

BARFORD NEWS

AUGUST 2011

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VILLAGE BAR-B-QUE

BANK HOLIDAY SUNDAY



28TH AUGUST

**6pm onwards
In the village hall gardens**



BARFORDS' CHURCH FETE

2pm Bank Holiday Monday

29th AUGUST

MANOR HOUSE

BARFORD ST. MICHAEL

Dog Show

Games and competitions

Bottle stall, plants, cakes, white elephant,

Books, toys, Raffle

Delicious teas by the moat



Parish Council Notes

THE MEETING TOOK PLACE at 7.32pm on 6th July 2011 at Barford Village Hall and was attended by Councillors Hobbs (Chairman), Best, Bullard, Eden, Turner and Woolgrove. Also attending were Mrs R Watts (Clerk), District Councillor P O'Sullivan, Mr R Knight and Mr M Cook.

Apologies for absence received from County Councillor R Jelf and Councillor L Styles.

Public Participation: Mr M Cook asked the Chairman for more information on the plans he thought the Parish Council had for turning the unused area of the churchyard into a wildflower meadow. Councillor Hobbs explained that this was something parishioners needed to discuss with the Parochial Church Council (PCC) not the Parish Council. The Parish Council's only involvement was that of arranging for the area to be mowed during the summer.

The Clerk reported that the Parish Council's current grass cutting Contractor would be unwilling to quote for mowing the proposed wildflower meadow on a twice-yearly basis until he knew exactly how the PCC intended to convert the land into a meadow. He felt that the land needed to be totally cleared of its current growth and then re-planted. The ideal way to 'mow' the area would be to graze sheep on it twice yearly. Mr Ron Knight would report back to the PCC.

Mr Ron Knight reported that the road outside his house on the Hempton Road, south of Townsend had been damaged by a heavy vehicle.

Clerk's Report

The Clerk had reported the problem of weeds growing along the verges in Robins Close to Oxfordshire County Council's Highways Department. Alison Duffy had also reported the matter and been advised by them that they no longer carried out this type of maintenance due to cutbacks. Councillors acknowledged that weed growth was a problem in a number of roads in the village but unanimously agreed that it was not maintenance work that the Parish Council could finance. Unfortunately residents are therefore asked to clear areas in front of their own properties and perhaps those of their elderly neighbours.

The Clerk had written to the grass cutting Contractor complaining about the quality of cuts during May. She had received a letter of apology.

The clerk has received a complaint from a parishioner about lack of access across Footpath 20 and will take the appropriate action.

Correspondence

ORCC – reference providing local community transport – the future of the Dial-a-Ride service in 2012 and proposed voluntary car schemes. District Councillor O'Sullivan reported that Cherwell

District Council will not fund Dial-a-Ride next year. 5 residents in the Barfords currently use the Dial-a-Ride facility.

The Clerk had received a final demand for a disputed water rates invoice totalling £193.75. The Clerk arranged for an engineer to make a site visit on 6th June. Mr B Butler met the engineer at the allotments and together they inspected the relevant meter. The engineer ascertained that there was a leak on the customer side of the meter. He did not provide Thames Water with a meter reading as the Clerk had requested. A lengthy telephone call by the Clerk had put a temporary stop on any action until a) the water leak could be dealt with and b) meter readings/serial numbers could be ascertained/provided.

Mr M Cook advised the council that the reported that the leak had been dealt with by Mr S Cox.

Councillor Hobbs would make a site visit, take the correct serial number and meter reading and pass the details to the Clerk for action.

Parish Matters

Councillor Hobbs reported that the owner had repaired the stile between Lower Street and West Close.

The hedge at Two Ways, The Green has been cut back.

The Clerk was concerned about the 'dry' condition of the new notice board outside the village hall. Councillors left the meeting to look at it. It was agreed that the Clerk should contact Fairmitre Windows to ascertain what preparation the Parish Council should use to preserve it from the weather, especially direct sunlight.

District Councillor O'Sullivan reported that with effect from 1 August 2011 refuse would be collected from the two villages on Tuesdays.

ORCC - it was agreed that with effect from renewal in 2012, Barford Village Hall Management Committee would not need to pay a subscription to ORCC because the Parish Council, as Trustee, already subscribed to it.

Planning Matters

Details of planning applications can be found on the CDC website

http://cherweb.cherwell-dc.gov.uk/publicaccess/tdc/DcApplication/application_searchform.aspx

This site does not include 'Notice of Intent' for tree works in a Conservation Area (TCA)

Application: 11/00935/F – Barford Village Hall replacement windows. No objections.

Approved: 11/00539/LB Coates, Rignell Farm, South Newington Road, Barford St Michael.

Reports from Meetings

Councillor Hobbs had attended the Parish Liaison meeting at Cherwell District Council on 8th June. The Planning Department in particular had been

heavily criticised by parishes, especially for appearing not to listen to Parish Council concerns. The November meeting will be devoted entirely to planning matters.

Cherwell District Council has five energy readers for loan for two weeks at a time. Councillor Hobbs had nominated Barford St John & St Michael as being interested in borrowing the readers – he thought that the village hall in particular would be interested to find out where their energy costs lie.

Any Other Business

There will be no meeting of the Parish Council in August.

The next meeting is on 7 September 2011.

There being no other business, the meeting closed at 8.50pm.

1st Deddington Scout Group CUBS

As we come to the end of our summer term, the Cubs have been spending most of their time outside, mostly making shelters in the trees at the Windmill Centre. They had to learn to tie a few basic knots, clovehitch, sheetbend & a round turn & two half hitches (which takes longer to type than tie). I'm not sure that I would want to spend the night in one but they had fun building them.

Several of the Cubs have gained the Silver Award, well done to, Philip, Elliot, Barney, Rhys & Cameron.

We are looking forward to our district camp at Horley in September.

Jo Churchyard 338071 jochurchyard@hotmail.com

SCOUTS

All the Scouts attended the county Aqua Camp which was held at a lake in Standlake. The weather was quite kind & the Scouts had the opportunity to try, kayaking, canoeing, sailing, rowing, raft building & even dragon boating. Everyone went home happy & tired with a bag of soggy clothes. Each of them was awarded the Adventure Award for their efforts. On Thursday evenings we have been fire lighting & cooking, thanks to the loan of a field & playing wide games at the Castle Grounds. We will be going to Phasels Wood near Hemel Hempstead for a short summer camp, climbing, shooting & pot holing.

We will be starting our autumn term on Thursday Sept 1st.

Pete Churchyard 338071
pete.churchyard@btinternet.com



Village Hall Committee Gains Grant

Our VHMC have been successful in gaining a substantial grant towards replacing the village hall windows.

To get the project moving, we need a little help from YOU!

Please take time to read the full explanation on page 14.

Web Site & Email Problems

Apologies to our internet readers

Due to technical difficulties the Barford News website is not available at present. Emails to 'editor@barfordnews.co.uk' are also not working.

