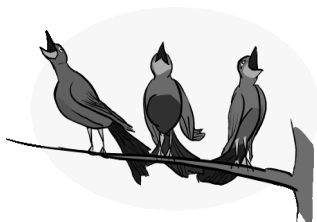


BIRDSONG

**December 2018
and
January 2019**



**BIRDINGBURY
NEWS
No 89**



Community Poppies

Artwork: Children of Birdingbury Photo: Mike Coles

Parish Council Report November 2018

Having had discussions with the senior planning officer at Rugby Borough Council, it is clear that individual comments regarding planning applications can be as important as any made by the Parish Council. Whilst Birdingbury Parish Council will decide whether to comment, we are also keen that the wider community are aware of each application and are, therefore, able to make their own comment, should they wish to do so. Therefore, Jackie, our Parish Clerk, will be arranging for planning applications to be posted on the village website and village noticeboard.

We have also decided to review our own planning protocols to ensure they keep pace with the many changes in government guidelines and regulations. This will be completed by Councillors David Preston and Gaynor Davy.

The culmination of a huge amount of work by Councillor Jackie Morton has now led to our very own defibrillator being installed in the old phone box. Jackie will give more details in her own report, but I feel she deserves all our congratulations for the 18 months of hard work it has taken for Birdingbury to have its own defibrillator.

Gaynor and David reported at our meeting about this year's village bonfire which they, and the small band of helpers, made such a huge success. All deserve our thanks and, perhaps, your help when they start to plan next year's event?

As winter approaches, it's always worth carrying a shovel in the boot of your car. We will be asking RBC to keep our grit bins topped up, but they don't supply anything to spread the salt and it's quite possible to get stuck on ice even in the village.

The Parish Council will not be meeting again until 15th January 2019, so let me take this opportunity of wishing you a merry Christmas and a happy New Year.

Ian Tipton

Chair, Birdingbury Parish Council

BIRDSONGBIRDSONGBIRDSONG



Birdingbury's Defibrillator



At last..... the telephone box is looking smart in its new livery and the eagle-eyed of you will have spotted a splendid security box housing our new defibrillator therein.

How to..... an awareness / training session will be held at 19.00 on Wednesday 5th December in the club (either lounge or main area depending on indicated numbers). This is for **everyone** in the village and will last for about 2 hours. The event will be run by Community Heartbeat Trust (CHT) whose trainer will take us through a demonstration of how to use the equipment and a chance, if you want, to physically practice on a dummy. Of equal and, possibly, greater importance is that **everyone** will come away being aware of what to expect in an emergency and what to do to

get access to the equipment, even if they do not wish to use it themselves.

Please note I have deliberately said **“everyone”** because, ideally, each household or business should get somebody to attend.

Our team to make sure the equipment is kept in tip top condition and ready for use, we have two villagers who have volunteered to act as “caretakers”. The equipment will be checked on at least a weekly basis and reports on its condition and readiness will be logged via CHT with the West Midlands Ambulance Service. Batteries and consumables will be replaced as necessary and whenever they have been used.

Security and access..... we were advised to go for a locked cabinet to deter vandalism or tampering. As households, you will be given the access code in due course, although this will ordinarily be quoted to you once you have dialled 999 and gone through some checks regarding the patient status.

Register..... decide who is going to come to the session on 5th December and register your name either with me (jackie@elliam.org) or with Mark at the Club so we can make space and have refreshments for the right number of people.

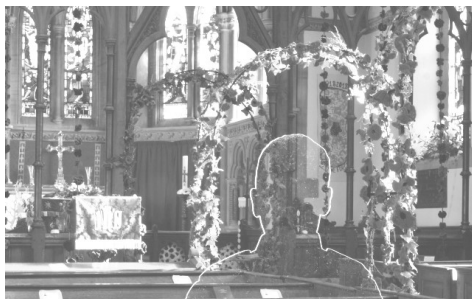
The best scenario is that we never need to use this equipment. Better still, if we do, we are armed with the knowledge to do so successfully.

Jackie Morton



St Leonard's Church Community Poppies 2018

To commemorate the 100 years anniversary of Armistice Day in our small country church, we wanted to reflect rural life by creating a 'garden of remembrance' and inviting visitors to take a walk through it whilst reflecting on the impact of war. Garden arbours were decorated with poppies and bunches of rosemary with over 100 villagers being involved in creating over 2500 poppies; all different, all unique, just like those who gave their lives for their country. This included 900 poppies to create a poppy field in our churchyard.



This village has a great love of animals, so we created an area where visitors could reflect on a display of purple poppies representing animals lost in conflict.

