

Valley News February 2013

No 205

News & Views from the Cherwell Valley



A Frosty scene on the Oxford Canal: Somerton Bridge

Photo: Clifford Reeve

Valley News is delivered FREE to every household in:

**Caulcott – Heyford Park – Lower Heyford
Somerton – Upper Heyford**

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Also published on line. Use Google to find Upper Heyford Parish Council then click on Valley News

Church Services in the Valley

	Ardley St Mary	Fritwell St Olave	Lower Heyford & Caulcott St Mary	Somerton St James	Souldern The Annun	Upper Heyford St Mary	Heyford Park The Chapel
3 Feb			9.30 Benefice Communion				11:00 Contemporary Worship Communion
10 Feb	9:30 Family Communion	08:30 1662 HC	11:00 Family Worship	9:30 Sunday Club	11:00 CW Communion	9:30 Matins	11:00 Contemporary Worship
13 Feb		7:30pm HC & Ashes	10:00 HC & Ashes				
17 Feb	9:30 Morning Prayer	11:00 Family Worship Communion	11:00 Morning Prayer	09:30 Matins & HC	08:30 1662 HC	9:30 Family Worship	11:00 Contemporary Worship
24 Feb	9:30 Family Worship	18:00 Evensong	11:00 Family Communion	9.30 Family Worship Communion	10:30 Cafe +	08:30 1662 HC	11:00 Contemporary Worship
3 Mar	08:30 1662 HC	11:00 Family Worship	11:00 1662 Communion	9:30 Morning Prayer	11:00 Matins	9:30 Trad lang Communion	11:00 Contemporary Worship
10 Mar	11:00 Mothering Sunday with Ardley & Fritwell Chapel		11:00 Mothering Sunday Family Communion	9:30 Sunday Club	11:00 Mothering Sunday Sung CW Communion	9:30 Matins	11:00 Contemporary Worship
17 Mar	9:30 CW Holy Communion	11:00 Family Worship Communion	11:00 Morning Prayer	09:30 Matins & HC	08:30 1662 HC	9:30 Family Worship	11:00 Contemporary Worship
24 Mar				9.30 Palm Sunday Communion			11:00 Contemporary Worship Communion
25 Mar	7:00pm Compline	9.00 Communion					
26 Mar			9.00 Communion	7:00pm Compline			
27 Mar					9.00 Communion	7:00pm Compline	
28 Mar							Maundy Thursday Communion
29 Mar	2pm Liturgy of the Cross - Fritwell						
31 Mar	8:30 Easter Communion	6.30 Easter Liturgy and Breakfast	11:00 Easter Communion	9:30 Easter Communion	11:00 Easter Communion	9:30 Easter Communion	11:00 Easter Worship

Services described as 1662, Matins or Evensong follow the traditional form as laid out in The Book of Common Prayer. Services described as CW (Common Worship) use modern language and follow the revised form given in the Common Worship Service and Prayer Book.

Services described as Family Worship or Contemporary Worship are suitable for all ages, including children.

A message from the treasurer

"Having just wound up last year's accounts, I am reminded that, whilst our advertisers and the Parish Councils stop us from sinking, it is the voluntary donations which keep Valley News's head above water. So my repeated thanks to the Friends of Valley News and particularly to Mr Burt and the Standing Orderers (sounds like a Pop Group!) Stan Morris, Treasurer"

The Cherwell Valley Benefice in the Diocese of Oxford www.cherwellvalleybenefice.org.uk		
For further details about services or requests concerning baptisms, weddings or funerals please contact the benefice office		
Rev Edward Green	01869 340562	edward.green@cherwellvalleybenefice.org.uk
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Mr. John Hine (LLM)	01869 278565	john@hineandco.com
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Dear Friends,

I am sure you have heard the story of the man who bought his wife a beautiful diamond ring for Christmas. After hearing about this extravagant gift, a friend of his said, "I thought she wanted one of those sporty four-wheel-drive vehicles."

"She did," he replied. "But where was I going to find a fake Range Rover?"

I hope none of your Christmas gifts were unwanted this season, and certainly not fake. But in the Church we don't finish celebrating Christmas on Boxing Day. Rather we continue the feat through the season of Epiphany as we remember Christ revealed to all as the light of the world.

We also have the opportunity to reflect our own gift giving, to others and to the church. The word Epiphany means an unveiling, an unwrapping. So let's unwrap the Magi's gifts. The Magi, travelling from afar bring precious gifts of myrrh and frankincense and gold. Each of the gifts are rich with meaning.

Firstly gold for kingship and earthly value. It is a reality of the world that money is needed to live and thrive. This is true in our own households, and in the house of God, the church. The cost of maintaining our buildings as a living witness to the glory of God in our communities, and the cost of the ministry must be supplied with generosity. For the church to continue to thrive it is important that we regularly reconsider our offering of gold to God.

And then frankincense, symbol of heavenly worship. In worship we offer our whole selves to God, heart and soul and body. I am especially grateful for everyone who leads, supports and provides music for, worship in the benefice. As we enter a new year perhaps it is time to consider how we can offer ourselves to support the worship of the Church. These may be practical as well as spiritual, in God's eyes, reading, leading lay services, cleaning, preparing the church for services, playing music, arranging flowers or keeping accounts are all of equal value.

Finally we have myrrh as a prophetic symbol of death and hardship - we are reminded that Lent will soon be with us, and then the passion. The Christian life is one of renewal and transformation, but for that to occur sometimes things simply have to die, to be left behind. These are frequently the hardest offerings for us to make, the things we must leave behind. And yet we must, carefully considering our habits, our hobbies, our commitments, and how they fit into God's desire for us and his church.

The gifts that we bring God cannot be faked, like the diamond in our story. They must be authentic, freely given with honesty and integrity. Because that is the nature of the Gift that he gave us in Jesus Christ.

In the Old Covenant God required the free gift of the finest of the peoples produce and the work of their hands, in the New Covenant God gave us the gift of himself offered in their place. In the Communion God gave us the opportunity to join our gifts with that offering. At the altar we offer God all that we are together with all that he is in Christ Jesus.

The journeys we make today to church are shorter than the journey that the magi made 2000 years ago, but the gifts we bring are no less precious. As we do so let us be willing to offer more, filled with Joy as we receive Christ and all he has done for us. Happy New Year and God Bless, Eddie



What's going on at Cherwell District Council?

Councillor Calling

For my first report of 2013, surrounded by snow and ice, I'll start by looking back to the wet 2012:

Flooding provided some good news, with our newly commissioned flood defences north of Banbury passing a severe test in their first winter. There was some water in the Mill area of Banbury, but that was never within the scope of the protection: everything that was, was protected. I suspect, too, that, by slowing down the surge above Banbury, all of us below also saw a mitigated effect. There was definitely more water around than 2007 but much less damage. As it was my first budget that kicked off the flood defence project by earmarking £2million to prod the Environment Agency into reinstating their contribution, I get a warm feeling out of that too!

Satisfaction with Cherwell DC is another cause of cheer as, believe it or not, it is rising fast. Because, unlike a private sector business, our "customers" can't tell us their views by either buying more or shopping elsewhere, we do a rigorous survey every year to find out what's going well and what to improve. The whole thing goes into incredible detail, by service, area, people and so on, so, while the implications for work priorities and money are being woven into the budget, I will just report that overall satisfaction with CDC services has risen from 68% to an amazing 75%. That headline figure, of course, gives nothing but a warm glow (useful in mid-winter): it's the underlying trends in street cleaning in Bicester, housing in Kidlington and building control in Banbury that really matter. Of course, being responsible for Planning and Licensing ensures that Cherwell can never score 100% as every contested decision means somebody is unhappy – but we keep trying.

Bicester, for example, may look peaceful but was the scene of a fierce set-to between some of the biggest businesses in the country. You can't have missed Sainsbury's massive new town-centre supermarket rising by the day: they've now applied for permission to add hugely to the floor space without any external spread by extending the mezzanine floor. Clearly, by the time it opens, it will be quite something. At the same time, they strongly objected to Tesco's plan to compete by leaping south over the ring road and doubling in size. As if that weren't enough, Oxford's Westgate Centre have challenged the resulting expansion of Bicester Village with a further 28 shops to go where Tesco is now. Our decision in the end was unanimous approval for both. As a result Bicester Village will add some 300 parking spaces, while Tesco will have 600 new ones and there will be a further 700 in a new park and ride facility. These two projects will also contribute several million pounds to a new set of road junctions (including a trendy "hamburger" roundabout, as at Headington and Heyford Hill) which, it is hoped, will finally solve the traffic jams on busy shopping days at Bicester Village.

