

THE Grapevine

March 17

50p

THE NEWSLETTER OF FLACKWELL HEATH COMMUNITY ASSOCIATION



Easter Bonnet Parade



Easter Bonnet Parade on Friday 31 March at 9.30am, weather permitting. The children walk from the school drive, past Sainsburys and then round into Old Kiln Road and back. Here is a photo from last year – do go and admire this year's models!

Subscription Time!



Time to renew your subscription to The Grapevine. Cost remains the same as last year: £5 for the year (10 issues) or £4 where anyone in the household is over 60 years. Your Road Rep will be contacting you for payment. If you are paying by cheque, please make it out to Flackwell Heath Community Association, who are our publishers.

Many thanks to all those who make The Grapevine possible: contributors, photographers, editors, proofreaders, designer, printer, bulk distributors, Road Reps, subscription manager - and not least YOU, our readers. We try to inform, entertain, advertise and generally contribute to the pleasures of life in Flackwell. Any suggestions, moans, ideas etc – please get in touch – contact details on back page.



Blown up unsuccessfully 3.20am
on 16 Feb, near Post Office

Chepping Wycombe Parish Council

Annual Parish Meeting
will be held this year at the
Council Offices in Cock Lane,
Tylers Green
Wednesday 5 April at 7pm
All who live in the Parish
are welcome



Flackwell Heath
Residents' Association

FLACKWELL HEATH RESIDENTS' ASSOCIATION

AGM

Thursday 6 April

7.30 for 8pm

Royal British Legion,
Common Road

NEWS FROM FLACKWELL HEATH RESIDENTS' ASSOCIATION

We invite you to our **AGM** at The Royal British Legion, Common Road on Thursday 6 April at 7.30pm for an 8pm start.

Tea and coffee will be available while other drinks can be purchased from the bar.

We hope that you will join us and find out what FHRA accomplished for the village last year and our plans for this coming year. We hope you saw our appeal for new committee members in the February Grapevine and that some of you will consider joining the committee at the AGM, so that FHRA can continue to be active in our community.

WEBSITE

FHRA have now got their own website www.flackwellresidents.news - over the coming months we hope to publish details of our events, together with other information that we think you'll find useful. Take a look and tell us what you think. Whilst on matters 'electronic' - and perhaps for some of our younger villagers - we have a Facebook page too: Flackwell Residents News. This page is intended for non-commercial use, but we welcome other village groups to publicise their events on this page.

In case of questions or feedback - please contact chloeandrewsjones@gmail.com

There is a contact page on our website should you want to contact

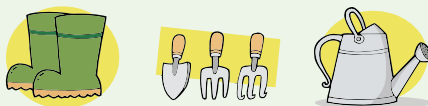
any of the committee or email info@flackwellresidents.news

PLANNING

On the planning front things are quiet at the moment as we understand the New Local Plan is not to be published until April.

THIS IS NOT AN APRIL FOOL'S JOKE!

Keep Britain Tidy are running the 'Great British Spring Clean' during the first weekend in March but bearing in mind how cold it was last year for 'Clean for the Queen' over the same weekend, we feel it might be better to delay our Spring Clean until April. We will be organising a Village Spring Clean on Saturday 1 April from 10.30 to 12.30pm meeting in Jubilee Garden. Gloves, bags and litter pickers will be provided. We would love to see you there for however long you can spare. There will also be the opportunity to do some gardening in Jubilee Garden but please bring tools with you if you wish to help with this.



Carolyn Leonard
Chair of Planning and Environment
Group
01628526512

fhra-planning-environment@flackwellheath.net

Flackwell Heath Women's Institute

Morning WI

In mid-January, 21 of our members enjoyed a post-Xmas lunch at Wycombe Heights Golf Club.

A proposed outing in June to Waterperry Gardens was discussed.

Our speaker, Brian Clews, spoke on the strategies birds use to survive in winter, in many cases changing their normal diet. Insect eaters have to manage seeds, nuts or berries and no doubt those of us who feed our garden birds notice the effect on our household bills! We were also challenged to identify species from slides.

Next month Diane Latham will talk on her experiences as a midwife on Portobello Road.

