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# WOW!

WHAT'S ON IN WING

October 2021



Our Nature expert moves on…



Natasha Richmond reports on the Frank Bruno Foundation



Rosy Hardy coming to Wing Gardening Club

- Parish Council latest
- A Totternhoe walk
- Nature Notes, Gardeners' Diary
- Running safely in the dark
- Keeping dogs happy at fireworks time

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*Cover picture: Old Wing, from the church tower*



Working on What's On in Wing brings us a great sense of place. The magazine is all about our village, and the people in it. Every issue reminds us of the efforts and achievements of so many people – the Lunch Club, the Poppy Appeal, the Long Spinney team, the Library, the Church, to name only a very few. Or the people who dedicate themselves to organising the sports activities in the village – the football, the tennis, the snooker, the kickboxing, the cricket, the badminton, and more. Or the toddler groups, the dance classes, the bingo, the fitness activities, the Pop-In. And not least, the people who keep the fabric of our community in one piece, our parish council.

In recent times, we've all been confined to barracks to a greater or lesser extent. One of the better outcomes of that constraint is that we've looked more than usual within our community for support, diversion, sustenance. And, sometimes to our surprise, we've found it.

Iain Malin, our Nature editor is now on his way to Canada, to answer the call of the wild. No-one has done more than Iain to open our eyes to the wild life (yes, two words) within and around our parish. A reminder that we're not the only ones who live here, taking shelter, raising families, and picking our way through the tangle of life.

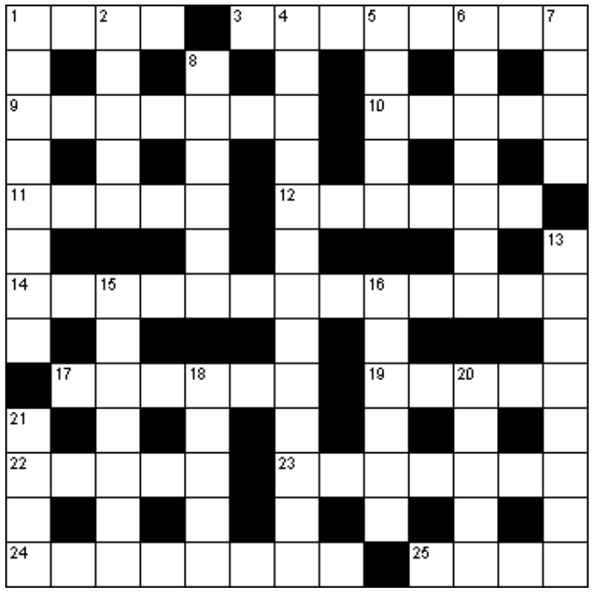
In our busy world, it's easy to see only the things in our own lives. We hope What's On in Wing helps a little, to open all our eyes to a view of our village as a special place. One brimming with energy, enthusiasm and generosity of spirit. And that most fundamental requirement for a place we're happy to call home: good people.

Best wishes to you all,

**Joyce and 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 Mislaid (4)
3 Final performance before retirement (4,4)
9 Eldest son of French king (7)
10 Evade (5)
11 Deduce (5)
12 Ingenious (6)
14 Charitable giver of help (4,9)
17 Rupture (6)
19 Large striped cat (5)
22 More competent (5)
23 Scandinavian country (7)
24 Precious stone (8)
25 Average (4)

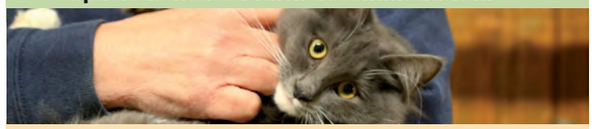
**Down**

1 Digs (8)
2 Powdered tobacco (5)
4 RAF officer (4,9)
5 Female relative (5)
6 Rich, luxurious (7)
7 Scottish valley (4)
8 Financial holdings (6)
13 Continuous (8)
15 Coincide partly (7)
16 Part of the eye (6)
18 Compass bearing (5)
20 Forest clearing (5)
21 Asian country (4)

Solution p 35

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# From the Rector...





"Strictly" is back on the telly so it must autumn and harvest celebrations! With our 24/7 world, we may feel we've lost touch with the seasons and whilst that is likely true, I guess our forebears would see that as a small price to pay for no longer worrying whether the food stocks would last the winter. Plus, the Harvest Festival, whilst celebrated across our churches, can so easily be seen as merely a wistful glance back to an England long gone.

We expect to have strawberries the whole year round and many children do not make the connection between cuddly animals and the shrink wrapped meat products in the shops. However, we have woken up to the fact that we do have responsibilities for the Creation. That food miles, sustainability and choice (which creates massive food waste) are huge issues and may just mean that we should revert to, for example, strawberries only in June. Maybe.

I suggest that we neglect Harvest at our peril. Biblically, the harvest reminds us of our stewardship of the earth's resources and also asks of us, "what is the harvest of your life?". It's there at the start of the bible, pops up throughout and is fundamental to the book of Revelation. And as we have become more aware of the need to curate the earth, those biblical principles won't go away. Curious that.

So, a big thumbs up to crusty bread and oversized marrows; but a bigger thumbs up to the crossover points between empirical observation and a theology of Creation.

With every blessing,

Rev'd Howard Robson.

| October Services | | |
|---|---|---|
| Date | Time | |
| 3 | 1100 | Holy Communion |
| 10 | 1100 | Morning Prayer |
| 17 | 0830 | BCP Communion |
| | 1100 | People's Praise |
| 24 | 1100 | |
| 31 | | No service |
| | 0930 | Holy Communion Wingrave |
| | 1130 | Holy Communion, Soulbury |

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# The Wing Singers

Our choir is back singing! The term started on 5 September after a very long lay-off due to Covid-19. Initially, we found singing once again in a large group in Wing Village Hall an odd experience, but any staleness was soon overcome thanks to our enthusiasm and that of Jill Neenan, our Musical Director.

