

Valley News

October 2013

No 209

News & Views from the Cherwell Valley



Somerton Play Area Opening Event

All made possible by grant funding awarded by Viridor Credits, TOE2 Grndon Waste Management and Doris Field in addition to tremendous local support and hard work!

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 www.upperheyford.com

Church Services in the Valley

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
Rev Peter Bernhard	07970855354	peter@cherwellvalleybenefice.org.uk
Mr. John Hine (LLM)	01869 278565	john@hineandco.com
Benefice Office	01869 233687	administrator@cherwellvalleybenefice.org.uk

	Ardley St Mary	Fritwell St Olave	Lower Heyford & Caulcott St Mary	Somerton St James	Souldern Annum to the BVM	Upper Heyford St Mary	Heyford Park The Chapel
6 Oct	9:30 Benefice Service with Orchestra - Souldern						11:00 Contemporary Worship Communion
6 Oct		11:00 Family Harvest					
10 Oct	Licensing HPC						
13 Oct	9:30 Harvest Family Communion	08:30 1662 HC	11:00 Harvest	9:30 Sunday Club	11:00 Harvest	9:30 Harvest & Poems	11:00 Contemporary Worship
20 Oct	9:30 Holy Communion	11:00 Family Worship Communion	11:00 Morning Prayer	09:30 Matins & HC	08:30 1662 HC	9:30 Family Communion Baptism	11:00 Contemporary Worship / Dedication
27 Oct	9:30 Family Worship	18:00 Evensong	11:00 Family Communion + Baptism	9:30 Family Worship Communion	Morning Prayer	08:30 1662 HC	11:00 Contemporary Worship Communion
3 Nov		18:00 All Souls	11:00 All Saints + Bring and Share at Heyford Park				
10 Nov	10:45 Remembrance Service				8:30 1662 Holy Communion	9:30 Remembrance Service 10:40 At war Memorial	11:00 Contemporary Worship
17 Nov	8:30 Holy Communion	11:00 Family Worship Communion	11:00 Morning Prayer	09:30 Matins & HC	11:00 Holy Baptism	9:30 No Service	11:00 Contemporary Worship
24 Nov	9:30 Family Worship	18:00 Evensong	11:00 Family Communion	9:30 Family Worship Communion	11:00 Morning Prayer	08:30 1662 HC	11:00 Contemporary 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.

CHERWELL VALLEY BENEFICE

Dear Friends,

It seems like only yesterday that I arrived in the Cherwell Valley Benefice. It will in fact be five years next May, the time when I had expected to think about looking for the next step in my ministry, a process that can take a couple of years.

God however does not work to human timescales. Having taken on a degree of extra responsibility following Paul's retirement last September I was already beginning to think about what might be next. A picture of a parish began to form in my mind, one with practical considerations for home and family, with spiritual considerations for church and congregation, and with a few smaller preferences too.

It was something of a surprise when it was suggested that I looked at a Parish that ticked all the boxes - down to an open fire in the Vicarage! A surprise that continued when I was shortlisted, interviewed and appointed. A surprise compounded as Sarah my wife was offered a new post nearby. Balanced between the centre of St. Albans and Watford, All Saints Leavesden is very different to the Cherwell Valley Benefice. Although there is farmland and woodland within the Parish there is also housing for 22,000 people. The pattern of life and worship will be different.

Because All Saints was a surprise there is a certain sadness about moving on. A list of thank yous and good byes would take far too long to compile, and someone would be bound to be missed off. But a huge thank you goes out to everyone who has supported and challenged me during my ministry here, both those who are regular churchgoers and those who are not. We will of course be delighted to keep in touch, although blow by blow accounts of meetings will be gently ignored!

The Benefice has seen changes and growth over the last five years, especially as clergy numbers have been naturally adjusted to suit our context. Lay members of congregations have taken on more responsibility, especially PCC's and in Children's Work. Church at heart is the family of God, disciples together following Jesus. We may join together in different ways, at different times and with different styles of worship, but we share one identity in Christ through one baptism. Like any family there are good times and bad times, people we find easy to relate to and people who challenge and test us! The last five years have not only been a time of growth for this family in the Benefice, but for me as well. I have learnt much, and changed in ways I never expected.

What happens over the next five years is very exciting. I was fortunate enough to be involved in the appointment of the new Rector, Stephen, and am certain that he is the person God has called to serve the benefice at this time. I was especially fortunate that our appointment process here was complete before I interviewed in Hertfordshire! I am sure that Stephen and Cally will be made as welcome across the communities as Sarah and I have been.

When I arrived in the Benefice I was encouraged by a simple message shared with me during prayer. To go where the fruit is. This seems especially appropriate at Harvest. My hope and prayer for the Benefice is that you continue to grow and to nurture all that brings new life and faith into our communities.

God Bless, Eddie

THE BENEFICE OF CHERWELL VALLEY

You are invited to the
Licensing by Colin, Bishop of Dorchester
and Installation by the Archdeacon of Oxford
of

The Reverend Stephen Griffiths
as Team Rector

Thursday 10th October at 7: 30 pm

At The Chapel, Heyford Park Upper Heyford

Refreshments in the Chapel.

Please keep Stephen & Cally and those who are close to them in your thoughts and prayers.

RSVP:

Barbara McGarry
572 Brice Road, Heyford Park, Bicester, Oxon OX25 5JP
Tel 01869 233687
e-mail administrator@cherwellvalleybenefice.org.uk
Clergy are asked to indicate if they will robe (choir dress)

You are warmly invited to a
Bicester & District

Ladies' Lunch



Thursday 10th October 2013
The Village Hall, Weston on the Green
12noon – 2pm

Speaker – The Rev. Tess Ward
Chaplain, Katherine House Hospice

Subject – “Accompanying people at the end of their life”

Free: donations invited.
Contact: Julia White 01869 350723
or Sue Barden 01869 248702

WHAT'S ON IN THE CHERWELL VALLEY

THE ROYAL BRITISH
LEGION

THE ROYAL BRITISH LEGION
HEYFORD AND DISTRICT BRANCH

THE AIR TRANSPORT AUXILLIARY



AN ILLUSTRATED TALK

by the popular
Mr BILL KING



Diana Barnato Walker MBE FRAeS
climbing into a Spitfire

Upper Heyford Reading Room

10 October 2013

at

7:30pm

Entry Free

Light refreshments available for a small charge

ROYAL BRITISH LEGION



HEYFORD and DISTRICT
"We Will Remember Them"

ANNUAL GENERAL MEETING

&

MEET and GREET

Thursday 14 November 2013

The Annual General Meeting of the Heyford and District Branch of Royal British Legion will be held in the Upper Heyford Reading Room on Thursday 14 November 2013 at 7.00pm.

The meeting will be followed, at 7.45, by a Meet and Greet in the Barley Mow.

All members are encouraged to attend both, or either, event.

We would also make very welcome anyone from the Valley who is interested in joining the Legion*.

*To become a member of the Royal British Legion, it is *not* necessary to have been in the Armed Forces. All are welcome.

Souldern 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

Sat 19th October (in the Village Hall)

Christmas Market Sat 16th November
(in the Church)

Tel: 01869 345931 or email:

barbaramcgarry@gmail.com



Save the
Children®

Christmas Fayre

At the Great Barn

Upper Aynho Grounds, Aynho

Wednesday 6th November 2013

10am-4pm

Admission £3.00

(After 2pm £2.00)

LOWER HEYFORD VILLAGE HALL FUND

Some people in Lower Heyford will recall that a public meeting was held back in December 2004 to consider sale of the Hall in view of declining income from hires in the face of ever increasing running costs.