They will also, of course, create hundreds of new jobs which will, in turn, contribute further cash to the local economy. In addition, our transport links by both road, using the park and ride, and rail, with the new Chiltern services that will come from Oxford to Bicester Town Station and on to Marylebone, once a major upgrade of the line is complete (2017 springs to mind as the target date), will take a leap forward. I was happy to vote for these schemes with just one niggling doubt, which I was assured

had been considered by the County Council's Highways people: have they allowed for the double effect of shoppers at the park and ride and around Bicester Town and those who may start travelling from there? I know the main pressure of shopping is at weekends while commuters predominate during the week and I have to accept the assurances of the experts, but I do hope their traffic models trump my pessimism – who will prove to have had the right 2020 vision?

Banbury's rail parking issue, though, was deferred from that meeting for further work. This was Chiltern's proposal for a multi storey car park to the West of Banbury Station to replace the bursting facilities which now extend through several warehouses on the Tramway industrial estate and are still overfilled daily. Although the need is overwhelming, the concern is the position: to get to the proposed car park, most people will have to file across the bridges over the canal and railway: does this bottleneck have the capacity to cope without making life intolerable for those who live there? Clearly, there has to be a solution but we have yet to discover if this is it.

Banbury has many other planning issues and is now getting its turn with a Master Plan, which is now out for consultation. Do, please, make your views known: Banbury is not just for Banburians and is just as much our market town so issues of development, employment, shopping, travel and parking are as important in the villages as anywhere. There's even some money in it, as Cherwell won £100,000 from the Mary Portas "Town Centre Innovation" fund and must now spend it wisely in a difficult environment. The internet is rapidly changing shopping patterns in unknowable ways – an interesting challenge when the received wisdom is to support the existing high street which might be evolving into something radically different while we are looking the other way.

Bicester Cinema, meanwhile, still looks to me like a hole in the ground with a large digger in the middle. However, the operators, Vue Cinemas, are already applying for a premises licence so they are clearly determined to waste no time and open up the minute the builders depart.

Sports, on a less sedentary note, are confounding the cynics and experiencing a genuine Olympic surge. All sorts of clubs are gaining new members – including rugger, which isn't even an Olympic sport until 2016 – while entries for Cherwell's Sports awards have shot up, along with doubled demand for children's holiday activities. We are therefore going to establish a £4m Olympic Legacy Fund to develop the District's facilities to meet this demand. It will focus on mainstream, popular sports, which may disappoint a few but will benefit the maximum number. The first four projects are spread around all three of our major settlements:

Bicester gets a £450k further development of the sports village at Kingsmere to build the pavilion, parking, paths and floodlighting

Banbury gets a replacement £165k athletics track at the North Oxfordshire Academy, home to the Banbury Harriers club, and

Kidlington gets an £80k refurbishment of facilities at Stratfield Brake and a replacement £165k artificial sports pitch at the leisure centre
all of which should help meet the growing demand.

Police & Crime Commissioner is now in office, despite the very low turnout (I pleased the Lower Heyford polling team, who had been ready since 7.00, when I cast their first vote at 8.30!) but Cherwell still has a representative on the Police Panel. When asked for priorities, as you'd expect, rural patrols and support of issues raised by parish representatives in the NAGs were mine – obviously Banbury and Bicester councillors have competing ideas! As a church warden who looks anxiously at the lead every time I pass the church, though, I was impressed how quickly the Police have used the new law prohibiting cash transactions for scrap to deter metal thieves.

Council Tax is, of course, on our minds at this time of year. As we meet after the deadline for submitting this (everything has been delayed this year both by the new Police & Crime Commissioners having to put their precept together from a standing start after November's elections and by the complicated new Government financial settlement), I can't give you the definitive result but, as it's been so long since Cherwell last raised Council Tax that we've forgotten how to do it, I wouldn't be surprised by another year of no change (ie, in "real terms", a cut).

While on the subject, though, be alert not to be caught out by lawyers offering to get your council tax band reduced on a no-win-no-fee basis which, of course, means that if you do win, they take a large chunk of what you've saved. If you think your home is in the wrong band, you can easily write to the Valuation Office yourself at no cost at all – CDC's website will have the details.

Having started this New Year's article with floods and snow, covered planning and sports and, as always, had to mention money, I'll end on a smellier note (oh, the joys of public service!):

Composting at Ardley will, I hope, remain uninteresting in the New Year. In 2012, complaints about smell dropped to 32, a fraction of 2011's and, more importantly, not a single one turned out, on investigation, to emanate from the composting site. (The worst cases, in fact, turned out to be due to farmers spreading chicken manure). Progress continues in odour management and monitoring arrangements by the Environment Agency (on site) and Cherwell (off site nuisances) and even the Health Protection Agency has got involved, so let's hope all this work will result in a boring and uneventful 2013.

James Macnamara

Poppy Collection 2012

I am delighted to report that this year's appeal has so far raised **£1,356**, almost to the penny what was so generously donated last year. As 2011 was some £300 up on the previous year, it is wonderful to find that the rise was not a one-off surge. Nationally, last year's appeal just squeaked past the £40million mark, with every pound needed by the combination of the current generation of injured servicemen and, of course, the increasing frailty of World War veterans and their widows: we clearly did our bit for that.

There is always a debt of gratitude to those who knock on doors to collect, but in this year's atrocious weather, they needed all the warmth you greet them with on the doorstep to keep going and I am most grateful for their perseverance. We are always happy to hear from anyone who'd like to join in... This year, we were joined by a new volunteer collecting at Heyford Park, which is fantastic as it fills a gap which, until recently, was covered by the Deddington British Legion branch.

In fact, we had a second new recruit this year in the form of the Community Café at Heyford Park who very kindly hosted a collecting tin (luckily I had a couple of spares!) adding to the ranks of Heyford Park Stores, the Bell, Horse & Groom and Barley Mow pubs and the Canal Shop in Lower Heyford. In today's tough economic climate, I think any enterprise prepared to sacrifice precious counter space for charity deserves a round of applause. For once, I managed to give Heyford Park Stores enough poppies so as not to need a top-up: in recent years the generosity of their customers has caught me out!

The total also includes collections from Remembrance Services at both Rousham and Somerton. An added bonus of these is that the Parochial Church Councils and their Treasurers do the counting for me, so I'm doubly grateful. There's also a contribution for wreaths laid both in the churches and at the Upper Heyford War Memorial by a range of bodies: Parish Councils representing all residents and the Royal British Legion for all servicemen, but not forgetting the Women's Institute, the Police and others. To my regret, I could not be there as I had to be in St Giles, in my black and white Commander's uniform, laying a wreath on behalf of Oxfordshire's St John Ambulance, while, in the background, the SJA team in green blue-lighted a heart attack to the Radcliffe while caring for the many overcome by the cold. I hope my absence is forgivable.

But, above all, thanks to all who contributed to the Poppy Appeal. **James Macnamara – Poppy Appeal Organiser**



WOMEN'S WORLD DAY OF PRAYER
FRIDAY 1st MARCH

11am Heyford Park Chapel
Speaker: Sharon Martin
Light Lunch afterwards

OR

7.30pm John Paul II Centre
Church of Immaculate Conception
Causeway, Bicester OX26 AW
Refreshments afterwards

All welcome,
Men,
Women and young
people

NEWS & VIEWS FROM THE CHERWELL VALLEY

The first Upper Heyford Film Night of 2013 gets under way with a classic comedy on

Friday 8th February 2013

'Some Like It Hot'
in the Reading Room
commencing at 7:45pm (ish)



The film runs for 2 hrs and we have a 15-30min interval about half-way through.

Some Like It Hot is one of the all time great screen comedies, starring Marilyn Monroe, Tony Curtis, and Jack Lemmon at their best. Billy Wilder, one of the all time great directors, co-wrote and directed this fantastic movie.

The usual shenanigans of a late start; drinks; snacks; interval cornettos (never too cold); Pearl and Dean theme music and raffle will all be present. If you have any questions or wish to confirm your attendance, please contact Craig Lord. e-mail craig.lord@btinternet.com or call on 07764992107.

