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WOW!

WHAT'S ON IN WING

January 2022



This issue is sponsored by Aylesbury Vale Chiropractic

AYLESBURY VALE
CHIROPRACTIC
EXPERTS IN MOTION

- Winter visitors in Canada
- Wing Youth Council
- Did you know? RAF Wing
- Just a short walk for January...
- ...and of course a couple of New Year's Resolutions

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A New Year's Resolution for you…
Be the person your dog thinks you are!

Front cover photography by Lance Redler. Magic.



Once again, we find ourselves wishing you all a very happy new year, with the great hope that 2022 is kinder to us all, in every way, than the previous year or more. Fingers crossed…

It's also a good time for us to offer our regular call for contributions to What's On. Births, marriages, obituaries, achievements, curiosities, news from clubs and societies. As long as we have space, we'll include them all. Don't wait to be asked, send them in. And check our message on page 19 – we'd love some help gathering news and articles.

Also, see the article on page 20. The Snug is a super new meeting place – very much in the style of a comfy front parlour – now open for hirings. It's such an attractive place, we've heard of people thinking up reasons for using it.

Working on What's On makes us very aware of the quiet strength of community that keeps our village together and alive, especially in difficult times. By now, about 40,000 people – from far and wide – will have been vaccinated in Wing. That couldn't have happened without the uncomplaining work of an enormous number of volunteers. Our thriving weekly market wouldn't have come about without the inspiration and effort of caring locals. It takes the work of around a dozen people to keep Wing Hall up and running. Our street lights wouldn't stay lit, the football pitch wouldn't have been reseeded, and we wouldn't have a Youth Council, without the huge amount of work undertaken by our Parish Council. Indeed, What's On in Wing is delivered every month by some 27 volunteers, most of whom have been doing that work for many years.

The social and civil life of Wing would be greatly impoverished without the time and energy of so many good people. If you're one of them, the village salutes you and thanks you. If you're not yet one of them, well, there's all of 2022 ahead of us. And a great deal to do.In the meantime…

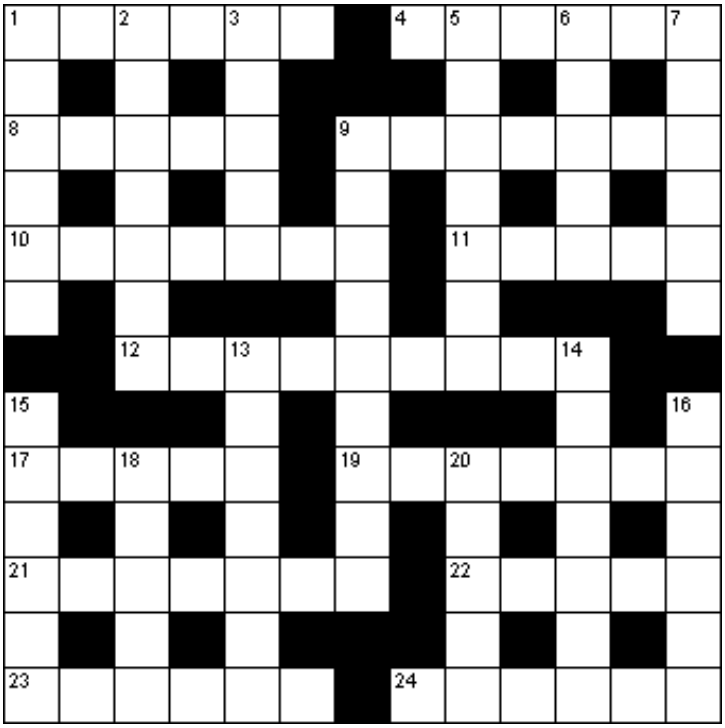


…to all our readers and advertisers, from Joyce and everyone in the What's On team.

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

The ABSOLUTE DEADLINE for content is NOON on the 15th of the month preceding publication date.
Late contributions, alterations or additions cannot be accepted.

Quick crossword



Across

1 Grab (6)
4 Baby's toy (6)
8 Eagle's nest (5)
9 Coal miner (7)
10 Small cucumber used for pickling (7)
11 Destroy (5)
12 Give in, yield (9)
17 Picture puzzle (5)
19 Japanese warrior (7)
21 Irritated (7)
22 First appearance (5)
23 One of the planets (6)
24 Vanquished (6)

Down

1 Vehicle for travelling over snow (6)
2 Stuffy (7)
3 Impertinence (5)
5 Permitted (7)
6 Hackneyed (5)
7 I've found it! (6)
9 Owned up (9)
13 Cattle thief (7)
14 Melted cheese on hot toast (7)
15 Fetches (6)
16 "Paradise Lost" poet (6)
18 Lamb's cry (5)
20 Troublesome little insect (5)

Solution p 30



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January Services		
2		No service
9	1100	Morning Prayer
16	0830	Prayerbook Communion
	1100	People's Praise
23	1100	Holy Communion
30		No service

From the Vicar...



Marking a New Beginning

First of all I would like to wish people Happy New Year, despite not knowing at the time of writing precisely how Christmas will end up panning out.

There are of course a variety of 'New Years' celebrated across the globe according to different customs and cultures. In the church calendar, the liturgical year starts at the end of November/beginning of December with the season of Advent, but there is liturgical provision for marking New Year's Eve/Day as well. Whether and to what extent this provision is used may vary significantly from one parish to another, but the form used in the Church of England generally emphasises how we respond to change and opportunity for self-renewal, which may for some people tie in with making New Year resolutions. Liturgically this also involves an invitation to people to renew commitment to the important biblical concept of the 'new covenant' between God and the Church.

The texts provided for New Year celebration in this context include biblical reference to God as Alpha and Omega, the first and the last, and also as one for whom 'a thousand years are like a single day'. It suggests mention of God crowning the year with his goodness from Psalm 65 (though the origin of this phrase is more of a harvest reference), and acknowledging that it is an entire new creation that is proclaimed and not merely a change in particular human beings. In terms of suggested prayers, meanwhile, the emphasis is on an acknowledgement that God's mercies 'are new each returning day'. There is therefore an open invitation to rethink, realign and renew as we learn more about what it means to live as creatures whose view of the present is always coloured both by our developing ways of remembering the past and by what we have thereby learnt more responsibly to expect of the future.

