

BARFORD NEWS

JULY 2010

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Price 30p where sold

Parish Council Notes

REPORTS ARE FROM two meetings due to elections.

The meeting that took place on **19th May** was attended by 5 councillors including Councillors Sarah Best and Lisa Styles attending their first Parish Council Meeting. Apologies for absence were received from Councillors Eden and Woolgrove. One member of the public was in attendance.

Cllr Hobbs made special mention of retiring Councillors Lane and Langlands. He thanked them on behalf of the Parish Council and residents of both villages for the excellent work they had carried out during their terms of office. The Parish Council wished them both well for the future.

Councillor Rodney Hobbs was proposed and seconded as Chairman and Councillor Hobbs accepted the post as Chairman for the year 2010 - 2011. Councillor Tracey Bullard was proposed and seconded as Vice Chairman and Councillor Bullard accepted the post of Vice Chairman for the year 2010 - 2011.

The Clerk reported that the willow tree overhanging the River Swere by the bridge in Barford St Michael belongs to Mr & Mrs Rees. The Clerk wrote to them on 10 March and had received assurance that the tree would be inspected and any necessary works carried out.

The report from Councillor Lane following a meeting on 27 April 2010 with County Councillors Rose and Jelf and Peter Ronald and was discussed at length. Further to this the owners of 1 Broad Close and Laurel Cottage are to be asked to cut back hedges to improve the view for vehicles. The Parish Council agreed in principle that the Parish Council would approach Oxfordshire County Council regarding works to the highway as suggested in the report.

The Clerk has reported the potholes in Lower Street to Oxfordshire County Council but at the date of this meeting no repairs had been carried out.

Councillors Style and Best expressed concerns reference speeding within the villages. A week-long speed check from 22 April - 29 April had been carried out at The Rock. No speeding problems had been identified. Councillor Bullard

reported that she had attended the Banbury Rural NAG meeting on 6th May and had raised the matter of speeding in both Barford St John and St Michael. Sergeant Evans suggested that if anyone had concerns they should e mail him at Scott.Evans@thamesvalley.pnn.police.uk.

Details of planning applications can be found on the CDC website

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

The following planning applications had been made:-

10/00091/TCA - Staddlestones Horn Hill. Fell plum tree
10/00119/TCA - Staddlestones Horn Hill. Fell plum tree
10/00622|F & 10/0623/LB - Manor House, Church Lane, Barford St John. Outdoor swimming pool; alterations to existing garage.

There was one approved application:

10/00355/F - Rock Edge, Horn Hill Barford St Michael; demolition of existing conservatory and erection of single storey rear extension

Under Any Other business Councillor Hobbs reported that he had sent a get well card to District Councillor O'Sullivan on behalf of the PC, VHMC and villagers. Councillor Bullard reported that the road sign at Lower Street, opposite church, had fallen off. The Clerk will contact Cherwell District Council to arrange repair.

There being no other business, the meeting closed at. The next meeting was set for 2nd June.

The meeting that took place on **2nd June** was attended by 5 councillors. Apologies for absence were received from Councillors Eden and Woolgrove. One member of the public was in attendance.

The meeting began on site at West Close. After some discussion it was agreed that the grass was now in better condition following an increase in cuts since early April, there would be few benefits in laying a gravel path across the top of the field and it would be easier for pram/pushchair users and walkers to negotiate the grass, the cost of levelling off part of the field and subsequent Health & Safety arrangements between the upper and levelled area was not something the parish council could consider financially, the clerk would chase the

progress of the repairs requested for the steps giving access to West Close via Murreys Lane.

Councillors then returned to the Village Hall and the meeting continued. Minutes of the last meeting were read and Councillor Styles noted the omission of a tree works planning application for The Old Turnstile. Minutes to be updated and signed off at the meeting on 7 July.

Cllr Hobbs had asked Steve Wood to carry out a speed check between Summer Leys and the bridge and also in Barford St John.

A vote was taken to waive Councillors' rights to claim expenses and was unanimously accepted.

There was one approved planning application being 10/00470/F Thimble Hall, Lower Street, Barford St Michael; demolition of garage, erection of two-storey rear extension and loft conversion.

Councillor Hobbs had spoken to the owners of 1 Broad Close regarding cutting back their hedge to improve view for vehicles. Some pruning was carried out on 2 June, which had improved visibility. He had been assured that further work would be carried out later in the year.

Councillor Hobbs had spoken to the owners of Laurel Cottage regards cutting back their hedge to improve view for vehicles. The owner had agreed to do a light trim – the hedge was dead in the middle and too hard a prune would destroy the hedge altogether.

It was unanimously agreed that the Clerk is to continue in post as the Responsible Financial Officer

The Clerk reported that Mr Rees had been written to on 25th May requesting an update on the Willow Tree overhanging the River Swere, a request to repair the potholes in Lower Street had been chased, the damaged road nameplate in Lower Street had been reported to Cherwell District Council but staff shortages were causing delays to maintenance work.