Please send articles to

stonehaven@btinternet.com

Or mariann.young@btinternet.com

Until further notice

Parachute jump for Eddie Lynch

EDDIE LYNCH was tragically killed in a road incident on the Clifton Road in April of this year. He was 16 years and 10 days old. Eddie went to Deddington preschool, was a pupil at the primary school and was in Year 11 at the Warriner School when he died. He was a very clever boy who hadn't quite decided his future career, but psychologist, veterinary surgeon and pilot were among his aspirations. Eddie was the very essence of life, never failing to bring a smile to your face. He had a great sense of humour and a zest for life that he often struggled to contain.

I am sure that some of you reading this knew and loved Eddie. He was such a popular, humorous lad. His death shocked our community and left many of us empathising with his family and friends.

For this reason I have decided to do a tandem parachute jump at Hinton in the Hedges on the 11th of September 2011 for the charity 'Brake', this is for road safety and victim support.

Eddie touched so many peoples lives before and after that fateful day, hopefully this will be reflected in the money we can raise to make him proud.

There is a sponsor form in the post office or alternatively you can go to:

<http://doitforcharity.com/BEVB>

Thankyou for your support
Bev Brady



Arsenic, Urine and Oxfordshire Villages.

WHAT, YOU MAY ASK, connects these three very different subjects. The answer, surprisingly, is the June and July WI monthly meetings.

Ann Hobday came to our June meeting and opened the door for us on the world of Tudor clothing, where wealthy Tudors were immediately recognisable by their fabulous clothes and where fashion was important for both men and women. Gone are the sober gowns of men and the loose flowing dresses of women; in come padded doublets and farthingales. Jewels, ruffs, lace and embroidery were the height of fashion. Ann explained how the Sumptuary Laws during Tudor times were used to control the population by regulating their spending on food, drink, furniture, jewellery and clothes. They dictated what colour and type of clothing individuals were allowed to own and wear and were an easy and immediate way to identify rank and privilege.

A practical demonstration was given where our model was initially dressed from head to toe in layers of beautifully made replica clothing. Each layer was removed in turn for the audience whilst its function was discussed. On a personal note,



the use of urine as a cleaning agent, the sheer weight of the clothing and the fact that no underwear was worn at all, was enough to convince me that I would have made a poor excuse for a Tudor. The use of arsenic in face powder to give the pearly white finish that Elizabeth I is famous for also didn't really recommend itself!

theWI
INSPIRING WOMEN

In total contrast, the July meeting involved a meander through the villages of Oxfordshire, covering the area from Oxford to the North of the county. Our speaker, Russell Cherry, brought an extensive set of slides with him that were visually stunning. Our county contains an array of architecturally diverse buildings which is surprising – it's only when the differences are pointed out that you realise how lucky we are. The beauty of the landscape was lovingly captured by Russell's slides – many of them taken during bike rides along the back roads.

The group is visiting Tooley's Boatyard in Banbury in August for a tour and a canal trip but we will be back in the Village Hall on September 14th for a talk by our guest speaker Jill Fraser entitled "More Tea Less Vicar".

PE

Experienced Babysitter Available



My name is Rachael, I have just completed my A-levels and am looking for part time babysitting or child minding work over the summer, before starting university.

I have experience of caring for children of all ages and have enjoyed being a "Young Leader" at 1st Barford Rainbows and am currently a "Young Leader" at 1st Deddington Guides.

I am responsible, enthusiastic and patient.

Available for daytime and evening work.

Very competitive rates.

For further details and references please contact me on 01869 337 804 or 07770 924 274

Native Trees For Your Garden Offer

Hi, I'm Tilly and I'm 12;

I live in Barford St. Michael. I'm a Deddington Guide and doing my Baden Powell award, which is the highest award you can get as a Guide.

My unit was given lots of native trees (including beech, elder and wild cherry).

For my Baden Powell Award, one of the activities is to help the environment by planting trees, so if you would like me to plant one or more trees in your garden, please call me on 01869 337822.

Thankyou from Tilly



Fun Dog Show At the Church Fete



Does your dog have the most appealing eyes?

Do you and your dog have the best 6 legs?

Can your pooch perform a trick or follow a command?

Enter this year's Novelty Dog Show.

To be held in the field next to the Church Fete
on Bank Holiday Monday,

but will start one hour after the fete opens

Enter classes on the day, just £1 per entry



Village Show Saturday 13th August



Entries 9.15-10.15am

Viewing 2.30pm onwards

It's that time of year again, when you need to have a search round your house and garden to decide what you can enter in the village show -----

A piece of art work, a craft, anything you have enjoyed making, vegetables and flowers from the garden or something that you have baked. We hope

that you will look through the schedule which will be delivered to you shortly and have a go!

Copies of the children's colouring picture are available at the Post Office along with more entry forms.

We look forward to seeing you!.



St Michael's Churchyard Tidy Up

THERE WILL BE A churchyard clean up at St Michael's church on Saturday 17th September at 10.30. We need all the help we



can get as the vegetation is getting out of hand and it needs some stalwart people to come and clear it. As you well know it is a large and difficult churchyard to keep tidy and the elder, brambles and ivy are beginning to take over. Please could anyone who is available to help out bring secateurs, loppers, wheelbarrows, garden gloves etc and come and help clear the churchyard to let in more light to the area and the church itself.



Refreshments will be provided so bring the family and they can all help out, even if it's just

pulling ivy off the gravestones.

P.S It may not be universally known but if you have a family grave in the churchyard, it is your responsibility to tend the grave, not that of the church. We have a team of volunteers who mow the grass but it isn't their job to look after the graves as well. The plot has been paid for, so it belongs to the family.

Cubby Brett
Churchwarden

Recipe For Men Only Village Show Cookery Class 23

From the Barford Recipe Book

DORSET APPLE CAKE

120 g self raising flour

60 g margarine or butter

60 g sultanas

90 g granulated sugar

Breakfast cup chopped raw apple (approx 100g)

1 large egg

Rub fat into flour and sugar. Add apple and sultanas. Bind with egg to make stiff mixture. Cook in oven for 40 - 60 minutes at 180° - 190° C or Mark 4. Cool slightly, thinly spread with butter and dust with soft brown sugar.

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Cool slightly, thinly spread with butter and dust with soft brown sugar.

(with thanks to Ann Budd for this recipe)

Fernhill Club News

ON JULY 6TH we visited our Banbury members in their clubroom for strawberry tea. We had two quizzes followed by sandwiches, scones with home-made strawberry jam and strawberries and cream.



We were visited by Anthony Church the Town Crier for Banbury and five surrounding towns on 13th July. He was very entertaining and amusing. He explained the history and life of a town-crier his engagements were varied and numerous from appearing on Lewis, attending royalty, proposing to a lady as she was leaving work on behalf of her boyfriend and many more, very, very interesting. The printers left some items off our programme and we have made a couple of alterations. If you have one of our programmes, you need to make these alterations.

August should read as follows

3rd we are having a picnic

On 10th John Wooley is coming to tell us how he found the hideout of the Great Train Robbers and was instrumental in their arrest. On 17th we are having Kurling in the hall and on 31st members of staff from Woodstock museum are coming to take us back to the time of 'make-do and mend'. The rest of the programme should be 23rd November Trip to Wyevale

30th November Singalong in the Hall

Next February 'Photography through the ages' is changed from 22nd to 29th.

You are welcome to come to any of these meetings.

