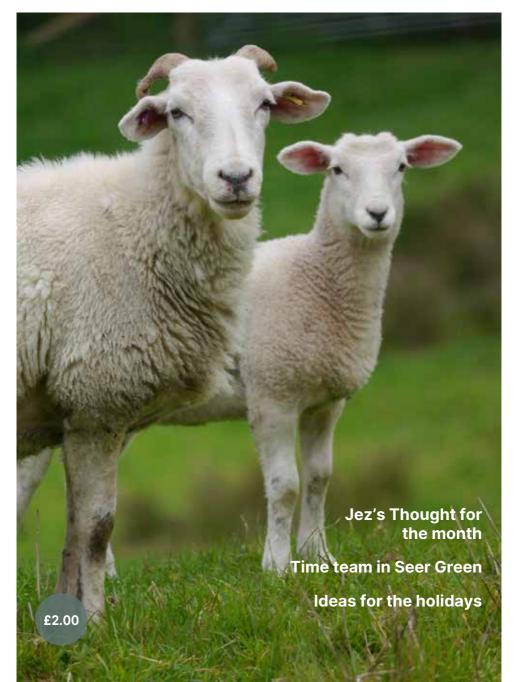
COMMUNITY NEWS

Seer Green and Jordans Parish Magazine

April 2024





How to subscribe to Community News

We are delighted that lots of new subscriptions have been taken out and hope that you enjoy the April magazine. Have a look at Carol Wright's ideas for entertaining children in the holidays and at Janet Stewart's wonderful book reviews as well as an account of the churchyard girls' night in the cold.

We have made it easier to subscribe using the QR code. The cost of each copy is £2 but to £1.50 a copy (£15 a year) if you subscribe. You can also email editorseergreen@ gmail.com and just ask to subscribe.

With best wishes Sue Puttergill, Carol Wright and Jill Moody

The Editors



Next Month's Magazine

Please send all contributions for the May issue to: editorseergreen@gmail.com by 7 April 2024. Diary dates for the next two or three months would be very welcome.

Articles should be **300 words max** and in WORD (.doc or .docx format) and photos should be jpeg format, preferably 300 dpi.

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Please note any items submitted may be edited for space, content or style.

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Seer Green Parish Council

Liz Bates | Parish Clerk 01494 874233

Seer Green Pre school

Kirsten Pole | Manager 01494 677190

Seer Green Football

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- United (juniors) Tim Wyatt 07833 246819 - FC (adults) Art Anderson 07919 027351

Seer Green Village Choirs

Jane Smith 07759 841205

Thought for the Month

Are you sick of Easter eggs yet? As a chocoholic, I'm not, I admit. But while it's not quite as bad as mince pies in August, some feel that Easter, like Christmas, gets overplayed for its profit-making potential.

There's a lot to be said in support of eggs as a symbol of Easter. They represent lots of "Eastery" things. Historically, people fasted from eggs during Lent, then decorated eggs in the final days before Easter to augment the celebration of eating them again. Apparently, they also symbolise the stone that was moved from in front of Jesus' tomb. (the "stone" would likely have been



Jez with one of his and Miriam's chickens

a 1' thick disk of around 5' diameter. At a couple of tonnes, it would also have been a lot harder to roll than an egg, which seems to have a magnetic attraction to the edge of my kitchen counter)

Of course, the more important symbolism is around new life something which is the essence of springtime as well as Easter. (Unlike Christmas, the events of Easter really did happen at the same time of year when we celebrate them). Christians believe that at the cross, Jesus defeated death and its cause - humanity's rejection of God's loving plan, and the consequent fracture in our relationship with the very source of life. So, Easter celebrates life as it was supposed to be, reconnected with the abundant love of God, pioneered by Jesus in his resurrection. The Resurrection life for which all who trust in Jesus are destined is a more "alive" than anything we can imagine, in the same way that eggs, (in the right circumstances, not involving my breakfast plate) are destined for a whole 'nother level of life - the dynamic, colourful, feathery joy of a chicken! (and yes, they're lovely and warm when they mistake your head for an eqq)

Jez Carr - Vicar

Holy Trinity Services for April

3 April 10.30am Midweek Holy Communion

7 April 10am Holy Communion Service

3.30pm Families

14 April 8am BCP Communion Service

10am Morning Praise

21 April 10am Holy Communion Service

Special guest speakers Ian and Pamela Gamble from A Rocha

com

28 April 8am BCP Communion Service

10am Morning Praise

For information about activities for children and families, please contact Janna Holder on 07764 490960.