Evening WI

Our speaker in February was Pam Warren, a volunteer with Bucks Vision, a charity which helps those with limited sight. She visits those newly referred to try to discover what clients would like and then tries to provide it. It might be advice, helpful gadgets, activities or simply social contact. Pam is an enthusiastic lady with an interest in crafts, and she showed us some of their projects. The gift of some circular wooden off-cuts led to wall plaques decorated with various knobbly seeds, shells etc. Soft used fabric has become raw material for weaving on simple peg looms. Pam brought a loom along so we could try the technique - the tricky bit is maintaining the tension when changing 'thread'. The results can be very colourful with interesting textures.

One of the WI campaign topics is reduction of food waste; some members met to discuss what we could do. Afterwards they went to the big local supermarkets to ask about their policies, and see whether these were reflected in the stores. Results were encouraging, with few offers aimed at getting people to buy more than they needed by e.g. buy-one-get-one-free. The next discussion will centre on the influence of packaging on food waste. Following on will be reducing waste in our own kitchens.

We feel we don't know enough about our cars, so eight members are taking their own cars along to Kwikfit, after hours one evening, for elementary instruction.

Next month Colin Oakes will tell us about 'British Coronations through the Ages'.

Brenda Aldridge and Sue Arnautov



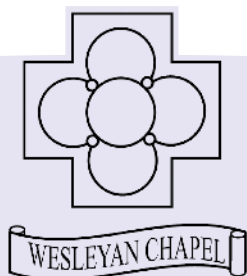
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FLACKWELL HEATH METHODIST CHURCH

Tuesday 14 March, 9.15 to 11.45 am – **TIME OUT FOR BUSY MUMS.** This group for Mums meets on the second Tuesday of every month during term-times, and gives them breathing time while their children are cared for in the crèche. Come and enjoy coffee, chat and support while doing such activities as adult colouring, pancakes and a recipe swap. To book a place in the crèche, please contact Vicky on 07979 541874.

Saturday 18 March, 10am to 12noon – **WHO LET THE DADS OUT???** For Dads, granddads, uncles and any male carers to spend time with their under-fives to give Mum a break and share snack-time together. Bacon butties available!

Sunday 19 March, 11am to 12 noon – **SUNDAY LIVE!** with food from 10.15am. A service for young families and the young-at-heart.

Sunday 26 March, 11am to 12 noon – **MOTHERING SUNDAY SERVICE** led by Ruth Richey.

Sunday 26 March, 6.30 to 7.30pm – **CELEBRATE!** A lively music-based service for all the family led by Rev Singa Vunipola.

Saturday 8 April, 3.30 to 5.30pm – **EASTER MESSY CHURCH!** For all the family. There will be a selection of activities in the main hall, a celebration in the church followed by a meal. See next month for further details.

All weekday groups meet at their usual times, with Sunday services at 11am and 6.30pm, except where specified above. Other activities and information can be found on our website www.fhmc.org.uk; or please contact our senior steward Suzanne Soper on 01494 673403, or our minister Rev Nick Thompson on 01628 483985.

www.fhmc.org.uk

www.facebook.com/FlackwellHeathMC

prayer.requests@fhmc.org.uk



Christ Church has three services every Sunday: a 9.00am traditional Holy Communion service; a 10.30am more contemporary service with children's and youth groups, and a 6.30pm quieter evening service to end the day. There is something for everyone!

Ash Wednesday (1st March): Mark the start of your Lent and preparations for Easter by coming to an Ash Wednesday Holy Communion (10am). In a service of quiet hymns and prayers maybe you will find a place to renew your faith and passion for God.

'Worship for Everyone' is the name for our all-age services on first Sundays at 10.30am. It is what it says... worship for everyone... for all ages and all-stages! On Sunday 5 March our 'Elijah' story features 'No Strings Attached', the Christ Church Puppeteers.

Fairtrade Fortnight runs from 27 February to 12 March and reminds us to be fair to those who produce what we buy. Christ Church is a Fairtrade Church serving Fairtrade refreshments on Sundays and in Coffee Stop and runs a Fairtrade Shop on the 2nd Sunday of every month (next shop –

Sunday 12 March).

Are you considering having your child christened? As a first step why not come along to **'Exploring Baptism'** afternoon tea on Sunday 12 March at the Christ Church Centre, from 3.30pm to 5pm.

Mothering Sunday (26 March): At both morning services we shall be presenting mums with flowers to say 'thank you'.

