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See page 4 for more details

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Mother's Day Competition see page 47

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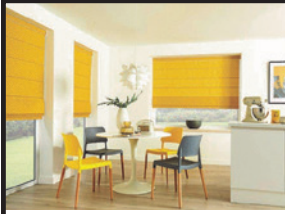
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Editors' Letter



Welcome to the March/April issue of Chiltern View magazine.

This is our Spring issue and with it brings lots to look forward to. We've gone with an Easter theme for our cover, but let's not forget Mother's Day as well. Studley Green Garden Centre (p47) have an exciting competition which gives you the chance to win and plant some lovely spring flowers together.

We also have our own Easter Competition! For your chance to win, find the bunny hiding inside the magazine and email your answer to coralie@chilternviewmagazines.co.uk by March 24th and you could win one of 5 yummy Easter Eggs. He might be hiding because he's busy painting eggs!

There are also many other events to mark in your calendars. There's Daffodil Sunday at West Wycombe Park on March 19th (p36), Lord Williams's Verdi Requiem Concert on March 25th (p6), Thame Spring Market from 24th – 26th March, Thame Country Fair on Easter Sunday and Monday (p60) and Music in the Park on April 30th. As well as these, we have many others on our Community Pages (p26&27).

With the weather improving (hopefully) and longer days, it's a great time to start making those improvements to your home and garden. We have many local advertisers included in the magazine who would be glad to help you start that long put off project, or to give you ideas on how to update your property and give it a fresh new feel. Local businesses need our support more than ever now and we have lots of amazing advertisers right here for you to choose from.

Until next time,

Coralie

Information for Advertisers

Copy Deadline: 1st August, 1st Oct, 1st Dec, 1st Feb, 1st April and 1st June.

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Contact us: Email us at salesprv@live.co.uk or call 07712 816336 / 07500 048230

Distribution - We print and distribute 24000 Chiltern View magazines and deliver free to homes and businesses in the local area from Stokenchurch/Lane End through to Princes Risborough/Chinnor and across to Thame and Long Crendon and surrounding villages every two months. Full details and map available to view on our website www.chilternviewmagazines.co.uk

The magazine is available to view online at www.chilternviewmagazines.co.uk

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Connor - Distribution, Social Media and Production

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Integrity in that we will turn up at the time we say and make sure the house is spotless when we leave, and value in that we offer our services at a price people can afford.

Our business relies on referrals and we get a huge amount of our calls from people who have been referred to us by our existing customers

- that simply wouldn't happen if we didn't adhere to our overriding principles.

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every installation we carry out!

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Goring and Thames Path

This walk starts in the picturesque village of Goring. It follows the Thames Path through wildflower meadows and between wooded hills for spectacular views back towards Goring and the North Wessex Downs beyond.

Length: 3 miles
(allow 2 hours)

Start: Goring and Streatley train station. Parking at the station car park or in the village.

Access Information: Easy walking on good paths, sometimes muddy in winter. One short steep hill on leaving the Thames Path.

Refreshments: Pubs and cafes in Goring.

Route

From the station, turn left and then left again to cross the bridge over the railway. Walk down Goring High Street to the end of the village to where the bridge crosses the Thames. Just before the bridge, drop down the steps on the left-hand side of the road, turn right at the bottom and follow the lane to the bank of the River Thames.

1. Turn left along the towpath as it curves slowly

round with the river on the right for a mile to reach a railway bridge. The brick railway bridge was designed during the 1830's by Isambard Kingdom Brunel, one of the greatest engineers of all time.

2. Continue under the bridge and keep straight ahead through a series of gates for another 400m to Ferry Cottage. Turn left by the side of Ferry Cottage and cross over a footbridge to a T-junction.

3. Turn right and continue along the Thames Path, with views of the hills ahead, for 600m to the edge of a wood. For those not wishing to do the short but steep uphill section, please return to Goring by the same route. Otherwise continue as below.

4. Turn sharp left uphill away from the Thames Path, and along the side of the wood, to go through a gate at the top at the entrance to Hartslock Wood Nature Reserve. Once through the gate, turn right up a steep footpath to the top of the hill. The chalk grassland provides a blaze of colour in spring and early summer. At the end of the last ice age meltwater broke through the hills to make its way to the sea, cutting through the chalk and creating the 'Goring Gap'. Walk downhill to the gate at the bottom of the field, go through it and turn left along a track which soon joins a quiet lane.

