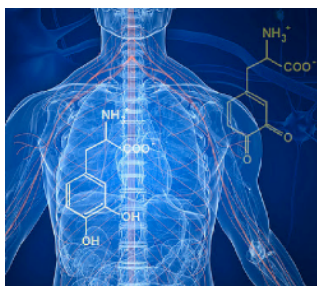


Don't mention the sulphur!

At our March General Meeting, chemist Dr Kathryn Harkup gave us a fascinating insight into the importance of several key elements in the functioning of a healthy body, and the impact of too much or too little in our systems.

Our bodies contain about two-thirds of the 92 elements of the basic Periodic Table, but less than half of these are essential. The rest come from our environment through what we eat and have no specific function. Kathryn explained that a few trace elements such as selenium have a significant role. By ensuring that excess oxygen, a major component of our body chemistry, does not damage us, selenium forms a natural antioxidant – without recourse to health supplements.



Turning to phosphorus, which gives our bones strength, she told us how it was discovered by a German merchant, pharmacist and alchemist who distilled urine in a quest to find gold! His further work distinguished the white form of phosphorus, which was used to make matches until its devastating effect of 'phossy jaw' on factory workers was recognised. The red form is still used in matches, but it is the oxygen-rich phosphate form that helps to make our bones.

After glossing over the predictable effects of an excess of the substantial amount of sulphur in our tissues, Kathryn moved on to sodium, which ensures our nerve impulses work. An amusing story linked a Japanese passion for eating the potentially fatal puffer fish with the probable truth behind zombieism in Haiti – you really had to be there!

Bad boys and girls in the Balkans

In April, author, diplomat and former adviser to the prime minister of Kosovo, Rob Wilton "Zoomed in" from his home in this small Balkan state to share with us his love of the region through the experiences of eight British travellers.

Rob walked us through two centuries of southeast European history in the company of this rich variety of companions – summarised as a doctor, a poet, a painter, a nurse, a queen, a soldier, a spymaster and an actor. They included the likes of Lord Byron ("mad, bad and dangerous to know"), and poet Edward Lear – who was also an illustrator for some of Byron's poems. The most recent mentioned was actor Anthony Quayle. He was much affected by his wartime experiences in the Special Operations Executive as a liaison officer with the Albanian partisans, prompting his novel *Eight hours from England*.

In their way all were humanitarians, wanting to influence, but much influenced by, the Balkans. Describing the region as wild, challenging and stimulating, all were inspired by it in some way, as was our speaker. We should all travel "with open hearts and minds".



Tirana in the 1800s – Edward Lear

Inside this issue...

Pennine wildlife



A look at the flora and fauna of our upland habitats.

What's in a name?



Have you ever wondered where Haddenham's street names came from?

Out and about once again



The Gardening Group visits a hidden gem in the Chilterns.

Going wild in the Pennines

In the words of Rambling Syd Rumpo, Kenneth Williams' character in radio's *Round the Horn*, "the answer lies in the soil". This was the essence of our May talk from local man Doug Kennedy. Soil reflects the chemistry of its underlying geology, which is evident in both the landscape and the flora and fauna. In the Pennines, which stretch from



Courtesy: RSPB

Staffordshire to the Cheviots, Doug described the ecosystems contributing to its beautiful scenery, from upland heath to characteristic limestone crags and grassland. The highest altitudes feature blanket bog, where excessive moss, low water flow, reduced oxygen and excess carbon allow for little diversity. Upland heath brings more variety: heather, bilberry and more grassland. The Dales have a unique appeal, from popular Dovedale to Castleton's caverns, Malham Cove to the limestone pavements in the north.

Doug revealed the differing wildlife and plants in each landscape. Even the native dung beetle got a mention! Birdlife includes curlew, golden plover, meadow pipit, ring ouzel, hen harrier and lapwing (see above). The iconic red grouse, however, is a product and victim of 'industrialised' shooting and consequent damage to the environment. On a more positive note we learned that when only one colony of slipper orchid remained in the UK, it earned protected status and is being reared in a secret location, protected from collectors.

Future General Meetings

June and July talks will be on Zoom – don't forget to book, and check your Junk Folder if you lose the link.

Wednesday 2nd June – 2.30pm

Getting a gratitude attitude

For more than four years Elisabeth Gowing has been keeping a daily 'gratitude diary' and reading, writing and giving talks about the science of gratitude and its impact on well-being.



She took part in a University of Berkeley study and has learned from theory and practice what to do with journal entries to maximise the impact on her happiness (and maybe the world's). Elisabeth has ended up in some ridiculous situations and mulled on the link between gratitude and such diverse events. Join us to see if this could impact your life.