Community Market
Souldern Village Hall 9:00am-12:00noon

Locally sourced, grown, produced or baked
Meat, eggs, vegetables, plants, cakes & savouries
(subject to availability)

Hand crafted
gifts, cards & jewellery etc

Sausage/ Bacon/ Egg Baps
(to eat in or take out)

Come and enjoy a cup of tea/coffee and a chat with friends

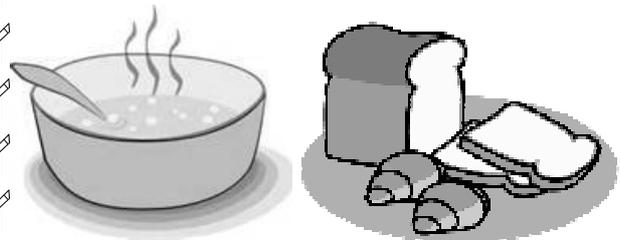
Dates for 2013

**Feb 16th, Mar 16th, Apr 20th,
May 18th, June 15th**

Tel: 01869 345931 or email:
barbaramcgarry@btinternet.com for further information



Please come and join us for lunch



Hearty Homemade

Soup and Rustic Homemade Bread

10th Feb, 24th Feb, 10th March.

12-2pm. Reading Room

only £2.50.



Steps
Through Lent

Discovering the heart of the Christian Faith

Monday Evenings 7:30-9:00pm
Feb 18th, 25th Mar 4th, 11th & 18th

The Creative Response
Deepwell Cottage, Souldern

Tuesday Evenings 7:30-9:00pm

19th, 26th, Mar 5th 12th & 19th

Discussion Group
The Rectory, Lower Heyford

Thursday Afternoons 2:00-4:00pm
Feb 21st, 28th, Mar 7th, 14th & 22nd

Prayer Group
6 Castle Fields, Ardley

Feb

Fridays: 1st Feb & 1st March

Depending on weather conditions!

Upper Heyford Village Hall

All money prizes & good raffle

Proceeds in aid of the church



The Poetry Corner

Yes, I remember Adlestrop

Drive along the A436 from Chipping Norton to Stow-on-the-Wold, go down a long hill, and you come to a turning on the right signposted 'Adlestrop'. Take that turning and you soon find yourself in a sleepy little Gloucestershire village.

If you'd made the journey any time between 1853 and 1966 you'd also have found a railway station on what's now known as the 'Cotswold Line', half a mile or so outside the village in the valley of the little river Evenlode. Strangely enough that small station became the village's only claim to fame.



On June 23rd, 1914, the poet Edward Thomas boarded an express train from Oxford to Worcester. The day was very hot.

His train made an unscheduled stop at Adlestrop. He couldn't even see the village – all he saw at first was the station sign.

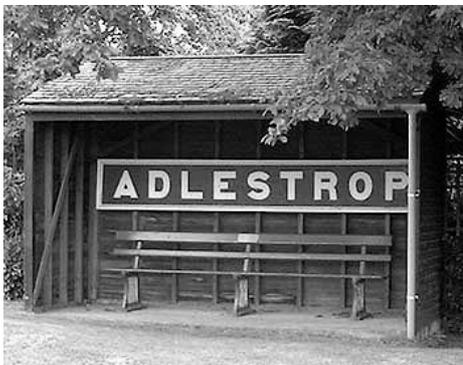
From that unpromising beginning grew one of the best-loved poems in the English language.

Yes, I remember Adlestrop --
The name, because one afternoon
Of heat the express-train drew up there
Unwontedly. It was late June.

The steam hissed. Someone cleared his throat.
No one left and no one came
On the bare platform. What I saw
Was Adlestrop -- only the name

And willows, willow-herb, and grass,
And meadowsweet, and haycocks dry,
No whit less still and lonely fair
Than the high cloudlets in the sky.

And for that minute a blackbird sang
Close by, and round him, mistier.
Farther and farther, all the birds
Of Oxfordshire and Gloucestershire.



The poet seems to be slowly dredging up his recollections. At first it is just the sign that sticks in his memory. Nothing happens at all. But then in the third and fourth verses this tiresome interruption to the journey blossoms

into an ecstatic experience. Thomas becomes increasingly aware of the natural world around the station – the vegetation, the fields, the clouds in the sky, all the things that train travellers normally just see rushing past outside the windows. A blackbird's song triggers a sudden rush of joy, and a deep sense of "all the birds of Oxfordshire and Gloucestershire".

There are many ironies about this lovely poem. Trains don't stop any more at Adlestrop, scheduled or unscheduled. It was one of over 2000 stations slated for the chop by the mad axeman of the British railway system, Dr (later Lord) Beeching, and destroyed in 1966. It lives on today only in Thomas's words – and in a small local memorial to the poet, consisting of the original sign and a bench from the station, which bears his poem on a brass plaque.

When his train stopped at Adlestrop Thomas (a literary critic and biographer) was only just beginning to write poems seriously. He'd visited a group of poets (including Rupert Brooke and John Drinkwater) who met regularly in another Gloucestershire village, Dymoke, where he was introduced to the great American poet, Robert Frost. This encounter stimulated a desire to write poetry.



A month after Thomas's interrupted train journey the Great War broke out, its horrors overshadowing his small rural idyll. He volunteered for the Artists Rifles in 1915 (as did Wilfred Owen two months later), reached Flanders early in 1917, and was killed by a shell on the first day of the Battle of Arras (Easter Monday). He was 39. He didn't live to see his poems published. Wilfred Owen survived till 1918, to be killed 7 days before the Armistice.

Edward Thomas wrote little about the war itself, unlike Owen, Sassoon and the other contemporary soldier poets. He focused on his beloved English countryside and his verse is notable for its very simple conversational language. He had a big influence on later poets like Philip Larkin, Seamus Heaney and Ted Hughes – who called him "the father of us all."

Adlestrop is a good example of these qualities – as is another of his poems, *Thaw*, with which I will end.

Over the land freckled with snow half-thawed
The speculating rooks at their nests cawed
And saw from elm-tops, delicate as flowers of
grass,
What we below could not see, Winter pass.

Snow is on the ground as I write. I wish I could hear Thomas's rooks!



Thames Valley Police

Firstly, we hope you had a very merry Christmas and would like to wish you Happy New Year.

Crimes

There have been a few burglaries to canal boats at various locations along the towpath, I am pleased to report that a male has been arrested for these offences and has been recalled to Prison. There was a burglary to a disused building on Heyford Park, thanks to the observant security on site who spotted them in the act, the offenders made off and a thorough search of the area was carried out by Police but sadly the offenders were not located, thankfully they were disturbed before they managed to steal anything. There were two separate incidents involving dangerous dogs, one in Upper Heyford and the other in Somerton that are being investigated by the police.

The Team carried out an ANPR operation at Cherwell Valley Services, checking a large number of vehicles for known offences. The operation also served as publicity for crime prevention, and tamper proof number plate screws were handed out. These clever little screws, which are free of charge to members of the public for personal use, are inserted normally but cannot be removed with a screwdriver – if you would like some for your vehicle to prevent your number plates from being stolen, please call in at Bicester Police Station front counter or contact the team.

Officers attended a burglary at Middleton Stoney, where computers, a television and furniture were stolen. CID officers are currently following up some enquiries, but the victim was so pleased with the officer's service that it was specifically brought to the Sergeant's and Inspector's attention. It was lovely to have a morale boost for the officers involved.

PCSO Kidd was involved with an ANPR operation on the A41 specifically targeting metal theft and burglaries in the rural community, and also stop/checks on van-type vehicles.

Finally, three speed checks with the speed indicator device (SID) were carried out this month. Camp Road, Upper Heyford registered 2 out of 33 vehicles speeding. Bainton Road in Bucknell recorded all vehicles driving within the limit. And finally in in Caulcott, none of the 33 vehicles were speeding. Thank you to everyone for driving slowly.

Contact us

If you want any advice or would like to contact the neighbourhood team you can call us on the new police non emergency number of 101 which has been in use since November 2011, but if your call is an emergency then dial 999. You can also contact us via email: BicesterRuralNHPT@thamesvalley.pnn.police.uk - please note this email address cannot be used to contact Thames Valley Police to report crimes or for any urgent matters. If you have information about crime or Anti Social Behaviour in your area but you do not want to speak to the police, please call the Crimestoppers charity on 0800 555111. To view information on your neighbourhood team you can visit the force website at: www.thamesvalley.police.uk We can also be followed on Twitter on @tvp_bicester .We will tweet messages to help prevent crime, make appeals or issue warnings and we urge people to follow us on the Twitter service as we can tell you instantaneously about incidents in and around Bicester.

Thames Valley Alerts Receive free local crime alerts and crime prevention advice by visiting www.thamesvalleyalert.co.uk today.

