

SPRING/SUMMER/AUTUMN/WINTER



**DOWNLEY  
COMMUNITY**

## Village News



### Features

Local Societies  
Around the Area  
Lifestyle  
Downley Diary *Pull Out Section*  
History  
Poetry Corner  
Letters

Issue 112 / Aug 2017



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### Editorial

Lots of fun and interesting content in this issue of your local village magazine. The turnout at the Downley Day looks huge (picture P33) and if anyone had the time to count the people there that would be a great statistic to bring you in the next issue. Email Editor@downley.org or post it to facebook.com/Downley.Community.

The original Downley store 'Starlight stores' has been taken over and revamped with lots of improvements planned by its new owners. Pop in and take a look.

We have a constant stream of new advertisers and as a voluntary community magazine we are grateful for the support of local businesses. It is nice to see local businesses thriving and one such business celebrates its 25th Anniversary so read on to discover which. Congratulations to them and we wish them another 25 years of success!!

We have asked for some help in this issue and would be most grateful if any local people can join the communications committee in Downley (the committee puts together this voluntary magazine). Those with awesome IT skills would be especially welcome and are much needed. Please email Editor@downley.org if you can spare the time on a voluntary basis.

Please enjoy this issue and remember there are plenty of boiler engineers in here to help with those issues that inevitably set in during the Autumn months.

Simon Scott Editor



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## Downley Common News

*The summer is upon us again bringing its own particular problems associated with lighter evenings and better weather that entice people to come out and play*

The recreational bikers (motorbikes that is) have been racing around the dells and to and fro along the track past the LeDe and exhibiting threatening behaviour, so if anyone spots them and manages to snap a photo, please send it to the Parish Clerk at [downley\\_pc@tiscali.co.uk](mailto:downley_pc@tiscali.co.uk) (note the underscore). Any means of identifying them would be helpful. As part of this campaign the DCPS will be putting some obstacles such as tree trunks in their way so please be aware that they are there for a reason.

Some people also seem to think that better weather is a good excuse for getting out into the countryside and doing some fly-tipping. The tank crossing (by the cricket pitch) has always been a favourite location for this and the DCPS have recently removed some bushes to open up the sightlines for CCTV. These cameras have proven useful in the past and it is hoped that the mere threat will inhibit dumping of rubbish. After all, High Heavens Disposal Site is not far away and such rubbish generally is welcome there.

The article in the last issue relating the troubles experienced by Rosie the Tractor engendered much concern and best wishes for better health in the future. You will be glad to know that so far (touch wood) she has been working well and feeling much better. Those of you who get out and about will see large areas of the Common have been flailed and hopefully this has made it easier to walk across it where it was getting overgrown. We are aware that some paths remain overgrown and if you have a favourite that needs attention, by all means let us know. Even better, come along on the first Sunday of the month and show us where it is.

Over the last few months there have been some planning applications to build new houses facing the Common which the DCPS has chosen to object to. It is not often that we take this step, chiefly because very little development occurs around the Common. However, in these cases we believe the developments to be intrusive and that they contribute to a gradual infilling of the area around the Common in a way that will turn the Common into more of a village green than a common. The Village Design Statement (<https://www.wycombe.gov.uk/uploads/public/documents/Planning/Planning-policy/Area-based/Downley-village-design-statement.pdf>) maintains that "it is generally agreed that the area around the Common should not be developed." While some might accuse the DCPS of NIMBYism, we make no apologies for this and will continue to oppose inappropriate development.

*Bill Thompson, Downley Common Preservation Society*



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## News from Downley Pharmacy Stay Well This Winter

Once again as Autumn commences, the 'Stay well this winter' campaign will roll out. The campaign is a collaboration between Public Health England, NHS England and the Department of Health aiming to engage some of society's most vulnerable people – older people and those with underlying health conditions, plus their carers, pregnant women and the parents of small children, to help them take better care of their health and avoid becoming so ill that they need to go to hospital.

Flu vaccination will be the focus at the start of the campaign. For most people influenza is a nasty short term illness, but for some it can lead to more serious illness that may require hospitalization. The vaccination programme aims to reduce these complications.

At Downley Pharmacy we provide a walk in service most days- no appointment needed. The vaccination is free- funded by the NHS to all over 65 plus those aged 18-65 that fall into one of the following high risk categories. Comments from our service in previous years have all been favourable especially with regard to ease of parking with no queuing or being set to a definite clinic day at the surgery.

*Asthma or lung disease*

*Chronic heart disease*

*Diabetes*

*Chronic kidney or liver disease*

*You've had a stroke*

*You have an illness or are taking medicines that lower your natural defences*

If you fall outside of the eligibility group you can still choose to get vaccinated against flu and help prevent this debilitating infection from spoiling your winter. We can provide the flu jab for you at a small cost.

Later in the season there will be a focus to encourage visiting pharmacies for advice on treating minor conditions before they worsen requiring hospitalisation. This advice is given free, sometimes with the sale of a relevant product, sometimes with referral to GP when warranted, but always without appointment or long wait in the already overstretched GP surgery or MIUs.

We look forward to seeing you in October when the flu campaign starts, any queries please call us 01494 513060

*Fiona and the team at Downley Pharmacy*



"We," who come together to create the DVN need more volunteers to deliver the DVN magazines around the distribution area within Downley. Normally this consists of one street or part of one if the street is very long. It takes only about an hour of your time. At the moment we have no reserve volunteers to cover for holidays or sickness.

**Please get in touch with  
Teresa or Des Ryan  
on H.W. 520938 or e-mail at:  
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Thank you in advance.**



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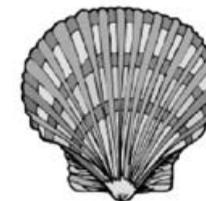
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## St. James Voice

*Most people are very familiar with the saying  
"Tall trees from little acorns grow".*

*One of the parables Jesus told is very similar- the parable of the mustard seed, which is told in the gospels of Matthew, (13 31-32), Mark (30-32) and Luke (13 18-19). It's a very short parable- "The Kingdom of God is like a mustard seed that someone took and sowed in his field; it is the smallest of all the seeds, but when it has grown it is the greatest of shrubs and becomes a tree so that the birds of the air come and make nests in its branches."*



The mustard plant in question is not the one we are familiar with, but a large shrub that can grow to ten feet tall. The message is clear- great things can come from one small idea if it is acted upon. This has been true throughout history. There are hundreds of examples ranging from inventions such as the wheel, steam power, and the Internet to moral issues such as the abolition of slavery, universal suffrage and equal rights. For each of these things to happen, someone had to have the idea in the first place and then have the determination and the right circumstances to see it through. We won't all come up with ideas that will change the world, or have the right circumstances to implement them, but we can all use our gifts and make them grow.

You may have seen posters around the village or attended Downley Day Downley Expo and heard about the two meetings we held in May and June to talk about how we at St James's can further develop within the community of Downley. Thank you very much to all those who attended, and for your suggestions. Two things have already happened and the PCC is considering further developments. On Thursday mornings from 9.30 the church is open for you to POP-IN for coffee or tea and a chat. Everyone is welcome, and whether you are walking your four-legged friend or just fancy change of scene, please come and join us. Another development is Downley ACT, or All Churches Together. We held a joint prayer meeting in July and another will be held at St James's on Thursday 19th October at 7.30pm. Again, everyone is welcome.

