

BARFORD NEWS

AUGUST 2021

www.barfordnews.co.uk

Price 50p where sold

The Barford churches of St Michael & St John

Invite you to a

Parish Picnic



Featuring

Deddington Brass Band

Bring your own picnic/blanket/chairs

We will provide cakes, Summer Punch and the music

West Close Field

Sunday 8th August 12:00 – 2:30pm

Deddington Brass Band will be playing from 12.30 – 2.30pm

THE ANNUAL VILLAGE BBQ

SUNDAY 29TH AUGUST



Come and join us

At the Village Hall & Garden

BBQ and BAR from 6pm

serving locally produced burgers and sausages

Vegetarian option available

along with a selection of delicious home-made salads & pud.

All profits for maintenance and continued improvement of our Village Hall

Parish Council Notes

A meeting of the Parish Council took place at 7.30pm on 7th July 2021 at the Village Hall and was attended by Cllrs Turner (Chairman), Hobbs (vice Chairman), Best, Charmian, Cosgrove, Cox, Eden, District Cllr Bryn Williams, County Cllr Arash Fatemian and Mr Best, (Parish Clerk and Responsible Financial Officer). No members of the public attended the meeting.

Minutes of the last meeting: It was agreed that the minutes of the meeting held on 9th June 2021 were a true and accurate record (unanimous).

Report from County Councillor Arash Fatemian:

Arash Fatemian has arranged for a meeting between OCC Highways and The Parish Council to discuss the Bridge on Friday 9th July.

Report from District Councillor Bryn Williams:

The District Councillor update is displayed in the Parish Council noticeboard by the Village Hall for Parishioners to read but also briefed the Parish Council on the following two matters at the meeting:

COVID Drop-in centre – This was trialled by CDC for young people to get vaccinated without a prior appointment. This was very successful and another event is being considered.

Oxfordshire Strategic Rail-Freight Interchange – A site has been proposed at Junction 10 of the M40. At this stage only immediate Parish Councils are being consulted. Further information can be viewed at the government planning inspectorate and CPRE websites:

[http://www.cpreoxon.org.uk/news/item/2866-](http://www.cpreoxon.org.uk/news/item/2866-m40-rail-freight-interchange-proposal)

[m40-rail-freight-interchange-proposal](http://www.cpreoxon.org.uk/news/item/2866-m40-rail-freight-interchange-proposal)

<https://infrastructure.planninginspectorate.gov.uk/projects/south-east/oxfordshire-strategic-rail-freight-interchange/>

Public Participation: None.

Allotments:

Two allotment holders were contacted to ask them to give up their allotments as they were not being cultivated and there is a waiting list. One allotment holder has relinquished their allotment and the other has not replied yet.

The Allotment agreement has been typed into word as there were only hard copies. The new agreement asks for tenant contact details to make it easier to manage the allotments. The Clerk's contact details have also been put onto the agreement. It is planned to send out the new agreements at the end of August.

Allotment queries are handled by the Clerk, David Best who can be contacted on 07787 496774 or davidbest.barfordspc@gmail.com

Parish Matters:

Bridge width restriction and repairs – The Parish Council will ask OCC Highways to repair the bridge as soon as possible at the meeting on Friday 9th July. It will also ask for a height rather than width restriction.

Barford Environmental Network – Cllr P Cosgrove volunteered to join the Barford Environmental Network and give reports to the Parish Council. It was agreed that the Parish Council will acknowledge the Climate Emergency.

Parish Council meetings – It was agreed to trial holding meetings every other month for the next three meetings. The final decision on meeting frequency will be made at the January 2022 meeting

Planning:

21/01194/F – Blackingrove Farm – CDC permitted 17/06/2021

21/01462/F – 6 Church Street – CDC permitted 21/06/2021

21/01756/F - 25 Broad Close – Parish Council supports

21/01830/F – Bloxham Bridge Barn – Parish Council supports

Finance:

Payments - The Clerk gained approval for payments totalling £4,633.98. Receipts were £1,778.76. The combined bank balances are £8,140.61 after the receipts and payments.

Next Meetings:

Wednesday 1st September 2021 at 7.30pm in the Village Hall

Wednesday 3rd November 2021 at 7.30pm in the Village Hall

Wednesday 6th January 2022 at 7.30pm in the Village Hall

Please note that this is a summary of the minutes from the meeting. The full minutes can be viewed in the Parish Council noticeboards or at www.thebarfordvillages.co.uk in the Parish Council meetings page.

NEW BLISTER PACKS RECYCLING PROGRAMME

Drop off your empty blisters into the collection bucket in the porch of the village hall. These will be taken to Superdrug in Banbury.

Until very recently all empty medicine blister packs have gone to landfill, even those put into Blue Bins have ended up at the tip.



Blister packs are made of a complex mix of difficult-to-recycle materials required to protect medicines, including plastic and aluminium foil, which are not accepted by most council recycling systems.

In this new initiative, for every blister packet collected, TerraCycle® will donate points to **Superdrug pharmacies** to be redeemed into financial donations towards Marie Curie.

Shepherds & Bakehouse Charity

Barford St John and St Michael

Charity Commission Registration No: 309173

Grants are made annually at the Trustees discretion for villagers over the age of 16 years who are undertaking educational or vocational courses.

In order to qualify, applicants or their parents should be resident in the parish of Barford St John or St Michael for at least three years.

Subject to a maximum lifetime limit.

