LOCAL NEWS
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WOW!

WHAT'S ON IN WING

October 2023



- Updates on Wing's football teams
- Surgery and dispensary opening times
- News from the Bucks and Parish Councils
- Bin collection details
- Wildlife news, puzzles and horoscope

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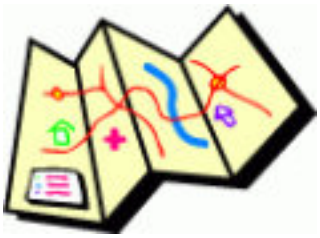
Tony Noble

It is with great sadness that we need to inform those who knew Tony Noble from his poppy collecting days and walks, that he sadly passed away on September 9th.

We would like to thank everyone for their kind support.

Janet, Stuart and Russell

Cover: Pampas grass - an ornamental grass. See more in the Gardening Club article.



All those who enjoy our monthly walks will have noticed that last month's walk only included a simple sketch map, rather than an extract of a map from Ordnance Survey. This coincided with our negotiations during August with Ordnance Survey regarding copyright licensing. The consequence of this is that we will no longer be using Ordnance Survey mapping with our monthly walk. We think you will find the replacement mapping acceptable and we will continue to reference the relevant Ordnance Survey map with the walk details.

Whilst mentioning walks, we welcome Arthur Jones to our team as Gill Jeffries' replacement as the producer of our monthly walk. Gill has left us a collection of walks not yet published, so Arthur's will not be starting immediately. We extend our grateful thanks to Gill, both for her walks and her enthusiasm.

Gill Jeffries has also been the co-ordinator of the volunteer team that delivers your copy of What's On in Wing each month. This task has been taken on by a newcomer to the team, Gail Trew, whom we also welcome.

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

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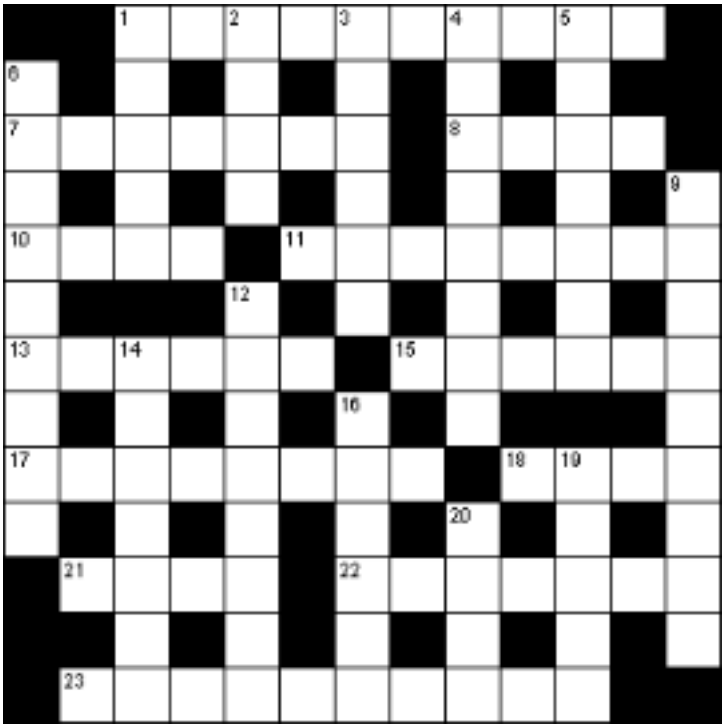
Comments, criticisms and feedback are welcome. Contact us at: editorial@whatsoninwing.info

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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

1 Admitting guilt (10)
7 Unvarying (7)
8 Pleasure garden (4)
10 In those days (4)
11 Huge (8)
13 Something to aim for (6)
15 Turf accountant (6)
17 Differ (8)
18 Root vegetable providing sugar (4)
21 US state (4)
22 Japanese art of paper folding (7)
23 Destitute (4-3-3)

Down

1 Felony (5)
2 Corner (4)
3 Stoat fur (6)
4 Higher-ranking (8)
5 English county (7)
6 Crowd (9)
9 Find out (9)
12 Extend (8)
14 Italian rice dish (7)
16 Fame (6)
19 Precise (5)
20 Grain store (4)

Solution p26

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From the Vicar

The Great Harvest

It's the time of the year when many churches are celebrating harvest festival, an occasion to remember two things: the harvesting of the earth that *we* undertake (along with its relation to questions of supply, need, distribution and social justice), and the harvesting that we ourselves don't do because only *God* can. The harvesting of the earth under God's direction is a theme we find in the Book of Revelation, the last book in the Bible. Coincidentally this is a book that one of the discussion groups in our benefice is currently studying in some detail. It is a style of literature that makes use of particular forms of imagery and symbolism (some of which requires a bit of unpacking) both to inspire and to challenge. The Book of Revelation combines images and scenes of awesome promise and inspiration along with others that are, to put it mildly, very challenging. It addresses the tension between God's sovereign rule and the presence of evil and looks towards a resolution of history, aiming to unveil the truth from a position not dominated by certain worldviews and powers of the time in question.

It proceeds to make a connection to the concept of harvest, the drawing or gathering in that God alone can ultimately do, certain aspects of which we may not even yet see – at best we see them 'partially', as St Paul says in one of his letters. One thing that becomes clear on reading the Book of Revelation one chapter after another, without decomposing it into isolated extracts, is that the 'seeing' in question is manifold. Reorientation is needed for greater clarity of vision.

October Services		
1	1100	Holy Communion
8	1100	Morning Prayer
15	1100	People's Praise
22	1100	Holy Communion
29	1000	Benefice Communion Service at St Peter and St Paul Church, Wingrave

The people who would originally have received the text of the Book of Revelation were communities who would have recognized the significance of the imagery used and many of the historical figures and tensions of their day to which the seer was pointing. Our discussion group has been thinking about the relation of the text to the situations and tensions we find in today's world, because the theme of harvest, both that which is achievable by us and that which God alone can effect, remains as relevant now as it did back then. That ongoing relevance may be seen as an *invitation* to be received and explored in communities wanting to seek truth and orientation towards God's call on humanity, while being realistic about our human condition, our partiality and our capacity to do things that may hinder a harvest, both literally and metaphorically.

With prayers for our communities, the world and the harvest,

Andrew Krauss

WING SCOUT GROUP - The church is particularly grateful to Wing Scout Group for their work to refurbish the church shed. It is looking great! Thanks very much to all.