This is a summary of events since, to date:

Sale agreed with funds to be used towards the cost of new facility on King George's Field, subject to Parochial approval

Lower Heyford Parish Council agreed to assume responsibility for the replacement village hall project

After inordinate delays through legal problems, the Village Hall Trustees finally completed the sale in November 2008

At the time of completion, the Parish Council was in the course of conducting its Parish Plan project, with questionnaires having been issued to all households

Although the Parish Plan has only recently been formally adopted, in July 2010 the Parish Council wrote to advise the initial questionnaire results had established that 'the residents of Lower Heyford were not in favour of a replacement village hall'

The Trustees were consequently empowered by the Charity Commission to use the sale funds for any charitable purposes for the benefit of the inhabitants of the Parish of Lower Heyford

The Trustees' Committee had dwindled to 4 members and was re-inforced with 3 further members to represent currently unrepresented local organisations, in accordance with the Charity's Deed of Trust

With the consent of the Charity Commission, the Charity was formally re-named 'Lower Heyford Village Hall **Fund**' in order to better represent the present function of the Charity

The Trustees are currently considering applications for funds from both the Parochial Church Council, towards making the church more welcoming as a place of worship and fellowship and making it more useful as a meeting place for the wider community, and the Friends of Lower Heyford Playground, towards creating an entirely new playground within the current area of King George's Field. Neither of these applications will be approved by the Trustees until a public consultation has taken place

The Trustees would welcome any suggestions from residents of other projects for consideration

The Trustees are:

Denise Ball (Chairman); Roger Bowen (Hon Secretary & Hon Treasurer); Anthony Alder;
Don Finch; Lynn Humberstone; Willie Shepherd and John Varney

All things bright and beautiful!

Come and celebrate the Harvest!

Harvest Festival at St Mary's Church, Upper Heyford

Sunday 13th October at 9.30 am

Come and meet your new Rector, Rev Stephen Griffiths!

Harvest is a time of celebration and we shall be having many of your favourite hymns and specially chosen readings for you and your family to enjoy. But Harvest also reminds us of hunger and want, of which there is plenty in our own community as well as world-wide.

This year we are again supporting Bicester Food Bank, which does wonderful and valuable work supporting families in crisis locally. Please donate whatever produce and tinned or dry food that you can. All such donations will be distributed by Bicester Food Bank, so you can be sure that what you give will find its way to those who will appreciate it most. Please leave your donations in St Mary's Church, on the back pew or in the vestry – or bring them with you to the service.

And if thou draw out thy soul to the hungry, and satisfy the afflicted soul; then shall thy light rise in obscurity, and thy darkness be as the noonday. Isaiah 58:10

What's going on at Cherwell District Council?

Councillor Calling

As usual, with the end of the holiday season, things are beginning to stir, in both the council chamber and the real world, especially on the building front, now the economy and, with it, the housing market is showing signs of life.

Planning applications are the first sign of this, with no less than four contentious ones to argue in the Astons & Heyfords ward alone at the last Planning Committee meeting and at least two coming up at the next. With a number of these refused, our area is likely to then see its share of the very large number of appeals now being lodged across the district. All this activity puts a strain on resources, which may mean frustrating delays for applicants as officers and inspectors struggle with the extra workload.

The Fritwell wind farm application for renewal of permission (it is hard to believe it is already three years since this was approved by an inspector on appeal) is likely to be the biggest at next month's meeting, and the many affected residents may wish to either come along to the meeting at 4pm on 3rd October or, if technically savvy, watch what happens on the CDC webcast then or afterwards. Normally, renewals of an unchanged proposal go through pretty much on the nod. In this case, though, while the application is the same, the policy background has seen so many shifts (one of them being Cherwell's own wind turbine policy, which Councillor Fulljames and I steered through, and the changing weight ascribed to such local initiatives) that it will be like considering it afresh.

Actual house building seems also to be picking up, with more houses appearing on Bicester's Kingsmere site, preparatory work (at last, after nearly ten years!) at Cherwell Heights as you go into Banbury and a flurry of planning activity at Heyford Park. Politicians and newspapers tend to talk up the economy regardless but, when builders put their money into bricks and mortar, it's a much more reliable sign that things are on the up, with jobs and pay to follow.

Cherwell's own developments aren't a result of the economic upturn but should provide a welcome boost to it as we've ensured that local businesses and apprentices get their share of the work. With Bicester's Pioneer Square is complete and shop openings being announced every week, the contract for the final piece of the town centre jigsaw has been let. This is the community centre, to sit on the Franklins Yard car park, and will house both the Cherwell local office and a new County Council library. To keep costs down, the same contractors will also build the next phase, car parking and pavilions, of the new sports facilities, which you will see to the right of the Middleton Stoney Road after the first roundabout as you approach Bicester.

Politically, a rather less gripping announcement is the movement of next year's local elections from 1st May to coincide with the European vote three weeks later on 22nd. This affects one third of Cherwell councillors (including me!) and Parish Councils in Steeple Aston and Duns Tew. On the plus side, national elections tend to increase participation (70% is normal for a general election, compared to 30% for the council and a dreadful 13% for last year's Police Commissioner) but, against that, local issues tend to get drowned out by the national furore. An unexpected bonus, though, is that, with Easter so late this year, I should be able to run my fifth (and final!) London

Marathon for St John Ambulance on 13th April and still have time to campaign: please be generous with your sponsorship for this great charity.

Ward boundaries, though, are being reviewed by the Local Government Boundary Commission so whoever is elected may only have a couple of years before having to trudge the streets again in a realigned ward. The Commissioners are threatening to turn us all into giant three-member wards, which may suit the towns but, in my opinion, are hopeless in rural areas, being too large for proper connection with residents and parish councils. Far better to elect one councillor for half a dozen parishes, which he or she can know every inch of and whose concerns they can identify with through and through. If you agree, please don't ignore this as yet another boring council consultation, but state the case as strongly as you can: the Commission is a smug, unelected quango and we'll have to shout very loudly indeed to get them to take any notice of local feeling.

On that note, I'll finish: it's clearly back to business as usual after the holidays...

James Macnamara

HELP WITH HOUSEHOLD REPAIRS

Cherwell District Council is offering an essential repairs grant to help vulnerable people, which covers for example:

- Replacing a defective door or window
- Roof repairs
- Minor electrical works



You may be eligible if you meet the following criteria:

You have owned your home for at least three years and You are eligible for a means tested benefit, &/or a tax credit with household income below a set level and you are over 60 years of age or in receipt of child benefit for a child living with you

For more details please contact:

Private Sector Housing Team at Cherwell District Council

Not to be missed!

The next CHOROS concert

Sunday 8 December 6.30pm

**BRITTEN St NICOLAS
and Advent carols**

**St Peter & St Paul Church
Deddington**

POETRY CORNER

Some of you may recall an evening in the 'Poetry Cafe' on the village green, when Ian Blake regaled us with readings of his poetry. I do very much like and admire his work, which is clear and thoughtful and quite often sheds unexpected light on shadowy corners of experience. I have chosen two short pieces for Poetry Corner, to some extent simply because they are short - all his poems are good. The first, *Genesis*, is a perfect snapshot of that feeling we get when something - a sound, smell, sensation - whisks us back through a lifetime to how we used to be - not déjà vu, more a sudden, powerful resurgence of memory. The other one describes how we are now: well, some of us, anyway. I hope you enjoy them as much as I do.

Roger Burt.

Genesis

Sitting at a window shelling peas
into a battered collander between my knees
(sweet, pod-swollen peas of early May)
till suddenly I find I've slipped away
sixty years and vividly recall
rough stone on bare legs against a wall
swinging sandalled feet, a summer tan
on knees, arms, face, and summer in my hair;
a cat sprawled in the mint bed sleeping there;
the tiny fruit which bud the apple tree.
How genes shuck off the pod of memory;
battered collander between her knees,
the woman sitting shelling May sweet peas
where my Mendelian legacy began.