Wishing our readers a happy 2013 from The Heyfords WI

Our craft evening in November, where we made wreaths from Poppy and Nigella seed heads, was a really enjoyable night where we were all able to bring out our creative side. As someone who is not very creative I was so pleased with the wreath I made that I put a red candle in the centre and put it on the table at Christmas.

Our December meeting was held at the Trigger Pond in Bucknell where we enjoyed good food and good company, and to finish the evening off perfectly we were serenaded by carol singers!!

In January Ann Sharman will be coming to speak to us about the History and Art of Florence.

If you would like to come and join us at our meetings we meet on the 3rd Wednesday of each month at Upper Heyford Reading Room, starting at 7.30pm

A Way of Caring

Registered Charity No 297099
East End
Adderbury
OX17 3NL



FESTIVAL OF OPEN GARDENS 2013

We would love to hear from anyone who would like to open their garden to raise money for the hospice in 2013. Your garden would be featured, along with all the others, in a programme that will be distributed to all our supporters with our Spring newsletter in late March/early April. Last year's festival raised £7,852 towards nursing care. We already have supporters opening their gardens in Broughton and Wardington and would be delighted to hear from anyone else willing to take part in our festival. For further information please telephone Valerie on 01294 812161.

Volunteers

If you are interested in becoming a volunteer here at Katharine House, we have a range of opportunities available from driving to decorating! Please contact Rachel Wegerhoff in HR on 01295 811866.

Easter Knits

Our Easter Knits filled with a Cadbury's Crème Egg will soon be appearing for sale, we now have our Easter patterns ready if you'd like to knit some of these for us? Baskets, bunnies and chicks are the designs for this year. If you'd like a pattern to make some of these for us to sell call the fundraising office on 01295 812161, or download the pattern from our website. <http://www.katharinehouse.co.uk/>

Grimethorpe Colliery Brass Band

Back by popular demand and tickets are selling well! Grimethorpe Colliery Band will be back at St Mary's Church in Banbury on Saturday 16th March (7.30pm) next year. Entrance is by ticket only and can be purchased from the Box Office at Katharine House Hospice by calling 01295 812161.

Are you following us on Facebook and Twitter?

Our Twitter and Facebook pages are gaining followers and are an excellent way to keep up to the minute with our news and events. Find us on Facebook at www.facebook.com/katharinehouse and our Twitter you can follow us @khosp. Come and visit and say hello!

Community Education at the Marlborough School, Woodstock

Our Community Education programme for 2012-2013 is available. We have put copies in libraries, shops and schools around the area but if you still can't find a copy it is available to download on the Marlborough School website www.marlborough.oxon.sch.uk (Community tab then Courses for Adults).

April 2013 Weekly Classes

Pilates all levels Tuesdays 5.15pm and 6.20pm

Hula Hooping Adult and Parent and Child Wednesdays 5.30pm and 4.30pm

Yoga all levels Thursday 7-8.30pm, Tuesday 7-8am, Mondays 7-8.30pm

Calligraphy all levels Thursdays 7-9pm

Creative Writing with Poetry Wednesdays 7.30-9.30pm

Italian Next Steps (for people that know a little or who have attended Beginners) Mondays 7.30-9.30pm

Badminton all levels Mondays and Thursdays 7-8pm

Archery all levels Mondays and Thursdays 8-9pm

Golf all levels Saturdays 12.30-1.30pm

Spanish - Beginners, Intermediate Wednesdays 7.30-9.30pm

Watercolour Painting Tuesdays 7.15-9.15pm

Computing for the Terrified Mondays 4-6pm

Computing Next Steps Wednesdays 4-6pm

Singing Beginners Tuesdays 7-8pm

Singing Choir Tuesdays 8.15-9.30pm

Saturdays 16 March and 18 May One Day or Half Day Workshops

We are holding the fourth and fifth of our 5 Saturday workshops on 16 March and 18 May. Courses running are:

Anyone Can Dance (afternoon)
The Art of Watercolour and Collage
Back, Neck and Shoulder Massage (morning)
Digital Photography
Drawing with Confidence
Floral Gifts
Hot Stone Massage (afternoon)
Introduction to Roman Blind making
Stained Glass
Yoga (morning)

SATURDAY 18th MAY

Anyone Can Dance (afternoon)
Applemac Moving On
Aromatherapy Facial (morning)
Indian Head Massage (afternoon)
Introduction to Curtain Making
Know Your Body Know Yourself (Ayuvedic) afternoon
PC Maintenance
Portrait Drawing
Stained Glass
Watercolour Demonstration (morning)
Writing the Unwriteable: Poetry and War
Yoga (morning)

Ring to book a place on any of the courses. We look forward to hearing from you.

Mrs Jenny Bodinham
Community Education and Woodstock Partnership
The Marlborough Church of England School
Tel: 01993 813592 / 01993 811431 XT 228

ROYAL BRITISH LEGION

JOIN THE
HEYFORD AND DISTRICT BRANCH



All supporters are welcome
You don't have to have an Armed Forces background
Membership costs just £13 per year
Youth membership available for people aged 12 to 16 years

Contact Mike Lawrance Tel: 01869 232828 or mike.lawrance@uwclub.net

Obituary: Yvonne Ferriman
Yvonne (nee Stillgoe) sadly passed away just before Christmas after many years of ill health. Yvonne was involved in a car accident when 9 years old and this had an impact on her mobility throughout her later life.
Her late husband Jack passed away in 1990, they met when working together at Arncot Camp. She lived in the family home with her brother Frank until he passed away in 2006, and in recent years lived alone with the support of her brother Bill, neighbours and the local health centre.
Yvonne, who lived her whole life in Upper Heyford, will be remembered with affection and sadly missed.
It is poignant too that Yvonne is the last member of the large Stillgoe family to reside in the village, a matter of great regret.

HEYFORD PARK RESIDENTS & COMMUNITY DEVELOPMENT ASSOCIATION

OUR MISSION STATEMENT:

“To create a vibrant community with a sense of pride, place & purpose”

Email: heyfordpark@btinternet.com

Telephone: 01869 233707

COMMITTEE MEMBERS

Chair Person	Jennifer Luff
Vice Chair	Paul Fortnam
Secretary	Sharon Keen
Treasurer	Carole Gother
Committee Members	
Alan Chandler	Tim Bigelow
Tom Barstow	Ben Carrick
Kate Henderson	Ed Fraser
Angela Ford	Alf Gother
James Henderson	Bee Henderson
Denise Clough	Matt Watson
Natasha Smith	



NOSE BAG

The new over 50s Lunch Club

Last Thursday of each month
Delicious 2-course meal only £2.75!
Conversation – Entertainment

Meet friends and enjoy yourself!
Contact **Nuala Francis** on 232838

or

just come along to the Community Centre.
We're waiting to welcome you!

1st Tackley & Heyford Scout Group



Could you fill our Chairman's shoes?

Sadly our Chairman is stepping down after many years of excellent service. This is the ideal role for adults who do not necessarily wish to work directly with young people, but who are committed to the purpose, aims and development of Scouting in our Village.

Key Roles:

- work closely with and support the Leaders and Group Scout Leader
- lead the administrative and financial support team
- maintain and develop the Scout Group as part of the community
- keep in touch with the Scout District



Like to know more? Please contact:
Mark Calking 07772 161 423 or
Ali Macke 07828 064 320

You could be an *assistant* Beaver Leader

If you enjoy working/interacting with children, having fun and supporting the community. Then please consider becoming Tackley's Beaver leader. We meet every Wednesday evening, we follow the ethos of Scouting and have great support from an assistant leader and Scout Group families. Training and support is available.

Please contact
Kimberley Day on
07775 858 267.
for more details





Warreners Club

We ended the year on a high note with a lovely meal at Fringford; the ladies do a wonderful job every time we go there. Sadly it is the last time as it is getting too much for them, however, we hope to be able to have an afternoon tea there in the future.

In December Bernard provided his 'horse racing game' and great fun was had by all, followed by a special Christmas tea with lots of goodies and a super raffle. A really lovely afternoon.

All in all, 2012 was a very successful and enjoyable year.

We have a very good programme in hand for 2013, at our meeting in January we had a social afternoon with bingo, and in February we have a safety talk with hands on advice - **'Falls Prevention' to be given by Oxfordshire Fall Prevention Service** - which will be extremely helpful for members, as most people worry as they get older about the hazards of falling and the damage this can do and the impact on their lives.

Dr Maisey will be attending our March meeting on 13th; he is a most entertaining and informative speaker who is well liked by all.