Cheques in respect of the Clerk's remuneration, Allianz Insurance and grass cutting were approved and duly signed. It was agreed that a book by Charles Arnold-Baker to enable the Clerk to work efficiently should be purchased.

Under Any Other Business Councillor Turner reported that villagers at the Annual Parish Meeting had asked for more dog bins to be installed. Cllr Hobbs asked for this to be an agenda item next month.

There being no other business, the meeting closed. The next meeting was set for 7 July 2010.

T.A.B.

Use It, Or Lose It!!



The Mobile Library service that serves our village is in danger of being cut unless customer numbers increase.

This service provides much more than a van carrying a limited number of books. It also operates within the national 'inter-library loan' system and can obtain just about any book on request.

The van parks at the village green on alternate Mondays from 10.20 till 10.35. So why not give it a try on one of the following dates:

5th & 19th July; 2nd & 16th August



**You are invited
to a BBQ at 4 pm
on Saturday 10th July
at The Manor Garden
to welcome**

Dan Inman, our new Curate

All welcome.

An indication of whether you can come would be appreciated for catering purposes. Please contact Barbara Alt at the Farm Shop (338207)

Deddington Guides

THIS MONTH GUIDES have been to 'Party at the Palace', 'Sparkle camp' and had a 'Ready Steady Cook' cookout.

At party at the Palace we went to Blenheim, Rainbows, Brownies, Guides, Rangers, Young Leaders and Leaders went. We had loads of activities to do. Then we had a packed dinner with everyone. Some of us stayed overnight and had a pig roast. Then we slept out under the stars.

At Sparkle camp we went to Horley and slept in tents that we had to put up ourselves, we had lots of activities. On the last day we all had a water type of day, with it all involving water on most of the activities. On the last activity we had to crawl under an army net then get a soaking wet sponge then squeeze as much water out as possible. At the end of all the activities each group had to decide on a name, my group were called the jabberwokies and we won! Then at Ready, Steady, Cook cookout we had to cook our dinner.

Tilly Neal



Deddington PFSU and Village Nursery

WE ARE ALREADY half way through the final term of the school year. Doesn't time fly when you're having fun! This time of year is always busy with outings planned and our children preparing to move up to the PFSU or on to school. We are looking forward to our joint Nursery and PFSU Sports Day, on the school field on Friday 2nd July. Let's hope the sun shines! Also coming up on Saturday 17th July is the Monte Carlo Casino Night, our major fund-raising night of the year. Please support us if you can as we really do rely on the funding this event generates. Tickets at £20 include a 2-course dinner, welcome drink, 2 live bands, and gaming money. There will be bar, auction, raffle and four gaming tables. Tickets are available from the PFSU and Nursery. We have places available at both settings from September so if you would like to find out more, receive a prospectus or come and visit us to see what we do, please get in touch.

Lucy Squires

Deddington PFSU – (01869) 337484 – for children aged 3-4 (in their pre-school year)

Deddington Village Nursery – (01869) 337383 – for children aged 2+



Coffee Mornings to benefit our Senior Cits

Congratulations to those two hard-working sisters Tomasin (Atherton) and Zalie (Butler), who, despite being busy young mums (very busy in Toms case!) have taken time and made the effort to start the now very successful Thursday weekly coffee mornings.

Together they have raised £120.00 which they have generously given to the Barford Lunch Group fund for the Annual Christmas Lunch.

Well Done ladies and many, many, thanks!

Ed.



Coffee mornings take place every Thursday morning from 9.30 till 11.30 in the Village Hall. All welcome.

Diary Date - Open Village Show Saturday 14th August 2010

Classes to suit everyone
Recipe for Carrot Cake Cake
(men's competition)
and Full schedule details next issue

Oxfordshire Community Support Fund

Oxfordshire County Council's Community Development Team wish to bring the "Community Support Fund" to the attention of voluntary organisations and community groups in your area. The CSF is often a valuable source of funding each year for about 30 organisations. The purpose of the grants is to increase the capacity of small voluntary groups; especially those complementing our aims and objectives: to support and promote strong communities so that people can live their lives as successfully and independently as possible and to provide effective and efficient support to the most vulnerable.

Groups can apply for amounts up to £800 and priority is often given to those with limited funds.

Oxfordshire County Council
Community Development Team
PO Box 530, Abingdon, OX14 9BU
(Work 01235 553465)

Please Note
There will be no
Barford Village Market
In July or August
We re-open for business
On 18th September
At the same venue
as our July market
Ayot Croft, Townsend
Grateful thanks to Mrs. Avril Green
For allowing us
to use her home once again

Summer Fun Activities

Children aged 5-11 years
come along to Deddington Parish Church
to have fun in craft workshops, cooking, chess and
outdoor games on

any Thursday 5th, 12th, 19th and 26th August,
10-12.30pm

For application forms please contact Caroline Tindale
(337962), Janet Watts (337135) or Sarah Booth
(338536) or additional forms can be collected
from the Church.

