



MINI MAYFLY

Please share with your friends and neighbours

As we move into the holiday period, it's time to relax a little!

This Mayfly includes some 'must reads' for the summer from the younger members of our community, and recommendations for good books for the beach (or your local park).

If equality is important to you, cut out, keep and share this month's 'Mickey and Marsha' cartoon, along with the special article by writer Rory Clarke, below. It's a privilege to have such an important and timely message, conveyed so well, on these pages.

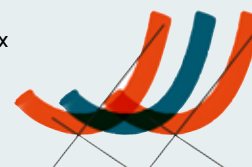
For news on nature read Ranger John Shaw's article about our local waterways, and how to enjoy and look after them this summer. If it's human nature you're interested in check out Joy Langley's unique insights.

We also have good news! After much consideration Marsh and Micklefield residents plan to go ahead with Movie Night (socially distanced of course). More info about dates and how to get involved inside.

The Mayfly team will be taking a break in August, but will be back with a bumper issue in September, where we will be inviting you to help decide how a significant sum of community money should be spent in Marsh and Micklefield. Exciting stuff.

Meanwhile, we hope you enjoy the read, and have a great summer!

The Mayfly Team x



Choose Your Heroes

Teaching our children to recognise and reject racial bias

Rory Clark, Writer for Mickey and Marsha Cartoons

Some time after the appalling death of George Floyd in America, we sat with our children at the dinner table and made our attempt to begin one of the most important conversations we will ever have with them.

Their collective awareness and enthusiasm for the Marvel universe (the home of such superheroes as Spiderman and The Incredible Hulk) presented itself as a convenient entry point for a discussion on racial bias. The seemingly endless list of films has drawn in so many veteran Hollywood actors that they are a good reflection of popular tastes.

The first task we set was to tally up the number of super heroes with white skin versus those without. The final count revealed a 60/40 split in favour of white skinned people.

The second task was to single out the brightest stars of the sprawling franchise. With the marginal exception of Black Panther (one tree in a bewildering forest), they are all white.



We then addressed the logical question 'if success is by merit, does this mean only white people are talented and hard working enough to be given the most prestigious acting jobs?'

'No!' was the indignant response from all three of my white skinned daughters. When I told Mickey and Marsha about all of this they asked me if we could set aside the silly dad jokes this one time and use the small platform we have to make a statement.

Mickey and Marsha want to do their bit to make the world a better place. Sometimes you can do that by making people smile, but sometimes to do that you have to be a better person.

Aspiring artists and commentators - look out for fullpage How to draw Mickey guide in the September Mayfly!

Time to read

Books for young and old(er) this summer



Dylan

Harry Potter 2, 3 and some of 4

"When we sit down to have a snack Mummy reads to us and sometimes I read the pages too. I love reading because I am really good at sounding out the words. I like to imagine the characters in my head and think what they might look like and sound like. Harry Potter is so cool because there are lots of surprises and bad guys like Voldemort!"



Eve

Diary of the Wimpy Kid - The Long Haul

"I have been trying to read every day. This book is so funny and made me laugh out loud. The family want to go on holiday but everything keeps going wrong!"

They have fun in the end though and it's a really good adventure!"

Leslie Godwin
Headteacher, Marsh Infants

We were delighted that we were able to invite children from all year groups back to Marsh School this month. Having ensured that school is as COVID-19 safe as possible, we had about 50% of the school back, organised into small bubble groups. It has been wonderful to hear the sound of children chatting, singing and laughing throughout the whole school again.

It has been such a challenging time for our families for many different reasons and the team at Marsh are so appreciative of the support and patience shown by the school community. Many parents have juggled work and other commitments to help their children engage with the home learning and teachers have loved seeing the images of work sent to them. It has been so important for us to maintain the connection the children have with school and parents have supported us in this; as a community, we feel stronger than ever. We feel privileged to work with such amazing families and look forward to welcoming all children back to school in September.

Enjoy a well deserved summer holiday everyone!

