dwellings etc is coordinated by Gail Trew: 01296 688520 or gail.trew@btinternet.com. General enquiries can be addressed to admin@whatsoninwing.info.

Advertising and Editorial Policy

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