LOCAL NEWS
EVENTS
SUPPLIERS
SERVICES
LEISURE
CLUBS
ACTIVITIES
GAMES & PUZZLES

# WOW!

WHAT'S ON IN WING

July 2023




- Focus on Locals...Tracey Passantino of Style Hair and Beauty
- Village resident Eva Timmins is 100!
- Lots of information about poppies
- News, puzzles, horoscope and wildlife news from Wing Canada and Spain
- Masses of Parish Council news

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## CONTACT ROB:

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Gas Safe Register
626479

*Cover: Wing village pump, following planting and painting by Peter Clay.*

# Eva Timmins




An anonymous little bird has told us that one of our village residents, Eva Timmins, celebrated her 100th birthday on Friday 30th June.

We trust that Eva had an enjoyable and memorable birthday celebration.

Summer has arrived at last, with all its warmth and glory, and the amazing blossom displayed this spring has come to an end. We do have so many things to be grateful for in our natural world (but could do with some proper rain for the crops and gardens!). Nevertheless, Wimbledon and strawberries will be with us again this month, to delight the many tennis aficionados.



Readers will find some new advertisers this month and may realise that adverts do not normally appear on the same page as the previous issue, so take some searching for. This is to give each advertiser a similar level of visibility rather than posing a challenge to our many readers when searching for a name.

**Best wishes to all our readers, from all the members of the What's On team.**

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

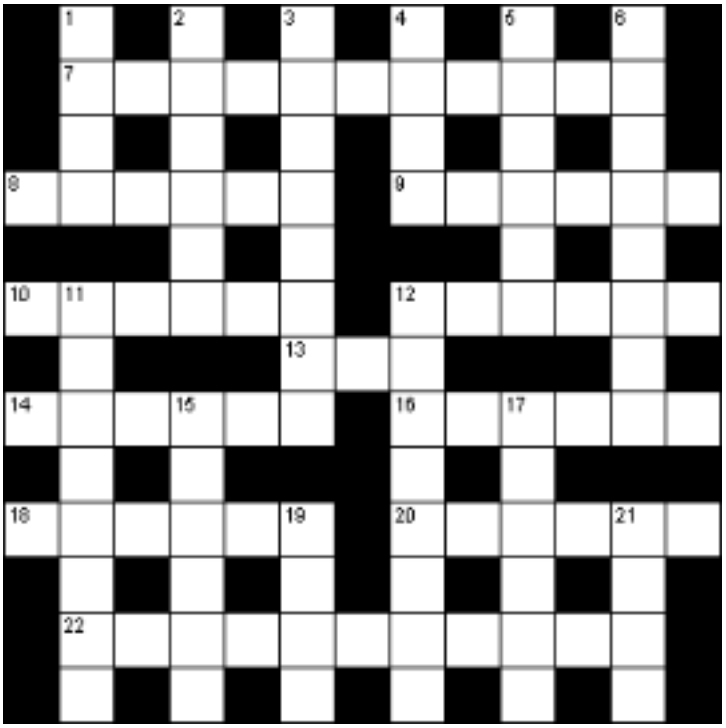
***Comments, criticisms and feedback are welcome. Contact us at: editorial@whatsoninwing.info***

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**DEADLINES**

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

# Quick crossword



**Across**

7 Conciliation (11)
8 -- Berlin, American composer and lyricist (6)
9 Useless (6)
10 Altitude (6)
12 Road-surfacing material (6)
13 Flightless bird (3)
14 Evening meal (6)
16 Decline (6)
18 Gas used in balloons (6)
20 Farm livestock (6)
22 Verdi opera (2,9)

**Down**

1 Couple (4)
2 Espionage (6)
3 Female child (8)
4 Unhearing (4)
5 Alloy of tin and lead (6)
6 Hertfordshire city (2,6)
11 Brandy (3-2-3)
12 Renegade (8)
15 Pedestal for a statue (6)
17 A depth of six feet (6)
19 Debatable (4)
21 Green and white vegetable (4

Solution p33

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# From the Vicar

| July Services | | |
|---|---|---|
| 2 | 1100 | Holy Communion |
| 9 | 1100 | Morning Prayer |
| 16 | 1100 | People's Praise |
| 23 | 1100 | Holy Communion |
| 30 | 1030 | Benefice Communion Service |

## Seeking completion?

**We are at the time of year now when many people are reaching big milestone moments in their life journeys, especially in the educational sphere.** Many have recently finished exams and are awaiting results and many others are coming to the end of their time in a given school or college. Milestone moments very often involve a sense of completion of a particular task or phase. These moments seem especially important because we all like the idea of having what psychologists call 'closure' on certain things – promoting a feeling that we are truly ready to move on. Indeed, the famous philosopher and psychologist William James once said that 'nothing is so fatiguing as the eternal hanging of an uncompleted task'.

Completion, however, is always in some sense relative to a particular task or demand. We only complete *relative* to that demand rather than in totality. Other tasks and demands continue to surface. Moreover, the process of life in general preceded us all and will continue after we are gone, so we certainly don't complete the whole picture. St Paul says in a famous passage from one of his letters that we know only in part – we are partial beings both in the sense that we are composed of parts and in the sense that we are partial *to* certain aims, hopes and ideas more than others. We do not see the whole fully and we also therefore only ever achieve relative completion or closure in part.

Some aspect of openness therefore always needs to remain within ongoing process of life, which is far more than our individual lives. This greater whole isn't necessarily felt in milestone marking moments in the way that events in our individual lives are, so psychologically it may feel different, but we need to know it is there and enduring throughout all generations. If what we are part *of* is to become complete, or even be drawn towards its completion by God as the Author of Life, then we need to achieve openness to the ongoing process of life just as much as closure to certain past events. We need to hold a proper balance between what we know as a result of having moved beyond certain points in our life and what we realize we are yet seeking, what we yet need to explore.

With all best wishes to everyone for the next stage and especially to those currently awaiting exam results and other landmark moments.

**Andrew Krauss**

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

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Thinking of joining WI or would like more information about Wing Branch and our programme for 2023? Then please contact:-

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Wing 682915 maureen@lomasfamily.plus.com

Secretary: Pat Jones

Wing 682362 pat.jones@talk21.com

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Solution p33

## CODEWORD

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# Focus on Locals

*getting to know some of the people,personalities and businesses of our parish*

*by Gill Allmark & Nick Dyke. Photos by Brian Clarke*





## Tracey Passantino of Style Hair and Beauty

**Never has a business been more aptly named! Tracey Passantino, our current 'Focus on Locals' personality is a passionate interior design devotee and her hair styling salon is a tribute to the best in colour and fashion.** Tracey does all of her own styling to provide elegant and tasteful surroundings for her clients. She was helped in the past by her brother Simon, who sadly died around three years ago. Her husband Toni, who retired earlier this year, has been a constant help for so many years completing tasks such as child minding, pot washing, calculating and paying wages and looking after horses to name but a few! In Tracey's words he is her *"Behind the scenes angel"*.

So, when did tiny Country Style become the large, busy place we now know as Style Hair and Beauty? Tracey was working in a hair salon in Leighton Buzzard. She was invited to a 'candle' evening by Chris, a florist in Leighton Buzzard and previous owner of the Wing salon. The question was asked, *"If ever you think of selling your Wing salon, please will you ask me first if I would like to make you an offer?"*. Style was born and Tracey and Toni became the new owners in 1988.