Baptisms, weddings and funerals

Baptism

25 Feb Emily Jane Elizabeth Bowers Warman

Donations to Holy Trinity

If you would like to donate to the work and upkeep of Holy Trinity Church there are many quick and easy ways to do so -

Go to our website:

seergreenandjordanscofe.org and scroll down the homepage to 'Online Giving' and follow the link.

Or go to:

https://tinyurl.com/4hx7cyzx

Or you can activate our Online Giving page by using the QR code opposite. Donations in cash/cheque may be delivered to our treasurer at 58 Chalfont Road. If you can Gift Aid your donation, please add your name and address.

If you would like to join our planned giving scheme, please speak to our treasurer Audrey Hardy on 07342 652707 or chardyseergreen@aol.



Summer term fun for families

The two new monthly Sunday gatherings, aimed at those with preschool and primary aged children continue into their third term. Families at 3.30, hosted at Holy Trinity, takes place on the 3rd Sunday of the month this term, (a move from the 1st Sunday of the month to save clashing with school holidays) and will be on Sunday 21 April, Sunday 19 May and Sunday 16 June.

Fun & Faith, at Seer Green Baptist Church is on the 4th Sunday of the month and will be on Sunday 28 April, Sunday 26 May and Sunday **23 June** from 9.15 – 10am. Both gatherings seek to enable families to explore faith in a fun, informal way. All are welcome.

Who Let the Dads Out continues at Seer Green Baptist Church on Saturday **27 April** and Saturday **15 June**, 9.30-11.15am. All Dads, Grandads and male carers with their 0-7s are invited to enjoy toys, activities and bacon butties.

If you would like more information please contact Janna.

Janna Holder - 07764 490960.



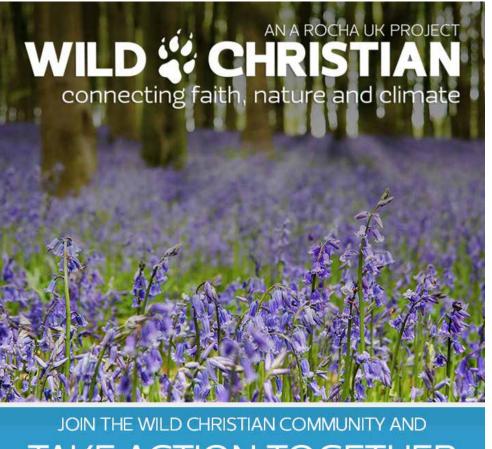
Contact us

Holy Trinity website Church Wardens and General Enquiries www.seergreenandjordanscofe.org
Janine Dunnell 07525 322955

Leading Conservation Charity A Rocha UK, coming to Holy Trinity in April.

Do you worry about the environment and climate change? Most of us do... if that's you, please come along to Holy Trinity at 10am on **21 April**, to hear guest speakers lan and Pamela Gamble, of the Christian conservation charity A Rocha UK.

A Rocha UK works to protect and restore the natural world, and to equip Christians and churches in the UK to care for the environment. Ian and Pamela will tell us what A Rocha are doing in 2024, and then we'll consider biblically why Christians are called to look after the planet.



TAKE ACTION TOGETHER

A Rocha UK has three main programmes:

- 1. 'Eco Church', their work with UK churches. Launched in 2016, over 6,000 churches are now signed up, and over 2,500 have awards including Holy Trinity and Seer Green Baptist Church.
- 2. 'Partners in action', their work with UK Christian land managers. Around 45 Partners, from farms and schools to retreat centres and even a friary, are helped to look after the unique wildlife in their habitats.
- 3. 'Wild Christian', a programme that encourages individuals and families to enjoy and learn about nature and then to take practical action.