Children's parties? Birthdays? Celebrations? Dinners? Business meetings? Exhibitions? Training? Conferences? With bright and modern facilities the **Christ Church Centre** can accommodate most needs! We have a large main hall plus a small meeting room, all with good disabled access, and an easily accessible, well-equipped kitchen and toilets. We also have a large carpeted Upper Room. Tables and chairs are available. We provide off-road parking for 27 vehicles.

Please contact the Church Office for further information on any of the above (Phone 01628 533004: 9.00am – 1.00pm Monday to Friday or email admin@ccfh.org.uk) or visit www.ccfh.org.uk

Flackwell Amblers

If you would like to join us on Sunday 19 March, The Flackwell Amblers will be going for a walk at Hedgerley. We will be meeting at the ex-Budgen's car park at 10am. This walk will last approximately 2 hours and is undertaken at your own risk. Please wear walking boots or strong shoes. NB This walk may be subject to change at short notice due to prevailing weather conditions. New walkers always welcome, just turn up on the day.

The next date for your diary is Sunday 23 April, 2017.

C. Barker

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Neighbourhood Watch News

March 2017

CYBERCRIME – again!

The last few weeks have reinforced the general view that Cybercrime is rapidly replacing 'traditional' acquisitive crime, a view apparently shared by the criminal fraternity, as there is less chance of getting caught, and penalties are lower! Several Thames Valley Alerts have reported crimes that have used networks of one sort or another to commit fraud. I have personally received e-mails into mail accounts which have NO dealings with banks, credit card companies, Amazon, E-Bay, etc.

On two consecutive days I received e-mails claiming to be from TV Licensing – but from different e-mail addresses – telling me that I had a TV Licence refund due. Well this is very strange, as being 'old' I don't pay for a TV Licence, so how can there be a refund?

Another mail told me that I had been 'awarded' a \$50 Amazon Gift Card. The message itself was very brief – in a green typeface – and all the text was hyperlinked to a strange address (**revealed by 'hovering the mouse cursor OVER the text – DO NOT CLICK ON IT – the address is displayed lower left on your screen.)** – <http://bit.do/daMVU> In particular, the invitation to 'Unsubscribe Here' would have taken me to the same address.



The safest thing that you can do should you receive mail messages of this sort is to **DELETE** them straight away. If the message appears to be from a known organisation, then you can 'Forward' the unwanted e-mail as an 'attachment' to the organisation's anti-phishing department. You can easily find the mail address to use by a simple 'Google', eg. 'report phishing to Barclays'. It is also recommended that you report 'phishing' to the police at Action Fraud – see below for details.

Password Security

It is estimated that the 'average' internet user probably has about twenty (20) passwords used for the various banking, shopping, service, etc. web accounts. Many of these will be relatively simple passwords frequently using the same or similar characters. As a minimum, the password should contain UPPER and lower case letters, numbers and symbols. But how are we supposed to remember all these passwords and how secure are they? We are told that if we write them down then we lose any financial protection that may be on offer! There are now several 'Password Manager' apps. available, where ALL our passwords are stored in a secure 'electronic vault' protected by one very strong password, designed to defeat the 'hackers'. Your passwords are then as 'safe' as the security of the Password Manager. However, this sounds a bit like 'having all your eggs in one basket', and there is a suggestion that some organisations consider this the same as writing down your passwords,

which seems a bit draconian to me.

There is a very useful website at 'cyberaware.gov.uk' which offers advice about selecting strong passwords that will give the 'hackers' a headache. They recommend using three random words – but **NEVER** use words such as family, child's, pet's names, birthplace, DOB. But how do we remember these? There are two main methods – the loci method, where you visualise a familiar scene and place the three items that you need to remember at specific places within the scene, and the story method, when you create a simple story including the three words you need to remember. A third method is to simply type out the three consecutive words repetitively until they are imprinted in your memory. Then destroy any printout!