For a second year in a row we have had this viewpoint somewhat shaken and perhaps our most important challenge moving forward is to consider, nationally and globally, what has been reordered as a result and how we might make any positive aspects of such reordering stable and enduring.

With every good wish as we move into 2022.

Andrew Krauss

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New Year's Reading Resolutions

Overstone Combined School



Many New Year's resolutions focus on developing healthy habits, however they don't have to involve diets and exercise - although it's great if they provide a regular diet of books and reading for your child. Reading is one of the most fundamental skills children need to learn to be successful. Not only do good reading skills benefit children academically, they are also a skill required for lifelong success. Reading develops vocabulary, increases attention span, and promotes stronger analytical thinking.

GETTING YOUR CHILD INTERESTED IN READING

The key to encouraging positive reading habits in children is by reading with them at home. By reading together often, your child will learn first hand the joys reading can bring, helping him or her to develop a motivation to read. However, every child learns and processes information differently. This means that some children may have a natural love of reading and others may need some additional encouragement. Not every child loves to read. It may be that they feel reading is a chore. It may be that they think it's boring. They may find reading difficult or maybe they just haven't found the right book yet. The good news is that when you know why your child doesn't like to read you can begin to make reading more enjoyable.

NINE WAYS TO ENCOURAGE GOOD READING HABITS IN CHILDREN

1. Create space to read – make an area where you and your child can read. It can be as simple as a corner of a room with a chair, a bean bag or a cushion and a variety of books.
2. Encourage reading at home and everywhere in between – show your child that reading is more than just books. Practise reading menus, recipes, road signs, game instructions and comics. Show your child that reading is everywhere.
3. Set an example – act as a role model to your child. Read in front of your child. Watching you reading magazines, newspapers and books shows your child that reading is important. Encourage your child to join with their books while you are reading.
4. Make connections between reading and real life – help your child apply what he or she is reading to everyday life. Making connections between books and your child's own experiences can help increase his or her interest in reading.
5. Keep reading materials in the house – give your child easy access to books and other reading materials at home. This helps them to understand that reading doesn't only happen at school – it can happen anywhere.
6. Visit the Wing Library – making reading fun can be easy with a library card. Take advantage of the selection at the library by letting your child pick out a book that catches his or her attention.
7. Talk about what your child is reading – after your child has finished a book, talk about what happened. This will enhance your child's comprehension skills and make reading a family activity.
8. Expose your child to different book genres – find a book that interests your child. Explore different genres like mystery, science-fiction, comic books, and more. The more interested your child is in a subject, the more he or she will be excited to read.



9. Read each night – make reading part of your child's evening time routine where you read a book or a chapter of a book to your child. This habit helps your child learn to associate reading with relaxation.

Every happy memory for a child is a lifetime treasure for them. So, have a great time reading with your child!

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

Solutions p 30

CODEWORD

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

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
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13	14	21	2	19	26	■	4	19	9	3	21	16	8	24
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6	5	5	6	19	6	2	■	19	1	1	19 A	16 I	18 R	2
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■	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	■

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OUT & ABOUT

with Gill Jeffries

OS Explorer 181
Streetmap.co.uk will enable you to print a map with footpaths and field boundaries.

50 mins
Approx. 1.8 miles (2.8 km)
(Map © Ordnance Survey)

A Short Walk for January

on fairly solid paths and grass fields



▶Park in the recreation ground car park on the outskirts of Aldbury. It's on the minor road northwards out of the village.

▶Cross the road and turn towards the cottages on the other side.

▶Turn left into a field and cross the field to the gate on the far side.

▶Walk straight across the next field and pass through a gate into a lane.

▶Walk across the lane and continue along the edge of the next two fields.

▶Next turn right onto a bridleway and follow



the path up the side of the Chilterns.

▶Towards the top of the slope take the left fork through the trees.

▶When the path joins a wide track, turn to the right and continue to the Bridgewater Monument.

▶Cross the grass towards the information centre and café, then turn to your right and walk down the wide path down the hill.

▶Continue down the wide path, always taking the right-hand route. Continue down the hill towards Aldbury.

▶The path joins the road just near the village centre and the duck pond.

▶Turn right along the road by the pond, past the Greyhound pub on your left.

▶Continue along the road back to the recreation ground car park.

Photos by Liz Tring



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Aylesbury Vale Chiropractic

Jenny Weintrop opened Aylesbury Vale Chiropractic 6 months ago. It has been a labour of love setting up this clinic in such a peaceful and idyllic location at Liscombe Park's business park. The bespoke fit out of this beautiful stone building, was completed in July, and the doors opened for the first appointments at the end of that month. It has been going from strength to strength since then.

Not only does the clinic offer a range of Chiropractic treatments but also massage therapy.

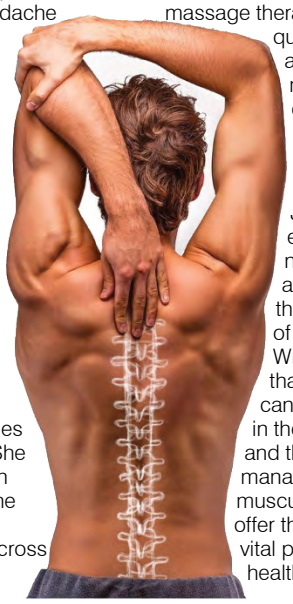
Chiropractic: What Is It?

Chiropractic is a healthcare profession that specialises in the diagnosis and management of conditions involving the muscles, bones, joints and nerves of the body. Although chiropractors are best known for treating back and neck pain, they can also help with a wide range of other musculoskeletal conditions.