Tracey and Toni lived in the attached cottage with their children for 14 years before moving to their current house in Stewkley. Lydia, their daughter, now works as part time receptionist in the business and also with horses for a local eventer concentrating on dressage. Her brother Josh, now 32, first worked for Mercedes in Milton Keynes as an underwriter and then moved to Volvo trucks and large vehicles in Warwickshire. The house move to Stewkley made it possible for the business to occupy the whole building in Wing High Street. Many of us are so happy that 21 years ago the more spacious property allowed the beauty treatments to develop on the first floor.

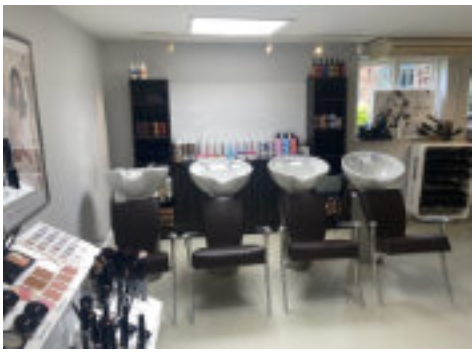
Currently, there are several stylists; Liz was Tracey's first appointment and joined the business straight from college, now holding the post of Principal Designer and Manager. She has a loyal client base built up over many years and is very involved with training apprentices. Lucy May, Megan, Tracey and 'downstairs' Kelly are also stylists. 'Upstairs' Kelly and Lorna are beauty therapists. Kelly Drake helped to set up the beauty side of the business 21 years ago and is the Spa Manager and, as a local girl, she brings knowledge and expertise to the business. Heather works part time in the beauty area upstairs, almost opposite where her Dad Mick worked as a butcher in the Co-op shop many years ago. He will be remembered fondly by villagers who have been in the village for quite a while!

It would be a mistake to think of Tracey's position purely as a hair stylist and salon designer. Her pastoral role, as employer of a team of talented artists, is one that she takes very seriously. She loves enabling aspiring youngsters to build their careers in hair and beauty. Her determination to look forward, retaining what is good while being ready for productive change, is evident.



Annually, a leading London stylist visits the salon in Wing to mastermind professional training for staff by demonstrating new techniques. This year, in October, Debbie G will undertake this training and will need local people to act as models. Speak to Tracey if you would like to volunteer! Lucy May, Senior Stylist and Colour Master and a long-standing friend of the Passantino family, started as an apprentice. She attended the annual training sessions and many further courses involving tricky exams, often travelling long distances to find the right courses. Her move from new apprentice in 2012 to valued senior stylist and colour expert is testament to a well-supported training programme. Tracey's joy, she says, is in "enabling youngsters to fly."

Clients visit from all local towns and villages. One lady travels over from France so that Tracey can cut and style her hair. My granddaughters live in Spain and their last phone call before arrival always includes a plea for an appointment at Style because "they know how to cut long hair". Why not treat yourself and book an appointment with Tracey or one of her stylists to give yourself a lift?



When questioned about hobbies Tracey laughed and said, *"When do I have time for those?"*. She does, however, talk of walking her beloved dogs and helping her daughter with the horses. Tracey's sister tried to persuade her to join a pottery class but that activity is still waiting to happen!

A charity is supported by the salon each year. In the past, Breast Cancer was chosen but this year the Marie Curie Trust is the beneficiary. At Easter people were asked to estimate how many chocolate eggs were in a jar. The winner was announced, £113 was raised and the clients on Good Friday had a welcome feast! Toys at Christmas, cake stalls and a bra collection have also been charity activities. Recently, Alexander the Estate Agent has a property display board within Style premises, and they combine with the charity events.

Christmas-time is always fun in the salon. See the website info@stylehairandbeauty.co.uk for pictures of staff in their fancy dress outfits.

Tracey is a woman of vision and determination. It was her plan to retire from hairstyling by the age of 30 – she says *"Who wants an old hairdresser?"*. Several years on from her 30th birthday, she is still passionate about developing her own and her team's expertise. Her mantra is that you must strive to be the best you can be. She feels that respect is a massive issue in our current society. The example she sets in our village is one of hard work, dedication, fun and attention to detail.

——//——

*Sadly, we had hoped also to interview Tania from Top Cutz, but she was unable to meet us on the day we were to talk with her. We hope to tell you more about her in a future issue of WOiW.*

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# Country Notes
## from Canada



by **Iain Malin**

*All photos © Iain Malin*

**It is now 12th June and the temperatures are high with blue skies, warm winds and time to enjoy summer. On 18th May I left Canada for the UK, mainly for family matters but also to connect several events together in a two-month break. After all a second time grandfather has to see the two week old new arrival.**

So this brought me straight to Devon. This is a nice time with the Devon lanes rich with flowers. Red valerian, red campion, greater stitchwort and bluebells line the banks with the green hedges on top. Good of you Devon. However 'no mow May' has not been a success in much of the country, with local authorities determined to destroy grassy areas rich with wild orchids and other decreasing flowers mowed or stripped off. Food for declining bees has been destroyed - when will we learn!



*Red-rumped swallow*

From Devon it was up and across to Norfolk, then Wing. I could not find the orchids I had so religiously protected over the years in the short time I was there, but my timing may have been wrong. However the trees I have planted looked well.

From Wing back to Devon, then on to warmer climes, however the weather forecast was not promising. However, after 10 days there have only been two wet days - rare for this area of Spain. I'm in the province of Andalucia looking over the Mediterranean at the North African coast. The flowers (particularly the wild orchids which are my main flower interest) are over in the dry hot conditions. However, being an all-round naturalist there are many other things to see. Temperatures are high which mean that cold blooded animals like lizards are now active and sunbathing.

The best mosquito catchers and very welcome house guests are on the walls of the house, and in the house, taking their fill of mosquitos and other flying house invaders. I'm of course talking about Moorish geckos, or crocodile lizards as they are sometimes called. Householders encourage them but how do they run up and down the walls and even over the glass without falling off? The answer is in their specialised feet which are covered in tiny micro hairs, which makes their feet like suckers which never slip. They can also change colour depending on the surface they are on and detach their tail (which will regrow) if attacked. They are nocturnal and hang around the lights which attract their food. They get their name because they say their name 'gecko'. They are the only lizard with a voice box.

Of course I'm in 'Old Spain', not the popular holiday resorts. Here the country is still rich with more wild flowers, more reptiles and amphibians, more wild animals and more birds than the UK and it's the main migration route for birds coming to Britain and beyond. Obviously I would not leave birds out on this trip. On the veranda of the house I'm staying in is a red-rumped swallow's nest. This bird only occasionally tuns up in Britain (one at Tring Reservoirs a few years ago). The bird is obviously different to the barn swallow in Britain, but so is the nest. Still made out of mud, it is not a cup but is totally attached to the ceiling with a short tunnel entrance, much like a carafe cut in half.

One of the main birds I was anxious to catch up with again was the European roller. Yesterday that wish was fulfilled and I enjoyed good views of this beautiful blue and rust red bird. Also I found a special tower built specifically for them. Conservation has taken a new leaf out of the book in Spain, so there is a little light on the horizon.

The Gecko has so far eluded my camera!!! Perhaps next month. Enjoy summer.