We were delighted to have about 60 attending each of the first two of our weekly rehearsals and we welcomed 12 newcomers to the choir.

Anyone considering joining a community choir is very welcome to come as a visitor on a Sunday evening for a complimentary rehearsal and to see if we suit you. However, before coming please contact Lance Redler (Choir Secretary) on 01296 681286 (or send an email to wingsingers@yahoo.co.uk). He will explain the Covid-19 protection measures that are currently being applied.

Choir members come from Wing and 24 other towns and villages, membership is open to all ages and abilities and no auditions are necessary. Comprehensive details about The Wing Singers - including rehearsal dates and times - are on our website:

**www.thewingsingers.org.uk.**

# 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

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| ■ | ■ | ■ | 17 | ■ | 19 | ■ | 13 | ■ | ■ | ■ | ■ | ■ | 14 | ■ |
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| ■ | 13 | ■ | 25 | ■ | 8 | ■ | 22 | ■ | 3 | ■ | 22 | ■ | 5 | ■ |
| 25 | 23 | 25 | 9 | 13 | 3 | ■ | 13 | 25 | 14 | 19 | 14 | 15 | 17 | 25 |
| ■ | 6 | ■ | 13 | ■ | 13 | ■ | 1 | ■ | 2 | ■ | 5 | ■ | 1 | ■ |

C A T

# theWI INSPIRING WOMEN

## WING WOMENS INSTITUTE

**Thursday 21st October 2021**
**WING SMALL HALL**
**7.30-10 p.m.**

## AGM & Social Evening

**Please ensure you wear a face mask. We will arrange the chairs to ensure social distancing.**

**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**

Solutions p 35

# SUDOKU CENTRAL

| | | | | | | | | |
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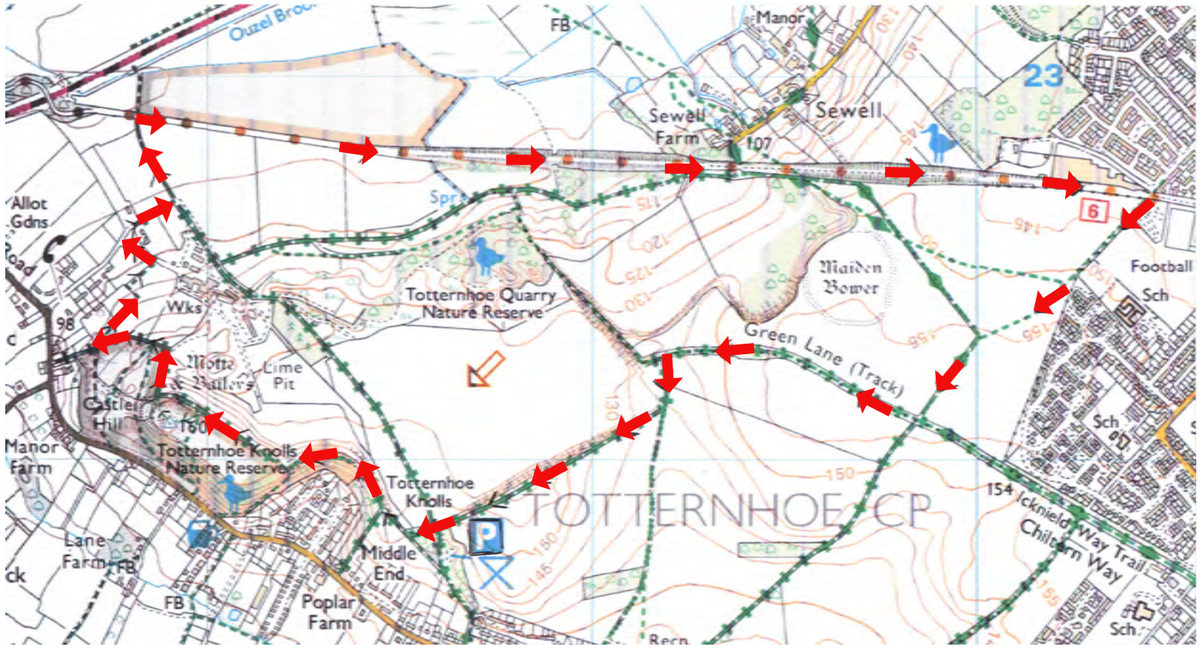
# OUT & ABOUT

*with Gill Jeffries*

OS Explorer 192
Streetmap.co.uk will enable you to print a map with footpaths and field boundaries.

Approx. 2 hours
4.4 miles (7 km)

## A Walk for October




▶ Park in the Nature Reserve car park off Castle Hill Road, Totternhoe

▶ Walk up the steps at the top of the car park and turn left onto a wide path

▶ Walk along the path on a ridge behind houses until you come to a kissing gate on the left of the path

▶ Walk through the gate across the grassy areas, the precincts of the castle

▶ Keep left to walk around the edge of the moat, or straight ahead, down and up, for some added fun!

▶ Continue across the next grassy area then up to the trig point

▶ Descend from the trig point on the opposite side and take the path ahead and to your right with the fence directly on your left



*The Cross Keys Public House on Castle Hill Road dates from the 17th century and is a listed building*

▶ Re-join the main, wide path turning left and going down hill

▶ As you come to a field on your right, take the narrow footpath immediately on your right along the edge of the field, now on your left

▶ Continue along the path to a road

▶ Turn right along the road/track, then left onto another footpath

▶ Turn right along the old Dunstable to Stanbridge railway track and continue towards Dunstable to the barrier at the end

▶ Turn right onto a footpath along the edge of a field with the BMX track on your left

▶ Follow the path across the fields to the wide Green Lane

▶ Turn right onto the Green Lane then turn left onto a joining path

▶ Take the right fork in the path which rises along the edge of an escarpment and continue to the steps down to the car park on your left.