5. Turn left and follow the lane for 1.5km to return to the station.



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Unique events and a film favourite live on stage...

Daffs aren't the only thing coming up this Spring – the Waterside has a host of events making an appearance over the coming months!



The Norman Bragg Studio boasts a line-up with something for everyone from **Teach Rex** (Tue 4 Apr) for young dino fans wanting to learn about the most mesmerising creatures to ever roam the planet, to an acclaimed retelling of the classic film Die Hard

in **Yippee Ki Yay** (Thu 6 Apr) with Fringe First winner and London poetry slam Champion **Richard Marsh**.

Comedy arrives with hotly-tipped and fresh on the comedy circuit, **Emmanuel Sonubi** and his show *Emancipated* (Thu 20 Apr), followed by Scottish Comedy Award Winner **Gary Meikle** (Fri 21 Apr) and a gloriously funny, slapstick encounter with a bumbling detective awaits in **A Shoddy Detective & The Art of Deception** (Sat 22 Apr).



The versatility of the studio means screenings are also in the line-up with National Theatre's **Life of Pi** (Wed 5 Apr) and Royal Opera House's **Cinderella** (Sun 16 Apr) and **The Marriage of Figaro** (Thu 27 Apr)



Remember you can check out the Waterside's full programme online at atgtickets.com/Aylesbury.

Competition Time

The Shawshank Redemption

A tale of injustice, friendship, and hope...

For your chance to win **2x tickets** to the stage adaptation of the acclaimed **The Shawshank Redemption** on **Mon 3 Apr at 7.30pm** simply tell us where the story is set:

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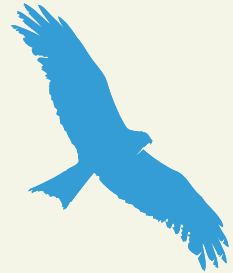
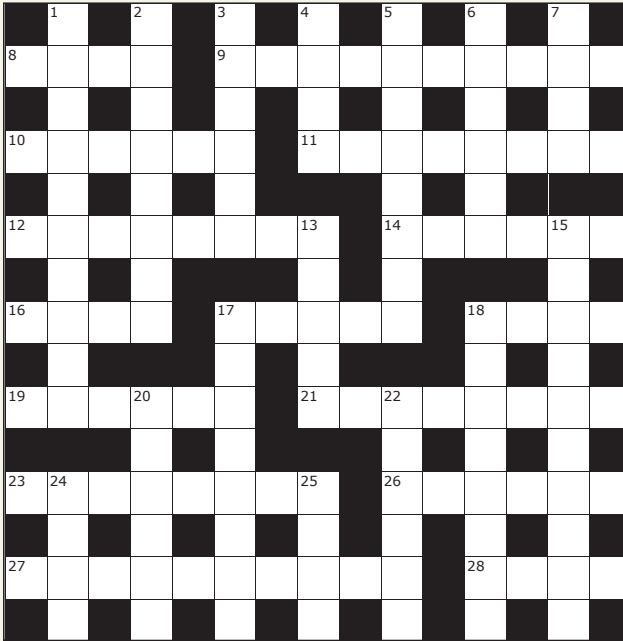
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Solution on page 58

Cryptic Crossword

ACROSS

- 8 Anguish heading off to the country. (4)
- 9 Dodgy CIA spies outside left half my area of expertise. (10)
- 10 Some people, as expected, give satisfaction. (6)
- 11 Solve a cryptic clue, perhaps. (8)
- 12 Top nurse extremely lonely and staid. (8)
- 14 Builds Crete's restoration. (6)
- 16 Particularly light. (4)
- 17 Pipe used first inside the building. (4)
- 18 Support equal report. (4)
- 19 Emphasise lover's loss of regular mail. (6)
- 21 Met there, in airless Agadir. (8)
- 23 Our genes make us philanthropic. (8)
- 26 Outdoes odd typist swallowing drink. (6)
- 27 Novelist that is adapted for the small screen. (10)
- 28 Direction of two thirds of animals. (4)

