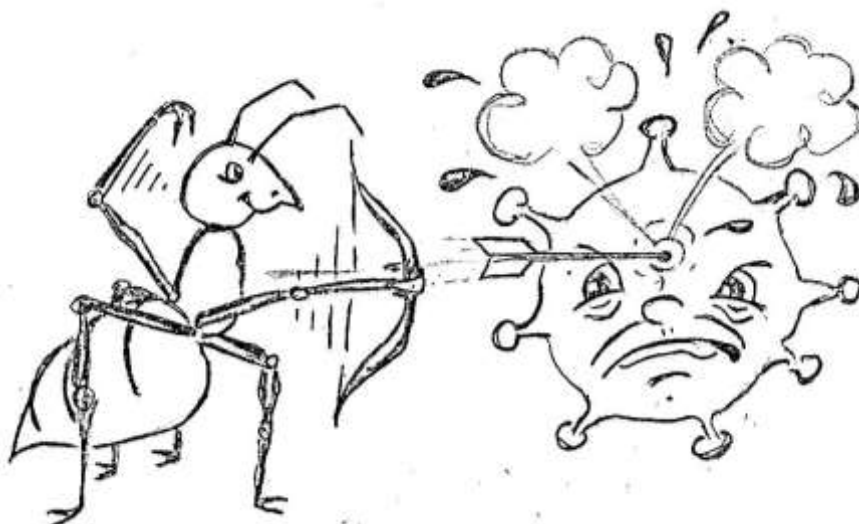


Parish News
of
St Weonards, Garway, Orcop, Pencoyd,
Tretire, Michaelchurch, Hentland and Hoarwithy



Parish Mag. Exclusive!!

This is how the little anty- bodies deal with COVID 19.....

Hello to everyone whether online or reading a hard copy. On behalf of all those involved in preparing and contributing to this unusual magazine, best wishes, and we hope that you are all well and safe in these challenging times. We took the decision to try to get a magazine of sorts out before Easter as a way of keeping us in touch, and to bring you some interesting and amusing things to read. You will find many of the old favourites, unusual articles of general interest and a contribution from a frontline NHS worker. We also have some of the funny bits that we hoped might keep up our spirits.

For next month, we would love to hear what you are doing to keep yourselves busy while in lockdown. We feel so blessed to be out here in Herefordshire with a garden and space to be outside, unlike so many in our country.

We also hope to make the magazine more visual next time using what my family tell me is 'scissors'..and other clever IT skills...well we might!??

We are putting a few hard copies in St Weonards Shop and Broad Oak Garage for those who do not have access to the internet. Please take a copy to anyone you know who needs one, but we have only printed a few!

Enjoy your reading and please get writing for next time! **Fiona Mynors**

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Vicar's Letter

Hello everyone,

'Early on the first day of the week, while it was still dark, Mary Magdalene came to the tomb and saw that the stone had been removed from the tomb.' (John 20. Verse 1)

What a strange Easter season this is, with the churches locked and gatherings of people disallowed. How often have we heard it said – and maybe said ourselves – that 'the church' is not about the buildings, but about the people? In these unprecedented times we're discovering, or perhaps we're rediscovering, the truth of those words; perhaps we're also discovering the challenge of those words.

Of course, it's all made more complicated because we're not allowed to gather anywhere and so church cannot, in these days, be for us a meeting of disciples in any kind of a building or any kind of outdoor space. That's another challenge for us.

However, in amongst all the difficulties that we're presented with we are all discovering new ways to be both church and disciples. We're reaching out to others with cards, letters, phone calls, emails and messages in many forms. We're looking out for those who may need some help with shopping, or with tasks in the house or garden. We're helping each other to discover a spiritual life aided by the internet, the radio, the television or books.

If you've not yet created your Easter garden in your home or in your garden, it's not too late – Easter is a long season which doesn't end until Pentecost on May 31st.

The Easter season is about resurrection; it's about life. The fact that just now we can't gather together as disciples doesn't alter that.

An Easter hymn

The day of resurrection!
Earth, tell it out abroad;
the Passover of gladness,
the Passover of God.
From death to life eternal,
from earth unto the sky,
our Christ hath brought us over,
with hymns of victory.

Our hearts be pure from evil,
that we may see aright
the Lord in rays eternal
of resurrection light;

and listening to his accents,
may hear so calm and plain
his own "All hail!" and, hearing,
may raise the victor strain.

Now let the heavens be joyful!
Let earth her song begin!
The round world keep high triumph,
and all that is therein!
Let all things seen and unseen
their notes in gladness blend,
for Christ the Lord hath risen,
our joy that hath no end.

'Jesus said, 'go to my brothers and say to them, "I am ascending to my Father and your Father, to my God and your God."'

Mary Magdalene went and announced to the disciples, "I have seen the Lord."
(John 20. Verses 17&18)

Here are few ideas for spiritual support:

Church of England daily prayer <https://www.churchofengland.org/prayer> -and -worship/join - us - daily -prayer

Audio daily prayer <https://pray-as-you-go.org> <https://www.24-7prayer.com>

BBC Radio 4: 9:45 Daily Service- also available at <https://www.bbc.co.uk/programmes/m000qbdz>

BBC Radio 3: Sunday 8:10 Sunday Worship. Sunday, 15:00 Choral Evensong

Apps for your smart phone: Pray -as -you -go #LiveLent

Reverend Elizabeth Cathie

Church and Chapels Together for Easter Day

We are working hard on producing a service to celebrate Easter Day for everybody, of any denomination or none, to join in with. It will be on You tube, and here is the link:
https://www.youtube.com/channel/UCe_OiqMiOareKX0u2AtOuKq/featured.

To follow the service fully, you will need to go to www.stw.org.uk , look under 'services and events', and download and print the order of service there, or read it on another device. You will also need a morsel of bread if you would like to join in with the Communion.

Of course, the You tube service can be accessed at any time after 7th April, but it would be extra special if we could all join in at 11am on Easter Day, 12th April, and know that—widely separated though we are—we are all joining forces to do the same thing. The service is designed to appeal to children as well as adults. *Revd Dr Frances Phillips*

For more information on what is going on within our parishes, go to www.stw.org.uk .

For other worship resource ideas, please see the regular updates from the [Diocese of Hereford](#), or visit the Church of England website for more [liturgy, prayers and other resources](#) to use during the Coronavirus (COVID-19) outbreak.

Maundy Thursday

Sharing the Last Supper at home

Here are some ideas you could try at home:

- Have an evening meal with the family, with bread set aside, reading the story of the Last Supper from an appropriate version of the Bible (e.g. Mark 14:12-26);
- Washing each other's feet in your home, or something in relation to hand-washing;

Making bread, or dough twisters, with a grace about Jesus being the living bread.