Jenny says 'Chiropractic care is suitable for any age and our patients include elite athletes, office workers, those of advanced age, children, expectant mothers and everyone in-between. There is no typical patient and the techniques and approaches we use will vary with every individual.'

Conditions that chiropractic can help with include:

- Acute back pain
- Chronic back pain
- Sciatica
- Muscle spasm and cramp
- Mechanical neck pain
- Cervicogenic headache
- Minor sports injuries
- Migraine prevention
- Elbow pain
- Shoulder pain
- Plantar fasciitis
- Ankle pain
- Symptoms Aarising from tension and inability to relax



Jenny has been a Chiropractor for 18 years and has been working in the 3 Counties for the past 15 years. She has lived and worked in Leighton Buzzard for the past 10 years and has helped many people across all the ages in the local area. Jenny has a special interest in sports injuries, with a qualification through the Federation of International Sports Chiropractors ,and is a member of the Royal College of Chiropractors.

'Having my own clinic gives me the ability to go the extra mile, try new techniques and invest in therapy equipment to best benefit those who see me for help or advice.'

Clare Fensome oined the team last November. She is a Level 4 sports massage therapist and has qualifications in holistic and deep tissue massage. Clare has experience working in a multidisciplinary clinic and is a great addition to the team.

Jenny says 'I am excited to see what the next 12 months bring and how I can develop this clinic for the benefit of the local community. With the additional stress that the NHS is under, we can certainly see a change in the role of these clinics, and the importance management of musculoskeletal therapies offer the local people. It is a vital part of the local healthcare system. '



The clinic accepts appointments without the need for referral, and booking is easy through the online booking system that can be accessed through the website: www.avcclinic.co.uk.

Jenny is registered with most health insurance providers, if you have any queries about this, n email: info@avcclinic.co.uk.

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Parish Council News

Wing Youth Council

I have always considered that young people are the future of the Village and on joining the PC I looked at doing something about it. I spoke with Malcolm Oliver in the beginning about how we could get the youngsters involved. We have two schools in Wing so decided this should be the first port of call.

On talking with Claire, our Parish Clerk, I found out that there had not been much communication with either school from the PC. I therefore made appointments to see both headteachers from each school, the initial meeting was to just introduce myself and ask if there was anything the PC may be able to do for them now or in the future. The communication has grown from there.

We looked at ways of getting the youngsters involved and we found out about forming a Youth Council. Claire did most of the research and we then arranged another meeting with the schools to put our idea to them.

This was met with great enthusiasm from both heads, and it was arranged that they ask a number of students who they thought would be interested in joining a Youth Council and we would come back and talk to them.

The meeting was arranged at Cottesloe in the main hall. Then I, Claire and Arthur, who is no longer a PC member, went along to the school. There has also been a great interest of help and support from Katrina at the Community Boards.

There were a number of great ideas, one that I really had an interest in was growing their own veg and cooking a meal for the elderly in the village. I then spoke with David Raw, of Wing Allotments Society, and they have kindly agreed to give an allotment for the use of the Youth Council.

We have held another two meetings at Cottesloe and the response back from the students has been amazing, we are approaching 50 students. We have another meeting arranged for January when we will meet the future members of the Youth Council and answer their questions and concerns.

This is such an exciting project, and I am so lucky to have Claire, Sanchia and Helen from the Parish Council helping to drive this forward. The Reverend Howard has also been fully behind this, and his input has been invaluable.

We need to make sure we get this right and build something that will go from strength to strength. This will then enable Wing PC to offer our format to other local Parishes and help them to do the same.

The first ever Wing Youth Council meeting is something I personally am so looking forward to, we will make mistakes along the way, but without mistakes you never learn anything.

David Kellner,
Chairman Wing Parish Council

20mph, Road Speeds and MVAS

There has been a significant change in speed policy from Buckinghamshire Council. Whilst it is not a perfect solution, it has officially been voted that 20mph speed limits will be permitted as long as parishes contribute and many further caveats. This was driven forward by a campaign of one of our local councillors who brought together all of the parishes in Buckinghamshire.

The speed limit will not be permissible on main roads (so unfortunately, we have no chance yet with the A418!) however roads that naturally tend towards this limit **at 24mph and below** are potential places for the new speed limit. Cllr Lomas has kindly put together some data from our Mobile Vehicle Activated Sign (MVAS) to show what may be possible.

Location	Placement	Ave. speed
High Street	watching traffic arriving from Cock Inn	**22.3mph**
Church Street	watching traffic from High Street	**13.8mph**
Soulbury Road	watching traffic arriving from Burcott	**26.6mph**
Moorlands	watching traffic from Meadow Way	**26.6mph**
Church Street	watching traffic arriving from A418	**16.6mph**

Please email your thoughts on this matter to wingparishclerk@gmail.com or to the Road Safety Group, sanchia.wingpc@gmail.com. We recognise there is much work to do, but it would be particularly helpful to hear village opinions on this.

O Christmas Tree, O Christmas Tree

Thank you so much to the wonderful volunteers who helped with the Christmas tree on December 2nd. It went up easier than expected thanks to the choice of tree from Rushmere, and we want to thank the number of people who turned up to help. A special thanks to Andy Alexander without whom it would have been particularly difficult to get a tree to Wing. Here are just a few images of the day (and night!)







Parish Council Information
For more information, news, and updates from the Wing Parish Council, please find us on Facebook **@WingparishCouncil Instagram @wingparishcouncil** or visit our website **www.wingparish.org**

This issue of WOiW is sponsored by Aylesbury Vale Chiropractic

Parish Council News

Meet the Councillors

Helen Sunday

I am a Buckinghamshire native who moved to Wing four years ago to be in between my two grown up children who live in Milton Keynes and Great Missenden. I founded a company 15 years ago delivering specialist weekend sports sessions to students aged 4-16, have a wealth of retail management experience prior to that and spent several years teaching abroad and working for a charity in Samburu, Kenya.