Wednesday 7th July – 2.30pm

Doreen Carwithen, the first female film composer

Mark Chivers, Principal Viola of the National Symphony Orchestra, has worked with many orchestras and leading artistes. As a Haddenham resident, he was intrigued to find through his research that a previously little-known female composer, Doreen Carwithen, had been born in the village. Now more widely acknowledged as the first full-time female film composer anywhere in the world, Doreen's achievements will be celebrated in her centenary year, 2022. Mark's talk will cover her life, her family's connections to Haddenham and Mark's plans for an inaugural, large-scale music festival.



A word from the chair

As we approach the end of lockdown, we look forward to the first national u3a day on 2nd June, celebrating the 20th anniversary of Haddenham u3a – and a return to live meetings. Many of you will have enjoyed our Zoom meetings, and those provided by TVN, but meeting up again in person will be so much nicer.

In August, David O'Hanlon of the parish council will talk about Haddenham's response to climate change. Do come along to the Village Hall to find out how we can help to make our village carbon neutral by 2030.

We need volunteers to set up the meetings, so if you are able to help with technical support, please contact me. To help with staging and chairs, contact Tony Barker, and Doreen Barker for refreshments.

We are very sad to be saying goodbye to Theresa Smith, who is returning to her native Scotland to be closer to her family. Theresa joined in 2010 and soon became leader of the very successful Dance Group, where she introduced Square Dancing, which proved to be very popular with the group. In 2016 she joined the Committee as Interest Groups Coordinator. Theresa was the ideal committee member, supportive and willing to help in any way that was needed. She fulfilled her role in a typically calm and efficient manner, setting up new groups as well as offering support to existing leaders. We will really miss Theresa and we wish her every happiness in the future.

Best wishes to you all, and stay safe.

Sally

Tuesday 10th August – 2.30pm – Village Hall

Climate change – plans for Haddenham

In the first proper meeting at our new venue, David O'Hanlon will talk about how the Parish Council is engaging with local residents to meet a target of making Haddenham carbon neutral by 2030.

Tuesday 14th September – 2.30pm – Village Hall

Life as a butler on the Royal Yacht

William French's talk, postponed from last year.

Tuesday 12th October – 2.30pm – Village Hall

Colin Pawson – The Tootler

Coaches & Coach-horns from the Golden Age to the present day, with musical demonstrations!

Tuesday 9th November – 2.30pm – Village Hall

Annual General Meeting & The Queen's Coins

Keith Westcott, who discovered the Broughton Castle Hoard, talks about treasure trove law and ethics.

Tuesday 7th December – 2.30pm – Village Hall

Ellesborough Silver Band, Christmas refreshments

More Diary Dates

Thames Valley Network study days

All events are bookable at u3atvnetwork.org.uk

Friday 4th June

The British Prime Minister

Mark Lovett's topic is timely, as 2021 marks the 300th anniversary of the first Prime Minister taking office – Robert Walpole.



This event is free. Closing date: 31st May.

Thursday 10th June

The Lady and the Generals

Bjorn Watson on Aung San Suu Kyi's fall from grace.

Wednesday 16th June

Fighting Franco – Oxfordshire and the Spanish Civil War

Colin Carritt talks about some of the local people who went, including members of his own family.

Wednesday 23rd June

Visit to RHS Wisley

Postponed from June 2020. (Covid rules permitting).

Thursday 24th June

Visit Coventry Cathedral

Check the TVN website.

Wednesday 30th June

The Thames and its boats

A repeat of this talk, postponed from June 2020.



Is this finally the end?



© Kathryn Lamb – The Sunday Times

Annual holiday to Derwent Water in 2022

Something to look forward to – the annual Haddenham U3A HF holiday has been provisionally booked for 2022. Derwent Water is a stunning part of the Lake District, with a wonderful range of walks and places to see, and the Derwent Bank guesthouse is an excellent venue in a beautiful lakeside location.



The dates are Monday, 16th May for 4 nights. There are already 19 people booked on the holiday but it would be good to have more.

If you are interested, please go to the HF Holiday website hfholidays.co.uk/country-houses/locations/Derwent-bank for details of this lovely venue. There is more information on our own website, or you can contact Carol Mason at mason.carol16@gmail.com Tel: 01844 292236.

Please take a look at the last page for Carol's appeal for donations to support a lifesaving scanner for Buckinghamshire NHS Hospitals.