### A date for your diary

St James Church in Downley invites you to sit back and enjoy a fantastic Caribbean Evening on Saturday 14th October 2017 from 7pm-11pm that includes:

- Caribbean food
- Live entertainment
- Raffle
- Tickets are £12.00 per person (Children under 10 go free)
- Bring your own drink
- St James' Church, Plomer Hill, Downley, High Wycombe, HP13 5NB. There's plenty of free parking. It is easiest to turn into the church car park off the main road when turning left at the end of The Pastures and going down Plomer Hill. Look for the big blue roadside sign!

**For tickets or information please contact Angela on 07703273201 or Collis on 07971634562**

*Rev'd Alison Finch*

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### The Downley Village News is only as good as it's content.

We would love to hear your stories and reports. Whether you represent a club or society or just have a tale to tell do get in touch.

[editor@downley.org](mailto:editor@downley.org)

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## Downley Community Centre

We have come a long way...

*The Community Centre was again very pleased to play its part and host events and in the 2017 Up Festival programme.*

### All in the Best Possible Taste

In the Beech room, The Downley Wine and Beer Club organised 'Grape Downley Wine Taste' to coincide with the final evening of the Art Show which was well supported by the public who came in to taste a variety of wines.



### Downley Village Art Show

Everyone agreed that the standard of work was again very high as some two hundred and fifty visitors came to the Art Show week held in the Oak room. We were also delighted to receive a visit from pupils of Year 3 of the Downley Junior School who walked over on the Thursday afternoon to see the exhibition and a display of live demonstrations of local craftsmanship as our resident woodcarvers joined the lacemakers to show their skills.



### Other News.

The management committee of the Community Centre took the decision some time ago that, following significant investment in developing the community centre over the last twelve months it should install CCTV in order to protect that investment. Working in conjunction with the Parish Council we have now specified this project and it will be implemented in August.



Paul Homer





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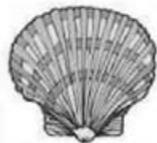
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## Coffee Morning

Come and join us for a chat  
over a cup of coffee and some biscuits!

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Come along and  
bring a friend!

## Coffee Stop

*Haven't we had some marvellous weather this year? We had to revise our operations slightly when it was so hot and keep the food in the fridge so we could prepare it to order and not have it out on display.*



I think most people know us well enough now to ask for their requirements and if you don't know us well, why not?! We are always glad to see new faces and give people a warm welcome, we get to know you well and remember exactly how you like your coffee etc.

It's nice to know that people sometimes read this and as a result we have two new recruits to our numbers. We really have a lot of fun whilst hopefully being useful, there is no committee as such, everyone has an equal voice at our occasional meetings and we rely very much on feedback from our customers to produce suggestions. It would be nice to have more customers too, we can revive walkers after their exertions or just provide space for a chat.

Sadly we have been forced to increase our prices slightly for only the second time in our existence but I'm sure we are not alone in noticing how much the price of food has increased; we try and avoid waste as much as

possible so please make your preferences known. Home -made soup will be available again in the autumn. Our famous Harvest Lunch will be on 9th October this year, please put the date in your diaries now; tickets will be on sale a few weeks beforehand.

Do many of our customers have a smart phone? Do you get the most out of it or are there functions you cannot use? Maybe we can sit together and work out solutions – it's just a thought, but I use mine a lot and sometimes someone says something that causes a "lightbulb moment" and opens up a whole new interest or use. Are there any IT specialists out there?

Huge thanks to all our supporters, drivers, customers, shoppers, cake and soup makers, washer uppers – everyone who makes St James' on a Monday morning THE place to be. Enjoy the rest of the Summer.

*Ann Buxton  
pabuxton@hotmail.com*

### Can You Match the Word and its Meaning

These words were compiled by Mr H Harman who was a school teacher at Downley in the 1880s. He published a book called 'Buckinghamshire Dialect' in 1929 which included some words and conversations he overheard in Downley and West Wycombe. The following words were used locally, can you match them with their meaning?

**Booard**  
**Britch**  
**Cham**  
**Fease or Freasin**  
**Funch**  
**Mawks**  
**Mop-Yawney**  
**Natchy**

**A Foolish Person**  
**To Chew or Bite**  
**Ill Tempered**  
**To Foretell, Predict the Future**  
**A Scarecrow or Scruffy Girl**  
**To Hurry Away**  
**To Push Something**  
**To Place Money in a Pocket, To Be Rich**

Questions courtesy of the Downley History Group who introduce themselves on page 45 and provide the **answers on page 47.**

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## Downley Theatre Group

*We start with an important notice to members: please respond as soon as possible if you wish to remain on the Theatre Group mailing list as requested recently.*



We find ourselves victims of our own success! There are currently 288 names on the membership list and it has become unwieldy. We have decided to check who wishes to continue receiving information about outings and remove those no longer interested. We have also, reluctantly, decided not to accept new members living outside Downley. Over 40% of the membership lives in places as far-flung as Great Kingshill and Sands causing parking issues at our pick-up point.

On to other news: "The Girls" outing proved interesting. We'd booked for September and the production company decided to close in July! This involved a

great deal of additional work and disappointing 16 people who were unable to travel on the revised date in June. The show was worth the hassle, though, a good time was had by all who went.

As previously advised, we cannot advertise outings in the Village News given our tight time scales – generally three to four weeks from booking to needing to pay in full for tickets – so, please get in touch if you are a Downley resident and would like to become a member.

*Alan & Claire Baker 01494 437552  
[clairebaker55@btinternet.com](mailto:clairebaker55@btinternet.com)*

## Downley Village Evening WI

*One of our members wrote a popular saga set in a village during the 2nd World War.*



She realised she couldn't write about a village without including the role of the WI: emotional support, regular meetings, helping evacuees, and thinking outside the box: the WI rescued fruit from the hedgerows and forgotten orchards, bottled it with extra sugar released to them by the Government, and sold this precious food for the war effort.

Bottling fruit? First the good ladies had to scavenge the jars from the rubbish tips, transporting them in small wooden carts hitched to bikes.

Today we might not all bottle fruit, but we all support the village. Remember, the

DVE WI is here for you. Come along to the warmth of our meetings at The Downley Community Centre on 1st Tuesday of the month, 7.45: Make friends, have a chat, and on 5th September learn more about old Wycombe. Fag Ends & Frustrations is the talk on 3rd October, and who knows, you might win the quiz on 7th November. You will certainly enjoy our birthday party on 5th December. We are here, waiting to meet you, though relax, we won't be scavenging the local tips.

*More information Pat Heath 01494 535998*

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# Chameleon Singles Group



*For our costal day trip this year we returned once again to Southend which we have not visited for a few years. It is still the typical English seaside resort with a sandy beach, amusements and not forgetting of course the world's longest tourist pier.*

Unlike last years visit to Brighton it was warm and dry so we were able to spend much more time outside on the beach, promenade and pier. A fish 'n' chip supper rounded off the day just right.