If you would like to help please contact
Jane Green on 337837.

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 & Bakehouse Trust
Mead Farm Bungalow, Barford St John, Banbury
Oxfordshire. OX15 0PW

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



Rainbows News

THE RECYCLED PAPER MAKING was a success - not *too* messy and great fun. Our scarecrow this year was a painter decorating the outside of the village hall (any physical resemblance to any painter and decorator residing in the village was entirely coincidental) which the Rainbows made a good job of making. One team made the scarecrow and the other painted the Rainbow badge. They made such a good job of it we came 2nd in the competition! Well done girls!

They also did well learning to Morris dance, managing to learn a whole dance in just under an hour. Squirrel found this useful when the Adderbury Morris side visited the Village Market... We've also had a visit from the RNLI. Mr Storm (his real name!) showed us what Lifeboat volunteers wear and told us how we can be safer at the seaside this summer. Eleanor dressed up as a lifeguard whilst some of the others held up the different flags you see on beaches in the UK.

Hazel and Gillian
01869 337822

JUNE 200 CLUB WINNERS

£50.00, No. 222, Susie Callow

£25.00, No. 141, Palmer family

£20.00, No. 40, Carol Hopkins

£15.00, No. 155, Arthur Murrey

£10.00, No. 215, Duffy family

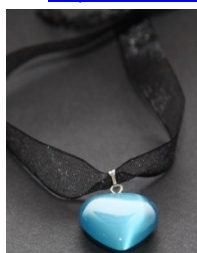
£5.00, No. 223, Bill & Daphne Spence

The draw took place at the village
Open Gardens event

Jewellery by Rebecca

Beautiful jewellery handmade by Rebecca Greeves. Available monthly at Barford Village Market and online:

<http://rebeccajewellery.wordpress.com>



Bloxham CE Primary

Summer Fete

On a theme of

'Myths and Legends'

Saturday, 3rd July

2pm – 4pm

Fancy Dress Junk Modelling
Jousting Food and Snacks
And much more!

Bloxham CE Primary School

RECENTLY ALL OUR Key Stage 2 children participated in Enterprise Week. The themes were for years 3 and 4 Our Community, year 5 Our Nation and for year 6 Our World. The week involved business people from the local community who worked with the children during the week. The children really enjoyed the project and learnt a great deal about the work of business and enterprise. In their words, "It was exciting, challenging and fun."

Some of our Key Stage 1 children took part in a theatre production in Warwick called "The Necklace of Stories" last week. The children (and staff!) worked extremely hard both rehearsing and on the day of the show itself. It was wonderful to see both the pride and excitement on their faces when they had finished their performance.

For the last couple of weeks all the children and staff have been taking part in our Fairground Project. As part of the project the children have been doing a lot of Technology work, including designing, building prototypes and the constructing the final product. It has been a great success with some wonderful models made, including a ghost train, using pneumatics for some of the moving parts. On the Friday afternoon there was an open session for parents who were really impressed by the children's work.

Good progress is being made with the building work for the rural Children's Centre based at our school and it is scheduled to be completed in July. I am sure it will be an invaluable community resource, providing a whole range of services for families with young children throughout the area.

The Friends of Bloxham Primary School (FOBPS) have been very busy planning for the summer fete, which is being held on Saturday 3rd July from 2pm. I do hope that you will be able to join us in what will I am sure be another very enjoyable entertaining afternoon.

Matthew Ingall, Headteacher
Bloxham Primary School

WI Report

THE PROJECTOR SCREEN was already in place when we arrived for our June meeting, so we knew we were in for another interesting evening. Our Secretary, Mariann, read the record of our previous meeting and President Betty quickly went through the business of the evening so that she could introduce our speaker, Andrew Lucero. Andrew is nominally from Adderbury, but in reality from New Mexico, USA, where he had spent most of his early life accompanying his father, who worked on the Native American reservations in construction projects on behalf of the government.

Andrew told us that there had originally been 500 or so Native American tribes, but that they had been squeezed over time by the Spanish Conquistadors moving up from South America (from whom he was descended), then the French from the Gulf Coast states, the British from the 13 colonies on the Atlantic coast and the Russians who had come down from the North West via Alaska. Many of the tribes had died out completely, and those with few members inter-married amongst the remaining tribes to try to maintain their uniqueness and cultures.

Andrew related a description of one buffalo herd, in the early settlement days, which had taken 3 days and nights to travel past the observer, and had been estimated at 20 miles wide and 80 miles long. Fencing in ranch-land for cattle production had ended these migrations, and had ended the way of life for the nomadic tribes.

Andrew now operates as a tour guide in the National Parks and is helping to promote tourism in traditional home-lands of the Native Americans and in this way providing jobs and income for the youth of the tribes, who otherwise would leave for the cities in search of employment. It was a very informative and interesting evening.