Children's Summer Activities

Children aged 5-11 years
come along to
Deddington Parish Church
to have fun in craft workshops, cooking,
chess and other games on
Thursdays 4th, 11th, 18th and 25th August,
10-12.30pm

For application forms please contact
Caroline Tindale (337962), Janet Watts
(337135) or Sarah Boss (338536) or
additional forms can be collected from the
Church. Please give your application
forms to Caroline, Janet, Sarah or Jane
(and NOT to the School office) by the
Monday before each activity morning.

If you can possibly help on any of the
Activity days,
please phone Jane Green on 337837.

BARFORD FAMILY SERVICES



Barford has enjoyed some exciting Family Services over the past



month, including gallivanting around the churchyard in search of the Kingdom of God and a lively Animal Service.



From late August onwards, we're going to be exploring some of the most important Bible stories for families, beginning with Genesis in August and September. We've got some great ideas planned, and the services should be a lot of fun. It's a great way to introduce your children to some of the important stories that have shaped our civilization whilst having lots of fun.

The services are short, lasting no longer than 40 minutes, with lots of activities as well as time for reflection and quiet (sometimes!). Do come along; all are welcome.

Dan.

AUGUST 2011

14 August – Family Service with Baptism

21 August – In the Beginning (Genesis 1)



SEPTEMBER 2011

11 September – The Garden of Eden (Genesis 2-3)

18 September Noah and the Ark (Genesis 6-9)



Barford Green Garden Club
Visit to Broughton Grounds Farm, 21st June



On the longest day of the year a group of thirteen, including Dutch visitors, went on a farm walk to look at meadows undisturbed by modern agricultural methods. Broughton Grounds is a traditional 247 acre mixed farm with sheep, cattle, hens and arable. Part of the farm is still original meadow and retains a large variety of the plants lost to more intensive farming methods. This is now managed under a stewardship scheme. Hay is cut in late July and the meadow is then grazed over the winter by cattle, followed by ewes to keep down the grasses and give wild flowers more opportunity to flourish. The Taylors, who are long term tenants, manage a mile long circular walk over this most interesting part of the farm under a permissive access agreement which means that the general public can visit.

Our group enjoyed a guided walk and happily foraged for interesting wild flowers and grasses across the meadow, which being part dry and part damp affords a very varied habitat. We found lady's bedstraw, yarrow and water forget-me-not in flower, as well as rarities such as quaking grass.

We also enjoyed looking at the ruins of a settlement and mill abandoned early in the twentieth century, which felt very far indeed from the beaten track, despite being only three or four miles out of Banbury.

The rest of our walk took us on higher ground with fine views of countryside and spectacular skies until we returned to the farm for drinks and cakes. At this point we were asked if we would like to hear the baby barn owls nesting in a hollow tree across the hens' field. Of course we would, we said. The tiny owl chick sounds were however



drowned completely by the frenzied clucking of the hens who were excited by so many visitors and even more excited by the notion that our shoelaces might just be worms! At one point I counted thirteen going for mine.

We beat a retreat, weak with laughter, and returned home, feeling we had done justice to celebrating Midsummer.

Janet Payne

A Reminder

That there will be no
Barford Village Market
 In August

We re-open for business
On 17th September

Please come along and support YOUR market

1st Deddington Guides



Girlguiding UK
girls in the lead

STILL ENJOYING all our outdoor activities! Backwoodsman cooking – no pots or pans! we even tried nettle tea!

Incident hike – by the river – beautiful surroundings of the Barfords – great fun with all the challenges and activities and quizzes on the way.

Thank you to Martin and Rachael for refreshing fruit punch and crisps in the garden of The George afterwards.

Lots of guides are working on badges and the senior guides on their Baden-Powell award. We had a great evening building shelters at Horley Woods.

The annual patrol competition for the whole Division was at Horley camp-site. Our 2 patrols enthusiastically tackled all the outdoor challenges and came 2nd and 3rd out of about 20 patrols! Well done to Jasmine G, Sophie P, Elen S, Olivia R, Tilly N, Alice C, Lucy and Ella W, Sophie T and Rachel T! Special well done to the first 6 who stayed overnight too! Had a brilliant time, enjoyed breakfast in the morning sunshine with 60 other guides!

Still to come, sausage sizzle with Brownies, stream walk and welcome promise ceremony for Maya, Emily, Ella and Maddy and summer camp of course!

Next term first meeting 7-9pm on Tuesday 13th September.

Maggie Rampley

Special thanks and a 'well done' to Maggie who, after breaking her right wrist, wrote the whole of this report left-handed.....and, believe it or not, I could actually read it better!! Ed.

Barford Challenge 2011

THE CHALLENGE THIS YEAR was a straight forward 100 miles bike ride with the added fun of having to map read your way around the route. We started and finished at Barford village hall and the ride took us through Gloucestershire, Worcestershire, Warwickshire, Northamptonshire, Buckinghamshire and Oxfordshire. The ride was divided up into four 25 mile sections with a checkpoint at the end of each section. At the beginning of the section the riders were given a map of the next 25 miles with the route marked on. Between the checkpoints the riders had to find the answer to two clues, these were very simple like the date on the front of a chapel. This was to stop the riders from making short cuts and keeping them on the route.

Fifty two cyclists started at the village hall between 7 and 8 on Saturday morning. Most people were in teams of 3 or 4, some teams even dressed in matching lycra.



The ride was held to support the Maggie Harvey Trust and it was great that Maggie could come along and see the riders off.

The first fifteen miles were the hardest of the day with some decent climbs. The route went out towards Great Tew and Enstone to Chadlington and Churchill and into Gloucestershire. The first checkpoint was at Evenlode with the first team coming through about 9 o'clock. From here they went out through the Wolfords, touching on Worcestershire and into Warwickshire. Brailes was a bonus as there is a french bakery on the route so most folks stocked up on some tasty carbs. This section through to the halfway point at Fenny Compton is flat so the teams made good time through Kington and Gaydon. The Wharf Inn at Fenny was bang on 50 miles and every one had to stop for at least 30 minutes.

The third quarter ran though Northamptonshire and into Buckinghamshire. This was through Boddington and up the hardest hill of the day at Culworth then Sulgrave, Helmdon and Biddlesdon. This was the worst section for people getting lost and a few teams put in some extra miles in this area.

Kathryn Wheeler looked after the third checkpoint near Cottisford, filling drinking bottles and sending them out on the last quarter to Fringford, Bicester, Chesterton, Kirtlington, Heyfords and on to the killer hills at North Aston and Hawkhill at Nether Worton, finishing back at the village hall.

Two teams did it in a ridiculous time of just over six and a half hours riding time .(five of us did



it the week before to sort out the route markings in a rather leisurely 10 hours). Emma Willams' team were the quickest, with a team from Cherry Products coming home a close second. Most teams did it in about 8 hours, the professional looking, matching lycra, teams all entered into the spirit of the day with no one taking themselves too seriously.



The day finished at The George with a great barbeque run by James Whitworth.

Thanks, as always, go to Paul Christmas who had the boring job of riding around at the back of the riders like a vulture ready to pick up the dead and wounded.

We are not sure of the total raised for Maggie's trust yet but we will put it in the Barford News when all the money is in.