GOOD FRIDAY

Are you looking for something to do? Either for yourself or your children? Here is an idea which lots of you will already be familiar with:-

Easter Gardens



These can be any size from a dinner plate to half an acre! There are some ideas below. If you have a space where an outside Calvary could be seen from the road that would be excellent, crosses can be made of any material, timber, sticks, garden canes or in plate gardens little sticks, lolly sticks or cocktail sticks. The tomb can be easily made from stones (a bit like an igloo) with a bigger stone to block the entrance. Remember one cross must be bigger than the other two. As there will not be a Stations of the Cross service on Good Friday this year there is a second part to this exercise to make us all feel connected in our faith. Nothing complicated but if you would like to join in we are proposing to stand in or by our Easter gardens on Good Friday at 3pm and hold two minutes silence to reflect on Christ's death on the Cross. Then Jesus gave a loud cry and said, "Father, into thy hands I commit my spirit", And with these words he died. ***With thanks to Tretire and Pencoyd.***

News from our Methodist Church Family

These are strange and troubling days. We all have to get used to 'social distancing' and being apart from loved ones, which is very hard. Yet in the middle of this we see some amazing things going on; we are all in awe of those who work in the NHS and caring professions who day by day risk their own health in order to care. Perhaps we will come through this crisis as more compassionate society.

On the 31st March we gathered at Garway Hill Chapel to say our farewell to Tony Smith. This was made doubly difficult by the restrictions placed on funerals at this time. However, the chapel was wonderfully filled with bright yellow daffodils from Tony's garden, and we were able to lay him to rest with dignity and respect. It was a lovely – if chilly- day and the beautiful view from the Chapel reminds us that God always gives us hope and solace, even in the difficult times. Our prayers and condolences surround Tony's family, especially Ruth and Anne. He was much loved by so many people.

You may know that Garway Hill Methodist Chapel is part of the 'Shropshire and Marches' Methodist Circuit. We stretch from Chirk, near Oswestry, to Garway Hill itself. Jon and I are husband and wife, and are Minsters in the Circuit, with the privilege of serving Garway Hill, Ewyas Harold and Madley Chapels, as well as eight other Chapels in the Leominster area. Although we live in Leominster we hold you all in our prayers at this time. The bonds of fellowship know no bounds.

Easter is a time of hope; it reminds us that God refuses to abandon us, and will walk with us regardless of what life may throw at us. May the Risen Christ be with you.

Every Blessing. **Revs Frances Biseker and Jon Chesworth.**

'A little girl became restless as the preacher's sermon dragged on and on. Finally, she leaned over to her mother and whispered, "Mummy, if we give him the money now, will he let us go?"' (Thanks to Frances)

Front line NHS Worker

As a frontline NHS worker I have been cheered by the local support for Key Workers during the COVID-19 outbreak. A particular highlight has been passing Monkton Place on the drive to work at the hospital, with their wonderful dummies and NHS support signage!

Despite our rural communities and 'next door neighbours' often being anything but close by, it has been heart-warming to hear distant clapping from neighbours during the #clapforNHS, #ClapForOurCarers and #Clapforkeyworkers campaigns. Rest assured that if you are in doubt about taking part in the clapping, please do. Hearing the support and encouragement from our community is uplifting and emotional and just what we need to keep us going over the coming weeks and months.

Stay safe and stay at home. Protect the NHS so that we can continue to look after you.

Anonymous (name and address supplied)

IMPORTANT NHS ADVICE

CORONAVIRUS - WASH YOUR HANDS MORE OFTEN FOR 20 SECONDS Use soap and water or a hand sanitiser when you get home or into work, blow your nose, sneeze or cough, eat or handle food.

PROTECT YOURSELF & OTHERS FROM CORONAVIRUS

For more information and the Government's Action Plan go to [nhs.uk/coronavirus](https://www.nhs.uk/coronavirus)

!!!Calling all our advertisers!!!

Thank you for advertising with us for the year March 2020-Feb 2021. Your advertisement has been published in the March and April issues. Unfortunately, due to the current pandemic, it will not be possible for us to distribute as many copies of the magazine as usual for the next few months. We plan to do our best to get them to people who do not have access to the Internet, and in addition the whole magazine, adverts included, will be available online at www.stw.org.uk, which is the website for our parishes.

To recompense our advertisers, we will give 6 months free advertising next year, from March to August 2021, so you will not receive another invoice from us till the end of that period.

Wishing you good health at this difficult time. **Les Phillips**

Archenfield Arts Festival Postponed until a future date

Keep preparing as we hope to hold this in the autumn if not before!

Village Pages St Weonards

Coronavirus : A Slightly Different Slant!!

I'm sure I'm not the only one to have noticed and been uplifted in my heart, at all the goodness people are showing one to another in this.

We are noticing each other more, contacting each other more and caring more for each other. At last we have time to 'sit and stare as long as sheep or cows', and in the cities people can hear the birds and breathe fresher air, things that we lucky country dwellers take for granted.

Yes, being in lockdown can be boring, but it also gives opportunities we might have forgotten in busier times.

So, let's not get frustrated but thank God for the good things coming out of this and try to make sure they go on when it's all over, not for some time yet, I'm afraid.

As Tiny Tim said, "God bless us all – everyone". **Gillie**

Thanks to Alex and Stephen Herbert who have worked hard to keep our website up to date and given us so much helpful detail about what is available over this special Easter festival.

Hereford Open Door

Unfortunately, because of the government advice, *Hereford Open Door* is sadly no longer open. However, the volunteers there have joined with the Salvation Army in Hereford to use their mobile unit. So all the volunteers and helpers of each Charity are working together to produce meals and other necessities for homeless people and those with very limited means and they are taking help out throughout the area to those who need it.

Open Door was the chosen charity for this year's lent lunches, so they have lost out quite badly, as the lunches had to be cancelled after the first two.

If anyone would like to make a donation to *Hereford Open Door*, who badly need it, the address is as follows: Mr. I Roberts, Hereford Open Door, c/o 3 Bedford Street, Hereford HR4 0DR,01432 278328

Parish Council

The Parish Council is looking for someone who would like to join St Weonards Parish Council. Are you an active member of the community? Would you like to represent and support your local

community? The role is voluntary. The Parish Council meets every month, except January and August at St Weonards Village Hall on a Monday evening.

If you are interested in the above role or would like more information, please contact the Parish Clerk. Kate Hughes, clerk@stweonardsparishcouncil.org 01981 580498 or 07967 352903

website: www.stweonardsparishcouncil.org

Garway

Garway Support Hub for these strange times!

Several people from the village wanted to form a support network to ensure everybody in Garway Village would feel supported during this very strange time we are all living in.

Garway Support Hub is now up and running. A lot of work has gone on behind the scenes, for which we must thank Liz Butcher for getting some basic systems in place and the support of the trustees of our Community Centre. We now have a dedicated email address, **support@garwayhall.org**, webpage at **www.gawrayhall.org**, supplier list for local stores offering home delivery, a leaflet and a central phone number.

We have a list of volunteers ready to help in lots of different ways, maybe a daily phone call, or help with online shopping or physical help with shopping, or collection of prescriptions. Our main aim is to try and help people to help themselves. We have suggested that people have a list of phone numbers to hand of immediate neighbours, family and friends that would be their immediate support network. The Garway Support Hub will step in when this network is not available for whatever reason.

The phone number we are using is *The Owls Good Neighbour Scheme* one. We have had discussions with Jane Rigler who coordinates OWLS, and she has agreed to take the phone calls and then pass them onto us via the new email address. A big *Thank You to Jane* for this and we will monitor regularly to ensure this is sustainable.