My interest in the Parish council stirred after becoming more involved in activities in the village, particularly the Spinney working parties. The importance and joys of being of service were my late father's legacy and something I strive to do so being a Councillor seemed an obvious step towards being of service in my own community. I was co-opted onto the Parish council in June 2021. The role of a Councillor is far more complex and challenging than I could have imagined and at times very frustrating but, overall, it is enjoyable and rewarding. I am encouraged to be creative in finding ways to resolve problems and plan for the future of our village.

I have a broad skill set to contribute with my business background but probably the most useful qualities I bring to the table are those which were developed through my best and most treasured achievement which is being a mum; over the years, in this privileged position, I have developed resilience, compassion, loyalty, negotiation skills, decisive and solutions-oriented thinking and organisational skills.

The world around us is changing rapidly and being a Councillor allows me to have a voice in that process and be part of a group of great people who are working hard to how the future will look for us here in Wing. My hope is that the contributions I make towards this end will be useful.

Jo Mortain-Cogar

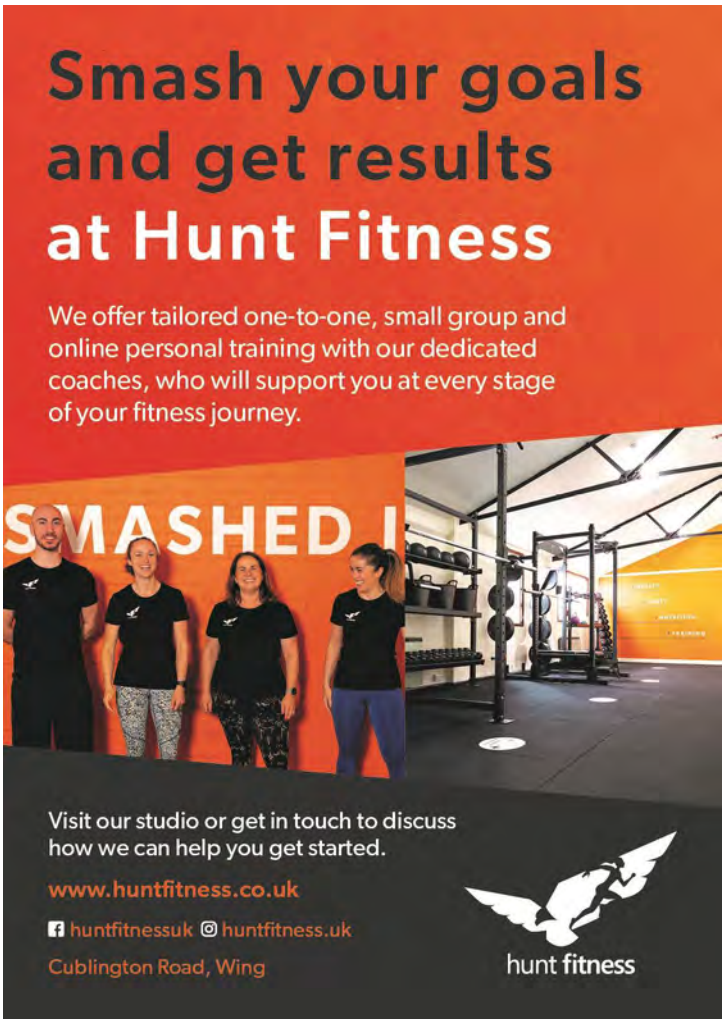
I moved to Wing in 1986 with a 9-month-old baby girl as my house in Linslade suddenly shrank. After much searching of many villages, Wing was decided to be the one due to all its amenities and sense of community. I was born in Gloucestershire and lived in various countries around the world. I am an army brat!

Most of my working life was spent at Luton Airport where I met my wife. I work for the airport and various airlines and my final roles were at Monarch Airlines where I spent almost twenty years.

Since moving to Wing we had another daughter. Both of my girls went to the local schools, and they are now they are now both married and live in Leighton Buzzard. This is great as we can see and have our grandchildren on a regular basis, whom we take to the parks regularly. When I retired, I tried to join the council but lost the election. After a few years of illness, I tried again and joined the council. This is quite a dynamic village and with experience of being on the Leighton Buzzard council, I thought I had something to offer.

I am now one of the inspectors of the play areas, and on other committees. Being a practical person, I like to help where I can, the one drawback those who have met me know I can talk for England. If I'm not trying to involve you in village activities, it's Bell ringing, be warned!

There is still one Parish Councillor vacancy which the council is able to fill by co-option. If you are interested in becoming a councillor, please email ***wingparishclerk@gmail.com***





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Gardener's Diary

by Ginny Hollas , Wing Gardening Club

WINTER FLOWERING SHRUBS

January is not the most colourful time of year in our gardens but there are some beautiful winter flowering shrubs. These not only add a vibrant burst of colour but are often highly scented in order to attract the few insects around to pollinate them. A sweet box (Sarcococca Confusa) planted near the house will infuse the air with the sweetest perfume every time you brush past it. The flowers are rather insignificant but my favourite that is a real show stopper is the Witch Hazel (Hamamelis).



Its bright yellow flowers, with spidery petals flowering close to the bare stems, really shine on dark days. Modern varieties come in all shades of yellow and orange. It can grow to be quite a large shrub looking good as a specimen plant, especially if under planted with spring bulbs. They do not like alkaline soils or deep shade but are very robust and easy to grow.

Other shrubs that brighten the gloom in winter are any Viburnum, Mahonia (particularly 'Underway' with long spikes of beautifully scented flowers) and finally the Daphne Bholua 'Jaqueline Postill', being one of the best loved fragrant shrubs, good for small gardens with very impressive red buds opening into white flowers.

WINTER PRUNING OF FRUIT TREES

Whilst the trees are dormant is the best time to give the final pruning to your free-standing fruit trees (cordons and the like are best pruned in summer). Trees that are not pruned become less productive and congested with old wood. The tree should be open and globe shaped with no more than four or five main branches. Make sure your cutting tools are sharp and that you have stable ladders if needed!

