

BARFORD NEWS

MAY 2020

Price 50p where sold



**KEEP
CALM
AND**

BARFORD
ON

PARISH COUNCIL NOTES

The Parish Council meeting could not be held on 1st April due to the Corona virus however, new government regulations came into force on 4th April which allow Parish Council meetings to take place remotely using video conferencing. The next meeting is scheduled for Wednesday 6th May at 7.30pm. Details of how members of the public can join will be detailed in the agenda which will be displayed in the Parish Noticeboards a week before the meeting. The Annual Meeting will not be held this year.

Parish Matters:

Parish Council Grants – The Parish Council sets aside a sum of money every year for distribution to village organisations in need of financial support. Any village organisation can apply for a grant although there is no guarantee that all applications will be successful. Grant applications are available from the clerk by emailing davidbest.barfordspc@gmail.com

Closure of the playgrounds – The Parish Council regrets that the playgrounds on West Close and at the Village Hall had to be closed. This was under instructions from the government to help reduce the spread of Corona virus. They will be opened as soon as the restrictions are lifted.

Grass Cutting – Thomas Fox Landscaping have had to suspend all grass cutting but will resume and do the first cut in the Barfords as soon as restrictions are lifted.

Dog Bin Emptying – Cherwell District Council are continuing with the emptying service.

Planning:

19/00124/F – Mead Farm – Reconfiguration of the farmyard to provide agricultural buildings manege and stables – Response sent to CDC objecting to the application and requesting that it is called in to committee.

19/00281/F – Dove House – Demolition of existing timber garage and store; erection of new garage / car ports and storeroom; new tiled roof to existing conservatory – granted by CDC 8/04/2020.

Finance:

The accounts have been completed for the year ended 31st March 2020 and are currently being audited.

Dear Friends

By the time you read this, Easter will have been and gone – although the season of Easter actually carries on until Ascension Day on 21 May. It may well be that as I write this in the middle of April, by the time you read it, things will have changed again – these are very uncertain times.



It feels very strange to lead worship from my dining room at the vicarage and we are having to think of new ways to be 'Church'. Strange as it sounds, this current situation has opened all sorts of new opportunities for us and it would be true to say that Christian love (whether people think of it in that way or not), is literally all around us. The acts of kindness have been many and varied and in the years that follow there will be many wonderful stories of how these villages pulled together to make what is a horrible situation, as good as it could be for everyone here – and for that, I want to thank you.

10-16 May will be Christian Aid week, and traditionally we have always done very well in the Barfords. I would like to think that this year would be no exception, but with the absence of collecting envelopes, or indeed volunteers because of social distancing, this is going to be very difficult – but not impossible. If you head to the Christian Aid website and follow links for Christian Aid Week, then you will be able to donate on-line.

I really miss coming to the Barford churches and long for the day when we can fling open the doors and come together again. But until that time, I would re-iterate what you have already been told (many times, I know). Stay inside other than for getting food and some exercise, and wash your hands - often!! Please stay safe and look out for one another where you can, and please don't be afraid to contact me if there is something I can help you with.

With every blessing
Rev Annie

HOW TO SEW A FACEMASK FROM CAROLE COPPIN....The government still seem unsure about face masks but staff at Godswell would really like them. These home-made face masks might offer some additional protection against the spread of the virus.

The masks can help in reducing the possibility that you could inadvertently give the virus to others. They should be used in addition to the other measures such as social distancing and hand washing. The masks should be washed at 60° after every use. If this isn't possible they can be washed with soap for at least 20 seconds but then must be ironed to kill the virus.

Some care homes have said they would appreciate the masks and local people are happy to make them but would appreciate **offers of 1/4 inch wide elastic**.

Please contact Christine if you can help (☎ 338659 or 07984 997908).

HOW TO SEW A FACEMASK



- 1 CUT FABRIC**
Cut 2 pieces of Quilting Cotton 9" x 7".
Cut 2 pieces of 1/4" elastic 7" long.
- 2 PLACE ELASTIC**
Pin a piece of elastic on the top and bottom of the short ends of the rectangle 1/2" from edge to create an ear loop.
- 3 PIN FABRIC**
Place 2nd piece of fabric on top with right sides together.
- 4 SEW FACE MASK**
Sew around entire facemask leaving a 2 inch opening along the bottom for turning. Backstitch over elastic. Turn right side out.
- 5 CREATE PIN TUCKS**
Fold mask in thirds and press. Create 1/2" pintucks facing upwards using pressed markings as a guide.
- 6 TOPSTITCH**
Sew along the outside of the entire mask using a 3/8ths inch seam allowance.



SWEETREDPOPPY.COM

LOCKDOWN SUPPORT.....The support system for the Barfords has evolved and we now have networks in place ready to help each other as and when needed. Each area of the village has a WhatsApp group with networks that are for everyone, not just the vulnerable, and can help us all to avoid unnecessary journeys.

From Robins Close 'It's been a great way to get to put names to faces! We're all busy and many of us work, so it's possible to live somewhere for years and not really know your neighbours. The group chat has been a mixture of offers to add items to an online order or shopping trip for food (between us, we've managed to source stupidly scarce items like chopped tomatoes, flour and eggs!) gardening items, pet food and so on; plus general announcements, useful info and tips that are relevant to all; and all-important light hearted banter to keep us all upbeat. Clapping for carers has turned into quite an occasion!'