In the draw for the Denman College bursary, the £200 was shared between Tracey and Pat. Tracey and Ann Beesley won the raffle and Mariann won the Flower of the Month with a beautiful blue clematis (but don't tell Cathy).

Please remember to prepare something for the Favourite Recipes evening on 14 July. And don't eat too much beforehand!

SRT

theWI
INSPIRING WOMEN

Thankyou for supporting our Raffle
Our Raffle at the village marked raised £51.00 for ACWW.

theWI
INSPIRING WOMEN

ACWW [Associated Countrywomen of the World]. All WI members are automatically part of this international women's organisation, which links seven million members worldwide, through 250 member Societies in over 60 countries.

ACWW is a worldwide non-sectarian and non-political organisation with charitable status. Its members pledge to improve living conditions in a practical way, and support basic education and local development projects to fight hunger and disease.

Each WI donates small amounts to ACWW, this money is used to help underprivileged women in third world countries. There is a voluntary collection at each of our meetings here in Barford as part of the 'Flower of the Month' competition.

Deddington PTA Copy

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 other local businesses also contributed to our raffle for which we are very grateful. 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 2009/10 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) which will be used to provide some more laptops and a charging trolley for our children. 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



Another Fantastic Village Weekend Open Gardens 2010

Another beautiful afternoon for Open Gardens this year and we had 7 lovely gardens open to visit as well as the attractions of the Scarecrows, the Plant Stall and the famous teas at the Manor.

It was lovely to see so many people walking or driving round the village on Market Saturday and on Sunday, and we would like to thank all the talented scarecrow-makers for their time and effort in contributing to the Open Gardens event.

A very big thank you goes to the Garden Openers, the Tea & Cake makers and washer uppers, and the car park attendants all of whom are so generous with their time and effort. Thank you also to everyone who grew and donated plants to the plant stall at Barford Cottage – another of our attractions that does so well every year. The Garden Club supports the village charities with this event and we hope the village will continue to support us so that we can hold this worthwhile fund-raiser again next year. In all we raised £746.92 for our charities, which is slightly up on last year, so well done everyone!

Barford Green Garden Club

~ ~ ~

And those Scarecrows!

A big thank-you to everyone who made a scarecrow for the Open Gardens weekend.

The winners of the Junior competition were:

- 1st. 'Angry Rooster' by Maisie Bird, aged 11.**
- 2nd. 'Painter of Rainbows' by the village Rainbows, ages 5- 7**
- 3rd. 'Tickly Octopus' by Amelia Best aged 3, with help from her mum**
- Runner-up 'The Barfordshire Cat' by Alexandra (8) and Christopher (6) O'Keefe.**

The winners of the Adult/Family entries were:

- 1st. 'Cider Drinking Crow' by Dave Wheeler**
- 2nd. 'Gardener Resting' by Pete Eden**
- 3rd. 'Barford's Got Talent' The Allen Family**

Thank you very much to the judges. This was our seventh year of running the competition and each year, we have asked a different judge or judges who use their own criteria to help them make their final decision. And every year, usually by the third scarecrow, they realize what a difficult job it is!

For those of you who didn't manage to get out and about to view the scarecrows, the following pages should give you some idea of the variety and standard achieved. Thanks to Maggie Eden for the photographs

The 'wirework 'Gardener Resting' has moved to a new home in return for a donation to the 'Helpless Children Mother Centre'.





The scarecrow makers worked their magic yet again. Some of them were so lifelike that their village 'look-alikes came out to be with them and one was even joined by his wife and daughter!



BARFORD NEWS

Tomato Plants Reach Record Sales!

Thank you so much to everyone who bought plants from the small stall at the bottom of my driveway.

Total sales this year reached a stonking £50.00! All of which will be put towards purchasing inks, paper, envelopes, stamps etc., used in the production and distribution of Barford News.

Mariann

Fernhill Club News

THE FERNHILL CLUB has now a new programme set up for the year ahead; so why not give us a visit on Wednesday afternoons and find out what it's all about?

Our meetings start at around 2.15pm and continue until 4.15 and are held in the village hall unless an outing has been arranged.

We have a strawberry tea coming up on 30th June, as this issue goes out. A picnic has also been arranged and will be on 14th July, so hope the weather is good and dry. Other events in the programme include a Beetle Drive, Skittles, and a meal out.

We are always looking for new members, with new ideas, men and women over 55 years of age so why not give us a try? You will be made most welcome, and hopefully, not disappointed.

Look forward to seeing you so come and try us out, you may be surprised to find what a happy friendly group we are.

Contact me, Maureen Holden on 337138, Avril on 338381 or Mary on 01295 252298 for more information.

Barford Green Garden Club Plant Swap



On the evening of 20th May garden club members attended the annual plant swap evening at Farthings, home of Sandi Turner. Thank you to Sandi for making everyone welcome and for providing such a mouth watering, delicious spread, enjoyed by all.