The biggest thanks goes to those taking part,. as always it never ceases to amaze us the number of gullible people in Barford, who on earth would think it a good idea to pedal for 100 miles!

Pete Eden and Glynnis Eastwood



Cherwell Sports Awards Junior Sports Team of the Year

Banbury RUFC U10's.

Oli Broughton of Lower Street
pictured 2nd left above

Ride and Stride

This year the OHCT Ride or Stride is on Saturday 10th September from 10am-6pm. The Oxfordshire Historic Churches Trust have been very generous in the past giving us grants to help in the restoration of our churches. We have various repairs, such as the replastering of the ceiling in the south aisle in BSM and the repair of the west window in BSJ, and will be asking for more grants from the OHCT. These are all very expensive works to be carried out but have to be done in order to keep our churches watertight and safe for you all to come to on the various occasions when you use the churches.



I have received the sponsorship forms and the list of all the churches open on that day and, since I probably won't be able to take part this year, I'm urging people to come forward and help out. It's a really fun way of having a bike ride and you can do as much or as little as you wish and it's open to all ages. I find it fascinating riding to villages I would never go to otherwise and some of the churches are absolute gems. If you don't want to ride a bike, you can be sponsored to walk to various churches, or you can even be sponsored to welcome people to our churches for perhaps an hour or two.

Please let me know if you can help out in any way for a very worthy cause and I can give you the forms and the list of churches for you to plan your route.

Cubby Brett
01869 338300



Whist Drive Proceeds

Village Whist Drives have raised a total of £210 in the six months to 30th June. This has been donated as follows:



Barford Churches	£105.00
Barford News	£ 52.50
Shepherds or Bakehouse	£ 52.50

Our Whist Drives are held fortnightly on alternate Friday evenings in the village hall. New players are always welcome to come along to try it out.

Avril Green & Judy Hobbs
(Sincere and grateful thanks to Avril and Judy for continuing to support Barford News)

Upton House & Gardens offers Students volunteering placements for the summer.

OPEN TO NEW APPLICATION NOW, the National Trust at Upton House are offering students and young people new volunteering opportunities. Volunteering at Upton is a great way to gain work experience in a national charity and spending time supporting a busy, local tourist attraction during the summer holiday can be great fun.



There is a diverse range of opportunities for volunteering, such as Website

Assistant, Gift Shop/Restaurant Assistant, Front of House Assistant, Events

Assistant, Marketing Assistant, as well as Room Guiding where you can gain valuable experience working in a busy, friendly team with people from all walks of life. Or maybe you have a skill you'd like to share? Do you play an instrument, perhaps you'd like to play at Upton for all the visitors to enjoy?

Volunteering can really enhance your CV, give you the chance to gain confidence to meeting and talking to people, problem solving and working with the public. You'll learn about your local National Trust property and discover what goes on behind the scenes. What's involved in the running of Upton House, it's a brilliant opportunity to learn about heritage management and to kick-start a career in the charity sector or heritage industry – or simply improve your skills, get out of the house and have something different to talk about at interviews for university or employment.

Get in touch with us to find out more, download details from the 'join in' pages of our website or by e-mailing:

Uptonvolunteering@nationaltrust.org.uk
www.nationaltrust.org.uk/uptonhouse

Voyage of Discovery

EDWARD, 7, NAVIGATOR, gave us a backwards glance as he turned right and made his way across the metal bridge which connected the briefing room with the shuttle. Jack, 12, commander, was next, closely followed by his dad, pilot. Then it was me, engineer. We were going to Mars.

We had listened carefully during the mission briefing. The commander's deep voice of authority together with the patriotic music had stirred us and we felt like real, American astronauts.

I was feeling proud of my achievements so far that holiday. I had survived several scary Disney rides, much to the enjoyment of my young boys. Theme parks and fairground rides were not normally my thing, but I had worked hard to muster a spirit of daring and excitement. This new feeling of sheer delight had led me to suggest a ride on Mission: SPACE.

I had done the quick, personal risk-assessment at the entrance to the ride. I had done this before going on *all* the rides and had found it, by and large, unnecessary. This time, though, I had noticed the repeated signage and recorded announcements and they were starting to make me feel uncomfortable. Why were they being so insistent that anyone prone to motion sickness or claustrophobia should not ride? I had been given several opportunities to raise my hand and be excused, but I'd just smiled.

We stood outside the shiny, metal, sliding door which was the barrier between reality and fantasy. The music grew more intense which caused our entire crew to smile, nervously, as the doors slid open to reveal the shuttle simulator.

We clambered into our designated seats and listened to our final commands. The individual safety cages lowered into position. I gripped the black padded bar, rather more tightly than necessary. The myriad of flashing green, amber and red switches signalled readiness. Fantasy and reality melted into one.

Next to me were the three beaming faces of my family, eyes wide with wonder. The reflections from the video monitors danced across their cheeks and foreheads. Then there was my face. The golden glow of Florida had started to drain away to be replaced by silvery dew drops of cold sweat. Then I noticed the sick bag dispenser to the left of the joystick. This was serious. I looked to the exit on my right but it was too late. Bang. The seats started to tilt backwards and I felt my brain trying to catch up with the rest of my body as I hurtled into space. The inside of my stomach dragged downwards. I forced myself to breathe in slowly through my nose and out through my mouth. My head and back had been forced into the seat as a

result my own brute force and the 2.4G gravitational pull (twice that of Earth, apparently). I remembered the advice during the briefing about looking straight ahead at our individual video monitors. I had to fix my eyes on the screen or I would feel sick. But it was too late. I already did.

The sixty second sequence of space drama sent us lurching, jolting and soaring, as we dodged meteors. My fellow crew members were in their own world together and I was alone in mine. I concentrated hard as our individual orders were broadcast. I fumbled around with my left hand for the hyperspace button. I thumped it hard. I found that my right hand was incapable of pressing the button that deployed the wings to steady our passage. My hand and the button were like two magnets of the same polarity. It was impossible to force them together. My fingers fumbled around, grasping and clawing at the button. Then success.

As we landed, my head was full of my own familiar voice. 'You're supposed to enjoy the ride'... 'It was your idea'... 'Smile for the boys'...

That evening, on planet Earth, I read that Space Shuttle Discovery was to launch later in the month from just up the coast at Cape Canaveral. I wondered if they had sick bags.

© Alison Duffy July 2011

(The story was written for the Deddington Writing competition and was inspired by a recent visit to Florida)

1st Deddington Brownies

IF YOU MISSED US in the Deddington Festival Community Concert you missed a treat! Our little group of orphans gave a great performance of 'It's A Hard Knock Life' from the show 'Annie'. As the largest single group of singers in the show our number took some time and effort to put together, so thank you to everyone who helped us. It was worth it! This month has seen us enjoying the great British summer with a campfire and picnic with the other Brownies, Guides and Rainbows of Cherwell District (we got very wet), and a sausage sizzle courtesy of Deddington Guides where we cooked our own tea on campfires (the rain stayed away). We have also been skipping and learning some new skipping rhymes. We say a sad goodbye at the end of term to Sian Westbury, our Tawny Owl for the last three years. Thank you Sian for your enthusiasm and commitment. The Brownies will miss you.