For further information about any of these topics or about Neighbourhood Watch, contact:

David Gresswell –
Area Co-ordinator, Flackwell Heath

(Tel: 525019
e-mail: flackwell-nhwatch@talktalk.net)

Police General & Non-emergency
number: 101

Public Safety Team
(Anti-social behaviour): 01494 421087

Crimestoppers (Anonymous):
0800 555 111 – watch out for a 'spoofer'
Crimestopper site

Trading Standards (Consumer Direct):
0345 4 04 05 06 (NEW dialling code)

Cyberaware – www.cyberaware.gov.uk

ACTION FRAUD: 0300 123 2040
www.actionfraud.police.uk

The Information Commissioner's Office:
0303 123 1113

NHS: 111

Dates For Your Diary

March

Sunday 19	Amblers Walk, see page 3
Monday 20	Local History Group talk on Air Warfare see page 5
Saturday 18	Mongolia Conference at Christ Church, see page 6
Saturday 24	Age Concern Beetle Drive, see page 8

April

Saturday 1	Children's Crafts at the Library, see page 1
Saturday 1	Litter Pick, 10.30 – 12.30, from Jubilee Garden, see page 2.
Wednesday 5	Annual Parish Meeting, Council Offices, see page 1
Thursday 6	Flackwell Heath Residents Association AGM, see page 1
Monday 10	Flackwell Heath Community Association AGM in Sarney Room, 8pm
Monday 10	Local History Group talk on Buckinghamshire Spies and Subversives, Library, 7.30pm

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FLACKWELL LOCAL AREA HISTORY GROUP



Our next talk, 'Warfare Takes to the Air' with John Gurney & Mike Dewey will be at the Flackwell Heath Library on Monday 20 March at 7.30pm. John and Mike will trace the early history of air warfare up to WWII. They will consider how balloons, airships and finally aircraft came to be used in warfare, and the important part that the Wycombe area played in both World Wars.

This is a ticketed event, and the tickets will be available at the library from 6 February, and are £5 (£3 to friends of FHCL). Please note that tickets will not be available on the night.

The next date for the **Fact Finding Forum** at the Flackwell Heath Library is 8 May, from 7.15 – 9.00pm.

The topic is: **Local area Pubs** – We have lost many pubs over the years.

They have either been converted into accommodation, or have been demolished. Do you remember how many pubs there used to be in the local villages? What were their names? Were they owned by a brewery?

We would love to have your memories, and photos if you have any. Please come and join us for a chat and a cuppa.

A date for your diary
Monday 10 April, from 7.30pm

Buckinghamshire Spies and Subversives

Bucks author DJ Kelly (Denise Beddows) takes us on a journey from religious martyrs and gunpowder plotters to Cold War traitors and the ideological domestic terrorists of modern times – this county has seen it all.

Family History Research – with Jan Fanning

To arrange a research session at the library please contact Jan on 01628 527506 or by email janfanning@gmail.com The sessions cost £2.00 for 50 minutes plus the cost of any photocopying.

Please note that Jan's phone number was incorrect in last month's edition. Our apologies for any inconvenience caused.



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Salus Personal Training Studio

Salus opened 18 months ago in Swains Lane (next to Giggles). The name was chosen by Michelle Coates and Paul Sawyer because Salus is the Roman goddess of health. Michelle used to play hockey at national level and now concentrates on cycling (she has ridden many of the stages of the Tour de France). She has a BSc in Exercise Science. Paul was a cricketer, a left-handed batsman and bowler, who played for Bucks at national level. Both of them have done all sorts of additional courses.

They train clients on a one-to-one basis and also in small classes. It might be circuit training, Pilates, kettlebells, Swiss balls or use of equipment such as treadmills. The programme is tailored to the individual. Some clients are looking for body sculpting, some want to improve their general fitness, some want to train with a specific sport in mind. Michelle also arranges health and well-being programmes for employees of corporate clients. Massage, nutritional advice and rehabilitation after injury are all available if required.

Michelle says "We wanted to come to Flackwell as we both really liked the idea of owning a 'local' business, the two of us live in Hazlemere. We also felt it was an ideal area to offer our unique service of personal training alongside other health and lifestyle programmes aimed at all ages and abilities.

The unit has been altered quite dramatically to provide our clients with an exclusive studio to train in. The roof has been raised to accommodate state-of-the-art equipment, a new floor has been laid to absorb noise and soften impact on the joints and finally a modern shower and changing room was fitted so there is the option of grabbing a quick freshen up before heading to work if needed!"

Want to give it a go? Their contact details are: Tel 01628 290707, www.saluspts.com Because trainers may be with clients in their homes or outdoors, there may not be anybody at the studio, but a message will bring a response later.

Sue Arnautov

Green Cups!

Costa Coffee has a new initiative – collecting used cups for recycling! And they don't have to be Costa cups. They must, however, be PAPER not plastic. Not only green, but reducing litter, so full marks, Costa.