Members are looking forward to their fish and chips lunch at the Barley Mow on 20th March, always a great favourite.

So why not join us on the second Wednesday of each month.

Warreners Committee

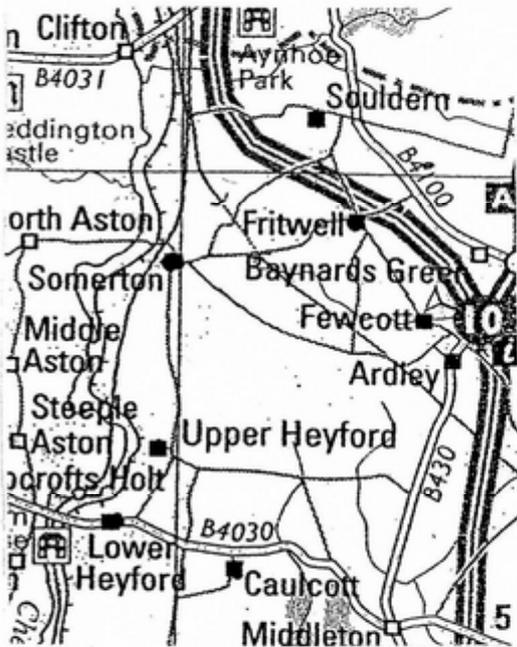
Date for your diary

UPPER HEYFORD FLOWER SHOW

Saturday 31st August 2013

This year's show will have a 40s theme
Do you have any 1940s memorabilia for a display at the show?

St Mary's Upper Heyford charity bike ride.



St Mary's church Upper Heyford charity bike ride in aid of the Church Restoration Fund. Cycling to all the churches in the Benefice. Starting at St Mary's Upper Heyford. Cycling to St James at Somerton. St Mary's at Souldren. St Olave's at Fritwell St Mary's at Ardley with Fewcott Through Coulcott. St Mary's at Lower Heyford finishing at St Mary's Upper Heyford.

Date to be arranged - Spring time.

Route 1. Children's route around the village: Starting at St Mary's church up Mill Lane and down High Street finishing at St Mary's church.

Route 2. Aprox 2 miles: Starting at St Mary's church up Mill Lane. Right Somerton rd. Left Camp rd. Right Cheese Man's Barn rd. Right B4030. Left following the sign Lower Heyford. Right The Lane to *St Mary's Lower Heyford*. Leaving St Mary's church. Left Freehold st. Left to Upper heyford. Left High st. Finishing at St Mary's church.

Route 3. Aprox 12 miles. Aprox 1.5 hours: Starting at St Mary's church up Mill Lane. Left Somerton rd. Left Church st *St James Somerton*. 2 miles 16 mins. Leave St James church up Church st. Left Somerton rd. Right following Fritwell Ardley sign. Left Fritwell rd. Next Left for Souldern. At T junction straight on. Next junction Left into Souldern. High st. Right at the pond. *St Mary's Souldern*. 5 miles 30 mins. Leave St Mary's church Left High st. Before main junction turn Right following route back to the T junction. Follow sign for Somerton. Left Somerton rd. Right High st finishing at St Mary's Church.

Route 4. Recommended for experienced cyclists. Aprox 18 miles 2 hours: Starting at St mary's church following route 3. At the T junction follow sign Fritwell. At the cross roads Right North st. *St Olave's Fritwell*. Leave St Olave's church North street. Right East st. Left Fewcott rd throught Ardley with Fewcott. Right Water lane. Left follow sign Ardley. Church rd *St Mary's Ardley*. Leave St Mary's Right B430. Right sign Heyford Park. At the junction Left B4030. Right follow sign Enstone. Caulcott Left at Horse & Groom. Through *Caulcott* South st. Right Green way. Right following sign Heyfords. Left follow sign Lr Heyfrord follow Route 2.

We recommend all cyclists wear a helmet, high vis jacket and take a water bottle. All children to be accompanied by an adult.

All routes will be sign posted.

For more information contact Tina 232088. Mary 232722.



Somerton News



Somerton Parish Council are thrilled to announce that we have been awarded grant funding of over £40,000 to create an exciting new play area in the village. The grants have been awarded by Viridor Credits, TOE2 Grondon Waste Management and Doris Field and we extend our thanks to all of them. They have helped not only with finance but with advice on trees, flowers and planting. We hope to have the area open and ready for use by the whole community in spring 2013. Thanks to the many local people who have made this possible alongside our funders.

If you have any questions about the project or want to find out more, please contact Sally Leonard (sally.leonard@tiscali.co.uk or 346177)

Play area sub-committee, Somerton Parish Council

CHRISTMAS BAZAAR

Despite the recession the Bazaar was as successful as ever raising £1,974.99, another record. The proceeds being divided between the Church and the Village Hall as usual. The Hall was buzzing with happy shoppers and equally happy stallholders. We were extremely grateful to Simon Davies of Kelway UK a customer of Matt, who generously donated the latest model of iPad for us to raffle which boosted the funds considerably.

Thanks to all those who came, bought and sold, to those who made gifts, cakes, preserves, to Santa who found time to drop in and to everyone who made it such a special day.

BMVC CONCERT

In early December we welcomed the Brackley Male Voice Choir to St. James for a festive concert of Christmas carols and songs along with a few non seasonal items. Despite the heating having been on for a long time it was still a bit nippy but blankets and fur throws were provided for those who needed them. It was wonderful to hear the Church filled with the sound of male voices singing with such enjoyment and enthusiasm. As guest artist Nicola Gardner played the saxophone & musical director Trevor Jones kept the choir in order. Wine & delicious food was served during the interval and the whole evening was a delight and a fitting start to Christmas.

Ticket costs were kept as low as possible but still managed to raise £300 for the Church funds.

Thanks to Malcolm who, as a choir member, arranged the evening and to the BMVC for coming. Hopefully we might make it an annual event.

CAROL SINGING

It was a wet night when, practically half the village it would seem, set out carol singing around the village. However the rain soon stopped and it was quite mild which lifted our spirits. Four hours later our spirits having been lifted more than once, the remaining hardy souls collapsed at Croft

only to be revived once more! Our efforts had not been in vain as we had collected a staggering £246.

I have always wondered if we were given money to go away so it was such a treat to be told that we had got better and were singing really well – particularly as we had already imbibed a quantity of sherry and mulled wine but perhaps that was why!

Thanks to all the generous people of the village for their hospitality and their cash and not least to the singers, young and old.

As usual we decided before we set off which charity to support and chose to divide the money between the Salvation Army and Sight Savers International. Grateful letters from both these organizations are on the Notice board.

24 SQUARE MILES

A fascinating film recording the conditions of Rural Life in North Oxfordshire in 1944

Somerton Village Hall

Friday 8th February 7.30pm

£3 to include a glass of wine and nibbles

Everyone welcome

Come and see this unique insight into village life

Keeping warm and saving energy this winter

3 steps to a greener home

Holding on to more of the heat you pay for is a sensible way to reduce your energy bills. In an older home 3 key steps will help to achieve this:

1. Draught-proofing

Start by draught-proofing doors, windows, letterboxes, keyholes and cat flaps. Install extractor fans in kitchens and bathrooms so you don't need to open windows.

2. Insulation

You've put 270mm in the loft. Now to the walls. If they aren't cavity walls which are easily insulated, solid wall insulation may suit. Adding it externally should be easier following a recent change in planning advice. If not, internal wall insulation adds real comfort and is best installed just prior to redecorating. All these approaches are supported by the government's Green Deal.

3. Improved Glazing

Energy efficient glazing is now available to replace single glazing, even in original sash window frames. If upgrading isn't affordable, consider removable secondary glazing. Failing that a thick pair of curtains helps!

You can see these and other improvements in exemplar homes in March and September when SuperHomers host free events around the country. For more information and to meet a homeowner who has already had the work done, see www.superhomes.org.uk

UPPER HEYFORD NEWS

St Mary's Church, Upper Heyford

With Eddie Green's unfortunate festive norovirus sabotaging this year's midnight mass, St Mary's Upper Heyford had to rest on the laurels of its hugely successful Nine Lessons & Carols service for Christmas cheer. There was a new twist to that this year, with not only lessons and carols – but a great selection of ten devotional poems that provided a stimulating counterpoint to traditional readings from the King James Bible and a lovely musical accompaniment on organ, violin and voice from Frances and John Maksinski. A full range of people from Upper Heyford took part, from the very young to the young at heart, performing the poems, reading the lessons and singing the carols. As one grateful parishioner put it afterwards in an email:

"Personally I found it an enchanting evening and I'm sure that everyone who was present will have felt that their spiritual needs had been amply supplied by a combination of readings beautifully chosen, carefully prepared and sensitively delivered and carols attractively accompanied and heartily sung. What better run-up to Christmas could there be, and what better advert for what St Mary's can provide for all in the village?"