Lucy Squires



BOOK REVIEW COLUMN

This is a new subject for Barford News and Book Reviews from our readers would be most welcome. Articles of up to a maximum of 350 words would fit nicely into a column and would be most gratefully received. So, if you have enjoyed reading something recently, then please let us know about it! Ed.

**The Music Room,
by William Fiennes,
published by Picador**



Many of us in the village will have visited Broughton Castle; if you haven't, you'll almost certainly want to, if you read this evocative portrayal of William Fiennes' upbringing there. As he'd never known anything else, it seemed quite normal to live in a 12th-Century castle, to swim in the moat, and to feel that shut-off parts of the house were as distant as outer space. Often daily life went on amidst the paraphernalia of visiting film crews (*Shakespeare in Love* and *The Madness of King George* are among others filmed at Broughton) with the grounds strewn with cables, equipment and props, and peopled by costumed actors.

Much of this account concerns the illness of William's brother Richard (both are sons of the present Lord and Lady Saye and Sele), who suffered from brain disease, dying at the age of 41. Richard's difficult, often aggressive behaviour is treated by William with the same matter-of-factness he gives to his surroundings; in one episode, Richard burns his mother's face by holding a hot frying-pan against her cheek, an incident which barely provokes passing comment. Interspersed with the narrative of childhood is an account of the development of understanding of the brain, and of treatments for mental illness. With the family tensions so understated, this historical resume seems to be William's way of distancing himself and giving his brother's illness a sense of perspective.

For me, the beauty of this book is in the acute sense of place and atmosphere, as in this episode on the moat: "The bridge arches seem too low to pass through but I know it's possible: you just have to lie flat ... for a few seconds we're in a world of ripple shimmer and spleenwort, cobwebs slung along like hammocks inches from our face, the punt's edges scraping the arch before we emerge again, light and acoustics back to normal, Rich resuming his gondolier stance to shunt us on."

Don't Forget



Our new waste collection day

Will be on TUESDAY

From 1 August onwards

News From Rainbows



WE SAID GOODBYE to Leah and Aimee at the end of term as they go up on to Brownies. Before that we had fun playing cricket in West Close and trying out our new skipping ropes. We also made rain gauges out of old plastic bottles for St Swithun's Day. If it rains on St Swithun's Day (15th July) it is supposed to rain for the next 40 days. It didn't rain on the day itself, but the weekend was very wet, so I think the rain gauges are full and that weather myth is well and truly 'busted'!

We look forward to meeting again in September, hopefully after a sunny and dry summer holiday.

Hazel Neal 01869 337822



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Bloxham Faith Fest

Friday 28th - Sunday 30th October

A weekend not to be missed, bringing together fiction and non-fiction writers, theologians and authors, singers and musicians, debate and discussion. All events will take place in St. Mary's Church, Bloxham.

Tickets can be booked online at www.bloxhamfaithfest.co.uk/buy-tickets

Or contact Rev Sarah Tillett, The Vicarage, Church St., Bloxham, (01295) 720252

Deddington PFSU and Village Nursery

WOW! THIS MONTH the headline news must go to the 'Night At The Moulin Rouge', our fund-raising party held at the Windmill Centre on 9th July. The band were great, the food was tasty, the Windmill Centre was transformed, and as for the Can Can dancers...! Most importantly everyone's efforts raised £712.00 for the PFSU and Nursery. With potential matched funding we could have a grand total of almost £850.00. This kind of income makes an enormous difference to both settings and so huge thanks go to everyone who was involved in organising the event and to everyone who came along and supported us on the night.

As far as the children go this is a month of sad goodbyes, as our Nursery children move on up to the PFSU and the PFSU children leave for 'big' school. As busy as always though the PFSU children have enjoyed a trip to the Deddington allotments, listened to some of the older school children playing their musical instruments, and made a visit to the Year 3 class' newly hatched chicks (aah!). The Nursery also held a parents' evening and would like to thank everyone who came along.

Thank you to everyone who has supported us this year. See you at holiday club or in September.

Lucy Squires,

PFSU: 01869 337484; Nursery: 01869 337383



Thank you

To the South Newington couple
For their generous donation
To Barford News funds

Garden Club Visit

to Broughton Grange

has been booked for 2pm
on Thursday, September 8th.

The guided visit will last about two hours
in this very large and lavish garden
and cost £7.50.

Further details in September issue



Katharine House News

Katharine House, 20th Anniversary Celebrations

The Oxford Concert Party

As part of our 20th anniversary year, we're delighted to announce that the Oxford Concert Party will be performing a special evening of entertainment for us. The event will take place in the magnificent hall at Broughton Castle on Saturday 17th September, time 7.30pm.

The group has received international acclaim and is known as "*Europe's only Baroque and Tango Orchestra*". The Oxford Times describes The Oxford Concert Party:

"Take 300 years of music from around the world, turn it upside down, infuse it with humour, energy, passion and pathos - and you have the recipe with which the Oxford Concert Party, described as "one of the most entertaining, mould-breaking groups around"

Please join us for an eclectic evening's entertainment in wonderful surroundings. Tickets £25 per person, to include refreshments, but spaces are limited so book early to avoid disappointment. Please call Sarah Brennan in Fundraising on (01295) 812161 or email sarah.brennan@khh.org.uk

Lottery

Why not join our Hospice lottery, for only £1 per week with a weekly top prize of £1,000! With nearly 4,300 members, we would love to boost our membership to 5,000. An extra 500 members could raise £26,000 per year for nursing care. If you are already a member, we thank you for your support and ask that you might consider letting your friends know about our lottery. For the person who has everything why not consider a lottery gift card for birthdays. To join, download a form from our website www.khh.org.uk or ring Wendy in Fundraising on 01295 812161.

Sarah Brennan

Community Fundraiser

Plants Wanted



Do you have any
spare plants
that you would be willing
to donate to the

Plant Stall at the Church Fete?

If so, please contact
Mariann on 338570



More than 100 Oxfordshire walks to Download and print FREE

There's no doubt about it, walking is good for you. It's good for your heart, it's good for your lungs, it's good for the muscle and bone growth of your children and it's good for your feeling of wellbeing.

Strong scientific evidence now supports the many benefits to health of regular walking – it is recommended that we take at least 10,000 steps a day.

Walking offers a great way to help youngsters get the active habit. If parents express excitement about the prospect of a walk in the countryside, they are more likely to transmit this feeling to their children. It's important to treat the walk as an exploration or adventure and to go at the child's pace, no matter how often they want to stop and look at things; take treats to eat and plenty to drink; and head for some landmark that will appeal to them such as a castle, a playground, an ice cream van or a boating pond. If children experience walking as part of a fun activity they are more likely to want to go again.

www.walkinginoxfordshire.co.uk gives you all the information you need for the best walking in the County: Details of more than 100 walks to download and print free, details of all the Oxfordshire walking groups, maps and walk books - plus much more information.

So check out the website and get walking!



Bakehouse or Shepherds Charity

Barford St John and St Michael
Charity Commission Registration No: 309173

Grants are made annually, at the Trustee's discretion, to young people attending College or University. In order to qualify, applicants should be under 25 years of age and they or their parents should be resident in the parish of Barford St Michael or Barford St John for at least three years.