*Sewell Cutting (above) and Castle Hill, Totternhoe, (below) both to be encountered in this month's*



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# WHAT'S ON at WING HALL

## REGULAR ACTIVITIES



| | | | | | | |
|---|---|---|---|---|---|---|
| **MONDAY** | Drama Class | TBC | Large Hall | 1545-1830 | Victoria Hope | |
| | Rainbows | TBC | Small Hall | 1615-1745 | Carolyn Saunders | 01296 688508 |
| | Brownies & Guides | TBC | Small Hall | 1800-2000 | Carolyn Saunders | 01296 688508 |
| 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 |
| | Pop-In (Age Concern) | | Small Hall | 1330-1600 | Sheila Woolhead | 01296 688337 |
| | 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 1274 |
| Fortnightly | Lunch Club (over 60s) | | Small Hall | 1200-1400 | Sue Nightingale<br>Richard Webb | 01296 682999<br>01296 681516 |
| | Dance Class (adults) | | Large Hall | 1830-2200 | Adrian Marsh | 07906 988880 |
| | Library | | | 1000-1200 | | |
| **THURSDAY** | Zumba | TBC | Large Hall | 0900-1030 | Gabriel | 07459 488547 |
| Term time only | Lacemaking | | Small Hall | 0930-1130 | Bobbie Long | 01296 624179 |
| | 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 | 1100-1400 | Adrian Marsh | 07906 988880 |
| | Library | | | 1400-1600 | | |
| **SATURDAY** | Spanish Lessons (18 mths-11 yrs) | | Library | 1400-1500 | Rebecca Salter@kidslingo.co.uk 07967 357227 | |
| **SUNDAY** Term time only | Wing Singers | | Large Hall | 1645-1915 | Lance Redler 01296 681286 wingsingers@yahoo.co.uk | |
| | Snooker Club | | Snooker Room | | David Turner | 01296 682870 |

***Monthly. Contact Adrian Marsh for details***

***Table tennis equipment available at no extra charge!***

### CONTACTS

For regular bookings only:
Sheila Lambert, 01296 682795
sjlambert49@gmail.com
For parties, weddings, one-off bookings:
Stephen Payne 07555 722315
stephenpayne3@hotmail.co.uk

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# Gardener's Diary

*by Rosie Richardson, Wing Gardening Club*



As I write there is still no sign of the promised 'heatwave'. I must've blinked and missed it. There has been such significant rainfall combined with warm sunshine to create one of the worst years for weeds. I'm trying to clear as much bindweed before the pesky weed disappears underground only to re-emerge in the spring in its newfound footholds.

The wind will start loosening the leaves this month and if possible, it's worth trying to collect a bagful of leaves. Chopping the leaves up with a lawn mower will help speed up the process. Water the dry leaves in the bag and tie the top. Pierce the sides of the bag with a hand fork to create drainage holes and put in a quiet corner of the garden. It takes about a year for crispy leaves to turn into a wonderful brown, crumbly mulch (leafmould) to add to the borders. Leafmould is a really good way of lightening heavy soils.

Autumn is a great time of year to dig up tired old perennials, split up and replant. Replant the part of the plant on the outside and discard the exhausted central bit. Add some fertiliser to the new hole and pop in the division. It will soon develop roots and grow into another healthy plant. This is a fantastic way of increasing your plant stock and rejuvenating tired borders. It also gives you a chance to dig up plants that have not performed as expected and make room for something new. Late flowering perennials (eg Asters) are best lifted and divided in the Spring.

I usually prepare my dahlia tubers for winter storage around now. I brush as much soil off them as possible and check for no lurking slugs. Then stand them upside down in a newspaper lined plant pot (with label naming the variety) and store in a shed for the winter. I know several gardeners who just cut the dahlia back and leave the pot in an unheated greenhouse throughout winter. Don't be tempted to water the pot otherwise the tuber may well rot.



This is the last opportunity to plant spring cabbages. Very important to remember to net them to keep the hungry pigeons off. I'm going to try sowing broad beans in the autumn this year and plant out as soon as the soil is warm enough in the Spring. I'm reliably told this is a good way to avoid an infestation of black fly and gives an earlier crop.

The Garden Club trip to Wisley was a huge success – enjoyed by all. We are hoping to go to RHS Hyde Hall next year to visit the Flower Show and the gardens. I'll be organising a coach trip to Cambridge Botanic Gardens in the Spring. Rosy Hardy (winner of 24 gold medals at Chelsea) and owner of Hardy's Cottage Plants is coming to give a talk on Autumn Flowering Perennials on Tuesday 12th October, 7.30pm in the Large Hall. Tickets (£5) are available in advance from Christine Carrick on winggardeningclub@hotmail.co.uk. Seats will be limited to allow for social distancing but any unsold tickets will be available on the door.



**Chelsea Gold medallist Rosy Hardy will talk in Wing on 12th October** *(see left).*

**Tuesday 9th November 7.30 pm:** Andrew Grout, Head Gardener Woburn Abbey.

**Tuesday 14th December 7.30 pm:** Gin Tasting & talk Willow Tree Distillery.

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

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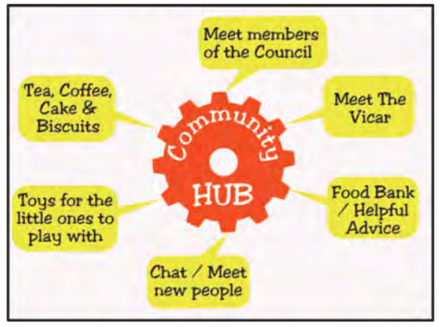



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Members of the Parish council will be present along with representatives from Buckingham Council.