DOWN

- 1 Maybe dad returned post included for this house. (10)
- 2 Peacekeepers fly around IRA misfits without justification. (8)
- 3 Back a southern flier. (6)
- 4 Take in sound of plant by water. (4)
- 5 Distinct and prudent report. (8)
- 6 Strangely 10 pass. (6)
- 7 Man, perhaps, I shall shortly hear. (4)
- 13 Unknown Open University singer, at heart, is immature. (5)
- 15 Article on bad weather by the Bard. (3,7)
- 17 Part of this, to Richard, is long gone. (8)
- 18 Supposed supreme changes did start. (8)
- 20 One by one. (6)
- 22 Carrying child in? Go first. (6)
- 24 Vessel we returned to the queen. (4)
- 25 Go round for a ride in the car. (4)



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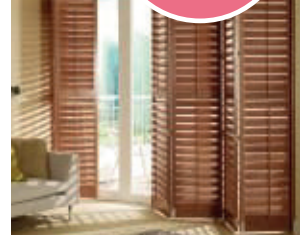
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Low cost and manageable trends for your outdoor space



With sustainable, low cost and environmentally friendly outdoor spaces at the heart of gardening trends this year, we give you our top three favourites that aren't only pocket friendly but they're easy to manage too.

Outdoor Living Rooms

We're all feeling the pinch this year, so many of us are likely to be entertaining friends and family at home much more. When the warmer weather comes, why not use your garden and outside areas as another room?



Create your outdoor living room just like you would your indoor one. Use quality garden furniture to fashion a space for parties and gatherings or relaxing and peaceful retreats. Dress it up with cushions, throws and other accessories. Don't forget the lighting, perhaps a gazebo for shade and add in a statue or water feature

for extra interest. Why not include a fire pit for the cooler evenings?

Sustainable Gardens

Limiting our impact on the planet and creating sustainable gardens is here to stay.



A few easy examples include letting your lawn grow, plant rich flowers to attract pollinators, make your own compost, collect rainwater in water butts, grow your own fruit and vegetables, plant more trees and create animal shelters.

Companion planting is a great sustainable way of cutting back on pesticides. By using certain herbs and flowers in partnership with each they can help aid pollination, keep pests away and prevent disease. For example, if you plant cabbages or radishes then plant mint nearby as this deters flea beetles. Putting chives near sunflowers, tomatoes and chrysanthemums help rid aphids.

Drought resistant plants

With the challenges of climate change, there are a few plants we can add to the garden that will leave it looking colourful and healthy in any summer drought.



Try planting hardy Geraniums, Osteospermum, Salvia, Lavender, Dianthus and Nepeta. All are drought resistant plants that will brighten up your beds, borders and baskets in any hot, dry spells we might encounter this summer. Whichever trend you try this year you can find all you need at Hartwell Nurseries. Our expert team is always on hand with advice to help you maximise your outdoor space and enjoy it with friends and family all year long.

Happy gardening!

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Sustainable gardens are here to stay

Creating sustainable gardens is our way of limiting our impact on the planet. There's many gardening practices you can introduce to your outdoor space and it doesn't have to cost the earth.

Why not try growing your own, keeping your lawn long or companion planting? All of these are great ways to have an even greener garden.

Hartwell Nurseries have all the tools and inspiration you need. While you are here, visit the Tea Rooms for a nice cup of tea, a slice of homemade cake and a chat with our friendly staff.

Happy gardening!



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COMMUNITY

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Groups

We are excited to be able to help promote our community groups again. Please visit www.chilternviewmagazines.co.uk/events/ for further information.

West Wycombe Chamber Choir

We've started rehearsals again in preparation for our Spring Concert on Saturday 25th March. If you love singing, then there is still time to join us this term. We practice in the West Wycombe School Hall, on Wednesday evenings 7.30-9.30 p.m. No audition required. You will be made most welcome by our friendly and sociable choir. Our concert in March is in aid of the Renine Grove Hospice at Home. A local charity and much needed service in our area, so we hope the concert will be well supported. For any further information about the choir, phone Barry 07795 680253 or Michèle 07795 680223.

Hambleden Valley Garden Club

In the Summer we will be visiting some beautiful gardens, mostly combined with nearby pub lunches. Membership is currently £15 per member, £25 per couple, £4 guest fee (one visit allowed). For further details please contact clairhonor1@gmail.com

Downley Gardening Society:

March meeting in the Hall - Monday, 20th March 7.30pm - The Forgotten River by John Tyler. April meeting in the Hall - Monday, 17th April - AGM followed by Wildlife in the Chilterns by Jon Mason. Contact details - Julia 01494 447323 or Alison downleygardeningociety@gmail.com

Princes Risborough Country Market

We are under the Market House, Market Square, Princes Risborough every Thursday morning 9 am to 12.30pm with cakes, preserves, plants and craft for sale - all locally produced.. Why not come and see what we have to offer for Mother's Day and Easter goodies. Do you cook or garden? We are urgently looking for new local producers. Come and see us on a Thursday morning for details or ring Lorraine on 01844 347230 or e-mail ddrhodgkinson@btinternet.com.