Pamela and Ian have been helping A Rocha UK for 30+ years. Ian has been an avid naturalist since the age of 5(!); Pamela has been learning about the natural world since they met in 1990.

Their ministries include the Life Group 'God in Creation', at their home church in Northchurch, Hertfordshire, which mixes countryside rambles with café chats about creation in the Bible; nature walks for hospice patients; and children's events.

We would be delighted to welcome you at Holy Trinity on **21 April**, with refreshments afterwards. To donate to A Rocha UK, use the QR code (https://arocha.org.uk/get-involved/donate/) or the envelopes in church.

Nora Bennett

Electoral Roll

Each year the church reviews the electoral roll in order to obtain accurate numbers of worshippers. This process occurs before the Annual Parochial Church Meeting, on Sunday 19 May 2024. If your name is already on the roll, you do not need to take any action, except to check your details are correct on the list that will be available on the church door throughout April.

However, if you wish to join the roll, please complete the application form that will be at the back of the church throughout April.

To be eligible you need to be over 16 years old, baptised and worship regularly at Holy Trinity.

If you have any queries please contact Heather Rowe 01494 677573

Our Living Village - Time Team in Seer Green?

Surveying with the UCL magnetometer.

Well perhaps not quite!

On a cold and windy Sunday in late February, we completed a geophysical survey to investigate an intriguing earthwork within Seer Green. Visitors to ourlivingvillage. org website, and anyone who has been on one of our village walks in recent years, will know of our identification of, and curiosity about, this feature on Manor Farm.

Although the humps and bumps in Park Grove field have long been known, it was not until the Chiltern Conservation Board acquired highresolution LiDAR (Light Detection and Ranging) data in the 2018/19 winter that we were able to see these were not just random, but formed a rectangular enclosure, of about one hectare, surrounded by a shallow bank and ditch.

Research into documentary sources tell us that Seer Green (La Sere) existed as a separate manor to the

during the late 13th and early 14th centuries. Our working assumption is that this earthwork might be the site of the manor, but we do not know for sure.

R (Light Detection lata in the 2018/19 were able to see sites of the manor, but we do not know for sure.

With the help of the Chess Valley Archaeological and Historical Society (CVAHS), and geophysical and squipment from University College.

Archaeological and Historical Society (CVAHS), and geophysical equipment from University College London (UCL), we completed a non-invasive magnetometry survey over the field. The results of this may indicate the presence of buried archaeology within the enclosure, perhaps foundations, ditches or pits. This might help us understand what it is and what age it might be.

parent manor of Farnham (Royal)

Our thanks to CVAHS and UCL; and to Sir Andrew Witty and Julian Faircloth for permission and access onto the private land.

If you have an idea for further Our Living Village project work, information on the history and cultural aspects of our villages, or would simply like to get involved, please contact us.

Nigel Rothwell - ourlivingvillage@ hotmail.com

www.ourlivingvillage.org



Photo - Surveying Manor Farm field

Jordans Village Hall Trust

Invites you to the exciting unveiling of the proposals for **Jordans new village hall.**

Saturday 20 April

2pm - 4pm

Venue - Jordans Village Hall

See the floor plan and elevations. Meet the architects. Understand how the building will work.

Talk about the cost and funding. Look at the programme.

All welcome and we encourage you to attend

Ali Cork - Chair Jordans Village Hall Trust

Woodfine Wine - Food and Farming Champions!

Woodfine Wine is run by Richard Woodfine and Liz Read and is based at Newbarn Farm in Seer Green, which is owned by the Hobley family. We were recently nominated by Buckinghamshire County Council as their choice for Food and Farming Champion to be invited to a reception at 10 Downing Street to meet the Secretary of State for DEFRA, Steve Barclay MP.



Photo: Richard Woodfine with Gareth Williams, Deputy Leader of Buckinghamshire County Council, who nominated Woodfine wines for the award

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Woodfine Wine's mission is to connect people to nature and others whilst restoring ecosystems and people's health through organic farming, food and wine.

We are an education platform that talks about nature recovery, organic regenerative farming practices, and why those things are important for the environment and our own health, in collaboration with the Soil Association, conservation bodies, nutritionists, and physical and mental health practitioners.