That one takes us back closer to our beginning. And now -

In The End

In the end it all comes down to this:
a book, a pot of tea, two cats before the fire,
chair-side lamp, thick curtains closely drawn;
winter safely locked away outside,
north wind souging through the telephone wire.
Those years it seemed important 'to get on',
we didn't realise we'd be content with this,
when it came to the moment to retire.

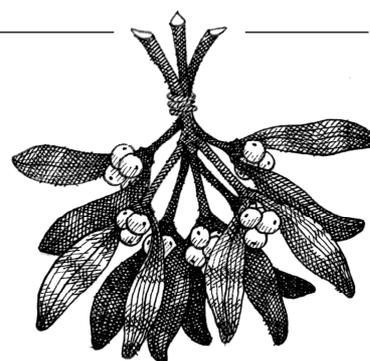
DISCOVER THE MAGIC OF CHRISTMAS PAST AT CRUMBLE COTTAGE

Crumble Cottage is a beautiful, new range of Christmas products. All based on the charming little book 'Christmas at Crumble Cottage', a popular stocking-filler for children of all ages from 5-90!

Inspired by life in the Cotswolds, local artist Stephen Yorke captures the Christmas we all dream of in his exquisite illustrations of Sedgewick and Rosemary, the village bakers who live in Crumble Cottage. Our Christmas present to all the readers of Valley News is a **special 5% Christmas discount**. Visit our website, contact Kym or visit our stand at The Sobell Christmas Gift Fair, Radley College, 23rd & 24th November.

**CRUMBLE
COTTAGE**

Inspired & Created in England



Cards & Wrap
Advent Calendars
Tea Towels
Aprons
Tote Bags
Christmas
Sacks & Stockings

kym@crumblecottage.com • www.crumblecottage.com • 01869 232972

NEWS & VIEWS FROM THE CHERWELL VALLEY

Heyford Park Community Shop

The shop is now open and stocks every day essential items plus Fresh Sandwiches prepared daily, Freshly Baked Bread, Fresh Fruit, and Vegetables, plus a Cafe

**Open Mon-Fri 7am to 7pm
Sat 8am-6pm Sun 9am-1pm**

Please support the Community Shop as it is run by residents for the local community.

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



Please contact Emma Measures at
vhire@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:

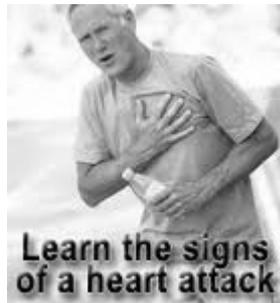
- Large Main Hall with Stage
- Small Kitchen with 2 serving hatches onto the Main Hall
- Large Kitchen suitable for catering large functions
- Separate (rear) access for caterers / suppliers
- Off road parking
- Disabled access & facilities
- Full height panoramic doors opening onto recreation area

We look forward to hearing from you.

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

HOW TO SURVIVE A HEART ATTACK WHEN ALONE

Since many people are alone when they suffer a heart attack, without help, the person whose heart is beating improperly and who begins to feel faint, has only about 10 seconds left before losing consciousness.



However, these victims can help themselves by coughing repeatedly and very vigorously. A deep breath should be taken before each cough, and the cough must be deep and prolonged, as when producing sputum from deep inside the chest.

A breath and a cough must be repeated about every two seconds without let-up until help arrives, or until the heart is felt to be beating normally again.

Deep breaths get oxygen into the lungs and coughing movements squeeze the heart and keep the blood circulating. The squeezing pressure on the heart also helps it regain normal rhythm. In this way, heart attack victims can get to a hospital. Tell as many other people as possible about this. It could save their lives!!

A cardiologist says If everyone who gets this mail sends it to 10 people, you can bet that we'll save at least one life.

Rather than sending jokes please.. Contribute by forwarding this mail which can save a person's life....If this message comes around youmore than once.....please don't get irritated.....YOU need to be happy that you are being reminded of how to tackle....Heart attacks....AGAIN...

**Penni Giles, Continuing Care Administrator
NHS Cornwall & Isles of Scilly**

Fridays: 4th Oct & 1st Nov

Upper Heyford Village Hall

All money prizes & good raffle

Proceeds in aid of the church
Restoration Fund



Thames Valley Police

Warning over bank card scam

Be on guard to a new type of scam spreading across the country

Beware of an unsolicited call purporting to be from the police or bank stating that the bank card needs replacing. The caller then asks the resident to call the number on the back of the bank card, however, when this is done the call is diverted back to the fraudster, who is then able to obtain vital information from the bank card owner.

There are several ways the fraudsters work, including the use of legitimate couriers to collect bank cards for so called security reasons etc.

Between May and August Thames Valley Police recorded 17 frauds of this type.

The Police advice is that if you receive such a call end it immediately

Please be aware that:

Your bank will never attend your home

Your bank/police will never collect your bank card

Your bank/police will never ask for your PIN

If you receive a call of this type report to Action

Fraud on **0300 123 2040**

In an emergency call 999

Upper Heyford Village Hall

Every Thursday starting 19th September.

No classes 31st October

Concessions on request*

Young Voices (10 to 18 year olds): 4.30 to 6.00 pm.

11 Sessions £45

An opportunity for children and young people to develop their solo (all styles) and vocal ensemble singing and performance abilities. Breathing/Vocal technique; Stage craft; Sight Reading/Music Theory; Vocal Harmony.

Master Classes and Performance opportunities.

Singing for the Terrified: 6.00 to 7.00 pm

11 Sessions £55

An introductory class for adults with none or very little singing experience or for those who haven't sung for a long time. Vocal and breathing technique. Basic Sight Reading/Theory/Vocal Harmony. Easy, mostly English Choral music.

Songthreads I: 7.00 to 8.00 pm; 11 Sessions £55

A vocal ensemble for people with over 6 months experience singing. Good sense of rhythm, tuning and harmony ensemble skills required. No need to be able to sight read or to know music theory, but you should be able follow your line on a 4 voices musical score.

Moderate difficulty English and world music arrangements for 2,3 and 4 voices.

Workshops

Tango for the Terrified: Thursday 17th October 2013 8.15 to 9.30 pm £5

Tango is not just a dance: it is a soul to soul dialogue.

For dancers with very little or no experience, including those with two left feet and no sense of rhythm. No need to bring a partner; only soft soled shoes.

Special Events

The Great Pumpkin:

Celebrate Halloween with all the family in a unique Eco-style.

Recycle, Reuse, Transform, Sell, Buy, Swap, Refuse to Refuse

Thursday 31st October 2013, 5.30 to 9.30 pm.

Tickets and Exhibition/Sale Table/stall £5.

Family tickets £12 (2/3 adults + 2/4 children);

ACE Centre Regular students and other concessions £3

To exhibit/sell Arts/Crafts, 2nd hand special quality clothes, antiques, special items, please contact
patrissia.Cuberos@yahoo.co.uk, 07817 447043

Competitions for Adults and Children:

Pumpkin Carving; Best home made/recycled costume; Face painting competition; Eco-Halloween themed Drinks & nibbles.

Christmas Riot

A feast of Christmas Carols, Art, Crafts, Antiques, Home made Mince Pies and entertainment for all the family.

Thursday 12th December 2013, 5.30 to 9.30 pm.

Tickets and Exhibition/Sale Table/stall £5.

Family tickets £12 (2/3 adults + 2/4 children);

ACE Centre Regular students and other concessions £3

To book a table to exhibit/sell Arts/Crafts, 2nd hand special quality clothes, antiques, special items

contact patrissia.Cuberos@yahoo.co.uk, 07817 447043

Come and listen to The Ace Centre @ ... regular Adult and children singing groups at Upper Heyford, The Mill Arts Centre, and The Marlborough Community Education, performing Christmas Carols from all over the world and then join us for some good old English Traditional Carols.