A team of volunteers helped with delivering a leaflet to every house in the Garway Parish. The leaflet has been posted on various websites and some of the village notice boards. We then waited to see what happened!

We have only received two requests for our formal help so far but, it appears there is a lot going on informally. People are helping neighbours and friends on an individual basis within the village. Folks at altitude on The Hill have formed their own FaceBook group with those that are out in the big wide world working bringing shopping and supplies back to those in isolation.

If you are concerned about anybody in our village please let us know, and maybe somebody living nearer than you can check up on them.

Contact details:-support@garwayhall.org

The Owls Good Neighbour Scheme: 07940 308696

COVID19 Support Hub page www.garwayhall.org

Suppliers List: We would be grateful for any more suggestions so we can keep this up to date please email support@garwayhall.org.

New!!:You will also see we now have a new entry on the website "Things to do during social isolation" thanks to our very own Hilary Smallwood. **Sue Thomas**

Garway Heritage Group

To find out more, look at the website. <https://www.garwayheritagegroup.co.uk/>

For the time being, we will be posting some pieces on an irregular, more or less frequent, basis depending on what you send us – whether you are a Garway Heritage Member or not, you are welcome. These will offer a little more depth to previous talks, reminisces of World War 2, looking to the future post Coronavirus and more. Please send them to me, the chairman – ***liz@fouracretrust.org.uk***

Orcop

From **Peter Garrett**. Such a lovely morning I felt a poem coming on:

I once met an angel in Orcop,
Sat on a stone, admiring the view,
Are you many round here? I asked him
Yes, he replied, quite a few.
Why here, I asked, have you chosen
To come and sit on a stone?
We angels can choose where we sit you know,
And this place feels like home.

ORCOP AND THE CARACTOCUS THEORY

Given that the history of Orcop is noted mainly for the propensity of its young men to fight with those of Garway over eligible maidens, it is perhaps surprising that so much history lurks beneath the fields of the Orcop Basin.

In the Neolithic Period (New Stone Age) the heavy clay soils gave rise to thick oak forest, necessitating the clearance of woodland for crops and herds. Although there is limited physical evidence, Stone Age and Bronze Age implements have been found, as well as evidence of ancient earthworks in the form of enclosures and “pillow mounds”. The latter are probably artificial rabbit warrens and of medieval origin.

Of greater interest is conjecture about the use of the Orcop Basin and its perimeter hills as a sanctuary of the Silures. These people inhabited Wales and the Welsh Marches for at least one thousand years before the Romans arrived. They were Welsh speaking, but not of Celtic origin, and the Roman historian Tacitus tells us that they were exactly like the Iberi of Spain, originally immigrants from Libya. They were keen on human sacrifice and it is suggested that Orcop Hill was a “High Place” in which they celebrated their solemn (and no doubt gruesome) festivals.

The Silures, led by Caractacus, were eventually defeated, after many battles, by the Romans, led by Frontinus, around 70 AD. Caractacus escaped, but was subsequently handed over to the Romans in chains, destined for public display followed by execution. However, he was offered the opportunity to address the Roman Senate and they were

so impressed by his words that he was pardoned and allowed to live in peace in Rome. He was clearly not only a great warrior but also a great diplomat and orator. The essence of his speech was that his stubborn resistance made Rome's glory in defeating him all the greater. The site of the final battle of Caratacus is unknown and the subject of much conjecture amongst historians, but is described thus by Tacitus:



Caractacus resorted to the ultimate hazard, adopting a place for battle so that entry, exit, everything would be unfavourable to us and for the better to his own men, with steep mountains all around, and, wherever a gentle access was possible, he strewed rocks in front in the manner of a rampart. And in front too there flowed a stream with an unsure ford, and companies of armed men had taken up position along the defences.

***Caractacus, as imagined by
William Blake***

Now, ye Orcopians, imagine the description by Tacitus in the context of the Orcop Basin. The “stream with an unsure ford” is surely the Garron Brook (no bridges in those days) and certainly there are “mountains all around”, but perhaps not as steep as Tacitus might have us believe.

Anyway, there is a lot of ploughing going on at the moment and digging of gardens as a result of the pestilential confinement. If, in the course of these activities, you find a bent sword or dented helmet, please let me know.

Meanwhile stay safe and well. **Peter Garratt**

Tretire with Michaelchurch & Pencoyd

Getting through it

We have friends who have named different rooms in their house after their favourite pubs. “Which pub shall we go to tonight?” Sometimes they Skype their friends from the pub and share a drink together. We are waiting to see them going on a pub crawl! As we don't go to pubs often, we decided to go to restaurants where we have enjoyed ourselves in the past, talking about the menus and remembering good friends with whom we shared such fun times. Of course we don't do this every night that would be extravagant, only at weekends and special occasions. Last Saturday we really wanted to go to La Pointe a fish restaurant in southern Brittany, where last autumn we viewed a fantastic sunset over the sea in the west, and to the east an enormous full moon rising, and would you believe it they were fully booked! So I made an advance booking for next week, after all we have plenty of time. **Liz Everall**

Beryl Davies Many of you will already have heard of the sad death of our dear friend and neighbour Mrs. Beryl Davies of the Crossways, Tretire. Beryl passed away at Charnwood Residential Home on Friday 21st March where she had been living since last summer. Beryl was a much loved member of the community and a regular worshipper at both Pencoyd and Tretire churches. She always supported parish events, mostly insisting on behind the scenes jobs, and generously donating if she couldn't attend. Her Welsh Cakes will long be remembered, very often all being sold before an event started! Sadly, as we all know, there can be no public funeral service, she will be laid to rest with her husband Frank in Tretire churchyard on April 14th at 11.15a.m. A Thanksgiving Service will be held at a later date. If you knew Beryl please join with us in standing at 11.15 and having a short silence, remembering her, and offering up a prayer.

We send our deepest sympathy to Geoff and Lynda, Nigel and Gill and all her family at this very sad and difficult time.

Lockdown Warning!

Just be careful because people are going crazy from being in lockdown! Actually I have just been talking about this with the microwave and toaster while drinking coffee and all of us agreed that things are getting bad. I didn't mention anything to the washing machine as she puts a different spin on everything. Certainly not to the fridge as he is acting all cold and distant. In the end, the iron calmed me down as she said everything will be fine, no situation is too pressing.

The vacuum cleaner was very unsympathetic.... told me to just suck it up, but the fan was more optimistic and hoped it would soon blow over! The toilet looked a bit flushed when I asked its opinion and didn't say anything but the door knob told me to get a grip. The front door told me I was unhinged and so the curtains told me to..... yes, you guessed... pull myself together! Anon

HOARWITHY

Llanwarne Parish Council is looking for someone who would like to join Llanwarne & District Group Parish Council (*Group of Parishes are: Llanwarne, Harewood, Llandinabo, Pencoyd, Tretire with Michaelchurch*).

Are you an active member of the community? Would you like to represent and support your local community? The role is a voluntary. The Parish Council meets 6 times per year (Jan, Mar, May, Jul, Sept & Nov) at Llanwarne Village Hall on a Thursday evening.

