

**Parish News May/June**  
**of**  
**St Weonards, Garway, Orcop, Pencoyd,**  
**Tretire, Michaelchurch, Hentland and Hoarwithy**



**By Louise Brosnan**

Best wishes to all our readers, wherever you are. We hope that since our previous publication you have kept well and busy. If you have a garden, it is probably immaculate by now, but the frost did cause us some challenges. I must admit that I look forward to the gradual lifting of the lockdown, although it is hard to judge what is the right thing to do. No doubt life will become easier in due course. Meanwhile we have enjoyed seeing people at the Sunday Zoom services. If you are not receiving the information on these services and would wish to, please email Frances Philips for more information or look on the parish website. <https://www.stw.org.uk/news/>

This month we have been delighted to receive plenty of humorous material to make you chuckle, including a poem from New Zealand and cartoons from London! Next month we will probably be collating another newsletter/magazine online, so please get writing again.

As before, 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! **Fiona Mynors**

Revd Elizabeth Cathie  
Vicar of the St Weonards,  
Group of churches,  
The Vicarage, Mount Way  
St Weonards, Herefordshire  
HR2 8NN 01981 580137  
[ejcathie@btinternet.com](mailto:ejcathie@btinternet.com)

Revd Frances Phillips,  
Associate Priest of the St Weonards  
Group of churches,  
New House, Garway Hill,  
Herefordshire HR2 8EZ  
01981 240032 email:  
[franjpillips@gmail.com](mailto:franjpillips@gmail.com)

## Vicar's Letter

Hello everyone, In these times when everyday life remains a challenge for some, testing for others and immensely difficult for many here is a prayer from the Reverend Paul Nicolson, who died recently. Paul spent much of his life challenging the injustices of society, working alongside those impoverished by debt and living in solidarity with the poor. When he died he was involved in drafting an, 'Elimination of Homelessness Bill,' which, were it to become law, would mean that councils must count those who are homeless, list empty properties, and provide affordable housing for all who need it.

*Jesus, our brother, lead us out of illusion, out of injustice,  
out of oppression, out of suffering, out of poverty,  
out of darkness into the light,  
the light of hope, of peace, of love, of understanding,  
into the wonder, into the mystery. Amen.*

As we come into the season of Pentecost, the season of hope when the church comes to birth and the disciples begin to spread the message of faith, the message of resurrection life, the message of Jesus, out to the world, it's good to remember that there have always been people in the church who have walked with those people who are disadvantaged. There have always been Christians who have cared for those who are sick and suffering; Christians who have challenged unjust legal systems and upheld the rights of freedom.

In these days we are all called to witness a great deal of suffering – in this country and in many countries around the world. Poor communities are hit hardest. Those with low incomes rarely have a full bank account to fall back on. Sick, vulnerable and elderly people are being asked to live in an extended time of isolation. And in amongst all of the difficulties and hardships we read stories of care and compassion, of helpful neighbours and caring colleagues, of generosity and friendship, all spreading around our communities, our country and our world showing to us human identity at its best.

In the Pentecost story there were bystanders who sneered at the disciples as they proclaimed the message of the gospel in multiple languages, proclaiming them to be drunk, 'filled with new wine.' But others are rather more discerning – they're amazed and perplexed. 'What does this mean,' they asked, 'that we hear these people speaking of God's powerful deeds, and we hear it each in our own language?'

'What does this mean?' we may ask in this season of Pentecost. 'What does this mean that the world is come to such a place of suffering and devastation and that the world's people are called upon to carry such a burden in our own day?'

With blessings in these difficult days, **Reverend Elizabeth Cathie**

*If you would like to read the Pentecost story you'll find it in Acts chapter 2 verses 1-21.*



### Church and Chapels Together for Pentecost

As you may know, we produced a service on You tube for Easter Day, for everybody of any denomination to join in together in celebrating this special day. We are now working to repeat this for Pentecost, which falls on Sunday May 31<sup>st</sup>.

Nearer the time, there will be an order of service published on this website, along with a link to the You tube channel, so watch this space!

The service will be designed to appeal to children as well as adults. **Frances Phillips.**

For more information on what is going on within our parishes, go to [www.stw.org.uk](http://www.stw.org.uk).

### All Age Zoom Service

We were delighted to share our All Age Worship Service on 17<sup>th</sup> May with 42 people, including 11 children. It was lovely to 'see' local friends from our parishes as well as others from Hampshire and Windsor. As the weeks go by, more people join us for the Sunday service, showing how much we value the opportunity for worshipping together. The IT is not always perfect, but we are getting more confident in using it! Many thanks to all involved in making it happen, those who read and prepare prayers, and particularly Stephen Herbert for 'doing' the IT for us in St Weonards. Thanks also to Alex for her reflections on following God's call and service to others. **Fiona Mynors**

### Christian Aid

May has always been the month when we have collected for Christian Aid and the very worthwhile work that they do. Because so many people prefer to make charitable donations on line nowadays, we had already decided not to make a cash collection this year, but you may welcome a reminder to make your donations now, in a year when your help is needed even more desperately than usual.

This is the link if you would like to help:

[https://donate.christianaid.org.uk/Donate/Step/1?ApproachCode=A002958&\\_ga=2.120861640.1713774694.1588248363-1933329567.1561037335](https://donate.christianaid.org.uk/Donate/Step/1?ApproachCode=A002958&_ga=2.120861640.1713774694.1588248363-1933329567.1561037335)



A lovely message from Tretire

### Recruitment to the Magistracy (Family Bench)

The Staffordshire and West Mercia Advisory Committee, (Staffordshire, Herefordshire, Shropshire and Worcestershire) is recruiting new magistrates from June 1st. It is now possible for people to apply to become Family magistrates without being appointed to the Adult Bench first. Magistrates should be between the ages of 18 and 70 and need no formal qualifications as training is provided. They should -

- be of good character
- have good powers of understanding and communication
- possess some social awareness
- show maturity and a sound temperament
- display sound judgement
- be both committed and reliable

During the current public health emergency, advisory committees are continuing to encourage applications and to accept and sift them as planned, (but in order to comply with social distancing and travel restrictions candidates will not be interviewed until it can be done safely). **Sue Furnival JP. DL**

## Village Pages

### St Weonards

Thanks to St Weonards Post Office and Stores and Julie and her hard working team for keeping us all supplied during these complicated times. **Fiona Mynors**

#### New 'Hymn Helpline' for the Lonely

The Archbishop of Canterbury has launched a free helpline that encourages callers to sing along to hymns in an effort to combat loneliness and isolation during the coronavirus lockdown. As churches remain shut, the Church of England 'daily helpline' is designed to give spiritual guidance to those who may not be able to access services on the internet.