Please give the following information on your written application:-

- 1) Your full name, age, address in the Barfords and length of residence.
- 2) Details of where you are planning to study.
- 3) Exact description of the qualification you hope to achieve.
- 4) Length of course and subjects to be studied.

Address your application to the clerk :-

Carole Coppin, Barn Elms, The Green, Barford St Michael, OX15 0RN carole.coppin@hotmail.co.uk
07768 378758

Applications must be received by 30th September.

BARFORD BRIDGE PETITION

Please sign the petition to Oxfordshire County Council to put pressure on them to carry out the repairs to the bridge as quickly as possible.

Please call in to your nearest Parish Councillor to sign the petition:

Sarah Best – Street Farm, Barford St John

Chris Charman – 5 Church Street, Barford St Michael

Peter Cosgrove – The Homestead, The Green, Barford St Michael

Ray Cox – Holly Cottage, Townsend, Barford St Michael

Peter Eden – Mill Corner, Lower Street, Barford St Michael

Rodney Hobbs – Pear Tree Cottage, The Green, Barford St Michael

Sandi Turner – Farthings, Lower Street, Barford St Michael

The Petition may also be signed at The George

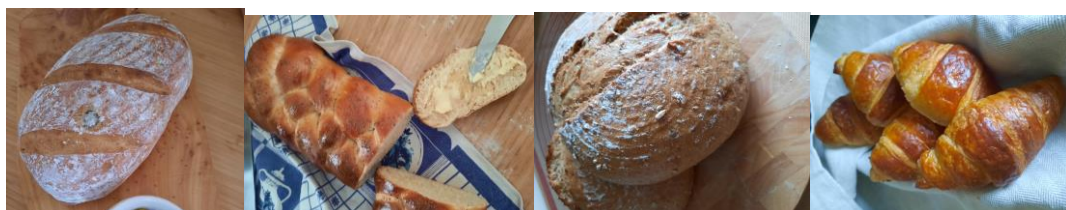
BARFORD VILLAGE MARKET
SATURDAY 21ST AUGUST
(We Are Holding Our first August Market as a Trial, please come along!!)

10AM – 12PM IN THE VILLAGE HALL

Excellent range of local producers selling eggs, savouries, cakes, preserves, pots of herbs, greetings cards, wrapping paper, hand knitted woollies and excellent quality bird foods

**

Lovas Bakery providing Delicious Artisan Breads direct from Hempton, Olive sourdough bread, Nana sourdough bread, sourdough croissants, And much , much more!



Moore & Lyon, with their lovely selection of home-reared meats,



It's A Chocolate Thing – Wonderful artisan chocolates ethically sourced couverture for premium quality and superior taste. Bar flavours include: Salted Caramel, Ginger & Pepper, Eton Mess, Black Forest, Rocky Road,



Two Jolly Cooks – Tasty home-made soups and family meals, ready for your freezer, all using locally sourced, organic and seasonal ingredients in West Oxfordshire.

Barford Environment Network – Offering refills of household products helping to reduce plastic waste. Bring your own bottle, or have one filled for you. Products include Washing Up Liquid, White Vinegar, Non-Bio Laundry Liquid, Dishwasher Powder, Window & Glass Cleaner, Soap.

Free delivery from 'Nothing But Footprints', Banbury's zero-waste shop - order online by Thursday.

**

Mick & Anne's bacon butties/bacon & egg butties/breakfast butties

TEA AND COFFEE SERVED ALL MORNING



Barford Picture House

Looking for a new team

After 11 years of running Barford Picture House, Gunilla, Claire and their team have decided that it is time to hand over to a someone new.

They started the Barford Picture House in October 2010 with the film 'AMELIE', and have had about 7 films per winter season (Oct-May).

All films were kindly provided by Age UK, for no fee. The last film was 'L.A .Confidential' in March 2020.

Their Double Bill with supper had to be cancelled due to COVID. Throughout the season they provided a wide variety of films to suit all tastes, Comedy, Classic, Documentary etc. With the profits for last season donated to Katharine House Hospice.

If anyone is interested in taking over please contact Gunilla who can advise on what is involved and can give them contact at Age UK.

Village Hall Booking Clerk

Grateful Thanks

To

Maggie Blackhall

For the six years of dedicated support she has given to The Village Hall while acting as our booking clerk.

Maggie has decided that it is time to hand over to someone new, we wish her well.

As a temporary measure Mariann Young will be taking on the job until our new clerk is able to take over.

Contact details are in the hall advert on page 23

I Grew Up in the 80's

Banbury Museum Until Sun 3rd October 2021

A chance to wallow in nostalgia!

Travel back to a childhood spent in 1980's Britain. Revisit the vibrancy, quirkiness and innovation that defined the decade. From Betamax to the BMX, the Rubik's Cube to the Sinclair ZX Spectrum, the Thompson Twins to Transformers.

I Grew Up 80s showcases a wide array of wonderfully preserved objects and encompasses, toys, technology, sport, fashion, food, film, books, TV, and more.

Look back at objects that many people either owned or perhaps desperately wanted to!

You'll see Dunlop Green Flash trainers alongside some achingly cool Adidas High Tops. Toys and electronic games that kids once poured longingly over in the Argos catalogue. Iconic albums you played to death on vinyl and cassette. Chocolate bars and candy, like Sweet Cigarettes and Peanut Treats, that are no longer with us.

Plus, some great examples of 80s excess like the Casio KX-101 'king of boomboxes', neon leg warmers, and purple shell suits!