Firstly remove weak, thin or dead growth and any branches that cross others. Try to shorten the previous year's growth on the main branches by a third, making sure you cut just above outward facing buds. Leave on new lateral growth, only removing those that will spoil the open shape of the tree. Take out spurs on the underside of branches as they will always be less productive.

If your trees have not been pruned for a while, do not massacre the tree but spread the pruning over several years so that the tree does not have too much of a shock and remember, very hard pruning will encourage more vigorous growth. Any branches that are too high can be cut right back to an outward facing branch at the level you want.

The next meeting of the Gardening Club is on Tuesday 11 January and Malcolm Moody will give a talk on 'The Orchids of Borneo'.

For more information on Wing Gardening Club, please email: winggardeningclub@hotmail.co.uk

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News From Wing Women's Institute

Wing WI have had a lively and successful month to round off 2021, with three events within 30 days:-

- We celebrated our 98th birthday with a dinner in Wing Village Hall, with delicious food prepared by our committee members and amusing musical entertainment given by the Kensal duo. Watch this space for our centenary celebrations in 2023!
- On Tuesday 7th December we held our annual Carol concert, a lively and fun evening with carols sung by the audience and seasonal entertainment provided by our small ladies choir, the Wing Divas, and the handbell ringers, the Wing Belles, interspersed with amusing readings and anecdotes.
- Two evenings later, at our regular meeting, we discussed our programme for 2022, resolutions for the National AGM next year and the effects of lockdown, good and bad, on our wellbeing. We spent the large part of the evening following YouTube instructions to fold napkins and answering quiz questions, amid much laughter! A most refreshing and enjoyable evening on a cold, wet night.




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Health & Wellbeing



By **Natasha Richmond**



Hello and Happy New Year to you all! I can't believe it's been a whole year since I started my column last January, when we were in the midst of Lockdown 3 and waiting for a COVID-19 vaccination to be rolled out. Now here we are in January 2022, most of us double jabbed, and some of us booster jabbed too, but with the world still feeling very uncertain with a new variant of the virus spreading.

So while everything outside may seem like it hasn't quite got back to normal, we can all try to do what we can to make life healthier and happier for ourselves at home. Last January my advice to you was to look after yourself. And this still stands as really good new year advice. The best way to do this is to get into a healthy daily routine.



But if you're anything like me, you will tell yourself that you are going to do healthier things and then you get halfway through the day and realise you've forgotten to do them! But once you do start to do things regularly, they really do become habit and something that you just automatically do without having to think about it. To get myself into a routine of doing things I set reminders on my phone, leave myself notes and write things in my diary alongside work appointments.

So when I say healthy daily routine, what sort of things are we talking about? Pick a few things to start with, and once they become habit, you could add something else. Why not start with drinking a glass of water first thing in the morning, doing a gentle stretch by bending forward to try and touch your toes (hold for 20 seconds), and going to bed by 10pm and reading a few pages of a book before you go to sleep.

Once these become habits, add some other things, such as walking at least 10,000 steps per day, getting an hour of fresh air a day, and eating five daily portions of fruit and vegetables. I know that we all lead busy lives and think we don't have time for these things, but we owe it to ourselves to make time. Let me know what healthier habits you start this January!

See you in the February issue.

Best wishes,

Natasha Richmond
Trainers & Bananas

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

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WING WOMENS INSTITUTE

Thinking of taking up a new activity in 2022?
Why not come and try WI



The History of Pantomime

Thursday 20th January 2022
in Wing Small Hall
7.30-10 p.m.

Speaker Catherine Campbell

Competition: Something associated with your favourite pantomime

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**

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You'll need a couple of hours a month, at the most, and time for a monthly team meeting. For a very modest commitment, you'd be making a big difference to What's On in Wing.

If you think you might be interested - no obligation, no commitment - email us at admin@whatsoninwing.info, or call Roger on 07973 873245. We'll be happy to tell you more, and answer your questions.

Editorial

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The SNUG

The Snug is now open!

A super new place for smaller groups to get together in comfort, In Wing Hall.



The Snug occupies the space once used by The Cupboard, Wing's favourite charity shop. There is always demand for space at Wing Hall so, following the closing of The Cupboard, the Wing Hall team have refurbished, refitted and redecorated the space, to make it a uniquely friendly meeting place. It's completely self-contained, with its own entrance, new heating, a separate lavatory, and the ability to make tea and coffee.

The Snug is perfect for a book club, a play reading society, faith groups or business meetings, or any smaller gathering you can think of. The furniture can be rearranged, and the Halls' tables and chairs can be used for more formal events. There's even a massive whiteboard, so if you want to run courses on particle physics or make plans for invading Europe, it's just the place.

If you'd like to check it out, the Wing Hall team will be delighted to show you round.

The Snug is now open for bookings - £15 an hour, or just £10 an hour for Wing residents. To make a booking, call Sheila Lambert (01296 682795) for regular events, or Stephen Payne (07555 722315) for one-off events.



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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

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WHAT'S ON at WING HALL

REGULAR ACTIVITIES



MONDAY						
? restart Jan 22	Rainbows	TBC	Small Hall	1615-1745	Carolyn Saunders	01296 688508
? restart Jan 22	Brownies & Guides	TBC	Small Hall	1800-2000	Carolyn Saunders	01296 688508
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
TUESDAY	Dance Class (adults)		Large Hall	1000-1300	Adrian Marsh	07906 988880
3rd in month	Pop-In (Age Concern)		Small Hall	1330-1600	Sheila Woolhead	01296 688337
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		
	Library			1400-1600		
WEDNESDAY	Tots Bop		Large Hall	0930-1200	Rachel Kenning	01525 127474
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
	Library			1000-1200		
THURSDAY	Zumba		Large Hall	0900-1030	Gabriel	07459 488547
Term time only	Lacemaking		Small Hall	0930-1130	Bobbie Long	01296 624179
3rd each month	Wing WI		Small Hall	1900-2200	Val Fielder	01296 688044
	Yoga		Large Hall	1930-2030	Kim O'Hanlon	01296 688693
FRIDAY	Line Dancing*		Large Hall	1100-1300	Adrian Marsh	07906 988880
New!	Tea Dance/Supper*		Large Hall	1830-2215	Adrian Marsh	07906 988880
	Library			1400-1600		
SATURDAY	Library			1000-1200		
SUNDAY Term time only	Wing Singers		Large Hall	1645-1915	Lance Redler wingsingers@yahoo.co.uk	01296 681286
Any day	Snooker Club				David Turner	01296 682870

Monthly. Contact Adrian Marsh for details. TBC=to be confirmed

Table tennis equipment available at no extra charge!