Those who dial the freephone number are met with a special greeting recorded by the Archbishop of Canterbury. Callers will hear "*Hello, this is Justin Welby. We are living in extraordinary times. Who would have imagined at the beginning of this year that we would find ourselves having to live as we do now in the light of coronavirus? If loneliness is something that is affecting you, I want to assure you that you are not forgotten. On this daily helpline, I'd like to encourage you to listen and sing along – if you've got a better voice than me – with some amazing hymns. We explore the words and enjoy singing together.*"

Calling 0800 804 8044 prompts the user to make a selection from a list of options. A section called 'Hymns we love' provides a hymn and a reflection while others will offer a 'Prayer during the day' and 'Night prayer'. There is also 'Hymn Line', where daily hymns are played on a loop and weekly sermons and prayers 'specific to the coronavirus pandemic'.

The phonenumber, which is available all day, has been set up to recognise that, while thousands of churches are streaming online services and prayer groups, many people, especially the elderly, do not have access to the internet.

Launching the service, the Archbishop said, "*With many in our country on lockdown, it's important that we support those who are feeling lonely and isolated, whatever age they are.*" **Gillie Hallewell**

#### Surprising visitors

Our new home has wonderful folding doors onto the garden. In the summer, we leave them open for much of the day, giving us a feeling of almost living outside. Last week, I returned from a walk to be confronted by a large cock pheasant pottering around our sitting room. I am not sure who was more surprised-him, me or the dogs! I tried to encourage him out, but not being the most intelligent of birds, he merely flapped onto the top of the high kitchen units and stared balefully down. After gentle persuasion he rushed outside again. I hope that he has realised that he is not welcome here! Perhaps we should shut the doors more? (One more blood thirsty friend was disappointed that we did not consider him for the pot!)

When I sent the news of this momentous event out on the family app (in time of lockdown small things are momentous!), a cousin reminded me of the squirrel in the woodburner at Treago. I have to admit I had forgotten. Going into the sitting room of Treago one morning to light the woodburner, I was horrified to see a small face staring out. A squirrel! Somehow it had climbed up the 30ft chimney wall, and being too nosy had fallen down. Squirrels have sharp teeth so we were anxious how we could get it out of the house. We shut the room doors, opened the windows, and armed with leather gloves we hoped to catch it, somehow. As soon as the burner doors opened, it was out in a flash. Once round the room and out through the window! What a relief, but we are still amazed that it got there in the first place!

I prefer my wildlife outside! **Fiona Mynors**

#### 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](mailto:clerk@stweonardsparishcouncil.org) 01981 580498 or 07967 352903

website: [www.stweonardsparishcouncil.org](http://www.stweonardsparishcouncil.org)

## Garway

### Garway Heritage Group

The Garway Heritage Group (GHG) was created to explore the rich and diverse heritage of Garway and the surrounding area and to make its work available to others who may share our interests.

<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](mailto:liz@fouracretrust.org.uk)

## Orcop

### On the Thought Processes of Blackbirds and Musicians

The tranquillity brought by the lock-down has encouraged some interesting behaviour from our feathered friends. Our car has been standing idle for a few weeks and a lady blackbird has fallen in love with it. During the day she sits below the rear window, intermittently pecking and fluttering against the glass, fascinated by her own reflection. I feared she was nesting under the bonnet, but an inspection revealed no construction activity on or around the engine, which was a relief. I believe she is merely convinced that there is another lady blackbird inside the car. I am not sure whether she finds this uplifting or worrying, but she is very persistent.

It would be interesting to hear from others who might have witnessed similar behaviour, or the unusual antics of other birds or animals emboldened by the silence.

Our good friend and neighbour Vivien Ray, of Spout Cottage, told me four cheese jokes the other day. These are very clever I think and equally suitable for challenging adults or for long conversations with grandchildren:

Q: What cheese do you use to lure a bear out of a cave? A: Come on bear.

Q: What did the cheese say when it looked in the mirror? A: Hello me.

Q: What cheese does one use to disguise a horse? A: Mask a pony.

Q: What cheese is made backwards? A: Edam.

It has been interesting to try these out on relatives and friends.

Our younger son, who is an artist and musician, answered them all correctly in a matter of seconds.

Our elder son, who is an engineer and mathematician could answer none of them and was mortified to hear of his brother's success.

Another good friend and neighbour, Chris Northam, known to many of you as a celebrated concert pianist, very quickly managed two out of three before our safe-distance roadside conversation was terminated by an oncoming vehicle. I understand that Richard Mynors, another well-known and distinguished musician, managed 3 out of 4.

This is a very small sample of course, but in general it seems that artists and musicians are much better at this kind of thing than those of a more analytical disposition. Again, it would be interesting to hear about the observations of others on this!

**Peter Garratt.**

## **Orcop Evergreens – May 2020**

Well sadly, like so many other things, we've had to temporarily cancel our fortnightly meetings. But rest assured, we'll pick up again just as soon as we can. In the meantime, we're keeping in touch with our members by phone when and where we can.

Evergreens exists to provide an opportunity for older members in our community to socialise; share a meal, have a chat and often a bit of a laugh. Most don't drive anymore - some never have – and so they rely upon the friendly (and always courteous) services of Dore Transport to bring them and take them home again.

Many of them have got used to living alone, and being with their own company, and are faring reasonably well. Some are keeping themselves busy with things like knitting projects, jigsaw puzzles and odd jobs in the garden. Some are just getting bored with their enforced isolation.

So, until the (sensible) confinement regulations are lifted, we must continue as we are, and hope that everyone stays safe and as well as possible.

Coming up: Our planned speakers and activities will be rearranged.