Once again blessed with good weather, approx 40 people turned up for this event Which was most enjoyable. See photos below:



Open Gardens – 20th June

More in next issue but just to say a Big Thank you to all those members who helped with this village event . We could not do this without your help and support. 7 lovely gardens and allotments opened, all in a good cause to raise money for village organisations. Details of the distribution of funds will follow in next month BN

Visit to Fiveways

A reminder that we will be visiting this lovely cottage garden in Shutford on the evening of Friday 16th July 7.00pm. Please contact me if you are interested in going .

Cost £3.00 , which includes a drink

Ball Colegrave

Summer Open Evening Wednesday 28th July 4.00pm – 8.00pm. Visit Ball Colegrave and experience the colourful displays, cost £2.00 and remember to take your camera

Jill Bunce 01869 337577 / 337550
Email jill@ridleyanmarreco.co.uk



BritishRedCross

Red Cross Collection
2nd – 9th May 2010.

The collection in the Barfords raised £281.86.
Very many thanks to everyone who gave so
generously and to all those who so kindly did
the collecting.

Ann Budd



Festival of Open Gardens, July 2010

The final two open gardens in our Festival take
place this month. The times and addresses are:

Sunday 11 July	38 Midway, Middleton Cheney	1.30pm – 6pm	By kind permission of Margaret and David Finch
Sunday 25 July	Stretford End, Hampton	2pm – 5.30pm	By kind permission of Les and Sue Lane

We have had a wonderful response so far with over
£2,300 raised to date (as at the end of May). Do
come and visit the above gardens if you can. You
are sure to have a lovely afternoon. Information
about individual gardens can be found on our
website www.khh.org.uk or see one of our flyers,
available in our shops and reception. We look
forward to meeting you!

**Katharine House Hospice Summer Fete,
Saturday 4 September 2pm - 5pm in the
Hospice grounds, East End, Adderbury**

Attractions include: Jazz Band, dancing, children's
rides, traditional stalls and teas. We would
welcome donations of bottles and good quality
tombola items **from July onwards**.

We are also looking for more volunteers to help out,
so if you would like to run a stall or be part of the
setting up/clearing up team, please phone Sheila
on 01295 812161. We look forward to hearing from
you.

Valerie Carter
Community Fundraiser

Deddington CE Primary School

WELL THE END of another
busy year is looming and
we are well underway with
our preparations for the end of term
events. The year 6 pupils are
preparing their leavers service in the church on the
last day of term. This is always an emotional event
for all concerned and I am sure we will all have our
tissues at the ready as we bid them farewell. We
wish them good luck as they move on to the next
stage of their education.



Sports morning, which we had at the end of May,
was hugely successful and although the wind was
chilly the sun shone for us. Congratulations to all
the pupils in Castle Grounds on winning the event
this year. We also had a very enjoyable activity
week which covered art, music, sport and dance.
The children were busy making and doing all
week! We have just had all our Arts endeavours
recognised with the presentation of the national
Artsmark Award. we have all worked very hard to
gain this so well done to Mrs Haselgrove and all the
staff and pupils.

As some of you may know by now this end of
term will be one of change for Deddington School
as staff move on to pastures new. Mr Fane will be
leaving us after nearly five years at the school. He
will be greatly missed and we wish him all the very
best at his new school. Mrs Sampson also be going
on maternity leave and we await the exciting news
of a new arrival for the Sampson family in
September. I myself move onto a bigger school in
Witney after six years here. The time has flown by
and I would like to take this opportunity to thank all
the staff, pupils, Governors, parents and the church
communities who have been so supportive to
myself and the school. I hope I have made the
school a special place in the community that is
valued and appreciated. It has been a privilege to
have been the Headteacher of such a fantastic
school and I wish it even greater success in the
future.

Judith Tinsley
Headteacher Deddington Primary School 01869
338430



**Don't Forget
The Annual
Barford Duck Race
18th July
First race 2pm.**



Oxfam Trailtrekker Sponsored Walk

Do you ever get to the end of the weekend thinking that you have just pottered about and not achieved a great deal? You probably don't but sometimes I do. It was, therefore, quite an easy decision to make when Tom Hockady suggested that I join his team of 4 people to walk for 100 kilometres (62.5 miles) across north Yorkshire to raise money for Oxfam.

Oxfam do a lot of great work around the world and have been fighting poverty in over 70 countries for over 60 years. Their support ranges from providing clean water, supporting schools to help people escape poverty to supporting the 30 million people every year who are forced from their homes by conflict or natural disaster. For every £1 we raise from the walk, 80p is spent directly on aid, 10p supports the cost of the event and 10p is invested to generate future income.

Tom had already recruited two other locals, Martin Fiennes from Broughton and John Ashmore from Stonesfield. I had walked the Tour de Triggs around Banbury in 2005 with Tom and Graham Piercy. That was 50 miles in the first weekend of December so I thought that 62 miles in summer should be no problem. Not so! The walk was quite tough. We were all quite fit so muscles weren't a problem. What did catch us out was that our feet were not hardened and as we were walking on boulder strewn gravel tracks and roads our feet got quite blistered. Our training together consisted of three pub quizzes in the Black Boy at Milton. Although they were good fun they did not help to harden our feet. Martin, Tom and John did do the round Oxford walk whilst I was off skiing (I thought some high altitude training might help!) but it was not enough and the soles of our feet got very sore. Thank goodness for Compeed blister plasters. I wish I had shares in the company.