CONTACTS

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

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

www.winghall.org

Wing Village Hall

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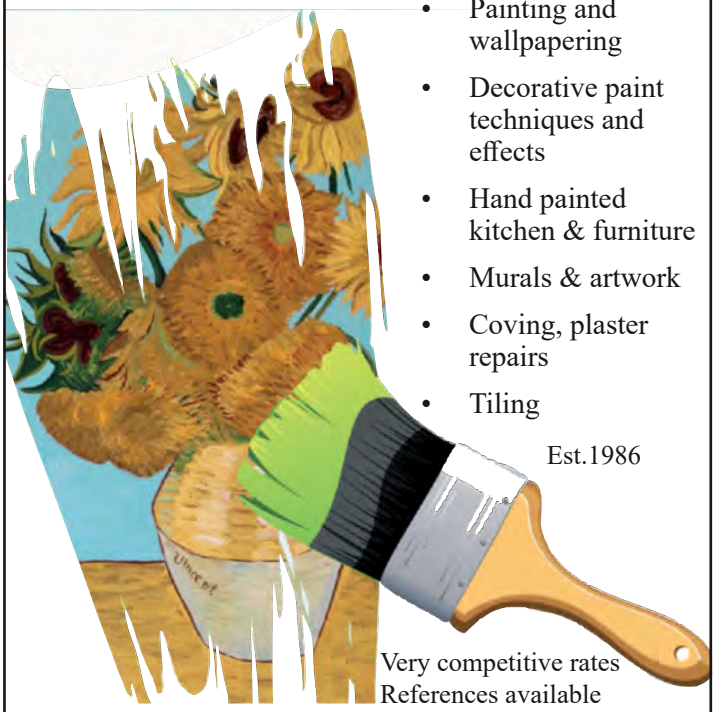
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The Wing Singers

Happy New Year!!

We hope that everyone enjoyed their Christmas, however it was celebrated, and can now look forward to a more normal year than 2021!

The choir already has three performances in 2022 to prepare for. We are looking forward to: the annual choral competition in March that forms part of the Milton Keynes Festival of the Arts, and our two Summer Concerts in July. There will be many rehearsals before these and plenty of opportunity to welcome new members.

Even if your New Year resolutions did not include joining a community choir, why not come as a visitor on a Sunday evening for a complimentary rehearsal and see if you enjoy the experience. Before coming please contact the Choir Secretary (Lance Redler) on 01296 681286 (or email wingsingers@yahoo.co.uk). He will explain the Covid-19 protection measures that are currently being applied.

Our choir members come from 26 towns and villages, auditions are not necessary and membership is open to all ages and abilities. Comprehensive details about The Wing Singers - including the rehearsal dates and times up to July 2022 - are on our website: **www.thewingsingers.org.uk.**

Friends of Long Spinney

A NEW YEAR, A NEW TO-DO LIST...

We managed to achieve quite a lot during all of the 2021 working afternoons, and we were so pleased to welcome a few new people who joined us. More helpers are always needed...

Long Spinney - our own wildlife haven!

Many have enjoyed watching the videos from our wildlife cameras - such as the deer family who live in and around Long Spinney. For their sake, it is always a good idea to keep dogs on the lead when in the Spinney, to ensure no harm will come to our wildlife.

Long Spinney needs you!

If you are keen, able and willing to join us at any of our monthly maintenance afternoons, then the next few dates are:

JANUARY = Wednesday 5th and Sunday 9th
FEBRUARY = Wed 2nd & Sunday 6th
MARCH = Wednesday 2nd & Sunday 6th

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TALKING DOG
with Neil Smith

CARING FOR OUR DOGS IN WINTER

Firstly we would like to wish all WOiW readers a very Happy New Year!

This month we are going to touch on some of the additional factors that we may need to consider when looking after our dogs in the winter months. Just like our summer article, the extreme weather changes in the winter months bring their own problems. Therefore listed below are a few points to consider - we realise that they are very obvious but nevertheless they are important.



Even in bad weather our dogs need exercise. So remember to keep them warm on their outings, especially if they have fine coats like greyhounds, staffs and yorkies. They would certainly benefit from a fleecy coat to keep them warm on their outings. If you are walking your dog in wet weather or they get wet and muddy on their walk, remember to give them a good towel dry on your return and make sure that they have draught free cosy bed to return to. Drying coats are great as they pull the moisture from the dog's fur and trap the air, generating warmth - it also keeps all the dirt within the coat! It may even be a good idea to get a hi-visibility vest for yourself and your dog. With the shorter daylight hours we are all likely to need to do at least one walk in the dark.



If we have snowfall it is important to check between their pads to remove any snowballs that may form. When you have a dog with very hairy feet it may be beneficial to trim between the pads in order to stop these snowballs from forming. Compacted snow on their feet can be very painful for them to walk on, so you may need to check several times whilst you are out. Gritting on the roads and paths will also affect their paws. Try not to walk your dog over this and make sure that you rinse their feet off, checking between the toes, when you return home as it's not good for them to ingest the salt and it may cause burning of their pads.