Patrissia Cuberos

Chicory

Chicory, (*Cichorium Intybus*) is one of my favourite flowers this time of year. You can find her beautiful blue flowers along the road side. These large sky blue cornflowers fill the delicate green stems with a lightness and charm that brings hope and warmth to the heart and spirit. The flowers open about 6am and then die off during the day. They are replaced with new blooms the next day. Linnaeus used them for keeping the time. This fleeting nature reminds us of the transient nature of both time and of the seasons. The leaves are always aligned with the north. It has a thick root that has for centuries been used as a vegetable or roasted and used as a coffee substitute.

Medicinally it has been used for inflammations in a form of cream. A handful of leaves boiled in wine help the liver, and spleen and reduce jaundice. As a tea it stimulates the flow of bile and helps with digestion as well as helping with rheumatism. In the Bach flower remedies chicory is used when a person's outward flow of love is blocked. It is used when a person is over possessive of others and wants to control and direct the lives of those close to him or her. Chicory helps the person let go and then freely give their care and attention without the slightest thought of return.

I love this time of year when I can gather in my medicinal plants for the next year. On my allotment I have feverfew and angelica for flus and colds. There is Stevia a natural sweetener. There are elderberries for a rich vitamin C syrup. Then there is evening primrose and chicory for any digestive problems. The camomile, valerian and poppies are for a good night's sleep. Digitalis and heartsease help the circulation and strengthen the heart. Shepherd's purse is good for wounds and bruises. St John's Wort is used for keeping the spirits up. I also gather twenty plants and put them in olive oil for 21 days and then use the oil to make a medicinal crème that helps cuts, bruises, insect bites and other skin complaints. Nature is indeed a treasure house of wonders. I also very much enjoy the wonderful taste of my small vegetables including tomatoes and aubergines this year. Grass I quite like as well. So far I have counted 12 types of butterfly and 8 types of bumble bees, not to mention the spiders, beetles and snails.

Debra Kaatz .

Recipes for hedgerow jams

Apple and hawthorn berry.

500gm hawthorn berries

1kg apples cored and peeled

1kg sugar

Boil up the hawthorn berries until they are soft in a small amount of water and then sieve them saving the juice. Boil up the apples until they are a pulp. Add the apple pulp and hawthorn berry liquid together and then add the sugar. Boil up until they are jam consistency.

Plum and elderberry

500gm elderberries

1kg plums

1kg sugar

Boil up the elderberries in a small amount of water When they are soft sieve them and save the juice. Cut up the plums and take out the seeds and boil them up with the elderberry liquid, and the sugar. Boil up until the liquid makes a jam consistency.

Debra Kaatz

Ashcroft THERAPY CENTRE

Hudson Street, Deddington OX15 0SW
www.ashcrofttherapycentre.co.uk

A great place to work!



Ashcroft Therapy Centre offers practitioners;

- Four beautifully decorated, stylish and relaxed treatment/therapy rooms.
- Smaller rooms suitable for 1-to-1, couples or family counselling.
- Larger rooms with treatment couches for use by Doctors, Osteopaths and Physiotherapists, Acupuncturists, Mobile Radiographers etc.
- Treatment and therapy rooms are all fully serviced and maintained to a very high standard.
- Clinical waste and sharps box facilities available.
- We can provide practitioners with their own web-space and e-mail address on our web-site.
- Fabulous surroundings in a warm, professional atmosphere at an affordable price.
- Session and daily rates available on an occasional, short or long term basis tailored to your needs.

Contact Robert on **07753 124 190** or email enquiries@ashcrofttherapycentre.co.uk

www.ashcrofttherapycentre.co.uk



PolkaDots Hair Design

The Holcombe Studio
High Street
Deddington
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Katharine House Hospice Newsletter

Did you receive a copy of our Spring Newsletter packed with updates, reviews and news? If not, and you'd like a copy and to go onto our mailing list to ensure you receive future issues, give the Fundraising Office a call on 01295 812161. Don't forget to let us know if you move, so that you don't miss out!

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, events and lottery winners. Find us on Facebook at www.facebook.com/katharinehouse and our Twitter you can follow us @khhosp. Come and visit and say hello

PHOTOGRAPH EXHIBITION

Banbury Camera Club is running its annual Exhibition at the Michael Heseltine Gallery, Chenderit School, Middleton Cheney from 22 to 27 October between 9am - 5pm Tuesday to Friday and 11am - 4pm Saturday and Sunday. Many exhibition items will be on sale and part proceeds are donated to Katharine House

MAKE A WILL WEEK – 14th to 18th October 2013

Have you made a Will? Does your existing Will need updating? Over 20 local solicitors and will writers are generously donating their time and expertise and will write a basic or standard Will or update your existing Will in return for a donation to the hospice.

No one knows what the future holds, so take this opportunity to ensure your loved ones are taken care of. For further information and details of participating solicitors and will writers, please phone Sheila Norton on 01295 812161 or visit www.khh.org.uk

FESTIVAL OF OPEN GARDENS 2014

Summer may be over but we are already planning next year's festival! As well as all our long-standing favourites we are always looking for new gardens, however big or small, to add to our programme. So if you would like to open your garden for us next summer contact Nicky Hanson in Fundraising on 01295 812161

CHRISTMAS KNITTED

Summer may be barely over but already our Christmas knitted novelties preparations are well underway! If you would like to knit our mini Christmas puddings, robins and Santa hats please call Fundraising on 01295 812161 for a pattern. Our pattern booklet is also available to download from our website at www.khh.org.uk. To all our wonderful supporters who have already been knitting, we'd love to receive any Christmas novelties you've made for us.

SANTA FUN RUN 2013

We have already received the first entries for our 4th Santa Fun Run on Sunday 8 December at Spiceball Park, Banbury! Adults £13, children £7 and under 6's free. To come and join in see our Autumn Newsletter for an application form on the back page, apply online at www.khh.org.uk or call fundraising on 01295 812161 and we can pop an application form in the post.

The Heyfords WI
Formed January 1935



We meet on the 3rd Wednesday of each month in Upper Heyford Reading Room at 7.30pm.

You don't have to be a member to come along to one of our meetings, but once you have, we hope you will want to join us

Another busy time at The Heyfords WI since I wrote last. We went on our long awaited visit to Iron Down Farm (The Meat Joint) for our July meeting, and it was worth the wait. We had a demonstration of sausage making, one of our members tried her hand, and afterwards we sampled some of the wonderful sausage and pies they make. A lovely evening where we made to feel very welcome.

August saw us welcome Mike Payne who gave us an interesting insight into the History of Pinewood Studios. I never realised so many top films were made there.

We had our tables at the Upper Heyford Flower Show where we sold plants and cakes, a wonderful day and thanks for your support.

We spent a glorious late summer day at the beginning of September on a canal boat. Sailing down towards Kidlington, we navigated 3 locks and then turned the boat around before stopping for lunch and sailing back to Lower Heyford. The weather couldn't have been better for us and what a wonderful way to spend the day.

Veronica Lough-Scott will be demonstrating Flower Arranging at our September meeting and October will be a members craft evening.