The food bank will be open and there will be access to useful advice.

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For a full list of dates and more details about our new 'hybrid' sessions visit www.thesongbirds.co.uk or email susan@cantamusmusic.co.uk



# SHOPPING AROUND

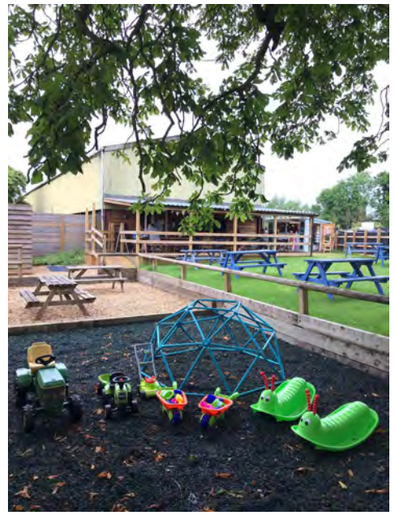
***An occasional look at local sources and suppliers***

## Wild Raven Farm Shop & Tea Room, Rowsham









If you've travelled between Wing and Aylesbury, you can't fail to have noticed Wild Raven Farm Shop and Tea Room in Rowsham. The business is built on the shoulders of 170 years of family greengrocers, and this October they are celebrating their one year anniversary. The barn was converted by owner and proprietor Jaime, with a vision to bring the very best in fruit and veg to the local community. This is a family business with a desire to offer great service and quality, locally sourced food products.

Bravely opening in October 2020, the team incorporated a tea room into the farm shop serving hot and cold food and cakes, freshly baked everyday. The farm shop also offers online orders with the option for collection or delivery.

Jaime says, If there's anything you don't see in the shop, do let them know. They'll be happy to try and source what you're looking for.




## From the Vaccination Clinic organisers

As many of you know the Wing Vaccination Centre has moved to its new home at the Sports and Social Club, with the first clinic on 10th September. The move was tinged with sadness but also immense pride at what we collectively achieved during our 6 months at the Village Hall.

On a cold February day I remember meeting a group of ladies who had applied to train as vaccinators and feeling very nervous and excited at the same time. Sheila rallied the village / golf club and anyone else she could think of to put together a list of Volunteers that Sara then agreed to organise, with the help of Lance and team leaders, into a rota to help us at the Hall. It was an incredible effort!

It hasn't always been plain sailing - clinics added, taken away, patients cancelling with no notice, a lot of fainting, lack of AA signs etc - but what we have achieved, together, has been truly amazing. Just short of 22,500 doses were given at the Village Hall and I hope that, like me, you will reflect on this number and feel glad and also proud that you were a part of something that none of us could have predicted.

I have thoroughly enjoyed working with everyone who has volunteered and hope that you found enjoyment at being part of a team that created a safe, organised and efficient vaccination centre.

I would like to say a huge personal thank you to everyone that has volunteered and am thrilled that some of you are coming along for the next phase at the Social Club !

With very best wishes

Jo

# ON POINT PEST SOLUTIONS



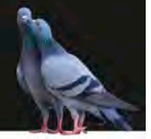


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**General maintenance of infrastructure:**
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**Maintaining the biodiversity:**
Improving wildflower meadow
Mowing / strimming out brambles & horsetail
Clearing choked baby trees from tall grass and weeds

**The tools we most often use are:**
shears, secateurs, spades, rakes, wheelbarrows, strimmers, drawhoes ..

*If you come along and help out please bring any of the above tools you might have - as we only have a few extra to lend to our volunteers.*

**We *always* need more volunteers**
and are grateful for any help you can give
*(even if you can only spare an hour of your time).*

**Below are the dates for the next 3 months**
(why not put them in your diary now, so you won't forget)

**OCT** - Wed 6th & Sun 10th ( 2 pm - 5 pm )
**NOV** - Wed 3rd & Sun 7th ( 1 pm - 4 pm )
**DEC** - Wed 1st & Sun 5th ( 1 pm - 4 pm )

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# Country Notes



**By Iain Malin**

As we enter October we are in the last quarter of the year. Nights are drawing in fast now. So this is the time when those people who don't feed the birds all year should give it a go, or start again for the winter.

Shorter daylight hours means less time for the birds to hunt for seeds and insects. Insects, of course, are less and less available as the temperatures drop. That's why most of our insect eaters retreat to warmer climes. Seed-eating birds are increasingly reliant on human beings to supplement their food supplies. But the tendency now to have everything tidy in gardens and on farms seriously depletes the food supply for seed-eating birds.

I have always fed birds in my garden throughout the year and it's interesting how numbers fluctuate. At the moment greenfinches are in abundance which is great news. Greenfinches declined so dramatically last year because of toxomonosis, which I have talked about before. Now for some good news: the Greenfinches seem to have bounced back, having had a good breeding season. As I write this nine are feeding on sunflower hearts in a feeder in my garden. However, we humans are partly responsible for the the spread of this disease: because so many of us like feeding the birds. But it is from bird feeders that this disease spreads so easily. So please, please, periodically wash and disinfect those feeders. It's now been discovered that infected birds spread the disease through drinking water. So be sure to thoroughly clean those water bowls, too.

Many people have noticed that a section of the Little Ouzel down the Park road has been dredged, and the willows have been pollarded. The willows are planted to stop the banks eroding and in this case, they're crack willows. As their name suggests, the branches break very easily. If the trees are not maintained they collapse under their own weight. At the bottom of the park the inland drainage board, for one reason or another, let it go on too long and the trees got into a sorry state. But hopefully the work done now will save the trees. They are very important for birds, as they contain many holes and also become hollow. Years ago they used to burn out the centres to make them stronger (If you can remember your physics lessons a tube is stronger than a solid structure, and the same applies in nature). Hopefully mallards, little owls, barn owls and many small birds will soon find refuge in them again.