Try to avoid walking near to frozen lakes or streams as you can never be certain as to how strong the surface is likely to be. Not only is it dangerous for them to plunge into freezing water, but they may not resurface back in the hole that they made going in, so risk drowning. Be extremely careful if your dog does go in the water. Don't rush in after them but wait for help. Very often the dog will find it's own way out - don't risk your own life. It is at times like these that a good recall is essential, so remember to practice your skills so that you have control of your dog. Foggy mornings are also a problem for us when we allow our dogs off lead, as we are unable to see fully what is around us. Apart from the obvious dangers of roads and water, we must remember to be respectful of the farm animals that may be grazing in the fields where we walk. So make sure you have control of your dog at all times - perhaps go back to using a long line if this is helpful in keeping control.

If your daily exercise is reduced during the winter months, try to keep your dog active in the house. It's a great place to practice your training skills and you can also introduce brain games like 'hide and seek'; the whole family can join in with providing the entertainment. Do remember to adjust your dogs diet if they are not getting so much physical exercise as they will not be burning off the calories. Try using some of their daily quota for playing the games and training treats.

Finally, never leave your dog unattended in the car. The reverse of summer when they get so hot, car temperatures can drop dramatically in a very short space of time. So take your dog with you if you can, or leave them safely at home in the warm.

Wingrave Pre-School AGM

We would like to invite you to our community pre-school annual meeting.
An occasion to find out what we do, and opportunities to get involved.
Please come along, the more the merrier!

SPORTS AND SOCIAL CLUB
WINGRAVE
7.30PM WEDNESDAY 19TH JANUARY 2022

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Country Notes from Canada



by Iain Malin

Well, a new year begins! I hope your festivities over Christmas and the New year surpassed 2020.

I am writing this at the beginning of December. So far, it's been the strangest beginning to winter in Alberta. I know in Wing you've had some snow and several frosts, which is more like a normal winter.

Here, it's extremely dry, although in the neighbouring province of British Columbia they've had record-breaking floods. The first snow fall here is a month late. We had 30 cms last Thursday, and we will get regular falls now until April. The nights are now cold. -10C to -20C each night, and daytime temperatures are not above -6C, if you're lucky. But the schools don't close!



These strange times have had a devastating effect on the birds. For them, just as for all living creatures, water is more important than food. But frozen water and no snow means they can't drink. Even the running water is freezing over on the rivers. I have often said about putting fresh water for the birds at feeding stations. Here we have heated birdbaths and our resident birds depend on them. Along with the house sparrows and chickadees I mentioned last month, we now have nuthatches.



Red Breasted Nuthatch

Those of you who live near Ascott House or Lower Ascott will probably know the European nuthatch, where they are common. Here there are three species. Two are now visiting my feeder: the red breasted nuthatch and the white breasted nuthatch. No explanations needed there! Nuthatches are unique in the bird world. They are a woodland parks and garden bird, where there are plenty of trees. And they are the only bird in Europe that can walk head-first down trees…



Instinct keeps wily coyote safe as he crosses the frozen pond

I mentioned owls last month. There are five species in Britain, and most can be seen around Wing. The long-eared owl is rare, but one has been present for some three years. Barn owls are now becoming more common, often seen hunting the roadside verges around the village, so drivers beware. Barn owls are rare here in Canada but there are another sixteen owl species. I was eagerly awaiting the snowy owls last month, and now they're here with the snow, down from the Arctic. I have now seen four, and they are enormous and very impressive. they're close, staring at you with those yellow eyes, they can make your heart pump.



White Breasted Nuthatch

Finally, how is it that wild animals know just when the ice is thick enough to support their weight? A couple of weeks ago, I photographed a coyote as it dashed straight across the ice of a slew (large pond), without a thought, knowing it would not fall through.

Happy New Year to everybody in Wing! And please, feed and put out water for your birds. They rely on you in this ultra-tidy world.



The Wing Singers at the Christmas Fayre in All Saints Church, Wing

WING
Community Library

Registered Charity number 1151925

Happy New Year

Wishing all our customers a healthy 2022

The Library re-opens on Tuesday 4 January

We have a good selection of fiction (including a special crime section) and non-fiction on our shelves. We also can help you to find books, audiobooks, CDs and DVDs from across all Buckinghamshire libraries

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Saturday	1000 - 1200

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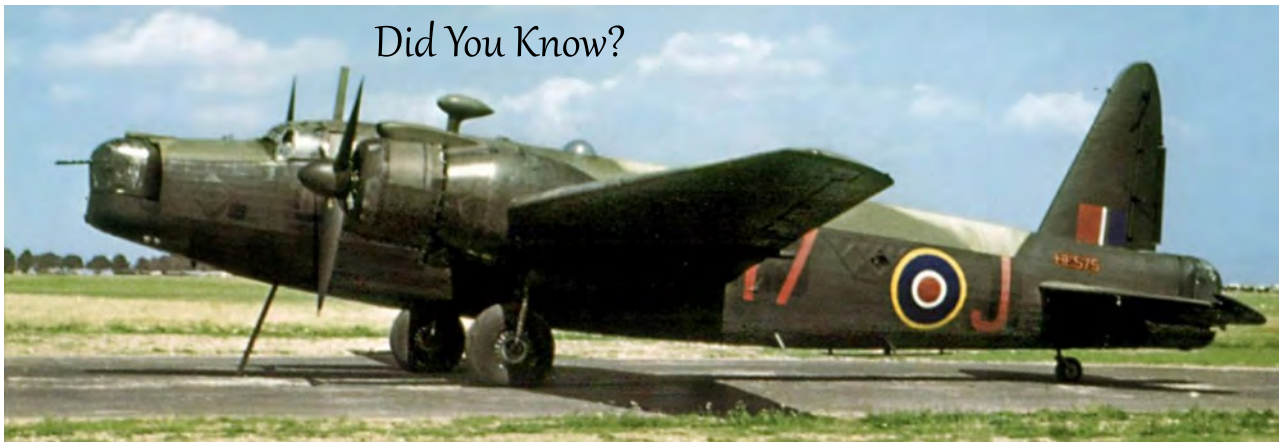
. **Find us here:** @wing.community.library @wing_library





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Did You Know?