If you are interested in the above role or would like more information, please contact the Parish Clerk. Kate Hughes, clerk@llanwarnegrouppc.co.uk 01981 580498 or 07967 352903

website: www.llanwarnegroupparishcouncil.co.uk

!!Chuckle Corner!!

Thanks for these wonderfully dreadful groan jokes sent to grandparents! Please keep them coming!

Why did the toilet roll go down the hill? To get to the bottom!!

I wondered why the baseball was getting bigger. Then it hit me.

I heard Donald Trump is going to ban shredded cheese, and make America grate again.

I bought a wooden whistle but it wooden whistle.

ON HYDRO ELECTRIC POWER

(And why you should not generate any in your garden)

We have all been so preoccupied with the Covid-19 pestilence that we have all but forgotten about the floods that preceded it.

If you think back to all that water rushing through your garden, you might recall wondering whether you could turn it into green energy. In principle this would be a very good idea. Hydropower is a well proven means of generating clean energy. A number of large dams have been criticised by the environmentalists, sometimes with justification, often not. The fact remains that large hydro power stations provide a large proportion of the world's energy needs, with high efficiency and without carbon emissions. Many such schemes have been operating reliably for over 100 years and there is no reason why they should not do so in perpetuity if properly maintained. Nor do they necessarily need dams. There are many "run of river" schemes which simply divert water from a stream or river and put it back a short distance downstream.

So why not do it in the garden?

To answer this question we need to consider how we turn flowing water into electrical energy. Water has the "potential energy" of its mass, multiplied by the acceleration due to gravity, multiplied by its elevation (or $PE = mxgxh$). When water flows downhill its potential energy is converted into "kinetic energy", which is its mass, multiplied by its velocity squared, divided by twice the gravitational acceleration (or $KE = mxv^2/2g$). This kinetic energy is captured by a turbine, which drives a generator, producing electricity. The electrical power produced is the overall efficiency of the scheme multiplied by the potential energy captured (or $P = \epsilon mxgxh$). All this might sound complicated, but fortunately it can be reduced to a very simple matter. Whereas many large hydro schemes achieve an efficiency of 90% or more, the one in your garden is unlikely to do better than 70%. Hence $P = 0.7mxgxh$. The acceleration due to gravity (g) is 9.81m/s^2 (say 10) so now we have just $P = 7mxh$. So all you need to know is how much water you have and through what elevation difference (height) you can drop it. Simple isn't it?

Let's put some numbers on it: Most of us will be familiar with the Garron Brook, which rises on Garway hill and ends up in the Wye. There is a gauging station at Marstow Mill, near its confluence with the Wye. The average flow there over the 22 years to 2018 was about 1.0 cubic metres per second. The flow where it leaves the Orcop Basin, near St. Weonards, is much less, maybe 0.3 cu. m/s. If we could find a place where we could harness a drop of say 5m (about 15 ft.) in bed level, we could generate $7 \times 0.3 \times 5.0 = 10.5$ kilowatts - Sounds quite good?

Well, firstly you would be hard pressed to find 5m head on the Garron. Secondly, 0.3 cu. m/s is the long term average flow. Sometimes it is much more, other times almost zero. So energy, essentially power x time, is much more important than instantaneous power. Our home consumes 3000KWh of energy per annum, which equates to just 0.34 kw of continuous power. All of this energy is provided by a domestic array of solar panels. To do this with hydro power we would need a continuous flow of 245 l/s if we could harness a head of 2m. Even on our very steep and very wet property, this is impossible.

Anyone contemplating domestic scale hydro should first accumulate or acquire long term stream flow data, ideally over 20 years or more. They should also determine the head difference that they are in a position to harness. They should then run a mathematical model to determine the annual total energy generation that they might achieve (revenue). If this looks promising, they should then obtain a cost estimate for the works and equipment necessary to generate this energy. Further modelling will reveal whether or not the revenue is sufficient to deliver a reasonable return on the investment.

In conclusion, our area is unlikely to provide the conditions necessary for profitable domestic hydro generation, so best stick to solar, biomass or ground source for your green domestic energy needs. **Peter Garratt**

Like many locally self-employed people with their own businesses, Isabel Partridge, our regular recipe contributor, has lost all her bookings for the foreseeable future. You may remember from when she came to talk at Orcop before Christmas a while ago, she was selling kits for baking. She has re-introduced the baking kits to help entertain children (and adults!) during this difficult time. Complete the booking form on the website to make your order. She is also doing postal orders of traybake cakes and afternoon tea delivery. They were very successful with my grandchildren!

Fiona Mynors on behalf of Isabel.

BAKING KITS FUN FOR ALL THE FAMILY! The perfect gift - why not post one to a friend or family? ISABEL'S BAKEHOUSE www.isabelsbakehouse.com

A Cat's lives

'We all have a story to tell,'
said the cat as it fell down the well.

'Mine's of nine lives
angry bees in a hive
a fast car in the street
an entangling sheet
a huge dog in the park
fireworks with a spark
fish that's gone rotten
broken glass that's forgotten
a child who likes clowning
and now look! I'm drowning.'

'We all have a story to tell,'
called the cat from the depths of the well.

Elizabeth Cathie

Elizabeth has the complete set of Harry Potter books to be given away free to someone who would like to read them.

Garden Notes

Being unable to venture out into the big wide world, our garden has become even more of a haven. If there is anything to be thankful for at the moment, this is a wonderful time of year to be pottering amongst the plants. The weeks of constant rain meant that we were confined indoors while the weeds grew in abundance, so there is plenty to do now.

I am using this time as a good opportunity for a bit of a re-vamp. To reduce the work in years to come, I had already started to replace some of the perennials with shrubs, leaving patches where I can plant my favourite annuals for spring and summer colour – wallflowers, cosmos, snapdragons, rudbeckias. I find that clearing and replanting small areas for each new batch of annuals is far easier than fiddling around with weeds growing amongst perennials. It gives me a good excuse to potter in the greenhouse sowing seeds and pricking out the seedlings, which I love to do more than anything else. The perennial foxgloves are a few years old now and looking tired so they are the first plants to be consigned to the compost heap.

The primroses and forget-me-nots are looking so pretty at the moment that I will be scattering their seeds in other areas so that next spring the whole garden will a sea of blue and lemon yellow.

My husband enjoyed growing sunflowers so much last year, that this year he has bought seed for American Giant, which is a huge sunflower growing to around 16 feet tall and has such a sturdy stem that it shouldn't need any extra support. It will produce equally huge yellow flowers. They should be quite a sight but I am not so keen on his intention to plant them in the middle of my flower beds ... **Julie Davies**



Nature Notes

It is the middle of March and the Prime Minister has strongly recommended over seventies such as myself should self-isolate to avoid coronavirus; no more interacting with others at sporting events, films or pubs, avoid shopping and younger members of the family, not even a church service to attend. So instead we are walking daily in the local countryside. On one such walk the weather overcast, grey and miserable with only my appalling jokes and reminisces to cheer up my companion of many years, we were first uplifted by the overhead melody of a song thrush bursting his lungs to lustily tell the world of his coming family commitment. We go over a stile, through fields to a kissing gate now cleared, after recently being blocked by a long dead elm which winter rain and wind had disturbed. On uphill, around the edge of a field we passed a pond now quickly drying out being covered with osier saplings. We detour around a newly created large puddle, where at its edge cheerfully chirping is a brilliant black and white pied wagtail, while in a tall tree a pair of greenfinch wheeze and shimmer in courtship display.