Please give the following information on your application:-

- 1) Your full name, age and address in Barford and state how long you have lived here.
- 2) Name and address of the College or University where you are planning to study.
- 3) Exact description of the qualification you are studying for, including length of course and subjects to be studied.

Address your application to:

Mrs Lucy Warner

Clerk to the Shepherds and Bakehouse Trust
Mead Farm Bungalow, Barford St John, Banbury
Oxfordshire, OX15 0PW

Applications must be received by 30th
September 2011 at the latest.

200 CLUB WINNERS:

July draw

£15.00, No. 160, Stephanie Collier,

£10.00, No. 86, Margaret Evans,

£5.00, No. 008, Valerie Rogers.

The draw was made at the village market.

Superb organic cleaning of carpets, curtains, upholstery and leather

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Village Hall Grant



Some Centipedes have 15 pairs of legs, our Hall has 15 windows!



Whether you live within 15 minutes, 15 metres, 15 yards or 15 miles of the Village Hall, would you like it to be WARM and COSY when you get there?
We think so.....



As the Village Hall Management Committee we have decided to replace all 15 windows in the Hall, including kitchen area and toilets, with DOUBLE GLAZED units. These will be the same style as existing. They will be made by Fairmitre Joinery, who incidentally used to be in our village. The windows are to be wooden, not plastic.

We have obtained a very generous grant of £13,230 from VIRIDOR, the Recycling and Waste Management Business of the year 2010, towards the cost. As part of their business they provide funding for community and environmental projects, via the Landfill Communities Fund, see www.viridor-credits.co.uk As a condition of this grant we must raise a certain percentage ourselves and also make up the shortfall.

We are now launching our **“FIFTEEN WINDOWS APPEAL”** designed to **“KEEP DRAUGHTS OUT and VILLAGERS IN”**. £2,500 needs to be raised before we can get the project off the ground. We would like to have the windows installed before the winter so the money must be raised by the end of September.

Would YOU consider helping with this appeal?..... We hope so.

We want everyone to benefit from lower fuel bills and an on-going maintenance of the Hall. We want you, your children and grand-children to continue to enjoy events at the Hall. Our suggestion is that you may like to ‘Sponsor a Window’ at approx £166 or part of a window for as little as a fiver. The amount for each window averages out at £166, though the main windows will cost more than the smaller windows. Your name will then be placed on a board, to be displayed in the Hall. Any amount will be welcome, however small. It would be nice if all users of the Hall would consider contributing.

We will accept Cheques or Cash. All cheques should be made payable to Barford VHMC and these and cash can be given to either Lisa Styles at Coombe Cottage, 1 Rock Close or Peter Leney at The Potteries, High Street.

Please add a note with your name to be added to Donations Board.

Any surplus monies raised will be used for replacing the main doors.

**IF WE DO NOT RAISE THIS AMOUNT THE PROJECT WILL BE JEAPARDISED
THANK YOU FOR YOUR HELP**

Village Hall Management Committee

Village Hall Questionnaire

If you haven't already done so, please take a few minutes to complete the questionnaire that was distributed with the July Barford News, and return your completed form to one of the 'boxes' mentioned on the questionnaire.

Your ideas and views will help us to provide the events and entertainment that you and your family can enjoy.

Copies can be obtained from Lucy Norman, at The Old Chapel, High Street. 01869 337678

NATURE NOTES 98

AFTER APRIL'S EXCESSES May was a much more even tempered month. After a clear sunrise, the 1st was a beautiful day of warm sunshine moderated by a cooling NE breeze. It clouded over about 5pm and the temperature rapidly dropped to only 3.5° through a clear night. The wind had very gently started to veer eastward, which it did until the 5th when it dithered between SW and SE until settling into a westerly direction for the rest of the month on the 8th. However, it also retained a cooling, sometimes blustery air-flow throughout.

Day temperatures held fairly well in the high teens and low twenties with short dips down to 14° or 15° at mid and end of month. Night temperatures remained very cool (between 2.5° and 5°) with leaf-blackening frosts on the 2nd (1°) and 18th (1.5°) but especially damaging on the 3rd (-4°)! The night temperatures did lift a little in the second half of the month to between 6° and 9° with 'blips' up to 11° on 6th, 17th and 29th. This warming was tempered by the wind chill of frequently boisterous breezes.

There was rain as the weather became changeable after the 6th with storms and showery spells, quite often overnight, especially from the 14th to the end of the month. These effects may have been heightened by another Icelandic volcanic dust cloud on the 22nd. The cloud threatened to interrupt air travel but thankfully failed to materialise in our air space. This was due to the northward extension of the Azores Anticyclone which, with the Gulf Stream largely controls our weather. The usual succession of lows and associated weather fronts was also driven inexorably northward, perpetuating the drought conditions of earlier Spring despite the increased showery conditions. In this way, a big low, swept along by the jet stream, was pushed northward as it raced toward us from the west on the 25th, yet produced little rain.

And so to our local wildlife.

Bird of the month for Barfords had to go to Green Woodpeckers! One could not go anywhere in Barford Parish without being yodelled at or laughed at with fluted chuckles or derisive peals of slightly mad laughter! As usual they were so busy below Steepness, calling to each other with surprisingly soft, affectionate notes and with characteristic weak drumming, slower and deeper toned than the hard staccato rattle of their Great-spotted cousins. Meanwhile, overhead our Buzzards soared or stood motionless facing the wind. Again, Buzzards can be seen all over the



Parish, but I do think their numbers are reduced - I hope it is due to the winter!

On the 4th, the Cuckoo called very briefly from Horn Hill, and on the 5th was in fine song below Hempton in Mr. David Tew's wonderful ancient grasslands and hedgerows. Also on the 5th, Bas Butler reported two Swifts investigating the thatch on The George'.

The 8th was our annual twelve hour bird species count. Bas Butler, Ian Hobday and myself, with two friends, set off at 6am. As usual we fairly exhaustively cover the Barfords first.

We had collected quite a few of 'the usual suspects' by the time we had got to the footpath meetings in the corner of Mr. Robin Woolgrove's first permanent set-aside meadow. Suddenly we realised we were in the middle of a stunning phenomenon, which we have encountered before but only very rarely. A big fall' of summer visitors! In the oilseed rape of the old football field were many dozens of warblers all feeding voraciously on the insect life and singing. It seems that many birds migrate in large groups probably as a 'baffling' strategy against predator species. This host of little birds was one such group that reached Barford and dropped in to feed on their way west and north. (It is in such groups, I understand, that so many thousands are *still* shot and mist-netted crossing North Africa and southern Europe, by so-called sporting guns for 'fun' and netters for pickling and bottling, and caging). Anyway, we recorded Sedge Warblers, Garden Warblers Whitethroats, Chiffchaffs, a few Willow Warblers and, thanks to Ian's sharp senses and very excitingly, a Wood Warbler - virtually absent from this part of the country! A beautiful small bird, it has a very green back and head with white underparts and a clear lemon yellow face and breast. It also has a distinctive 'wind in the leaves' song, which we didn't hear, but its habit of flying up and down from the rape into a small oak drew our attention.