In the chancel and altar area of the church we sought to envision a world where people live and work together in a spirit of kindness, cooperation and reconciliation. White poppies were used to invite visitors to reflect on this and to consider making their own commitment to work for a peaceful tomorrow where justice and equality prevail. Prayer stations provided activities to support reflection and the village History Group exhibited information about those from the village who served, and were lost, in the First World War.

Karen Armbrister and Julie Colledge

BIRDSONGBIRDSONGBIRDSONG

Reflections from the Visitors Book

'Amazing display, so much love and effort by so many people. Thank you. We should never forget.'

'A fitting tribute to all those lost in the war, and for this lovely village to come together to create such a beautiful display to remember them.'

'Such a moving and poignant display. Thank you for recording so faithfully the stories of those who served from this village and for creating a space for us to be inspired to redouble our efforts to pray and work for peace.'

'Quite simply stunning. Such a moving tribute to remember. It is so clear how your community have come together, and so obvious that care and thought that has gone into this. Excellent.'

'A wonderful community tribute to those who served.'

“Wow, that is stunning!”

That was the immediate reply of a friend to whom I texted this photo of St Leonard’s church on Remembrance Sunday. It really was just beautiful. What was even more affecting was actually going into the church and being able to appreciate the enormous amount of work that had gone into knitting, crocheting, sticking, sewing, and just generally crafting thousands of poppies in red, white and purple to make Birdingbury’s own garden of remembrance. I spent a very happy and peaceful couple of hours there on the Saturday before Remembrance Sunday, and really appreciated the atmosphere that had been created.



Charlie and I came back into the church on our return walk up the hill after we’d been to the War Memorial, so he could see his wreath (which should really be more credited to John) and photo in situ. We’d been there earlier for the church service and then processed to the Memorial for the wreath laying and silence. Both events were incredibly well-attended and the memory of so many in the village coming together to sing with

gusto and then to fall completely silent, even quite young children (and dogs!), will stay with me for a long time. It was either that or the biting wind that did actually bring a tear to my eye.

They always say that Great Britain does ‘events’ really well - Royal Weddings, Diamond Jubilees, State Visits, the Olympics - because we have that sense of tradition and pageantry. Well, I think Birdingbury did itself proud on Sunday and a huge vote of thanks from me to all those who masterminded such a fabulous and moving community tribute to those who served in wars and conflicts. Well done and thank you to you all.



Sara Kendell

BIRDSONGBIRDSONGBIRDSONG

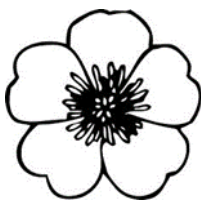
Tomorrow

Birdingbury knows

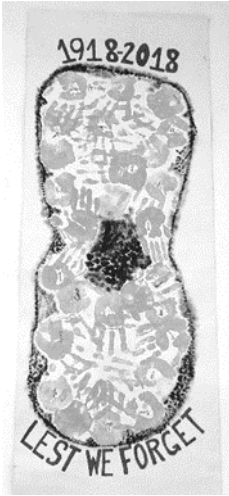
Remembrance respectful act

sways the future too

Thin Jethro Laskey



Hands Together



Our brief was to produce some remembrance wall hangings for the church. We wanted to involve as many people as possible, so they would see something to which they had contributed, rather than someone else's work. Ethan came up with the idea of two poppies made from handprints - the idea being hands together in peace and remembrance.

Never did we imagine that we would have so much fun and meet so many different people from the community. Some were slightly nervous about having their palm covered in red paint, but this soon gave way to smiles and conversations about the different shapes and sizes we all created. We had contributions from among the oldest and youngest in the village, and even a dog!

From a distance the wall hangings look simply painted: up close we hope you see the love, care and community spirit it took to make them.

Jenny & Ethan Barr

BIRDSONGBIRDSONGBIRDSONG

Thank you, Mike

I received this email after forwarding my album of photos from the Birdingbury Remembrance Day commemorations:

Good evening Mr Coles,

I am extremely grateful that you have forwarded your amazing photographs, which have truly captured a memorable historic event.

My father and uncle (who still lives in Birdingbury) were born and bred in the village. Their grandfather, William Parker, is featured on the war memorial. Many thanks.

With kind regards,

Karen Walker

You can see the photos on the village website: <http://www.birdingbury.org>

Mike Coles

BIRDSONGBIRDSONGBIRDSONG

A Local Hero Remembered

On Sunday 30th September, we were invited to attend the dedication of a memorial plaque for the two World Wars in the village of Ardleigh, near Colchester in Essex.