ROYAL BRITISH LEGION

**JOIN THE
HEYFORD AND DISTRICT BRANCH**



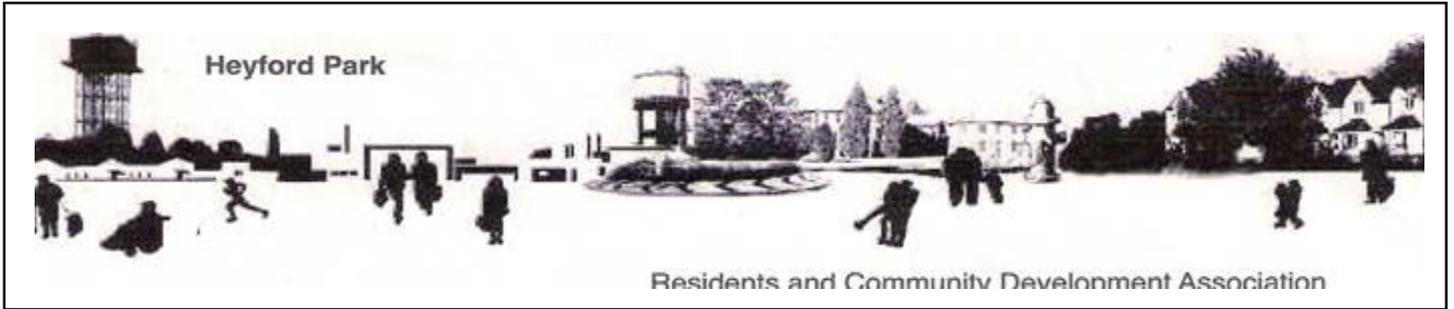
All supporters are welcome

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



Officers	
Honorary Chair Person	Tim Bigelow
Honorary Vice Chair	Alf Gother
Honorary Secretary	<i>Position open</i>
Honorary Treasurer	Angela Ford
Committee Members	
Bee Henderson	Carole Gother
Denise Clough	Ed Fraser
Marilyn Brown	Natasha Smith
Paul Fortnam	Sarah Fortnam
James Henderson	<i>Looking for more!</i>

Did you know that you can hire the Community Centre function rooms for your use? Contact Tym Soper on 01869-233976.

The Community Shop is there for your needs. Please support it. If there is something you need and they don't have, let them know!

The Residents Association Committee meets every month. Please drop by and see what we are doing on your behalf. If you want to know when the meetings are the date of next meeting will be posted on the HPR&DA bulletin board in the Community Centre across from the entrance to the Community Shop.

The new Heyford Park Free School has opened in its temporary accommodation right on schedule. We wish them well on this first year and look forward to their second "Grand Opening" when they are able to move into the refurbished former RAF Upper Heyford USAF Officers Club.

The Chairperson/Vice Chairperson have been in attendance at a variety of meetings representing the Residents and our concerns. The information concerning those meetings can be located in the minutes of the committee meeting posted on the Community Notice Board or on the Heyford Park Residents and Community Development Association's Facebook page.

The glass recycling area has moved to Gordon Road. Please remember it is a residential area and deposit accordingly. Your courtesy will be appreciated!

Residents are reminded that this is Our Community. We are ALL needed to make it our community.

Polite Reminders: Dog Walkers – clean it up, please. Bins and bags are being provided.

Dog owners - dogs have needs too. When they bark non-stop for up to 23 hours a day, something is wrong. Please take the time to put it right.

Noise – some of our Residents are shift workers. We ask that you remember this as you host your parties, rev up you motors, or shout at one another.

Rubbish in the rubbish bins please – not dropped wherever and whenever. Litter is everyone's eyesore.

Speeding - 20 mph is the established speed limit for the residential streets (30 mph on Camp Road). Cars, vans or motorcycles above 20 mph are **SPEEDING**. High speed fun is located on the Airfield side, not in the streets of our Community.

The Bus shelter is for waiting for buses – not for leaving your rubbish or going to the loo in.

As part of Community Development it needs to be identified that the Cooperative initiative, although in its infancy, is rapidly gaining steam. For more information on what this endeavour is and what it may do for you at Heyford Park, please look at the Cooperative's information page on Facebook. Congratulations to Marilyn Brown and Ben Carrick for their accomplishments to gets this out of the idea phase and into reality.

**Minutes of the meeting of the Lower Heyford Parish Council held on
Thursday 19th September 2013 at 7.00 pm in the Church**

Present: - Mrs. Ball (Acting Chair), Mr Mortimore, Mr. Thompson, Mr. Eggeling, Mrs. Turner

Members of the public : Mr. Humberstone, Dr Clayton **In attendance:** Cathy Fleet (Clerk)

Apologies: Apologies had been received from Mr. Macnamara

Declarations of Interest : Mrs Turner declared an interest in 108 Freehold Street

Minutes of the last meeting held on 18th July 2013 were read and amended and it was **RESOLVED** to accept these as a true record of the meeting and they were signed by the Acting Chair in the absence of Mr. Macnamara.

09.12.01 Clerk's Report

KGF lease returned to Cantelli

Lease for reading room received for signature

Widening of footpath by bus stop - OCC response no funding

Clerk requested that all councillors sign the Register of Interests form and return to CDC

09.13.02 Matters Arising

Clerk to request copy of KGF lease from Cantelli

ACTION : CLERK

Widening of footpath by bus stop to be taken off agenda until spring

09.13.03 - Highways - An email had been received from Hugh Potter, OCC, who has said that whilst funding is in place for a permanent bridge, he is unable to say when this will happen and in the meantime approval has been given for a temporary bridge, but again he is unable to say when this will happen either. Clerk to contact him to clarify the situation. **ACTION : CLERK**

Mr. Peter John has again written to Maurice Sheehan, OCC, regarding the promised cutting back of vegetation on the longbridge which was promised in August and has not happened. Clerk to urge Cllr Fulljames to pursue on our behalf. **ACTION : CLERK**

Lorries - Some 200 lorries per day are passing through the village from the quarry at Great Tew. It was agreed that Mr. Thompson creates a document to be sent with all planning application responses which may involve the need for lorries to reach for example, Upper Heyford, to ensure that such lorries do not travel through Lower Heyford. Clerk to write to Cllr Fulljames to ask her to again request that there be a weight limit on the B4030. **ACTION : CLERK**

Crossroads - The house which was hit by a car in April remains unoccupied and barricaded off. Clerk to write to the owners' insurers asking that they progress the matter as the barricades are causing a hazard in that they restrict sight of traffic emerging from Freehold Street. **ACTION : CLERK**

Gates to the village - The gates have become dilapidated. Mr. Mortimore to inspect and report back at next meeting as to an appropriate course of action **ACTION : CM**

09.13.04 Meetings - Mr. Thompson had attended the NAG meeting but had nothing of significance to report

09.13.05 Correspondence - Correspondence lists were circulated and discussed. Clerk had received a letter from Playbus offering to site a mobile grotto in the village at Christmas time for the children. Mrs. Turner to liaise with Clerk re possible position for siting the bus. **ACTION PT/CLERK**

09.13.06 LHRINC - Mr. Eggeling proposed and Mr. Thompson seconded that the Chairman and Clerk be empowered to sign the lease for the Charity on behalf of the Parish Council. Cathy Fleet signed as Clerk and was witnessed by Mrs. Ball. In the absence of Mr. Macnamara Mr. Eggeling delivered the document to Mr. McNamara's home for him to sign and have witnessed before returning to the Clerk to return to the solicitor.

Dr Clayton reported that a new tenant has been found who will take up occupancy on 7th October 2013.

09.13.07 Website - Clerk continues to supply information to Graham Wilson for inclusion on the website. It was agreed that once details of the playbus at Christmas are known this should be advertised on the website. **ACTION : CLERK**

09.13.08 - King George Field - Clerk to obtain copy of lease to pass to the Playground committee.

09.13.09 - Playground - Mr. Thompson proposed and Mr. Mortimore seconded that Mrs. Turner be appointed chair of the playground sub committee. Meetings will take place separately from the PC meetings with members of the already established Friends of the Playground Group. The parish council will apply for grants to fund the re-building of the playground and all monies raised by other means will be paid into the PC bank account.