We will again meet once a fortnight in Orcop Parish Hall and provide a hot two-course lunch. We will always warmly welcome new members. If you would like more information, please call **Gill Bannerman**. Tel: 01981 580685

## **OWL VISITS VIPASSANA MEDITATION**

During the summer of 2019 the Owl Good Neighbours received a donation from the Vipassana Meditation centre in Pencoyd. A group of the volunteers there had done a sponsored run and donated the proceeds to Owl. Dexi and I went to say thank you to them and meet some of the volunteers.

The centre, which is actually two units over 22 acres was a riding stables. The original farm house can be seen and there is extra accommodation. One part provides 10-day courses, and the other half is for long term students. We were allowed to go around the section for 10-day courses, but not into where the long-time students live.

When we arrived we were taken aback at the number of cars parked on the grass. We had not imagined so many people. They can accommodate 130 students and then volunteer teachers and staff. We were made very welcome and given tea while Katia talked about the centre. They do not advertise, but have a steady stream of students. Most do the 10-day course and some stay for longer. There is no charge for the stay, but donations can be made and this is what keeps the centre going. Courses run throughout the year and are held in other parts of the U.K, Europe and the World.

Students come from all walks of life, all religions and from all over the world. They rise at 4am and follow a strict timetable of meditation in their rooms or the hall with breaks for meals. The teacher gives a daily discourse to the group and there is a chance for questions. They retire to bed at 9.30pm.

**Jane Rigler**

## Tretire with Michaelchurch & Pencoyd

As you might imagine there isn't a huge amount to report in the parish, but life goes on and our little community seems closer than ever. Every Thursday evening at 8pm, even though perhaps we can't hear each other, lots of us are united in saluting our front line workers. It's a bit like the twilight barking in *One Hundred and One Dalmatians*, clapping, beating on pans and shouting, and on fine still evenings Peter plays "Somewhere Over the Rainbow" on his clarinet. The audience last week consisted of two humans, six Guinea Fowl and a few cattle and a large flock of sheep. The sheep all stopped grazing and looked up and listened until he had finished!

As you know our church buildings are locked, but the life of the parish still continues, and each week Peter e-mails out details of local Zoom and Iona services with the weekly bible readings etc. If you would like to receive this information please e-mail [ple4648@btinternet.com](mailto:ple4648@btinternet.com). Zoom Church is especially good as you get to see your friends and neighbours. A small step forward last week was when the diocese allowed one person in to the church to ring one bell for the commemoration of V.E.Day. Peter rang two bells for five minutes! Not sure how many people heard it, but those who did I am sure felt that bit closer to each other.

**Mrs Beryl Ward** It is with great sadness that we have to tell you of another death in the parish of a very long standing resident. Mrs. Beryl Ward of Tretire Court died at home on the 8<sup>th</sup> April, aged 98 and was buried at Pencoyd on the 29<sup>th</sup> April at 11.30am. This was the anniversary and exact time of her marriage to Geoffrey Ward in 1948. We send our condolences and sympathy to Christopher and Nigel and all their extended family at this sad and difficult time. A Thanksgiving Service for her life is planned for November.

**Liz Everall**

### A Better World?

By the time the dust begins to settle on this pandemic, the world will have changed.

World-wide, there will be impoverished nations, corporations and businesses gone bust, and unemployment rife. We can expect to hear a lot about this in the news. What may get fewer reports is that the atmosphere is getting less polluted. Experts who measure these things tell us that carbon dioxide emissions go up and down with the world's economic output, so as the global economy stalls, we can expect carbon dioxide output to fall too. Whether the carbon dioxide that is already in the upper atmosphere will actually begin to decrease, so that global warming slows down, or even goes into reverse, will depend on how long the economic down-turn lasts.

With the end of lockdown, so that they can pay off their debts, governments will naturally be anxious to encourage the regrowth of industries that increase economic output and generate revenue. But as they will have limited budgets with which to do this, they will not be able to help everyone. Some human activities emit much more carbon dioxide than others. So will governments take account of this and discriminate between high and low polluters, or help high earners, or just leave it to market forces? If some industries are allowed to wither and die, will their redundant workers be helped to retrain for new jobs? If so, will the training be for climate-friendly jobs, such as building energy-efficient homes?

It is not only governments who will have choices to make. Each of us can choose, for example, the kinds of holidays we take, whether flying abroad and so supporting airlines, or holidaying nearer home and supporting our service industry and small businesses. To a large extent, the choices we make will influence our government in its choices and also our friends and neighbours in theirs.

Rebuilding on such a scale offers us a once-in-a-lifetime opportunity to do things better. There has not been such an opportunity since the end of the second world war.

The late 1940s saw the founding of the United Nations, the Universal Declaration of Human Rights and, in the UK, the birth of the National Health Service, to name just the most outstanding examples of a

determination to do things better. What better things would we like to see happening when we emerge from Covid 19? An NHS where nurses, key workers and all carers, whether in hospitals, care homes or the community had their contributions properly recognised and valued? A society in which the nations of the world finally cooperate to do what needs to be done to prevent climate breakdown? These and many other benefits could result from the choices made in the next few months.

I am not alone. Many other people are already thinking along similar lines. So let us take courage from one another.

**John Oubridge**

## HOARWITHY

As the church was closed, instead of an Easter Garden Julia did a banner for the church gate.

When I was outside to feed the birds, a funeral cortege went past and when I looked down the road to the bus stop in front of the pub, there were people lining the route, suitably spaced, to pay their respects to a local farmer Russell Watkins who had passed away (not because of Coronavirus). I found this very moving. Even though they could not go to the funeral, people wanted to remember him. On a smaller scale, I was reminded of the scenes in Royal Wootton Bassett a few years ago.

I would like to thank Frances and the team for the Easter Communion via YouTube it was much appreciated well worth all the hard work put in.