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

OUT TO LUNCH!

Wing Lunch Club has been meeting for more than 25 years, run by a small team of dedicated volunteers (although Liz Rockcliff is leaving after 19 years of volunteering; we all wish her well in her new home) and serving the retirement age community. We have a few lunch spaces available and, if you are a couple, a gentleman or a lady you will be made very welcome. There is no joining fee.

We meet once a fortnight on a Wednesday in the Wing village small hall for a two-course home cooked meal, with tea or coffee, that costs just £4. We can cater for dietary needs and we use mostly fresh produce.

The meals are varied each time, although the favourite is a roast and the favourite dessert is homemade sticky toffee pudding. We are self-funding and hold a raffle each time. All the proceeds go towards our Christmas lunch when all members receive a present, and towards a small gift on member's birthdays. So do give us a try and come along to meet new people. We can arrange for somebody to bring you on your first visit.

For more information contact Sue (01296 682999) or Richard (01296 681516).



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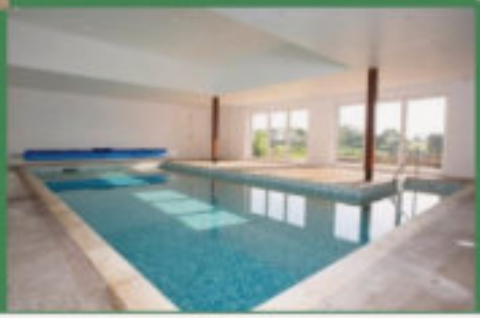
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Solution p26

CODEWORD

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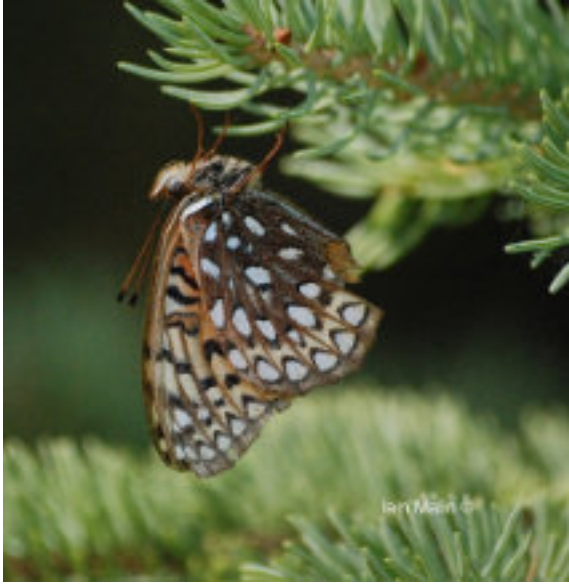
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Country Notes from Canada

by Iain Malin



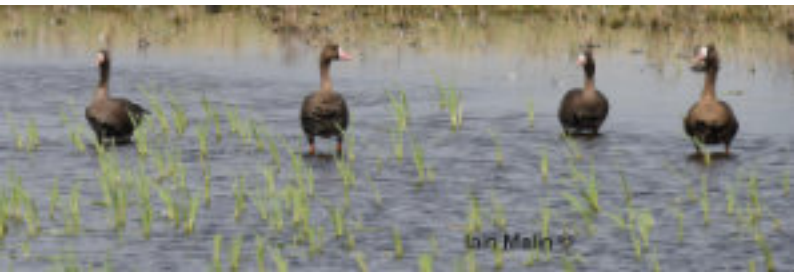
All photos © Iain Malin



Well as I write this, autumn is fast approaching - or fall as they call it here - although at present (second week of September) we are in the middle of a record breaking September heatwave. Our temperatures are nothing like Wing is experiencing at this time of writing. We are getting daytime temperatures of about 25^{0}C, but our nights are now cold, around 6^{0}C.

This of course does not help the wildfire situation. As of today, 15 million acres have now gone up in smoke, a rise of 2 million acres since I wrote last month. That rise in a month is roughly the yearly average. This is absolutely devastating news, shattering the previous record of 7.6 million acres in 1989. The Canadian arctic regions are warming two to three times faster than other regions, due to arctic amplification caused among other things by the rapidly thawing sea ice.

As I said last month, migration is well underway and happens much faster than in the UK. This morning I watched skein after skein of greater white-fronted geese (called speckle bellies here) flying into a slough to



rest. This favoured slough I found by accident last year. Six birds appeared at 9.30am and by 10.30am there were approximately 700. They tend to migrate at night and fly into their favourite slough to rest in the day. While I was there for approximately three hours, two immature bald eagles tested the geese, putting them in the air, but the geese settled again with the eagles having not made a kill. They do this to find the weakest or injured bird.