THE LIGHTER SIDE OF LOCKDOWN...

- *At Chipping Norton Co-operative the staff played YMCA to the people snaking around the car park in a long queue. Lots of people joining in, having fun and trying to remember the moves! (Though to be fair the brother of one enthusiastic participant said it sounded like his worst nightmare!)*
- *A Cub's camping weekend was cancelled but lots of families went on camping holidays in their own back gardens or made makeshift tents to sleep under at home. Families worked together on the outdoor activity badges.*
- *The words we hear more than any other as we take our daily exercise are 'Aren't we so lucky to be living here'.*
- *'We eat together as a family every day now, whereas before we were usually dashing off in separate directions. Even on holidays we are always busy so I feel I have got to know my children better during this time.'*

Carole Coppin



GILL MADDISON
1928 – 2020

On Saturday 28th March a small private funeral service was held in the Round House at Sun Rising Natural Burial Ground conducted by the Rev. Lin Francis, the Circuit Methodist Minister with tributes from Gill's daughters, Sarah and Elizabeth.

When circumstances permit, a Service of Celebration will be held in the village.



to the very kind and generous couple, one of whom is a previous Barford News Editor, on The Green, who have donated an incredible £50. This will make such a difference to us and will ensure another colour copy soon, folks!!

The Team

Food4Heroes



As a result of the Covid crisis a number of Barfordians have been helping to set up Food4Heroes in Oxfordshire. We are currently providing 150 free nutritious microwaveable meals per day for our incredible health workers.

Our launch week at the ITU at the John Radcliffe hospital went exceptionally well. Now we are delivering to the Horton hospital and other teams more local to Oxford have taken over the JR.

While my family team can use my health inspected kitchen, other teams of cooks are able to maintain social distancing thanks to the kind loan by Tudor Hall school of their teaching kitchens and school bus for deliveries.

All work for F4H is entirely voluntary and fund raising is for cost of ingredients only. If you would like to find out more about F4H or make a donation, please go to www.Food4Heroes.co.uk or Instagram @food4heroes1. Banbury & Oxford hospitals are in the SOUTH EAST fundraising area.

With many thanks, Sarah Best



TURNING PILLOWCASES INTO SCRUB BAGS FOR KEY WORKERS

Here's a little story that demonstrates how social media together with our new village WhatsApp groups can really help to bring people together during the lockdown, all in a good cause.

I saw a few posts on social media, nationally and locally, asking people to donate old pillowcases to volunteers who were making drawstring bags for key workers such as NHS, care workers and supermarket staff. The idea is that their dirty uniform is placed in the drawstring bags at the end of their shift, they take it home

and put it straight into the washing machine, without taking it out of the bag, thus minimising the risk of spreading the Covid-19 virus.

I know there are others in the village busy making scrubs bags and others who are collecting material, pillowcases are best as they are quick to make. I wonder if people would be interested in joining a WhatsApp group (*set up specifically for this project*) called **DUVETS**. It will only be for those who wish to donate and for those who are creating the bags. If anyone wishes to join, please contact me, Sue Addison, on ☎ 07484 718791 and I will add YOU to the group. I am donating some of my bags to Bethan Dennick in Hook Norton, who is collecting them for the NHS and medical health care workers, and some to Godswell Park Care Home.

There is a box on the doorstep at No 1 Robins Close. If you have any spare pillowcases, please donate them. I'm sure donations of sewing thread and cord would be useful too...!!! Donations can also be made to W.I. Secretary Christine Hall at 8 Broad Close, 01869 338659 07984 997908. The others mentioned by Sue include W.I. members who have been working for some weeks to produce face masks and laundry bags. The masks and laundry bags produced to date have all been given to Gemma Phillips of Broad Close for use of staff at Godswell Park Care Home. Suggestions for other recipients would be welcome.

Sue Addison.



FRAUD AND SCAMS DURING COVID-19 PANDEMIC
CRIMINALS ARE USING THE COVID-19 PANDEMIC TO SCAM THE PUBLIC
- DON'T BECOME A VICTIM -



Law enforcement, government and private sectors partners are working together to encourage members of the public to be more vigilant against fraud, particularly about sharing their financial and personal information, as criminals seek to capitalise on the Covid-19 pandemic.

Criminals are experts at impersonating people, organisations and the police. They spend hours researching you for their scams, hoping you'll let your guard down for just a moment.

STOP....Taking a moment to stop and think before parting with your money or information could keep you safe.

CHALLENGE....Could it be fake? It's ok to reject, refuse or ignore any requests. Only criminals will try to rush or panic you.

PROTECT: Contact your bank immediately if you think you've fallen for a scam and report it to Action Fraud*.