RAF WING
26 OTU

From 1942-1946 RAF Wing was 26 Operational Training Unit, of 92 Group, RAF Bomber Command, where thousands of aircrew received specialist training on twin engined Wellington bombers, before serving in theatres of war across the world.

Captain Valentine Baker MC AFC

Valentine Baker was a decorated WW1 pilot, who trained and flew initially in the Royal Flying Corps and subsequently the newly formed Royal Air Force; he was decorated by each for gallantry. He then became a famous flying instructor (training amongst others the Prince of Wales, the Duke of Kent and Amy Johnson) and test pilot, subsequently co-founding the Martin-Baker Aircraft Company in 1934.

He was killed on 12 September 1942 when the prototype single-engined Martin Baker 3 fighter - that he was flight testing from RAF Wing - crashed after takeoff following engine failure, on farmland that is now part of the Aylesbury Vale Golf Club. Following Valentine Baker's untimely death, his business partner Sir James Martin invented the Martin-Baker ejection seat, that has saved more than 7,600 aircrew lives worldwide.

Operation Exodus

Periodically we read about the campaign in 1969/70 to prevent the third London Airport being constructed on the site of former RAF Wing. This would have brought a huge amount of aircraft activity to the area - but not nearly the number that landed at RAF Wing during just a few weeks in spring 1945.

Between 9 April and 18 May 1945, RAF Wing was a major repatriation centre for allied ex-prisoners of war;. During these few weeks 1,269 incoming flights returned to Wing nearly 33,000 ex-PW of 21 nations.

Find Out More?

You can find out much more about RAF Wing by visiting the RAF Wing Memorial on the old airfield, situated at the end of the lane leading from the Cublington Road to Cedars Farm.

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WHAT'S ON IN WING GOES ABROAD

While the parish of Wing holds just about everything one could possibly want, some of us have still been known to stray. If you happen by the Unicorn in Cublington, you may find –as we did – the local folk tackling the crossword in their copy of What's On in Wing. In fact, there's been an international edition of What's On for some time now – copies are distributed to public buildings not just in Cublington, but Stewkley, Soulbury, Aston Abbotts and Wingrave. That's good news for our advertisers, and mind-improving for the people of other parishes.

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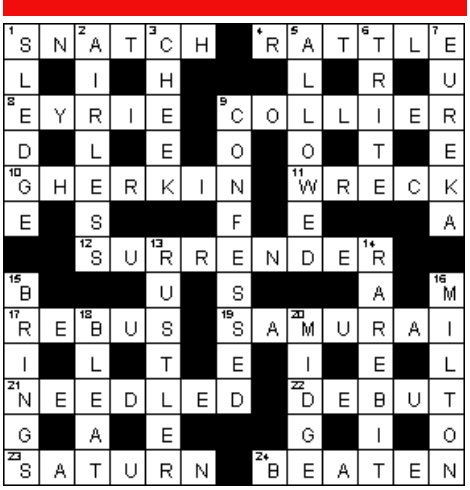
Proceeds from WEAVERs divided equally for All Saints Church, Wing and the Motor Neurone Disease Association.



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



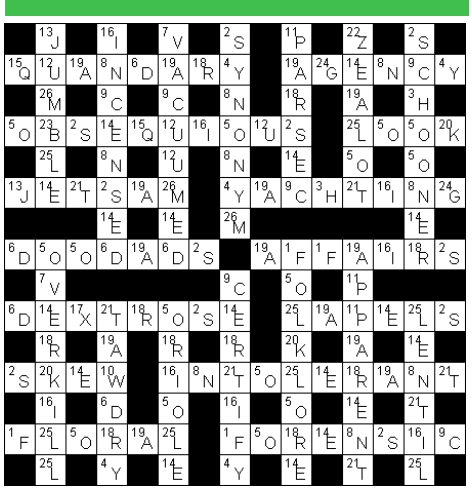
Crossword solution



Sudoku solution

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

Codeword solution



Wing Heritage Group

History on your doorstep

This is how it all came about. In October 2011, Wing Parish Council undertook several forums to launch the Wing Neighbourhood Plan. I researched and prepared for the forum, being halfway through my history degree, and found little information available for this historically important village. I spent two days speaking to people about it, then, together with Elaine Lavery, came up with the idea of a village walk to pool existing knowledge. The first one was in 2012, at a time when I was involved with setting up an archaeology project. Happily, local archaeologist Martin Cuthbert came on a walk, and in 2013 Wing community archaeology project began, which carried on until 2019. The project fed directly into the Neighbourhood Plan until 2015, which, at the time, was the only one in the country to include heritage and archaeology policies.

Then it was decided that a history group was needed as well as an archaeological one. On 27 January 2014,Wing Heritage Project became part of Wing Heritage Group. Test pits continued to be dug, but we also put on more displays. That November we held our first 'Wing Remembers' exhibition at Wing Hall, and have continued to provide smaller exhibitions every year in Wing Church, except in 2020.

In 2015, Martin moved from Wing and I took over as project manager. We obtained a grant from the Mick Aston Fund to enable us to buy our own archaeological equipment.

Over the last eight years we have had many activities: 46 test pits have been dug; we've had many walks around the village, deer park and airfield, which have turned into talks in and outside of Wing; and we have made friends with people in Australia, whose ancestors came from Wing. Our archive of knowledge is ever increasing.

As we relaunch, we shall be holding monthly open events - either meetings in the Church, or walks. For now, Membership fees will not be charged. At 10.30 am on 22 January 2022 our AGM will be in Wing Church, where we will answer queries and hope to meet anyone who is interested in Wing history. Perhaps you want to share some memories or need help with your family tree, or have a topic you would like to investigate? The Oasis Café will be open for refreshments.

Please get in touch at one of our meetings, or email us at wingheritage@gmail.com.

Sarah Roe, BA(Hons), MA, Chair of Wing Heritage Group.



An early photo of Wing Church. Church Street cottages were still thatched, and the lychgate had not yet been built. Do you know when and why the lychgate was built? Find out in next month's issue.

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