We are seeing the online church being well received, and when the “Lockdown” is over, I think we need to consider using online more (possibly, among other things, live streaming services for those who cannot get to church for whatever reason). E.g. there is the Archdeacon’s Prayer group on Facebook, and the last couple of weeks some of us in the Hereford Full Gospel Businessmen’s group have held “Zoom” prayer meetings which work well. How about setting up a Benefice Media group to explore more ways of reaching people? I already have a fair bit of equipment and software. There are so many possibilities. Anyone interested in getting together either on line now, or face to face when we can, please let me know. My email address is [peter@pember.plus.com](mailto:peter@pember.plus.com). **Peter Pember**

## Parish Council

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](mailto:clerk@llanwarnegrouppc.co.uk) 01981 580498 or 07967 352903

website: [www.llanwarnegroupparishcouncil.co.uk](http://www.llanwarnegroupparishcouncil.co.uk)

## BOOK REVIEW

**Helen Simonson:** Forced into seclusion and tempted outside by the balmy spring weather, I abandoned gardening and simply sunk into a sun-lounger, surrounded by birdsong and drinking in the beauty of the mass of blackthorn blossom in the wood below my home; and there I read two of Helen Simonson’s restful books. She writes fluent, undemanding and engaging prose, with wry humour bubbling just below the surface. A perfect antidote to troubled times.



**Major Pettigrew's Last Stand:** Widowed Major Pettigrew inhabits a Sussex village, where he vainly seeks to defend himself from the resident battalion of middle class women brandishing their well-honed organisational skills and their baked delicacies; and to fathom the younger generation's slick superficial urban lives, where everything moves at breakneck speed and tradition is eschewed in favour of conspicuous consumption and designer labels.

*"It was frustratingly common that children were no sooner gone from the nest and established in their own homes, in Roger's [son] case a gleaming black-and brass decorated penthouse in a high-rise that blighted the Thames near Putney, than they began to infantilise their own parents and wish them dead, or at least in assisted living."*

He is tied up in the machinations of his relatives over the one item of value that he owns – a pair of antique Churchill pistols, one of which was owned by his brother, on whose death he struggles to keep the pair together (in accordance with their father's wishes) in the face of younger relatives who have already, in their minds, sold them at a huge profit and spent the money on their chosen projects.

Meanwhile at the village shop, Mrs Ali, also widowed and of Muslim Pakistani heritage, is struggling with the clamour of relatives, especially her young nephew, who have their own ideas about her future. Facing similar pressures, the major and Mrs Ali gradually form a gentle friendship, based on a shared love of literature and bafflement with the modern world.

**The Summer Before The War:** *"Most of all I remember that what begins with drums and fife, flags and bunting, becomes too swiftly a long and grey winter of the spirit."*

I chose this book on the basis of its title, which it shares with one of my favourite Fairport Convention songs.

In 1914, during the brief summer of Edwardian innocence before war breaks out, Beatrice Nash, single and alone following the death of her academic father, seeks to make her own way in a world that has clear expectations of spinsters – expectations that she finds endlessly tiresome. Lacking a secure income she becomes a teacher of Latin at a private school near Rye. It is here that she meets the family of one of the school governors, Agatha Kent, and her life becomes inextricably linked with them all, especially Agatha's two nephews, Hugh, a newly trained doctor, and Daniel, who aspires to be a poet. We are drawn into the mores and expectations of the era, the petty rules about decency and acceptable behaviour that exist side by side with the carnage rampaging a few brief miles away over the channel. Into this scene arrive a group of Belgian refugees, who are taken in by the local community. The narrative moves from Rye to the battlefields of France and back, ricocheting between bloody conflict and broken bodies to elegant tea parties on the lawn.

It is an intriguing evocation of the era, touching on many struggles in addition to the armed conflict: women struggling for recognition and freedom, gays for acceptance; the sick and wounded for life itself. And there is a bit of love interest to leaven the gloom. An interesting read.

**Hilary Smallwood**

### **What are you reading?**

We asked for people to tell us of anything they were reading or seeing which they enjoyed. Here are couple of contributions.

### **Re-reading Harry Potter**

During lockdown I have read all seven Harry Potter books, most of them for the third time. It is the first time I have read them all in order over a fortnight! There is less suspense, because you know what is going to happen, but it is still a fantastic tale, and you can look forward to the exciting parts that you know are coming.

I also really enjoy the humorous parts, where it is difficult not to laugh out loud, like when Fred and George leave Hogwarts, filling the castle with fireworks. JK Rowling is amazing at linking tiny details of the plot across all seven books. For example, the Mirror Of Erised (which shows your heart's desire) is introduced in the first book, and then re-used and linked at the very end of the final book.

I think the most admirable character is Dumbledore; he is wise and funny, for example his whole welcome speech is “I would like to say a few words. And here they are: Nitwit! Blubber! Oddment! Tweak!”, but also saying things like: “It is our choices, Harry, that show what we truly are, far more than our abilities.” If I had to choose one of the books as the best, I couldn't say.

**Daniel Herbert**

### Meeting Tracey Chevalier



I am currently reading 'A Single Thread' by Tracey Chevalier, all about an embroidery group in Winchester Cathedral!

I have always loved reading her books and I was lucky enough to meet her at the Cheltenham Literature Festival whilst selling crepes at the event last October. One of the crepes on the menu was inspired by one of her books *Girl with a Pearl Earring*, with a butternut squash, rocket, sage and honey filling, which she very much enjoyed tasting it! **Isobel Partridge** ( who provides our monthly recipe)

### Brain teaser!

Second line of the first verse...what's the hymn?

1. To his feet thy tribute bring.
2. Did the guiding star behold.
3. Christ is thy strength, and Christ thy right.
4. O'er the world's tempestuous sea.
5. Whose goodness faileth never.
6. The good seed on the land.
7. Joy of heaven to earth come down.
8. O what a foretaste of glory divine!
9. That save a wretch like me.
10. On which the prince of glory died.

From **Frances Biseker** ( Answers at the end of the magazine)

## The Walker

If you follow the lane – this one, here on the left – that will take you to where you want to go. But take care. It's narrow and the hedges are tall and there's a deep ditch each side. Overgrown and a bit hidden from view almost. It would be easy to fall into the ditches ..... if you have to flatten yourself against the hedge ..... so that a tractor or a truck can come past. Of course, there are rats in the ditches.

O! Dearie me. Don't look so alarmed. The rats won't hurt you. You might see them run away from you. Dart about like sleek little furry arrows into the hedgerow they do.