- Your bank or the police will NEVER ask you to transfer money or move it to a safe account.
- Criminals are targeting people looking to buy medical supplies online, sending emails offering fake medical support and scamming people who may be vulnerable or increasingly isolated at home. These frauds try to lure you in with offers that look too good to be true, such as high return investments and 'healthcare opportunities', or make appeals for you to support bogus charities or those who are ill.
- Criminals are also using Government branding to try to trick people, including reports of using HMRC branding to make spurious offers of financial support through unsolicited emails, phone calls and text messages.
- This situation is likely to continue, with criminals looking to exploit further consequences of the pandemic, such as exploiting financial concerns to ask for upfront fees for bogus loans, offering high-return investment scams, or targeting pensions.
- Huge increases in the number of people working remotely mean that significantly more people will be vulnerable to computer service fraud where criminals will try and convince you to provide access to your computer or divulge your logon details and passwords. It is also anticipated that there will be a surge in phishing scams or calls claiming to be from government departments offering grants, tax rebates, or compensation.



VIRTUAL MARATHON FOR FareShare

Over 30 years ago I ran the London Marathon; a gruelling 26.2 miles. It took me as long to do the last 8 miles as it did the first 18! I had hoped to walk the equivalent of a marathon this summer from Chepstow to Monmouth along the Wye Valley Way but the training and the walk itself are inevitably on hold.

I have recently started to walk the equivalent of a marathon around our garden to raise money for FareShare (fareshare.org.uk). I think this might involve about 1,000 circuits spread over a number of days! FareShare is a charity that supplies food to vulnerable people, foodbanks, homeless people, etc.

Please sponsor me via this JustGiving page (justgiving.com/fundraising/tony-elvidge) or put money in an envelope marked 'FareShare' through our letter box (The Old Post Office, High Street) during your hour's daily exercise. Don't forget social distancing and stay safe.

Tony Elvidge (338214, elvidgetony@gmail.com)

Dear Friends

This has been a very strange Holy Week which will go down in history as a time when we drew parallels with those events of 2000 years ago. Not that the events themselves are in any way similar, but that we are living through something that is dark and challenging, and will change our lives and the way we live, forever. Usually at this time the church is extremely busy with services every day, as we walk with Jesus on his journey to the cross. This year, it is a different type of busyness. One which is really the sort of 'servant' busyness that Jesus advocated in the first place!

The circumstances we currently find ourselves in feels to me like a gentle reminder of how painful and difficult it must have been, not just for Jesus, but also for his followers, not knowing how the nightmare they found themselves in would end. But it is important to remember, that despite going through that traumatic event where Jesus, their friend was crucified, they found immeasurable joy a few days later when Jesus' tomb was open and his life restored. The most important thing about Holy Week is that we *do* travel through all the darkness, pain and heartbreak with Jesus, because unless we have walked with him in the shadows, we cannot truly appreciate the joy at his rising again.

This all feels very appropriate at the moment. As I write these words, the sun is shining and there is real warmth in the air and all seems well in our villages. But we know that real danger is not so far away, that the virus known as COVID-19 is having a devastating effect in other parts of the country, and indeed the world. In difficult times like this, as with the rest of life, we should remember there will always be a mixture of sorrows and joys, because in truth, we can't have one without the other. If nothing else, this period of isolation gives us some time when we can reflect on our own sorrows and joys and to take a new perspective on our lives.

At the end of this crisis there will be a different resurrection story, one that will involve us all. It will be a time of consolation, when the whole world will see things a little differently and we will appreciate that which we previously took for granted. And so be assured that 'God will never leave you or forsake you', (Hebrews 13:5)

I also want to say that I miss all my friends in the Barfords – please do stay well and keep safe, and if I can do anything for you, just ask!

I wish you all a blessed and peaceful Easter.

With love and prayers, Rev Annie



1st DEDDINGTON SCOUT GROUP

Cubs & Scouts

We're all still quite busy even though we can't meet face to face (it means I can run a meeting in my pyjamas – result!). The Cubs have been given the task of finishing their Skills Challenge by completing a garden survey & listing the people who help their community – very relevant at the moment. The Scouts, who are also completing a badge will be continuing with their fitness challenge & re-purposing an item of clothing.

Both sections have a 'Thursday' brain teaser, so far we've had a tricky puzzle & a photo challenge where they had to make an evil shadow picture of themselves – very revealing, we'll be telling you who to avoid in the future!

St George's day on April 23rd is special to us as he is also the patron saint of Scouting & we will be asking the Cubs & Scouts to fly a flag for the day & perhaps whistle for George too.

Jo Churchyard deddingtoncubs@gmail.com
Peter Churchyard deddingtonscouts@gmail.com

Explorers

As everyone else Scouting is facing enormous challenges with the lockdown at the moment. We stopped face to face meetings before the Government put the ban of people meeting together in place. Instead we have been having fun with online meetings.

The first week we tried a scavenger hunt to find items to spell SPARTANS from anything in your house. These ranged from Russian Dolls to a Red Plastic Cup.

As we are unable to go anywhere, we are meeting through the holidays and last week had an Easter Egg hunt. The parents hid the eggs in either the house or garden. The most inventive? Hanging one in a bag in a tree!

Now we're all the right way up on phones or laptops the meetings are a great way to keep in touch. As the parents enjoyed hiding the eggs, this week we're having a family quiz night.

Janet Duxbury spartansexplorers@gmail.com

HELPING COVID-19 RESEARCH FROM HOME

A research group in Washington University are using massive computing power to look at the structures of proteins and other molecules. We can help them in their research to find a cure for Covid-19 by lending them our spare computer capacity whilst our laptop is idle.