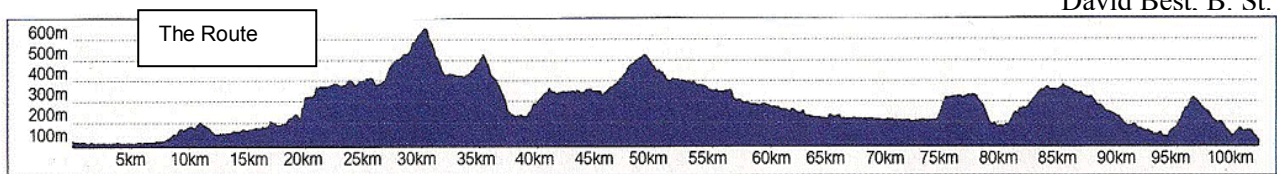
The walk is continuous, going right through the night, starting at 7 am on Saturday morning and finishing on the Sunday. It was very hot and muggy on the Saturday so it was important to keep hydrated. I was drinking at least two litres of water and isotonic drinks (to replace the salts) between the 9 water stops and check points and that was only just enough. The challenge at night is to keep warm. Having expended a lot of energy during the day the body is not very good at maintaining body heat. This has to be regulated by taking layers of clothes on and off. The temperature dropped quite sharply when the sun had set and two people got caught out and were taken off the hillside with hypothermia. The only other problems were a few sprained ankles.

So how did we do? From 537 walkers that started approximately 200 dropped out. 129 teams of four people finished and we were placed 30th. We completed the course in 26 hours 56 minutes. The fastest time was 17 hours 10 minutes. We were pleased with our time, especially as we hadn't done much training.

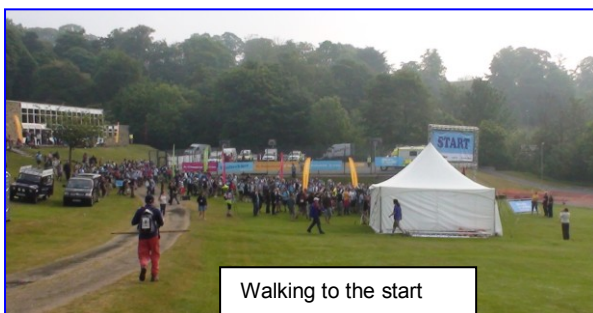
We were all pleased to finish and take part. It was a beautiful route with some stunning scenery. We saw Oyster Catchers, Curlews, Lapwings and Hares. We walked through woodland where the smell of wild garlic was quite overpowering. We heard Owls hooting and the piercing knock of Woodpeckers. It was great to be out in the countryside through the sunset and sunrise with no light pollution from large towns. Would we do it again? We have all said no but then I said that about the Tour de Triggs and did it three times.

If you would like to make a donation to Oxfam please do so via our just giving site

<http://www.justgiving.com/MartinFiennes2010Trailtrekker>



David Best. B. St. J.



Deddington Fire Station News

THIS MONTH WE HAVE HAD 23 firecalls, of which nine were fires, one road traffic collision at Souldern, and a call to a motorway road traffic collision, but en-route we were stood down as we were not required.

The fires were varied, and include a housefire in Portway, Banbury, in which sadly one woman died. The cause was believed to have been accidental. Both Banbury crews were already in attendance upon our arrival and so we assisted by sending in a team wearing breathing apparatus to damp down and check for fire spread.

We also attended a fire in Deddington in the early hours of the morning, which we believe was started by a candle which burnt through the garden table it was stood on. This, in turn, set fire to a wooden structure and pergola, which then burnt the outside of the wooden kitchen window, and also burnt through the main electricity cable feeding several properties.

Upon our arrival we were met with quite a spectacular display of mini explosions and to be honest, I thought that there were fireworks involved.

The resident's did have a working smoke alarm, and somehow, the smoke managed to get into the property and alert them to the danger before the incident had time to escalate into a more serious housefire.

At Adderbury, we attended two incidents with the wholetime crew from Banbury, one was a fire that started inside a tumble drier at the local golf club, and the other was a fire involving some petrol at a workshop/garage in which one adult male suffered burns to his upper body. We understand that he is making a good recovery and wish him well with his treatment.

In Banbury again, we have attended two flat fires, one of which was caused by cooking oils in a shallow frying pan. On this occasion, both Banbury crews were already out on a chemical incident, and the Hook Norton appliance was stood-by at Banbury fire station, so we attended this incident with them. Our policy and procedure is always to send a wholetime appliance to a "structure fire" as backup and in this instance, they were mobilised from Rewley Road, in the centre of Oxford.