What more can be said? Except perhaps that, with Gift Aid, we collected a very generous £186, which will go towards making the Church a less chilly environment in the future!

And talking of which, your PCC (ably assisted by Ian Lough Scott and Andrew Spooner) is making great strides towards achieving that goal. A full structural survey has been undertaken, and specifications prepared which are currently being circulated to builders for quotations that will form the basis for our next funding application. We are also exploring heating systems that will use renewable energy, so that we can not only heat the Church, but actually afford to heat it – something that many Churches with conventional heating find it harder and harder to do nowadays. The Diocesan Advisory Committee has expressed support for our plans and in a future edition of Valley News we hope to be able to give you a firm indication of what the full programme of repair and improvement will look like. We hope that work on the roof will be starting in the next couple of months. We have had to revert to Cherwell District Council since their requirement to provide accommodation for St Mary's non-existent bats meant that it was impossible to insulate the Chancel roof – obviously unacceptable in these modern energy-conscious days, and something that would defeat the point of installing a new heating system! We have suggested a sensible alternative strategy and hope that a reasonable solution is found.

More and more people are starting to realise that St Mary's is for the whole village and are wanting to help to restore St Mary's to its place at the heart of Upper Heyford. Your PCC is always happy to work with anyone who is interested in helping us, whether with donations, or with practical offers of assistance, or with suggestions for fund-raising activities like Tina Munday's excellent idea for a sponsored Bike Ride in the coming Spring. We are continually surprised by people's generosity – and hope to remain so!

Every good wish for 2013 from the St Mary's Upper Heyford PCC.

Eddie Green, Sally Anne Mildenhall, Madge & Bob Beere, Mike Ingle, Nick Alcraft, Anne Measures, Alison Cotter & Andrew Gotch.

If you would like to hire the UPPER HEYFORD VILLAGE HALL ...



Please contact Emma Measures at
vhhire@upperheyford.com or call **07563 170292**
(outside office hours only please) or visit the "Amenities"
section of www.upperheyford.com

Parish Residents Hire Charges

Group, Fund Raising & Church Events	£8/hr
Private Parties/Events (less than 1 day / hourly rate)	£10/hr
Private Parties/Events (1 day + / daily rate)	£140/day
Commercial/Corporate Events	£12/hr

Non-Parish Residents Hire Charges

Group, Fund Raising & Church Events	£10/hr
Private Parties/Events (less than 1 day / hourly rate)	£12/hr
Private Parties/Events (1 day + / daily rate)	£170/day
Commercial/Corporate Events	£14/hr

Amongst other things, the newly refurbished Village Hall offers:

- Large Main Hall with Stage
- Small Kitchen with 2 serving hatches onto the Main Hall
- Large Kitchen suitable for catering large functions
- Separate (rear) access for caterers / suppliers
- Off road parking
- Disabled access & facilities
- Full height panoramic doors opening onto recreation area

We look forward to hearing from you.

Alternatively, to hire the Village Reading Room please call
Brenda Cooper on 01869 233746

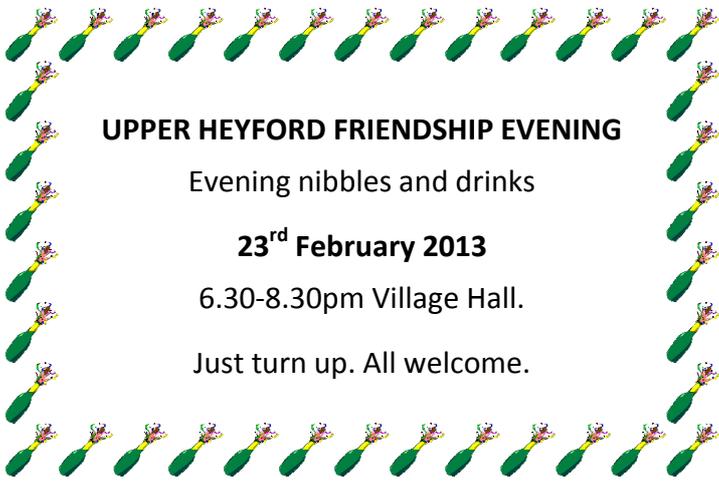
Watch out, there's a child about!



Play for children in our village is not as safe as it used to be! With so many cars and other vehicles racing around (yes, racing around, because everybody seems to be in a hurry these days) children's lives are at risk. The elderly will remember the joy of hurtling down High Street on a homemade trolley without a care in the world. Children can't do that any more, and it's dangerous sometimes to even ride a cycle. So this is an appeal to all drivers to **SLOW DOWN** and for parents to recognise the hazards on the village streets and to take the necessary precautions with their children.

Healthy Heyford Walks - 2 hours at leisurely pace

Monday mornings at 10am, meet at Upper Heyford Village Hall
Please ring Jo for more details 07734562028



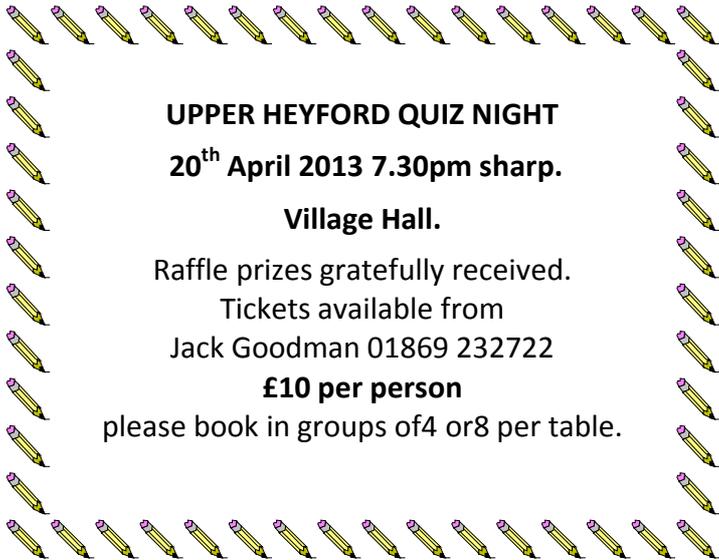
UPPER HEYFORD FRIENDSHIP EVENING

Evening nibbles and drinks

23rd February 2013

6.30-8.30pm Village Hall.

Just turn up. All welcome.



UPPER HEYFORD QUIZ NIGHT

20th April 2013 7.30pm sharp.

Village Hall.

Raffle prizes gratefully received.

Tickets available from

Jack Goodman 01869 232722

£10 per person

please book in groups of 4 or 8 per table.

Floodlighting St. Mary's Church, Upper Heyford.

- 1st Nov In celebration of the 100th birthday of the late Mrs. Nora Medhurst. By her son, Dave.
- 2nd Nov In memory of the late Grace Smith who died in 2008. 'With love from Jim.'
- 3rd Nov 'To celebrate the happiness of our life together on this, our wedding anniversary.'
Bob and Hansa Menzies
- 5th Nov In memory of Di Hudson, much loved late wife of Roy. 'Loving you always, darling.'
From husband Roy.
'Love you Mum.' From son, Michael
- 9th Nov In celebration of the birthday of Canary Lord.
'With love from Craig and Tom'.

- 11th Nov In memory of the fallen, particularly those from this parish. From Mary and Jack Goodman.
- 21st Nov In Celebration of the birthday of Rebecca Radda. 'Happy 5th birthday 'Little Pixie.'
Lots of love, Mummy, Daddy, Joe & Beth. xxx'

- 24th Nov In celebration of Heather Burt's birthday.
'From Roger, with love.'
- 30th Nov In memory of Pat Hedges. From the Poetry Group with love.

- 2nd Dec In celebration of the birthday of Edward.
With love from all the family.

- 15th Dec To celebrate the Ruby wedding anniversary of Eileen and Ray Booker on 16th December.
'Love from the Ladies' Dart team of the Barley Mow

- 23rd Dec Remembering with love Peggy Cuss (23.12.10) and Ronald Cuss(22.1.59).
Greatly missed by all the family.

- 24th Dec In memory of Jan Woski and all deceased family members and friends of Ann Woski.