The way it works is that you load a small program on your computer (PC or Mac) and it runs in the background connecting you to what is now a vast worldwide computer analysing protein structures. It runs on pretty much any laptop, I've even got it going on a very old laptop which has been running analysis for the last few weeks that could help find lifesaving treatments. It seems a simple thing to do but it could have big benefit.

Have a look at foldingathome.org which has a lot more information and instructions on how you can help.

Tony Elvidge



To all of the Barford News contributors this month. Many of you have contributed 1, 2, 3 or more articles, which has made this month's edition into a Bumper Edition.

To be honest I thought BN would be a tad light this month but as usual, The Barfords' Community have not let us down. Hoping you enjoy May's Lockdown Edition.

**Take care everyone
Lucy (Ed)**

And next up we have Angus Norman from The Old Chapel modelling The Barford's.....

*“Been Sleeping in a Hedge for a Week
Spring/Summer 2020 Lockdown
Collection”*



Angus is demonstrating the Karcher Jet Washer, c2015 available at, well, sorry, nowhere really at the moment.



RECIPE for Tongue Pie

INGREDIENTS

- 1 MAN
- 1 Petrol can
- 1 Mower called 'SID'
- Ear Defenders
- Sun cream
- Vacuum flask
- Long grass
- Boots
- Hat
- 1x stick to clear grass cuttings

METHOD

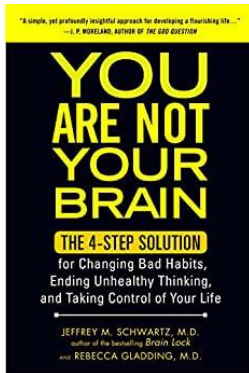
1. Take one man and gently push him out of the house
2. Watch him fill the mower with fuel
3. Fill the flask with water or tea
4. Make sure he puts his hat on and lathers his face and arms with sun cream.
5. Position ear defenders and connect to Radio4 extra.
6. Turn the key. Take brake off and watch carefully
7. Cook in sunshine for several hours until all grass cut
8. Man returns 'SID' to his shed
9. Silence at last.....

FINALLY

Man returns to house.....boots removed leaving grass all over the floor...Gloves thrown off on to the floor.

EAT warm with a large drink!

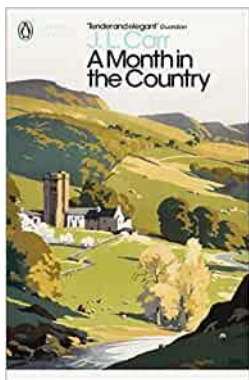
Reading recommendations from BARFORD BOOKCHAT



You Are Not Your Brain, by Jeffrey Schwartz and Rebecca Gladding, is both an impressive academic feat and a marvellous self-help book. The authors demonstrate convincingly that everyone's brain can act independently of their true self, and offers a highly effective set of techniques for coping with thinking errors and deceptive brain messages.

These techniques centre around a 4-step programme. Step 1 is to Relabel, i.e. to identify deceptive brain messages. Step 2 is to Reframe them as unimportant brain chatter. Step 3 is to Refocus on a wholesome distraction. Step 4 is to clearly see deceptive messages and intrusive thoughts, urges, and sensations as false. The authors - pioneers in self-directed neuroplasticity - have shown that following these steps regularly will actually rewire the brain for the better.

I recommend this to anyone suffering from depression, OCD, and other mental health problems, but also because it is a fascinating read. **Tom Greeves**



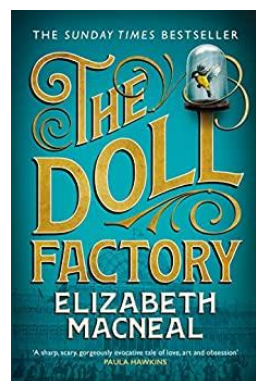
In ***A Month in the Country***, by J. L. Carr, two young, memory-haunted survivors of the Great War meet in a village church. Tom Birkin has been employed to uncover a mediaeval wall-painting, Charles Moon to find a hidden grave.

As the glorious summer of 1920 unfolds, their friendship deepens. The warmth and acceptance of the “natives”, and the pastoral beauty of the landscape, also bring healing, at least for a while.

There is a marvellous cast of characters. Perhaps the central character is Oxboddy Church itself, ancient, creaking, with its hidden secret. It is a timely reminder that churches tell the story of their communities, and link them to their past, in ways no other building can.

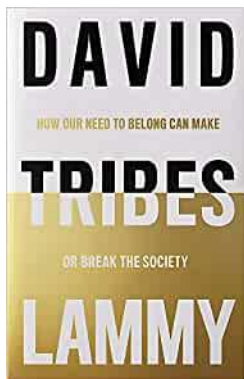
Birkin slowly uncovers the painting. It is a “Doom”: Christ sitting in judgement, weighing souls in the balance, sending them either to Heaven or to Hell. Birkin calls it a masterpiece - and so is this book.