Interest Group News

Technical Group

Earlier this month, Jeff Rozelaar gave a very professional general interest talk to the Technical Group about railway lore. Titled *Homeward Bound*, after Paul Simon's hit (which he apparently finished writing on Widnes Station) it expanded on a musical theme with brief tributes ranging from *Coronation Scot* and *Freight Train to Oh, Mr Porter!* and the theme from the BBC's *Six-Five Special*.



From his early days clutching his Ian Allen trainspotting book at Liverpool Street Station, Jeff's education was influenced by the Britannia Class locomotives he saw there, which were named after literary figures such as *Geoffrey Chaucer*, *John Bunyan* and *William Shakespeare*, as well as poets *John Milton* and *Robert Burns*. Venturing further from home, to King's Cross, Jeff encountered the precursors to the modern Bullet Train, in the streamlined locomotives named after 'the pink bits on the globe', such as *Union of South Africa* and *Dominion of Canada*, both of which he was able to visit in later life. More local references were to be seen at Paddington Station, where the GWR fleet was named after country mansions, with the *Castle*, *Hall*, *Manor* and *Grange* classes.

The tour of London termini moved on to St Pancras, where there is a statue of John Betjemen, who was instrumental in preserving its architecture when it was modernised to accommodate Eurostar. Next came Victoria, where Lady Bracknell's "A handbag...?" was discovered. Jeff continued his whistle-stop tour, from the relative gentility of Marylebone Station, where porters with rubber-wheeled trolleys spoke in hushed tones, to the brutal post-industrial look of Manchester Victoria. In contrast, Bristol Temple Meads was known as GWR's 'parish church' to the 'cathedral' of Paddington Station, itself the inspiration for *Paddington Bear*. Other literary and film connections included Noel Coward's *Brief Encounter* (filmed at Carnforth Station) and WH Auden's *Night Mail* – with Platform 9³/₄ of *Harry Potter* fame at King's Cross thrown in for good measure. Breathless, we arrived at our destination, with members' contributions recalling rail travel in times past.

Cycling Group

Marie Woodrow writes: Good news from the Cycling Group! We are so looking forward to being able to resume our monthly cycle rides and our pedals will at last be whirring again on our usual 4th Tuesday of the month.



We plan to ride locally in May but, with summer coming up, we will be exploring neighbouring counties again. Plans are also in place in July for our postponed visit to Canterbury, when we can't wait to see the sea as we cycle the coast from Whitstable to Ramsgate. We are also keeping fingers crossed for the trip to Germany in September, following the Moselle.*

History Group

In April over 50 members of the History Group heard Julian Hunt give an erudite talk about *The History of Aylesbury*. One of Julian's themes was why Aylesbury, rather than Buckingham, became the County Town. Archaeologists have unearthed an Iron Age hill fort, indicating Aylesbury's early importance. Domesday shows 'Tolls of 10 pounds' being paid by people coming to trade in the market, indicating it was



already a thriving settlement. In 1461 lists of market tolls show stall holders coming from a wide area, including Leighton Buzzard, Chesham, Amersham and the Claydons. The town continued to thrive at the expense of Buckingham. Rickford's Bank (now Lloyds) was built in 1785, demonstrating the economic wealth of the town. In 1845 the County Gaol was built, and the legal battle to be County Town was won when all the Assizes were moved to Aylesbury in 1849. Two rival railway companies came to Aylesbury in the mid-19th century, underwriting its significance. The building of County Hall, and later the County Offices, sealed its position, though one that was not necessarily popular with other towns in Buckinghamshire!

* *The river or the wine? Ed*

Lunch Groups

Annette Marsden is hoping to run the Lunch Groups again and has vacancies for the Sunday Group and a few for the Friday Group, which run in alternate months. The Seven Stars, Dinton is provisionally booked for Friday, 20th August and The Peacock, Henton for Sunday, 17th September. Please contact annette.marsden@yahoo.com Tel: 01844 291022.

New leader required for Earth Matters

Sadly, after ten years leading Earth Matters, Sue Oswell will be stepping down. She will be sorely missed. If you are interested in leading this very active group studying environmental issues, please contact Linda Page at groups@haddenhamu3a.co.uk Tel: 01844 617214.

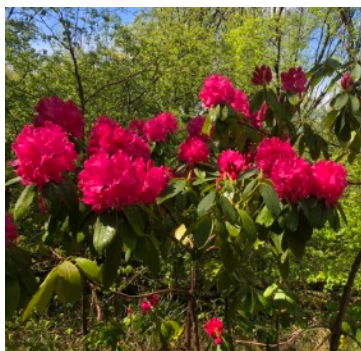
Out and about



"Come on, let's go – I want to catch the new David Attenborough..."