On around the common, delicate purple dog violets which are non -smelling and have petals more pansy shaped than the wood violet, make for a cheerful picture next to the star shaped wood anemones. Did you know that they were once called 'smell fox' due to the musky smell from their leaves? Our attention is drawn to the sound of a chiffchaff with its strong call to let the world know it had returned from Africa ready for its summer breeding cycle. On through tussock grass and mud, to the other area of the common where under ivy covered trees patches of bright yellow glossy-petalled celandines with their dark green heart shaped leaves. This plant prefers damp seasonal wet ground. It flowers earlier in the year before the leaves are on the trees to hinder its sunlight, so that by May it enters a six month dormancy phase.

We leave the common down a narrow lane - primroses decorate its bank plus cowslips, often called in Herefordshire a 'titsy totsy' or keys of heaven. We leave the lane with its eroded roadsides from continuing rushing rain, and re-enter a footpath going gradually up hill. We stop as we near the top to look around and identify the distinct landmarks - easterly May Hill with its pimple of conifers, St Weonards Church, Marcle Ridge with its radio mast. Look north and west -

Garway Hill, the Black Mountains and the Graig and more southerly the Llydart above Monmouth and Craig y Dorth. It was here in 1404 that Owain Glyndwr won an engagement against Henry IV troops chasing them back to Monmouth. On Owain's battle standard that day was the forerunner of the Welsh Dragon. Our gaze was obverted by a pair of ravens honking high up in some conifer trees wherein previous years they have nested, finally to return home for a well-earned cup of tea.

John Pullen

Are you stuck at home in the lockdown with not enough to do? Getting bored? How about researching your family history?

I've got well and truly hooked on this hobby over this last year or so. My brother has researched our own family quite thoroughly, so there wasn't much to be done there, but we knew much less about my husband Les's family. Les knew that his maternal grandfather, George, whom he never met, had fought in France right through the 1st world war, only to come home and die almost straight away of the Spanish influenza. All Les had was a couple of old photos, one of his grandfather with his wife and baby daughter, the other of him in military uniform holding a drum, both of them showing a distinct resemblance to Les himself. We wanted to find out more about him. Also there was a family rumour that a distant ancestor, Margaret Maria, had come from the West Indies, which raised all sorts of interesting possibilities!

I started off by joining Ancestry UK. It is not cheap, but a year's subscription gives you access to a huge number of records: all the UK censuses from 1841 onwards, plus parish records of baptism, marriage and burial, along with emigration, military, probate, and school details. It was like being a detective, following up clues, delving into different archives, giving up in frustration on a particular individual because there was no record in the censuses, and then triumphantly finding them again somewhere else.

We found George and his family in Sussex, with his address in Brighton which we were even able to look at on Streetview, along with his death certificate, confirming that he had died at home from pneumonia at the age of only 33, with his wife caring for him.

Margaret Maria took a lot of chasing, but eventually we did track her down, and found that she did indeed come from 'Foreign parts'. Slightly disappointingly, she proved to be of solid English stock!

But she was only the first of a parade of fascinating characters whom we unearthed. Benjamin Brown, who served as armourer in the 58th regiment of foot on the North-west frontier in the wake of the Indian mutiny, taking his wife Mary- Ann with him and leaving his little son at home with his parents. After years in India, they returned home, only to be sent off to S Africa to fight in the battle of Ulundi.

Then there was the Harp family, several generations of nineteenth century Dorset craftsmen and women who were all hand-loom sailcloth weavers, producing canvas for the Royal Navy from the hemp and flax that grew so well in that area. We've already had a couple of lovely holidays exploring their area, and plan to do so again when we can.

And little Alice Griffin, growing up in the east end of London, at the end of the nineteenth century, whose parents both died of the tuberculosis that was so common in those crowded streets, and who, with her sister Charlotte, had to go into the workhouse since none of the extended family could look after them. She survived it all, and went on to become Les's much-loved grandmother.

Certainly if you ever feel sorry for yourself and your lot in life, then this is a useful hobby - you are certain to find some ancestor who had a much harder life than you! **Frances Phillips**

My Scrapbook Project – 'This Is My Life'

First the rain; then Coronavirus. Being confined to home has given me an ideal opportunity to have a good sort out. I have unearthed documents, photos, letters, diaries, CVs, even O and A level papers from all those years ago. I had no desire to push it all back into the cupboards so the whole exercise has turned into a big scrapbook project, rather grandly titled 'This is My Life'. I

don't have children to pass it on to but I imagine, in years to come, I will browse through it and reminisce about all the things I have achieved, the places I have lived, the pets I have loved.

I have selected my favourite photos from all the memorable moments in my life, I have copied out significant diary entries, gathered together estate agents' brochures of the houses I have bought, even the lists I kept as a child of the presents I received. I have searched the internet for images of Coventry from the years when I grew up there. It has become quite a project. Now organised into date order, it is ready to be pasted into a sturdy spiral bound scrapbook. A second scrapbook will be a family album but this first one is to be a celebration of my own life containing all the bits and pieces that have made me the person I am today - a sort of self-portrait in words, pictures and objects.

It is a carefully edited history of course - no photos showing me at my worst : the plumper teenage years and those truly hideous glasses I wore at 20. It is to be a happy scrapbook with only the very best memories. The main events will be there: the school and college years; the weddings (yes, there have been three) but not the two divorces – I don't want to dwell on those; the jobs I have had; the houses; the holidays - trips to Barcelona, Krakow, Venice, all those, and most definitely our honeymoon in Cherokee, North Carolina but more importantly I will include the silly little things that make me say 'I remember that' with affection. Learning the word 'curious' when I was six and being so proud; the little green dress I wore with the elephants marching around the hem; stories about the pranks we played on a geography teacher we didn't like very much at grammar school; visiting 23 shoe shops in the city centre (we had shoe shops back then!) to find just the right pair of fashionable sandals with platform soles; all the minor triumphs and memories of times that make me smile. Even the craft projects I enjoy doing will be included: my favourite dress patterns (remember hot pants and smock dresses?), soft toys I made – the teddies, donkeys, clowns, Basil Brush; upholstery projects; stained glass; silversmithing; all of it. I knew there was a reason to keep all this stuff!

It is an opportunity not just to make a record of my life but to make something beautiful too. Equipped with paints, stencils, rubber stamps, decorative paper and tape, I will make each page eye-catching and colourful. A younger me might create it on the computer but an old-fashioned scrapbook seems more appropriate and is more enjoyable.