Nature

We have restored a traditional heritage orchard and introduced wildflower meadows, bees, nesting boxes, dead wood piles and expanded hedgerows. All whilst...

Farming

Organic rare breed chickens, traditional hay making in sympathy with native wildflowers, and introducing organic vines and heritage fruit trees. We produce organic and natural eggs, honey, cider and wine.

Community

We spend all of our money within 1 mile of the farm where we can. We use the farm as an education platform and for wellbeing events. We run volunteer days to get people into nature/farming with a purpose and we bring in school children to meet their curriculum needs. We held the UK's organic wine fair in

the vineyard last year, and from this year all MSc students from the UK wine college in Sussex will come to Newbarn Farm to learn about regenerative approaches to grape growing and natural winemaking, and Richard will teach at the college. We aim to improve awareness, physical and mental health through our farm.

We are under Countryside Stewardship and are exploring BNG.

Feedback to government:

- Raise food standards.
- Clear labelling: (i) local/seasonal, (ii) ultra-processed; (iii) alcohol ingredients.
- Support small farmers and regeneration of the land.
- Promote localism and community-driven initiatives.
- Support and incentivise rural diversification to reduce costs to taxpayers.
- The economic rationale to delay action is logically absurd: prevention is cheaper than cure.

Richard Woodfine



News from Seer Green School

As we welcome the warmth of Spring at Seer Green CE School, we look back on a short but busy term. This term, as well as making good progress, we celebrated children's creative achievements and developed community spirit.

As part of their Bucks Challenge, Year 5 invited the village community into school for an Easter cakes and games afternoon. The children thoroughly enjoyed sharing their favourite games with the visitors and there was plenty of laughter throughout the afternoon.

One of the highlights of the last week was the visit of Olympic swimmer Rebecca Adlington. Students were inspired by her journey to success and motivated to pursue their own passions.

Rebecca reminded the children that with hard work, dreams can indeed become a reality.

We hope that Parents' Evening provided a valuable opportunity for parents and teachers to engage in meaningful discussions about the progress and development of the children. The partnership between home and school is vital, and these conversations serve to strengthen communication, ensuring every child receives the support they need to flourish.

We would like to wish the whole village community a wonderful Easter break and look forward to welcoming the children back to school on Tuesday 16 April.

Laura Morel head teacher

it out was knowing that they were raising money to make a difference to people not far away, who must sleep out not once but every night. What an achievement!

Thanks to everyone's amazing generosity it looks like the Churchyard Girls will have raised well over £6000 to enable WYCOMBE HOMELESS CONNECTION to attempt to achieve their mission to keep rough sleepers off the streets of the town - not for 1 night but for good.

THANK YOU for your enthusiasm and your generosity to Sarah, Nora, Penny, Lois and me, Ali.

The Churchyard Girls



A cold night to sleep out

A night in the cold

We did it! - and yes, it was very cold, and we did get a surprise on waking to find our sleeping bags frozen!

The churchyard girls said that the support from the villages was wonderful, the customers in the two pubs were welcoming and very generous, Carole Campbell, one of the Parish magazine delivery organisers, turned up at 3am with hot water bottles and bacon sandwiches arrived for them all at 7am. Nora was hoping to hear an owl but didn't but did enjoy the dawn chorus. She said she kept slipping off her sheet of insulating cardboard because of the rough sloping ground. Nora described putting her feet into frozen boots in the dead dark and stillness of the small hours and crackling across the frozen grass for a loo break in the church. Sarah said they were wearing as many layers as was humanly possible but that the biggest inspiration to stick

Save the date!

JORDANS SCHOOL'S 80TH BIRTHDAY BLUEBELL FAIR Saturday 18 May 2024 12-3pm

Jordans School is celebrating its 80th birthday this year so let's make our Bluebell Fair the biggest and best ever.



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From the Allotments

Apres le Deluge

- Aubergines and tomatoes can be sown indoors.
- Pond life awakens after the winter.
- Root vegetables can be pricked out, protect from frost with cloche or fleece.
- If the soil is sodden do not dig.
- Lettuce and other salad leaves sown at intervals avoids a glut.