As we had quickly extinguished the fire and made the building safe, they were not required, and stood down quite quickly.

Bicester has seen its fair share of commercial fires this month, and we were sent to back them up at two incidents. One was a converted barn at Baynards Green, and the other was a warehouse



facility where the fire had started in a forklift and then spread elsewhere.

Finally, we have just one incident of suspected arson to report, where a bin was set alight in Lower Heyford.

What's happening at the station I hear you ask? Well, we have been making use of the

summer evenings and been going out to do practical drills at various locations. Last week saw us at Middle Aston house, where we practiced pumping from the lake using our portable pump, into our appliance. This has given our newest member Richard, a chance to get hands on and familiar with our kit since he has been certified as safe to ride the appliance. The previous week's involved lots of ladder and pump drills to ensure that he can function as a crew member at incidents - Well done Richard!

Some of us are also training for the Adderbury half marathon on July 10th. We will be running primarily to raise some funds for the firefighters charity along with another charity- yet to be named. We have all been so busy that we have left it slightly late for fundraising, so I hope that you will support us by putting some of your fluid cash into our buckets at the local fete's that we are attending over the coming weeks or perhaps sending us a cheque to the fire station for the attention of our charity organiser - Firefighter Adam Franklin.

Looking forward.....I'll also give you the heads-up about our annual charity car wash which will be in September at the station, so mark it on your calendar around the middle of the month!

Graham Harding

F/F

Deddington Fire Station

Free Family Fun Play Event in Bloxham

Fun-packed event for all the family, organised by Butterfly Meadows (Bloxham & Surrounding Area) Children's Centre.



Activities will include clay modelling & printing, collage making, face painting, Health Information Bus, the Oxfordshire Playbus, the Northmoor Trust's 'Wild Waste Show Bus', a soft play/sensory lorry and plenty of fun outdoor games. The event is free and there's no need to book in advance; just turn up. Please bring your own refreshments – why not even bring a picnic and make a day of it! Children must be accompanied by an adult please.

Date: Saturday 14 August, 11am – 2pm

Venue: Bloxham (Jubilee Park Hall, OX15 4LJ)

Cost: Free



TASTE OF THE WEST BEER FESTIVAL

FRIDAY 6TH AUGUST - SUNDAY 8TH AUGUST 2010

**THE GEORGE INN,
BARFORD ST. MICHAEL,**

FRIDAY 7.00PM - 12.00 MIDNIGHT
SATURDAY 12.00 NOON - 12.00 MIDNIGHT
SUNDAY 12.00 NOON - 11.00PM

**WESTCOUNTRY ALES
CIDER AND PERRY**

LIVE MUSIC AND QUIZ
IRON DOWN BEAST ROAST ON SATURDAY AND BBQ ON SUNDAY



**VILLAGE
BAR-B-QUE
BANK HOLIDAY
SUNDAY
29TH AUGUST
6pm till late
In the village hall
gardens**

**Barford St Michael and St John
Church Fete**



starting at 2pm

**Monday 30th August
at The Manor House**

Bouncy Castle Teas
Stalls Plants
Raffle Games

+ much more



Little Bridge House Bed & Breakfast Barford St. Michael



Tariff: Double Room £65 (single occupancy £55)
Single Room £45

Little Bridge House Bed and breakfast offers TV, DVD player, wifi internet access and complimentary coffee, tea, and hot chocolate making facilities in each room. The bathroom is shared between the two guest rooms.

Contact Patricia: 01869 338 820

www.barfordbedandbreakfast.co.uk

Alice's Day Oxford

Saturday July 10th, from 10am

The Story Museum is proud to coordinate Alice's Day, a fabulous day of family fun. More than a dozen world-class venues will be turning Oxford into Wonderland with exhibitions and activities for children and adults across the city, many of which are free, to celebrate the first telling of Alice's adventures, an important story happening for children and children's literature.

Why celebrate Alice's Day?

One golden afternoon on 4th July 1862 Charles Dodgson, an Oxford don, took Alice Liddell and her sisters on a boating picnic up the River Thames from Folly Bridge in Oxford. To amuse the children he told them a story about a little girl, sitting bored by a riverbank, who finds herself tumbling down a rabbit hole into a topsy-turvy world called Wonderland.

The story so delighted the 10-year-old Alice that she begged him to write it down. The result was *Alice's Adventures in Wonderland* which was published in 1865 under the pen name Lewis Carroll and became one of the best-loved children's books ever written.