More was to come! As we turned onto the footpath through the set-aside field we were quickly aware of a rapid reeling sound, like grasshoppers or perhaps a very distant 2-stroke motorbike, coming and going on the breeze. Grasshopper Warbler! Another very uncommon visitor that occasionally breeds here - if the vegetation is right! But wait a minute - there isn't one bird; there are *four*! - three in the longer grasses and rushes and one in a small narrow patch of oilseed rape. This old meadow is gradually becoming very valuable with the development of various decorative native grasses and rush species with extensive patches of wild flowers such as Meadow Sweet, Cow Slip and other

wild flowers. Not only that, it contains the meanders of the old course of the River Swere which was diverted centuries ago to provide water power for Barford St. Michael Mill. These old meanders flow again in times of heavy flood, when the Swere once more spills over from its original point of divergence, and reoccupies its old course for a short while. I am lucky to have photographed this spectacular phenomenon in full spate; it's rather awe inspiring. This old, at present dry river bed eventually arrives at one of its earlier bed-springs whence it again becomes a tiny brook, flowing through an ancient corridor of wild plants and animal life to join its diverted former self at Barford Bridge.

But to return to our count, of the seventy species we observed in the twelve allotted hours, no fewer than forty-seven were from Barford parish!

In spite of these results all local nature seemed in a state of suspended animation. It was on our count that we encountered the devastation of the frosts of the 3rd. So many 5m (15ft) high Oak and Ash trees along Mead Farm's permanent set-aside meadows have had their foliage blackened to destruction, it was pitiful to see. Even the Mature hedgerow Oaks had the lower foliated branches burned and discoloured to a height of about twenty feet! Time alone will reveal if the young trees are able to regenerate new foliage.

In these strangely silent times when all should have been bursting with new life I made few records (see *N.N.* 97 for April). On the 13th I noted a cock Sparrow Hawk 'blowing around like an old rag' over St. Michael and on 15th a pair of Carrion Crows chased off a single Buzzard from Steepness to beyond Hawk Hill.

On the same day, my neighbours brought me a lovely big Cockchafer that had banged into their window. These chestnut backed, black and white bellied beetles drone around at dusk at this time of year. Generally known as 'May Bugs', they can be up to 25mm (1") long and can clumsily bump into you in the gloom.

Also on the 15th I was delighted to spot a recently emerged male Common Blue butterfly. He was trying out his pristine summer-sky-blue wings above the patch of Bird's-foot Trefoil on which he had hatched from the egg, fed as a caterpillar and, close to which, he had pupated and now sprung as a brilliant butterfly. Magical! He was the first of several, including at least one female, so hopefully I shall have another, bigger brood in August to brighten my wildflower meadow patch.

On the 18th, it was related to me that Mrs. Maggie Eden had found a Death's Head Hawk Moth in her garden - and my congratulations to her. It was showing the rigours of its life, having

flown across most of France and the Channel to get to us in Barford! This is a magnificent creature, one of our biggest insects, with a wingspan of 125mm (4 3/4"). It has a remarkable image on its thorax of the head of a ghost. The caterpillar is enormous, 128mm (5") long, yellow with a horn on its tail-end and blue diagonal stripes on its sides. The last one I saw was sent to me as a caterpillar in the Autumn of 1991 from a potato patch in Nether Worton!

On the same day, turning out some flower pots, I came across a spider that I had not seen for over ten years. It is a large, smooth gingery-red spider called *Drassodes lapidosus* and it lives under an inverted bluish silken 'tent' under stones.

I hope both creatures managed to survive the clear night's light frost.

During the hot sun of the next afternoon, the Blackcap that had been singing at the end of Townsend for some time was silent. It had either moved on or fallen victim to cats and was replaced almost immediately by a Whitethroat. The Garden Warbler (which had preceded the Blackcap) continued to sing on in the grounds of Barford House.

On 20th, hoping to find some more warblers, or perhaps a Corn Bunting along the Milton gated road, all I came across were two of the ubiquitous Green Woodpeckers. They were near Combe Hill, jumping about on ant heaps (for food) and were noisy, as were the many around St Michael, particularly before 8 o'clock these mornings.

After many days of belligerence and actual physical attacks, 'my' House Martins seem to be gaining the upper hand over a cock House Sparrow that was intent on usurping their artificial nest on the corner of my house. Actually, and to be fair, this wasn't until Basil and I had replaced the Martins' mud repairs to the entrance hole, which the Sparrow had repeatedly broken out, with a strong cement/sharp sand mortar mix - and then only after the Sparrow had succeeded in gouging and breaking some of the set mortar!

And here we go again, yet *another* night down to 1°!

On the 25th I was again thrilled to see another Common Blue on my Bird's-foot Trefoil and the grass was now full of tiny (5mm long) juvenile grasshoppers.

On the 26th, there were heavy, rattling storms through the afternoon with some thunder. So heavy and sudden was the rain that the run off water swept down from St. John to produce flood water at the bridge, such that it became continuous right across the width of the road! Only now it drained off the road down the grips into the river instead of up the grips into the road, which is the norm in winter flooding!

There was a gathering of ten House Martins circling low and catching flies around St. Michael on the morning of the 28th. Bas Butler was excited to see a pair of Hobbies 'dawdling' around the Green, even if it was the Martins they might have

Until month's end the Green Woodpeckers remained noisy and the Song Thrushes and Blackbirds continued in beautiful song in early morning and at dusk - this despite a day temperature of only 14° and at night, one of 2°, on the 30th.

The last day of May brought a pleasant surprise for me, the appearance of a Cinnabar Moth on some Groundsel in my garden. The Cinnabar was seen in large numbers everywhere before the mass use of weed-killers began in the 'Seventies. It's food plant is groundsel and also the several Ragworts. It is fairly small and feeble in flight but it has slatey brown forewings each with one spot and a slash of Mercury Oxide red; the hind wings are wholly of the same red except for a black edge. We used to call their caterpillars Wolverhampton Wanderers, because their bodies are entirely of black and yellow rings! Not to be confused with the Burnet Moths, which I will talk about in another month's time - until then, happy Nature watching.

Ron Knight



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WINDOW
CLEANING**

For a free quote please call

**01295 278678
07913635761**

Deddington PTA

ONCE AGAIN I am writing this just before one of our major fund raising events and can only hope for warmth and sunshine this coming Saturday - the day of our Summer Fete. So much time and preparation has gone into the event and I hope everyone has a fabulous time! I'd like to thank all those who have supported it in one way or another. Many thanks in particular to the Deddington Market Group for the loan of the market stalls together with a superb raffle prize. Thanks are also due to the Deddington Arms Hotel and The Peach Pub Company for very kindly donating the two major prizes in our raffle. Many

been trying to snatch. The Hobbies were seen again twice more in the afternoon. Bas also reported two Swallows' nests in Murrey's barn, one of which had just fledged its first brood.

other local businesses also contributed to our raffle or sponsored our fete magazine for which we are very grateful. Another special thanks must also go to Jenny for donating the fabulous Wow Wee musical items. It is fantastic the way the whole community comes together to support our village school. A HUGE thank you! Lastly, we must not forget EVERYONE who gave up their time to help and for ALL the generous donations we received. It is very much appreciated.