If you grew up in the 80s get ready to exclaim "I remember that!", and like Bill and Ted in their phone booth or Marty McFly in his DeLorean, let Banbury Museum take you on a most excellent adventure this Summer back in time to the decade of decades. The 80's.

Booking Required: Spaces are limited so book to avoid disappointment.

Call: 01295 236165

Email: enquiries@banburymuseum.org



COMING SOON



CARPET BOWLS

Re-Starts on

14th September

In the village hall at 7.15pm

Restrictions permitting

New players always welcome

Contact Jill Hopcraft if interested

01869 337229

07879 897077

WELCOME

To New residents

Chris, Charlie, Isla & Harry Pemble

Recently moved in to

Their new home on The Green

Also to

The Elshawarby family,

Alia, Athena and Alessia

Now living in The Potteries

Ben Fryer & Jean Thomas

Who have just moved to High Street

We hope they will all be very

Happy in their new homes



Girlguiding UK

girls in the lead

1st Deddington Guides

It was great to meet up with the Brownies for our annual Sausage Sizzle....next generation of Guides in the making! The Guides did really well teaching them fire safety rules and passing on their newly learnt skills.(Thankyou to the Fenemore family for their hospitality).

The Incident hike at Milton set some fun challenges on another fine evening. We're hoping that we may at least manage day camp this year so next we needed to hone those skills in learning how to put up those all important toilet tents!! We rounded off the evening , with help from Charlotte making "arm pit " fudge!..... resulting in bags of dubious brown stuff which tasted better than it looked, apparently!

We enjoyed our Backwoodsman cooking..... with just a basic fire and no pans or utensils! (Thankyou to Brian Fuller for his hospitality). We finished the evening with a Promise Ceremony, when we welcomed 8 new Guides.

We may yet still fit in stream walking ., a favourite activity in the holidays .

Finally we would like to say Thankyou for all your help over the years, to Leader Tilly who is concentrating on her new career in the Ambulance Service!! We wish her every success!

Maggie Rampley 07957 600755 or
mariantrinder@ gmail . Com

200 CLUB DRAW JULY

£15	212	Katie Archer
£10	184	Christine Hall
£5	161	Chris Pegg

The draw took place at Thursday
Cuppa Morning in the Hall

Thursday Mornings In the Village Hall and Garden

CUPPA MORNING 10.00 – 11.30

**VILLAGE HALL POST OFFICE
10.30 till 12.00**

Offering Full Postal and Banking Services
plus basic grocery items.
Let Zoe bring your orders to you.

Call 01869 345229 to order your dairy, larder,
and fresh meat products
for delivery on Thursdays

Wrightons of Fritwell..... for our full range
please visit www.wrightons.co.uk/grocer

Barford Village Show Recipe for Classes 23, 24 and 59

Quick & Easy Chocolate Cake



This recipe was demonstrated by Mary Berry when she visited what was the Banbury Rugby Club (now Bannatynes) some years ago.

It is made in a food processor and therefore very quick and easy.

50gr Cocoa powder
6 tablespoons boiling water
3 eggs
120ml whole milk
175gr self raising flour
1 rounded teaspoon baking powder
100g soft baking margarine
300g caster sugar

Grease two 8" sandwich tins and base line.

Set oven at Mk 4/180°C/160°C Fan.

Process the cocoa and boiling water till well mixed. Add eggs and milk and process until blended. Add the remaining ingredients to the processor and whizz for 1-2 minutes, scraping down the sides of the bowl as necessary. The mixture will be a thickish batter. Divide the cake mixture between the prepared tins.

Bake until well risen and shrinking away from the sides of the tin ± 45 mins.

Icing and Filling

125gr dark chocolate (70% cocoa solids)
150ml double cream

Break the chocolate into small pieces and put in a heatproof bowl with the cream over a pan of simmering water for approximately 10-15 minutes. Stir occasionally until the chocolate has melted. Allow this to cool until almost set.

Use half of the icing in between the two halves of the cake and the other half on top. Use a knife to make large "S" shapes to give a swirl effect.

WILDFLOWERS IN THE BARFORDS

By Janet Payne and Margaret Murdin

Fox and Cubs, Orange Hawkweed :

Pilosella aurantiaca.

Also known (no-one seems to know why) as 'Grim the Collier'. You can't miss this bright rusty orange flower in summer. It seems to be spreading in the grass and gardens along Lower Street.



It originally came from the mountainous areas of Central and Southern Europe and escaped from gardens. If it gets into your garden you may have trouble getting rid of it, but if you like its clusters of orange flowers in the grass or on the edges of the garden you will not mind. Originally it was rare but is becoming less so by the year.

Insects like its open flowers which reflect U.V. light as bees for example struggle to see orange/red. The plant has a native yellow version (*pilosella officinarum*, 'mouse ear hawkweed') which was held to have healing properties by the herbalist Culpeper in his book of 1653, as being 'cooling and binding'.

Cherwell Link now landing in your email not on your doorstep
Your new digital newsletter on **phone, tablet and computer.**

Get all the latest news, events, and developments from across Cherwell – delivered monthly.

Sign up for your next edition of **Cherwell Link**



Cherwell Link – your new, digital residents' newsletter

Quarterly editions of Cherwell Link have been landing on your doormat for many years, but the magazine is now moving to a new format.

The move is part of Cherwell District Council's budget plans and will see the quarterly print edition replaced with a monthly e-newsletter, which is now available to people who sign up to receive it.