Other books to enjoy



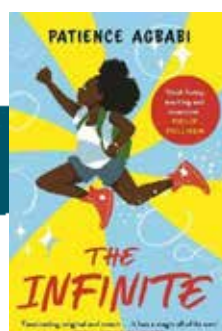
Asha & the Spirit Bird
Jasbinder Bilan

<https://bit.ly/2ZwNUV6>



Jack's Secret Summer
Jack Ryder

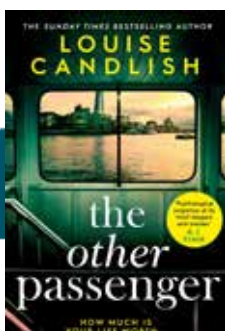
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The Infinite - The Leap Cycle
Brit Bennett

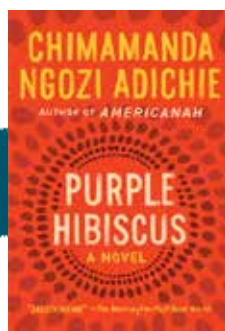
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Children



The Other Passenger
Louise Candlish

<https://bit.ly/2ZfFgKA>



Purple Hibiscus
Chimamanda Adichie

<https://bit.ly/2Zhy4NV>



The Vanishing Half
Brit Bennett

<https://bit.ly/3ehKB8y>

Adults

What's On



Wycombe Wanderers
Sports & Education Trust

KEEP MOVING FORWARD

Wycombe Wanderers Sports Education Trust - Indian Clubs and Yoga

Until October



THROUGH THEIR EYES

Competitions for Young Writers - Nursery/Preschool Age to 18 Years

Closing Date: Friday 24th July



Smart Raspberry - Online Cupcake Decorating Classes

July + August

08.07.20 - 28.07.20

For more details and activities visit [marshandmicklefield.com/whats-on](https://www.marshandmicklefield.com/whats-on)

Online Learning Resources

Free activities and support for learners and parents

Activities, tools and advice to support learning at home - including reading and maths support, access to free eBooks and much more. <https://www.pearson.com/uk/learners.html>

OpenLearn Free Courses

Produced by The Open University, offering nearly 1000 free courses across 8 different subject areas. Courses are available to start right away. <https://www.open.edu/openlearn/>

Google Digital Garage

A range of free learning content designed to teach useful skills for the world of work. You can learn by selecting individual modules, or dive right in and take an entire course end-to-end. <https://learndigital.withgoogle.com/digitalgarage/courses>



WE'RE BACK **SOCIAL DISTANCING** **SATURDAY 19th SEPTEMBER 2020**

Marsh and Micklefield MOVIE NIGHT

[marshandmicklefield.com](https://www.marshandmicklefield.com)

AN OPEN AIR FAMILY FILM SHOWING
Save the date! Location & movie announced soon
Tickets coming soon at Hills Cafe and online

MARSH & MICKLEFIELD

Anyone who can help on the night will get a free movie screening and that feel good feeling!
Get in touch with Carol@marshandmicklefield.com if you are interested.

Connecting with water

From our rivers to our taps

Chief Ranger John Shaw, Chiltern Rangers

Schools Out for summer/ever? This summer holiday gives us all the opportunity to get outdoors, discover and explore our local places. Why not take a day to follow the river Wye from town to the Thames or town to Hughenden or out beyond West Wycombe – check and see how far the river is still flowing.

The River Wye is a globally rare chalk stream, and we are so lucky to have it BUT it's only here if we all help look after it. The summer is the time when the river is most under stress – abstraction – the process water companies use to take water from the underground aquifer and get it to our taps, is at its highest to meet our demand.



Help look after the river by minimising your water use.

This can be done in lots of ways:

- Don't water grass – it really doesn't need it
- Fix leaky taps, scrape don't rinse plates
- Shower rather than bath
- Get a water butt and save rainwater for the garden/pots/hanging baskets
- Only flush the 3 Ps (paper, poo, pee) down the toilet

For more great tips and info:

<https://waterwise.org.uk/save-water/>

If you want to get 'hands on' you can help us look after your local river here in M&M, by helping plant new wildlife friendly plants, surveying for wildlife or becoming a river warden – there's so much to do and we welcome helpers of all ages.