Flackwell Heath Community Library

NEW – Britannica Library Online – easy to use, trusted information

With recent reports of 'fake news' and questionable internet information sources, there is now a new resource for Bucks library users that offers timely, relevant, and trustworthy information. Forget Encyclopedia Britannica because it has been replaced by a bigger and better state of the art information service that should be your first port of call for any school project or other research. When you search for any topic it gives you a wide range of information sources including articles, videos, images, best websites etc. making it ideal for school projects. A great feature is that it gives you information that is relevant to your own level of learning; so you select 'junior' or 'student' or 'adult' and then information is presented at the appropriate level. To gain access, go to the Bucks libraries web site then go to Online Reference Resources then select Britannica Library in the Education section. All you need is your library card number.

Easter Crafts – Saturday 1 April

Book the date now for our popular Easter Craft morning on Saturday 1 April. All children are welcome to come along from 10.15am -12.30pm. This is FREE, no booking required. Parents/guardians will be offered tea/coffee while they stay with their children.

New Minecraft Handbooks

Our younger readers will be delighted to learn that we have increased the stock of the ever popular Minecraft handbooks. We have now added the: Combat Handbook; Redstone Handbook; Secrets Handbook and the Ultimate Survival Handbook.

A change to one of our regular activities

Yoga sessions – Sundays 10 - 11.15am. Meditation & Yoga Nidra on Thursdays 8.30 - 9.30pm. Contact Alexandra Alves 07786 332695



Flackwell Heath Community Library, Chapel Road, Flackwell Heath, HP10 9AA Tel: 0845 230232

email: fhcl@flackwellheath.net
web: www.buckscc.gov.uk/libraries



Mongolia comes to Flackwell

Many Flackwell Heath residents will remember Rev Eric Hart, a vicar in this parish for 17 years who died in 1993. After his death his widow Liz, on a trip on the Trans-Siberian railway, passed through Mongolia and felt God's calling to return to the country and work amongst its people. Shortly after, she did and for 6 years helped to translate the Bible into the Mongolian language. In her spare time she worked with the growing number of street children, who in the winter months, when the average temperature is -30 degrees, took refuge in the town's sewers.

This eventually led Liz to set up the The Jubilee Society of Mongolia, where the remit is to serve 'the poorest of the poor'. The charity has continued to run since her death in Mongolia in 2004 and is now headed up by two amazing ladies, Banjuu and BatTsetseg.

At the Christ Church Centre, from 10am to 3pm on Saturday 18 March, we will be celebrating its 15th Anniversary. We, along with Banjuu and BatTsetseg, who will have travelled 4,500 miles to be with us, would love to share with you the organisation's many challenges and achievements over those 15 years. We invite you to join with us for all or part of the day, a free of charge buffet lunch will be provided, but please book in, for catering purposes, by either email, sue@gdtfire.com or phone 01628 531428.

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The Thai Rack

A year ago, The Stag changed hands, and for a while the menu remained the same. But the new owner already owned a Thai restaurant in Gerrards Cross and was looking to expand his business. On seeing the vacancy at The Stag, he immediately liked the location (and who wouldn't like that view over the valley towards Marlow), and the atmosphere. He was keen to establish a family orientated pub and to serve a good selection of both English pub food and also Thai cuisine. So in May last year the Thai Rack was launched.

Food is served seven days a week, at lunchtimes and evenings. A Sunday roast lunch is still served, and snacks



are available. But for those who want something more substantial, there is a wide selection of Thai food, from mild flavours to the much hotter, a selection of English pub cuisine, daily specials and also vegetarian and vegan options. All the Thai food is made in-house by a Thai chef and prices for a main dish, including rice are on average £9.50. Tuesday is a special 'Steak Night', with steak and a pint of beer or glass of wine available for £15, and this is fast becoming a busy night.

Outdoors is a patio with seating and the garden has a spectacular view. There is a children's play area with a wooden adventure house and the owner often has a bouncy castle there for the younger children. It is both a family and a dog-friendly pub, with free dog biscuits available. Parties or special events can be held there by arrangement, and they can cater for up to 80 people.

It is worth paying a visit to see what is on offer there. Don't wait for the summer weather just to sit out in the garden – the view can be appreciated whilst enjoying the benefit of a warm fire.