We hope residents will appreciate our desire to offer a more streamlined news service, allowing us to share more regular news about our services and the decisions that the council makes, and over time,

Don't miss out on the latest news from Cherwell. Sign up to receive the digital edition of Cherwell Link at <http://www.cherwell.gov.uk/sign-up>

TUESDAY LUNCH CLUB

17th August 2021 12.30PM for 1PM

Menu

Main Course

Beef Lasagne

Or

Roast Vegetable Lasagne

Both above served with Peas and Carrots, with Garlic Bread.

Or

Creamy Chicken Korma

Served with Brown Rice, Poppadoms and Mango Chutney

Desserts

Summer Fruit Pavlova

Or

Apricot and Almond Tart with Custard

Finally

Coffee & Tea

Price £6.00

As usual please bring your own drinks to have with your meal

Please ring Anne & Mick on 01869 337074, or email mickpearson1@outlook.com by Tuesday 10th August to book.

Please Note: if you do not receive a reply to your email, we haven't received it so please call us.

WE REGRET WE ARE UNABLE TO CATER FOR ANYONE WITH FOOD ALLERGIES

PLEASE NOTE

As we are only offering 30 places this month please book early.

SHOULD THE COVID REGULATIONS CHANGE ADVERSLY AND PREVENT THIS MEAL WE WILL NOTIFY YOU.

AT THE TIME OF WRITING THE REGULATIONS REGARDING THE WEARING OF FACE MASKS ARE DUE TO BE LIFTED, HOWEVER, THERE ARE THOSE OF US WHO FEEL IT IS STILL WISE TO BE CAUTIOUS FOR THE TIME BEING AND SO WE WOULD ASK THAT THESE ARE STILL WORN ON ENTERING THE HALL AND ONLY REMOVED WHEN SEATED. ALSO, CONTINUE TO KEEP A SAFE DISTANCE FROM ONE ANOTHER AND REPLACE YOUR MASK WHEN LEAVING.

DISAPPOINTMENT FOR MAISIE

It was on Thursday July 1st that I, together with some Royal Veterinary College friends were supposed to have been travelling to Glasgow to complete the 3 Peaks Challenge on behalf of the Royal Veterinary College 'Raising and Giving' group (RVCrag). Unfortunately, the majority of our group had been track and traced on the Saturday prior to departure and so had to go into isolation. I was devastated to be missing this incredible opportunity this year, this was not only a personal challenge, but a group driven challenge too. Despite many negative lateral flows and negative PCRs we followed Government guidelines to remain in isolation and regrettably not climbing the 3 Peaks this year. All is not lost, as we have the opportunity to defer our 3 Peak Challenge, and will now look forward to climbing them this time next year.

I would like to say a big thank you to all those who have donated, your kind donations have been so appreciated and gratefully received by the 'Born Free Foundation'.

Thanking you again Maisie xxx



BARFORD GREEN GARDEN CLUB
NOTES FROM OUR POTTING



The Mower
By [Philip Larkin](#)

The mower stalled, twice; kneeling, I found
A hedgehog jammed up against the blades,
Killed. It had been in the long grass.

I had seen it before, and even fed it, once.
Now I had mauled its unobtrusive world
Unmendably. Burial was no help:

Next morning I got up and it did not.
The first day after a death, the new absence
Is always the same; we should be careful

Of each other, we should be kind
While there is still time.

PLANT AND SEED SWAP held in May raised £43.56 for Katharine House Hospice. Thanks to all who came and mingled.

NO MOW MAY You will have noticed that areas of grass in the village - verges, the triangle at the bottom of Murrey's Lane and an area of the playing field - were left unmown during May so that wild flowers and grasses could thrive, benefitting pollinators. This was part of PlantLife's 'No Mow May' project, which was widely adopted by many councils and organisations such as the National Trust, as well as by individuals in their own gardens.

Leaving the wild flowers to grow provides food plants and habitats for beneficial insects and invertebrates - for example, cuckoo flower is a food plant for orange tip butterflies, and nettles for small tortoiseshells, peacocks and red admirals. Some of us have noticed cowslips, primroses, violets, bee orchids and pyramidal orchids among the plants growing in areas left unmown. A bee orchid has appeared in the grass triangle at the bottom of Murreys Lane.

The Parish Council regards this as a trial – some villagers expressed approval, others complained that the verges looked untidy. If you would like to see wildflower thrive, please let the Parish Council know, so that we can be sure of the practice extending to next year and beyond?

CLOSE OBSERVATIONS: Great Crested Newts have been found in Townsend and at the allotments. Various villagers have Pyramidal Orchids and Lesser Spotted Orchids in their unmown patches. Nettles are of course a food plant for butterflies; they also lay their eggs on them, so it's good to

leave some all year, if your gardens are big enough.

As gardeners are observant beings and sometimes low to the ground, we can notice these things. Please send any sightings to Gunilla gt.designs@btinternet.com, with a date, location and photo. This is an ongoing project to observe and record our rapidly changing countryside.

ALLERGY SUFFERERS Many of us suffer with allergies to certain plants and this month I thought we could identify the worst and best flowers to have around the house and nearby in the garden. A biology lesson follows! Any plant that produces pollen poses a threat for an allergy sufferer. Trees, grasses and ragweed are the most common causes of pollen allergies, but flower pollen can also cause irritation, particularly in the spring and summer. For most people, it's the pollen itself that causes an allergic reaction, but for others, the strong fragrance of some flowers can cause adverse effects like headaches.