And when I want a complete change of activity, there is my brand new banjo and, most importantly, 'The Complete Idiot's Guide to Bluegrass Banjo Favourites' with Play Along Audio CDs. Mercifully, there are very few people out and about to hear my laboured efforts; I am not the most musical of people but it is great fun and should help to keep my aging brain active. **Julie Davies**

Book Review

Warlight by Michael Ondaatje

The eighth novel by Ondaatje (he of *The English Patient* fame) is a strange book – oddly detached and emotionless. The narrator, Nathaniel, looks back as a 28 year old on his life as a young boy and adolescent in the years immediately after the second world war. His father has taken himself off to some unspecified work in Singapore, followed shortly after by his mother, leaving Nathaniel and his sister Rachel in their family home in London. The arrangements for their care are vague in the extreme – a lodger, whom the children nickname "Moth" is ostensibly in charge; but a succession of characters flow in and out of the house and become involved in their upbringing. Most of these characters seem to operate on the wrong side of the law, but fulfil the trope of villains with hearts of gold.

The "Darter" – has to be a villain with that nickname - involves Nathaniel in the smuggling of greyhounds into the country, bringing them along the Thames in barges at night. And Nathaniel has other nocturnal activities as a teenager; he meets a young girl (whom he calls Agnes – but does not know her real name) for sexual encounters in empty "for sale" houses, Agnes having acquired the keys to these from her estate agent brother. All more than a bit far-fetched, and smacks of the author's own fantasies, which have no relevance to the plot.

The second half of the book is devoted to Nathaniel's efforts to track down his now deceased mother's history, and the reasons behind her desertion of the children. Needless to say, she was not in Singapore.

The Guardian critic extolled the virtues of this book, but I found it to be superficial, with occasional profundities, in an attempt to give it depth. But a good novel needs to persuade its readers to care about the characters – in this it failed. **Hilary Smallwood**

A Chance for Positive Talk?

Talk the Talk is a local charity fully funded by a grant making trust, Four Acre Trust. You can find more about them at www.talkthetalkuk.org and www.fouracretrust.org.uk

The team of trainers and all other staff are working from homes from Kidderminster to Kilpeck to Cardiff to keep the importance of verbal communication alive. **Richard Hull** who manages the project has pulled together some key help for parents and carers out there home schooling. There are some games and activities that are fun, competitive and generate positive discussion about the future.

Each of the following activities and games offers an opportunity for rich discussion, practicing speaking out, putting across opinions, using persuasive language and articulating ideas with vocal, visual and verbal skills.

Visual – what we see... Eye contact, facial expression, posture, hand gestures, movement, body language, appearance

Vocal – how we say it... Clarity, pitch, pace, pause, projection, emphasis, tone

Verbal – what we say... Stories, facts and statistics, quotations, jokes, rhetoric, imagery, opinion

Each activity is self-contained, but adapt to suit your interests – change the topics, swap roles and be creative. Most of all, have fun and try to get better each time!

- 1. Fillers Beware** – This competitive exercise is designed to promote fluent talk, avoiding the use of filler phrases such as 'like', 'you know what I mean', 'err...', 'um'
Ask your child to talk about anything for one minute – it could be subject specific, an anecdote or perhaps what they most look forward to being able to do when life returns to normal.
Everyone in the game is given 1 point for every second they speak, but will lose 1 point for every 'filler' phrase they use. Anyone who speaks for 60 seconds without any filler phrases will score 60 points. Someone who runs out of material at 45 seconds and uses 5 'filler' phrases will score 40 points.
This could be used to revise a topic after a specific subject has been covered in the home classroom.
- 2. The Extended Answer** – No-one may answer 'yes' or 'no'. Children take turns at 'the chair'. Others ask questions. As each answers with one of the banned words, another takes 'the chair'. This can be used as revision practice
- 3. Pace yourself** – Designed to reinforce learning through revision and encourage pace when speaking in front of others. A piece of text is provided – anything at all; subject specific, revision orientated; a new concept. Participants read it aloud to their audience. This should be timed and pace varied to practice the use of pace and the value of pause.
- 4. For and Against** – Participants take a position on an issue and back it up with evidence and examples. Regardless of personal opinion, participants have to create a reason for and against the statement. For instance:-
 - NHS should receive a huge bonus when the pandemic is over
 - School holidays should be longer
 - Young people should be able to use the internet unsupervised
 - School uniform is essential
 - It is ok to keep animals as pets

5. **Open Discussion Questions** – These questions can be used at any time to get some discussion going. Either individually or you could chair a whole teatime conversation on the question:
- Is coronavirus bringing society closer together, or pushing it further apart?
 - What are you missing most?
 - Should key workers be paid more?
 - Are there any advantages in the lockdown?
 - What's more important, what others think of you, or what you think of yourself?
 - Who are more embarrassing, parents or siblings?
 - Is the hole part of the Polo?
 - If you had to choose, which would you be, a body with no mind or a mind with no body?
 - If you knew that you could not fail, what would you do?
 - What do you most look forward to when the lockdown ends?
6. **What I dream of...** The aim is to share a personal dream and two progressive compromises. Each participant is given time to think of the answers to the following linked statements:-
- I dream of... then,
 - I'd settle for... finishing with
 - I'm more likely to
- For instance – 'I dream of a MacDonald's. I'd settle for a Burger King. I'm more likely to get an egg on toast.
7. **I couldn't disagree more** – This activity is about how we interact with diverging opinion and disagree positively! Each person hears the argument, has a few moments to collect their thoughts, then disagree stating why and providing reasons. Participants respond with the opening 'I couldn't disagree more' – statements to be disagreed with could include:-
- We should wash our hands regularly
 - We should shower every day
 - The world is a better place when everyone wears clothes
 - We should all try to eat well and be healthy
 - We should look after the environment
 - We should take care of other people
 - School is very important

As we have, for once, plenty of time, let's fill it with positive talk!

Plagues & Us

socially - with enormous sympathy to those suffering economically

by Ruth E. Richardson

Aren't we lucky? We have TV, radio, telephones, music, the internet, apps., DVDs, post, books, freezers, and cars if we really need to go out. So, if any of us need to self-isolate for the good of ourselves, and of the community, we can talk to others or find enjoyment in interesting things. As I write I am listening to beautiful music. Many of you probably have gardens to work in, or to just enjoy. I am able to safely walk the lanes and fields around my home, speaking at a safe distance to the very few people I encounter. The flowers are lovely: violets, daffodils, primroses, and the hedges are budding. Today, I surprised a mallard on the River Dore. Yesterday, I saw a worm heading for the middle of the road where it would have been squashed by a car. I watched it for a bit wondering what

to do and then I found a short stick and was able to 'flip' it back on the verge. It landed on a grass tump and slithered away.

The day before, I was walking back home along the road and I saw something blackish moving. I stopped, wondering what it was. I didn't want to frighten it but it didn't seem to know I was there. It was snuffling away at the side of the road where a tractor wheel had gouged out a sheer edge - what must have seemed like a cliff to this tiny creature. I walked slowly towards it expecting it to run into the verge but of course it couldn't because of the mud 'cliff'. I then saw its nose, sharp claws and velvety coat and realised it was a mole - and they have very poor sight. I walked right up to it but all it did was to keep nosing around. I realised it had fallen over the 'cliff' from the grass above. I tried to head it along to the left, where grass grew down to the road, with my boot. That didn't work. I tried to get it to climb onto my boot so I could 'flip' it on the grass. It only climbed halfway onto my boot and then slipped back and I had to stop it heading for the centre of the road with both boots. So I tried using a stick to roll it over to head in the right direction. That worked! So I did it twice more and managed to get it into the grass. It picked itself up and ran under the hedge. Job done!