We had been contacted, via the Birdingbury History Group, by a dedicated group of historians. We went in memory of our relative, (my Great Uncle) Sgt Thomas Barfoot, Bomb Aimer and member of the crew of Halifax MkII DY-P of 102 (Ceylon) Squadron.

Tommy, as he was known, was the son of Charles and Constance Barfoot of Birdingbury. He attended Lawrence Sheriff school and did his RAF training in the USA and Canada. During the evening of 25th February 1943, eleven Halifax bombers of 102 Squadron took off from Pocklington, East Yorkshire as part of a raid on Nuremberg. They experienced severe weather conditions with two aborting. An hour after take-off at 8.24pm, a third crashed in fields of a farm in Ardleigh. The aircraft was carrying a 1000lb bomb, some incendiary bombs and propaganda leaflets. It exploded on impact, creating a crater about 30yds in diameter and 8ft deep. All the crew were killed. About 90 minutes after the crash, the 1000lb delayed action bomb exploded but did little damage. The RAF Accident Report said that the cause of the crash was not established but it was probably resulting from a loss of control due to bad weather conditions.

The group from Ardleigh had worked tirelessly to contact family members of the crew and those able to attend the service were invited to speak. Morgan spoke on our behalf:

"Although no one present here today knew Tommy, some of us grew up seeing the photo of him in RAF uniform and hearing his name mentioned - almost always with great sadness that his life had ended so prematurely at the age of only 19.

The trauma and grief which followed his death meant that until recently, the details of the fatal crash were not known to his family. In the immediate post war years, people were expected to just accept what had happened and then get on with their lives, which is what they did.

After a good academic start to his life, Tommy, a much-loved son and younger brother might well have gone on to achieve great things in his life had it not been for the tragic event which we are here to commemorate".



It was such a poignant and moving event and we so appreciate the time and effort of our own history group and those of Ardleigh. Following on from the dedication, there is a small housing estate to be built at Ardleigh and the local District Council have agreed the roads should be named after the members of the Halifax crew - including Barfoot Drive.

We will remember them.

Karen Thomas

Saying 'Boo' to Birdingbury



The village's young witches, zombies, skeletons and other creepy creatures gathered on All Hallow's Eve for our annual fright fest. As is our terrifying tradition, the eerie evening started with our hunt for treats to satisfy our need for sugar at this most wicked time of year. We admired some impressive pumpkin carving on our way and were suitably freaked out by Rich Cutts holding his own head under his arm as he welcomed us!

As the offensive organiser of this spooktacle, I had searched out the freakiest fun available, and we enjoyed the delights of bouncy eyeballs, spooky spiders and ghost bowling when we returned to the club.

We also carried on our terrifying traditions of doughnuts on strings, making scary noises and wrapping the mummy (thanks to our 'willing' volunteers, Clare and Lorraine). We even decorated some tasty terrifying treats!



Two of the revolting rambunctious revellers, Leery Lexie and Kreepy Kara, said:

"The costumes were fantastic this year and the trick or treating was really scary. Some people opened the door slowly and tried to scare us. It was really funny. At the club we played lots of fun games including eating doughnuts off a string, decorating biscuits, and spider flinging. The food was delicious and scrumptious. Boo!!"

Look forward to scaring you same time next year!

Terrible, Terrifying and Troublesome Thomlinsons

IRDSONGBIRDSONGBIRDSONG

Welcome to Birdingbury

Our new neighbours at Limecrest are Chan & her children, Tom & Abi. We welcome them to the village, and hope they will make many new friends and be very happy here.



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Bonfire Night

It is with a mixture of relief and satisfaction that we can report a success for this year's Family Bonfire and Fireworks Night. We were lucky again this year that the weather stayed dry, although a strong wind made for interesting times erecting the food tent and keeping the fire under control!

As always, we were dependent on selling sufficient tickets to cover our costs. This was a difficult balancing act, as the event is very much aimed at families with children, so we kept the ticket price at £5 with children admitted free. As it happened, possibly because of the additional publicity brought through social media, we saw some 380 people (including children) come through the gate to enjoy a super night of spectacular fireworks, bonfire, hot dogs and jacket potatoes. The feedback, including that from visitors from outside the village, has been universally positive about the display, food, organisation and value for money.

This success, and the fact that the event has continued at all, is due almost entirely to a very small team of volunteers. Continuing from previous years this has consisted of Mike Coles, Gaynor Davy, Liz Ellis, Declan Hayden, Jenny Preston and Dan Shouler. We have been exceptionally fortunate this year that Lewis Cutts and Chris Whatcott have also joined us. They have not only taken on the key role of running the fireworks but also made a valuable contribution as a younger generation in our discussions and deciding what the event should be about and how it is organised.