- Sow annuals like nasturtiums, poached egg plants and marigolds to attract natural predators.
- Harden off young plants out on sunny days, in for the night before planting outside.
- Onions need to be outdoors now, transplant seedlings.
- Watercress can be grown in pots, a punchy addition to salads and vitamin rich.
- Earth up first early spuds, plant out main crop.
- Runner and French beans can be sown now. Plant out seedlings raised indoors.

Saturday May 11, 10-12 noon. ALLOTMENT PLANT SALE. We will be selling spare young vegetable plants, tea, coffee and cake. Mostly £1 so please bring easy cash, advice is free. Meet the motley crew that make up the Seer Green Allotment Association in their natural habitat.

Charlotte Baggins

8 O'Clock Club

The art of disguise has long been practised; none more so than in the alteration of facial features, to confuse and defraud. Al and biometrics advancement have taken this practice to another level.

Our speaker, Denise Beddows showed three photos of Vladimir Putin. One taken in Moscow 21 February 2023, one in Sevastopol 18 March 2023 and one the day following in Mariupol. If the Moscow photo was indeed Putin, then as a trainer in facial recognition techniques she said photos two and three were not the same man. Whilst there was a resemblance. the position/shape of ears, length of lips, space between the eyes, shape and gap to the chin; those unique biometrics make it difficult to produce a complete likeness.

Some years ago, the DHSS were puzzled by the longevity of Indian men who had worked in Britain but retired and returned to their own villages. Then it was common practice for Post Offices in India to accept thumbprints instead of signatures as evidence for claiming a pension. It took some time to realise that families were severing thumbs from these deceased males, pickling them, and then using them as proof for pension payments.

Al and biometrics are embedded in our daily lives but are not infallible. More information is collected about us than ever before; how we use our Credit/Oyster cards, mobiles and smart watches, ANPR cameras see us driving around, and our activity is monitored when visiting City Centres.

21.02.23 Moscow

Sevastopol

Agricupol

Sevastopol

Mariupol Voice manipulation is often a way of persuading individuals to part with money. The advice is not to use the word "yes" on the 'phone when asked to confirm if your name is correct. Reply, using "I am", or "It is": Stay savvy!

April 4 'Women in Intelligence during two World Wars' by Helen Fry. Helen will have some of her

books available to purchase; £4 (cash) with tea/coffee included. All welcome.

May 9 (note 2nd Thursday) 'Animal Architecture' by John Tyler - looks at the ingenious and often bizarre structures which animals build for themselves

Elizabeth Lee



The falling of a giant

On 15 January, after weeks of leaden skies and relentless rain, a blue-sky day dawned. We woke up to bright sunshine, not a breath of wind in the air.

At 9am our next-door neighbour knocked to say he'd just heard an ominous cracking sound from the huge oak tree behind our back garden. We rushed outside just as the magnificent tree split and fell, as if in slow motion. It made a long earth-shuddering sound as its complex network of branches lurched towards the ground, settling on the soft grass of the horse field behind Highlands Road.

We could hardly believe our eyes. We've been told it could be 600 years old, probably the oldest oak in the village. Vast and majestic, we had woken up to the glorious sight of it throughout the seasons for the past twenty years, and in less than one minute it was gone.

Within days we realised it was far from gone. Its previously sideway-growing limbs were now pointing up to the sky with fresh vigour. Disorientated red kites and other birds were already back and squirrels were scampering playfully through the mangled branches.

At the time of writing, its future is unknown. If left alone it would decay gently for many decades, supporting up to a thousand wildlife species, many unique to veteran oak trees.

We pray this tree will be granted the final part of its life cycle that nature intended and that it so deserves.

Fliss Coombs - Highlands Road





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Jordans Picture House

Our programme continues on April 12

On Friday April 12 we shall screen "Oppenheimer" (15).

The story of J. Robert Oppenheimer and his role in the development of the atomic bomb.

Cillian Murphy plays the US scientist who, in his endlessly requoted words citing Hindu scripture, became Death, the destroyer of worlds.

Doors open at 7.00pm and the Programme starts at 7.30pm.



On Sunday April 14 we shall screen "Mademoiselle Chambon" (12).

A happily married man volunteers at his son's school and begins to fall in love with a teacher.