Watlington Gardening Club.

<http://www.watlingtongardeningclub.co.uk/>. Regular talks with tea & biscuits. 1st March - Graham Austin - HomeFarm Plants ; Elatum Delphiniums. 5th April Andrew Babicz - Seasonal Container Gardening

Lane End Youth & Community Centre

Lane End Youth & Community Centre, Edmonds Road, Lane End, High Wycombe, HP14 3EJ. 01494 883878. leycc@hotmail.co.uk. Please visit our website for details of everything we have to offer www.leycc.co.uk. Lane End Food Hub - Every Friday 8.45am - 11am everyone welcome. Take what you need or donate what you can. Free refreshments.

Sally Evans Artists & Makers Fairs.

22 April Thame Town Hall 10-4. 20 makers exhibiting their work in the lovely market town of Thame. If you like buying locally and from makers you can chat to come and see us! Free Entry

The Risborough & District Model Railway Club

will be holding our RAILEX Model Railway Exhibition at the Stoke Mandeville Stadium, Guttman Road, Aylesbury, Buckinghamshire, HP21 9PP, on Saturday 27th May and Sunday 28th May 2023. The exhibition will feature

16 layouts, extensive trade support and modelling demonstrations. Open: 10:00 to 17:30 on 27th May, 10:00 to 16:30 on 28th May. Admission: Adult £10 (18+), Children £6 (5-17), Family £24. Amenities: Hot & Cold Refreshments, lockers, disabled access, free car park. Contact: (Tim Peacock) railexmanager@rdmrc.org.uk Website: <http://www.railex.org.uk/>

Thame Flower Club

in March and April: 22nd March; Anna Stevens will demonstrate a selection of arrangements on the subject 'Pot Luck'. 26th April: Katherine Kerr will demonstrate a selection of arrangements on the subject. The Little Green Orchard Meetings are held every 4th Wednesday of the month, at 2.0pm in the Neighbourhood Hall, Great Milton. All visitors and new members are welcome. Contact number is 01296 624852.

The Arts Society

We are a friendly branch of the national arts education charity. We have a local lecture each month on a fascinating range of arts-related topics. Members also join day events, visits and arts volunteering activities.

We meet on the afternoon of the first Tuesday of each month and guests are welcome for a small fee. Take a look at our website to find out more: <https://theartssociety.org/vale-aylesbury>

Stokenchurch community transport

is holding its coffee morning on Friday April 14th at Longburrow Hall, Stokenchurch. 10 to 11:45. Tables available to hire at £10. Please contact Sylvia on 01494 482085 to book one. Everyone welcome.

Fat Quarters Patchwork and Quilting Group

An affiliated group of The Quilters Guild. We meet 2nd Tuesday each month 7pm - 9.30pm at Great Missenden Memorial Centre. Our programme includes guest speakers and tutor lead practical sessions in all styles of quilting. We also run six Saturday workshops each year. Visitors are welcome. For more information contact fatquartersmissenden@gmail.com

Thame Chamber Choir's

next concert will be on Saturday 4th March. It is an exciting and unusual one for us, because it features not only a harpist (the title of the programme is 'With Harp and Voice') but also leading tenor soloist - and former Thame resident - Benjamin Hulett. Ben is well known on the international performance circuit and has sung at the Royal Opera House, with the Berlin Philharmonic, amongst others. 7.30pm. St Mary's Church, Thame

Risborough-U3A

On the 2nd Tuesday of each month there is a monthly meeting in Longwick Village Hall at 2pm. In March Andy Smith, author, performance poet and entertainer will be our speaker, the subject of Andy's talk is 'Mysteries and Conundrums'. In April Bernard Foot's talk is 'A Brief History of Ukraine'. We have a new group starting in the Spring - Petanque. See our website for details - risboroughu3a.org.uk.