We had another of our "Meet & Greet" evenings over at the White Lion in Cryers Hill in May and again in July. This is a chance to meet new and existing members over a drink at this quiet pub with the advantage of not being as busy as those in High Wycombe Town Centre. We had a Friday Fish 'N' Chip lunch at the new Churchills at Park Parade and will continue to visit Dusty's Blues Club in Holmer Green once a month for some live music.

Some of our popular events run regularly so there is no reason to miss out with both Friday Lunch Club and the Pub Night taking place every month on the first and last Friday respectively. We also go to the theatre, cinema, live music performances, comedy evenings, and various other events and trips out throughout the year. As summer turns to autumn we will once again be doing a few more indoor events.

All our events are open to new members with the Pub Night a great place to meet up. You would be very welcome to come along and join us for a drink on the last Friday of the month at The Crown, Amersham Road, Hazlemere from 7:30pm. There is food

available if you wish to skip the cooking at home and many members take that opportunity!

If you are single, 40 – 60's, looking for a great social life and new friends then why not give us a try? There are no strangers at Chameleon, just new friends to be made in a social group run by and for its members. We have several local people from Downley, West Wycombe, Bledlow Ridge, Sands and surrounding areas and you would be very welcome too.

**To find out more call our membership secretaries:**

**Terrie on 01494 445816**

**Joyce on 01494 817895**

**e-mail: [info@chameleonsingles.org.uk](mailto:info@chameleonsingles.org.uk).**

**You can also visit us on-line at:**

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If you would like to know if acupuncture could be of benefit to you please contact Louise on **07860 820914**.

[www.theacupuncturepoint.org.uk](http://www.theacupuncturepoint.org.uk)

## Six Of The Best From Downley Descants

*We are just about to start our sixth year as your community choir – doesn't time fly when you are having fun!*

You may have seen us on the common at Downley Day or perhaps you came to our joint concert with Wycombe Concert Band during the Up!Downley Festival at Maplewood School.

We had some really positive and encouraging comments about the concert so if you didn't come then you missed a great afternoon or evening. We support local charities and local branches of national charities by way of donating any surplus funds from our concerts. On this occasion of tyhre evening concert we were able to donate £730 to Karen's Big Smiles which is a very worthy local charity. We are proud of the fact that since starting in September 2012 we have supported local good causes to the tune of £5213 and have had a thoroughly good time doing it.

We are all looking forward to the new term at Sunnybank, learning new pieces, revisiting old pieces and preparing for our

usual busy time around Christmas. Please try to come to one of our concerts or better still, come and join us and experience the thrill of performing in front of an audience. We are always eager to welcome new members, particularly men and even more particularly basses.

**Take a look at our website ([www.downleydescants.org.uk](http://www.downleydescants.org.uk)) to see our varied repertoire or contact Lyn on 01494 436063 or Julian on 01494 440430. We meet at 8pm every Thursday evening during school term time at Downley Methodist Church (Sunnybank) in Moor Lane so if you are looking for an evening that is both rewarding and fun as well why not give us a try.**

*Bob Cook (One of the few basses!)*



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## Downley Evening WI

*Hello again from Downley Evening WI. It seems to be either feast or famine, weather-wise, this year, doesn't it? Swinging between heat waves and deluges of rain. The gardens must be confused ...*

theWI  
INSPIRING WOMEN

Our regular summer garden party and barbecue have gone ahead regardless though and good times have been had, as always. We belong to the Bucks Federation of WIs and in 2020, our Federation will celebrate its centenary. Plans are already being formulated for events and activities to mark this occasion, including an Arts and Drama Festival, so watch this space for more information. I'm sure it's going to be a big year for Buckinghamshire.

The Bucks WI Trustees constantly organise a busy and varied programme of opportunities for our members. Currently, there's a trip to Lacock Abbey and village in August, the Victorian Sewer System in London (aptly named "The Great Stink") in September, and the National Memorial Arboretum in November. Those are just a few of the highlights, alongside competitions, a new Craft and Chat Club and a holiday to Devon and Cornwall next spring. And, of course, that's all in addition to our own programme of activities.

One of the resolutions emerging from

our AGM this year touches on the modern scourge of loneliness. Loneliness is not something that affects only the elderly or the housebound. Young mums, carers, people with disabilities – all these can feel isolated and lonely in today's society. We all have a responsibility to look out for the signs and to reach out a helping hand. Perhaps you know someone who is lonely. Perhaps that person is you. The WI is a friendly and welcoming environment, open to all ages and stages in life. Why not give it a try?

**We meet on the second Tuesday of the month at 7.45pm at St James' Church, Plomer Hill. We love to see new faces. We'll give you a warm welcome, a stimulating atmosphere and a lot of laughs. Oh... and cake. Don't forget the cake. Call our president, Rosemary Byrne, on HW 538966, for more information. We're looking forward to meeting you!**

*Angela Taplin*

### **JILL'S MATHS FOR FUN - ANSWERS ON PAGE 41**

**Two friends, Jen and Ben, decide to meet up at a point between their two houses, a total distance between their houses of 12 miles. Ben cycles at an average speed of 16mph, and Jen walks at an average speed of 4mph.**

**A If they leave homes at 11:30 what time will they meet up at?**

**B After sharing a picnic lunch together they head off to their respective homes, but this time Jen takes the bike and cycles at 16mph whilst Ben walks home at 4mph. If they leave their picnic spot at 14:00 what time will they each arrive home at?**

*BY JILL BURRELL*



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## Downley Wine & Beer Club Around the Hops in 30 days

*This summer at the long established Downley Wine & Beer Club has been one of the busiest on record with our first venture into the UP Festival calendar.*

It all started with the Expo event in the marquee on the common in mid-June which attracted quite a few visitors who expressed an interest in joining our club. We followed up with our showcase event called the Grape Downley Wine Taste which was far more successful than we'd hoped to see around 50 visitors through the doors to sample some unusual wine varieties & spend a relaxing evening mingling and chatting with everyone. All of us at the club who volunteered to support found it extremely satisfying and we received some great feedback from many of the people who attended.

The club's annual BBQ followed the week later & as usual the food, wine & beer was flowing and fortunately the weather was kind to us! We topped off our summer calendar 4 weeks later with a Celebrity through the Wine Rack event where we had a night of glam & show business wines & beers and a fun quiz where everyone tried to guess who made the celebrity drinks. What was nice

to see were some new members joining us at the Club having experienced some of our events in the weeks previously.

We are now in our summer recess & really looking forward to our Autumn programme which kicks off on September 13th with an evening of English Wines. We are always open to new faces so if you fancy a relaxed & fun evening enjoying a tippie or two on the second Wednesday of every month, come join us at Downley Community Centre at 8pm.