09.13.10 Planning

13/009687/CAC Dorchester Group - demolish water tower and office block

13/00202/TCA Mr. N Crawley - tree work at Kingsclere Cottage, Station Road - APPROVED

13/01007/F Mr. DR Jones extension to provide ancillary accommodation at Caulcott Farm, South Street

13/01051/F Mr. Turner 108 Freehold Street - APPROVED

13/01192/F Mr. Cridland 48 Greenway - WITHDRAWN

13/01192/F Mr. McEneaney 15 Bromeswell Close Two storey side extension

13/00169/TCA - Mr. McMeekin 101 Freehold Street - tree work - APPROVED

13/00176/TCA Mr. Eggeling, Ygdrasil, Freehold Street - tree work - APPROVED

13/00177/TCA 32 Freehold Street - tree work - APPROVED

13/01096/TPO Ms Handford - Bridge Cottage Mill Lane, tree work - APPROVED

13/01007/F - DR Jones & CO. Caulcott Farm, South Street APPROVED

13/01008/LB DR Jones & Co Caulcott Farm, South Street, APPROVED

09.13.11 Finance - The following accounts were approved for payment

Payee	Detail	Amount	Cheque No
CDC	Dog Bins	£174.35	500201
Cathy Fleet	Clerk Salary	£216.55	500202
Cathy Fleet	Clerk expenses	45.00	500203
OALC	Subs	133.07	500204

Clerk had received notification from NALC that Clerks had been awarded a 1% pay increase and it was agreed to approve this increase. Clarification is to be sought as to what Clerk is permitted to claim as expenses. **ACTION : CLERK**

09.13.12 AOB Clerk had purchased two memory sticks which she will use as back up for electronic data from her PC. She will retain one and the other to be kept by the chairman and to be updated and swapped over at each meeting
Mr. Eggeling and Mr. Thompson both offered their apologies in advance for the next meeting

Date of next meeting : 17th October 2013

The meeting closed at 8.29pm

UPPER HEYFORD NEWS

St Mary's Upper Heyford – Church News

You'll all be pleased to know that the long-anticipated work to St Mary's to restore it to a watertight condition and address problems of decay and dilapidation is due to start in October. With any luck the work should be finished well in time for Christmas. This is the first phase of a much larger project, including adequate heating and catering and toilet facilities, which will help to make St Mary's a welcoming and popular facility for everyone in our village community and beyond.

Our new Team Rector, Rev. Stephen Griffiths, will be taking up his new post shortly: his licensing and installation takes place on 10 October 2010 at the Heyford Park Chapel at 7.30. We look forward to welcoming Stephen and his fiancée Cally and to working with them to maintain the place of St Mary's at the heart of Upper Heyford.

Harvest Festival is on 13th October at 9.30 am. It should be a lovely service and it will be your first opportunity to meet Rev Stephen Griffiths, who will be officiating. There will be many old harvest favourite hymns, and the Friends of St Mary's are providing a selection of readings to help us think about what Harvest festival means. Our thanks go in particular to Heather and Roger Burt for spending so much time mining the literary archives to find appropriate texts, which was no easy task: there is definitely an opening for those who wish to add to a very narrow literary canon of harvest-related material!

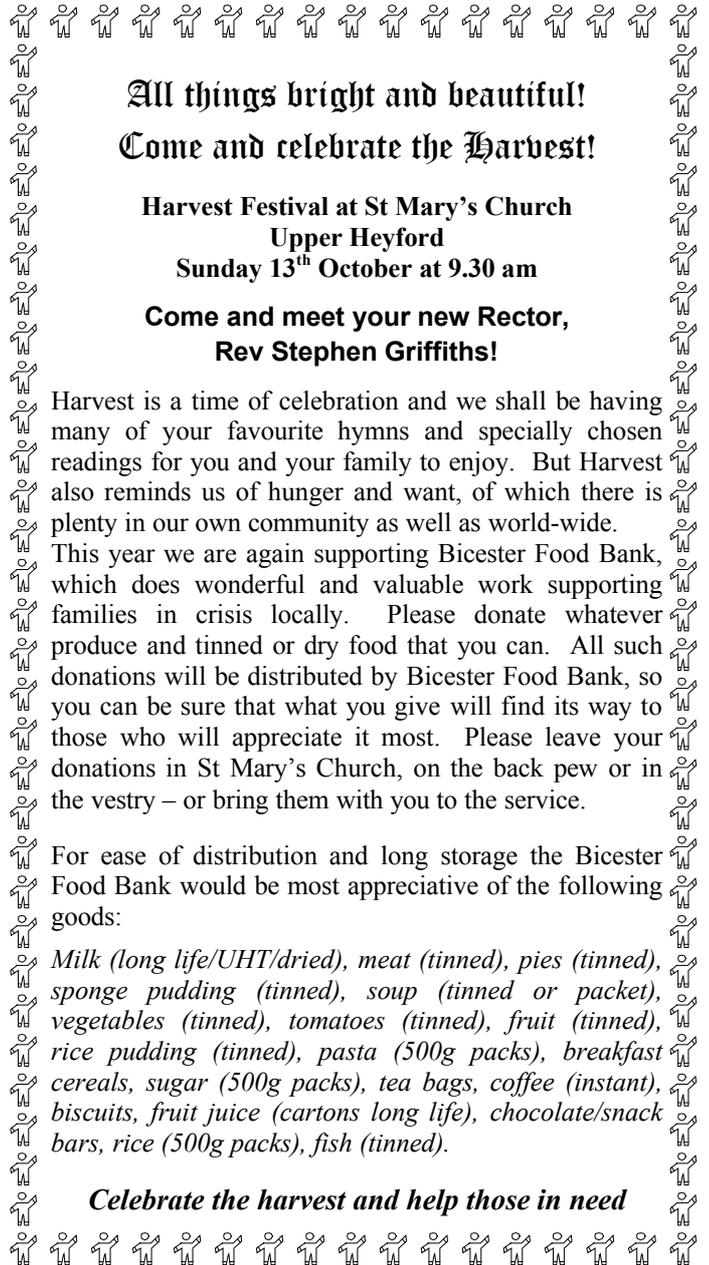
Diary date: our popular **Christmas service of Readings and Carols** takes place this year on **20 December**. After last year's much praised and very well-attended service, we are following the same format of carols, Bible readings, music and devotional poetry. We look forward to having the participation from right across our community that made last year's event so successful. There will be further details in the next Valley News.

Finally, after a great deal of soul-searching, the PCC has decided to cease temporarily our Family Service on the Third Sunday of every month and to amalgamate it with the 11.00 service at Heyford Park Chapel on that day. Please come along and give it a try and let us know your views. We shall review the position in February.

Andrew Gotch
PCC Secretary

THE BENEFICE OF CHERWELL VALLEY

You are invited to the
Licensing by Colin, Bishop of Dorchester
and Installation by the Archdeacon of Oxford of
The Reverend Stephen Griffiths
as Team Rector
Thursday 10th October at 7: 30 pm
At The Chapel, Heyford Park Upper Heyford



**All things bright and beautiful!
Come and celebrate the Harvest!**

**Harvest Festival at St Mary's Church
Upper Heyford
Sunday 13th October at 9.30 am**

**Come and meet your new Rector,
Rev Stephen Griffiths!**

Harvest is a time of celebration and we shall be having many of your favourite hymns and specially chosen readings for you and your family to enjoy. But Harvest also reminds us of hunger and want, of which there is plenty in our own community as well as world-wide. This year we are again supporting Bicester Food Bank, which does wonderful and valuable work supporting families in crisis locally. Please donate whatever produce and tinned or dry food that you can. All such donations will be distributed by Bicester Food Bank, so you can be sure that what you give will find its way to those who will appreciate it most. Please leave your donations in St Mary's Church, on the back pew or in the vestry – or bring them with you to the service.

For ease of distribution and long storage the Bicester Food Bank would be most appreciative of the following goods:

Milk (long life/UHT/dried), meat (tinned), pies (tinned), sponge pudding (tinned), soup (tinned or packet), vegetables (tinned), tomatoes (tinned), fruit (tinned), rice pudding (tinned), pasta (500g packs), breakfast cereals, sugar (500g packs), tea bags, coffee (instant), biscuits, fruit juice (cartons long life), chocolate/snack bars, rice (500g packs), fish (tinned).

Celebrate the harvest and help those in need

Warreners

At the September meeting we were entertained with a sing-a-long by Keith Moses, he was very good with music ranging from Elvis Presley to Perry Como, including lots of other easy listening music. He was pleased how well members responded and joined him singing the old familiar songs. It was a jolly afternoon and everyone left feeling very happy.