Risboro' Bridge Club

Tuesday afternoon duplicate bridge in the Community Centre 1.20pm/4.45. Wednesday evening online duplicate 7.25pm. No membership of Club required. All enquiries to Barbara Oates 01844 344264/theoates123@gmail.com/07747111195 or check website.

Longwick Village Fete

Our Village Fete is back again on the 29th of April. A real village fete with funfair, pony rides, Maypole, lots of amusements and craft stalls. Not forgetting a huge raffle, lots of different food offerings and our bar.

There is a dog show and entertainments for all the family too. We will be delivering programmes to everyone in the Longwick-cum-Ilmer Parish, but they will be available at the gate, as everyone is welcome!

The Stokenchurch Educational Charity

Community Grants. Village Groups may apply by letter to Mrs P Colling (Secretary), Kinda Cool, Wycombe Road, Stokenchurch, HP14 3RR or email: pcatk@gmail.com (Tel: 01494 483120) ~ Strict closing date is 30th June 2023.

Thame Shed

a workshop for the community. Now open Monday 1pm to 4pm Tuesday 9am to 12noon, Friday 9am to 12 noon. Further details on www.thameshed.co.uk

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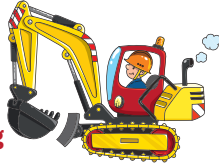
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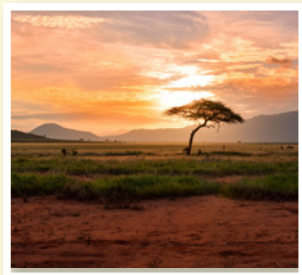
Amazing African Adventures



Africa offers some pretty incredible sights and is most well-known for safaris and its wonderful wildlife. No trip to Africa would be complete without including nature, so, we're bringing to you two of our top African destinations worthy of a visit.

KENYA

The Great Migration and beach relaxation in Kenya's Masai Mara National Reserve, great herds of wildebeest move across the plains in a cloud of sunlit dust, shying from prowling lion prides. Lanky giraffe nibble on acacia trees whose branches might hold vultures or leopards. In the great Mara River, hippos yawn and crocodiles lurk, waiting to ambush an unwary antelope. A visit to Kenya can give you the chance to see the drama of



the Great Migration. You can also meet the local Maasai to learn more about their history and culture in this wild and ancient land.

What's more, a new train line has just opened linking Nairobi to Tsavo National Park, giving you easy, good-value access to a safari, as well as to beaches where you can unwind on white-sand shores after your many game drives.

We recommend: Indulge in a luxury safari in Tsavo National Park, followed by a few days lounging on soft sand beaches!

SOUTH AFRICA

Big Five safaris, wine tasting and whale watching. Few countries pack as much into their borders as South Africa, making it one of our best-loved destinations. Thanks to Kruger National Park and the private reserves that border it, it's well known as a safari destination, but you can also see the Big Five elsewhere, including on the Madikwe

Game Reserve. There's so much more to South Africa, too — you can indulge in history and culture in cool, cosmopolitan Cape Town. On a driving tour of the Winelands, you can sip local vintages whilst admiring the landscape of expansive vineyards against a backdrop of mountains. And, along the windswept Garden Route, you can soak up the coastal views and keep your eyes peeled for migrating whales.

We recommend: Journey by rail as part of a trip that takes you from Kruger to Cape Town, including a guided tour of Robben Island and a visit to the Winelands!

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A washed-up Hollywood star comes to England to play King Lear at Stratford believing he will be appearing at Stratford-upon-Avon. Instead, he has signed on with the Stratford Players in the Suffolk village of Stratford St John. The villagers are naturally delighted to have such a 'star' playing with them.



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Into the Breach
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George Crocker joins the village drama club hoping to play the panto dame. What happens next turns his world upside down and instead he finds himself taking on the role of Henry V and more! With one actor playing 17 parts you can guarantee it's going to be a hoot! It's 'Dad's Army meets The Vicar of Dibley!' London Metro Tickets £14.50, concessions £13.50

Sammy, Frank & Dean
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The New Foxtrot Serenaders return with a wonderful evening



of music made famous by some of the most iconic singers of the 50s and 60s. This highly professional seven-piece band will once again raise the roof with music from the golden years of big band music. Tickets £15

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- Book online at www.thameplayers.co.uk or from the Information Centre at Thame Town Hall (check website for opening times).