*European roller*



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# WHAT'S ON at WING HALL

## REGULAR ACTIVITIES



| | | | | | | |
|---|---|---|---|---|---|---|
| **MONDAY** | Rainbows & Brownies | | Small Hall | 1730-1830 | 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 | Janet Ratcliffe | 01296 720946 |
| Term time only | Street Dance | | Large Hall | 1530-1830 | Kiri Fitzgerald | 07988 161043 |
| 2nd in month | Gardening Club | | Small Hall | 1930-2130 | winggardeningclub@hotmail.co.uk | |
| | Badminton Club | | Large Hall | 1900-2300 | Gary Stevens | 07787 957623 |
| Last in month | Parish Council Meeting | | Small Hall | 2000-2200 | wingparishclerk@gmail.com | |
| | Library | | | 1400-1630 | | |
| **WEDNESDAY** | Zumba | | Large Hall | 0930-1030 | Gabriel | 07459 488547 |
| 1st in month | Art Appreciation | | Small Hall | 1400-1600 | Bobbie Ward | 01296 681982 |
| Fortnightly | Lunch Club (over 60s) | | Small Hall | 1200-1400 | Sue Nightingale<br>Richard Webb | 01296 682999<br>01296 681516 |
| Term time only | Spanish Lessons<br>(18 mths - 11 yrs) | | Library | 1545-1630 | Rebecca Salter<br>rebecca.salter@kidslingo.co.uk | 07967 357227 |
| | Dance Class (adults) | | Large Hall | 1830-2200 | Adrian Marsh | 07906 988880 |
| | 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 |
| 3rd each month | Wing WI | | Small Hall | 1900-2200 | Val Fielder | 01296 688044 |
| | Yoga | | Large Hall | 1900-2000 | Kim O'Hanlon | 07770 450788 |
| **FRIDAY** | Tea Dance/Supper* | | Large Hall | 1830-2215 | Adrian Marsh | 07906 988880 |
| | Table Tennis | | Large Hall | 1900-2230 | Bernie Raffe. leightonbuzzardttc@gmail.com | 07957 215657 |
| 2nd each month | Line Dancing | | Large Hall | 1400-1700 | Adrian Marsh | 07906 988880 |
| | Library | | | 1400-1630 | | |
| **SATURDAY** | Library | | | 1000-1230 | | |
| **SUNDAY**<br>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 |

**Monthly. Contact Adrian Marsh for details.*




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

**CONTACTS**

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sjlambert49@gmail.com

**One-off bookings (parties, weddings etc)**
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stephenpayne3@hotmail.co.uk

www.winghall.org

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# Gardener's Diary

by Ginny Hollas, Wing Gardening Club

## POPPIES!



*Papaver Orientale Royal Wedding in my garden*

**At this time of the year the garden is full of blooms with poppies still giving a vibrant display. The flowers are short lived, but add such colour to the garden ranging through yellow, orange, pink and plum - and also white. They certainly deserve a place in your borders.**

There are over 120 varieties of poppy, divided into three types: annual, biennial and perennial. Of the annuals, the field or Flanders poppy is the most well-known, the symbol of remembrance. Biennials include Californian, Iceland and the Welsh poppies, which I believe are the only poppies native to these islands. Of the perennials, the Oriental poppy is the most well-known, but the group also includes the Himalayan poppy, which is not really a poppy but a Meconopsis.

I love my white Oriental ones. They are staked but still bend in to wonderful shapes, invariably with a bee buzzing away inside. They have finished flowering now but I have cut them right down and they will sprout again, hopefully giving me another late display. I have bright crimson and pink ones too. The seed heads are always kept to use in flower arrangements. Around my vegetable patch I have Welsh poppies which, like many varieties, seeded themselves in the garden. They have been there for many years and are good for bringing in pollinators to the patch. They are growing in between the edging stones, so are not fussy!

Of course there are the opium poppies which self-sow everywhere, not my favourites but with lovely seed heads. The Himalayan Blue poppy is spectacular, but in my experience not the easiest plant to grow, although the colour is spectacular.



**Propagation and Care.** Annuals and biennials are best sown straight into the garden in autumn or spring, scattering seed onto a seedbed as they do not take kindly to being transplanted. If you do transplant be very careful, as they have one long tap root. They like a sunny position with good drainage and once you have them they will be there for ever as each flower produces hundreds of seeds. Perennial varieties can be grown from seed but benefit from a little more nurturing, and are best sown in a pot and then transplanted. You can buy them as mature plants and be sure of a named variety, or they can be propagated by division, which is best done in the autumn, not spring, as they emerge very early in the year. If you are green fingered, try root propagation, a very satisfying way to increase your stock.

**Medicinal Usage.** The poppy has been used for medicinal purposes since ancient times, and as a sedative, painkiller, expectorant, aid to digestion and even to prevent wrinkles! In recent times an extract from the petals is being trialed to treat skin cancers. The prolific production of seeds makes a very tasty culinary ingredient. It's a great source of nutrients including calcium, zinc and manganese. I sprinkle them on my breakfast muesli, but they are widely used in cakes and bread. A very versatile plant indeed! Of course the extraction of poppy sap to produce morphine has been used extensively in pain relief, but has been less beneficently used to produce heroin and caused two wars with China.



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Many thanks to everyone in the Village who supported our plant and cake sale, either by providing items or buying them. We made a magnificent £1,545.40, including a very generous donation. It was a lovely morning and quite a social occasion, with lots of gardening advice being given and a lovely friendly atmosphere. We will use the money wisely to provide interesting knowledgeable speakers and provide outings to places of horticultural interest which are open to anyone in the village. Our next one will be in the early autumn, although the destination has not yet been decided.

Many thanks also to the Parish Council for awarding us a grant which will enable us to make our trips with door-to-door transport available to anyone in the village at an affordable price. Coach costs are so expensive these days that we could not organise the outings without the Parish Council's support. Come and join us, meet new people and get gardening as it is so good for your mental and physical health.

***Our next speaker on 11 July will be Ivan Mears, who many of you will know from the Thursday market in the Village. He will be talking about how to get the best from your plant.***

**WING GARDENING CLUB**

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

Local plantsman

**IVAN MEARS**



Shares his gardening knowledge with a focus on

**Tips for getting the best from your plants**

There will be a selection of plants for sale after the talk.

**Tuesday 11th July 2023**

**WING VILLAGE HALL**

Small hall at rear

**7.30 for 8pm start**

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

**Coffees and teas available**

**Members: £2 Non-members: £4**

Visitors are welcome to wear masks for Respiratory virus mitigation

*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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# Seasonal Recipe

by Margaret Redler



## Gooseberry and Elderflower Ice Cream

(A delicious way of enjoying the delectable gooseberry through the year)

**Ingredients:**

- 700g gooseberries
- 75g sugar
- 8 tbsp elderflower cordial.

- 275ml whipping cream
- 3 size 2 egg yolks
- 50g sugar
- 1 dsp liquid glucose
- 1 heaped tsp cornflour

- a 2ltr plastic box (or an ice cream maker).

**Method:**

Top and tail the gooseberries, ideally whilst sitting in the shade outside.
Gently cook them with 75g sugar in a saucepan for about 10 mins.
Pass the cooked gooseberries through a nylon sieve to remove the pips.
Add the elderflower cordial to the gooseberry purée.

Meanwhile, make the custard:

Heat the cream in a saucepan to just below simmering.
In a separate bowl combine the egg yolks with 50g of sugar and the cornflour, beating together until smooth.