Jenny Greeves



The Doll Factory is the début of a promising newcomer, Elizabeth Macneal, and tells the story of love, art and obsession. It has already received acclaim and a forthcoming TV series. Anyone who enjoyed **Fingersmith** or **The Miniaturist** will probably appreciate this novel. It centres upon Iris, an aspiring young painter attached to the pre-Raphaelites, and is loosely based on Lizzie Siddal, one of few female artists of that period. Macneal does a vivid job in portraying mid-nineteenth century London – the filth and chaos but also the excitement of the Great Exhibition. Her depiction of the pre-Raphaelites and their gradual acceptance (with the help of Ruskin) from weirdo outsiders to cultural icons is also interesting. Less satisfactory is some of the plotting, in particular that

concerned with the gruesome ‘curiosity collector’, which in its latter stages is overly melodramatic. But altogether a gripping read. **Suzanne Franks**



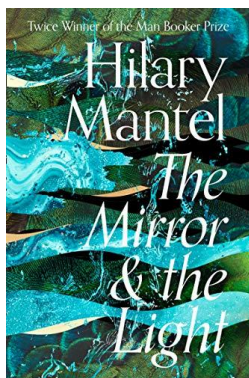
Tribes by David Lammy: Nowadays it may be abusive (and certainly pejorative) to say someone behaves in a tribal way. But as Lammy demonstrates we all have our tribes, our identities, our clubs. And increasingly with social media, we only gain information within our own tribal groups. Strangely, Covid 19 has produced at least a temporary national unity.

As MP for Tottenham, Lammy knows about race relations and the importance of integration. He cites Celia de Anca that “the new tribalism comes from a shift from a longing for independence from a society made up of communities to a longing for belonging in a society made up of individuals”.

Lammy himself is an interesting mixture of identities. His parents came from Guyana and he grew up in the British Caribbean community but also as a choirboy in the very English environment of a Peterborough public school. He is black but married to a white woman and his children are of course mixed race. He has a tribal loyalty, surprisingly, to Arsenal Football Club.

The book combines personal background (visiting the ancestral home in the Tuareg tribe in Niger is particularly moving), with sociological and political observations.

It has three parts: My Tribes; how belonging can break society; how belonging can make society. It is worth a read but may be uncomfortable, whatever tribe(s) you may belong to or even if you think you don't. **John Bowers**



The Mirror and the Light by Hilary Mantel has been the perfect lockdown companion – at 900+ pages (or 38 hours on Audible, read by Ben Miles) it needs sustained attention, but is certainly absorbing. This conclusion to Mantel's trilogy moves from the execution of Anne Boleyn to the inevitability of Thomas Cromwell's own fall from grace. The opulence of the Tudor court is set against the horrible cruelty of religious persecution and the machinations of political alliances, while the constant fear of plague has a resonance Mantel can't have foreseen. Aware of the precariousness of staying in favour with a king of Trump-like narcissism and caprice, Cromwell flatters Henry that he's “the mirror and the light of other kings,” and the novel is shot through with images of mirrors and light: dazzling, fleeting, illuminating or deceptive. Ben Miles' captivating narration conveys a vast range of accents as well as the rhythms of the prose. **Linda Newbery**

To join our virtual book group during lockdown, email Linda Newbery: L.newbery@btinternet.com. We have our own WhatsApp group, and talk to each other in a Zoom meeting on Saturday afternoons.

For a new reading recommendation every Monday, visit **WRITERS REVIEW:** reviewsbywriters.blogspot.com

“Books are a uniquely portable magic”

– Stephen King

.....***dancing in the street.***.....Broad Close residents taking it to a whole new level....mad lot round there aren't they??





residents of Robins Close
clapping for our amazing NHS
& KEY WORKERS



THANK YOU

CHURCH MATTERS



Sitting in the garden on Easter Sunday morning writing this with birds singing and very little other noise, it is easy to forget the trauma in the country and the rest of the world. But forget it we can't, it won't go away without all the work we do keeping our distances from one another. Not having any physical contact, shaking hands, hugging, the simple pat on the arm is to many of us very difficult.

Keeping our churches closed is equally difficult. Throughout the country the physical church is often the place people turn to in difficult times, to go and pray or just sit to be quiet. Regrettably we can't do this during this crisis. Easter, for Christians, is the most important service of the year and always very well attended, with The Barfords being no exception.

There are regular services on both television and radio. The Deddington Church website (deddingtonchurch.org) has services streaming on Sunday and Wednesday. Bloxham Baptist Church (bloxhambaptist.org), amongst other local churches, have services streamed on a regular basis.

Having the church buildings closed and relying on ingenious methods to connect and worship is reminiscent of the early Christians. They were regularly persecuted and had to rely on secret, clandestine methods of getting together. Even now there are countries where meeting as a Christian group would at least create social ostracization and at worst imprisonment or even death.

We are reminded that Jesus said whenever a small group of people are gathered together to worship and pray, he will be with them. This must also be true of meetings held together with Skype, Zoom or streaming church services.

Many have commented that the Coronavirus has often brought out the best in people, as shown

by the thousands of volunteers across the country and locally. The pandemic has made us aware how much is owed to those who are keeping the country going. People who are often on low incomes. We are all grateful to those who nurse us when we are ill, those who clean the hospitals, the postal workers, the drivers that bring our online shopping and our supermarket deliveries (when we can get a 'slot'), those who empty our bins, those who stack the shelves in supermarkets, the emergency services, the list could go on. These are the people we should, very rightly, be praising.