For a current programme please email:  
[dwbc@btinternet.com](mailto:dwbc@btinternet.com)





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Tel: 01494 528133

### Library Opening Times

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Saturdays 10-12 noon

Email: [enquiries@downleylibrary.org.uk](mailto:enquiries@downleylibrary.org.uk)



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### Book Charges

There is a charge of 20p per book for up to three weeks loan and a 20p charge per week is made for each overdue item up to a maximum of £3.00. The loan period may be extended by phoning the library during opening times. Free loan on all children's picture books.

### Computer & Internet Facilities

The library has two computers for member's use, both with internet connection. This facility is free. We also have a copier/printer available. Charges are 10p for a monochrome and 25p for a colour copy. We can also laminate your prints, up to A4 size, for a cost of 25p per copy.

We at the library are still on the lookout for unwanted fairly modern books that you might have tucked away which you think other library users might like to read, please bring them along to the library.

We still have a some gaps in our copies of the Downley News, if anyone has any of the following copies tucked away we would be most grateful if we could borrow them to make copies. Those we are short of are: issues 7, 30, 45, 46, 47, 64, 68, 69 and 73.

Please phone John Morris on 01494 528683



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## From Westminster to Wycombe Steve Baker MP

*The summer is upon us again bringing its own particular problems. Political events over the past few months have proved to be dynamic and unexpected. When I wrote in the last issue of Downley News I was not anticipating a General Election would be called.*



I am honoured to have been returned again as your Member of Parliament, and should like to thank everyone who took part in the election whoever they voted for. You may know the Prime Minister has invited me to join the Government as a Parliamentary Under Secretary of State in the Department for Exiting the EU. I now have a ministerial office at 9 Downing Street. I will be working alongside others in the Department to help bring about the country's smooth and orderly exit from the European Union, whilst agreeing a deep and special partnership with the 27 remaining member states. Following several successful local meetings with businesses on Brexit, I am delighted my role will take me across England to engage with employers, the public and civil society. In addition to my ministerial commitments, I continue to look after the interests of my constituents, and support local causes and events.

Turning to more local matters, Buckinghamshire has been designated one of eight Accountable Care Systems in the country, which will be working to lead the way in developing new models of joined-up health and social care. People have commented to me how important it is for people to receive comprehensive care when someone is ill and I am pleased this has been recognised. With

the NHS working with Buckinghamshire County Council there will be teams of doctors, nurses, therapists, paramedics, mental health professionals, and social care workers, along with the voluntary sector to support communities to live healthier and more independent lives. When announcing this new scheme NHS England Medical Director, Professor Sir Bruce Keogh, said "We need to tear down those administrative, financial, philosophical and practical barriers to the kinds of services our patients want us to deliver." Health and social care professionals will have more freedom to make decisions over how the health system in their area operates. The local hospital trust has begun by investing in out-of-hospital services, working with GPs, social care and the voluntary sector to develop community hub pilots. Over the next four years an additional £450m of funding will be available across the eight accountable care systems in the country to support their transformation programmes.

*If you would like to get in touch with me, please email: [steve.baker.mp@parliament.uk](mailto:steve.baker.mp@parliament.uk). If you despair of bureaucracy and would like my help with a particular issue, please phone my constituency office on 01494 448408.*

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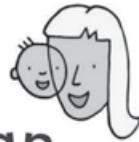
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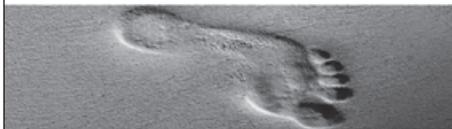
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## Downley Diary

Your pull out section to what's on in the village.  
From the weekly clubs and society sessions to the big annual events, you'll find them all here!

societies CLUBS show NO art starts  
go MOUS TALKS display exercise people BOOKS  
DATE MOUS TALKS GIG FETE concert

## Round-up of Regular Activities

Downley Community Centre

Alzheimers Carers Support Group	4th Wed am
Art Group	Term time Mon & Tues 10am - 12.00
Breathe Easy	2nd Fri 1pm
Bridge Group	Thurs 7.15pm
Bumps, babies and beyond	Term time Mon 9.30am
Chipmunks Woodcarving	Wed 10am
Community Library	Mon & Sat 10am, Thurs 3pm
Craft Group	1st Tues 10am
Dance Classes (ballroom and Latin)	Tues 7.30pm & Weds 8pm
Downley Village Evening WI	1st Tues 7.30pm
Downley Wine & Beer Club	2nd Wed 8pm
First Class Learning	Sat 10am
Flower Club	3rd Tues 7.30pm
French Circle	2nd Fri 7.30pm
High Wycombe Church of Christ	2nd-4th Sun 3pm
Kingdom Dynamics Church	Sun 10am
Lace Makers	Term time Thurs 12.45pm
Line Dancing	Tues 12.45pm and Fri 10am
Martial Arts Training	Mon 8pm
Pilates	Mon 6.45pm Weds 7pm
Russian Cultural Group	3rd Thurs 2pm
Simply Walk	Mon 10am and Thurs 11am
Sing & Sign	Thurs 10am (12pm Coffee)
Tai Chi	Term time Wed 10.45am
U3A Ukulele	4th Thurs 10am
Wargamers	Mon 6.45pm
Wycombe Spiritual Centre	1st & 3rd Fri, last Mon 6.30pm
Yoga	Fri 8pm



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Round-up of Regular Activities ...continued

St James Church Hall

Art Club	Thurs 9.30am
Assisted Scrabble	4th Friday of month 2.pm - 4.pm
Coffee Stop	Mon 10.30am
Dog Training	Tues 6pm
Downley and Disraeli Youth Club	Every Mon bar the 3rd of the month
Downley Evening WI	2nd Tues 7.45pm - in the Church
Downley Gardening Society	3rd Mon of month 8pm
Greatest Hits Choir	Tues 8.30pm
Karate	Wed 7pm
Links Lunches	Fri 10.30am
Louise Dance Class	Sat 9.30am
Natailie's Meditation Class	Wed 8.30pm -10.30pm
Philatelic Club	Alternate Thurs 7.30pm
Weightwatchers	Thurs 5.30pm

Sunnybank Methodist Church Hall

Dance Classes for Young People	Mon pm & evening
Downley Descants	Thurs evening at 8pm

Downley War Memorial Hall

Fencing Training	Wed & Fri 5.00pm
Sunshine Montessori	8.30am Term time only
Yoga	Wed 9.45am
Yoga	Term time Fri 9.15 am
Pilates	Mon 7pm

Guide & Scout Centre

Rainbows.Brownies/Guides	Mon from 4.30pm
Guides	Tues from 7.15pm
Beavers/Cubs/Scouts	Wed from 6.00pm
Dog Training	Thurs from 6.30pm
Beavers/Cubs/Scouts	Fri from 4.30pm

Clubs Societies Schools - Promote your event here for FREE!

**St James Church Downley - Weekley Events**

Sundays 11.00 Holy Communion  
 Wednesday afternoons 1.30-3.00 Tots and Teddies  
 Thursday mornings 9.30 POP-IN  
 Thursday evenings Pub Quiz at the Brickies  
**We'd love to see you !**

**News from your local Community Police Officer.**

An operation has started to catch a gang who befriend the elderly in our community and then attempt to extort money from them. If you have been a victim or you have any helpful information for the Police then contact PC McCarthy badge number P7785 using the 101 non-emergency telephone number.