Well that is nearly it for the 2010/11 fundraising year. We have had a great time, worked extremely hard and we hope to have been able to raise in excess of **£10,000** (including monies raised at the fete). This will be used to provide some outdoor seating and shade for our top field, to assist with the creation of a sensory garden and to supply additional resources for each of our year groups. Confirmation of the final sum raised this year will appear in the next edition. Very many thanks for your tireless support - we couldn't do it without you!

Have a wonderful summer break!

Janet Watts

PTA Chair

(Janet wrote the above article for inclusion in the July issue, but our email difficulties lost it in transmission. Apologies to Janet!)

Summer with Go Active

CHERWELL DISTRICT COUNCIL is offering Nordic walking, dance, yoga, rounders and much more this summer.

This July and August you can try Nordic walking in Bicester, Kidlington, Deddington or Banbury - during the daytime or evening. The four-week courses are friendly and suitable for people of all fitness levels. Poles are provided and the course costs only £10.

Coming soon there'll also be a chance to try-rounders sessions - pickleball, the new racquet sport from the USA - dance sessions - yoga for adults, and specific classes for those who are pregnant. Councillor James Macnamara, Cherwell District Council's lead member for environment, said: "Go Active has a full and exciting programme for adults to try, including low cost beginner activities. And as Go Active is externally funded it's all at no cost to Cherwell council taxpayers."

To book your place on any of the courses or for more information, phone 01295 221715 or email hazel.field@cherwell-dc.gov.uk In 2010, 97 per cent of participants were either “very satisfied” or “satisfied” with their Go Active experience and taking part in an activity led 84 per cent of people to get more active and healthy. Go Active is based across Oxfordshire, helping people find activities and sports to suit their lifestyle, budget and interests.

For Sale

Maxi-Cosi Axiss Child Car Seat
As new



£100

(Cost £160 new)

Bought 12 months ago ,
used only 6 times for grandson.

Contact Helen 01295 720 987

FOR SALE

**2 DOUBLE BEDS
&
A CYBER BED (Teenager)**
With Accessories

Reasonable Offers Accepted
01869 337 129

Weekend Viewing Please



British Food Fortnight

17th September–2nd October 2011

WHAT IS BRITISH FOOD FORTNIGHT?

Now in its tenth year, **British Food Fortnight** is the biggest national celebration of the diverse and delicious range of food that Britain produces.



Every year over a thousand independents, many medium-sized retailers and some of the multiples take part, all enjoying the commercial benefits that participation brings.

Bagging it is not enough –

When you’ve bagged it, Please Bin it or take it home!

There have been several reports of used dog waste bags being left by the side of the road, particularly along The Park (Chestnut Avenue to many of you).

Our Parish Council have invested YOUR good money to provide waste bins for your convenience – PLEASE USE THEM. and help to keep our village child and visitor friendly.

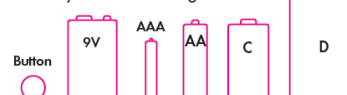


Recycle your batteries

Nearly half the UK population has never recycled a battery.

Nationally a huge 600 million batteries are sent to landfill each year. This is the same weight as 6,285 elephants.

We recycle the following batteries:



Please make sure that batteries do not go in the green waste bin.

Residents in Barford, your closest battery banks are at Bloxham Warriner School and Deddington Layby, Banbury Road

recycle for Cherwell
www.cherwell.gov.uk/recycling
customer.service@cherwell-dc.gov.uk
Customer Service: 01295 221940
<http://twitter.com/CherwellRecycle>

Cherwell
DISTRICT COUNCIL
NORTH OXFORDSHIRE

Turning to plan bee

A CHANCE ENCOUNTER
AT a trade show created a
buzz at Cherwell District
Council's Bodicote House headquarters last week.



Paul Almond was at the British Association of Landscape Industries (BALI) show at Stoneleigh Park on 22 June seeking new products and services to improve the district's landscaping. And the street scene and landscape services manager made a beeline for a stall run by professional turf care company Sherriff Amenity when he noticed some unusual looking props. It turned out they were bumblebee lodges and Paul was encouraged to enter a competition to win one along with a hive containing a queen and about 40 workers. Little did he expect to have his name drawn from the hat but last week he took delivery of the council's latest wildlife-friendly installation. "It is estimated that one in every three mouthfuls of food that we eat depends on insects for pollination," said Paul. "For pollinator groups that have been monitored, two-thirds of species are in decline, which is a trend that has been carrying on for decades.

"Three million hectares of our wildflower meadows have been lost since World War II and many scarce flowers are now limited because there are not enough of the right insects in the landscape to propagate them."

Bumblebees help pollinate flowering plants including many of the fruit and vegetables we eat but their numbers have seen a 70 per cent decline in the past 30 years with three of the 25 British species already extinct and four more on the endangered list.

But each hive also contains eggs and two will hatch queen bees which will fly off to start their own nests, helping boost bee numbers.

Councillor James Macnamara, lead member for environment, said "Bees are the country's lifeblood and their conservation is of incredible importance for a sustainable environmental future for us all."

This is the latest in a series of improvements for wildlife including bat tubes at the new Spiceball Park Leisure Centre and swift nesting boxes at Bodicote House where the pond has also just been surveyed to find out how best to increase its wildlife value.

Sherriff Amenity started promoting the lodges and hives as part of a drive to enhance the environment.

Local Sherriff Amenity representative, John Mullins, said: "We have access to 2,500 golf courses so if they all had one it would soon increase the bee population by millions." The hive will be situated in the grounds of Bodicote House but the bees will likely forage within a five kilometre radius.

**"Nepalese 2 course meal,
with refreshments
available to purchase.**

In aid of Nepalese orphanage.

Please join us at 7 for 7.30 p.m., at our home on Saturday 17th September. Meals to be pre-booked by 10th September, with Terry or Anita Deane and paid for (£10). "Manaton". The Green, Barford St Michael. 01869-337274."

STROKE:

Remember the 1st Three Letters....S.T.R.

STROKE IDENTIFICATION

It only takes a minute to read this...

A neurologist says that if he can get to a stroke victim within 3 hours he can totally reverse the effects of a stroke.! ..totally. He said the trick was getting a stroke recognized, diagnosed, and then getting the patient medically cared for within 3 hours, which is tough.

RECOGNIZING A STROKE

Thank God for the sense to remember the '3' steps, STR . Read and Learn!

Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer severe brain damage when people nearby fail to recognize the symptoms of a stroke.

Now doctors say a bystander can recognize a stroke by asking three simple questions:

S *Ask the individual to SMILE.

T *Ask the person to TALK and SPEAK A SIMPLE SENTENCE (Coherently)
(i.e. It is sunny out today.)

R *Ask him or her to RAISE BOTH ARMS..

If he or she has trouble with ANY ONE of these tasks, call emergency number immediately and describe the symptoms to the dispatcher.

New Sign of a Stroke Stick out Your Tongue

NOTE:

Another 'sign' of a stroke is this: Ask the person to 'stick' out his tongue.. If the tongue is 'crooked', if it goes to one side or the other, that is also an indication of a stroke.

A cardiologist says if everyone who gets this e-mail sends it to 10 people; you can bet ! that at least one life will be saved.