It is amazing how this crisis has brought everyone together in The Barfords and across the country. From informal contacts, the odd WhatsApp, email or phone call, to the more organised street captains we all seem to have taken our caring to a higher level, The Barfords being no exception.

As the number of those who have died is announced each day, these are more than just a statistic. It is a loved person whose family couldn't be with them in their last hour. Let us remember those who have died and those grieving in our prayers each day.

Finally with a quote from Jonathan Freedland in the Sunday papers:-

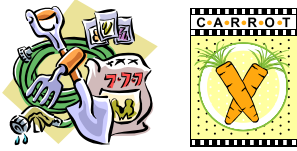
'The message of the Easter or the Passover stories and the signal sent by the arrival of spring, is that life will return, one way or another. It may be a small consolation, but for a few hours this strange Easter sunny weekend, let's cling to it.'

Tony Elvidge, Churchwarden

**THANK YOU
to everyone who
bought plants at my stall and
helped me to raise £184.00
for Shepherds and Bakehouse charity.**

Mariann





**BARFORD GREEN GARDEN CLUB
NOTES FROM OUR POTTING SHED
MAY 2020**

“... sedge-warblers, clinging so light
To willow twigs, sang longer than the lark,
Quick, shrill, or grating, a song to match
the heat
Of the strong sun, nor less the water’s
cool,
Gushing through narrows, swirling in the
pool.
Their song that lacks all words, all melody,
All sweetness almost, was dearer then to
me
Than sweetest voice that sings in tune
sweet words.
This was the best of May—the small
brown birds
Wisely reiterating endlessly
What no man learnt yet, in or out of
school.”

*From **Sedge Warblers** by Edward Thomas*

We started the year full of plans for talks and outings, but of course everything has been cancelled or at least postponed. We’ve so far missed a talk on seasonal colour and a discussion evening, and at the time of writing it’s unlikely that our annual Plant Swap evening will take place. Gardening goes on, of course – perhaps with extra enthusiasm now that most of us are spending more time than usual at home, and appreciate how lucky we are to have our own outdoor spaces. Some of you may have been caught without supplies of things you need, but two members have kindly stepped in: Rodney Hobbs to place an extra group order with D T Brown, and committee member Trevor Stevens to co-ordinate orders from Applegarth Nurseries at Chipping Norton

(with our usual 10% club discount). Others have ordered from Cotefield and from Wyatts. Members will hear by email (or letter, for those without email) of any future offers of bulk ordering. Mariann Young’s sale of tomato, pepper and courgette plants, followed by Les Hall’s offer of a lovely range of tomato varieties, have helped out many of us. Our April meeting was to have been a panel discussion on **Greener Gardening**, with short contributions from a panel followed by audience comments and suggestions. We’ll aim to hold this at a future date, but meanwhile see the **Green Thought of the Month** column for advice from bee expert Margaret Murdin on considering bees and other pollinators and avoiding the use of insecticides. Also, when ordering potting compost please choose peat-free, and check the packaging if you’re unsure. If it doesn’t say that it’s peat-free, it almost certainly isn’t!

Jobs for May:

Take care with tender plants – don’t place them outside until all risk of frost has passed, usually towards the end of the month

- Check carefully for nesting birds before clipping hedges or shrubs – better still, wait a couple of months!
- Lift and divide overcrowded clumps of daffodils and other spring-flowering bulbs
- Finish planting out potatoes
- Recycle water where possible, ideally from butts
- Plant up hanging baskets and pots with summer plants
- Thin out direct-sown vegetables such as carrot, lettuce and spinach.



**We’ll hope for more sociable
times ahead – meanwhile,
happy gardening!**

SPADE AND FORK

3-ingredient mini egg muffins



These mini egg and roasted pepper muffins are the perfect snack for on-the-go or packing into lunchboxes. Just whisk together three ingredients, pop in a muffin tin and bake for a big batch of fluffy frittatas in no time.

INGREDIENTS

6 eggs
360g cottage cheese
285g jar roasted peppers antipasti,
drained and patted dry with kitchen
paper
oil, for greasing