Local motorbike theft remains a problem so once again if you see an abandoned motorbike or know of any persons involved in the theft of such then use the 101 telephone number.

**Keep our communities safe.**  
**PCSO Alan Gibson C8621**

**Downley Parish Council Meeting Dates**

All meetings are on the 2nd Tuesday every month.  
*Up to 30 minutes are allowed for public questions.*  
*Agendas are posted on the Parish Council notice boards at least 4 days in advance.*

Held alternate months at:

**War Memorial Hall** 7.45 pm  
 January, March, May, July, September and November

**Downley Community Centre, School Close**  
 7.45 pm - February, April, June, August, October and December

Agendas are posted on the Parish Council notice boards at least 4 days in advance. Copies of the Parish Council's Minutes are available at the Downley Community Library for residents to read. They are also included on the Parish Council Website.

**The Clerk (Chettina Masters) can be contacted on 01494 444683**  
**Or by email at : downley\_pc@tiscali.co.uk**

**"We," who come together to create the DVN need more volunteers to deliver the DVN magazines around the distribution area within Downley.**

**Please get in touch with Teresa or Des Ryan on H.W. 520938 or e-mail at: desmondryan64@gmail.com Thank you in advance.**

**SERVICES AT THE PARISH CHURCH OF ST JAMES**

We meet for worship every Sunday at 11.00am. The service reflects the prevailing season of the Church and lasts just over one hour.

Family Communion  
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**Street Lighting**

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 Please ensure that you include the street name and the house number that is nearest to the light, lights cannot be reported without this information.

**Downley Parish Notice Boards**

Any notices for the Parish notice boards need to be left at the Community Centre in the wooden box in the oak room in an envelope for the attention of the parish clerk. Notices must be received one month in advance of the event. Notice boards are updated once a month, on the first Thursday of the month. Please post flyers through the letterbox at the Community Centre clearly marked for the Clerks attention. Please notify the Clerk if you have posted flyers at the centre by emailing to downley\_pc@tiscali.co.uk

**All notices must be for local non profit organisations. Please ensure that A5 size notices are supplied.**

## Up & Coming... Please visit [Downley.org](http://Downley.org) for all the latest and up to date events and news.

Sept	3	Downley Common Preservation Society Work Party, 10am at the Old Dairy
	7	St James Church Coffee Morning from 9.30 - 12.30 every Thursday
	13	DCPS mid-week work party, 10am at the tank crossing (by cricket pitch)
	17	Downley Day at 1pm on Commonside
	18	Father's Day Event Downley Cricket Ground 11.00am - 3.00pm
	19	Children's & Family Yoga Marquee on Commonside 5.00pm - 5.45pm
14, 21 and	28	St James Church Coffee Morning from 9.30 - 12.30 every Thursday
Oct	1	Downley Common Preservation Society Work Party, 10am at the Old Dairy
	5	St James Church Coffee Morning from 9.30 - 12.30 every Thursday
	10	Parish Council meeting 7.30pm at the Community Centre
	11	Downley Common Preservation Society Work Party, 10am at the Old Dairy
	12	St James Church Coffee Morning from 9.30 - 12.30 every Thursday
	17	DCPS Annual General Meeting at 8pm at the Memorial Hall
	19	St James Church Coffee Morning from 9.30 - 12.30 every Thursday
	22	Bonfire Building at 10am at the Bonfire Site
	26	St James Church Coffee Morning from 9.30 - 12.30 every Thursday
	29	Bonfire Building at 10am at the Bonfire Site
Nov	2	St James Church Coffee Morning from 9.30 - 12.30 every Thursday
	5	Downley Common Preservation Society Work Party, 10am at the Old Dairy
	5	Bonfire and Torchlight Procession at 6.30 starting at Commonside (by the bus stop)
	8	DCPS mid-week work party, 10am at the tank crossing (by cricket pitch)

## Downley Day Report

*Another year, another Downley Day. This makes it sound like it's difficult to tell the difference between one year and the next, and I suppose there are certain years that stand out, like the time the Red Arrows flew past.*

So, no great happenings this year unless you could call it the year of the Great Heat when the temperatures soared to unusual levels. The dog show was nearly a disaster as there was some reluctance of a lot of people's part to let their dogs get too be standing around in the sun. Fortunately, the organisers showed some sensitivity to this and managed to limit their exposure and allowed plenty of water breaks.

Well done to the High Wycombe Music Centre training band conducted by Emma Walker for giving a spirited performance. It may have been put on as a chance to develop their public performance skills but it takes a bit of nerve to come and perform in public when you're perhaps not entirely convinced of your ability to hit all the right notes. Many parents will have had the experience of sitting through a concert which is more of a duty than a pleasure but I think these kids managed the latter.

On the other hand, LEAP need have no concerns about their level of confidence or indeed their ability in the performing arts. Polished as always, they put on a marvellous show; perhaps they might consider stepping up to put on a whole evening's performance at a future festival?

The Downley 5K fun run was attended by 120 runners and it was all over in

a flash except for one poor runner who took a tumble and needed a precautionary trip to hospital to check him over. Still, it stops the St Johns Ambulance people getting bored!

Concert on the Common was yet another success with possibly record numbers of people packing out Commonside to hear three bands play, including newcomers, Vibes Steel Band who nicely set the scene for a relaxing summer's evening. Any local band who would like to play (unpaid I'm afraid) should get in touch – we're always looking for new talent. There were a few unfortunate occurrences (a dog bite and some noisy late night revellers) which the committee will take steps to try and avoid next year, but considering the size of the crowd, things went quite smoothly.

*Bill Thompson, Downley Day Committee*







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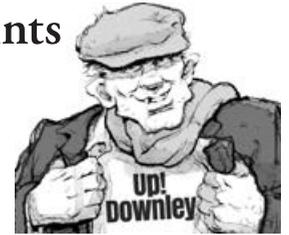
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## J. Heartycough's Horticultural Hints Autumn 2017

*Wal, I can't believe it, eh, me ole mates, but it's already a'cummin' up to autumn! I don't know how the time goze, but there it is eh.*



That ole sun gets lower and lower, but duz our spirits do the same? Oh no! (Wal depends on your plot and garden I reckons, wot did well, and wot didn't)? So wot appens now, with the dark evenins a'commin, you might think that's it for the year? But, "No it aint" ses Mrs H, "There's more to do now than ever, wot about orl the stuff cloggin' up the freezer eh?".... She duz keep on about it. .... Wal, we've got soft fruit of orl sorts in there, black and red currants, and guzzgogs - do you like summer pudding, that's a must, though as it's autumn now that makes it a bit late, I rekkons, but you could call it autumn pudding, same thing, there's a lots of recipes on the inter-web. Then there's guzzgog fool, Deynley version, cook up the guzzgogs till they're really soft, mince 'em up, really small like, then mix with a packet of ready custard and sum soft brown sugar, stir well, and 'ave it hot or cold, nectar I reckons.