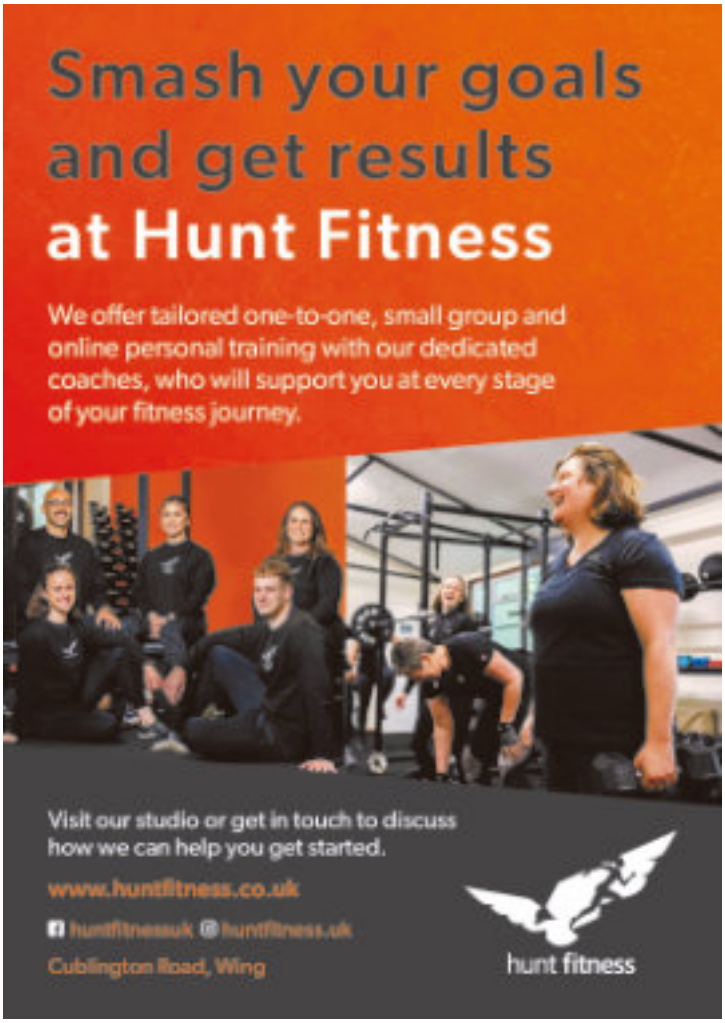


Also appearing was a lovely mature peregrine falcon. They have not a hope of killing a goose, but look for smaller birds within the flock of geese. Another very small bird of prey, a merlin, caught a house sparrow. They are very common here and are perhaps our commonest bird of prey. In the UK they are a moorland bird, but in Wing I used to see them in the winter and they turn up at Grovebury pit by the Leighton Buzzard bypass in most years.

There are a few butterflies still about, particularly great spangled fritillaries. They will soon disappear as it gets colder. It is the commonest fritillary found right across Canada to Nova Scotia. Fritillary comes from the latin *fritillus*, the name for a roman dice box, because of the checker board pattern on the wings. I hope some silver washed fritillaries turned up in Wing. Of course fritillary is also found in the name of a flower – the snake's head fritillary - because of the checker board pattern on the flower.

News has now come out about a proposed solar farm at Ledburn. As much as I'm in favour of renewable energy, I think this one has to be thought about carefully. It is a massive area of 250 acres, which is a lot to take out of food production. As I have said before, my personal opinion is that they should go on house roofs. They are less obtrusive, don't take land out of production, don't harm wildlife and the household gets the benefit rather than big companies. It made me think the land underneath is usually sterile sprayed to stop plants growing in the way of the panels. Where it is proposed there is a large colony of common spotted, fragrant and bee orchids. These will of course be lost along with a lot of other wildlife. I ask can we afford to allow this to happen?

Well maybe we will have snow the next time I write. Enjoy autumn and its wildlife as you, and it, prepare for winter.





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Gardener's Diary

by Ginny Hollas, Wing Gardening Club

Ornamental Grasses



People, if you mention grass, will just think of lawns - green sward that requires a lot of attention. However grasses are an enormous family of varied shape, size and colour that can be used to great effect in any garden. They are versatile and spectacular, requiring very little attention and are beautiful, so why would you not want them?

A Dutchman Piet Ondolf, in the 1980s popularised the use of grasses in garden design, using bold drifts to create permanent structure and movement, sometimes referred to as prairie planting. We may not have gardens big enough to have drifts but you can use grasses as a structural thread running through your garden or as an edging. They can be tall and airy, or variegated clumps. The choice is enormous. Grasses will give your garden texture, drama and movement with all year round interest.

GROWING

In an ideal world, grasses like a sunny well drained position with fertile soil, but in my experience they really are not very fussy. They do vary in their needs, but as you have so much choice you can always find one to suit your garden. It is helpful to know if your soil is alkaline or acidic as varieties vary in their preferred soil type. Plant labels will give this information.

They will not do well in very waterlogged, shady or dry areas. ,It is true that many grasses seed themselves everywhere which can be a nuisance, but you can always pot seedlings up and give them away or bring them to our plant sale! As germination is very easy, from one packet of seeds a whole drift can be grown at little cost.

Whether you want plants that are tall, short, stiff, floating or architectural forms for winter beauty, grasses will fill the bill, but they do differ in their needs and habits so read plant labels or packets carefully.. Some varieties are not winter hardy, particularly the pennisetums, some are evergreen, others not. After planting they need little attention, cutting down in spring or, with the cushioned varieties, combing out the dead leaves. They grow well in pots but will need to be fed regularly. Other care is just that over time, after about five years, they will need to be lifted and divided. They are very tough so can be chopped apart with no ill effect. They are very effective as ground cover and excellent in gravel gardens.



Blood grass red baron

The Gardening Club had a visit to Waterperry Gardens near Thame in September. They have a fantastic array of grasses and it is a great place to decide your preferences. Some, particularly the miscanthus, are so soft and tactile and look beautiful waving in a gentle breeze. Others are tall and sturdy. needing no staking, with wonderful fluffy seed heads. The colour range is amazing, red, maroon, gold, silver, green, yellow and even blue. In a frosty winter garden, grasses give interest and structure and glisten to brighten dull days. The RHS has a comprehensive list of recommended varieties, https://www.rhs.org.uk › plants › types › selection



There are far too many to mention here. My most recent acquisition is this pennisetum rubrum. It is not hardy but I could not resist it! The seed heads are silvery pink on dark red stems and feel just like a cat's tail.

Our next meeting is on 10 October - see below.



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

from Elaine Morris
'Morris of Hoggeston' at the Wing Thursday morning market



Braised Beef with Red Wine and Cranberry

Ingredients

1kg braising steak
2 tbsp plain flour
Oil for frying
3 onions
300ml red wine
300ml stock
3 tbsp cranberry sauce
Chopped parsley to garnish

STEP 1
Cut the meat into large chunks. Tip the flour with some salt and pepper into a large food bag, add the beef and shake to coat the pieces. Thinly slice the onions.

STEP 2
Heat 2 tbsp oil in a large heavy-based pan. Add the beef and fry on all sides until evenly browned. You may need to do this in two batches. Remove to a plate.

STEP 3
Heat 1tbsp oil in the pan if you need it, then add the onions and fry quickly for 5 minutes until tinged brown. Return the beef to the pan and add the wine and stock. Bring to the boil, stirring to scrape up the juices. Sprinkle with salt and pepper.

STEP 4
Reduce the heat, cover tightly with a lid and cook at a gentle simmer for 1½ hours until the beef is tender (or cook in a slow cooker for 3-4 hours). Stir in the cranberry sauce, taste and add more seasoning if necessary. Simmer for a further 5 minutes and serve with mash and a scattering of parsley.

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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Wing Poppy Appeal 2023

The 2023 Poppy Appeal campaign will run from **Saturday 22 October – Saturday 14 November**, with door-to-door house collections as well as static collection boxes at local businesses.