I'm sorry now that I mentioned them. It was really only so that you wouldn't be scared if you saw them. But I see that you're scared now anyway.

I'm sorry I mentioned them because really, actually, you probably won't even see them.

Unless you fall into the ditch while the tractor's passing of course.

No! I'm sure you won't even see them – or hear them – or feel them. Well maybe you might feel them. Especially with your legs all exposed in those shorts.

Those shorts do now put me in mind of the stinging nettles. There's a big patch of them to look out for all around the little gate.

Where's the gate! Oh! Well! It's about half way down the lane. You have to pass through it where the footpath goes into the farmyard.

It's not the cleanest farmyard either. George isn't too particular about cleaning up after his cows – but you'll be ok with your boots on, they'll keep the muck out alright.

Ah! I see you're wearing sandals!

Well! No matter!

It won't smell so bad really and I'm sure the muck will come off when you go through the stream.

Where's the stream! Now! You're nearly at the end of the lane when you reach the stream. Just paddle across and then you're a hop and a skip from the main road. With all the heavy rain these last few days the water should be flowing well.

Big stream! No. It's not really a big stream. I wouldn't call it a big stream. No. It's not a big stream at all.

More of a river really.

You don't think you'll walk down there after all! Well, just as you like!

Of course myself – I never go that way. I just walk down along this road, first left, second right and I'm there in no time. – by **Elizabeth Cathie**

## Kelsmor Moos



In typical British weather fashion, the glorious sunshine comes when everyone has to stay at home, not able to fully enjoy it! Despite the cancellation of all the village fêtes, shows and gatherings we thought it a shame for everyone to miss out on enjoying a delicious ice cream treat.

As such we have launched a doorstep delivery service to drop off a selection of your favourite flavours 7 days a week. Choosing from a range of 20 flavours listed below, in 1 litre, ½ litre and 100ml portions customers can order over the phone or through a new online shop at [kelsmor.com](http://kelsmor.com).

There is no delivery fee, only a £10 minimum order and a special offer of 6 x 100ml tubs for £10. This will ensure the whole family can have their own choice without breaking the bank.

Flavours currently available:

Kelsmor Gold  
Apricot & Amaretti  
Baileys  
Cappuccino  
Chocolate  
Chocolate Orange  
Coconut  
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Some readers will have also seen we have started bottling Gold Top Milk, available through **Broad Oak Garage** and **Pengethley Farm Shop**. Its distinctive yellow colour is thanks to being rich in Carotene derived directly from grazed grass. The milk arrives on the shelves within 4 hours of the cows being milked, only being pasteurised with nothing added, nothing taken away and no homogenisation. Meaning it keeps its flavour and the cream still rises to the top.

**!!!!Chuckle Corner and much more....!!!!**



**The US Election: "Y'all get to choose. We got Dettol or Jeyes Fluid"**

From our resident Orcop cartoonist, **Peter Garratt**

## **We asked for limericks...repeatable ones...**

There was an old man of Hoarwithy  
Whose lithping made everyone dithy,  
When they told him to stop  
He advanced with a mop  
And chased them all out of Hoarwithy.

***Robin Symonds***

Now that we're stuck with this virus  
Outdoors seems especially desirous  
To keep ourselves fit  
We must try out a bit  
Of zumba to cheer and inspire us.

***Hilary Smallwood***

A strange orange man is the POTUS  
And puzzling to this budding poetess  
Using just the one brain cell  
He offers us Dettol  
What can they be thinking, these voters?

***Hilary Smallwood***

You really have to admire us  
How we've dealt with coronavirus  
Lockdown gives plenty of time  
For us all to write a good rhyme  
But somehow - it just doesn't inspire us

***Liz Everall***

### **Join in Prayer**

A lonely, sick lady named Joan  
Got advice from a friend on her phone,  
"Go to church on this Zoom,  
See your friends, lift your gloom,  
And remember you're never alone".

***Liz Everall***

There once was a bat in China  
Consumed by a chap in a diner  
According to wise academics  
Such meals can cause pandemics  
Now a viral visitation  
Leaves us all in Isolation  
How peculiar is that?  
Locked down by a bat!

***Peter Garratt***

From the Ross Garden Store c/o ***Sue Thomas***

It's been a tough time for businesses these past few weeks..

A local bra manufacturer has gone bust, a submarine company has gone under, a manufacturer of food blenders has gone into liquidation, a dog kennels has had to call in the retrievers, and a company selling paper for origami enthusiasts has folded, Interflora is pruning back it's business and Dyno-Rod has gone down the drain!

## **LOCKDOWN LINGO**

Are you fully conversant with the new terminology? Courtesy of the Garratt family.

**\*Coronacoaster\*** The ups and downs of your mood during the pandemic. You're loving lockdown one minute but suddenly weepy with anxiety the next. It truly is "an emotional coronacoaster".

**\*Le Creuset wrist\*** It's the new "avocado hand" - an aching arm after taking one's best saucepan outside to bang during the weekly 'Clap For Carers.' It might be heavy but you're keen to impress the neighbours with your high-quality kitchenware.

**\*Mask-ara\*** Extra make-up applied to "make one's eyes pop" before venturing out in public wearing a face mask.



## Haircut Lockdown Style

We've a salon, it's called Chez Pierre  
Where the owner himself cuts my hair,  
Banged up 'til the middle of May,  
And my hair getting longer each day,  
The thought, I just couldn't bear.

The arms of the chair I am gripping  
As he starts my Number 4 clipping  
He's quite cutting edge  
But my hair's not a hedge  
But at least I shan't have to tip him.

Perhaps you will think I've been rash  
But I think it's quite chic and quite flash.  
Pierre's cut it much shorter  
Than he really oughter ,  
And saved me, no end of cash!

**Liz Everall**

## Quarantoons

A granny and a dog surviving isolation during the Covid-19 pandemic in 2020



Many thanks to Sue Boland for generously allowing us to publish her cartoons.