We were also fortunate that on the two key days of collecting wood for the bonfire, and on the day of the event itself, we had additional help from various others. John Bradshaw was invaluable with his Landrover and trailer on both days; Matt & Sarah Hancock, and Mackenzie helped with collection and building the bonfire, under Dan Shouler and Declan Hayden's watchful direction. For setting up and varied resources on the day, we had Liam O'Toole, The Frog Squad, Simon Davy and Richard Cutts. Providing cooking were Barbara Munro, Debbie Vials, Lee Hayden and Maggie Chinn, as well as members of the core team, while Gaynor Davy, Liz Ellis, Jenny Preston and Paula Munro were the stalwarts who prepared, filled and served some 250 meals on the night. Mike Coles and Simon Davy manned the gate and stewarded. Thanks are also due to Rob Walker for straw bales, the Turners for electricity supply, David Walker for help with the bonfire, and the Club for ticket sales. If I have missed anyone, then my sincere apologies.

We now plan for next year. The very success of this year raises questions. Should we aim to restrict numbers, and make it only for the village? If it is to be consistently a bigger event, then how do we get more people involved to help? Should it change to aim to raise money, perhaps for charity? If you have any views on this or wish to get involved and help in any way, then why not get in touch – you will be very welcome!

David Preston

Gross National Happiness (GNH)

As we look at many indicators of economic performance such as Gross National and Domestic Products, happiness is not one that is usually associated with what is known as the “dismal science”. However, not everyone takes that view! I was recently fortunate to spend almost two weeks in a tiny mountainous Himalayan Kingdom that uses GNH as one of its key indicators. So, does it work?



Bhutan is tucked away between India and China - the jam in a difficult sandwich, with Nepal as the other near neighbour. Since it borders Tibet, with its history of invasions and conflicts, you might expect to see some chaos and noise as in each of these countries, but no ...Bhutan really is happy and peaceful. Even the dogs don't bark ...they might inspect you, and then settle down again.

Bhutan, also known as the Thunder Dragon Kingdom is mostly forest and mountain - lots of mountain - with many roads under construction. Our trip took us mostly between three and four thousand meters: not high by many Himalayan standards but enough to challenge anyone less than seriously hill fit. The Buddhist religion and the state are two interwoven parts of a democracy, with a Royal Family taking a role similar to our own. So, we saw lots of temples and festivals alongside the walks. The latter included the iconic Tigers Nest climb, featured in the visit by the Duke and Duchess of Cambridge.



Tourism is still heavily restricted but not impossible through various key travel agencies, but solo travel and backpacking is discouraged through a Tourist Tax (though the latter covers all the in-country costs, such as hotels). Food is mostly organic and farm to fork is a very short distance. It's delicious, by the way!

People I met who had visited Bhutan talked of its serenity and their desire to return. Now I have been, I can understand that!

Carmel de Nahlik

Ladies Circle Goes Downunder

Our meeting in November was enlivened by an illustrated talk from Geoffrey Johnstone, with occasional clarifications from Jennifer, about a family holiday to Western Australia.

It was interesting to see an outline map of Australia placed over one of Europe to appreciate the distances involved; they travelled from the middle of Spain to the north of Scotland.



Their accommodation was not luxurious: their son slept on top of the vehicle and they had the comforts of canvas on the ground. They obviously saw some fantastic sights, eighty-mile beach springs to mind, and an amazing collection of wildlife and plants. Geoffrey is a talented photographer and we saw a variety of scenes that were a long way from Birdingbury.

The roads were very different to ours and they had the odd mishap en route but a worthwhile experience for them, and an entertaining evening for us. Many thanks to them both. Jennifer makes great cakes!

Our next meeting in December is for members only.

We will meet for the first time in 2019 on Tuesday 8th January at 7.45 in the Birbury, all welcome, details will be circulated later.

Jenny Hawes

IRDSONGBIRDSONGBIRDSONG

Shoe Box Appeal

Hello everyone! I'm delighted to pass on a big thank you from Teams4u group, based in Stretton, for all the beautifully wrapped boxes and for such lovely gifts, both handmade and bought. Thank you for your generosity.

I have taken everything over to Pam & John at Stretton, as they are currently packing the last boxes ready for dispatch. Pam will send me the destination and the number of boxes sent from Stretton shortly: it is to be hoped it will be 1800 to 2000!



We continue to wrap boxes and provide gifts throughout the year, although I am very aware that we will all be busy wrapping our own gifts soon,. If, in the New Year you would like to start "Rapping" again, please let me know (Lyndhurst Marton Road, 632582).