Gardening Group

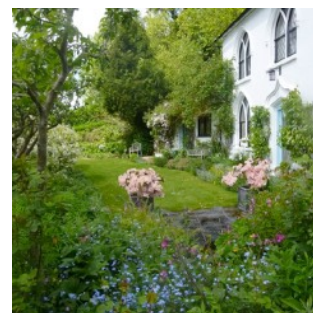
On the very day that lockdown was eased, some 20 members of the Gardening Group braved hail and thunder to visit Montana, an 'unmanicured' garden high in the Chiltern Hills that has been 25 years in the making. This large, peaceful country garden in Cholesbury, near Tring, is bursting with rare trees, unusual flowering shrubs and perennials underplanted with thousands of bulbs. An adjoining woodland contains the site of an old clay pit and brick kiln, plus an avenue of daffodils and acers.



Fortunately the sun came out later to enable more relaxed wandering, followed by excellent tea and cake.

Specimen rhododendron in reclaimed woodland

On Monday, 21st June, there will be a visit to Overstroud Cottage, which was a fever house for Missenden Abbey in the 17th century.



Described as having an artistic chalk garden on two levels, it features a collection of plants from the period, including auriculas, hellebores, bulbs, pulmonarias, peonies, geraniums, dahlias, rambling roses, herbs and succulents. The garden also has a potager and lily pond, as well as a studio with an exhibition of flower paintings. Entrance fee including tea and cake is £7. If you would like to go, please contact Doreen Barker at twobarkers@btinternet.com or Tel: 01844 290377.

At home – the jig's up!

For lovers of early music, folk, dance, history and drama, the Editor recommends *Kemp's Jig*, a fifty minute docu-concert that tells the story of Will Kemp, a Shakespearian comic actor and member of The Lord Chamberlain's Men, the theatre group recently 'celebrated' in the BBC's *Upstart Crow*. For a wager, Kemp decided to



Morris dance from London to Norwich – 125 miles in nine days! Courtesy of your Committee, access to this educative and entertaining insight into a golden time in English History is still available to members at vimeo.com/505102685

None of us are getting out of here alive,
so please stop treating yourself like an
afterthought. Eat the delicious food.
Walk in the sunshine. Jump in the ocean.
Say the truth that you're carrying in your
heart like hidden treasure.
Be silly. Be kind.
Be weird.

There's no time
for anything else.

Anthony Hopkins



More Haddenham history

Haddenham Low brickworks

In February, 45 members logged on to listen to Alan Rose talk about Haddenham Low Brickworks. While examining slides bequeathed to the Museum by Diana Alderson, Alan found a previously unknown photograph of Haddenham Low brick kiln and drying sheds. Parts of Haddenham Low sit on clay and it was this clay which was excavated to make bricks. Trade directories from 1831 to 1895 show that the brickworks



was in operation and an OS map from 1885 shows the kiln and clay pits. Alan showed us an example of a Haddenham brick

and explained the brick-making process. The wall in the Baptist Graveyard is made of these local bricks. Janet Robinson thinks they can also be found in part of her house. By 1903 the brickworks had ceased to operate, probably because of competition. There is now no sign of the kiln. However, if you follow Green Lane as it bends round to the left and look to your right you will see a very modern house and a lake – that is the site of the brickworks.

The origins of our street names

In March, Christina Jeffery gave a talk to the History Group about the origins of Haddenham street names. Many are based on original field and furlong names, such as Long Furlong, Yolsum Close and Stokes Croft. Some are named after people who contributed



to village life: Willis Road after the Rev John Willis, who left money for a charity fund to buy coal for the poor, and Roberts Road, after

Thomas Roberts, a parish council chairman who gave land to create a recreation ground off Woodways. All the 'Marriotts' are named after Mr Marriott, owner of an orchard in that area, and Platers Road was named after James Plater, who owned a cart and carriage works. You can find more complete information in Haddenham Chronicles numbers 1, 3, 4, 15 and 16 and in the Haddenham Museum booklet *Haddenham Street Names*.

... And from the School Log Books

William Ward and Walter Rose, Master and pupil at Haddenham Board School 1875-1885.

Diana Gulland writes: In adult life Walter wrote about his Haddenham school days, providing a unique opportunity to compare and contrast life at the school, as seen through the eyes of the master and the pupil.