We are eternally grateful to an amazing band of volunteer door-to-door collectors, but it would be fantastic to have a few more. Even if it is just collecting at a few houses, we would love to hear from you. Please contact either Sarah or I via the contact details below.

Thank you for your continued support.

Terri Blunden & Sarah Headington
07551 930697 / 07786 861966
Or email terri.taylor@live.co.uk or sheadington@btinternet.com

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Alex Warren



It's been a cruel summer. The wet season has meant difficult harvesting. At such times, farmers very often have to cut the crop even when it's too wet. When the grain has a high moisture content, fungi and insects can spoil the crop, and the grain can germinate and start sprouting. The solution is to dry it with forced hot air, which adds considerably to the cost of production.

Most farms have a drier to run the crop through. These often take different forms, but larger farms may have to spend five to six figure sums on their drier and grain handling setup. Our drier is a decent size but very simple to use. The crop is put in a bay with underfloor vents. These vents blow hot air from underneath controlled by a constant humidity sensor and a gas burner. Above the pile of 500 tons there is an automatic stirring system on rails that works it way back and forth through the crop, mixing it and and bringing the dry corn to the top and wet crop to the bottom.

This is a very simple systems compared to other farms, but it works for us and is very easy to use. But the energy costs are high. And now, as I write, we're being rewarded with hot dry weather just as we've finished! The September heat wave has come to rub salt in the wounds caused by those extensive and expensive drying costs!

This time of year we are busy getting up to date with the cultivations and getting everything ready for planting. The preparations for next year's harvest start as soon as we've finished the current years harvest! Most of our oilseed rape has already been direct drilled (where the seed is planted straight into the soil, without any ploughing or cultivating first). It's growing nicely, although we have had 25 acres fail, which has been re-drilled.

The cattle are still loving the continuous grass that's kept growing this year! The wet weather does have its benefits when you are a mixed farm, and the cattle look well after a wet summer.

As autumn arrives it's a great time to get out on the footpaths and start enjoying nature's sweets. The blackberry brambles and apple trees have also benefited from the wet weather, and there looks set to be a good crop this year.

Buckinghamshire Council news



diana.blamires@buckinghamshire.gov.uk



ashley.bond@buckinghamshire.gov.uk



peter.cooper@buckinghamshire.

COUNCIL INVESTIGATION INTO ILLEGAL DOG BREEDING AND ANIMAL CRUELTY HAS LED TO CONVICTIONS

Two people were recently sentenced in relation to a number of offences under the Animal Welfare Act 2006.

After receiving information from the RSPCA and members of the public indicating that illegal dog breeding was taking place at a property in Aylesbury, licensing officers from Buckinghamshire Council obtained warrants to search the property and another in Aylesbury.

A search of the property found 24 bull breed dogs kept in squalid conditions within the house and kennels in the back garden. Under veterinary advice, nine dogs, two of which were pregnant, were taken into possession by the council. The RSPCA returned after receiving reports that the remaining dogs had been fighting in the garden. The dogs had been left loose and unattended in the garden. They had started to fight with each other, resulting in the death of two dogs. The remaining 13 dogs were removed by the RSPCA. Evidence obtained during the searches, including forensic analysis of digital devices seized at the properties, revealed Ms Lane's involvement in the illegal activity. Evidence showed that dogs had been intensively bred, in several cases having had two litters in less than a year and had been subjected to repeated caesarean sections.

The owner pleaded guilty to charges of unlicensed dog breeding, tail docking, three charges of causing unnecessary suffering and one charge of failing to ensure animal welfare, brought by Buckinghamshire Council. In addition, he pleaded guilty to two further charges of causing unnecessary suffering brought by the RSPCA. The defendants were sentenced at Amersham Law Courts on 11 September 2023. One received a total sentence of 20 months imprisonment. And another was sentenced to a total of 6 months imprisonment, suspended for 12 months, together with 100 hours community service and 25 Rehabilitation Activity Requirement (RAR) days. She was also required to pay £500 towards the Council's costs in bringing the case. Both defendants were banned by the Court from keeping dogs in the future. The dogs removed , and the puppies that were subsequently born, were cared for by the RSPCA and Appledown Rescue and Rehoming Kennels. With assistance from these charities, all the dogs have now been successfully rehomed.

Mark Winn, Buckinghamshire Council's Cabinet Member for Homelessness and Regulatory Services: *"I would advise anyone who is looking to purchase a puppy to carry out appropriate checks to ensure that the breeder is licensed. Councils have a public register of licensed breeders. You should make sure that you see the puppy interacting with its mother and siblings. Puppies must stay with their mother until they are eight weeks old. Ask to see photographs, microchip and vet records."*

To report unlicensed dog breeders go to https://www.buckinghamshire.gov.uk/business/business-licences-and-permits/animal-licences/report-an-unlicensed-animal-business/

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Health & Wellbeing

By **Natasha Richmond**



Taking Care of Yourself

As we move further into autumn, it's really important that we take care of ourselves to make sure that we are getting all the right vitamins and minerals that our bodies need to fight off the usual winter coughs and colds. And also to make sure that we are in tip top condition to enjoy the festive season of course!

One of the most obvious things that our bodies will be lacking as the days get shorter, is vitamin D. The UK government advises that everyone should consider taking a daily vitamin D supplement during the autumn and winter months, and that people who are at high risk of not getting enough vitamin D generally, plus all children aged 1 to 4, and all babies (unless they're having more than 500ml of infant formula a day) should take a daily supplement throughout the whole year.

Why is it so important though? Vitamin D helps regulate the amount of calcium and phosphate in the body, and it is needed to keep bones, teeth and muscles healthy. A lack of vitamin D can lead to bone deformities such as rickets in children, and bone pain caused by a condition called osteomalacia in adults. It can also impact your energy levels and your mental health.

From about late March/early April to the end of September, most people should be able to make all the vitamin D they need from direct sunlight on the skin. But between October and early March we do not make enough vitamin D from sunlight. Vitamin D is also found in a small number of foods including oily fish (salmon, sardines, herring and mackerel), red meat, liver, egg yolks and fortified foods (such as some fat spreads and breakfast cereals, but watch out for high sugar content in cereals).