## Small worlditis

Christine Lewis sent me a poem for the mag supposedly written by Pam Ayres. It certainly chimed with the thoughts of many who have been labelled as 'vulnerable' over 70. I know it did with me! Being anxious about copyright, I emailed the Ayres website requesting permission to publish. To my surprise the response was immediate. It was not an Ayres poem. I was re-directed to Pat Beaumont in New Zealand. She responded quickly to my email and was happy for us to use the poem, and has generously offered more. She is over 70 and lives in a retirement village in Auckland. In the manner of our small world, it transpires that her greatest friend lives in the same retirement village as my cousin, also in Auckland!! Pat has had a varied career and I have sent her a copy of our previous newsletter. So unintended consequences of the lockdown! **Fiona Mynors**

## Let's All Drink to Lockdown



I'm normally a social girl  
I love to meet my mates  
But lately with the virus here  
We can't go out the gates.

You see, we are the 'oldies' now  
We need to stay inside  
If they haven't seen us for a while  
They'll think we've upped and died.

They'll never know the things we did  
Before we got this old  
There wasn't any Facebook  
So not everything was told.

We may seem sweet old ladies  
Who would never be uncouth  
But we grew up in the 60s –  
If you only knew the truth!

There was sex and drugs and rock 'n roll  
The pill and miniskirts  
We smoked, we drank, we partied  
And were quite outrageous flirts.

Then we settled down, got married  
And turned into someone's mum,  
Somebody's wife, then nana,  
Who on earth did we become?

We didn't mind the change of pace  
Because our lives were full

But to bury us before we're dead  
Is like red rag to a bull!

So here you find me stuck inside  
For 4 weeks, maybe more  
I finally found myself again  
Then I had to close the door!

It didn't really bother me  
I'd while away the hour  
I'd bake for all the family  
But I've got no bloody flour!

Now Netflix is just wonderful  
I like a gutsy thriller  
I'm swooning over Idris  
Or some random sexy killer.

At least I've got a stash of booze  
For when I'm being idle  
There's wine and whiskey, even gin  
If I'm feeling suicidal!

So let's all drink to lockdown  
To recovery and health  
And hope this bloody virus  
Doesn't decimate our wealth.

We'll all get through the crisis  
And be back to join our mates  
Just hoping I'm not far too wide  
To fit through the flaming gates!

**Pat Beaumont**

With thanks to **Les Phillips**

Are you drinking more while in lockdown ?

yes

no



Look who I uncovered when cleaning my workshop ! I swear he is 4" toe to toe- His name is Sidney and I have ordered a collar and lead from Amazon.



[www.isabelsbakehouse.com](http://www.isabelsbakehouse.com)

### **Red Bean Enchiladas**

*Some lockdown kitchen store cupboard inspiration!*

- 1 tbs olive oil
  - 1 onion
  - 1 red pepper
  - 1 courgette
  - 1 x 200g tin sweetcorn
  - 1 x 200g tin chopped tomatoes
  - 1 x 400g red kidney beans
  - 1 tbs cumin
  - 1 tsp salt, sprinkle of pepper
  - 6 tortilla wraps
  - 100g cheddar cheese
  - Oven dish
  - To serve: sour cream / baby leaf salad
- Method**
1. Heat oven to 180C/gas 6.
  2. Prepare the filling by slicing the onion and gently sauté in a frying pan with the olive oil for 5 minutes.
  3. Slice the red pepper and courgette and add to the pan, fry for a further 5 minutes.
  4. Mix in the cumin, salt and pepper.
  5. Drain the sweetcorn and kidney beans and stir in. Add the tin of tomatoes and allow to simmer for 10 minutes.
  6. Lay out the tortilla wraps and fill with the mixture. Fold up into a parcel and carefully place into the oven dish.
  7. Bake in the oven for 15 minutes or until the top is golden and crispy, sprinkle on the cheese and return to the oven for a few minutes to melt.
  8. Serve with a baby leaf salad and sour cream.

# Quarantoons

A granny and a dog surviving isolation during the Covid-19 pandemic in 2020



## Garden Notes

We couldn't have asked for better weather for our enforced confinement at home and we have been spending every day in the garden. Despite the hard work there is still plenty to do due to my neglect throughout our wet winter. I started my planned revamp of the borders by removing a large and ugly buddleia (I have several others so the butterflies will still have food) and I have my eye on the tangled mess that was probably once a far more attractive mahonia hedge. I had been planning to replace the buddleia with a cherry tree, but the garden looks so much better that I am having second thoughts. There is, after all, plenty of time to think at the moment; and to change my mind several times over too.

A neighbour collected some eggs from us the other day and as she came through the gate, exclaimed at the huge angelica plant. I have been growing angelica for a few years in that border

and take them for granted, so it is only when seen through someone else's eyes, I notice what a spectacular plant it is. At over six feet tall, with huge spherical flower heads, it looks very architectural. I allow them to seed everywhere and just remove the ones that end up in awkward places. They love it here, and by allowing them to just get on with it, it saves me having to do all the hard work.

In the same way that we have been eating strange concoctions made up from the mystery frozen lumps found at the back of the freezer (but not the apple puree which turned out to be chicken stock), I have been delving into my box of seeds and sowing everything that I have found with little regard for the *Sow By* date. Some very ancient leeks germinated; so did spring onions, mange-tout, purple basil and eventually, parsley. Some ten year old chives popped up too, plus a few elderly salad bowl lettuce. Not surprisingly, runner beans from 2010 failed to germinate; neither did the few that I tried to germinate for our neighbours. A few *Romanesco* cauliflower (those pointed lime green ones) from 2014 germinated, only to be munched by a large snail that was marauding around the greenhouse. Nothing upsets me more than to check the greenhouse first thing in the morning and find slimy snail trails and decimated seedlings.

Not all the vegetable seeds are old though - we managed to order vegetable seeds early enough to beat the rush before the seed companies became inundated with new gardeners wanting to start vegetable plots. This year we are trying two different varieties of tomato (from Simpsons Seeds who have a huge range). I am growing *Pear Drop* in the hanging baskets instead of *Tumbling Tom*, and *Romello* in two large pots. *Pear Drop* is a trailing tomato with small yellow pear-shaped fruit. *Romello* is a cherry plum tomato and needs a large pot because of its cascading habit. The supplier claims that it is very productive and has some resistance to late blight and splitting.