It is likely that, in the past, few people would have taken a walk, as I did, in the middle of an epidemic. They usually had no idea how illness was spread - how could they? Miasmas, 'bad' or noxious air, often termed 'night air', were blamed for diseases including cholera and the Black Death of the mid-1300s in Asia and Europe. The dreadful thing is that people knew this 'Great Pestilence' (bubonic and pneumonic plague) was coming but did not know how to stop it. It spread along trade routes to China, India, Persia (Iran), Syria and Egypt before heading for Europe. In October 1347 twelve ships docking in Messina, Sicily, were found to be filled with crew who were mostly dead, or dying covered with black boils oozing blood and pus. Ordered back to sea it was too late. Over the next five years it is now (2020) estimated that 60% of Europe's population died, that is c.50 million of c.80 million people...

In 1348 the Black Death reached Britain. It was no respecter of persons. Blanche of Lancaster, daughter of Henry of Grosmont, first wife of John of Gaunt, mother of King Henry IV and to whom Geoffrey Chaucer dedicated a book, was probably a victim. In Herefordshire the disease seems to have halved the population. So many clergy died in Hereford itself that special arrangements were made to minister to the parishioners. This vividly demonstrates how involved parish clergy were in the daily lives of those in their charge and that most were living and working within the local communities. Among their duties was the giving of last rites to the dying, and therefore highly infectious, people. On the 5th February 1349 Sir (an ecclesiastical title) John de Porta was appointed vicar of Bacton Church, near Dore Abbey. He was probably a victim as he soon died, his successor taking office on 22nd August 1349.

Plague did not go away. It returned again and again. London's Great Plague was 1665-1666. Children still sing the nursery rhyme: *Ring, o' Ring of Roses*, which seems to describe the symptoms. Rotting vegetation and animal carcasses were thought to be perhaps one source for the causal miasmas. This actually had a small embedded truth as decomposition attracts rats and other carriers of diseases. The bacillus can not only spread from person to person through the air, pneumonically, but also through the bites of infected fleas and rats. In Tudor times another illness, known as the sweating sickness, was feared. The first recorded epidemic in Britain, thought to have been brought by French mercenaries, was in 1485 and it seemed to finally die out in 1551, although some authorities think the 'Picardy sweat' occurring between 1718 and 1918 was similar. King Henry VIII was terrified of it, Anne Boleyn caught it and survived, while Thomas Cromwell's wife and two daughters died of it. It was said that, as with the plague, a person could be hale and hearty at breakfast and dead by supper.

The deadly 1918 'flu pandemic is now thought to have originated in the U.S.A. and was brought to Europe on the troop ships sent to France during the First World War.

Conditions in the transit camps, such as Étapes, were ripe for contagion to spread. When war ceased the soldiers and others all went home - and took this 'flu with them. There was no vaccine. It was fatal to children under 5 years old, to the over 65s and, uniquely, to healthy people between about 20 and 40 years. Present estimates are that a third of the world's population (c.500 million people) caught it, with 50 to 100 million deaths, more than died in WWI.

The trouble with the coronavirus, or its alternative name of covid19, is that there is, as yet, no vaccine available. However, we are so lucky because only a few years ago it would have taken about twenty years to develop a vaccine - but now a vaccine is expected to be ready in only eighteen months... Actually, not long to wait knowing that safety is promised after such a relatively short time. Meanwhile, as we also know more about the origin and infection rate of this virus than our ancestors did about theirs, we can take precautions which they were unable to do. We are informed about wearing regularly washed gloves, frequently changing masks and we can speak to others if we stay at the recommended safe distance. If you can visit open spaces safely please enjoy a walk and look at the verges, the flowers, the signs of new birth and the new activity that comes with appearing Spring. As the Irish prayer says:

May the road rise up to meet you. May the wind be always at your back. May the sun shine warm upon your face. The rains fall soft upon your fields, And until we meet again, May God hold you in the palm of his hand... So, good wishes to you all and take care...

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Planning to visit one of our churches?

You may be aware that from 24 March 2020, all Church of England churches were closed, and regrettably there can be no form of public worship or private prayer in our churches until the COVID-19 restrictions are lifted. We are very sorry that baptism, wedding and funeral services in our churches cannot go ahead until further notice. Only services at gravesides or in a crematorium can take place, under strict conditions.

HEREFORD CIVIC SOCIETY

Talks and events are advertised through the Society's website and this magazine.

<https://www.herefordcivicsociety.org.uk/about-the-society>

Hereford Civic Society continues to operate virtually! Our Spring PLACE magazine will be on our web site from 15th April 2020 www.herefordcivicsociety.org.uk especially commenting on latest reports about housing design; and worries about loss of democracy with the suspension of the planning committee.

We still have a few places left on this interesting trip: **Wednesday 22nd July 2020**

Summer Outing Berkeley Castle & Dr Edward Jenner's House & Museum

Leominster Bridge Street car park leave at 8.45am. Hereford Merton Meadow car park leave at 9.10am. **Berkeley Castle** arrive 11 am - coffee/ tea homemade cake. Guided tour of the castle (takes around 75 minutes). Medieval kitchens, imposing Great Hall, elegant State Apartments, magnificent furniture, rare paintings by Dutch and English masters, Elizabethan tapestries and more. Eight acres of terraced gardens and Butterfly House. Lunch (not included in price) The Yurt restaurant serves snacks and light lunches or bring your own picnic.

Dr Edward Jenner's House & Museum. 30 minute introductory talk - a visionary country doctor who pioneered smallpox vaccination and the science of immunology. **St. Mary's church**, notable

for its medieval wall paintings, detached 17C tower. Return ETA Hereford 6.00pm and Leominster 6.20pm. Cost: £38.00pp Non-members welcome (same price)

Booking: david693fowler@btinternet.com or The Stable Cottage, Kingsthorpe, HR2 8AJ

Useful websites contributed by our community

Ideas and links for social distancing time

During this time when we are all unable to pursue our normal lives, and are having to keep apart, I thought it might be helpful to put together some of the computer links that can help to open up the world for us.

So.....why not try some of these?:

1. Google Arts and Culture tours of museums and art galleries from many nations:
<https://artsandculture.google.com/partner?hl=en>
2. Find 3,000 ebooks and audiobooks for children free at
worldbook.kitaboo.com/reader/worldbook/index.html
3. Try a MOOC (Massive Open Online Courses). There are several sites that bring together a whole range of courses that can be studied online.
www.classcentral.com/help/moocs will guide you through them.
Two of the best known are Future Learn <https://www.futurelearn.com/> and Coursera www.coursera.org.
The courses themselves are hosted by universities from all over the world, and are, in the main, free, unless you choose to work towards a certificate.
4. For help for those struggling with isolation, MIND have a section on their website offering help:
www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/
5. Paris Opera is broadcasting their performances free online during this time: www.vogue.fr/fashion-culture/article/paris-opera-broadcasting-screening-performances-online-for-free-2020
And also the Met in New York: blooloop.com/news/met-opera-live-stream-performances-coronavirus/
6. Learn a new language at Duolingo <https://www.duolingo.com/> Courses are free with adverts, but if they grate too much you can opt to pay.
7. Or go on a virtual tour: www.goodhousekeeping.com/life/travel/a31784720/best-virtual-tours/?utm_medium=social-media&utm_campaign=socialflowFBED&utm_source=facebook
8. Learn a new craft skill online here: <https://shop.mybluprint.com/>
9. The National Theatre is putting out live feeds from their performances each Thursday evening.
<https://www.nationaltheatre.org.uk/>
10. The NHS website has links to online courses to keep you fit: www.nhs.uk/conditions/nhs-fitness-studio/?tabname=pilates-and-yoga You can even try belly-dancing if you are feeling brave.
11. This lovely Qigong 20 minute daily session is keeping me moving:
<https://www.youtube.com/watch?v=cwlvTcWR3Gs> Especially lovely is the fact that it is full of birdsong.
12. Singing Tree have been doing a sort of online Desert Island Discs where we send out our favourite pieces of music to each other – a wonderful way of experiencing new and varied music. Search for your favourite on YouTube and email it to a group of friends.
13. For those of you not yet on Spotify, then do not miss this wonderful opportunity to explore the world of music free (if you do not mind adverts) or for a small monthly subscription. Everything is there – you can explore a particular composer or group or singer; or a specific genre – I am looking at women composers at the moment, and have learned a lot. www.spotify.com
14. Google “online crosswords” and you will find links to most of the national daily papers who publish crosswords (both easy and cryptic) to download.
15. Many other puzzles and word games can be found online – I am currently being beaten by my 11 year old grandson at online Scrabble, of which several versions are available. We are using: <https://www.zynga.com/games/words-with-friends-2/> but there are lots of other options.

16. Those with grandchildren might like to record stories for them – there are many ways of doing this. I am using Audacity, and currently working my way through Peter Pan and Wendy for my two youngest. One way of making sure they do not forget how your voice sounds!
17. There are many ways that children can advance their education during this time of school closures: one example from “Google arts and culture” is a trip round the Natural History Museum: <https://artsandculture.google.com/partner/natural-history-museum> Lots of ideas for projects there.
18. Try this link to an article about children’s authors who are reading online: <https://www.theguardian.com/lifeandstyle/2020/mar/26/one-big-virtual-love-in-how-childrens-book-authors-are-creating-online-sanctuaries>
19. Again for children, the Lost Words Spell Songs project has created a learning pack – music and nature combined to inspire children. My own grandsons have recorded bird song and written music based on their chosen bird. Lots of links and ideas on this Lost Words resources page: <https://www.thelostwords.org/resources/>
20. There are lots of opportunities to become involved in singing during this difficult time: try Gareth Malone’s Great British Home Chorus https://www.youtube.com/results?search_query=%23GreatBritishHomeChorus or sing Handel’s Messiah at <https://www.theseisolationchoir.com/>
21. The BorrowBox app allows you to download books from Hereford Library. You just download it to your phone/iPad and put in your library card number, then choose your book: <https://www.borrowbox.com/>
22. And for a bit of fun, join in the Covid Ceilidh on Twitter!! https://twitter.com/hashtag/COVIDCeilidh?src=hashtag_click
Who knows what the future holds for us all as we battle with this pandemic? But for many it is hopefully a time for reflection; a time to learn new skills and find new interests; and a time to review our lives and maybe come up with some positive steps for the future and for our relationships with those around us and with our planet. Perhaps our world leaders will take heed and take us on a new direction; a more kindly and gentle direction maybe.

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480

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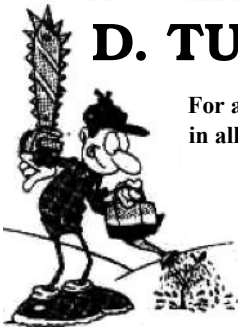
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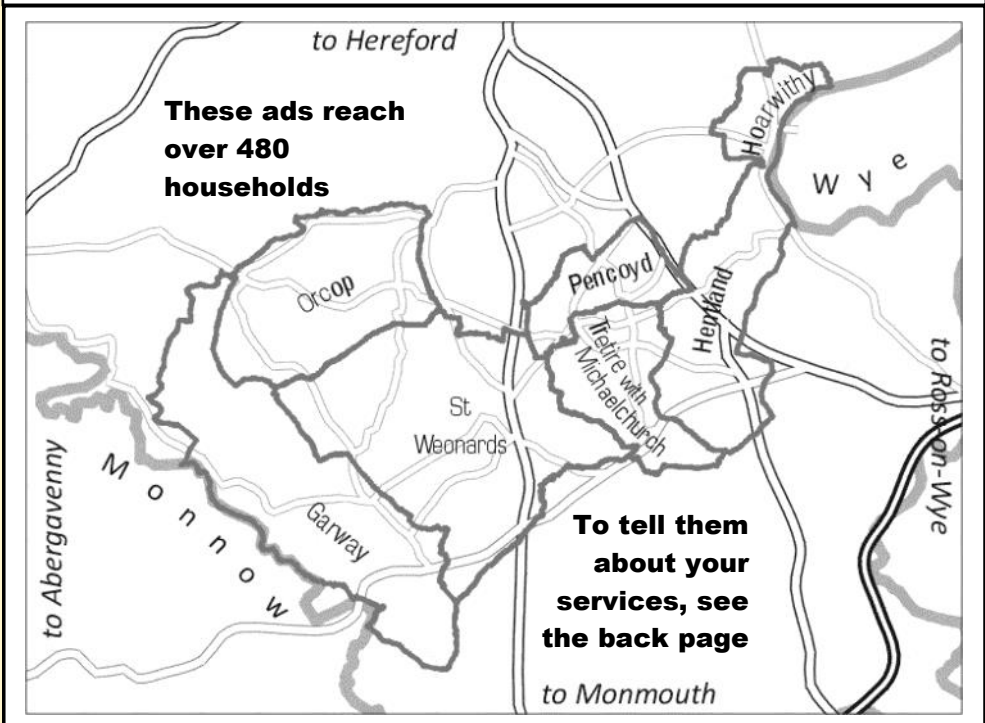
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Index of Advertisers' Services

Agas & heating4,8,11	Glazing.....2
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Bookkeeping and accountants6,12,20	Health..... 1,6,12,13,14,17,19,21
Builders, decorating. 1,2,4,13,17,22	Ice Cream. Milk Supplies.....8
Car sales and repairs1,21	Insurance Services.....5
Carpentry4,15	Llama Trekking.....2
Coating.....16	Legal Services.....7
Computing.....6,10	Machinery services.....3,17
Dentist.....23	Maths lessons17
Dowsing2	Music lessons.....6,17
Exercise15	Owl Community Support.....22
Electricians4,5,8,17	Pest Control Service.....12,20
Farm shop.....13	Pre-school/Toddler4,17
Firewood21	Septic Tank Emptying.....7
Flooring3	Skip Hire, Recycling etc.....7
Florist17	Soft furnishings.....10
Fruit juice.....20	Sweeps15,20
Funeral services2,6	Tools17
Garages9	Tree Services1,11,14,15,17
Gardening.....10,14	Window cleaning19
Groundwork10,16	Village Hall / Community Centres3,11,14

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