Contact: paul@chilternrangers.co.uk

For more info on Chalk streams and their precious wildlife go to:

<https://www.chilternsaonb.org/projects/chalk-streams-project.html>

Challenge: Send The Mayfly your river inspired art work , and we will put it on the Marsh and Micklefield Website. Photography, film, watercolour, collage, tapestry you name it we want to see it!
Send to: themayfly@marshandmicklefield.com

Ding-A-Ling A-Ling

All Change and form an orderly queue now

Joy Langley, therapist and emotional management coach based in Micklefield

What has it been like! Peeps working from home (and secretly loving it), parents becoming home-teachers, and kids missing being at school.

Time to start to anxiously step away from three months of enforced lockdown, and from being an 'extra' in the world's worst disaster movie, queuing to buy the weekly shop, and the town centre looking like a ghost-town.

Are you finding it hard to ease into the 'new normal' world ? (me too). Well that's OK, and totally understandable, especially if you or a family member fell ill or you're continuing to shield yourself from others. But rest assured humans are adaptable, in spite of our collective mix of sadness, grief and trauma we bounce back.

What does your world look like as you venture into the second half of 2020? It's been a bumpy old ride. But the bigger question is can you continue using the positive coping strategies that have protected your family's mental emotional and physical health?

Psst! There is one thing I am truly grateful for.

I learned what really matters to me – and it wasn't shopping till I dropped, or gorging my way through takeaway mountain.

It was the simple pleasure of re-connecting with family & friends ...and the acts of kindness to and from strangers.

Once again I am sure you'll join me in paying your respects to families who've lost relatives. Some didn't make it this far – may they truly rest in peace.



Joy runs a private practice in High Wycombe, using CBT (cognitive behavioural therapy), Counselling and Life Coaching techniques.

For more information visit:
<http://catchathought.co.uk>

Michael Brown , Empower To Cook

Summer Berries Cheesecake

Makes 4 portions

Ingredients

- 100g digestive or oat biscuits
- 100g low fat cream cheese
- 100ml crème fraiche
- 2tbsp icing sugar
- 1tsp vanilla extract
- 1/2 lemon zested
- 250g mixed strawberries, raspberries (these can be fresh or frozen)



Method

Blitz the biscuits to crumbs in a food processor or bash them in a bowl with the end of rolling pin. Divide the biscuit crumbs between the jars.

Prepare the strawberries by rinsing and taking out the stalk. Halve or quarter the berry depending on the size. If using raspberries, rinse and allow to dry.

Zest lemon by using a fine grater, or use a peeler to take off the peel and then slice into very thin strips.

In a large bowl, whisk the cream cheese and crème fraiche, lemon zest, 2 tbsp icing sugar and the vanilla extract until softly whipped.

Divide the cream cheese mixture between the jars.

Top each cheesecake with strawberries/raspberries, secure the lid and chill until ready to eat.

Make sure to follow Empower to Cook on Facebook and Twitter @empowertocook for more great tips!

Wildflowers

Wildflowers outside Ash hill School in early July.

Thanks to everyone who worked with Ranger John to plant these last year. We hope to be planting again this autumn.



Quick update from Marsh and Micklefield residents partnership and staff team

Some of the things we have been up to in the last two weeks:

- Fantastic volunteer Jenny Davies is busy organising a socially distanced movie night

M&M Big Local funds have recently been awarded to

- Marsh Infant School, to continue Dramatherapy work in 2020 -2021
- WRISE (Wycombe Mind) to continue Family Mental Health support in M&M
- Wycombe Wanderers to expand Keep Moving Forward project in M&M. Including yoga and 1-2-1 mental health support.

We presented M&M work in 'Communities and Climate Change', at the Big Local National conference.