On October 9th (**1pm start**) we will be holding our annual ploughman's lunch, when the committee prepares a salad lunch with ham, pork pie, cheese, bread roll, followed by apple pie and cream - what more could you ask for! There will be entertainment too, so it will be a full and most enjoyable afternoon.

On the 13th November we hope to have a film show provided by Cherwell District Council (selection of the film still to be decided).

On December 4th our Christmas meal (**12.30 for 1pm**) is at Kidlington in The Foresters Hall, where we visited back in June, when members were very pleased with the meal and hospitality.

SOMERTON NEWS

Reminder - Welcome Stephen

Stephen Griffith will be licensed by the Bishop as our new Rector at a service in Heyford Park Chapel at 7.30pm 10 October followed by a bring-and-share supper. His first service on Somerton will be the 9.30 Family Communion on Sunday 27 October.

Reminder - Farewell to Eddie

Eddie's last service in the Benefice will be a Benefice Service for All Saints at 11am on 3 November at Lower Heyford followed by a bring-and-share lunch. This will be our formal farewell to Eddie and we hope that Somerton will be well represented.

Help!

Someone has inadvertently moved or walked off with a bunch of keys from the church. They do not give access to anything of much value but it will cost us some hundreds of pounds to replace them all and/or fit new locks. If you have found them in your possession please put them quietly back on the open shelf in the Vestry.

More Help!

We need someone with a bit of IT and an hour or so spare each week to take over the running of our Gift Aid scheme. The annual returns to Her Majesty's Revenue and Customs now have to be done on line. Roger Thomason who has been faithfully keeping the records for years now finds the IT quite beyond him and has decided that this is the time for him to give up.

Dates for your diary

6th October 9.30 Benefice Service with visiting choir and orchestra at Souldern
10 October 7.30pm Licensing of Stephen Griffith as Rector at Heyford Park Chapel
13th October 9.30 Sunday Club
20th October 9.30 Matins & Holy Communion
27th October 9.30 Family Communion taken by Stephen
3rd November 11am Eddie's Last Service Lower Heyford
10th November 9.30 Sunday Club followed by Remembrance Ceremony at Upper Heyford
17th November 9.30 Matins & Holy Communion
24th November 9.30 Family Communion taken by Stephen

Make a special note in your diary

Following last year's successful event the BRACKLEY MALE VOICE CHOIR is returning to St. James Church Somerton on Friday 13th December. There will be wine, delicious refreshments and some great singing. More details in the next issue of Valley News.

BRACKLEY MALE VOICE CHOIR
Festive Concert, St. James Church Somerton
Friday December 13th



Come and join us at SWIG (Somerton Women's Independent Group) on the 2nd Tuesday evening of each month.

October 8th – A talk by Florence Croft who is a member of the Guild of Straw Craftsmen. She also has a City and Guilds qualification in Straw Crafts.

She will talk and demonstrate the art of corn dollies and bring items to sell. We will follow this talk with a ploughman's supper

November 12th – A talk by Susan McMeekins, a goldsmith designer. Susan has designed remarkable pieces of jewellery, clocks, objets d'art and furniture, all in precious metals, for some of the most discerning and wealthy names in the world. After this talk there will be refreshments and drinks served.

SOMERTON VILLAGE PRODUCE SHOW

The Annual Produce Show was held on Saturday, 7th September in our lovely new Village Hall which had recently been re-decorated under the guidance of Pauline Gattley. The Show provided a wonderful display of produce, despite the growing season had been very wet followed by a very hot dry summer.

The cups and award winners were as follows:-

EMBERLIN CUP most points in the vegetable section

Prim Clare

IVOR GREENHOUSE CUP most points in adult classes

tie Prim Clare & Pauline Gattley

BALDWIN CUP GIFT VOUCHER best horticultural exhibit Anon

WALTER SMITH CUP best onions Derrick Kingdom

ETHEL SMITH CUP best victoria sandwich Lucy Reeves

CHILDREN'S CUP highest number of points in children's section Edward Willetts

BEST CHILDREN'S EXHIBIT-GIFT TOKEN AND CUP Cressida Prentis

BEST DOMESTIC EXHIBIT - GIFT TOKEN Cliff Reeves

We appreciated our following judges who did a great job - Veg and flowers - Peter James;

Flower arranging - Veronica Lough-Scott

Crafts - Lynne Humberstone; Cookery - Jules Thomas

Photographs - Toni Ertl; Children's classes - all judges

The Committee thank Doreen and Brenda for doing the teas and Ailsa for selling raffle tickets.

Thanks to our Chairman John for auctioning the produce in aid of funds and to all our stewards in helping in putting the cards out etc., and Tory and George for their help in setting the tables up the evening before.

Tory is also a new member of the Committee.

A very special thanks must be made to Brian who again did all printing of schedules free of charge - thank you. Much appreciated.

Our Secretariat team consisting of Jo and Dianne who were wonderful. Mary must be given full glory for all her hard work in getting the Show ready before the day and her work on the day. I was away in South Africa until July and Mary did all the preparation work. Thank you Mary we really do appreciate all you do.

Two weeks after the Show we had a follow up meeting and will welcome Anne Hunter to the Committee for next year. (Next year's show 6th September) Anne Corner

It's time to start thinking ahead so plan a visit
to
SOMERTON CHRISTMAS BAZAAR
SATURDAY 30th NOVEMBER
SOMERTON VILLAGE HALL
Where you can buy lots of gifts for all the
family.
See posters for full details nearer the date.

Coarse Gardening

It was a cold, late start, but summer arrived in the end! And what a joy it was to have some extended periods of warmth and sunshine at last, bringing bumper crops of soft fruits in their season and now a massive harvest of apples. We were not the only ones enjoying the warmth. For once, there were clouds of butterflies, just like there used to be; in fact, this has been the best summer for Peacock butterflies that I can remember. In our garden they have been feeding on Buddleia flowers for weeks, together with very numerous Small Whites, rather fewer Large Whites, Small Tortoiseshells, Gatekeepers, Meadow Browns, Commas and - much to my surprise - Brimstones, which I associate with early spring. I don't expect to see them in summer. Latterly, there have been a few Red Admirals, but not nearly enough, and just one Painted Lady.

We have been so taken with watching and identifying butterflies that we have invested in more Buddleia plants. They are not the easiest things to accommodate in a neat garden, being scruffy, scraggly shrubs, with a tendency to grow too tall and to require regular dead-heading which, if you have a life, they won't get. However, ours is not exactly a neat garden and they fit in nicely with the general disorder. We don't mind a bit of scruffy if it brings in the butterflies. Most of our Buddleia flowers are various bluish shades, with hints of mauve and violet, not much 'improved' from the wild-type, but there is a massive pink variety whose name I have lost and various so-called reds, none of which are truly red, such as 'Pixie Red' and 'Royal Red'. 'Miss Ruby' is the best of these, but there isn't a fat lot to choose between them. We have a white one which is lovely when the flowers are newly out, but horrible as soon as they have gone over. Dead Buddleia flowers are among the ugliest things in the garden. Perhaps the most spectacular of our newly acquired ones is 'Black Knight', which flowers in a wonderfully dark shade of Quink. Also, Simon gave us a yellow one, as a rooted cutting in a pot. Probably, now that we've gone this far, we should rename the house; 'The Buddleias', Allens Lane sounds all right.