So wot about them soft fruit bushes? (They 'ave a machine wot picks the berries without 'armin the bush or the berries, now that's clever eh?). Wal black currants fruit on the new wood, so give 'em a good ole pruning, espeshly the stems wot looks old, keep the middle open, and don't worry if you think you've done too much, you aven't! Red currants the opposite, just give em a bit of a trim a bit like trimming yor hedge, but keep the middle open, like a wine glass. -"Wot do you know about wine?" ses froggy cousin Jean d'Artichoke,"You can't tell the difference between the stuff in my rain water tank and yor pricey arty crafty English wine!" And

that's a' cummin from him wot only drinks his own red, looks more like creosote that anything else!

Wal, did yor toms ripen up? Did you spray 'em against blight? Like wot I said in my summer 'ints, and yor spuds! I managed to keep the blight orf, my charlottes the best yet, or so Mrs H ses, worth remembrin eh?

Autumn, now's the time for the big tidy up, get them deep rooted weeds up, docks, nettles, thistles and the rest, let em dry then put 'em on the bonny with orl the other stuff wot wont compost easily. Then get yor bulbs a planted for the spring, (yor wot? Spring's only six months away, no time at orl I reckons.). Once the bonny is out spread the ashes over the plot. Sum of you knows I put carpet on my beds, after diggin in some muck, smotherin the weeds like a mulch, for the winter, carpet can be a problem, her indoors noticed last time I borrowed one..... ha ha!

Next time I'll concentrate on compostin, with the difference between compost, manure, and humous. All subjects on their own I reckons, and local variations, like Napple manure and Stoken compost, even Flakkle humous, but they don't 'ave much of a sense of humous over there.....

So that's it for now, keep a spreddin the muck, and let me know how you got on this year, and wot about the Open Gardens and UpDownley Festival, brilliant I reckons!

Cheerio and a'bientot

*J.H. sent from my I Spade*



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Please hand this slip to Cathy Price at Downley Community Centre or email Susan Cunningham at Bucks Adult Learning: [scunningham@buckscc.gov.uk](mailto:scunningham@buckscc.gov.uk)

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## Under 17 Car Club

*Sunday 2nd July and I was off early in our little sportscar heading to Castle Combe Race Circuit in Wiltshire for the Under 17s Car Club "Magic Day".*



The Club does exactly what it's name suggests and teaches youngsters how to drive using the above circuit, former airfields and similar venues, converting them into a "road" layout.

The members start as "ungraded" and move up from Grade 5 to Grade 1 (with Grade 2 regarded as equivalent to the Driving Test). The very best get an X rating. Everyone involved is a volunteer.

Magic Day is used to raise money for the Teenage Cancer Trust and to give the members an opportunity to experience vehicles that they would not normally come across. Parents, friends, etc. are encouraged to bring along any vehicle that fits the bill and those attending "buy" drives with a donation. In addition there were several car-related items for auction. In total nearly £5000 was raised.

On this occasion, amongst well over thirty cars there were Aston Martins, Caterham Sevens, Ferraris, Morgans and Porsches, a Lotus and a TVR as well as a Trabant, Austin Ruby and an MG TD. At the owner's briefing the grading scheme was explained and we were told that drivers of Grade 2 and above were allowed to ask if they could drive the car. The decision is entirely up to the owner.

The layout had an overall speed limit of 60mph, reduced to thirty in places, and

included several fairly tight roundabouts. I took about a dozen round for two laps each and allowed three to drive themselves. One of them, Ruth, was only twelve but handled our 4 litre V8 without power steering extremely well.

The club meets more than 30 times a year and is endorsed by Dorset and Wiltshire Police Forces and IAM Roadsmart (previously the Institute of Advance Motorists). They are supported by other organisations who lend them lorries and buses for the members to drive. With such experience, it is no surprise that members have a substantially reduced record of collisions once they take their official test when compared to other new drivers.

The Club also has their Pathfinder Project which is open to 15-17 year-olds and offers five-day courses for £170. Compare that to driving lesson prices! I have put a few leaflets in the Community Library.

**For a car nut like me it was great to see all the cars but the skill the members demonstrated was also very impressive. For more information either pick up a leaflet or visit the website at: <http://under17-carclub.co.uk>**

*Alan Baker*



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## Cherries are back!!

*Pop into the new look Starlight store in Downley High Street.*

The store has been extensively refurbished and offers lots of ongoing deals across a range of its products. It is possible to sit and enjoy a coffee with the introduction of a new coffee machine for customers and take the kids too who will enjoy one of the slush puppies on sale.

You can stay in touch with the latest offers on FB @starlightstores or simply pop in every day for a fresh loaf of bread. Open Monday through Sunday support your local store if you can.

*Starlight Stores.*



The new owner, Sam and his Family want to welcome you and are planning to introduce the National Lottery very soon. Sam

plans many more improvements but has retained the twice weekly deliveries of fresh fruit and veg including those boxes of delicious cherries (maybe now sold out).



### *JILL'S MATHS FOR FUN - ANSWERS FROM PAGE 21*

**A.** 12:06

Add both speeds together to find out how long it will take to cover the distance  
 $16 + 4 = 20\text{mph}$   
 $12 \div 20 = 0.6 \text{ hrs}$   
 $0.6 \text{ hours} = 0.6 \times 60 \text{ minutes} = 36\text{minutes}$   
 $11:30 + 36 \text{ minutes} = 12:06$

**B.** Jen arrives home at 14:09 . Ben arrives home at 16:24.

Jen's distance from home  
 She travelled at 4mph for 0.6 of an hour.  
 $s=d/t$ , so  $d= s \times t= 4 \times 0.6 = 2.4\text{miles}$   
 Going home,  $t = d/s= 2.4/16 = 0.15\text{hr}$

*BY JILL BURRELL*



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## SCIENCE FOR FUN NATURALLY NURTURING GENETIC CODE

Those of you who know me personally may be aware that, over the past year, I have embarked on a lifestyle change regarding what I eat – more to the point what I don't eat. More of that perhaps another time. However, as a consequence of that I have had several people comment that it is a waste of time, as we will all get whatever we are destined to get regardless, because it is all written in our genes. Mostly I have bitten my tongue, thought something unflattering about the person, and moved on; sometimes wondering if they think a person who has the genes to become addicted to alcohol will get liver disease even if they don't drink, or someone with the genes to get lung cancer will have an equal chance of getting it whether or not they smoke tobacco, if a marathon runner could achieve the full distance without any training before the race, or if they think that a starving dog could ever be morbidly obese because both its parents were.

Our genes contain our genetic code, the blueprint for what we will become. Every cell in our body contains an identical set of genetic information, yet our bodies are not an amorphous lump of identical cells; a giant version of a bacterial culture. The cells develop to look different and to perform different functions, nerve cells are very different from kidney cells or white blood cells, yet within our own body each has identical genetic information. This is because the genes in our cells have on/off switches, just as the lights in your house will only shine when the switch is on our genes will only do their thing when their switch is on. What switches them off or on is the environment they are bathed in both during their development and during their lifetime.