Determining which flowers will cause the worst allergic reactions has to do with the gender of the plant, as only male flowers produce pollen. Some plants contain all male or all female flowers on each individual plant. These flowers, called **dioecious**, rely on wind or insects to carry pollen from a male plant to a female plant to reproduce, and pose the biggest threat, as pollen must travel long distances for the plants to reproduce. Other **monoecious** plants, contain both male and female flowers on the same plant, meaning that pollen must travel from flower to flower but not from plant to plant. Some monoecious plants contain male and female parts in the same flower. They're often called "perfect flowers" and do not require pollen to be transferred at all, as a single flower can reproduce on its own. These are the best option for allergy sufferers, as they produce little to no pollen.

Flowers that cause the strongest reactions are those with the highest pollen levels or ones that are the most likely to release pollen into the air. Generally, any flower that's in the Asteraceae family will not be a great choice for those with pollen allergies, commonly referred to as the daisy, aster, composite or sunflower family.

Here are some common flowers that those with pollen allergies should avoid: Baby's Breath, Chamomile (even in tea), Chrysanthemum, Dahlia, Daisy, Gerbera, Sunflowers (their large centres are loaded with pollen) . If giving bouquets or picking

for the house where someone has allergies best to avoid the above.

The best flowers for allergy sufferers produce very little pollen, or the pollen they do produce is too heavy to become airborne. Perfect flowers and flowers pollinated by insects can be an excellent choice for allergy sufferers to pluck for bouquets or plant in their gardens.

While the daisy family is a nightmare for allergy sufferers, they can enjoy the orchid family. Orchids are an exotic and elegant flower that come in a wide variety of colours. Lilies are another popular flower family that produces little to no irritant. Also Daffodil, Geranium, Hydrangea, Iris, Peony and Rose. Snap dragon, Tulip and Zinnia. However, some lilies can have a very strong fragrance. If you're sensitive to strong smells, you may want to opt for a less fragrant option)

The list of flowers that are friendly to allergy sufferers doesn't end there. azalea, begonia, cactus flowers, camellia, chenille, clematis, columbine, crocus, impatiens, pansy, periwinkle, petunia, phlox, salvia, thrift and verben.

So you can stop wheezing and sneezing if you take care.

JOBS TO DO IN AND AROUND THE GARDEN As there is a large amount of information given over to allergy sufferers, this month's jobs are available to see in more detail on the RHS website.

If anyone wishes to join the Garden Club, to get many discounts and when permitted, talks and visits, please get in touch. £5 per household per year is an amazing investment.

PHOTOGRAPHY COMPETITION, see separate notice.

FUTURE EVENTS, there is to be a talk by Andrew Howard, entitled "**Apples and Pears**" at the end of October or beginning of November. Final date for this and other ideas will be emailed to members as soon as the Committee has organised. We are also planning a talk at Nicholsons Nurseries and an Autumn Plant etc. Swap. All these events are for members and friends can come to the talk for a small fee.

Happy August Gardening.....enjoy your gardens, wear a hat, keep hydrated and sit in the shade, meeting your friends and chatting about what wildlife you might have seen.

SPADE and FORK



From the Fire Station

8 callouts this month: 4 standbys, 2 fires (out on arrival) and 2 RTCs – one requiring a casualty extraction. So yes we are still a little quiet, as is the service county wide. The station is still busy hosting both development training for the newer members of the crew, and drill night training for all of Deddington's fire fighters; concentrating on aspects of water rescue, ladder pitching, water relays and open water pumping – with several off station exercises taking place.

So to keep us quiet, make sure that your kitchen is a safe place to be and all your electrical appliances are safe to use and your plugs are not overloaded. And remember, if you have the odd pint or 3 in the evening, you may be over the limit the morning after.

On the lighter side, we had our first official Station photo in 2 years – the sun shined and our boots shone!

James Greenwood, FFD

james@cyclogicalshop.co.uk



Adderbury Ukulele Group

The Adderbury Ukulele Group are based at the Adderbury Bowls Club, along the Banbury Road. During the lockdown the group have had a regular weekly practice through Zoom, but with the easing of restrictions, we have returned to the Bowls Club on Monday evenings to play outside on the patio. We have a good time strumming and singing the songs from our song books and look forward to again playing in front of an audience.

Beginner Classes.

We plan to start a beginner's class in September, providing restrictions are lifted. The class will be at 7.00 pm at the Bowls Club on a Tuesday evening with a second class at 8.00 pm if there are a lot of applications. Details about the group, bookings and beginner classes are on our website.

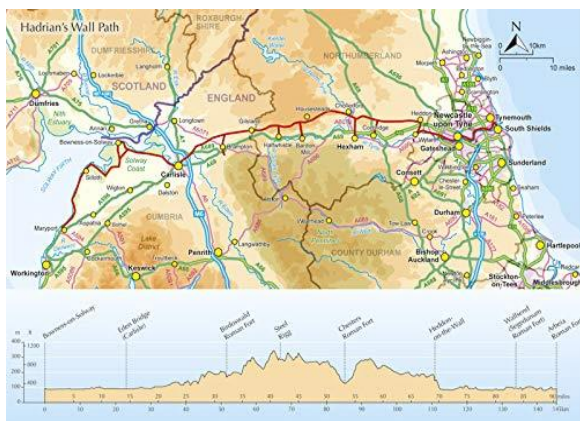
Players are welcome to come and join us on Monday evenings at the Bowls Club, 7pm – 9pm.

Contact can be made through our website at: www.adderburyukes.co.uk



Walking Hadrian's Wall for Katharine House Hospice – Update

Yikes! Our challenge is getting closer. West to east along the Hadrian's Wall trail, all 84 miles of it!