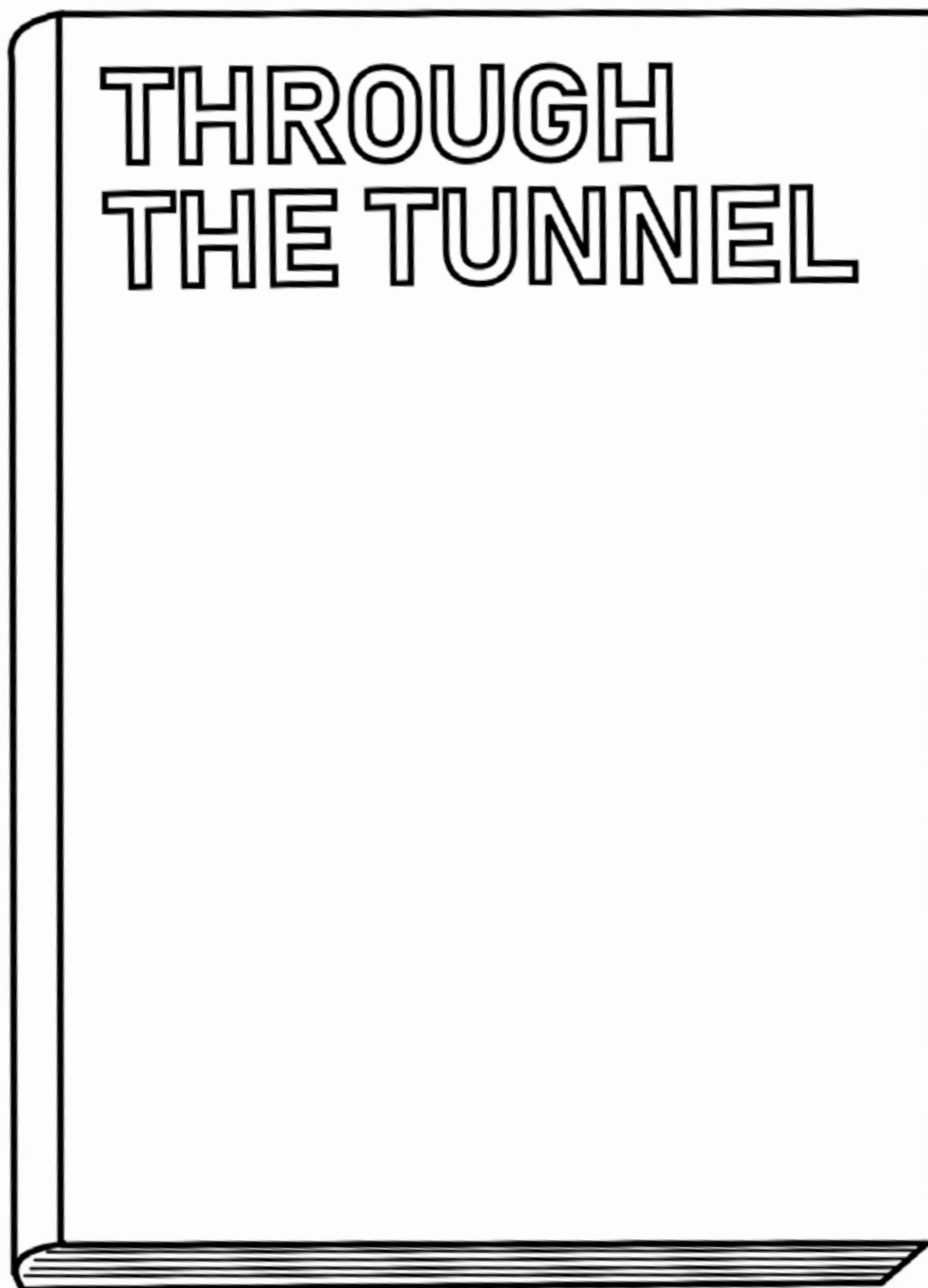
What we are thinking about:

Creating a really good community consultation on how to spend remaining fund in Marsh and Micklefield over the next 4 years. Look out for the next September Mayfly for all the details!



Please get in touch with any ideas/thoughts: Lisa@marshandmicklefield.com or visit marshandmicklefield.com

**Why not design your own book cover,
or write a short story with this title?**



**Send it into The Mayfly and we will feature your work on the Marsh and Micklefield website!
themayfly@marshandmicklefield.com**

Email us here to subscribe to The Mayfly