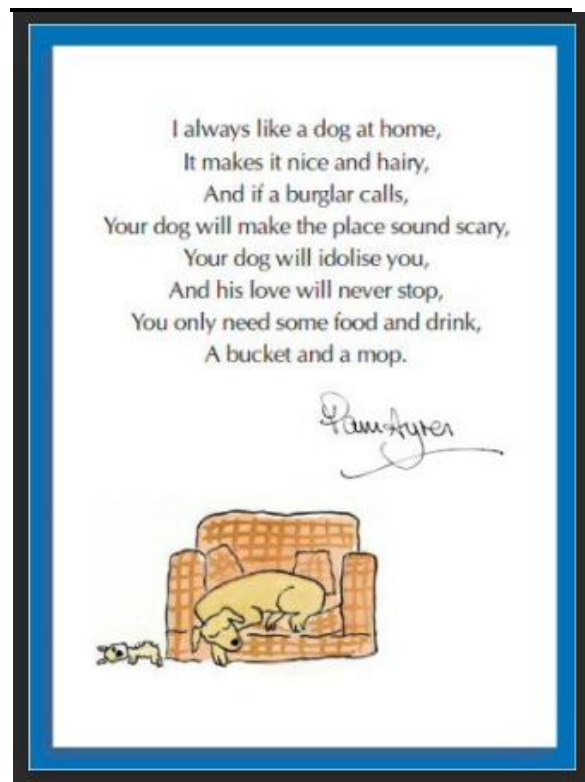
METHOD

- In a large jug or mixing bowl, gently whisk together 6 eggs and 360g cottage cheese until combined.
- Drain the peppers from a 285g jar roasted peppers antipasti and pat dry with kitchen paper. Slice into thin strips and stir into the egg mix.
- Divide the mixture between the holes of a greased 12-hole muffin tray. Bake in a preheated oven at gas 7, 220°C, fan 200°C for 16-18 mins until puffed up, golden and set.
- Cool slightly before removing from the tin. Serve warm or allow to cool completely.

TIPS

You can swap the roasted peppers if you like, try sliced ham, cooked peas, pan-fried mushrooms, sweetcorn or flaked tuna.

Baked muffins can be frozen



Dust If You Must by Rose Milligan

DUST IF YOU MUST

Dust if you must, but wouldn't it be better
to paint a picture or write a letter,
bake a cake or plant a seed,
ponder the difference between want and need?

Dust if you must, but there's not much time,
with rivers to swim and mountains to climb,
music to hear and books to read,
friends to cherish and life to lead.

Dust if you must, but the world's out there
with the sun in your eyes, the wind in your hair,
a flutter of snow, a shower of rain.
This day will not come 'round again.

Dust if you must, but bear in mind,
old age will come and it's not always kind.
And when you go – and go you must –
you, yourself, will make more dust.



GREEN THOUGHT OF THE MONTH

April's column was partly intended to advertise the Garden Club's discussion on **Greener Gardening**; but this event, like every other, fell victim to C-19 precautions. The Club will aim to reschedule when possible, but meanwhile here's some timely advice from bee expert **Margaret Murdin**:

"As we move further into Spring one of the delights is to watch the queen bumblebees move purposely around our gardens looking for a nesting site. They look too bulky to be able to fly and they certainly seem to defy the laws of physics.

These queens will have been hibernating all winter in north-facing ground and emerge hungry and depleted with few energy reserves. They only sting when interfered with, are a delight to watch and help pollinate our flowers, fruit and vegetables. They need encouragement. Like solitary bees and honey bees they need nectar for energy and a good source of early pollen to feed their young. Early pollen can be found in hazel, willow, crocus and snowdrop. But now the best sources are what we usually refer to as weeds.

Dandelions are native plants and are excellent food for all types of bee. If you can bear it please leave a few in out of the way places in your garden.

The bees will find them and, hopefully, you won't see them.

Green alkanet, red and white deadnettle, and all the flowers in the Boraginaceae family (which are usually blue turning pink) are excellent forage for beneficial insects. But some insects are regarded as pests. Like many gardeners I am unwilling to share my produce with pests. Caterpillars eat my brassicas and black fly my broad beans.

Many gardeners resort to insecticides, without understanding the resulting harm to wildlife. Insecticides kill *all* insects and can leave a harmful and long-lasting chemical residue in the soil. So, we destroy the good with the bad. The insects are usually killed by interference with their nervous system. But insects have a design feature which means that it is cheaper, easier and greener to kill the pests another way.

Insects don't have lungs. They have spiracles which are small apertures in their outer cuticle or skin which they use to breathe. These spiracles are easily blocked with soapy water so the insect can't breathe and will die. A small spray container filled with soapy water will kill the pests, leave the beneficial insects and the plants unharmed and, importantly will not leave chemical residues in our soil."

Thank you, Margaret. I'm heartened to see that the **Cotswold Garden Company** no longer sells toxic insecticides. Where such products are available at garden centres and supermarkets, let's leave them on the shelves.

For next month I hope to collect a range of tips on the **Rs** of sustainable living: **Reduce, Refuse, Retain, Reuse, Recycle, Repurpose, Repair**. Please send your tips, ideas and local knowledge to **Linda Newbery**:
L.newbery@btinternet.com



RUBBISH & RECYCLING COLLECTION DATES {*always a Thursday*}

7TH May.....blue 'n' brown
14th May.....green
21st May.....blue 'n' brown
28th May.....green



& BBQ

**We are having a Rock 'n' Roll
evening with a BBQ in the
village hall garden
FREEWAY JAM, beers and
burgers! What's not to like?
Saturday 4th of July
....make a note in you diary
more details to follow over the
next few months!!**



From the Fire Station

We are now living
in strange times.

Cars are a rare

sight on the main road, hand- shakes
forbidden and toilet paper is worth more
than gold! At the fire station, training
courses have been cancelled, drill nights
are done on your home computer and
crews can only ride with five – our 6th
rider being held in reserve.