Some of Team Hadrian have been in serious training over the past couple of months, clocking up 12-mile coast walks, scaling Cadir Idris and testing their waterproofs in the Brecon Beacons. Others have taken the indoor option to nurse tweaked muscles on the sofa. But whatever state we're in, we'll all be setting out for an over-nighter to Hook Norton in early August. We'll cover at least 12 miles a day, with fully-loaded rucksacks (and spare blister plasters!) to make it as much like the real thing as possible. By the way, our train tickets to Bowness are booked for early September, so there's no going back now!

Why are we doing it? Well, we like a physical challenge, and we're raising funds for Katherine House Hospice. Huge thanks to everyone who's already donated. If you would like to give what you can to this brilliant charity, please visit our Just Giving page (www.justgiving.com/fundraising/claire-cox32), or donate via the letterbox (Holly Cottage, Townsend).

We'll let you know how it goes. If there's enough interest, we can set up a WhatsApp group for the duration of the walk. Otherwise, wish us luck – we'll need it!

Paul and Ishbel Freeman,
Ray and Claire Cox

BARFORD GREEN GARDEN CLUB - PHOTOGRAPHY COMPETITION 2021



Please keep on taking your photographs throughout this month.

CLOSING DATE IS 31ST AUGUST

They can be made on a phone or any camera, landscape or portrait format.

CATEGORIES

1. Home-grown food, cooked or uncooked
2. Hedges, fences, walls, gates or stiles
3. Garden tools, sheds or greenhouses
4. Wildlife in my garden or on my walks
5. The smallest wildlife I have found
6. A group of flowers growing anywhere

CHILDREN UNDER 16 CAN ENTER ANY CATEGORY BUT ALSO

7. My garden taken lying down
8. Looking up into a tree
9. The sky (*look for interesting cloud shapes and colours*)

THE PROCEDURE

All photos must be submitted digitally. Send to Linda Newbery by email l.newbery@btinternet.com There is NO ENTRY FEE, but DONATIONS please to Katharine House Hospice should be made by bank transfer or cash (*details from Linda*) Last year we raised nearly £100. Add your NAME and CATEGORY NUMBER to each entry and be sure to say if you are under 16. You will get an acknowledgement. E mail or ring 01869337526 if any problems.

HAPPY PHOTOGRAPHY..... and we look forward to seeing all your entries. There will be a Winner and Runner-up in each category, plus one overall winner and a special prize for the best photograph by someone under 16.

DEADLINE FOR ENTRIES IS 31ST AUGUST 2021.

BARFORD VILLAGE SHOW SCHEDULE
Vegetable & Produce Classes

1	Three Beetroot, tops cut to 10cms (4ins) approx.
2	Three Carrots, long, tops cut to 10cms (4ins) approx.
3	Three Courgettes
4	Three Onions
5	Five Shallots
6	Three Potatoes of one variety
7	Three Runner Beans with stalks
8	Five French Beans with stalks
9	Five Cherry Tomatoes
10	Three Round Tomatoes
11	Three Peppers or Chillies (same variety)
12	A Pair of Vegetables (same variety) not in other classes
13	Five Single Assorted Vegetables
14	A Squash or Pumpkin
15	Three Apples of one variety, eating or cooking
16	Dish of one variety of soft or stoned fruit
17	Longest Runner Bean
18	3 Eggs (same size and colour)

Cookery Classes

19	A Lemon Drizzle Cake
20	Six Ginger biscuits
21	Six Pieces of Chocolate Brownie
22	A Victoria Sponge, (Raspberry jam, no Cream)
23	A Chocolate Cake (Men only) Recipe in August Barford News
24	A Chocolate Cake (Ladies only) Recipe in August B News
25	A Jar of Jam
26	A Jar of Marmalade
27	A Jar of Chutney
28	A small pot of Lemon Curd
29	A Homemade Alcoholic Beverage (small bottle)

Flower Arranging Classes

30	An arrangement in a teapot
31	A foliage arrangement
32	A miniature arrangement (10cms/4" overall)
33	A Buttonhole for a Wedding

SATURDAY 11th SEPTEMBER 2021
Cut Flower Classes

34	A vase of 6 Sweet Peas
35	A Sunflower in a vase
36	Three Dahlias
37	Three Roses
38	Four Fuchsia heads in water
39	Four Penstemon stems in water
40	Three Pelargonium stems
41	A Single Rose

Crafts

(NB Crafts must not have been entered previously)

42	A crafted item made of wood
43	An item for a newborn
44	A hand knitted or crocheted article
45	A piece of needlecraft (embroidery, tapestry, patchwork, cross-stitch)
46	You Made It, Let's See It (Handmade article not covered in other classes)
47	Drawing or Painting: any subject, any medium (mount/frame optional)

Photography (unmounted)

(13cmx 18cm or 5" x 7")

48	My Playful Pet
49	A Barford Church
50	A Rose
51	Garden Fruit

Children's Classes

7 Years and Under (age to be marked on all entries)

52	A Colouring Picture (published in July's Barford News)
53	4 Chocolate Crispy Cakes
54	A Decorated Jam Jar
55	A Succulent or Cactus you are growing
56	You Made It, Let's See It (Handmade article not covered in other classes)

8 - 15 Years (age to be marked on all entries)

57	A photograph (Any Subject, 13cm x 18cm or 5" x 7")
58	Something made at School
59	A Chocolate Cake (see classes 23 & 24) Recipe in August B News
60	A drawing or painting (any subject, any medium)
61	You Made It, Let's See It (Handmade article not covered in other classes)

CHURCH MATTERS



You will see from the front cover of this issue, that the next church event will be the Parish Picnic on Sunday 8th August. This is an opportunity for all villagers to join in fun and fellowship in West Close. So do come and join us!