Many thanks again for your kindness.

Daphne Chippendale

Is Honey Good for You?

I did my annual car boot sale today in the lovely autumn sunshine and as a last-minute thought I had taken some of my honey. It was great to chat with so many people who stopped to ask about the honey and the bees. We all agreed that the stuff they sell in supermarkets isn't a patch on the real thing – but why?

Unfortunately, honey is usually included in lists of the most counterfeited foods (expensive wines, virgin olive oil, saffron, vanilla etc.). Fake honey is usually some real honey mixed with sugar syrup. A lot of fake honey is exported from China to South America, who sell it to Italy, and then, of course, it can move freely around the EU labelled as produce of Italy since it has been bottled there.

Bees will fly up to 3 miles searching for pollen and nectar, but I don't think my bees have to fly so far, thanks to all the blooms in the gardens of Birdingbury. It's the variety of flowers that bees forage from that give the honey different tastes and properties. Manuka honey from New Zealand is renowned for its antibacterial properties but other raw honey contains anti-oxidants, can lower bad cholesterol and increase good cholesterol and, when applied to the skin, honey can be part of an effective treatment plan for burns and wounds. It is particularly effective for diabetic foot ulcers. Dressings infused with honey are routinely used by the NHS.



A cold and cough has traditionally been treated with honey and lemon drinks. In August this year, NICE, the National Institute for Clinical Excellence, recommended honey as one of the self-care options we can use before rushing to the chemist.

Manufacturers process most of the honey you find in grocery stores. Heating the honey helps improve the colour and texture and removes any unwanted crystallization. However, many of the beneficial antioxidants and bacteria are also removed or destroyed in the process, so for the best health benefits, 'raw' honey is best.

If you want to try any of the raw honey made by bees that may have visited your garden this summer, it is on sale in Birdingbury Club at a special price of £4 /lb.

Leigh Sidaway

IRDSONGBIRDSONGBIRDSONG

Get Well Soon

Best wishes to Cynthia following her recent surgery. We hope you continue to recover and are soon out walking with Pippa again. Eat more honey?

Tools with a Mission

I recently came home after a few days away with a beautiful old Singer sewing machine in the boot of my car. A friend had not known what to do with it, but I did.

Some months ago, I went through my late husband's tools and gardening implements. Some were rusty, in need of repair and candidates for the tip – or so I thought. But just in time, I discovered TWAM, a Christian charity sending tools to developing countries across the world. Their workshop in Kenilworth (behind St. John's Church) took the lot. Their centre in Coventry (Lifford Way, near B & Q) was thrilled with the sewing machine to add to their stock. They also took various pieces of fabric, thread, buttons, and odd haberdashery items I no longer wanted.

Whilst there, I was shown around to see how items are restored, cleaned and packed. Dedicated volunteers work tirelessly making up packs of tools or sewing kits, ready to be



shipped off with items from all over Britain in containers (22 each year) via Ipswich. The lady I met, who was checking another sewing machine, had just come back from Uganda after delivering a van load of kits, which are given away to folk who have almost nothing. With this minimal help, new businesses can be started up, enabling

some to transform their lives and to regain a sense of pride and independence.

Nothing is wasted. The strong cardboard boxes being filled in Coventry had previously been filled with imported bananas; odd bits of material are made into draw-string bags in which to put the smaller sewing items. A skip outside was nearly full of metal of all descriptions, including any tools which really couldn't be renewed. The money TWAM receives for this metal goes towards the cost of collection and shipping. A van even visits Coventry tip, rescuing any items which could be useful.

So, don't throw anything away until you've tried to find a new home for it! Visit TWAM at twam.co.uk or emidlands@twam.uk or phone local contacts on 07719 634131 or 01926 855538.

TWAM
Tools with a Mission

Janet Kent

IRDSONGBIRDSONGBIRDSONG

The Benefits of Sunshine for Good Health

At the time you will be reading this article, we will be approaching the shortest day of the year and sunshine is likely to be in very short supply for the next four months. Sunshine is vital for the body to produce Vitamin D, as it is produced by the body when the skin is exposed to sunlight. It is probably not surprising that, as we live over 3500 miles from the equator, our bodies are unlikely to be producing much Vitamin D during the winter months. Consequently, from October until the end of March, our bodies are solely reliant upon getting Vitamin D from food sources (there are small quantities in oily fish, eggs, dairy and fortified breakfast cereals - we would need to drink 20 glasses of milk daily to get enough!) or from supplementation. A winter holiday in the sun will top up our levels but only in the short term.