In addition to organ development this epigenetics (simplistically put, environment's/nurture's effect on genetics) has an important role to play in the lives of all beings. Though clones of organisms, such as identical twins, are similar they will not be entirely identical, and will not always succumb to the same diseases; the twin's genes are the same, their initial environment was the same (same womb), but where they have been, what they have been exposed to, and what they have ingested has varied. Different genes will be switched on/off in each individual as a consequence of their lives.

Here are some examples of the importance of epigenetics in nature:

- If a pregnant human is deprived of adequate food during early pregnancy, then fed normally during the last three months the child will be born at full/normal birth weight, and will have a tendency towards obesity later in life. If a human female eats an adequate diet in early pregnancy, but is deprived of adequate sustenance during the last few months of pregnancy the baby will have low birth weight and tend to remain small in later life, with lower obesity rates than normal throughout its life.
- In any honey bee colony thousands of bees share identical genetic material, with only one queen producing eggs, and very few fertile males. Most bees are sterile worker bees. All bees are fed royal jelly for the first three days after hatching. A select few larvae continue to receive royal jelly for the rest of their lives, these bees, genetically identical to many of the worker bees grow into queen bees. The consequence of this difference in diet means they produce mature ovaries, never develop pollen baskets,

Continued on page 45...

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...Continued from page 43

have no sting barbs, have no wax glands, are often twice the size of the worker bees, and they live for years whereas a worker bee's lifespan is just a few weeks. The genes of each bee can be identical, but their expression is quite different simply because of what they ate and continue to eat.

- When alligators, crocodiles, and many other reptiles hatch from the egg their sex is not determined by their genes. Unlike humans, with our XX female, and XY male chromosomes determining whether we are female or male respectively, these animals all have identical chromosomes in this regard. Whether they are male or female is determined by the temperature at which the eggs are incubated; in some species there is only a 3°C average range which would allow the birth of males. In fish sex can change during the lifetime of the fish, dependent on environmental input.

- Siamese cats are a distinctive cream colour with dark feet and noses. They can only produce the dark colouring in areas which are below inner body temperature, so the cooler extremities are darker than elsewhere. If you reared a Siamese kitten in a cold place (please don't) it will have a greater percentage of dark fur than one raised in a warm place; and if you were inclined to shave its name into its fur whilst young (please don't) it could grow darker fur in that cooler, shaved area.

The genes that we have are fixed for life. The genes that we switch on or off can be altered by our lifestyle choices.

BY JILL BURRELL

## Downley History Group

*Formed earlier this year the group aims to create an archive of interesting facts, memories and photographs of Downley from its earliest beginnings to the present day.*

Already some fascinating information has come to light:

"Hell and damnation was a popular theme with the Primitive Methodists and particularly with their first Minister in the Chilterns, the Rev. James Pole, who preached regularly on Downley Common in 1835.

Tuesday 14th April. "At Dounly. At nights, the wheelwrights shop was crammed, and many could not get in. Several wept and found peace with God".

Tuesday 28th April. "At Dounly in the open air. A large congregation, a mighty influence prevailed and a powerful conversion took place".

"Our Common heritage. Chilterns Conservation Board.

January 2015. (22)

From the Downley W.I. Golden Jubilee 1924-1974 "Downley Memories".

"921. A drought. Water was brought up from the springs in West Wycombe by horse and cart and poured into a large receptacle standing on the edge of the common, where residents were waiting with buckets for the much-needed water. Others were waiting for some at the old well at Well Cottage. Oh, the joy of that little drop in a bucket!"

Mrs Stacey. Downley W.I.

*For more information phone:*

*Brian Knott on 01494 441487*

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## Downley War Memorial Hall

*Private Joseph Menday enlisted in the 8th Battalion Gloucestershire Regiment and died on 21 September 1917 almost certainly during the Battle of Menin Road part of the successful operation to take Polygon Wood. His family were living in Chapel Street. According to the local paper Joseph was a quiet individual always in his place at Sunday School.*

Private Ernest Frederick Smith died on 4 October 1917, probably during the battle of Broodseinde. This was the last of three successful "bite and hold" battles launched by General Herbert Plumer during the middle phase of the battle of Ypres. After the initial phase had failed in the mud Plumer believed that making limited advances and stopping once a pre-determined point had been reached would be more successful.

His first two attacks, at Menin Road Ridge and Polygon Wood had gone to plan. Although normally described as small scale battles the Germans suffered 10,000 casualties and lost 5,000 prisoners. On the Allied side there were about 7,500 casualties but no prisoners are reported.

Corporal Smith's widow received letters from both his CO and the Chaplain with the former referring to him as an "excellent soldier". The Chaplain described Ernest in similar terms and explained that he had died instantly following a shell explosion.

Private James Langley lived at 2 Chapel Street where his parents were already mourning the death of his older brother in July and younger sister May in September from "a painful illness". He was in 14th Battalion

Gloucester Regiment and died on 22 October 1917 during the battle for Houthulst Forest yet another part of the Battle of Passchendaele. The 35th Division attacked northwards into the Forest advancing on ground cut up by bombardments and soaked by rain, the British struggled losing the ability to move quickly and outflank pillboxes. Troops reached the fringes of Houthulst Forest in places but were pushed back in others, after being outflanked.

Trooper Stewart Spriggs had joined up with the Royal Bucks Hussars but was transferred to a Cavalry Squadron of the Machine Gun Corps before being sent to Egypt where he died on 27 November 1917. Late that year British Empire forces moved swiftly north from Egypt capturing Gaza and then Jerusalem. In between there was a battle at Nebi Samwel, a hill overlooking Jerusalem. Having captured this, General Allenby paused to refresh supplies and improve the roads and tracks leading forward. The Ottoman Army used this period to launch numerous attacks and it is likely that Trooper Spriggs died during one of these. Stewart lived with his family in Prospect House.

*Alan Baker. alanbaker49@btinternet.com.  
07890 762527*

### Answers to - Can You Match the Word and its Meaning - from page 13

<b>Booard</b>	<b>To Foretell, Predict the Future</b>
<b>Britch</b>	<b>To Place Money in a Pocket, To Be Rich</b>
<b>Cham</b>	<b>To Chew or Bite</b>
<b>Fease or Freasin</b>	<b>To Hurry Away</b>
<b>Funch</b>	<b>To Push Something</b>
<b>Mawks</b>	<b>A Scarecrow or Scruffy Girl</b>
<b>Mop-Yawney</b>	<b>A Foolish Person</b>
<b>Natchy</b>	<b>Ill Tempered</b>



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## Poetry Corner

### The Droving Men

*Frederick Everest*

Tonight, when walking down the lane,  
I turned a stone and found again  
The mark of farmers way back when,  
Who'd trod this path - the droving men.

A stopping place, a watering hole,  
A night to rest and cleanse the soul,  
"Another twenty miles or so  
Down Drovers Road we've got to go."

"We've come two hundred miles or more,  
Weeks have passed and our feet are sore,  
But journeys end is now in sight -  
We'll rest here easy for the night."

And sleeping in what locals call  
Lee Dee, or the pub atop the hill,  
Those farmers from the depths of Wales  
Supped and slept and told tall tales.