When the sun is shining, or even when it's not, make sure you get out for plenty of fresh air and movement. But particularly on those days when the winter sun is bright, wrap up warm and get your face in the sun. Brisk walking will get your heart rate up, which will also warm up your body. Vitamin D, exercise and warmth. What's not to like?

Speak to your doctor or healthcare professional if you're worried you aren't getting enough vitamin D, or other nutrients. The NHS website is also useful for general information.

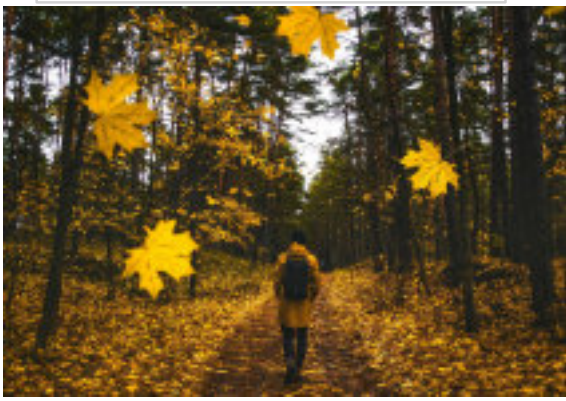
See you in the November issue!

Best wishes,

Natasha Richmond
Trainers & Bananas

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

trainersandbananas@outlook.com



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WING WOMENS INSTITUTE

Thursday 19th October 2023
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7.30-10 p.m.

AGM & Social Evening



Date for your diary
WI Carol Concert – Saturday 2nd December
Everyone welcome – you don't need to be a WI member

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

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



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Do you like to knit, crochet or stitch?







If so, why not join us at *'Knit and natter'*. We are an informal group who meet on 2nd and 4th Tuesdays each month (10th and 24th October), from 2pm to 4pm in Wing Church. For more info call Jean on 01296 681616 or Valerie on 01296 688044.

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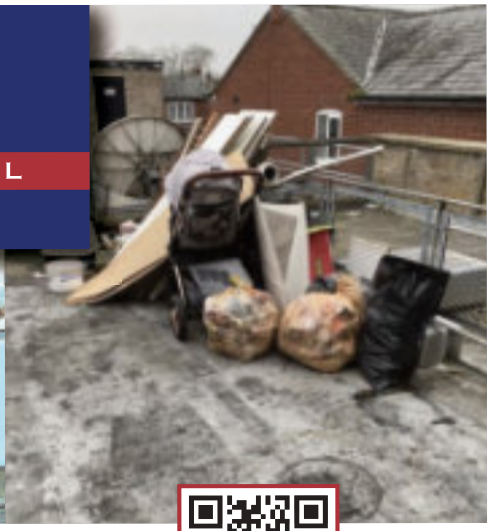
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Wing Parish Council News

Wing and Burcott in Bloom



Wing Parish Council's "Wing & Burcott in Bloom"judging team was out and about one evening in July and we are pleased to say that this year's judging is done!

We were looking for well-tended front gardens and amazing hanging baskets, and wanted to see flowers, flowers and more flowers!
We have awarded the following prizes for our two categories: "Front Gardens" & "Hanging Baskets"

The prizes are given as gift vouchers, they can't be exchanged for cash.
The judges' decision is as of the evening of the judging and is final.

FRONT GARDENS CATEGORY:		HANGING BASKET CATEGORY:	
1st / Gold award (£20)	11 Friendship Lane	1st / Gold award (£15)	15 Vicarage Lane
2nd / Silver award (£15)	30 Meadow Way	2nd / Silver award (£10)	8 New Zealand Gardens
3rd / Bronze award (£10)	22 Wantage Close and 50 Stewkley Road	3rd / Bronze award (£5)	4 Redwood Drive



There were, of course, many more stunning gardens and hanging baskets and we awarded commendations to the following 37 properties to show our appreciation of your flower displays.
In no specific order:

Front Gardens		Hanging Baskets	
20 Chesterfield Crescent	15 Vicarage Lane	15 Chesterfield Crescent	3 Springbanks
34 Meadow Way	8 New Zealand Gardens	18 Hawthorne Way	11 Vicarage Lane
27 Chesterfield Crescent	14 Dormer Avenue	27 Chesterfield Crescent	8 Moorlands
45 Meadow Way	27 High Street, Burcott	6 Cottesloe Close	19 Prospect Place
9 Chesterfield Crescent	37 Stewkley Road	30 Meadow Way	5a Stewkley Road
15 Moorlands	2 Warwick Drive	25 Dormer Avenue	11 George Street
1 Prospect Place	21 Redwood Drive	36 Meadow Way	20 Rothschild Road
14 Wantage Close		14 Dormer Avenue	23 George Street
19 Prospect Place		45 Meadow way	30 Redwood Drive
		11 Friendship Lane	50 Stewkley Road
		22 Meadow Way	

Commendation to the retail businesses in Wing and Burcott is awarded to The Cock Inn.

This year's overall "street winner" for receiving seven commendations in total goes to Meadow Way.
In second place is Chesterfield Crescent with five and third place with three commendations is Dormer Avenue.

Wing Neighbourhood Plan Review

Following a review of the Neighbourhood Plan we will be running a consultation to share the results with you and display the proposed changes and enhancements to maintain the plans robustness in planning decisions.

The main proposed additions are:

- A Design Code

When the Neighbourhood Plan was made, Design Codes were not part of the process but have been introduced to set out clear design parameters to help local authorities and communities decide what good quality design looks like in their area. A team of specialists, appointed by Insight (the grant funding providers), have worked closely with members of the Neighbourhood Plan Working Party to compile design codes for the different areas of the parish. These design codes will be used in planning to determine the style of property, size and materials that must be used in infill housing.

- A Biodiversity Enhancement Policy

This follows a review of the Environmental policies already included in the Neighbourhood Plan to suggest areas of improvement and any additional policies that could be put in place.

Full information will follow but if you have any questions, please do get in touch using the contact information below.

Long Spinney

Our partnership agreement with Newt Conservation Partnership has been extended for another 5 years.
The Newt Conservation Partnership is a community benefit society whose sole purpose is creating and managing high quality habitat for great crested newts. Following the new pond they dug in 2018 to provide an extra location for the great crested newts in the area, we currently have two ponds under their management scheme and receive annual reports on the status of the habitat.
We have just started initial discussions about installing a third pond to enhance the network further.