In memory of the late Archibald Slatter.
'With love from Jean, John and Hannah.'

*In celebration of the 46th wedding anniversary of Jean and the late Ron Beasley. Thank you for 46 precious years, I'll see you in my dreams, hold you in my heart, Goodnight, God Bless Ron, from your loving wife, Jean, and the family.

- 27th Dec In celebration of the 67th birthday of the late Eric Rhodes. 'With love from Joan.'

- 29th Dec In memory of the late Mrs Doris James who died in 2000. 'With love from Maureen, Peter, Paul, Debbie and little Grace.'

- 31st Dec In celebration of the birthday of the late Heather Woollcott. Much loved and greatly missed Aunt and Great-Aunt of Christine, Roland, Stephen, Catherine and David

*Jean and Ron were married in St Mary's Church on Christmas Eve, 1966

Ann, Maureen, Peter and Mary, would like to take this opportunity to wish everyone a happy New Year. They would also like to thank those who generously donated money to light the church tower. This year past, 2012, the grand total realised was £800 towards church restoration. Ann wishes to thank all those who supported the First Friday Bingo throughout the past year, which raised £500

Upper Heyford Recreation Ground Refurbishment Public Consultation

Towards the end of last year, I briefed three companies to come and quote for the renovation of the recreation area at the Village Hall to make it a suitable modern play area for the 6-16 audience. I have met three suppliers and three schemes have now been supplied from the following companies:

- Monster Play*
- Playground Services*
- Trevor Stewart Playgrounds*

Now I need input from you!

These three schemes will be on display in the Village Hall on the afternoon of Sunday 10th February between 2.00pm - 4.00pm. They will also be on display at the village Friendship Evening on Saturday 23rd February from 6.30pm - 8.30pm. This is your opportunity to come and ask questions, and even more importantly to pass comment and indicate which scheme you prefer. When it comes to obtaining grant funding public support will add considerable weight to the application. The final decision will rest with the Parish Council, but your comments and suggestions will be used as part of the decision making process.

If you have any questions or require additional information about any aspect of this project, please contact me:

Alison Graham – Parish Council
07775 507412 or 233696
or email alison_a_graham@hotmail.com

COARSE GARDENING.

Back in November, on one of those rare sunny, warm days, which now seem so implausible, I was cutting brambles out of the hedge beside Allens Lane when there was a sudden and startling roar of insects. I jumped, thinking I had trodden in a wasps' nest, but I had actually brushed against a "bush" of flowering ivy, which was alive with flies, wasps, honey bees, hoverflies and one large brown hornet. There is a lot of ivy in that hedge, much of it growing on the ground, with neat little star-shaped leaves, many with a silvery stripe down the middle, but also plenty climbing the small trees and old stumps of dead elm saplings. The mature climbing ivy has simpler, spade-shaped leaves - spade as in playing cards, that is - and bears flowers in late autumn. These provide the last chance of a good feed on nectar and pollen for insects before the winter and, together with the purple-black berries which ripen in winter, makes ivy one of the most important countryside plants for wildlife.

Ivy is undervalued. Many people do not like it, regarding it as a nuisance on buildings, a creeping menace in their shrubberies, and a killer of trees. On the other hand, it is a real haven for all sorts of creatures which live in it and on it, hide in it, nest in it, feed on it in one way or another and hibernate in its dense cover. If holly, as I mentioned last time, is Britain's commonest native evergreen tree, ivy is far and away our commonest evergreen climber. It is incredibly abundant. It seems to grow everywhere. I am writing about it now because at this time of the year it becomes really noticeable - next time you go out in a car or bus, keep glancing at the hedgerows and trees as you go by. It is a rare hedge which does not have ivy at its bottom and many trees of a fair age have it climbing their trunks. It is a significant feature of the winter landscape, giving visual weight and density to twiggy views. But that is the least of it - think of all those butterflies and hedgehogs asleep in it, the cosy night-quarters for robins and wrens, the fat pigeons stuffing themselves on its berries.

Does ivy harm trees? Some will tell you that it can "strangle" them, but foresters usually acknowledge that it is no threat to a healthy tree. It is a clinger, not a parasite - it does not feed on the host tree. It can cover moribund trees which are coming to the end of their natural span and no doubt it hastens their demise by shading out the light from their leaves. Also, when a tree has a really heavy cover of ivy, its wind-resistance is increased and a winter gale can bring the whole lot down. But basically it would not be to ivy's advantage to destroy the prop it is clinging to.

Like holly, ivy is adapted to take advantage of very dim light. It has huge quantities of chlorophyll in its dark green leaves and can germinate and grow away in the densest shade of hedges and woodland floors. Like holly, too, it is nutritious for cattle and sheep and used to be collected by country people as an emergency winter feed. So perhaps little lambs *do* eat ivy... However, it seems that it is not as palatable as holly, though it is said to counteract poisoning caused by eating ragwort.

There is so much folklore and legend associated with ivy that I don't want to get entangled with it, though I am intrigued by the account I have read of its being a cure for verrucas on the feet. You need to pick a fresh leaf or two, put them in your sock under the verruca and wear them all day. After a couple of weeks, all will be healed. I cannot vouch for this. Another one: pour boiling water onto ivy leaves, let them steep all night, then use the liquor for sponging down fabrics - such as men's suits - which have

become greasy or shiny. Using a cloth dampened in ivy-water for pressing the fabric also helps to restore the colour and remove the shine. We could try that. If it works, I'll report back.

Well, enjoy the winter. The alternative is to hate it, and that won't get you far!

All the best, Roger Burt.



Upper Heyford Allotments



Can you hear them?

"Who" you ask.

Mr Trendell, Alf Boss, Ern Buswell, Toby, Monty Golder, Ann & Dump's dad, and Jack Hudson's dad.

What have they all got in common?

They were proper allotmenters. They fed their families off their allotments.

If you asked them what they needed for an allotment, they would start with a fork and spade.

Pernicious weeds? Dig 'em out!

Black plastic, old carpets, timber, old straw bales had no place on their allotments. Their allotments were dug properly every year for the winter.

What do strangers think when they visit our village and glance over the allotment wall?

Does there need to be more plastic bins than you can shake a stick at?

So, can you hear the noise when you walk past the allotments?

It's those old men spinning in their graves.

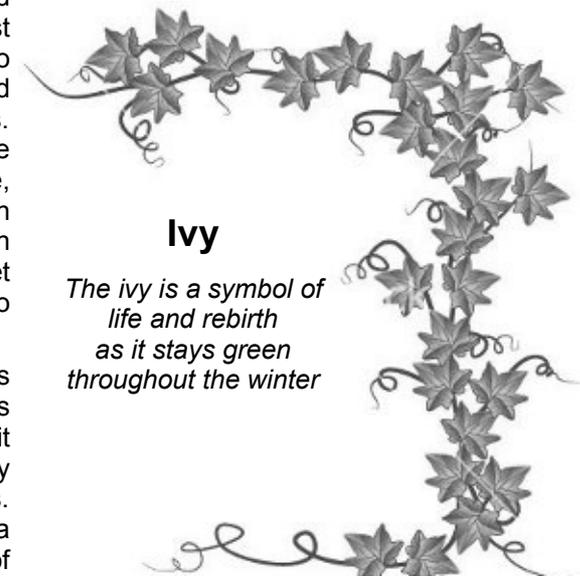
A villager

Ivy is the female equivalent to Holly. They are said to be the king and queen of winter. We know that the ivy flowers have the greatest concentration of nectar of all flowers and blossom in late summer to give the bees their winter food. The leaves themselves can be chewed and give a temporary altered state of mind and change consciousness. The ivy is a symbol of life and rebirth as it stays green throughout the winter. Its spiral growth is symbolic of the labyrinth or life-maze, moving inwards towards death At the centre all things meet and rebirth occurs. The outward spiral represents the new journey of the re-born soul or initiate. As a symbol of rebirth it was carried in a basket representing Baccus. As a plant of resurrection the ivy is sacred to Osiris.

In October the Greeks and Romans celebrated the revels of Bacchus or Dionysus the god of wine and the vine They would wear ivy wreaths and rampage the mountains. The grape had been harvested and it was time for a drunken celebration. Indeed it is said that simmering ivy leaves in wine is the perfect cure for the ill effects of drunkenness. The holly and ivy are both associated with the Roman Saturnalia winter solstice. The holly was Saturn's club and ivy made the nest of His totem bird the wren. On midwinter morning the first person over the threshold was known as the holly boy and the women wore ivy crowns. The Yule custom came from this tradition, where the holly boys and ivy girls played games of forfeits.