Parish Picnic 2019

Deddington Brass will be providing the music, as they did for our last picnic in 2019.



Deddington Brass

In addition, there will be cakes and cold drinks offered. There will be an opportunity to give a donation for these if you wish.

The month of August is, traditionally, holiday month. Schools have broken up and families are looking for activities to provide entertainment, relaxation, and pleasure.

The word **holiday** came from an Old English word that was first recorded in 950 AD, as *hāligdæg* (*hālig* for "holy" and *dæg* for "day"). The first recorded spelling as holiday was

in 1460 AD. Around the Middle English period, it took on a new meaning as "a day when commoners were exempt from labour".

Holidays matter. They are our lifeline to sanity, a chance to step away from everyday life and reconnect with the people we love; a time to relax, to be the real us, or indeed to be whoever we want to be. Holidays can leave us with a suitcase of life-long happy memories.

It doesn't have to be away from home. What is important is that a holiday provides an opportunity to take a break from the monotony to rejuvenate and maintain our health. Holidays help us do exactly that.

Other than that, a holiday allows us to complete all our pending work. Nowhere will you find a person who dislikes holidays. Everyone looks forward to holidays and see them as a great opportunity to [relax and enjoy](#).

"Rest is not idleness, and to lie sometimes on the grass under the trees on a summer's day, listening to the murmur of water, or watching the clouds float across the blue sky, is by no means waste of time"

(Source unknown)

Sue Addison

Churchwarden

Banbury Foodbank

to help local people in crisis.

Hunger remains a reality for many.

Please help by buying items from the list below and putting them in the box inside St Michael's church which is open from 10am to 4pm.

Cereals, Tea/coffee, Soup, Tinned vegetables, Pasta, Tinned fruit, Rice, Biscuits, Tinned tomatoes, Pasta sauce, Lentils, beans & pulses, UHT milk, Tinned meat, Fruit juices

NON-PERISHABLE ITEMS ONLY, PLEASE

Many thanks



GREEN THOUGHT OF THE MONTH

Can you take part in this year's

Big Butterfly Count?

This citizen science project is organised every year by **Butterfly Conservation** and is an important survey of butterflies in gardens, parks and the countryside. Can you spare just 15 minutes to record the butterflies you see? This year's count is already under way, and continues until August 8th. There's plenty of information on the website including identification guides, and there's an app to download. You can take part just once or as many times as you like. Find out more at <https://bigbutterflycount.butterfly-conservation.org/>



Earth Overshoot Day will already be behind us by the time you read this: that's the date by which all the resources the Earth can produce for this year have been used up. This year, Earth Overshoot Day fell on July 29th – that means that for the remaining *five months* we are consuming more than is sustainable. If that isn't enough of a warning, there's more: if everyone lived as we do in the UK, Earth Overshoot Day would have fallen on May 19th. Find out more at www.overshootday.org, where you can see which country consumes the most (Qatar), the least (Indonesia) and all others in between. There's also information on the **#MoveTheDate** project, which looks at how we can reduce our impact. "Thriving lives within the means of our planet are not out



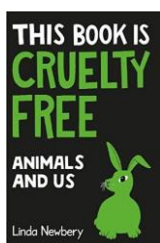
of reach."



With this in mind, don't forget to look at the **21 for 21 sustainability pledges** on the checklist that came with July's Barford News to look at simple and more challenging ways to reduce your own environmental impact. Hand in your pledges at the BEN stall at the December market (or on any market day before that) for a chance to win a hamper of eco-goodies.

Barford Market now sells **refill liquids** - washing up liquid, general purpose cleaner and more. Buy them at the BEN stall - bring your own containers to re-use, or if you forget, we'll have spares.

You can also order zero waste shopping from **Nothing But Footprints** (www.refillnotlandfill) which can be delivered to our market free of charge.

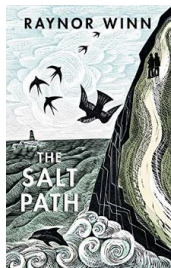


This Book is Cruelty Free: Animals and Us by Linda Newbery is out now from Pavilion and is a guide to compassionate living – how what we eat, wear, buy, use and throw away affects animals and the environment, and how we can make kinder choices.

GREEN THOUGHT OF THE MONTH is compiled and edited by Linda Newbery. If you have a green thought to share, please email L.newbery@btinternet.com

BARFORD ENVIRONMENT NETWORK is a friendly, informal group that looks for ways of greener living in our villages. To join or learn more, contact John O'Brien: john@lcmb.co.uk

The Salt Path by Raynor Winn. So, what do you do when you're in your 50s, been made homeless, lost all your worldly possessions and diagnosed with a terminal illness? **The Salt Path** is the true story of a couple's seemingly illogical decision to walk the South West Coast Path; a demanding 630-mile trek, equivalent to climbing Mount Everest four times.

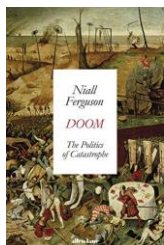


As Raynor and Moth's inequitable world crumbles around them, the coastal path gives them a purpose and offers them the desperate hope that on the way they can find a better future. Their unsupported journey is filled with as many ups and downs as the undulating cliff-edge route. Yet the freedom of wild camping, swimming in the icy sea and surviving on a shoestring budget allows them to redefine their aspirations and priorities.