Big Thank You

Councillor Phil Cronshaw has tendered his resignation from the Parish Council.

We would like to take this opportunity to thank him for his service, time, hard work and dedication over the past three years.

Phil has made a significant contribution to the Recreation Ground Project. By providing invaluable expertise and guidance to the project he has steered us through the projects cost reduction exercise to enable a viable project to be put out to tender and a new pavilion, car park extension and multi use games area has now been built for the community.

We hope that you all join with us in thanking Phil hugely for his time on the Council and wish him well in his future endeavours.

Parish Council Information

For more information, news, and updates from Wing Parish Council, please contact us via:

- Email: wingparishclerk@gmail.com
- Website www.wingparish.org
- Instagram @wingparishcouncil
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TALKING DOG with Neil Smith



Nutrients for Canines (2)



Following on from last month's information on nutrients for canines, we can look at Fats, Fibre and Fluid.

Fats provide twice the energy level of protein or carbohydrates and are also essential for a healthy coat and skin. Some of the fats are called essential fatty acids (omega-3 and omega-6 oils), which cannot be made by the dog and therefore need to be obtained from the food source. These oils are important to control blood clotting, inflammation and brain development - too little can result in health problems. Common additives to obtain these essential oils are fish oils, borage oil, evening primrose oil and rosemary oil. Many food manufacturers add saturated and hydrogenated oils to their foods, which cause the blood pressure to rise and will also cause weight gain. Most foods contain between 9-14% fats.

Fibre comes from parts of the plant that cannot be digested, so has zero calories and can be very beneficial to a dog. Fibre passes through the digestive system but does help to absorb water from the colon, which in turn helps to produce firm stools. However this can also cause constipation if the balance is not correct, but if there is a good balance it will help intestinal health. Fibre also works as a pre-biotic. This helps friendly bacteria, which in turn aid digestion and stops harmful bugs from getting established. Fibre can also help dogs as it slows down digestion. This is good for diabetic dogs as it caused a slow release of sugars only found in plants.

Water, next to oxygen, is the most important element to the body. In the case of nutrition it is the most important nutriment as the dog would only survive for a few days without it. Water is not only required for hydration, but also for the oxidising of proteins, fats and carbohydrates. Water accounts for 10% of the dog's daily fluid requirements and dogs consist of about 70% water, with an even higher percentage in puppies (75-80%). Water is contained in all body cells and the blood system and is also important in the regulation of body temperature. It is the medium in which biochemical reactions of the metabolism occur and helps with the growth and repair of the body.

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WHAT'S ON at WING HALL

REGULAR ACTIVITIES



MONDAY	Rainbows & Brownies		Small Hall	1730-1830	Carolyn Saunders	01296 688508
Not on 2 Oct or 4 Dec	Tai Chi (2 classes)		Large Hall	1000-1100 1115-1215	Norma Collins norma.tai.chi@hotmail.co.uk	07947 672069
All except 1st in month	Badminton Club		Large Hall	1900-2300	Gary Stevens	07787 957623
1st in month	Bingo		Large Hall	1930 start	Malcolm Rickard	01296 688428
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 Richard Webb	01296 682999 01296 681516
Term time only	Spanish Lessons (18 mths - 11 yrs)		Library	1545-1630	Rebecca Salter rebecca.salter@kidslingo.co.uk	07967 357227
	Dance Class (adults)		Large Hall	1830-2200	Adrian Marsh	07906 988880
Until Christmas	Table Tennis		Small Hall	1830-2300	Bernie Raffe Leightonbuzzardttc@gmail.com	07957 215657
	Library			1000-1230		
THURSDAY	Tots Bop		Large Hall	0930-1200	Rachel Kenning	01525 237474
Term time only	Lacemaking		Small Hall	0930-1130	Bobbie Long	01296 624179
3rd each month	Wing WI		Small Hall	1900-2200	Val Fielder	01296 688044
	Yoga		Large Hall	1900-2000	Kim O'Hanlon	07770 450788
FRIDAY	The Buzzard's Nest		Small Hall	1100-1200	Ashley Millard ashley@thebuzzardsnestcrafts.co.uk www.thebuzzardsnest.co.uk	07923 293599
2nd each month	Line Dancing		Large Hall	1100-1300	Adrian Marsh	07906 988880
	Library			1400-1630		
	Table Tennis		Large Hall	1900-2230	Bernie Raffe Leightonbuzzardttc@gmail.com	07957 215657
SATURDAY	Library			1000-1230		
SUNDAY Term time only	Wing Singers		Large Hall	1645-1915	Angie Varey wingsingers@yahoo.co.uk	07908 653006
Any day	Snooker Club				David Turner	07392 482415

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

CONTACTS

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

One-off bookings (parties, weddings etc)
Stephen Payne: 07555 722315
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SPORTS ROUNDUP

Sue Corcoran, Sports Editor





WING VILLAGE FC (MEN'S)

With the new football season well under way, we find Wing men's FC playing in the North Bucks and district Premier League. Wing secured promotion to the Premier League after an amazing run in the 2022/23 season, winning their league unbeaten.

Having moved to the Premier League, Wing played their first game against Stewkley losing 3-1. Their second game provided a much better result, with Wing winning 3-1 to Olney, and their third game producing a tight 2-1 defeat to Wingrave.

Wing have a couple more league games in September before hosting Bletchley Scot Reserves on 7 October in a Cup match to be held on Wing Recreation Ground, kick off at 2pm. We wish the lads all the best for the new season. Good luck!

WING LADIES FC (WING RAIDERS)

This season finds Wing with their first ladies football team. Playing in the Thames Valley Counties Women's football league, Wing started their season with a couple of tough defeats to MK City and Easington, which didn't really reflect the ability of the team.

With a lot to learn, and experience to be gained, the positive attitude and determination of this new squad hopefully makes securing their first win something which will happen soon.

If you are 16 years of age or over (no upper age limit), would like to play league football and would like to join this exciting new team, please contact coach Chris Sanders by mobile on 07770 211257 or email wingladiesfc@gmail.com

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Crossword solution



Sudoku solution

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

Codeword solution





The Battle of Edgehill on 23.10.1642 was claimed as a victory by both the Royalists and Parliamentarians.

ON THE EDGE

The King was eating breakfast at an inn close to the edge,
Attended by a servant who had given him his pledge.
This loyal knight had something entrusted to his care
That he carried bravely, but brought his family to despair.