- Follow us on Twitter.com/thametheatre, Facebook.com/thametheatre and Instagram.com/thameplayers

Exclusive Competition

For a chance to win complimentary tickets for a family of four to a Thame Players production*, answer the following question:

Who takes on the role of Henry V?

Email your answer, along with your name and address, to Coralie at coralie@chilternviewmagazines.co.uk by **Friday April 7th**.



* There are five Thame Players productions a year. See website for details.



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Burn Fat While You Sleep!



According to the latest statistics 70% of people who join a gym or a weight loss class in January won't be there come February! Lack of motivation, time or simply life getting in the way are the main reasons cited by the 70% who quit.

Sound familiar? Then, read on to find out about the latest fat loss treatments which literally burn fat whilst you sleep.

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Cryolipolysis, more commonly known as "fat freezing" destroys fat cells by freezing them to a temperature of -10C. The Cryoliposculpt system includes the added benefit of Radiofrequency, which tightens the skin as it's treated, meaning you won't be left with sagging. Each treatment reduces fat cells by up to 30%. Results can be seen 30-60 days after treatment.

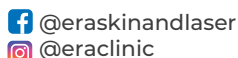


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Combining Cavitation, Radio Frequency & Vacu-pulse technology, these treatments liquify fat cells using ultrasound energy, whilst mono-polar radiofrequency tightens and tones the skin. The Vacu-pulse provides lymphatic drainage to remove any toxins and improve the circulation. They are also often used for reducing cellulite and improving skin tone.

All these treatments are available at ERA Skin & Laser Clinic in Thame.

If you'd like to find out which treatment is right for you, contact the clinic on 01844 698441 or email info@eraclinics.co.uk. Book your **FREE consultation before 31st March and receive £250 off any body treatment course when you mention **Chiltern View**.**



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Royal Pastry Chef's Spiced Easter Biscuits

Back in 2020, Queen Elizabeth's royal pastry chefs released the family's sacred 'Spiced Easter Biscuits' recipe.

What better way to honour her late Majesty, than by baking these delightful and delicious Easter treats?



Ingredients



- Biscuit base:
- 350g plain flour
- 5g bicarbonate of soda
- 10g ground ginger
- 5g cinnamon
- 125g unsalted butter
- 175g light soft brown sugar
- 1 egg
- 60g golden syrup

Icing:

- 2 egg whites
- 600g icing sugar
- Food colouring of your choice

golden syrup. Mix until a dough is formed.

3. Roll the dough to a thickness of 5mm then use biscuit cutters to cut into desired shape such as Easter eggs, chicks or bunnies. Place the biscuits on a non-stick mat or baking paper and bake on the middle shelf for 12-15 minutes until they are golden in colour. Leave biscuits to cool completely before decorating.

4. Add 1 egg white to 600g of icing sugar and beat until smooth. Spoon mixture into a piping bag - the icing should pipe smoothly and be able to

hold when piped as a line – and pipe around the edge of the biscuits. To cover all the biscuits with icing add extra egg white to thin the mixture. Decorate and enjoy!

Top Tip

If you don't have biscuit cutters in the shapers you require, simply draw or print the ones you need and cut out the dough around them.

Method

1. Preheat the oven to 170°C/340°F/gas mark 3 then mix together the flour, bicarbonate of soda and spices in a bowl. Add the diced butter and mix until it reaches a crumb-like texture.

2. Add the sugar, then once combined add the egg and





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Can You Stop Slugs and Snails?



A cubic metre of garden soil contains on average, 200 slugs! Getting rid of them can require perseverance, creativity, or just time to help nature take its course, so what are your options...

Slugs and snails love mild, damp nights and are active when the temperature goes above 5°C. Some gardeners collect them at night with a torch and rehome them elsewhere; others use up-turned citrus fruits or melon skins to collect them, before bagging, placing them in the freezer and then binning.

Safety for children, wildlife and pets is essential, and poison-free, organic certified, and reusable slug traps are readily available, along with actual barriers such as wool

matting or copper rings. Many gardeners will also use popular home-remedies such as broken eggshells and horticultural grit, but RHS trials have shown that these are not overly effective.

Try helping nature to resolve your problem by using parasitic nematode worm treatments. These work well against small soil dwelling slugs, but unfortunately will not repel snails too. So, encourage natural predators such as frogs, toads and birds into your garden with wildlife friendly ponds and hedgerows.