Add the liquid glucose to the hot cream, whisking until smooth and the glucose is fully blended with the cream. Pour this mixture into the egg mixture in a saucepan and continue to whisk over a medium heat until it thickens to a custard. Pour this into a large jug or bowl, cover and allow to cool.

When the custard is cool enough, combine it with the gooseberry purée.
If you have an ice cream maker, freeze-churn until the mixture is thick…
**…or**, pour it into the large plastic box, cover and freeze until half frozen (at least 3 hours). Beat the mixture with an electric hand whisk. Return to freezer and repeat in 3 hours.

Sit in the shade and enjoy what you have created!

***Send us your favourite recipe!***

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

***Send your recipe to: editorial@whatsoninwing.info***




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

WING
Community Library

Registered Charity number 1151925

# Kicks off on Sat 8 July for children aged 4-11




This year's theme is the power of play, sport, games, and physical activity.

Join the superstar team and their marvellous mascots to get involved.

Collect free materials from the library and/or visit the online Challenge website.

Children will be encouraged to keep their minds and bodies active over the summer break. The characters navigate a fictional summer obstacle course collecting stickers to track their reading as they go. ***There is a simpler scheme for younger children.*** By participating in the challenge, young people will have the opportunity to explore new reading material, develop skills, and discover new interests.

**Join the library online at:**
https://www.buckinghamshire.gov.uk/libraries/library-membership/
**to gain access to the library catalogue and FREE online services.**

**Find us on social media at:**
@wing.community.library @wing_library

Library ELF

**Library Elf helps avoid overdue fines when items are due for return or renewal. Sign up here:**
https://www.buckinghamshire.gov.uk/libraries/library-membership/get-email-alerts/

## Opening Times

| | |
|---|---|
| Tuesday | 1400 - 1630 |
| Wednesday | 1000 - 1230 |
| Friday | 1400 - 1630 |
| Saturday | 1000 - 1230 |

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



BUCKINGHAMSHIRE LIBRARIES






Alex Warren

**The months keep rolling by and I can't believe we're starting to gear up for harvest!**

This is probably one of the quieter times in the year for us on the farm. The cattle are outside grazing, the crops are basking in the summer sunshine and the sprayers are finally coming to the end of their busy season. We normally both try and get away for a few days at this time of year before the busy season kicks off!



This time of year we often make some hay. Hay is simply grass that's been cut and dried, and is used for animal feed. Haymaking can often be a difficult task if the weather's not on your side, but we find it a nice job. We don't have to do a lot of it, as most of our fodder is done with the clamped silage method as explained in last month's What's On.

One of the standard jobs for this time of year is getting our grain store cleaned and serviced ready for this year's crop. This consists of lifting the ventilation ducting and hoovering out the channels, sweeping, and then getting our big air compressor out. A year's worth of dust has to be blown out - it's a filthy job but someone has to do it.

Our next inspection from the Red Tractor group is coming up soon. It's always good to have everything immaculate for when they turn up, especially as some of them can be quite mean! (only joking, sort of!). Red Tractor inspect us twice a year - once for cattle and once for our cropping. Every level of the farm is scrutinised and checked in detail. All our paperwork – records of animal movements, medicines records, animal health plans, crop information, feed records – everything is examined in depth and checked-off against a lengthy list. They take a good look round all our grain storage to make sure it's safe and up to spec.

The inspections call for considerable preparation by us as all our documentation and records must be up-to-date and ready to hand on the day. It's not the easiest, but hopefully it gives the public reassurance that the food being put on the table is safe and grown to the highest of British standards.

When you buy your bread and meat always try and look for the Red Tractor label!





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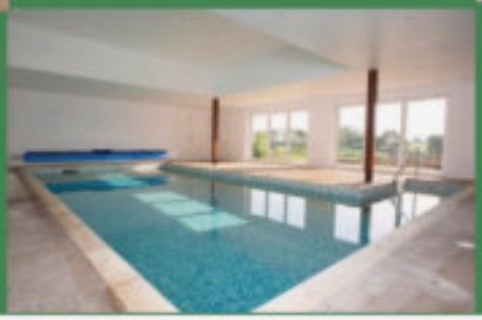
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Scouts
1st Wing

BEAVERS CUBS SCOUTS EXPLORERS

# BEAVERS



1st Wing Scouts are excited to be outdoors again! Each month we will have an update from each section. Last month Beavers went on a hike, made coronation crowns, did archery and practiced camping skills for their first ever camp! We made fires using 'flint and steel' and enjoyed toasting marshmallows then sandwiching between biscuits to make s'mores (because once you've had one, You'll want some more)

Next month we will have an update from the Explorers

**"Be Prepared"**

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

**Adventurers Welcome!**

Scouts is open to all young persons from age 6.

We have a very popular group and need more volunteers to help expand how many Scouts we can take. If you'd like to be a part of it, please email enquiries@wingscouts.org

**27% of parents said they'd volunteer**

**However, 49% said they'd never been asked**

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1st Wing Scouts

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Scouts
1st Wing

BEAVERS CUBS SCOUTS EXPLORERS

# WANTED:




## VOLUNTEER TREASURER

1st Wing Scouts is a registered charity and has a volunteer vacancy from September 2023 for a treasurer to help with the following:

- Oversee bookkeeping, invoice/expense processing and routine accounting functions.
- Production and presentation of annual management accounts.
- Maintain and update financial records in database including subscriptions, donations and events.
- Quarterly Gift Aid returns
- Ensure legal and Charities Commission compliance

If you are interested please contact enquiries@wingscouts.org

**#SkillsForLife**

1st Wing Scouts

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# Wing Parish C

It is a bumper edition of the Parish Council news this month. We have had a bit of a shuffle round at the Council so we would like to take this opportunity to reintroduce everyone. There are also updates from the Recreation Ground project, Wing and Burcott in Bloom, Pedestrian Crossing on the A418 and a moment to reflect on the contribution ex-councillor John Benson made to the village.

## Chair

**Cllr Helen Sunday**

**Contact**: helensunday.wingpc@gmail.com

Helen is possibly most famous in the village for being incredibly friendly, practically living at the recreation ground to make sure everything is going to plan, and walking round Milly who is a tiny Chug (chihuahua pug apparently). She has an allotment and is a member of the village book club. She is a frequent flyer at the gym and her passion is Salsa dancing. She has been the managing director of a business for 15 years now, providing sport and team building classes for children aged 4 -16.

Helen moved to Wing in 2017 and joined the PC in 2021. She moved here as a temporary measure, didn't think she would stay and in her own words *"Never saw myself as Parish Councillor but hey, sometimes life seems to have its own plans and here I am and having a thoroughly lovely time."*

She is the main mastermind behind the Green Space proposal for Chesterfield Crescent, a governor for Cottesloe and, with Cllr Cronshaw, the fuel behind the fire that is the Recreation Ground Project.

## Vice-Chair

**Cllr David Kellner**

**Contact**: david.wingpc@gmail.com

David has been the Chair of Wing Parish Council *almost* from the moment he started. There was a meeting in 2017 that no one speaks of, but David stepped straight into the Chair's seat as if it was made for him. He has stood down this year but fortunately agreed to be co-Vice-Chair. The role of Chair is pretty tough and he has been magnificent throughout. He always has a joke and a smile, and is so gracious and generous with his praise for the councillors when we may not be feeling quite as positive.