Doors open at 3.15pm and the Programme starts at 4.00pm.









On Friday April 23 we shall screen "Till" (12A).

In 1955, after Emmett Till is murdered in a brutal lynching, his mother vows to expose the brutal racism behind the attack, while working to have those involved brought to justice. (IMDB)

Doors open at 7.15pm and the Programme starts at 8.00pm.



How to buy tickets

(Adults £8.00, U15s £5)

Online: Go to www.jordanspicturehouse.co.uk

See "Programme and Buying Tickets"

Jordans Box Office: Alan Sealy

alan@janetsealypartnership.com 01494 873205

Seer Green Box Office: Gill Pettman qillyp4@btinternet.com 01494 678050

Jordans Picture House Committee





Seer Green Gardeners

Our colourful brochure with our 2024 programme should have landed on your doormat by the time you read this. Why not reserve the key dates now?

Saturday 13 April Spring Show. We're hoping for bumper entries so check out the website/brochure for the flower, baked goodies and craft classes. Also you can sign up on our website for the annual plant growing challenges - spud in a bucket and geranium in a pot. You can collect your seed potato and geranium plug at the show. Also bring along any spare seed packets or part-packets for the free seed swap.



Saturday 11 May Jordans Plant Sale

Sunday 12 May Open Gardens/Seer Green Plant Sale

Sunday 8 September Spud-in-a-bucket

Saturday 14 September Autumn Show

Friday 23 February 2025 Great Village Quiz

A big thank you to everyone who took part in the Great Village Quiz. Once again it was a stunning fund-raiser and we've been able to support One Can Trust and Wycombe Homeless, both heavily over-stretched in these difficult times.

April thoughts

April is one of my favourite gardening months - Spring flowers raising the spirits and optimism running high with sowing and planting plans.

There's still just time to save £££s by raising annual flowers and veg plants from seed. They benefit from heat to germinate, then harden off gradually before planting out. My guru, Charles Dowding, has a great calendar to help you (check out his website.)

"Which" magazine has recently published research concluding that seed compost can be successfully re-used for two years or more providing you store it correctly. (The same probably applies to multi-purpose compost from my experience.)

Don't be too keen to get the lawn mower out. Spare a thought for endangered Bumblebees who love to forage on lawn 'weeds'. Discover more about the role these amazing creatures play in Professor Dave Goulson's very readable paperback "A Sting in the Tail" (also on Audiobooks).

Sally Ash - seergreengardeners.org





Dates for your diary

Thursday 4 April 8pm 8 O'Clock Club - "Women in Intelligence during Two World Wars" by Helen Fry

Friday 12 April 7pm for 7.30pm **Jordans Picture House** – Oppenheimer

Saturday 13 April 2.30-4pm Seer Green Gardeners Spring Show

Saturday 20 April 2pm-4pm Jordans New Village Hall Proposals

Friday 23 April 7.15pm for 8pm Jordans Picture House – Till

Thursday 9 May 8pm 8 O'Clock Club - "Animal Architecture"

by John Tyler

Saturday 11 May 10am-12noon Allotments Plant Sale

Saturday 11 May 11am-1pm Jordans Horticultural Society Plant Sale

Sunday 12 May 2pm-6pm Seer Green/Jordans Open Gardens

Sunday 12 May 2pm-5pm Seer Green Gardeners Plant Sale

Saturday 18 May 12pm-3pm **Jordans School** 80th Birthday Bluebell Fair

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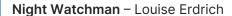
Janet's book suggestions for April





How long is a piece of string? It turns out that it is as long as the length of your life. One morning all of the Earth's population over the age of 22, wakes up to discover they have an individual box outside their door. Inside the box is a piece of string that measures the length of their life. What would you do with this knowledge? How would this information change society? Would you even choose to open your box and find out how long you've got left to live? Does depth of life matter more than length and can that be measured? These are all questions explored through the lives of a cast of characters within this novel.

A thought-provoking read with a premise that asks us whether we would want to know about our own mortality, and how that could shape the time we have left with loved ones...



I have never read anything by this award winning American author and I really enjoyed this.