As many of you know there is a big change going on in my life and I am moving away. The pictures this month reflect some of my favourite experiences during the last 50 years. I hope you enjoy them and I hope I will still be able to write something for WOiW in the future.



*Chiffchaff*



*Little Owl*



*Bee Orchid*



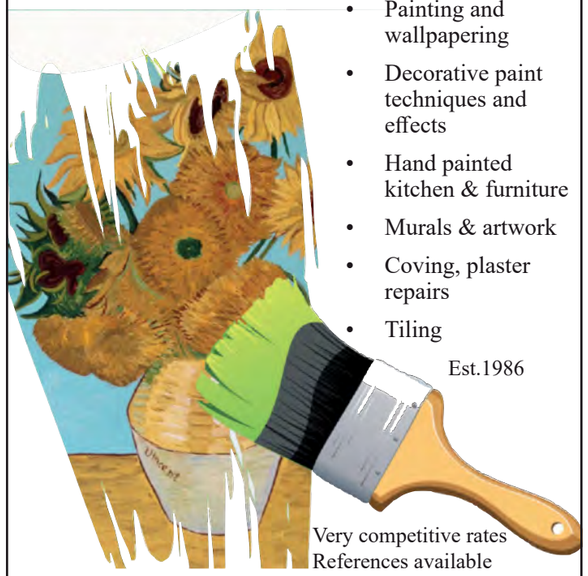
*Small Copper*

*Roe Deer*



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Saturday 23rd Karaoke Night 8pm

Saturday 30th Halloween Fancy Dress Party 8pm







# ROLLING WITH THE PUNCHES

If the last 18 months has taught us anything, it's that looking after our mental health is paramount. Phrases such as 'It's ok to not be ok' and 'be kind' have come to the forefront of social media, helping to raise the profile of self-care and positive mental health. For many people this has not been enough, and they have turned to one of the many resources that are available in this country for extra support and advice on how to best cope with mental ill health.

One such resource is the **Frank Bruno Foundation's Round By Round Centre** in Northampton, which provides an 8 week wellbeing, non-contact boxing programme and "needs-led wrap around" service for anyone over the age of 13 years old in England, Wales and Northern Ireland, who has been referred by a professional body. We caught up with Wing resident **Nick Smith, CEO of The Frank Bruno Foundation**, to find out more.

**Q: Tell us what the Frank Bruno Foundation and the Round By Round Centre is all about.**
A: Frank Bruno and the Foundation set up the programme to provide support, encouragement and the motivation to succeed for people facing mental health challenges. The programme includes non-contact boxing, general exercise, and the development of coping mechanisms to help build self-esteem, confidence, resilience and discipline in daily life, all in a safe environment.
We opened our first Centre in Northampton six months ago and have been overwhelmed by the response. We have seen many guests visit us from a wide area to engage in the various programmes, who now feel better placed to face the future. Classes we provide in addition to the 8 week programme include over 55's exercise, women only exercise, children's exercise and support for those who have disabled children or children with special educational needs.



**Q: How involved is Frank Bruno in the Foundation?**
A: The Foundation is Frank's vision. It is a direct result of him wanting to give something back to the community. He has faced well documented challenges both in and out of the ring and has always done so with determination, dignity, humour and humility. And it is Frank's honesty in talking about his battles with mental health issues, which continue to earn him the respect of those whose affection he won as a boxer. It is fitting then that supporting sufferers of mental ill-health is where Frank feels his attention is best focussed. He is actively involved in the centre, frequently visits and we travel and present together regularly at various meetings and functions.

**Q: What does the programme consist of?**
A: Frank has spoken openly of how exercise has played a vital role throughout his life whilst training as a professional boxer, and more recently in his battle with mental health challenges. Working with a team of experts at the Foundation, we developed the programme to include twice weekly sessions of emotional wellbeing support and non-contact boxing, with the aim of bringing healthy-body and healthy mind approaches together to provide a holistic and enjoyable approach to the programme.

**Q: How do you see the Frank Bruno Foundation developing in the future?**
A: We will be opening a number of new centres nationally and then in North America (South East London coming next!), and we will continue to campaign to raise public awareness of mental ill health and how it can affect anyone at any time. We will also continue to campaign to knockout the stigma surrounding this by the use of our social media platforms and the charity ambassadors to encourage anyone facing mental ill health to talk openly and not to feel discriminated against.

**Q: The Foundation is holding a Diamond Ball on November 12th. Tell us more?**
A: Frank is 60 this year, so we are having a party to celebrate! The Diamond Ball will be a terrific evening, professionally compered and including great live music and entertainment, surprise guests, casino, and a memorabilia auction, all raising as much money as possible for the Foundation. For those who wish to sit together please either book a table if you have 10 people, or nominate an individual to purchase the tickets on the group's behalf. You can book individual tickets or tables via **www.eventbrite.co.uk** or by contacting **events@tfbf.co.uk**

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# Health & Wellbeing



*By* **Natasha Richmond**

We can well and truly say that we are into Autumn now. The mornings and evenings are darker, the air is cooler, and the leaves are falling off the trees. But just because the days are drawing in and we feel like hibernating, it doesn't mean that we have to start dropping healthy habits that we have built up over the summer months.

Yes, some changes may need to be made, if for example you don't like exercising outside in the dark, maybe try to find space in daylight hours for your walk, run or cycle, or if you can't, perhaps you could consider changing your form of exercise to an exercise class, join a gym, get some gym equipment that you can use at home instead or investigate YouTube workouts?