I have also sown a random selection of old annual flower seeds without thinking too hard about whether they will look good together – *Agrostemma*, *Silene*, nasturtiums, stock, *Echiums*, pot marigolds, *Nicotiana langsdorffi* (the snail ate most of those too), California poppies (ivory, single and mixed colours), *Rudbeckia* 'Rustic Dwarf' and *Malope trifida* 'Vulcan'. If nothing else, the garden will be very colourful and with any luck, look just like an old-fashioned cottage garden. **Julie Davies**

### Nature Notes



We have had more adventures with our visiting red-legged partridge. On a Saturday evening, while eating our evening meal, we had an image at the kitchen window, firstly just peering in, then a quiet cackle and finally soft pecks which gradually became more frequent and louder. The red-legged partridge was pecking at its image which it mistook for a rival. This action answered a question that



had puzzled us for weeks. I had found the outside maximum/minimum thermometer, which is placed outside on the office window, securely propped up by stones, a few times on the ground, but fortunately not broken. There was no obvious explanation for the cause of its fall, but now I realised that probably the partridge had attacked its image and in doing so dislodged the thermometer.

Some days we see swifts zooming around the skies, but on the days of heavy storms they are missing as they sense a change in air pressure. They fly away from the storm to feed which could be up to five hundred miles away. The young in the nest go into a torpid state for up to a week until the parents return to feed them.

I've given up feeding mixed seed to the birds for the moment as three grey squirrels and two magpies sneak in and devour it before the small birds: chaffinch, dunnock and robin have a look in. One of the squirrels has attended a 'slimming world club' course, for he has managed to squeeze through one of the squirrel-proof cages surrounding the peanut feeders, and also got himself inside the squirrel-proof fat ball hanger. Even the regular presence of two stray cats who have started visiting us, does not act as a deterrent. However one piece of positive garden news is the sighting of a hedgehog at evenfall, moving its way grunting through my garden. Where I especially need the hedgehog to look for slugs is along the runner bean row where slugs have eaten some of the newly transplanted runner bean plants.

A few years ago we visited Skomer Island. We had to rise at five o'clock and be away by six and in Haverfordwest for eight thirty, early enough for a coffee before arriving at the embarkation point at St Martin's Haven. We could not get a sailing until four sailings later at eleven thirty. So we walked around the nearby Deer Park and were delighted by a pair of choughs, members of the crow family, with brilliant red beaks and feet, with their aerial display. They feed on the short turf of the cliff top. We also found small groups of bright colourful flowers: clumps of pink thrift and carpets of blue spring squill interposed with white sea campion, yellow flowering kidney vetch, cream-coloured, yellow-flowered umbellifers - alexander and short stemmed pink common centaury.

Finally, we made it onto our short sea crossing to Skomer, and climbed up fifty steps to start our tramp around the island. If you don't stick to the paths you might step on a puffin or Manx shearwater nest in a burrow. We soon were within a few feet of the comical puffins, with their multi-coloured beaks standing upright, but no sight of the Manx shearwaters because they only leave or enter their nests at night for safety reasons to evade the marauding greater black-backed gulls. On the cliff faces are nesting guillemots and razorbills, higher up the cliff face nesting fulmars and kittiwakes. All around on the cliff tops are bluebells and red campion with herring gulls and lesser black-backed gulls, while skylarks sing and meadow pipits serenade in parachuting display flights. We returned to the boat for the four thirty crossing then back to the main land and headed for home, tired but happy.

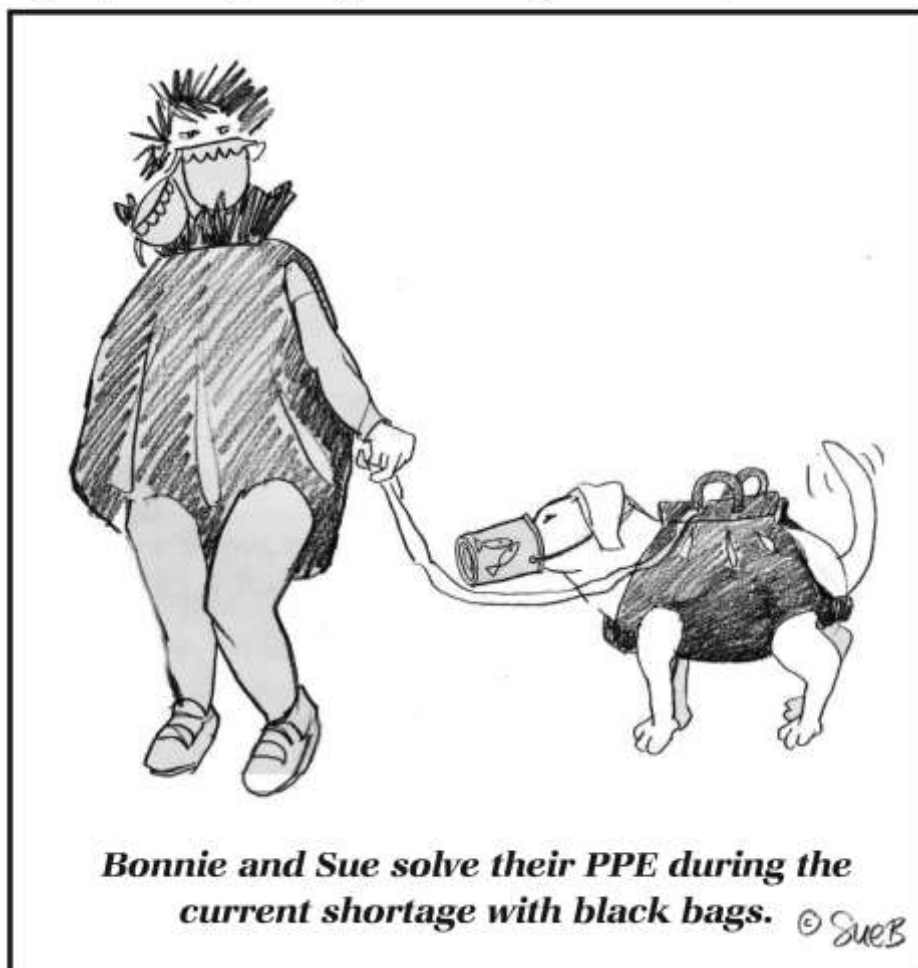
***John Pullen***



Sharing lockdown experiences with friends across the globe showed up some interesting contrasts! Our local walks? Garway Common and Canberra. **Fiona Mynors**

## Quarantoons

A granny and a dog surviving isolation during the Covid-19 pandemic in 2020



The online reviewer organisation Revo has recently rebuked a contributor for using an inappropriate word. The word was *tits*. The review was for bird food. (Contributed by **Janet Harvey** from Cornwall.)