For events and things to do contact Cath Nightingale 07798 665629 or Esther Browning 01855 821090 or visit www.storymuseum.org.uk/alice

Sandford St. Martin Cricket Club Fixtures



Date	Opponents	Venue	Start
1st XI – Division 2			
July 3	Oxford & Bleth Nondescripts	Home	1.00
10	Abingdon Vale	Home	1.00
17	Banbury II	Away	1.00
24	Banbury XX	Away	1.00
31	Wolverton	Home	1.00
2nd XI – Division 6			
July 3	Cumnor III	Away	1.00
10	Abingdon II	Away	1.00
17	Bourton Vale II	Home	1.00
24	Oxford IV	Home	1.00
31	Betchley II	Away	1.00
Sunday Fixtures			
July 4	Oxford Downs	Home	2.00
11	St. Clements Strollers	Home	2.30
18	Arthur Gillingham Memorial	Home	2.30
25	Barton Abbey	Away	2.00



Supermarket Watch

Bringing you the latest news on British products in the supermarkets and other major items of interest about British food.

The current Buying British figures for the supermarkets are: **Morrisons** sources 100% British on fresh pork, beef, lamb and chicken; **Tesco** sources 90% British on fresh chicken, 85% fresh beef, 70% fresh pork and 60% fresh lamb.

Sainsbury's sources 100% British on fresh chicken, frozen whole chickens and fresh sausages but only 76% on beef and lamb is as low as 32% at certain times of year; **Asda** sources 65% on beef and 70% on lamb; **M&S** sources 100% British on fresh pork, beef and chicken; **Waitrose** sources 100% British on fresh chicken, pork and beef but its lamb is mainly from New Zealand. An influx of cheap South American meat could change this as the EU intends to resuscitate talks with Argentina, Brazil, Paraguay and Uruguay after imports were suspended in 2004.

Tesco has been caught selling **asparagus** from Peru in Evesham, Worcestershire, despite the town being the UK's main producer of the vegetable. Tesco has defended itself saying that they are strong supporters of locally sourced produce but were stocking foreign asparagus to keep up with demand for the seasonal vegetable.

McDonalds has pledged to help raise the standard of British agriculture in the run up to the Olympics. They will show the farms supplying the 2012 games on national TV ads and make the Olympics a global shop window for British and Irish produce.

Waitrose is launching a new English Crusty Bread Loaf range, made only with English flour. The range is a collection of 13 loaves including white, brown, wholegrain and organic breads.

Morrisons has been named best *fresh produce* retailer at the annual Re:fresh industry awards.

Hovis's switch to all-British ingredients has generated a 2.5% sales increase. Proof indeed that British food equals commercial success!

Sales of **cauliflower** have fallen by 5% in the last year as the younger generation turn away from the vegetable. Children and younger adults view the vegetable as old fashioned, difficult to cook and lacking versatility. So please make a special effort to buy cauliflowers to ensure this characterful vegetable stays on supermarket shelves!

Finally, do not be fooled by the beautiful new **Anchor Butter** TV advert. Set to the tune of Guns N' Roses 'Paradise City' it tells us that Anchor is Britain's oldest butter brand and has been Made by Cows since 1886; which is all great but please remember that it is made in **NEW ZEALAND!**

Seasonal foods at their best to look out for in the supermarkets this month:

Summer is here at last, beckoning us to luxuriate in the sumptuous range of produce it has to offer.

Vegetables: artichoke, asparagus, aubergine, broad beans, broccoli, carrots, courgettes, fennel, jersey royal new potatoes, lettuces and salad leaves, mangetout, new potatoes, onions, peas, radishes, rocket, runner beans, spinach, spring onions, turnips and watercress.

Fruit: apricots, blueberries, cherries, elderflowers, gooseberries, raspberries, strawberries and tomatoes.

Herbs: basil, chervil, chives, dill, elderflower, mint, nasturtium, parsley (curly), parsley (flat-leaf), rosemary, sorrel, tarragon and thyme.

Meat: beef, chicken, lamb, pork and wood pigeon.

Fish: cod, crab, haddock, herring, john dory, lemon sole, lobster, mackerel, plaice, pollock, prawns, salmon, sardines, sea bream, sea trout, shrimp, whelks and whitebait.

Diabetes – do you know what to look for?

There are currently over 2.6 million people with diabetes in the UK and up to half a million people who have the condition but don't know it according to Diabetes UK. As part of national diabetes week, June 13 – 19, NHS Oxfordshire wants to raise awareness of the condition.



The main symptoms of undiagnosed diabetes include extreme tiredness, increased thirst, blurred vision, passing urine frequently (especially at night), and regular episodes of thrush.

In Type 1 diabetes the signs and symptoms will usually be very obvious, developing quickly. In people with Type 2 diabetes the signs and symptoms will not be so obvious or even non-existent in people with Type 2 diabetes. If you're older you may put the symptoms down to 'getting on a bit'.

The key is taking early action, so if any of these symptoms apply to you ask your GP for a diabetes test. In both types of diabetes, the symptoms are quickly relieved once the diabetes is treated. Early treatment will also reduce the chances of developing serious health problems in the future.

Katie Seal, Community Diabetes Nurse Specialist, said: "If you or someone you know has recently been diagnosed with type 2 diabetes there is support available, such as the diabetes2gether course, to help understand, live with and effectively manage the condition."