What is Vitamin D?

Firstly, it is not strictly a vitamin but acts more like a steroid hormone. It influences nearly 3000 genes and has multiple roles within our bodies.

Why is Vitamin D so Important?

We have always known that vitamin D is important for good bone health and the prevention of osteoporosis. It enables our bodies to extract calcium from the gut and helps to maintain good bone health. A deficiency may cause osteoporosis in adults and Rickets in children (cases of Rickets have increased by 400% in the UK since 1996!).

Did you know that Vitamin D also has an effect on:

- Our immune system - it helps us to fight infections including colds and flu so especially vital at this time of year,
- It helps regulate our blood sugar levels including insulin production,
- It increases the level of the hormone Serotonin which helps to improve our mood and sense of well being,
- Research has shown there is a link between low Vitamin D levels and the development of prostate, breast and bowel cancer,
- Low levels of Vitamin D increases the risk of developing dental diseases,
- Low levels of Vitamin D may be a contributor to heart disease, and
- Vitamin D appears to have an anti inflammatory effect within the body and so helps control muscle and joint pain?

An amazing amount of research has been, and still is, being, carried out on this vital vitamin. We know that vitamin D receptors have been found in 50 organs and sites throughout the body which means that the body requirements are far greater than we initially thought.

Did you know that Vitamin D deficiency is becoming much more common in the UK? It is estimated that 40-50% of the population will be deficient in vitamin D during the winter months and this is even higher at 70-80% in non-caucasians.

Symptoms of a deficiency are wide and varied but can include:

- Generalised aches and pains,
- Impaired immune system - more colds and flu,
- Softening of the bones,
- Low mood, and
- Tiredness and poor quality sleep.

Take Home messages!

- Vitamin D is essential for bone health and many other aspects of our health and well being.
- Deficiency in the UK in winter is very common and may have health consequences for many individuals.
- The only way to know if you are deficient is to have your blood levels tested.
- Only small amounts of vitamin D are found in food, even if we eat a healthy well balanced diet.
- The NHS England guidelines recommend all adults and children over the age of one should be getting 10 mcg (400iu) which is 10ug of vitamin D per day to prevent deficiency, an amount which is likely to require supplementation during the winter. This may be higher than a multi vitamin alone provides. The bio active form of vitamin D is D3 - so if you choose to take a supplement then look for D3 rather than the less bio active D2. If you are already deficient, you will need to take a higher dose, based upon medical advice.
- Research suggests that correcting a Vitamin D deficiency may cut your risk of dying from any cause by as much as 50% - sounds too incredible to be true but Vitamin D affects 3000 of our genes. Receptors for it are found throughout the body and so it is involved in numerous body functions .

Correcting a deficiency is cheap, simple and can have immense health benefits .

If you would like a copy of my fact sheet on Vitamin D, which includes details of how to obtain a NHS approved test kit, please do email me at info@jilldrewphysio.com

Jill Drew

Chartered and HCPC Registered Physiotherapist

Loads of Rubbish This Christmas?

There will be no green garden waste collections during w/c Monday 24 December or Monday 31 December 2018.

Black refuse and blue-lid recycling collections due on Tuesday 25 December will be made on Saturday 22 December 2018.

Black refuse and blue-lid recycling collections due on Wednesday 26 December will be made on Saturday 29 December 2018.

All other collection days will remain as normal, including on Tuesday 1 January 2019.

If you have any queries, please contact me at Rugby Borough Council on 01788 533241 or email emma.tomlinson@rugby.gov.uk

Emma Tomlinson, Customer Services Team Leader

Rugby Borough Council



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Coffee and Chat



Our final meeting of the year will be on Thursday 29th November at 10.30 in the Birbury. The hosts are two excellent bakers so there will be plenty of tasty goodies to go with your cuppa. Please come along and join us for a chat and chance to relax as we head towards Christmas.....

The first meeting of 2019 will be on the 31st of January, same time and place.

Hope to see you there, this year and the next.

Your friends at St. Leonard's

IRDSONGBIRDSONGBIRDSONG

Christmas at St Leonard's

For information about church events and services over the festive season, including the Village Carol Singing, please see Church News and Views.



The Birbury

Thank you to everyone who supported the Autumn Bazaar held on Saturday 20th October. Almost £200 was raised for the Birbury funds. Thank you to Jackie and family and the committee for organising such a lovely event.