The Earl was with his regiment, a regiment of horse,
One of eight that made up an intimidating force.
In July he'd gone to York to join up with the King,
Leaving his house in London and his family seat in Wing.

Two opposing sides prepared for confrontation,
Each believing they could win and subjugate the nation.
The King had more cavalry, but Parliament had more men.
The knight would not survive to raise the King's Standard again.

At 3pm they charged down the hill to Red Horse field,
And engaged in mortal combat from which neither side would yield.
The knight's hand in Claydon's chapel was laid to rest that day,
But the Earl lived on until Newbury drained his life's blood away.

© Sally 14.9.2023



Sir Edmund Verney of Claydon was killed while carrying the Royal Standard.Sir Edmund Verney of Claydon was killed while carrying the Royal Standard.



Robert Dormer, 1st Earl of Carnarvon, was Lord of the Manor of Wing, and lived at Ascott Hall. He led a regiment of horse at Edgehill, but, a year later, was killed at the 1st Battle of Newbury.

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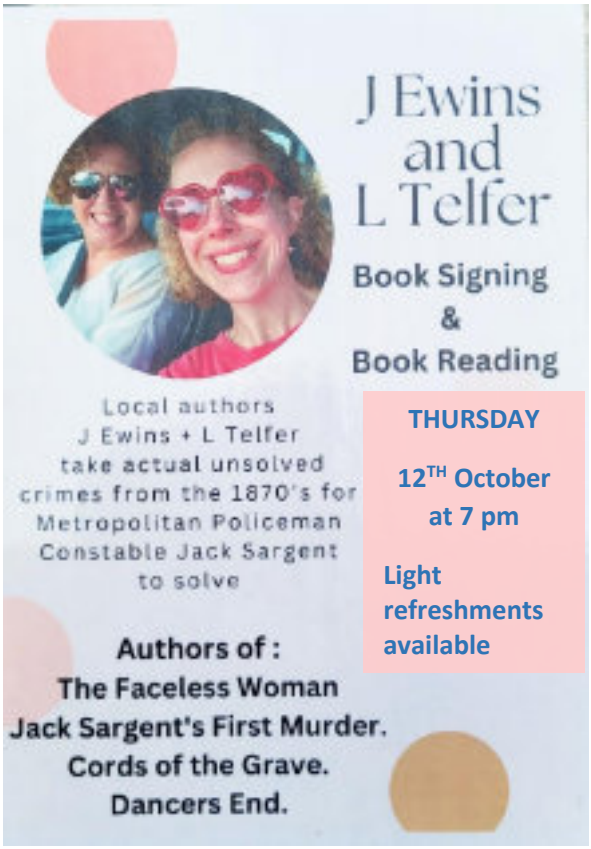
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Library Elf is a **FREE** national scheme that helps you to avoid fines when items are due for return or renewal. Sign up here: https://www.buckinghamshire.gov.uk/libraries/library-membership/get-email-alerts/

Library ELF

Opening Times

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



Volunteers Janet, Sue and Esther with two of the Paralympic torches.



A successful Summer Reading Challenge saw over 30 children take part this year.
We were delighted to host a display of memorabilia from the National Paralympic Heritage Trust and learn more of it's history.

NPHT

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



BUCKINGHAMSHIRE LIBRARIES



THE UNICORN'S FESTIVE MENU

2 COURSES £29 | 3 COURSES £35

Starters

Duo Of Duck - Duck Liver Parfait, Confit Duck Bon Bon, Cherry Jam & Melba Toast (GFO)

-

Smoked Salmon & King Prawn Mousse, Baby Watercress, Pickled Walnuts & Cucumber Gel (GF)

-

Pickled Golden Beetroot & Whipped Goats Cheese Brushetta, Confit Tomatoes & Rocket (GFO)

Mains

Roast Turkey, Roast Potatoes, Glazed Parsnip, Stuffing, Pig In Blanket, Gravy & Seasonal Vegetables (GFO)

-

Pan Seared Cod Loin, Sauteed Potatoes, Chorizo Creamed Peas & Savoy Cabbage (GF)

-

Braised Ox Cheek, Horseradish & Chive Mash, Glazed Carrots, Balsamic Roasted Shallots & A Red Wine Jus (GF)

-

Sprout And Chestnut Nut Roast, Roasted New Potatoes, Savoy Cabbage, Glazed Parsnip, Carrot Puree
And Vegetarian Gravy (VE)

Desserts

Christmas Pudding With Brandy Sauce

-

Black Forest Cheesecake, Cherry Gel & Vanilla Ice cream

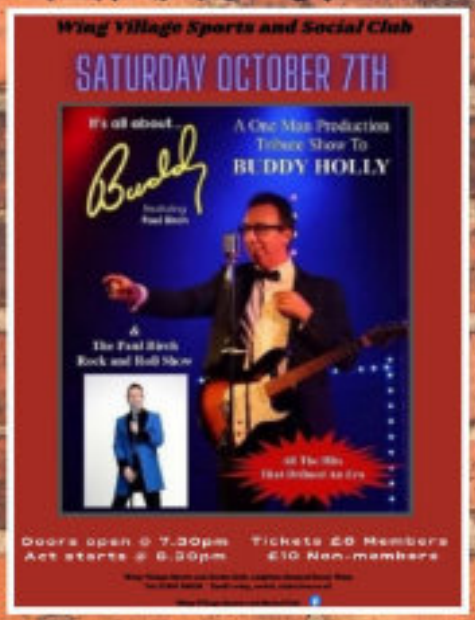
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White Chocolate & Cranberry Bread & Butter Pudding With Custard

ALL DISHES MAY CONTAIN TRACES OF NUTS. PLEASE ADVISE OUR STAFF WITH ANY DIETARY OR ALLERGEN REQUIREMENTS. A SERVICE CHARGE OF 12.5% WILL BE ADDED TO TABLES OF 8 AND OVER

WING VILLAGE
Sports and Social Club

Whats on....









Our Gin Bar stocks a variety of flavoured Gins. £5.50 for a double includes a mixer



Currently on Draught

Greene King IPA	Coors Light
Thatchers Gold	Stella Artois
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Cruzcampo	Carlsberg

Pints starting at £3.40

New Members Always Welcome!

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Cash Bingo every Sunday doors open at 7.30pm Eyes down at 8.15pm Over 18 only.