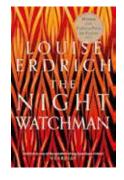
Set in the '50's when the American government decided to renege on the few, poor land deals they had done with the Native American peoples, this tells the story of the Turtle Mountain people of the Chippewa tribe and how their elder, Thomas worked to protect the community from the land termination act that was thrust upon them by an unscrupulous government.

Based on her own grandfather, the author blends the past, present and future into her narrative and skips between the physical and spiritual plane. She describes tribal folklore, ritual and medicine which is a wonderful insight into the lives of those living on a reservation.

It's a great story – lots to discuss for bookgroups.

Janet Stewart

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Holiday ideas for Grandparents (or Parents)

Being a grandparent is such good fun, but it can be daunting to think of age appropriate activities when you're out of practice and when things have changed so much. Luckily a lot of things we did with our own children are still fun to do today. Here's a few to remind you and a few more up to date ideas.

At home:-

- Gutter rolling buy a length of gutter and lean one end on the sofa. Test which car or object rolls the furthest.
- Printing potato cut in half and cut a shape into it, shaped sponges, objects - parts of an old clock or any interesting natural shapes collected on a walk.
- Shaving foam marbling fun but messy. https://tinyurl.com/476crrm3
- Cable cars 2 chairs, string and 2 containers https://tinyurl. com/3dv26yvn
- Cardboard box puppet theatre
- Playing shops
- Make cookies together.
- Create a story with their toys and recording it or use Stop Motion (an app) to create short films with toys or plasticine figures that you can make together.
- Water play How many egg cups will fill a bowl? What will float/sink?
 Make boats from different materials to test their suitability in water.

Outdoors:-

- Toddlers in the Woods (if local)
- Muddy walks Hodgemoor, Green Wood
- Splash parks:- There's a brilliant one at Willen Lake in Milton Keynes
 https://tinyurl.com/2225ttxn St Albans https://tinyurl.com/26cuhjuy
- Cliveden or similar mystery walk, collecting nature on the way.
 Photograph your experiences or nature pictures, things of interest along the way. Use these at home to create a memory walk. Play in the children's play park, picnic.
- Beckonscot follow the model trains, get a picnic in the café, ride on the train, there is a children's play area too.
- Odds Farm Park in summer the sand and water play is fun.

- Adventure walk- have a treasure map to follow through a wood or on a walk. Find different things on the way - A Fairy Door, an interesting stone, different shaped leaves. Take a mirror (child's plastic and lightweight) and use it to look up into the canopy for a different perspective. Count things and record; we saw 10 magpies, 3 worms etc. Find a special tree, a view, end by having a picnic or snack or finding a café or a note or a play figure.
- Large paintbrush and bowl of water paint the patio. Pipettes or squeezy bottles to see how far the water will travel.
- Shadow play shadow puppets, draw around shadows with chalk.

It's always fun with young children to retell your adventures with them once back home and even make a book adding photos or drawings of the day. I use an HP Sprocket, a phone sized photo printer, the photos have an adhesive back so you can add them to your projects.

N.B. Kiwico are brilliant for simple ideas. You can use their free diy activities or buy activity boxes or subscribe.

Carol Wright



Learn a New Skill - DOWSING!







Thames Valley Dowsers

An afternoon of teaching at Jordans Quaker Centre. Welders Lane, Nr. Beaconsfield, Bucks HP9 2SN Saturday 13 April 2024. Starting at 2pm - 5pm approximately.

What is dowsing? Dowsing is a technique used to uncover information through our own natural intuitive sense. This ancient skill goes back hundreds of years when it was mostly used for finding water.

By careful questioning dowsing can be used to:

Find water leaks; check your vitamin levels; ask questions about your health; check allergies; find missing objects; heal the energy in your home; choose your best holiday

hotel and get help with other lifestyle choices.

Come and learn how to use dowsing rods and pendulums effectively. We will start with teaching you how to obtain a "ves" and "no" answer, using different exercises to improve your technique. Rods and pendulums will be provided.

Places are limited so please check availability in the first instance through Susan Scott Powell at chair@thamesvalleydowsers.org.uk

The fee is £10 per person and is subject to availability, so please check first.