Or if you have never exercised outside in the dark, give it a go, you might like it! As long as you are safe (head torch, high visibility clothes or bands, and keeping to well-lit footpaths or cycle lanes) there's no reason why it can't be done. I run Monday evening (6.30pm) and Thursday morning (6.30am) boot camp sessions which I intend to continue over the winter months. You don't need to worry about being cold, you will soon warm up!

And as it's pie and mash season, here's a recipe for a healthier 'pie' using a puff pastry sheet. To make Cheese, Onion & Mushroom Puff Pie, fry some onions, chopped mushrooms and diced potatoes in some olive oil until softened. Then add some chopped leek and courgettes sliced into ribbons with a peeler and fry for a few more minutes. Then add a couple of tablespoons of lower fat creme fraiche, half a teaspoon of English mustard and splash of hot water. Simmer until the liquid has thickened and the potatoes are soft, and then place the mixture in a baking dish. Stir in a large handful of spinach and a large handful of grated cheddar cheese, and top with a sheet of ready-made puff pastry. Brush with some milk and cook at 180 degrees for around 20 minutes or until browned. Serve with salad or veg. Let me know if you give it a try! See you in the November issue.

Best wishes,

Natasha

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

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# TALKING DOG with Neil Smith



**As we leave the summer behind and move into autumn our dogs will notice the change, not only because of the temperature and darker evenings but particularly the changing smells. The falling leaves and dying vegetation will signal the changes and for some dogs this will trigger the fear of what is to come - fireworks !**

So many of our pets are traumatised by the noise of fireworks which unfortunately go on for several days around 5th November. Their random arrival makes it incredibly difficult for us to prepare our pets but there are several things that we can start to do now that will help build coping mechanisms.

If you haven't already done so, introduce a crate. It needs to be just big enough for your dog to lay in, make it cosy and cover it over with a blanket so that it resembles a den. Start to feed your dog in the crate so that it has pleasurable experiences in there. Practice closing the curtains and turning the TV up loud for an hour every evening. This will then seem like a normal routine to your dog.




Some dogs benefit from wearing a thunder jacket. These are little coats that wrap tightly around your dog to give a secure feeling. I would certainly advise buying one now if you think this may help as they are likely to be out of stock when we get closer to November. The use of a DAP diffuser can also be beneficial. It contains a synthetic copy of the 'dog appeasing pheromone' which the mother naturally releases to calm and reassure her litter. It has the same effect on adult dogs. Place this near to the crate to enhance the safe den. Rescue remedy for dogs is also available, try putting a few drops into your dogs water now and keep it going until after the fireworks cease.

Another thing you could try is to gently play the 'sounds scary' CD or check out 'youtube' for firework sounds. If you play this constantly in the background on a very low setting and gently increase the volume, you can de sensitise your dog to the frightening sounds.

Do all of this for several weeks before the event in order to acclimatise your dog. On the day (or weekends before and after the 5th) make sure that you take your dog into the garden for a wee before it gets dark. Don't leave your dog outside alone in case a rogue firework goes off. Also try adding some cooked pasta to their evening feed, which I suggest you give to them earlier than normal. This will aid the feel good factor of a full stomach.

Remember to stay calm when you hear the fireworks start. Act normally and remain relaxed, that way you will not reinforce your dogs fears. Try not to acknowledge their stress by cuddling or talking to them, just ignore their behaviour and encourage them to find their safe space. If your dog really does get excessively stressed then have a chat with your vet to see if they can suggest any other options.



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- Nest & Hive Heating smart thermostat installation
- Gas pipe work
- Full heating installation service
- Uponor under floor heating wet system
- Power flushing
- General servicing & problem solving
- Gas safety inspections
- Landlord Certificates
- Shower & bathroom installations

## Electrical Division:

All electrical work undertaken including:

- CCTV cameras
- Electrical safety certification

## Building Division:

All building work undertaken including:

- Extensions
- Loft conversions
- New kitchen installations

## CONTACT ROB:

07484 806576

rob@wingheatingandplumbing.co.uk

GAS safe REGISTER

626479



# FAMILY PORTRAITS | ADULTS | KIDS
# PETS | PASSPORTS | VISAS

REASONABLE & AFFORDABLE RATES AT A WING BASED STUDIO

STUDIO 55













For further information and /or to book an appointment 01296 688 763 brianclarke1@btinternet.com

WING
Community Library

Registered Charity number 1151925

# Opening Times

| | |
|---|---|
| Tuesday | 1400 - 1600 |
| Wednesday | 1000 - 1200 |
| Friday | 1400 - 1600 |
| Saturday | 1000 - 1200 |



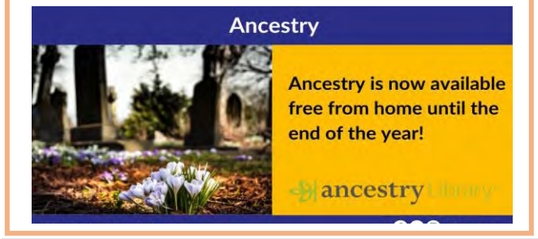

Let our Halloween display inspire you

## Our Fines Amnesty has now ended

Together We Read (29th September – 13th October)<




From 29 September -13 October, readers can experience Nobel Prize winner Kazuo Ishiguroâ€™s *Klara and the Sun*, longlisted for the Booker Prize 2021, as an ebook and audiobook for free. Readers can access the digital book with no waitlists or holds by downloading the *Libby app* or visiting https://buckinghamshire.overdrive.com. They can also participate in an *online discussion* with other readers across the country.