The Council is delighted he has decided to stay on, particularly because of his work with the recreation ground project and the youth council - the only one in the area. He has a passion for giving something back to Wing, does so much work fixing the playground equipment and has given us some unique and poignant memories, particularly during this past year with the passing of the Queen and the new reign of King Charles III. He will be sorely missed as Chair and we are delighted he agreed to stay on as a Vice-Chair.

## Vice-Chair

**Cllr Sanchia Davidson**

**Contact:** sanchia.wingpc@gmail.com

Sanchia first joined the council in May 2021. She lives just outside Wing in Wingrave (but within the distance for a PC member!), and wanted to join to support the work needed for the A418 and the Recreation Ground. Having three young children, and Cottesloe being the local secondary school, she hoped it would be of some use to the village.

Sanchia is a secondary school Music Head of Department, and has a secondary music advisor role for Central Beds Council. Her main projects on the council have been the Jubilee Green Arts project last year, the HS2 crossing application, grant funding for Long Spinney, the Recreation Ground, road safety projects including the smiley face Speed Indicator Devices, and the Neighbourhood Plan review. One of her favourite parts of the role is to bid for funding; she tries to access money for projects in order to reduce the precept in the village. Sanchia also writes the communications for What's on in Wing, runs the Insta account *@wingparishcouncil* and is trying to encourage people to join the team looking for funding for Jubilee Green play area.

**Cllr John Lomas**

**Contact:** john.wingpc@gmail.com

John has been our fantastic Vice-Chair for a number of years and has an absolute wealth of knowledge about Wing and historical happenings in the Parish Council. He has stepped down from the role this year, however he is still our knowledge bank for a while! He joined the Council in January 2013. As there was to be no carnival in 2013, John Benson (a friend and councillor), decided he should use his new spare time to be a councillor. He received an email from the Parish Council whilst on holiday, telling him he had been co-opted and to report to the next council meeting!

Before Council times, John was a heat transfer and fluid flow engineer in the nuclear industry. John contributes a significant amount to the team, but his favourite achievement is gaining the lease for Long Spinney from Buckinghamshire Council. John is the person to contact for any queries regarding Long Spinney, street lights, grass cutting and bins.

**Cllr Phil Cronshaw**

**Contact:** Philc.wingpc@gmail.com

Phil joined in October 2020 - the middle of lock down(s), having moved to Wing in the January previous to that. Phil is currently a civil servant having 20 years within the Ministry of Justice working as a senior project manager. He joined the council due to his skillset; he wanted to give some project management and procurement support to the Rec Ground Project, that had been stalled for a number of years with little progress.

Phil has a wealth of experience building projects that support local communities, but in areas other than where he lives, so he decided it was time to support the community that he had just moved into in the best way he could. Fortunately for Wing, that happened to be the Rec Ground project!

Phil's favourite work on the council has been the Rec reation Ground project. He is unsurprisingly delighted to see the new pavilion and MUGA pitch all now in place and being used.

It has been a long slog, and started before he joined the PC, but the facilities in the Recreation Ground are now the best for miles and many villages around.

**Cllr Liz Tring**

**Contact:** lizt.wingpc@gmail.com

Liz joined PC in 2018 after retiring and started going to quite a lot of PC meetings as a member of the public, getting to know the councillors, helping out with events in the village hall and getting a feel for what goes on behind the scenes and how a PC runs. Before retirement Liz worked at the Open University for 25 years, where she did her Open University degree as a mature student while working there. Her daughter went to both schools in Wing.

Liz is one of our 'boots on the ground' councillors. She loves meeting the lovely people around Wing, helping out where possible, and her main focus and enjoyment is really on the environmental side of things. Her projects are mainly Wing's green spaces, being part of the team trying to resolve traffic issues, working with a great team of councillors and being a volunteer at Long Spinney, as well as being on the Neighbourhood Plan working group. She attends as a rep of WPC on a few Bucks Council committees and the Community Board. She is also the best proof reader that the Council could wish for, and incredibly helpful. Feel free to chat to her in and around the village and on Thursday mornings at the market.

# HS2 Funded - A418 Pedestrian Crossing

On 1st June, the Parish Council received a letter from Cllr Broadbent, the Cabinet Member for Transport on Buckinghamshire Council. He stated that our proposal had been accepted, the feasibility study had been completed and that they were now making the formal proposal to HS2. He stated the following:

*"Once approval has been received from HS2 Ltd, the project team will undertake the necessary detailed design work, consultation and obtain costs for delivery of the scheme; subject to the design and consultation processes not raising any significant construction, cost or other material concerns, they will then make arrangements for delivery of your scheme. A member of the team will be in touch within the next two months to confirm the next steps and timescales."*

This means that the Puffin crossing has been greenlit for outside Church Street on the A418. There is discussion about telegraph poles and where exactly it will go, but it does seem like this crossing is happening!

This application went through a number of stages before getting here. The PC counted, tallied and photographed HS2 traffic through the village over a three month period. Articles and information were collated from online sources about the difficulties of HS2 and other traffic through Wing, research into how the government intended the use of the HS2 funding, direct meetings with the HS2 community representatives, discussion with other parishes along the A418 and the application had two stages of paperwork. It has taken hours and months, and now onto a year and a half to put us in this position. We are truly delighted that Buckinghamshire Council has heard the voices of the parish and council for this. It shows how Parish Councils and parishioners can make a difference!

# Council News

**Cllr Louise Tabiner Crush**

**Contact:** louisec.wingpc@gmail.com

Louise joined the PC in or around 2014, by then she had already lived in Wing for 14 years. She is a full time call centre supervisor in Haddenham and joined the council to help the PC team make Wing a lovely place to live.

Louise has been the driving force behind wild flower beds, Wing and Burcott in Bloom, planting up the Pump and the Village Hall planters. She has been the chair of the environment group, and is the key person wandering around Wing looking at the lovely gardens and hanging basketås to judge our Wing and Burcott in Bloom competition. This hasn't run for a few years due to COVID but is now back.

Louise, along with John, are the people who relentlessly post any issues on Fixmystreet Bucks for the parish. And whilst we are not able to formally respond to concerns brought up on social media, Louise brings everything urgent to our attention.

**Cllr Lin Gilbert**

**Contact**: ling.wingpc@gmail.com

Lin is our latest and most excellent recruit. She worked with the PC on the Neighbourhood Plan Project, being the representative for Burcott. She has brought a new angle to the Council, one that gives a voice to Burcott as well as her contribution to general matters.

Lin moved to Burcott in 2003 with her late husband and loves this area. She was born and grew up in London until joining the Womens' Royal Navy Service (WRNS) for four years. She lived in Hemel Hempstead for around 27 years during which she was actively involved in Guiding. She has three children and five grandchildren, enjoys gardening and will be one of our judges for Wing and Burcott in Bloom.

Lin is part of the team looking to fund the Jubilee Green rejuvenation project.

**Cllr Vacancy**

It Could Be You!

Thank you for the time given by Cllr Jo Mortain- Cogar who stepped down at the last PC meeting as he moved out of the area. He will be missed! The PC now needs the support of the village more than ever.

Without the PC the Recreation Ground project wouldn't have been completed, the street lights wouldn't be maintained, the grass verges wouldn't be cut and the village bins wouldn't be emptied.

We are the parks and recreation wing (!) of local government, so do come along to a meeting and get involved.