This uplifting book prompted my wife and me to tread our own adventure along a section of this amazing coastline; but that's another story!

Paul Freeman

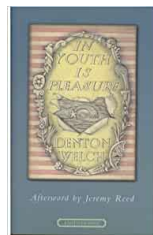
Doom: The Politics of Catastrophe by Niall Ferguson. For anyone wanting the big picture about COVID-19, you couldn't get much bigger than this. Niall Ferguson, the Scottish-American historian, paints his canvas on a huge scale, covering all corners of the globe and all the most lethal events in world history.



His task 'is to enable readers to compare different forms that doom takes, not assert that all disasters are somehow the same.'

Written in October 2020, Ferguson's perspective is necessarily from the grip of a global pandemic, the final magnitude of which is, and currently remains, unknown. His facility for assembling data and statistics across wildly differing timelines, from the classical era onwards, is remarkable. Ferguson's statistical virtuosity clearly serves his own worldview, and his affection for network science. Nonetheless, this prodigious undertaking offers a valuable historical framework, and might offer a useful context as we process our recent and ongoing experiences of COVID-19. **Claire Cox**

In Youth is Pleasure by Denton Welch: this coming-of-age pseudo-memoir was Welch's second publication. The detailed quality of the writing drew praise, but equally the sexual overtones were too extreme for many readers. Key scenes are strung together to form a single-strand narrative focusing on Orvil Pym (Welch), the main protagonist. Orvil is spending his summer holidays in a genteel Surrey hotel with his mysterious father and two brothers who don't understand him.

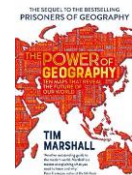


At one point Orvil explores a country church where he discovers under some matting a bronze life-size plaque of a woman, buried beneath. His response is to lie full length on the plaque and to kiss the face, exclaiming, "That is the first time you have been kissed in 500 years."

At the age of 20 Welch suffered a serious bicycle accident which left him partially paralysed. One consequence was his decision to write rather than continue exclusively with his painting, for which he is equally remembered. Penguin have recently issued a new edition of this novel.

Trevor Arrowsmith

The Power of Geography is by Tim Marshall, who has created a cottage industry out of geography and global politics. This follows his successful **Prisoners of Geography** and **Divided: Why We're Living in an Age of Walls**. The subtitle, **Ten Maps that Reveal the**



Future of our World, describes clearly what this book is, but it's much more: each of ten chapters takes a world hotspot and reviews its politics through the eyes of its geography. The eclectic list includes Iran, Saudi Arabia, The Sahel and Ethiopia. Most creatively the last chapter is about the next great frontier, Space, increasingly a tinder box with great power and business rivalry. Marshall brings unrivalled experience to this task as the former Diplomatic editor of Sky News. He links geography and politics so well by covering for example why the European refugee crisis is closer as trouble brews in the Sahel, and why the eastern Mediterranean is a volatile flashpoint. All is done in a clear and sometimes witty style. **John Bowers**

Reviews are compiled and edited by Linda Newbery. For a book review every Monday, all by writers or independent booksellers, follow **Writers Review**: www.reviewsbywriters.blogspot.com--

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davidbest.barfordspc@gmail.com

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Councillors:	Mrs. S. Best	01295 720566
	Mr P Cosgrove	01869 337552
	Mr. C. Charman	07796 544363
	Mr R Cox	01869 337736
	Mr. P. Eden	01869 338835

Parish Council meetings in the Village Hall. 1st Wednesday in the month at 7.30pm
This is an opportunity for parishioners to bring questions or concerns to the meeting in person
CDC website: www.cherwell-dc.gov.uk – Parish Council minutes at www.cherwell-local.com

ALLOTMENT QUERIES, PLEASE CONTACT THE CLERK

VILLAGE AND LOCAL EVENTS DIARY

Diary dates to the editor by 15th of each month please

CHURCH SERVICES Church of England JULY

1st Sunday: No service in the Barfords
2nd Sunday: 9am Holy Communion, St. Michael
3rd Sunday: No Service in , St. Michael
4th Sunday: 9am Holy Communion, St. John

St Michael's is open daily for private prayer and quiet reflection between 10am and 4pm each day

Revd Annie Goldthorp, Vicar, Deddington with Barford, Clifton and Hempton on 01869 336880
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 Sunday – 11.00am Mass
 Weekdays Normally 9.15am, can be subject to change

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Regular weekly/monthly events

Mondays	Beavers (Deddington) Boys Brigade band practice
Tuesdays	Guides (Deddington) Carpet bowls – Sept - Mar
Wednesdays	Brownies (Windmill - Deddington) 1 st week parish council (not August) 2 nd week W.I. meeting Boys Brigade (Deddington)
Thursdays	Village Hall Post Office Open cuppa mornings Cubs (Deddington) Scouts (Deddington)
Fridays	Rainbows
Saturdays	Village Market 3 rd week (except January or August)
1st Wednesday	Parish Council Meeting
3rd Wednesday	Village Hall Management Committee

DIARY DATES

August

8th Parish Picnic – West Close
17th Tuesday Lunch Club VH
21st Village Market
29th BBQ – VH

September

11th Village Show - VH
14th Carpet Bowls Re-Starts VH

BARFORD NEWS

Copy deadline 15th of each month

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