For further information please phone: Sue Scott Powell (Chair) on 01494 813214 (mornings) and see our website for other events.

www.thamesvalleydowsers.org.uk

The weather so far this year has been shocking; I hope by the time you read this we have some sun. But rain or shine, one of the joys of spring is the Song Thrush (Turdus philomelos). The word 'thrush' dates back to the Indo-European proto-language and appears from Latin to Russian to Irish. Nobody knows its meaning, but it shows the bird has been known for many thousands of years - confirmed by 12,000-year-old remains of a snared Thrush, found at a Polish archaeological site.

On the Wild Side in April: Song Thrush and Mistle Thrush

The voice of its cousin the Blackbird is sweeter, but where the Thrush excels is invention. A typical Thrush has a stock of 100-plus phrases, strung together according to its mood. One recognisable phrase sounds like 'pretty bird, pretty bird, pretty bird'; this will be mixed with other melodies, buzzy sounds and mimicry. Starlings are also jazzy mimics, but the key to the Thrush is the repetition of each phrase. As Robert Browning wrote:

"That's the wise thrush; he sings each song twice over, Lest you think he could never recapture The first fine careless rapture".

The Mistle Thrush (Turdus viscivorus) is also a fine singer. It looks like a bigger Song Thrush, with breast speckles flatter, less arrow shaped, than its little cousin's. Known as the 'stormcock', it loves to sing right at the tree-top, especially when wet weather is on the way (and perhaps after snacking on its favourite mistletoe berries). The song is guite like a Blackbird's, but with a wild, melancholy tone. It also has a distinctive 'ratchet' call, said to resemble



Song Thrush: Noel Revnolds, Creative



Mistle Thrush: Dr. Raju Kasambe, Creative Commons 4.0

an old-time football rattle. This helped me spot one last summer as I walked down the Chalfont Road to the Allotments; my 'Merlin' bird app also reported one in Holy Trinity churchyard early this March.

Visit xeno-canto.org for song recordings.

Nora Bennett

Memory Partners Tai chi café

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Monday, 10.50 – 11.50 St. Michael's Church Hall

Donation of £5 per person or two people together For more information

> contact Kia 07709 201316

goodwin.kpr@gmail.com



Totteridge Community Centre High Wycombe HP13 6UG

Also at

Thurs. 10.50 – 11.50 Further details from Sue 01494 532088

sastuart@globalnet.co.uk

Research shows that everyone can benefit from doing tai chi. There are many health

benefits: physical, emotional, social and cognitive.

Memory Partners is a charity which aims to spread these benefits widely to older adults. Donations are used to train more instructors.

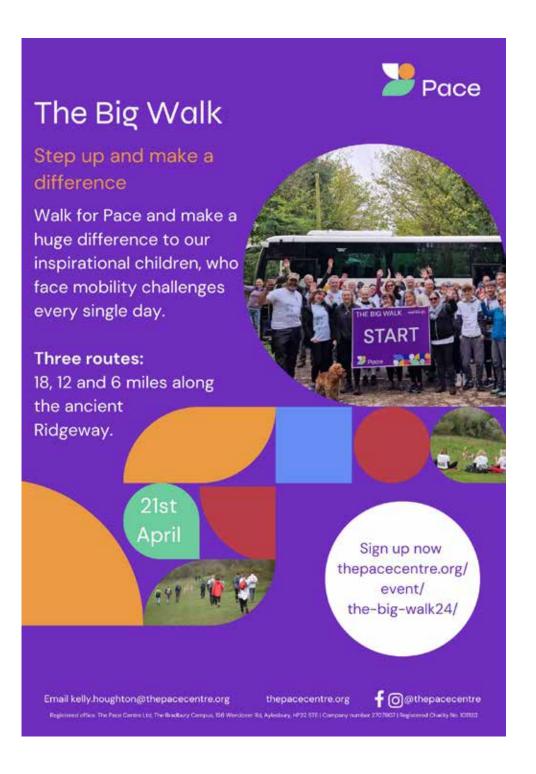
We especially welcome people with long-term health conditions to the café. Everyone breathes, Tai chi promotes health and

wellbeing by helping you to

breathe better.

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