## HEREFORD CIVIC SOCIETY

<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 15<sup>th</sup> April 2020

[www.herefordcivicsociety.org.uk](http://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 on

### **Wednesday 22<sup>nd</sup> July 2020, Summer Trip to 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).

Lunch (not included in price) The Yurt restaurant serves snacks and light lunches or bring you own picnic.

**Booking:** David Fowler [david693fowler@btinternet.com](mailto:david693fowler@btinternet.com) post: The Stable Cottage, Kingsthorpe, Herefordshire HR2 8AJ

### **Transformative Dreamwork sessions by phone**

As it is difficult to practice CST at a 2 metre distance, I am offering phone sessions in a practice that I have long held dear. Maybe as we are forced to slow down and retreat, it is the perfect time to open ourselves to the wisdom of our night time dreams. Transformative dreamwork offers a gentle way of exploring their messages. The Dreamwork journey doesn't demand huge changes or dramatic alterations in lifestyle, it is a subtle and gentle introduction to the song our soul is constantly singing.

For many years I have cherished my night time dreams, marvelling at the richness and complexity of the stories and images that seem, at first glance, to have little to do with my experience of the day.

*A man chased by wolves. Always in his dream he has hidden behind a tree. Suddenly, with a leap of joy, he realises that he is not going to hide anymore-- his task is to learn to run with the wolves.*

*Her dreams are haunted by children, abandoned in car parks, left out in the cold. One night she dreams of a golden boy in a city of gold. He smiles at her and her she feels she is being taught how to love.*

I remember once a dream I had that provided a whole weekend of interest and enlightenment. In my dream, I am in the desert. There is a stone in the desert in front of me and it casts a shade. Just that snippet turned out to be a rich source of inspiration.

I have trained as a Transformative Dreamwork practitioner, but as Craniosacral Therapy held more and more of my attention, I have only used the dreamwork skills within CST, when someone brings a dream to the room.

Now I want to offer dreamwork sessions by phone to anyone who would like to share that exploration. You don't need a great dream, actually you may not remember dreams a lot anyway. Just a notebook, a pen and an interest.

Initially I suggest a series of three sessions, each one will last 40 minutes. Introductory discount for these sessions is £50 for three appointments booked before the end of May and £60 for bookings thereafter. If your income has just ground to a halt but you would still like to do the work, please get in touch so we can discuss. I am very happy to talk to you about what might be involved. Give me a ring on 01981 580577 **Vivien Ray**

### Answers to the hymn quiz

1. Praise my soul the King of Heaven
2. As with gladness men of old
3. Fight the good fight.
4. Lead us heavenly Father lead us.
5. The King of love my shepherd is.
6. We plough the fields and scatter.
7. Love divine all love excelling.
8. Blessed assurance Jesus is mine.
9. Amazing Grace.
10. When I survey the wondrous cross.

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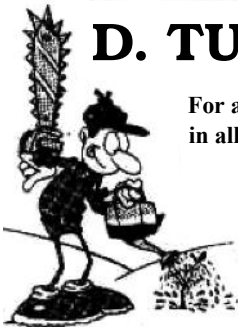
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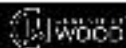
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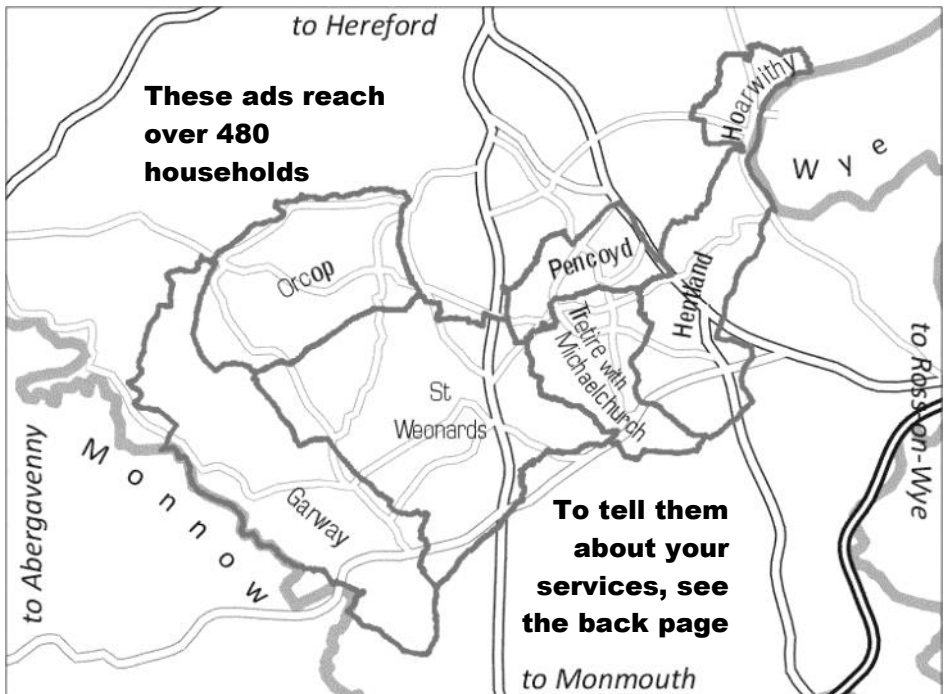
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Per year	Ad Size	Height (cm)	Width (cm)
£20	Eighth of page	4.8	6.5
£40	Quarter of page (portrait)	9.6	6.5
£40	Quarter of page (landscape)	4.8	13.0
£80	Half a page (landscape)	9.6	13.0
£80	Half a page (portrait)	19.2	6.5
£160	Full page	19.2	13.0