During the winter the Druids decorated their shrines and altars with ivy as it represented the immortality of the spirit. These then became a home for the nature spirits. Ivy decorates the house in winter to bring life force into the house. At the winter solstice it is used to bring back the light that will bring fertility in the spring. Ivy is not, as many suppose, a parasite. It roots extensively in the ground and clings lightly to other surfaces. It is a kindly plant, supportive in its clinging habit, providing nesting cover for birds without damaging trees or walls. It was presented to newly wed couples in Greek times as a symbol of their indissoluble knot. It represents love, constancy, dependence, fidelity and friendship and like holy is a symbol of immortality

A country girl could place a twig of ivy in her pocket and expect the next man she met to be her husband. Ivy can be carried by women for good luck in general and is worn by brides for this same reason. Where ivy grows or is strewn, it guards against negativity and disaster. Ivy is also used in fidelity and love charms. It is magically paired to holly in winter to bring life back out of the cold barren landscape.



Ivy

The ivy is a symbol of life and rebirth as it stays green throughout the winter

Debra Kaatz

LOCALLY BASED NATIONALLY RECOGNISED



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Baby, Child & Adult First Aid Courses

Saturdays 16th and / or 23rd March
Either one day or both days

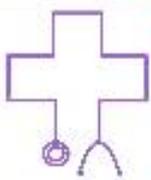
IDEAL FOR PROFESSIONAL CHILD MINDERS

Attend both days to gain a full Ofsted-approved Paediatric First-Aid qualification.

PERFECT FOR PARENTS, GRANDPARENTS AND OCCASIONAL CARERS (eg baby-sitters)

Learn to calmly and confidently care for a child suffering from most day-to-day medical emergencies and injuries on this one-day 6hr course covering all the essentials of infant and child first-aid.

Interested in ADULT FIRST AID? For general interest, because you care for someone, or need a First Aid at Work qualification? **PLEASE CALL FOR DETAILS**



**UPPER
HEYFORD**

BOOK ONLINE AT
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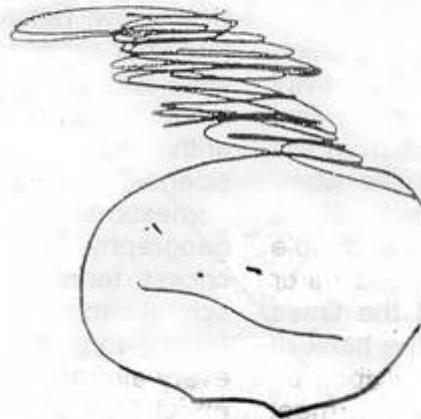
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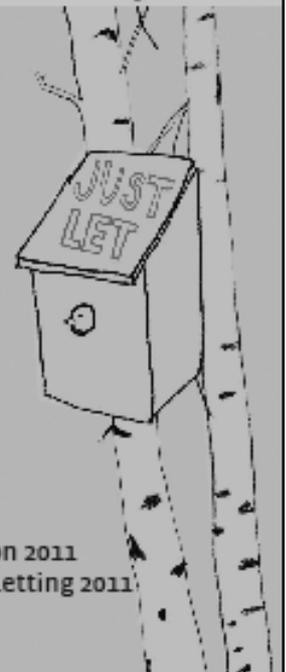
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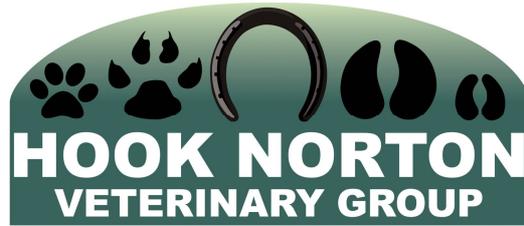


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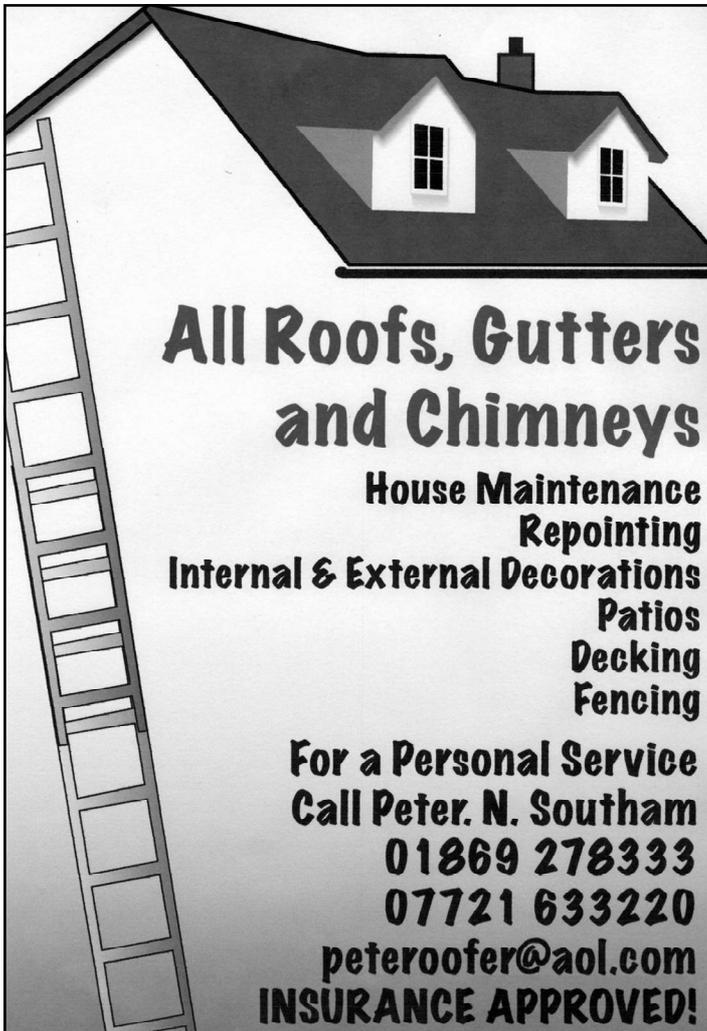
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Events Calendar - At a Glance

<i>Date</i>	<i>Event</i>	<i>Details/contact</i>
Friday 1st Feb	Bingo, Upper Heyford Village Hall 7.30pm	Money prizes All funds to Upper Heyford Church Contact: Ann Woski
Friday 8th Feb	Film: Rural Life in North Oxfordshire 1944 Somerton Village Hall	7.30pm Entrance: £3 to include glass of wine & nibbles
Friday 8th Feb	Film Night Upper Heyford Reading Room 7.45pm 'Some Like it Hot'	Please contact Craig Lord, 07764992107 or e-mail craig.lord@btinternet.com for more details.
Sunday 10th Feb	Lunch in UH Reading Room Home-made soup & bread	12—2pm £2.50
Sunday 10th Feb	Upper Heyford Recreation Field play area consultation	Upper Heyford Village Hall 2—4pm Contact: Alison Graham 233696
Wednesday 13th Feb	Warreners Club Upper Heyford Village Hall	2pm Talk: Falls Prevention
Saturday 16th Feb	Community Market Souldern	9am—12 noon Contact: Barbara Mc Garry
Wednesday 20th Feb	Heyfords WI Upper Heyford Reading Room	7.30pm Planting Combos for Seasonal Interest
Saturday 23rd Feb	Friendship Evening Upper Heyford Village Hall	2.30—8.30pm Just turn up
Sunday 24th Feb	Lunch in UH Reading Room Home-made soup & bread	12-2pm £2.50
Friday 1st Mar	Bingo, Upper Heyford Village Hall 7.30pm	Money prizes All funds to Upper Heyford Church Contact: Ann Woski
Friday 1st Mar	Women's World Day of Prayer	Heyford Park Chapel at 11am with light lunch Or John Paul II Centre, Church of Immaculate Conception, Bicester at 7.30pm
Sunday 10th Mar	Lunch in UH Reading Room Home-made soup & bread	12-2pm £2.50
Wednesday 13th Mar	Warreners Club Upper Heyford Village Hall	2pm Talk: Dr Maisey
Saturday 16th Mar	Community Market Souldern	9am—12 noon Contact: Barbara Mc Garry
Wednesday 20th Mar	Heyfords WI Upper Heyford Reading Room	AGM Talk: Trading Standards Service
Wednesday 20th Mar	Warreners Club Fish & Chips lunch	Barley Mow 12.30pm