Walter's description of the start of an average school day really brings the Master's records alive. The day started with the ringing of the bell summoning pupils to school, and the singing of the school hymn, followed by a reading from the Old Testament. Punishments were meted out to those who could not answer the questions from the reading! From that beginning his writings continue to flesh out daily life and describe what it was like to live in a rural community, where poverty and hunger and the ever-present threat of deadly diseases hung over families.



The school in the 20th century

The Log Book records that children were often absent from school to help with the harvest, the date of which was so important that it dictated the beginning and end of terms, or were digging potatoes on the allotments in order to supplement the family's meagre diet. Adverse weather conditions also kept children – and staff – away from school and Walter's description of the 'The great snow' in January 1881, which closed the school for several days, makes for chilling reading! On a brighter note, there were days when the school was closed for village events, which the children eagerly looked forward to. These bonus holidays included May Day, the Band of Hope picnic and Haddenham Feast.

As we mark the recent death of HRH the Duke of Edinburgh, the School Log Book for 1952 records that Prince Philip visited Haddenham School to open the new Children's Corner play area. The entry was recorded by headmaster Mr Frank Horner and there were around 200 pupils on roll at the time.

Members' musings

Haeda's home

by Garry May, June 2013

Anyone here heard of Haddenham,
hidden in the heart of Bucks?
Anyone been on the village green,
apart from the Aylesbury ducks?
Churchyard's chock full of nobodies,
nobody but noble men
Who ploughed and tilled and toiled in the field
From dawn till the Lord knows when.

Anyone hear red kites mewling,
up above Rosemary Lane?
Anyone see silent gliders,
wheeling for thermal gain?
Collared doves coo over wychert,
blackbirds pink on the walls.
City trains track through the Parkway and back,
Sounding their clarion calls.

Anyone skipped to the Morris,
hoofed on the road near the church?
Anyone fished out at Ponnies,
with a rod, or a pole for a perch?
Deep down in Townside allotments,
aces with spades dare to dig.
Breathless, they curse in soft county burrs;
Ironstone soil is a pig.
And yet ...

Happy the hearts here in Haddenham;
some say it's paradise found.
Broad smiles release at the annual feast,
sideshow, a merry-go-round.
Stallholders bundle up bargains;
villagers know what they're worth,
For they are the kin of the late noble men
And they too are right down to earth.



Garry was a Fleet Street air correspondent, technical author and (in his own words) a failed thriller-writer. He took after his father as an amateur poet, and wrote the above after being much impressed by the fun and enthusiasm surrounding our village fete.

An appeal to fund a lifesaving scanner

Many members will be aware that Peter Mason had a cardiac arrest before Christmas and was very fortunate to receive the right help and subsequent hospital treatment, which saved his life. During this time he had several scans and so, when he saw that The Buckinghamshire NHS Hospitals were appealing for funds for a new scanner, Peter decided he would like to organise a team to complete the challenge.



The uptake was so good from his walking and running friends that there are now two teams (Team Ticker and Vital Spark) who have volunteered to walk or run the equivalent distance of Land's End to John O'Groats, (874 miles) during the month of May.

The *Scannappeal* charity has set up a Just Giving page where all donations or sponsorship can be made. If you would like to support this, the secure link is [JustGiving.com/fundraising/Team-Ticker](https://www.justgiving.com/fundraising/Team-Ticker)

Peter's wife, Carol says: It would be great if you could make a donation or sponsor a team. The challenge is underway and should finish before the end of May. Carol can be contacted at mason.carol16@gmail.com Tel: 01844 292236.

Answers to our February puzzles

1. The first part of the footpath opposite Barton Farm (Townside), leading to Slave Hill, has a 1:6 slope.
2. The largest magnolia can be seen on Station Road near the junction with Flint Lane (apologies to Mary Paterson)
3. The wall clock on South End and the unusual sundial on Townside can be seen simultaneously when standing at the entrance to the allotments.
4. The 'other' Green Lane is on the western side of Pegasus Way on the approach to the A418 roundabout.
5. The rows of cycle lane bollards at Fort End comprise 12 black and white stripes followed by another 40.
6. The Parish of Haddenham is bounded by Dad Brook in the north and Scotsgrove (or Ford) Brook in the south.
7. There are 9 working Royal Mail postboxes in the village: Pegasus Way; Thame Road (Bridens Way); Fort End; Post Office; Stanbridge Road (Butte Furlong); Woodways (Roberts Road); Churchway (Village Hall); Whitecross Road; Townside (Wykeham Way).
8. The 'aerial' features were: Old White Hart: Woodend House, High Street; Cottage Bakery.
9. Sheerstock sounds like 'perpendicular shares' – geddit?
10. Thame Road is the longest road wholly within the parish.