## Recreation Ground Project

We have had significant and fantastic wins with this project. The MUGA looks amazing, is ready and being used, the car park is bigger and has more spaces, the pavilion as a building is a fantastic facility, the football pitch is one of the best and is being used so well. We are incredibly proud of pulling this project together, a feat that wouldn't have been accomplished without Cllr Cronshaw and Cllr Sunday. There have been an inordinate number of obstacles in the six years it has taken to put together and they have been fantastic in trying to navigate the never-ending hurdles. The building is up and ready, but there are a few more substantial hurdles to navigate.

An extraordinary meeting was called for Tuesday 13th June to discuss the pavilion in detail. The Council has been faced with an unprecedented issue that the infrastructure of the village does not meet the electrical requirements of the (or any) new large building. This is a village-wide problem. Whilst we are collectively in disbelief that there is not enough power to meet the village infrastructure, Cllr Cronshaw has arranged a temporary electrical connection to the pavilion to support the sign-off of the first stage of building regulations, however a substantial amount more electricity is needed. This will require a significant quantity of funds in addition to the project, which means the Council will have to move into the reserves to pay for this. The clerk has done an outstanding job in managing the funds, but we will be asking for Community Board support from Buckinghamshire Council to help meet the target. It also means that applying for grant funding for other projects is of the utmost importance, so if there is any way you feel your expertise could support the Parish Council - please get in touch.

Just to let you know - the lights are on at the pavilion for a building regulation reason and will move to motion sensors when the regulation is approved. The lights are energy saving bulbs at 5 watts, so on calculation that's hopefully only around £1 a week per light on a temporary basis.

## Wing and Burcott in Bloom 2023

It's back! The Environment Group will be driving around Wing in mid-July to judge Wing in Bloom, so give it a go, have an extra tidy up in your gardens, flower pots and hanging baskets, cut back your overgrown bushes and remove weeds from your property boundaries. Let's all make Wing a beautiful place to be proud of!

There are Gold, Silver and Bronze prizes and categories of Front Gardens and Hanging Baskets, overall street winners and business winners too. More details to follow but let's keep gardening.

## Obituary - John Benson

Words from Wing Parish Council and Wing Bell Ringers:

John was a valued Councillor on the Wing Parish Council for many years, and the Council were very sad to hear of his passing in April. During his time on Wing Parish Council, he was one of the main instigators of, and instrumental in, traffic monitoring and management. Along with two other Councillors (known as the three Johns) he was very involved in the new streetlamp lighting project (to cut light pollution of the night skies). They measured all the light levels around Wing and agreed this was the way to go, following on from the example of other villages.

Prior to Long Spinney being taken on by the Wing PC, John was one of the councillors involved, helping to move this forward which resulted in the PC taking on the 99 year lease. John continued his involvement with Long Spinney by becoming a volunteer, and when he became unable to contribute physically, he gave the Spinney some of his gardening equipment that was to prove very useful, and he was always very interested in what was happening and would pop down on his scooter for a social chat. He also very kindly contributed towards funding the picnic bench down there, currently in pride of place on the meadow, which is enjoyed by both the volunteers and the many Wing residents who use the Spinney. Additionally, when the Wing Carnival was still running, Councillors remember John always being around to help.

Alongside his Councillor duties, John was a member of the Wing bell ringers, and latterly also at Drayton Parslow, joining the bell ringers to help ensure the tradition was kept alive. To that end he organised the re-starting of the Drayton Parslow Ringers after getting a group of ringers from the surrounding areas together, and he looked after the mechanical parts of the bells along with maintenance generally. He also very much enjoyed a visit to the pubs after the bell ringing!

John was a volunteer steward at Ascott House, an honorary member of Whipsnade Zoo and a member of the Leighton Buzzard Railway. He was always there whenever needed! John lived independently at the Wantage Crescent bungalows after a long, varied and interesting life that included becoming a flying instructor, a driving instructor, and living on a canal boat for many years.

He will be remembered with great fondness by fellow Councillors, his neighbours, and all who knew him. He will be much missed.

**Parish Council Information**

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

# WING VILLAGE

## Sports and Social Club



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## Coming Up.....










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Wing Village Sports and Social Club

# TALKING DOG with Neil Smith



## A Dog's Digestive System (2)

**In my last article I gave you a brief outline of digestion and how the dogs stomach worked. Once the food has been broken down into a semi liquid state, called chyme, it leaves the stomach and enters the intestines.**

The small intestine joins the stomach, via the pyloric sphincter at one end and the large intestine, at the ileocecal valve, at the other. The small intestine is where most of the digestion and absorption takes place.

The fluid is moved backwards and forwards by the many folds within the mucosa lining and microvilli, which act like a little brush. Here there are enzymes which are responsible for the digestion of carbohydrates, proteins and nucleotides. An extensive network of blood capillaries collect some of the nutrients absorbed here and transport them to the liver.

The duodenum is the first part of the small intestine and accepts the chyme as it leaves the stomach. The pancreas runs alongside the duodenum and consists of two portions. One portion produces hormones and deposits them directly into the bloodstream. The other produces digestive proenzymes. The jejunum is the longest part of the small intestine and consists of many coils and loops. This is where the bulk of the chemical digestion and absorption occurs. The small intestine ends with the ileum where it empties into the large intestines. Here lymphatic tissue is found and this forms an important part of the immune system as it monitors the levels of bacteria in the system and prevents the growth of pathogenic bacteria in the intestines. The fact that the small intestine is so long helps with the absorption of nutrients and fluids. The average length of the small intestine is 4 metres.



The large intestine is much shorter than the small intestine, on average only two feet long but much wider in diameter. It runs from the small intestine to the anus and is made up of four parts: the cecum, colon, rectum and anal canal. The main function of the large intestine is to remove as much of the remaining fluid and electrolytes from the matter, both to keep the body hydrated and to store the faecal matter in readiness for it to be expelled from the body. It also uses enzymes to break down difficult to digest matter by working with natural bacteria. This is the final stage of digestion.

Defecation is controlled by two muscles found in the anal cavity, the internal anal sphincter and the external anal sphincter. When the faeces is in the rectum, sensory receptors are stimulated which starts the defecation reflex which notifies the dog that it needs to defecate. Dogs have the ability to close the outer anal sphincter in order to delay the process.


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And build on a legacy hard won.

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*18th July is Nelson Mandela Day. The UN endorses his campaign message: "Nelson Mandela has fought for social justice for 67 years. We're asking you to start with 67 minutes. We would be honoured if such a day can serve to bring together people around the world to fight poverty and promote peace, reconciliation and cultural diversity."*

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# SPORTS ROUNDUP

*Sue Corcoran, Sports Editor*



## WING COMMUNITY SPORTS ASSISTANCE FOR CHILDREN

**My name is Sue, and I'm the sports editor for WOIW magazine. I'm also involved with the newly formed Wing Ladies football team, and am on the committee for the recreation ground.**

As a child and young adult I was always very involved in sports. My interest in sports remains the same today, albeit I may have slowed down somewhat! I am a great believer in all children having access to sports outside of school.

The overall benefits to children who play sports is proven. Currently in England 10.1% of reception age children are obese, with a further 12.1% being overweight. At age 10-11 (Year 6) 23.4% are obese and 14.3% overweight, and these figures continue to grow. Children who are from poorer communities or families are substantially more likely to be obese.