Written by Ali Barwani, a Plant Area Supervisor at Capital Gardens

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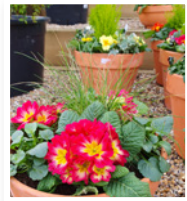
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Competition

For your chance to win an outdoor planter with a selection of spring flowering plants to plant up with your Mum this Mother's Day, answer the question:

What are one of the first spring flowers you see?
a - Snowdrops b - Roses c - Geraniums

Email your answer to Coralie at coralie@chilternviewmagazines.co.uk by **Friday March 10th**.



Fours for thought

For April, an eclectic combination of fiction, non-fiction and poetry to stimulate the mind and appease the soul.

The God Desire

by David Baddiel

David Baddiel has spent a lot of time fantasising about how much better life would

be if there actually was a God. Unfortunately for him, there isn't. Or at least, that is Baddiel's view in this book, which argues that it is indeed the very intensity of his, and everyone else's, desire for God to exist that proves His nonexistence.

Anything so deeply wished-for we will, considers Baddiel, make real.

The God Desire emerges as a philosophical essay that utilises Baddiel's trademarks of comedy, storytelling and personal asides, offering a highly readable new perspective on the most ancient of debates. Published by William Collins on April 13th

Homecoming by Kate Morton

Many years ago, a police

investigation is called and the small town of Tumbilla becomes embroiled in one of the most shocking and perplexing murder cases in the history of South Australia.

Six decades on, Jess, a journalist in London, who finds herself laid off from her full-time job and struggling to make ends meet. A phone call out of nowhere summons her back to Sydney, which leads her to begin digging into her past, and that long-forgotten tragedy. Published by Mantle on April 13th

A House for Alice

by Diana Evans

Alice wants to go home to her native Nigeria to die, though three daughters are divided on whether she stays or goes, and tasked with realising her dream of a house in Africa, conflict stirs and old wounds rise to the surface. Meanwhile their father wanders the flames of purgatory, unable to pass into the light. Will Alice

get back home and complete the circle of her life, or will London be her final refuge? Set against the shadows of Grenfell and a country in crisis, these ordinary people are faced with fundamental questions about who they are, what they want and where, and with whom, they want to be. Published by Chatto on April 6th

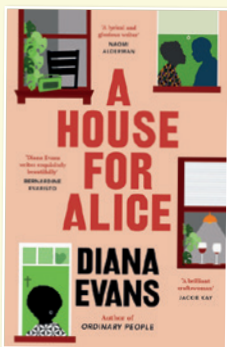
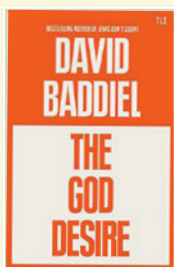
Divisible by Itself and One

by Kae Tempest

A new poetry collection from Britain's foremost truth-teller, Kae Tempest masterfully steers a path between public-facing performance, dramatic work and the contemplative voice that came to the fore in *Running Upon the Wires*.

Questions of integrity are addressed in direct, affecting terms: how can we be true to ourselves while under constant pressure to conform?

Throughout the poems, ideas of form – of the body, gender, and in nature – resurface and resolve, as the poet considers the changes that are sometimes required to be oneself. Published by Picador on April 27th



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New book published on the reintroduction of red kites for UN World Wildlife Day (3rd March)

A new book is being published that describes the story of the successful reintroduction of red kites to the UK in 1990s. The book details how the Chilterns was selected as the initial location for the establishment of young chicks brought in from Sweden and Spain. The book's author, Dr Mike Pienkowski, was the Chairman of the Red Kite Project Team from the 1980s to 1995.



In the Middle Ages, Red Kites were a common sight across the British countryside and cities, where people valued them for keeping the streets clear of carrion (dead animals). The birds were frequently mentioned in Shakespeare's works. But later changes in attitude led to their extermination in most of the UK, until they were reduced to a tiny population in Wales. By the 1980s, they were one of only three globally vulnerable bird species occurring in Britain.