Every Thursday with a variety of stalls including, Fruit and Veg, Fresh fish, Plants, Cheese, chocolates and much more. Come and have a seat on the patio and enjoy a hot drink and a natter, or even a cheeky Bacon Buttie.

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



Made by Sally Barnes in Wing - Contact 01296 688046
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The aim is to achieve a well balanced pet, that you are proud to take anywhere and enjoy the company of, and is a pleasure to walk on a loose lead and sociable with both humans and other dogs.

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- Age-related training

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OUT & ABOUT

with Gill Jeffries

A Walk from Wigginton

2 hr 15 mins
Approx. 5 miles (8 km)

Map © OpenStreetMap contributors
(Equivalent OS Explorer map 181)



P

▶ Park in the recreation ground car park on the Chesham Road in Wigginton.

▶Walk along the road towards the Greyhound pub, then cross the road and follow the footpath downhill through fields.

▶The path enters a wood. Keep straight ahead downhill. The signs point to Cow Roast.

▶The next field has horses. Keep the fence on your immediate left and continue downhill.

▶Eventually the footpath comes to a gate onto a track. Turn right onto a concrete driveway and walk to the road.

▶Turn left and pass under the A41, then cross the road and walk down the driveway of Tinkers Lodge. The building is on your left and the driveway turns into a track.

▶Walk along the track, still going downhill. The Berkhamsted Hockey Club playing fields are on either side of the track.

▶At the end of the track arrive at the A4251 in Cow Roast.

▶Cross the road, bearing slightly right and taking the lane to the Grand Union Canal.

▶Cross the bridge by the lock and turn left onto the towpath.

▶Continue along the towpath to bridge 135. Pass under the bridge, then take the path on your right up to the road.

▶Cross the road and bear right to walk down Beggars Lane.

▶Past the parking hard standing take the footpath on your right. You are now on The Ridgeway.

▶Follow the clearly marked path back to the A4251. Cross the road at the crossing and follow the path away from the road, going uphill.

▶Continue along The Ridgeway, crossing the A41 on the footbridge.

▶At the next road, turn right then left to continue along The Ridgeway.

▶Cross the next road and walk past some houses to the edge of the wood.

▶Turn immediately left and follow the path behind the houses until you reach a lane and the end of the houses.

▶Turn left down the lane. Walk through a gap in the hedge on your right onto the recreation ground.

▶Cross the grass to arrive at the car park.

Photos by Liz Tring







Sturdy Carrier Bags Needed



Many bundles of up to 50 copies of What's On in Wing, each in a plastic bag, are delivered each month to most of the 30 or so members of our doorstep delivery team, for them to take with them to Wing's residents - but we are now very short of bags!

If you have any spare bags like this (but not the 'bags for life'), please post them through Joyce Brooker's letterbox at 45a Littleworth, Wing. We'll be very grateful.

Morris of Hoggeston.co.uk

At Wing Market Thursdays 9am-12



Farm Shop Open Fri 12-6pm Sat 9am-1pm

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Babysitters

The following young people* have offered to babysit:

Name	Born	Contact
Tilly Forrest	Dec 2007	07854 918457
Cerys Wuczke	Mar 2006	07398 210861
Jemima Pye	Jan 2008	07840 944111

** The inclusion of a name on this list is neither a recommendation nor an endorsement by the What's On in Wing team.*

—/—

N.B. If you would like your name included on this list, please email editorial@whatsoninwing.info **with the same information shown above (please only do this with the approval of your parent or guardian).**

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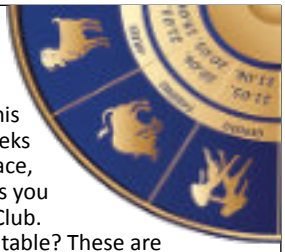
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YOUR STARS

for October by Maggy La Grenouille MBE



LIBRA Sep 23-Oct 22 You're the lucky one this month. The sunlit uplands of the coming weeks welcome you with an open and warm embrace, and smother you with warm fuzzy feelings as you become a member of Wing Sports & Social Club.

SCORPIO Oct 23-Nov 21 Tense, nervous, irritable? These are sure indications that Scorpions need to shut themselves in a cupboard for a few hours every day until everything goes away.

SAGITTARIUS Nov 22-Dec 21 With true Sagittarian patience, you've always played the long game. Keep up the winning habit by holding your ground and staring them down. They're just teenagers.

CAPRICORN Dec 22-Jan 19 The 19th is a very auspicious day for you. Head for Willow Way around lunchtime, and keep your eyes peeled. But try not to act auspiciously.

AQUARIUS Jan 20-Feb 18 Oh dear. Jupiter get's seriously embraculated with Stradivarius, meaning a triple-zebulonic refraction. That promises a total failure of your katzenklapper sometime soon. But, don't worry, it'll only be temporary.

PISCES Feb 19-Mar 20 Prepare to be reminded that you're caring, generous, creative, charming, funny and drop-dead gorgeous. Just find a mirror.

ARIES Mar 21-Apr 19 Accusations of being boring will come your way towards the end of the month. Be strong. Ignore them. Just keep reading that book.

TAURUS Apr 20-May 20 OK. There's a new need to find tact and diplomacy in your heart, find the gentle side. Start now. Dig deep. It's in there somewhere. It is.

GEMINI May 21-Jun 20 Now's the time to put your scientific instincts to one side, and start working with eye of newt, toe of frog, wool of bat and all that. That'll fix 'em!

CANCER Jun 21-Jul 22 Around mid-month, Jupiter says you may need to brace up and buckle down, and face issues you've been ignoring for months. And it's going to need more than ordinary oven cleaner.

LEO Jul 23-Aug 22 Things are looking up at work. If you're a scaffolder.

VIRGO Aug 23-Sep 22 Wow – tons of cosmic energy around for you, right now. So capture it, channel it, harness it, flog it to British Gas.

SURGERIES

Ashcroft Surgery
01296 688201

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

3W Health (Wing Surgery)
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Dispensary: Mon-Fri 0900-1300; 1400-1800

Out of Hours: 111 (999 for emergencies)

BIN COLLECTION IN WING



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10% series discount for 12 ads				

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HOW TO CONTACT WHAT'S ON IN WING

Advertising

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

Editorial and News

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

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

Accounts

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

Distribution, Other Enquiries

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

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