## Join the library here

www.buckinghamshire.gov.uk/libraries/library-membership/join-library/ to access a wealth of FREE online services

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



BUCKINGHAMSHIRE LIBRARIES

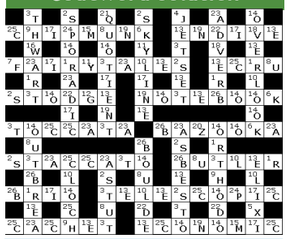




## Crossword solution



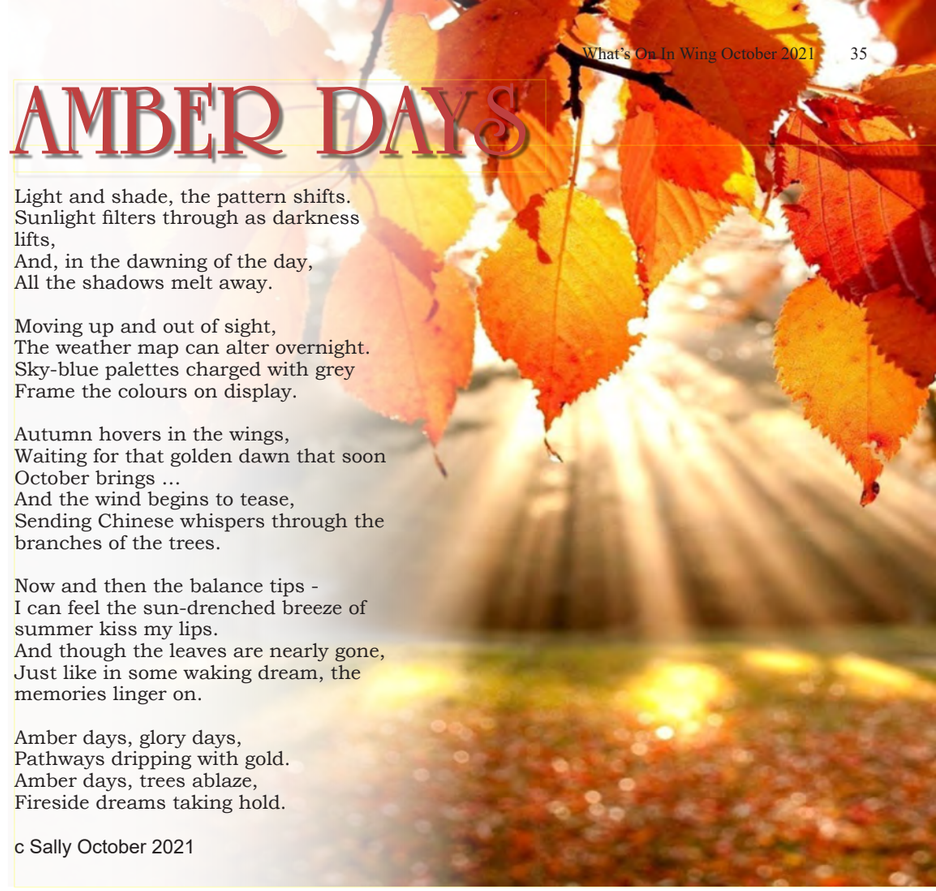
## Codeword solution



## Sudoku solution

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

# AMBER DAYS



Light and shade, the pattern shifts.
Sunlight filters through as darkness lifts,
And, in the dawning of the day,
All the shadows melt away.

Moving up and out of sight,
The weather map can alter overnight.
Sky-blue palettes charged with grey
Frame the colours on display.

Autumn hovers in the wings,
Waiting for that golden dawn that soon
October brings …
And the wind begins to tease,
Sending Chinese whispers through the branches of the trees.

Now and then the balance tips -
I can feel the sun-drenched breeze of summer kiss my lips.
And though the leaves are nearly gone,
Just like in some waking dream, the memories linger on.

Amber days, glory days,
Pathways dripping with gold.
Amber days, trees ablaze,
Fireside dreams taking hold.

c Sally October 2021

# WEAVERS

**SMART, SAFE AND PRACTICAL BAGS FOR MOBILE PHONES OR GLASSES**

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

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



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

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

Free quotations provided for your home or commercial requirements.




Inside or 'one-off' cleans on request.

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

# All Saints Church Wing

Presents an evening of entertainment on
**SATURDAY 16TH October**
**at 7.00 p.m.**
in Wing Small Hall including



## Wine Tasting

**An opportunity not only to taste wines, but to find out more about them, their production and what makes them so unique. Led by our own Matthieu Longuere, one of 267 Master Sommeliers in the world!!**



**and**



## Auction of Promises

**A chance to bid for fabulous services promised by our generous givers.**



**Tickets £20 (BYO nibbles)**
**available from Maureen Lomas:**

☎ **Wing 682915** ✉ **maureen@lomasfamily.plus.com**



# Parish Council News

### The Village Pump





Unfortunately, after a thorough inspection of the pump it was decided that it needed to be laid down before it collapsed, potentially causing an injury. It was removed so it could be fully inspected.
The Wing Heritage Group noted that the well was filled in and was capped with concrete in 1966.They also suspect that it was rebuilt sometime during the 1980s.
With the pump removed, it was clear that there were no internal workings whatsoever. A decision as to how to proceed will be taken in due course after further surveys.

### The Parish Council Is now on Instagram

Yes the PC now has an Instagram account. After 5 days we already have nearly 30 followers. Just search for @wingparishcouncil and you should be able to follow us from there.