Calls have been few and far between, with
just a count of four: 1 station standby at
Banbury, 1 false fire alarm call, 1 standby
at the M40 for a lorry fire, and finally,
helping with a tree fire at Banbury golf
course. A stray spark from a brush fire
seemingly the culprit leading to 3 hours of
traffic direction to avoid any chance of a
possible collision during the clear up.
Prior to the moratorium on all training
courses, James Greenwood passed his
Breathing Apparatus (BA) practical at
Moreton - in – Marsh Fire College and is
now qualified to ride number 2 BA
wearer. Adrian Spillsbury and Emma
Flint's BA Team Leader course and Andy
Haywood's OIC (Officer In Charge) course
are temporarily suspended until
conditions improve.

At the Fire Station, we continue to provide
the maximum cover we can and will be
there if needed. As the weather warms,
please make sure that you BBQ safely and
only with those you live with. Also, please
do not consider lighting naked flame sky
lanterns in support of our emergency
services and the NHS, there are more
sensible ways to show your support in
these troubled times (pots, pans and
hands spring to mind).

Please "stay home, stay safe and save
lives".

James Greenwood, FFD

Types of Food

S	L	L	O	R	U	T	C	M	R	P	O	R	K	CEREAL
R	I	C	E	R	E	A	L	E	A	G	B	B	C	MACARONI
F	A	C	M	A	C	A	R	O	N	I	U	I	V	TV DINNER
H	D	N	A	R	E	T	T	U	B	T	R	R	K	CASSEROLE
O	A	O	R	S	H	A	M	A	V	G	G	L	A	BREAD
T	E	O	A	S	S	E	H	D	R	O	E	E	E	PORK
D	R	D	D	V	S	E	I	I	G	D	R	T	T	NOODLES
O	B	L	I	N	L	N	R	E	N	T	S	T	S	FAST FOOD
G	E	E	S	T	N	R	E	O	D	O	R	U	H	LETTUCE
S	N	S	H	E	T	U	N	A	L	H	T	C	D	ROLLS
O	U	H	R	R	E	N	P	A	M	E	D	E	S	STEAK
F	A	S	T	F	O	O	D	N	O	N	I	O	N	SPEGHETTI
L	T	T	I	T	T	E	H	G	E	P	S	N	S	BURGERS
T	I	O	S	A	S	H	V	H	E	O	T	U	O	ONION
														BUTTER
														HOTDOGS
														TUNA
														RADISH
														HOT DOG
														HAM

Types of Gemstones

P	C	Z	Q	N	Y	A	C	I	T	R	I	N	E	RUBY
E	S	P	E	T	B	E	N	A	A	M	M	U	A	DIAMOND
R	A	G	D	O	U	L	E	Q	E	O	L	S	D	EMERALD
I	C	I	P	P	R	E	U	T	E	N	R	A	G	PEARL
D	U	E	T	A	U	A	T	D	T	Y	A	J	T	AQUAMARINE
O	S	A	R	Z	M	P	J	I	S	X	E	A	U	SAPPHIRE
T	N	S	M	A	R	A	A	A	Z	P	P	D	R	TOPAZ
D	L	A	R	E	M	E	P	M	R	N	A	E	Q	JADE
I	B	I	P	T	T	P	A	O	R	P	U	E	U	OPAL
P	N	S	U	L	H	H	Q	N	R	E	S	K	O	AMETHYST
E	A	A	P	I	A	H	Y	D	S	P	A	P	I	CITRINE
J	A	E	R	Q	E	P	R	S	E	T	E	P	S	GARNET
E	D	E	A	I	I	I	O	I	T	E	O	E	E	JASPER
R	S	C	L	P	U	A	U	T	T	I	C	H	N	KUNZITE
														PERIDOT
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Thursday 1pm – 5pm
Tuesday & Friday – CLOSED
Saturday 9.30am – 1pm



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Vice Chairman:	Dr R Hobbs	01869 338078
Councillors:	Mrs. S. Best	01295 720566
	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

VILLAGE AND LOCAL EVENTS DIARY
Diary dates to the editor by 15th of each month please

CHURCH SERVICES
Church of England
MAY

There will be no services in either village church for the foreseeable future because of the Coronavirus. As is customary we will try to keep St Michael's church open during the day (10:00am to 4:00pm)

For details of Deddington and Hempton services phone Revd Annie Goldthorp, Vicar, Deddington with Barford, Clifton and Hempton on 01869 336880
Email: vicar@deddingtonchurch.org

Methodist Chapel

For details of services contact:
Mr Robbie Pilkington ☎ 01295 811367

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On Call: Rev. Deacon Robert Hughes
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Sunday – 11.00am Mass
Weekdays Normally 9.15am, can be subject to change

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Non-emergencies call 101

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Banbury office 01295 754 541

Thames Valley Crime-stoppers

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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) Fernhill Club 1 st week parish council (not August) 2 nd week W.I. meeting Boys Brigade (Deddington)
Thursdays	Open cuppa mornings Cubs (Deddington) Scouts (Deddington)
Fridays	Rainbows Whist alternate weeks
Saturdays	Village Market 3 rd week (except January or August)
3rd Wednesday	Village Hall Management Committee

DIARY DATES

All village groups/meetings are cancelled for the foreseeable future

BARFORD NEWS

Copy deadline 15th of each month

Editor: Lucy Norman 01869 337678

barfordnews@gmail.com

Treasurer and adverts: Caroline Bird

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