And when the dawn broke overhead  
The droving men looked up and said:  
"It's time to go, so fare ye well,  
God bless all those who here do dwell."

I turn away and amble on,  
The voices of the drovers gone,  
But underfoot the marks remain  
Of men who'll never come again.



*"The Le De Spencers Arms...is believed to have been a watering hole for drovers who passed through from Wales on their way to London"  
[Downley Village Wikipedia entry]*



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## Letters



Hello,

Jenny Phillips, a breast cancer survivor from Downley will embark on a bike ride of almost 1,000 miles from Land's End to John O'Groats in aid of Butterfly House, the South Bucks Community hospice in Totteridge, High Wycombe.

She hopes to raise at least £2,000 by completing the Deloitte Ride Across Britain, which is an annual event.

Jenny, now 53, has been free of cancer for some years and knows exactly what the patients at Butterfly House are going through.

"When I was fighting cancer all those years ago, I was very young and felt I had a lot to live for. Now I want to be able to give something back to the patients who may be going through what I had to face," said the mother-of-two from Downley in High Wycombe.

Jenny met Butterfly House Chief Executive Officer Jo Woolf at the new stunning new palliative day centre. She said: "I was really impressed with the work Jo Woolf was doing to bring an improved quality of life to people who need it. I was very impressed by her plans. Having faced cancer myself, I have the constant knowledge of what it's like."

To back Jenny and Butterfly House, go to:  
[www.justgiving.com/fundraising/jennynutrition](http://www.justgiving.com/fundraising/jennynutrition)



### Incidentally...

**Butterfly House is stepping up its events for Autumn!**

We would love you, your friends and family to help us make our events amazing by volunteering at any of the following... and you will have a great time too!

- o 9th September Open Day
- o 21st September Ladies Evening
- o 24th September Mayor's Fun Day
- o 30th September Bucket Collection
- o 1st October South Bucks 10k / 2k Run

**For more details and to offer your help, please contact Sue Hannaford at: [volunteers@sbhospice.org.uk](mailto:volunteers@sbhospice.org.uk)**

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Zone One Hair Studio was established on 1st September 1990 in a small room at the back of the Tone Zone, which was a fitness company adjacent to The Post Office in Downley High Street. The salon only had 2 styling positions and one backwash, it was incredibly small and extremely busy.

Within 2 years the salon had grown so popular that I had to look for larger premises. The building over the road had just been renovated and as I peered through the window, I knew that I had found the perfect place. We moved in just 6 months later and went from a team of 2 to a team of 5 and from then grew at a steady rate.

In 2008, I went into partnership with Mikaela, a trusted acquaintance and we opened a salon in Wallingford called Spirit Hair Company. We decided that High Wycombe should rebrand and in January 2009, the salon opened its doors with its new identity. Spirit now had 2 salons under its umbrella and in 2016 we opened salon number 3 in Farnham Common.

As of today, Spirit Hair Company have been finalists in many major UK Awards and won Salon of the Year at the British Hairdressing Business Awards in 2012 and 2013. We currently employ 35 people (15 in the High Wycombe salon) and meet up at regular team building events and training courses.

Our ethos is to bring out the beauty in everyone, to treat people as you expect to be treated and overall, we try to live by our motto which is: "Happy Team, Happy Clients"

Meet our teams, salons and check out our promotions by visiting our website [www.spirithaircompany.com](http://www.spirithaircompany.com) where you can also book online. Our Facebook page will give you an insight into how friendly and fun our team are and what we get up to. It's worth a like.

*Hope to see you soon. Lauren*

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Website: [www.jr-travel.co.uk](http://www.jr-travel.co.uk)

Email: [enquires@jr-travel.co.uk](mailto:enquires@jr-travel.co.uk)



# Fitness Classes Timetable for Downley & Piddington



Pangaea Training  
bringing health & fitness together  
www.pangaeatraining.com  
info@pangaeatraining.com

## Mondays:

19.00 Total Body Conditioning  
20.10 Pilates Strength & Stretch  
*Downley School, The Pastures, Downley*



## Thursdays:

19.00 Cardio Bootcamp HIIT Style  
19.30 Legs, Bums & Tums  
20.00 Yoga Based Stretch  
*Village Hall, Queen Street, Piddington*



## Wednesdays:

10.00 Fitness Pilates  
*Village Hall, Queen Street, Piddington*



Details correct at time of publication, these may be subject to change, please check www.pangaeatraining.com for up-to-date information  
07941 653569, Twitter: @LouiseGraftonM, Instagram: Loulougmi21



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- KS5 Biology.

Resident in Downley, I am a science graduate, a qualified teacher and a mum.

To discuss your needs please text me;  
**Jill: 0773 860 99 44**

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Academy GB Doors	46	Mark Gonsalves Kitchen & Bathroom Specialist	20
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## Credits

### Editor

Simon Scott at editor@downley.org

### Layout

Pat Weedon and Penny Stanley at news@downley.org

### Advertising

Send advertising copy to adverts@downley.org

### Distribution

Coordinated by Des Ryan. Volunteers to deliver locally are always needed. If interested contact Des on: desmondryan64@gmail.com or 01494 520938

### Rates

Half Page £30 | Quarter Page £20 | Eighth Page £15

### Deadlines

The Village News is published quarterly in November, February, May and August. The deadline for adverts and copy for the next issue is 31st October 2017.

### Copy

Please send text in editable format such as \*.txt, \*.rtf, \*.doc, .docx. Photographs to accompany the text should be sent in as high a resolution as possible in any common graphics format. Copy should be sent to editor@downley.org.

Any copy or photographs sent to this address may also be used on the downley.org website and facebook page:

facebook.com/Downley.Community

### Steering Committee

The Downley Communications Forum set up as part of the Community Plan, provides oversight to the Village News, the Village enews and the downley.org website.

**Chairman** Bill Thompson

**Secretary** Peter Loadman

**Treasurer** Bob Cook

**Webmaster** Mark Starkey

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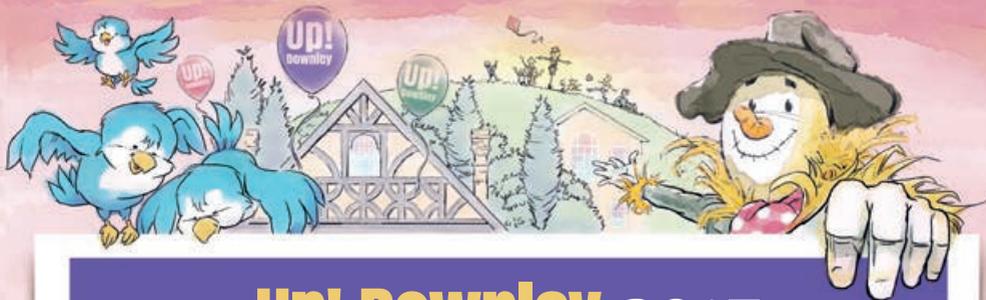
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# Up! Downley 2017

Village Festival

**Some images from this year's Festival**

Many more can be found inside and on the village Facebook page:

**FACEBOOK.COM/DOWNLEY.COMMUNITY**