### Gigaclear - Contact Details

For any issues with the current intranet infrastructure work, please contact: -
**www.networkbuildcare@gigaclear.com**
**Tel: 01865 591137**

### Community Boards

Community Boards are a new way of bringing the council, groups, organisations and local people together to look at local issues and find ways of improving them together. Our Community Board is the

**Wing and Ivinghoe Community Board.**

As a community-led partnership, Community Boards will:

- influence how decisions are made and how services are delivered
- represent the voice of local people
- capture thoughts, ideas, and suggestions
- bring together key community partners and residents
- identify local needs and work to produce creative solutions

The boards are all about taking action. Action groups will explore the local priorities, set up local projects and find creative ways to make local changes. Each board has an allocated budget to fund local projects and initiatives.
Get involved: If you join your Community Board, you'll be able to have your say on issues that affect your area. How involved you become is up to you. They will:

- send you a regular newsletter
- invite you to meetings and events
- give you the opportunity to get involved with action groups
- let you know about local consultations
- share information on funding for communities

For more information email: -
***wingandivinghoecb@buckinghamshire.gov.uk***
or visit the Facebook page: -
**www.facebook.com/groups/229786742228764**

### Recruiting younger members for Parish Councils

A recent article in the National Association of Local Councils magazine highlights the lack of younger Parish Councillors after the election in Bexhlll of the second youngest councillor in England, aged 18. They want young people to stand up and be counted and have a say in how their communities are managed. NALC are working with local councils and county associations to inspire more young people to get involved in their community including as parish and town councillors.
According to the Local Government Association, the average age of a Councillor on a principal council, is currently 59. Just 11 per cent of councillors are aged under 45.




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**

## Meet the Councillors

### Louise Tabiner-Crush

Louise has lived in Wing with her husband for 21 years and has been a Parish Councillor since 2014. Her 2 children have attended both village schools, Overstone and Cottesloe, with one now at university and the other studying GCSEs. She works full time as a call centre supervisor for a company based in Haddenham but has been working from home since the Covid outbreak. She joined the P.C. to help Wing improve the lives of the villagers, and is passionate about the green areas we have and wants Wing to be as colourful as possible. She is a member of the Council Environment Group, which organises the Wing in Bloom competitions we held until last year - hopefully we will be able to restart this again next year. This will encourage our villagers to look after their "areas" and take pride in keeping Wing colourful and tidy. We hope to enter the Best Kept Village competition again when we can. The Environment Group has recently planted wildflower seeds in two areas and we hope this will be successful and we can plant more late this year and early next year around the village.....

### Liz Tring

Liz has lived in Wing since 1987 and her daughter attended both Overstone and Cottesloe Schools. Before retirement she worked for 25 years at the Open University in Milton Keynes. She joined Wing Parish Council in 2018 after having attended many of the meetings as a member of the public, and helping out with various activities such as Wing in Bloom, the Annual Parish Meeting, Poster campaigns etc.
Liz's particular interests lie in the environmental side of things concerning the village and surrounding areas, and she is on the Parish Council's Environment Committee. Liz joined the Long Spinney Working Group as a volunteer just after the PC obtained the long lease from Bucks Council some years ago.
She attends the Bucks Council Community Board (and sub-groups) as a representative, as well as BMKLAC (Bucks and Milton Keynes Association of Local Councils) and the Bucks Town and Parish Council Liaison meetings.
Liz does walk around the village a lot, and she is always happy to chat and help out if she can.

**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**

Ashbourne
Day Nurseries



Looking for childcare?

A lifetime of confidence starts here. Our friendly Wing nursery provides flexible childcare to suit your needs.

- Catering for children from three months to five years old.
- Stimulating children's natural curiosity in a safe and friendly environment
- Each child is allocated a key person ensuring their individual learning needs are met
- Vibrant and spacious, fun rooms to provide a stimulating environment
- Our outdoor environment provides an extended learning experience where the children can investigate and explore
- Minimum of two sessions with flexible sessions available



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Ashbourne Day Nurseries
at Wing,
Overstone Combined School,
Church Street, Wing,
Buckinghamshire, LU7 0NY

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www.ashbournedaynurseries.co.uk



POST OFFICE

# Wing Village Supermarket & Post Office

Londis



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

***KEEP AN EYE ON OUR SPECIAL OFFERS!***

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

THE NATIONAL LOTTERY™

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

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

WING

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

# HOW TO ADVERTISE IN WHAT'S ON IN WING

### IN PRINT and ON-LINE!

What's On In Wing is published once a month, delivered direct to every one of more than 1300 households, shops, and (in normal times) pubs and public buildings in the parish of Wing. It's also available on-line, for browsing on-screen or downloading and printing.

### 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.

### SPONSOR AN ISSUE OF WHAT'S ON!

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

| Size | Width mm | Depth mm | Price | Parish advertiser |
|---|---|---|---|---|
| Whole page | 195 | 270 | £35.00 | **£30.00** |
| Half page landscape | 195 | 134 | £20.00 | **£18.00** |
| Half page portrait | 95 | 270 | £20.00 | **£18.00** |
| Quarter page | 95 | 134 | £15.00 | **£12.00** |
| Eighth page | 95 | 66 | £10.00 | **£8.00** |
| Inside front cover | 195 | 270 | £40 | **£35** |
| Outside back cover | 195 | 270 | £45 | **£40** |
| Classified | Up to 50 words | | £5.00 | £3.50 |
| 10% series discount for 12 ads | | | | |

## HOW TO CONTACT WHAT'S ON IN WING

### Advertising

If you'd like to advertise in What's On, contact Jacqui Wakefield, on 07518 156853, advertising@whatsoninWing.info

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

**ABSOLUTE DEADLINE for content is the 15th of the month preceding publication date.** Contributions, alterations or additions can't be accepted after this date.

### Editorial

To submit editorial or photographic material, contact Vicky Macleod editorial@whatsoninwing.info

### Accounts

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

### Distribution, news, other enquiries

should be delivered/sent to Joyce Brooker, 45a, Littleworth, Wing, 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 and 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.

*Limited time offer. Applies to adult annual memberships only.
Terms & conditions apply.

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