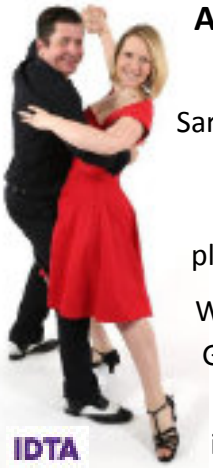
When it comes to mental health, in 2022, 18% of children aged 7-16, and 22% of young people aged 17-24, had a probable mental disorder. A study conducted by HRSA (Health Resources And Service Administration) found that between 2016 and 2020 the number of children aged 3-17 diagnosed with anxiety grew by 29%, those with depression grew by 27%. 50% of mental health problems in children are established by the age of 14. The number of children in England needing mental health treatment for serious mental health problems, rose by 39% in the year up to January 2023.

Exercise has many physical benefits for children as well as their mental health. It gives them a better outlook on life, builds confidence, manages anxiety, stress and depression as well as increasing self esteem and cognitive skills. In simple terms, children who participate in sports have fewer physical and mental health problems.

However, for some families, especially now with the cost of living crisis, paying for kit/equipment and fees in order for their children to take part in sports outside of school is simply not affordable. I will therefore be setting up Wing Community Sports Assistance For Children.

The first stage will be a simple donation and collection point (to be confirmed but likely the new pavilion ) where people can donate items like shorts, t-shirts, football boots, tennis rackets etc which are no longer wanted, so that we can provide these items to children who need them.

The second stage will hopefully be to set up funding in order to help with fees. I will also be contacting our local schools and sports clubs for their support and suggestions. That's the idea in its basic form and I'm hoping that the great community we have here in Wing will give its support and enable more children in our village to have access to sports outside of school. If anyone is interested in helping in any way, or has suggestions, please feel free to contact me by email at csue031@gmail.com


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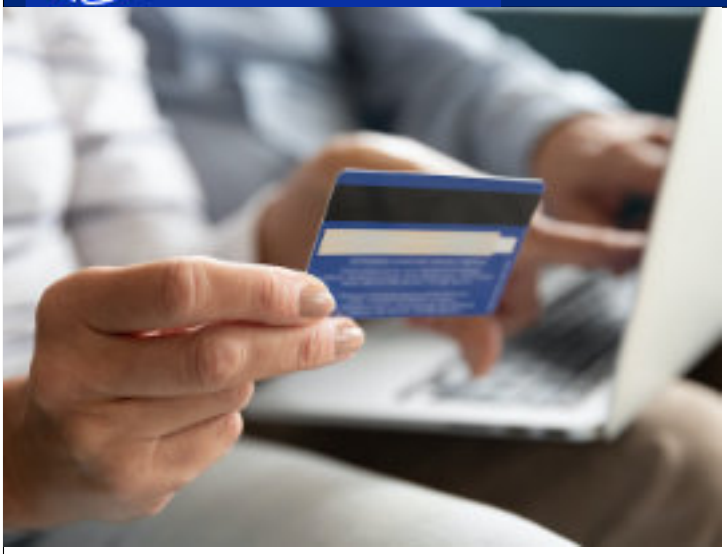







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Buckinghamshire Council news



# Call Blocker Program Shields Vulnerable Residents Against Scammers

**Buckinghamshire and Surrey Trading Standards is offering vulnerable residents a free device which blocks scam phone calls.**

The trueCall device screens incoming calls and blocks calls from unknown phone numbers.

A significant number of Buckinghamshire residents fall victim to fraudsters. Among the most prevalent methods used is cold calling, where fraudsters impersonate legitimate representatives of businesses or financial institutions. The trueCall device blocks over 95% of nuisance calls while allowing calls from friends and family to come through.

Buckinghamshire and Surrey Trading Standards has installed 547 trueCall devices and, over the past year, these call blockers have prevented over 48,000 scam and nuisance calls. It is estimated that the use of these devices has prevented £600,000 being taken by deception from Buckinghamshire residents.

Figures from the trueCall team reveal that the proportion of nuisance calls identified as scams has surged from 21% to 40% in two years. A third of scam victims fall prey to a second scam within a year, with single older individuals being three times more susceptible than those living with partners. Vulnerable individuals are also targeted with approximately 40% more scam calls compared to the general population.

To apply for a free call blocker device, interested individuals should contact Trading Standards via email at ts.prevention@surreycc.gov.uk or call Citizens Advice on 0808 223 1133. The devices are provided on loan for as long as they are needed, thus ensuring ongoing protection against fraudulent activities. Any incidents of suspected fraud should be reported to Trading Standards via the Citizens Advice consumer service on 0808 223 1133.



diana.blamires@buckinghamshire.gov.uk



ashley.bond@buckinghamshire.gov.uk



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## Crossword solution



## Sudoku solution

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

## Codeword solution



WOODLAND WELLBEING

# LONG SPINNEY WORKING GROUP

The Wednesday work party had 6 people involved. Lifting and stacking very heavy boardwalk bridges, clearing lots of vegetation growth from around various areas of young saplings.

Then we enjoyed a lovely break by the pond. It is absolutely beautiful in the wood at the moment, and perfect shelter to enjoy the sun from. Our current projects include

* rebuild the dead-hedge alongside the badger copse.
* clear vegetation from around all trees with tree guards
* collect all the unused tree guards and bamboo canes
* cut back, branches, bramble or nettles growing over the paths
* mow and strim the meadow area
* collect all the old wooden bridges and assess for reuse
* create a "bug hotel"

The bridge work is all completed so hopefully the walk will be more accessible to all. Thank you to everyone who supported with this.

We meet by the Green Metal Container at the Spinney entrance from Bewick Green at the top of the hill.

The next few working afternoons for your diary as below:

JUL: Wed 5th @ 1pm Sun 9th @ 1pm



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## Overstone Combined School

# Year 3 at Celtic Harmony Village







**Year 3 children from Overstone Combined School stepped back in time over 3,000 years ago, by visiting Celtic Harmony Village. On arrival, children were greeted by Caraid our guide for the day. After a short walk, we had arrived at a huge gate defended by a guard who kindly let us in after revealing our group collective name of 'The Wolves'.**

The camp had a number of different roundhouses around a green. We entered one of these roundhouses, whereby we were given a fire display and storytelling session. We then moved onto den building outside. Children were grouped together and challenged to build the most secure and waterproof shelter, which was handy as the heavens had just opened!

Wet and soggy from the downpour, children ate lunch inside a roundhouse and then went in search of mammoths in the woods that surrounded the site. Unfortunately, no real mammoths were found but a great fun game of hunting stone age creatures prevailed, with sticks in hand.

We found cover from the continued heavy rain and watched a flintknapping demonstration. Children saw how weaponry was made and discussed the uses for it, such as hunting and carving.

Finally, the children participated in a foraging activity and learnt all about how truly difficult it was to survive during this period in time, explaining that the average life expectancy was only 33 years. We then did some stone age cooking, looking at the herbs and foods they would have used.

We had a great time and would highly recommend it for an informative and historical fun day out.