Royal British Legion – Service Past and Present

The local branch of the Royal British Legion are trying to encourage both serving and ex-servicemen to contact them if they have any welfare requirements. The Branch will offer help and advice in the first instance. Ring the Branch Chairman, in confidence, on 075492 57884.

On Thursday 30 March, the Legion will be hosting local Scouts, so that they can learn about life in the forces in war and peace. All veterans are welcome to come, at 7pm, and bring any mementoes such as photos, medals, pay books etc.

NOT AN APRIL FOOL'S JOKE! SPRING CLEAN THE VILLAGE

SATURDAY 1ST APRIL

10.30am – 12.30pm

meet in the

Jubilee Garden

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Flackwell Heath
Residents' Association

Youth Group

Flackwell Heath Youth Group is now in its 3rd year of operation! It provides a safe place for young people from Year 5 upwards to enjoy a variety of games, activities and simply 'chilling out with friends'. We meet every Monday during term time in the Methodist Church halls from 7-9pm.

We always have pool, table tennis, table football, tuck shop and a place to sit and then use the bigger hall to do different games such as football, rag hockey, badminton. The group is run by volunteers and we are always happy to have more offers of volunteers who can provide an activity or just come and help. It's great fun and we have a lovely group of young people. Prospective volunteers are welcome to come along and visit before committing!

It seems these days that many young people miss out on 'face to face' time with friends rather than communication by social media, and that is part of what we want to provide. As our young people move on from junior school they can easily lose touch with long term friends and the youth club is a great way of keeping those friendships going. We are open to new members – we offer a free 'trial' night and then ask for £1 a week after that to try and cover costs. Activities this half term until Easter will include cooking, blow football, craft activities and pub games (no alcohol we promise!).

If you are interested in volunteering, please get in touch by contacting Chris on cjclegg62@googlemail.com

If you have a young person who is interested just bring them along on a Monday night – they will be very welcome.

Chris Clegg





Simply Walk

I went on my first walk with SIMPLY WALK on Thursday 29 January 2009 shortly after I retired. As a workaholic for most of my life, I was at a bit of a loss as to what to do in my spare time and I missed the banter and company of my work mates. There were about twenty people on my first walk, and although outside of my usual comfort zone, I felt very relaxed in their company.

All these years on and I'm still walking with the same group of people. This particular walk starts at 10.30 and alternates every Thursday. For example one week we meet at Budgens old car park in Flackwell Heath and the following week at the Rugby Club car park in Kingsmead Road, Loudwater. The group is made up of around 20 – 30 walkers, some of quite advanced years, and we walk at a modest pace on the flat for around sixty minutes. There are no stiles. After the walk most of us get together for coffee and biscuits.

There is also another more challenging walk from Flackwell Heath which takes a minimum of around two hours. We meet up at Budgens old car park at 10am every Monday, very often walking through Warren Wood, down to Bourne End and then back up via Sheepridge Lane and Pigeonhouse Farm. This walk

offers a variety of routes, some glorious countryside and we very often take a detour around the lake at Little Marlow or along the Thames path. After the walk quite a number of us go back to the British Legion for tea and coffee.

These walking groups have a great social side and many of us have become close friends. We find any excuse to meet up and enjoy lots of breakfasts, lunches and evening meals together. Whether to celebrate birthdays, Christmas but mostly just for the sake of it. Next on the agenda for March is a breakfast at the Italian Café in Bourne End for the Monday Walkers and an evening meal at the Papermill in Loudwater for the Thursday Walkers.

If you fancy joining us, all you have to do is turn up. If you like to walk with a stick please bring it along as many of us use sticks regularly. Don't worry if you walk a little on the slow side, you won't get left behind.

Fiona Broadbent at Bucks County Council runs the show and although there is some funding, most walkers are glad to make the odd donation. There are organised walks available practically every day of the week in many different locations. You will find lots more information on the Simply Walk's website www.buckscc.gov.uk/simplywalk

Jack Cooper

Beetle Drive

Saturday 24 March

at the Day Centre

7 for 7.30pm

Bring own drinks and glasses
Light meal Raffle

Tickets £10 available from Day Centre
01628 526113

In aid of Flackwell Heath and
Loudwater Age Concern Day Centre

Flackwell Heath Community Association

Chairman: Chris Cramer
01628 526129

Secretary: Chris Thomas
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