We have received a very generous donation from The Birdingbury Country Show Committee, for which we are very grateful. The original purchase of three arm chairs has been so popular that we have used some of this donation (and the remainder of a donation from The Rugby Benevolent Fund on behalf of Bill Cowley), to purchase an additional twelve. Thank you to Andy Westcott for assembling the chairs. We are always looking for ideas and suggestions to improve the Birbury facilities

Our annual ‘Tea @ 3’ will be held on Saturday 15th December. Please join us for some Christmas cheer, mince pies and a drop of sherry. If you would like a lift or know someone that might need a little help getting to The Birbury, please do not hesitate to contact me on 632041 or Dick on 632644.



Gaynor Davy

RDSONGBIRDSONGBIRDSONG

Swop Shop Latest

We continue to meet every Saturday at 10.30 in the Birbury to enjoy refreshments, a chat with neighbours, a hot drink and the chance to swop articles in good condition which we no longer need - with the shorter days we're swopping a lot of books.



The only exception will be on Saturday 15th December when there are other events on in the village, so no Swop Shop that day.

On Saturday 8th we are having a Christmas Themed Swop where you can exchange any unwanted gifts from last year and, hopefully, find some that you do like. We have done this before and it's a good opportunity to re-cycle presents.

And yes, we are meeting on Saturday 29th December to share our experiences of Christmas and maybe swop some unwanted presents.....

Di Turner and Jenny Hawes

RDSONGBIRDSONGBIRDSONG

Happy Birthdays

Belated congratulations to both Chris Barney and Chris Morton on their recent ‘significant’ birthdays.

We hope you both had a happy time, celebrating with your families and friends.



Fulfilling a Promise.....With a Surprise!

At the promises auction earlier this year, I was whipped up into a bidding war by Maxine for ‘an evening with The Birds’. The opportunity to have the eminent and famous Unwin/Hanson/Davy/Adewale(s) musicians at my disposal was not to be sniffed at, and I had the perfect occasion to put it towards.



Perhaps the excitement of having a “paid booking”, or maybe that they were going to be playing for a special occasion with “music scouts” present (this could be their engagement of fame, let’s face it), or more likely, with all the aforesaid and their natural desire to professionally deliver, the group set about creating a playlist peppered with special new numbers, just for Chris for his 60th birthday celebration. What a treat!

They didn’t stop there though.

They expanded their numbers with a new backing group, The Birdettes, aka Gaynor, Mel, Angela and Debbie. All were, of course, supported by technical expertise from Ian Palmer and logistics/promotion by Dallal.

Thank you to you all: Club, The Birds and The Birdettes alike, for a fantastic evening enjoyed by our neighbours, friends near and far, and family. We all had a great time.

Jackie & Chris Morton



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Promise of a Promising Future

Our promise to conduct a mock university interview for a prospective candidate was bought by Karen Armbrister, who kindly passed it on to a young man in a neighbouring village. We fulfilled our promise in August and put the candidate through a pretty tough session for an hour, requiring him to respond to lots of difficult questions on a source reading, a submitted essay and his personal statement.



He was happy to report that he had a very good morning, and we hope that he will be successful in his university applications.

Dallal and Patrick Unwin

Another Promise Warms the Cockles

Our thanks to Chris Morton for the beautifully seasoned wood that we successfully bid for at the Promises Auction.

Efficiently delivered and expertly stacked by Chris and Will, we have been enjoying it ever since.

In the chimenea, it gave us many an extended summer evening outside and now is really coming into its own as we head into winter and cosy nights indoors.

Very satisfied customers!

Angela and David Hanson



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Progressive Supper

Thanks to everyone, and we had a superb 54 people take part, who came on November 10th. It proved, yet again, a great evening and a hugely successful one, with £752 raised for Myton Hospice.

Here's what Myton sent:

Your kind donation of £ 752.00 will help us continue to provide the best care possible for our patients and their families and so on behalf of everyone at The Myton Hospices – thank you.

In the last 12 months, we have worked with and supported more than 1,800 people and their families across Coventry and Warwickshire. This is in our hospices, via our patient and family support services and in the community through Myton at Home.

We have to raise £9.6 million each year to continue providing our care free of charge. We can't do it without people like you.

Roll on next year!