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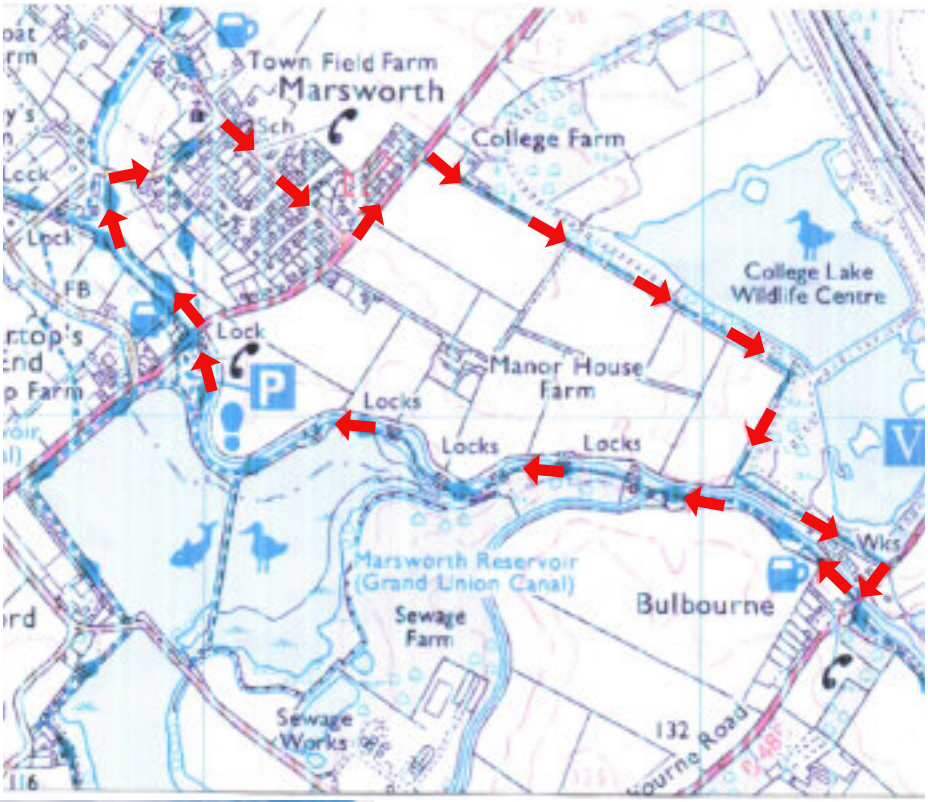
# OUT & ABOUT

*with Gill Jeffries*

## A July Walk

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

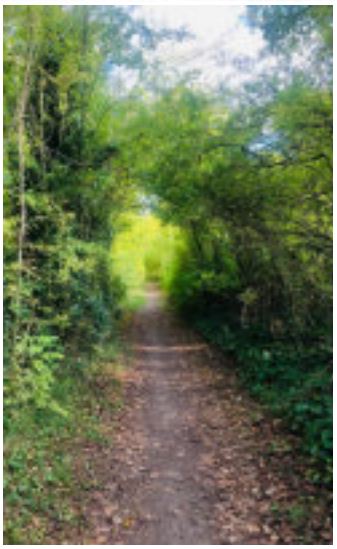
1 hour 10 minutes
Approx. 3 miles (4.8 km)
*(Map © Ordnance Survey)*




- Park in the Canal and River Trust car park in Marsworth (£2.50 for three hours).
- Cross the road by the old pub and walk across the footbridge next to the road.
- Follow the steps down onto the towpath and walk away from the lock.
- At the next bridge, leave the canal and turn right onto the road.
- At the T junction next to the church, turn right and walk down the road to the main road.
- Turn left along the road and, just before the edge of the village, cross the road and follow the footpath away from Marsworth.
- Walk down the path, which skirts College Lake, until you get to the road in Bulbourne.
- Turn right over the bridge, then right again down onto the towpath.
- Follow the towpath back to the car park in Marsworth

*Photos by Liz Tring*







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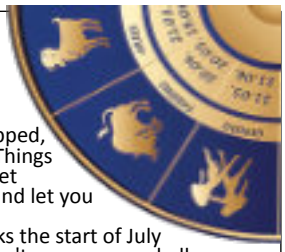
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# YOUR STARS

## for July by Maggy La Grenouille MBE



**CANCER Jun 21-Jul 22** You've been feeling trapped, hemmed-in and constrained for a while now. Things will improve dramatically as soon as you can get someone to open the child-proofed car door and let you out.
**LEO Jul 23-Aug 22** A surge of new energy marks the start of July for you. Up and at 'em! There's nothing you can't conquer, no challenge you can't meet, and win. Super-powers will drive you for as much as twenty or thirty whole minutes!
**VIRGO Aug 23-Sep 22** Nothing seems to be going your way. It's like you're being thwarted at every turn. Your plans go awry, the tide is always against you. You feel as if everyone's against you. Don't fight it. Acceptance is simplest.
**LIBRA Sep 23-Oct 22** This is an exciting time for you. Cornucopia is translexent with Dypstyx, meaning total intransigence with Zadok. All you need to do is brace yourself.
**SCORPIO Oct 23-Nov 21** For someone as naturally reticent and humble as you, it's time to come out from under that stone and come out fighting. You want them to tidy their rooms? Don't hold back.
**SAGITTARIUS Nov 22-Dec 21** You'll be tempted towards irrational decisions this month. Fight the urge to do stupid things, behave illogically and talk rubbish. Lock yourself in the house, ignore the phone, stay upstairs and wait until it passes. *If* it passes.
**CAPRICORN Dec 22-Jan 19** A coded message will arrive from a long-lost friend. Do not ignore it. Wrap it in tinfoil, bury it in the garden and pour weedkiller over it while reciting a recipe for fruit cake three times. That should do it.
**AQUARIUS Jan 20-Feb 18** Things will start looking up at work. After months of scrutiny, you're at last able to get on with your work and make some real progress. HR have finally found someone else to bother.
**PISCES Feb 19-Mar 20** With Mars in perambulance, you'll be almost overpowered by the travel bug. You may feel compelled to strike out, alone, and go to Crafton. Don't do it. Don't.
**ARIES Mar 21-Apr 19** Expect to be very popular at home. They'll be attentive, caring, considerate, smothering you with warmth and care. Deep thought will be required, until you figure out what it is they really want.
**TAURUS Apr 20-May 20** Nothing like a little self-indulgence, around the 17th. You could spoil yourself, without feeling guilty. Treat yourself without feeling selfish. You could, but it won't happen.
**GEMINI May 21-Jun 20** You're emerging from a sustained struggle against the forces of Them, fighting your way through a thick jungle of Stuff. There'll be a moment of simple clarity. Then it'll start all over again.

# SURGERIES

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# BIN COLLECTION IN WING




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## *IN PRINT and ON-LINE!*

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

### Advertising Rates

What's On In Wing has always represented great value for money. Our advertising rates reflect increased circulation, colour printing and the addition 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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# HOW TO CONTACT WHAT'S ON IN WING

### Advertising

For advertising enquiries and bookings, contact Jacqui Wakefield:

**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, either in a .jpg or .pdf 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:

**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.

### Accounts

For payments or accounts, contact Carmen James:

**accounts@whatsoninwing.info**

### Distribution, Other Enquiries

should be delivered/sent to Joyce Brooker, 45a Littleworth, Wing LU7 0JX in an envelope clearly marked 'What's On in Wing'.

### Advertising and Editorial Policy

The views and opinions expressed in editorial contributions do not necessarily reflect the position of the publishers of What's On in Wing, nor does the inclusion of any advertisement or news item represent endorsement by the publishers. We are neutral and impartial, but we reserve the right to edit material to fit the available space, or to decline publication of material, at our discretion. *What's On in Wing is published monthly by What's On Publishing CIC, 12 Overstone Close, Wing, Leighton Buzzard, England, LU7 0TE, registered number 14178082.*

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