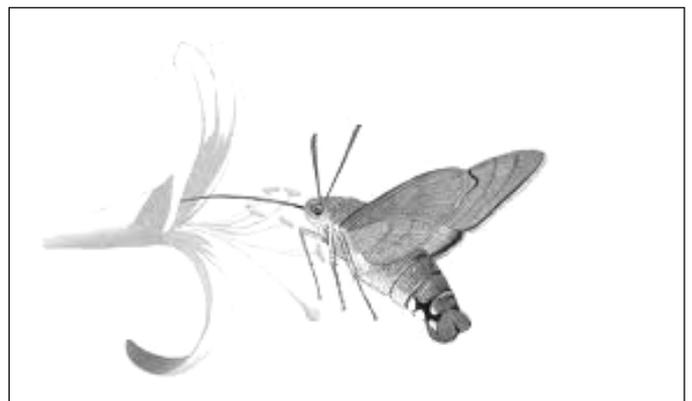
Having mentioned how tatty and leggy they get brings me to how to care for them. Ruthlessly, is the answer. They will grow pretty well any old where, including in the pavement if you let them, so the only problem is to keep them within bounds. A judicious combination of the Chelsea Chop and the Heyford Hack is called for. Pruning them low in the autumn and pinching the tops out when they regrow in the spring will help to keep them bushy and not too tall (and, incidentally, autumn prunings of pencil thickness and about a foot long, if casually shoved into the ground, will root themselves with great ease). Tipping them will result in later flowering than on those which have been allowed to run up tall, but that's all to the good, as it extends the season of butterfly food. Cutting them down in mid-season should provide late autumn flowers in a reasonably sunny year; I shall try it.

The plant breeders have been helpful, in that there are now dwarf Buddleias available, sometimes called 'Patio Butterfly Bushes'. So far we have found two varieties, 'Blue Chip' and 'Violet Chip'. There is hardly a ha'porth of difference between them, but they are making nice little bushes and are very floriferous. They are supposed to spread out sideways, which they are doing, flowering on all the small side shoots, and should reach about three feet high. I have put one of each into large pots near the back

door, where we can keep an eye on their butterfly visitors. I hope they will be happy to remain in pots for a few years, with small bulbs under them in the spring. A few mornings ago I glanced out and saw a humming-bird hawk moth in attendance, the first I have ever seen in this garden.

One of the delights of Buddleias, to me at any rate, is their smell. It is not to everyone's taste, being sweet to the point of sickliness, but a whiff of it on the air takes me straight back to childhood, to that long, hot walk from Cromer station all the way down to the beach on the sort of day when you can't bear not to be in the water. It's associated in my mind with the taste of not-quite-ripe blackberries, which also grew on bits of waste land on the way. In fact that smell, redolent of sunny and happy childhood days, is so good that I expect the Baptists in Cromer will have banned it by now. I don't care if the plant is a formal gardener's nightmare; it is worth it.

The humming-bird hawk moth was a delightful surprise, as I am sure many would agree, but we had another unexpected visitor recently which most people might not have found so welcome. A few nights ago, one of us said, 'What's that?', pointing to what could have been a bit of string lying on the carpet in our front room. It wasn't string - it was a baby grass snake, all alive, alive-o, perfectly intact and healthy and absolutely beautiful in its jewel-like perfection. About five inches long and as thick as a moderate knitting needle, probably almost newly-hatched, it flicked its tiny forked tongue at us and wriggled around as frisky as could be. How it came to be in our front sitting room is a complete mystery. Did the cat bring it in? Small chance - but if so it must have been in the house for a day or two, because the little grandsons were staying and the cat had made herself scarce! Did *they* bring it in? Most unlikely. Chances are, they would have been frightened of it. It could have come in under the front door, maybe, or have been coiled under the bark on a firewood log. As I said, a mystery. One of the delights of living in the country. Well, here we are again at bulb planting time. How did that happen? My order has arrived and they are sitting in bags, needing to be planted *now*. Everything must be done *now* - packets arrive labelled 'Live plants. OPEN AT ONCE'. Backache, here we come. Might as well enjoy it. Hope you enjoy yours. Roger Burt.



The Humming-bird Hawk Moth

Tribute: Vic Woollcott

Sadly we report the passing of long time resident of Upper Heyford, Vic Woollcott. Vic was born in Peckham in London in 1929. He grew up there until he joined the RAF in 1948 in the 2nd Royal Signals. He served his country for 4 years as an electrician, stationed at Upper Heyford.

Vic met local girl Heather in 1950 and they married in 1951 in the village church, and lived in Upper Heyford for the rest of their lives. Vic worked as a painter and decorator after he left the forces, and later found regular work at Morris Motors, where he worked for 20 years spraying cars.

Penny was born in 52 and Nick was in 54. They were a happy family, with trips to Weymouth and other seaside resorts every year. Vic was a family man working hard to provide for the family, taking overtime to get the children what they wanted every Christmas. He loved sport - playing in goal for Heyford Utd and playing for the village cricket team.

He also enjoyed his garden and allotment and wildlife. Despite being born in the city he loved the country life - although he always had a soft spot for Only Fools and Horses.

After their children had grown up Heather and Vic travelled over Europe with Roland and Christine Smith, enjoying France and Spain.

Vic enjoyed his retirement with Heather, in later years selflessly caring for her in illness, and missed her very much after her loss in 2011, although he maintained his independence. He became ill over the last year, and found the limitations a challenge.

Vic lived a full life, focused on his family. His devotion to Heather, especially through illness is a great example to us. He will be sadly missed.

Tribute: Ivor Guntrip

A long term resident of Somerton (Aston View) Ivor passed away in the United States at the home of his daughter. He was 93. He moved with his wife to America on his retirement so that he could spend time with his family, sadly his wife died several years ago, so he was blessed having his family around him.

Ivor was born in Upper Heyford, the son of Frank & Eva Guntrip, and was the last surviving member of the 1938 Lord Jersey Cup winning team. Members of the current team laid a floral tribute on the grave of Ivor's parents and a minutes silence was observed at the next home game.

Tragically within a few days Ivor's grandson, Tim, also passed way at the young age of 46.



The 1938 team—Ivor is the tall fellow at the back

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Events Calendar - At a Glance

Friday 4 October	Bingo, Upper Heyford Village Hall	7.30 pm start
Tuesday 8 October	SWG Somerton Village Hall Art of corn dollies	
Wednesday 9 Oct	Warreners Ploughman's Lunch Upper Heyford Village Hall	12.45 for 1pm start
Thursday 10 October	Ladies Lunch Village Hall, Weston-on-the-Green	12—2pm
Thursday 10 October	Licensing of Stephen Griffith as Rector at Heyford Park Chapel	7.30pm
Thursday 10 October	RBL talk by Bill King Air Transport Auxilliary	7.30pm Upper Heyford Reading Room
Sunday 13 October	Harvest with poetry readings St Mary's Upper Heyford	9.30am
Wednesday 16 Oct	Heyfords WI Upper Heyford Reading Room	7.30pm
Saturday 19 October	Souldern Market at Village Hall	9am—12 noon
Friday 1 November	Bingo, Upper Heyford Village Hall	7.30 pm start
Sunday 3 November	Eddie's Last Service Lower Heyford Church	11 am
Wednesday 6 Nov	Save the Children Christmas Fayre Aynho Great Barn	10am—4pm
Sunday 10 Nov	Remembrance Sunday St Mary's Upper Heyford	9.30 at Church 10.45 at War Memorial
Tuesday 12 Nov	SWG Somerton Village Hall	
Wednesday 13 Nov	Warreners Upper Heyford Village Hall	2-4pm
Thursday 14 Nov	Royal British Legion AGM Meet & Greet	7pm Reading Room 7.45pm Barley Mow
Saturday 16 Nov	Souldern Market at the church	9am—12 noon
Wednesday 20 Nov	Heyfords WI Upper Heyford Reading Room	7.30pm
Saturday 30 Nov	Somerton Christmas Bazaar	
Friday 1 December	Bingo, Upper Heyford Village Hall	7.30pm start
Sunday 8 December	Choros Concert Britten St Nicolas & Advent carols	Deddington Church 6.30pm
Friday 13 December	Brackley Male Voice Choir Somerton Church	