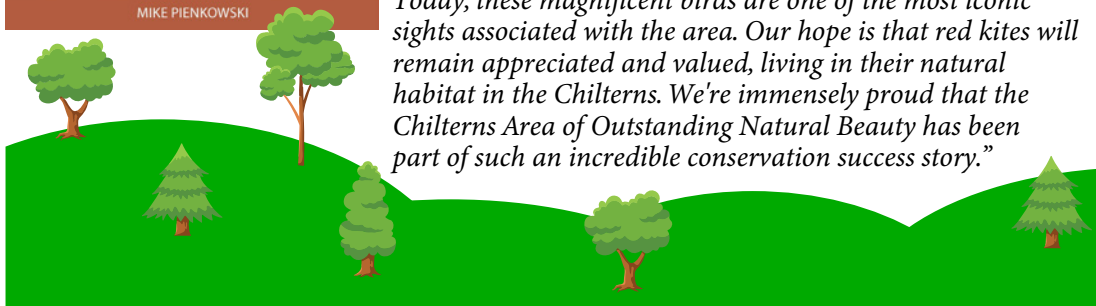
Following the success of their reintroduction, red kites are now one of the iconic sights of the Chilterns and many other parts of Britain and Ireland, valued as part of the landscape. British kites now form 10% of the world population of the species.



The book, *When the Kite Builds: Why and how we restored red kites across Britain*, describes why the decision was taken to reintroduce the kites and how international help was needed to find a healthy source of red kite chicks. It also examines the success of the experiment, explores the challenges of collecting and transporting the red kite chicks and highlights the fight against illegal persecution and poisoning and the changes in public attitudes.

Dr Mike Pienkowski said: "I am delighted to get this book out. It is important to put such successes on record – I hope in a readable way. This is both to help others and to recognise the teamwork of a huge number of people in UK and other countries."

Dr Elaine King, CEO of the Chilterns Conservation Board said: "40 years ago, red kites were never seen in the Chilterns. Today, these magnificent birds are one of the most iconic sights associated with the area. Our hope is that red kites will remain appreciated and valued, living in their natural habitat in the Chilterns. We're immensely proud that the Chilterns Area of Outstanding Natural Beauty has been part of such an incredible conservation success story."



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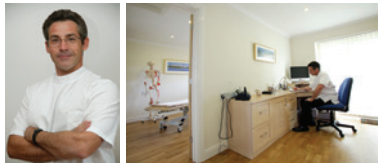
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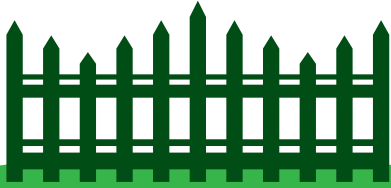
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I	I	R				R	S													
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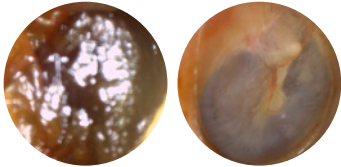
We are pleased to announce Jo Green has joined our team! Jo brings years of experience as both clinical ear care specialist and regional trainer for the Primary Ear Care and Audiology Centre. She joins our audiologists and clinical ear care specialists Sereta Parker and Matthew Ball.



Excessive ear wax can lead to infection, hearing loss, balance issues and tinnitus. This has a significant impact on anyone, especially the elderly and can lead to social isolation, depression and even dementia. Approximately 75% of residents in care homes have a hearing problem and hearing aids do not work if the ears are full of wax. Imagine not being able to participate in everyday activities or communicate with loved ones.



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The Dangers of Excessive Ear Wax

Oracle Ear Care in Thame has seen a surge of patients with ear infections and damage to the ear canal following self-treatment at home. Sereta Parker, clinician and managing director at Oracle says, "NHS ear wax removal was among several services postponed, delayed or de-prioritised during the pandemic which has led to people trying to treat ear wax problems, often unsuccessfully, at home."

"As we get older the ear canals become narrower leading to wax issues, especially for hearing aid wearers. For most people ear wax will migrate out of the ear but putting something in the ear will hinder this natural process. If you notice a loved one struggling to communicate, especially if they have dementia, it could be a sign of excessive ear wax. It is so often such a simple solution."

The Importance of Removing Ear wax by a Professional
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"Some ear conditions are life threatening" says Sereta, "but with prompt action we have been able to get patients the help they need." Oracle has seen two patients recently with life threatening ear infections who were referred promptly for treatment. If you are worried about your ears, or just interested, you can pop in for a free check where a clinician will use a video otoscope to visualise the ear canal and ear drum. You get to see your ears on screen, it takes a couple of minutes and is free of charge! If it is difficult to come into our clinic, please ask more about a home visit service.

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