Simon Whitfield and Alex Rigler



Club Calendar

| Date | Event |
|-----------------|---|
| 1 December '18 | Quiz Night – brush up your brain cells! |
| 7 December '18 | Gourmet Burger Night – try our new street food! |
| 15 December '18 | Panto Trip – oh no it's not..... |
| 23 December '18 | Post Live Nativity Drinks – oh, come all ye faithful! |
| 24 December '18 | Christmas Eve Draw – get your tickets now! |
| 31 December '18 | New Year's Eve Drinks – celebrate in style! |
| 12 January '19 | Quiz Night – mine your memory! |
| 19 January '19 | Birdingbury Does Bake Off – no soggy bottoms! |
| 2 February '19 | Quiz Night – trawl the trivia! |
| 9 February '19 | Birdingbury Does Strictly – a-maze-ing! |

| Day | Lunchtime and Evening Opening |
|----------------|--------------------------------|
| Christmas Eve | 12 noon to 3pm & 6pm to 11pm |
| Christmas Day | 11am to 2pm |
| Boxing Day | 12 noon to 5pm |
| Thursday 27th | 8pm to 11pm |
| Friday 28th | 6pm to 11pm |
| Saturday 29th | 12 noon to 11pm |
| Sunday 30th | 12 noon to 5pm |
| New Year's Eve | 12 noon to 3pm & 7pm to finish |
| New Year's Day | CLOSED |

MDF Concert

Thank you to all who supported the MDF concert at the Club on Saturday 17th November.

Despite a relatively small attendance, £101 was raised for the Warwickshire and Northamptonshire Air Ambulance. Thanks to MDF for taking the time to play for us.

Steve Edgar

Birdingbury Street Food Returns!

Introducing Burger Night



**Friday 7th December from 5:30pm at Birdingbury Club,
last orders 8.00pm**

CHEEZY-E

**Aged longhorn beef patty, fresh white onion, American cheese,
lettuce, thick cut pickle & Boss Man sauce..... £7**

BACON CHEESE

**Aged longhorn beef patty, maple coated bacon, American cheese,
fresh red onion, lettuce, pickle, ketchup, mustard..... £8**

PINEAPPLE EXPRESS

**Aged longhorn beef patty, maple coated bacon, lettuce, chilli
peppers, fresh tomato, cheddar cheese, house pineapple hot
sauce..... £8.50**

PO MUSHROOM (v)

**Po boy style breaded mushrooms, lettuce, pickle Cajun, Hot
sauce..... £6.50**

NAKED FRIES(V)

Triple cooked skin on fries..... £2.75

FULL ON FRIES(V)

**Triple cooked skin on fries with GT spice mix, creamy house slaw
with coriander and lime, sriracha mayo, crispy fried onions & fresh
spring onion.... £3.75**



CALL: 01788 540 555
mailme@great-tasting.com

Advance Notice for your 2019 Diaries

Two popular TV shows get the Birdingbury treatment!

Saturday 19th January The Great Birdingbury Bake Off

Get those recipe books out and cook a cake, bake some bread, perfect your pastry into a pie or pasty who will be crowned the Master Baker of Birdingbury?



Judging will be followed by the sale of the items for charity.

Saturday February 9th Strictly Come Dancing

In the first section of the evening, a dance teacher will train all those interested in learning two dances, probably one Latin and one ball-room.



After the break, those that want to enter the competition for the glitter ball prize can perform the dance of their choice, to be scored by the Judges.

Wasps vs Tigers 2019

All we know is this:

1. Leicester Tigers will play Wasps at Leicester over the weekend of 2/3 March: could be Friday night, Saturday or Sunday.
2. Neither Premiership Rugby nor Birdsong are prepared to alter their schedules to enable me to give you a definite time at the moment.
3. I have reserved tickets at Leicester for this game and will organise a trip, coach and all.

If you want to make sure you know about it get in touch with me on john@jkstarley.com or call 632508 or 07768 933095. Expect a date within the next couple of weeks.

John Starley

Speak to me now

Speak to me now
When I'm lonely,
As you spoke to me
When we were young.
Take the darkness
And fold it
Into the morning sun.



Hold me as Night
Never holds me,
For how far
Can shadows run?
I can run faster
Than shadows,
Fast as the morning
Can come.

Pilgrim

Birdingbury Calendar

| Date | | Event | Time | Venue |
|----------|----|---------------------------|------------|---------|
| December | 1 | Quiz Night | 20.00 | Club |
| | 5 | Defibrillator Training | 19.00 | Club |
| | 7 | Gourmet Burger Night | 17.30 | Club |
| | 8 | Swop Shop | 10.30 | Birbury |
| | 14 | Mobile Library | 11.40 | Club |
| | 15 | Tea at Three | 15.00 | Birbury |
| | | Panto Trip | As advised | Club |
| | 22 | Swop Shop | 10.30 | Birbury |
| | 23 | Post Live Nativity Drinks | 17.00 | Club |
| | 24 | Christmas Eve Draw | 20.00 | Club |
| | 29 | Swop Shop | 10.30 | Birbury |
| | 31 | New Year's Eve | 19.00 | Club |
| January | 5 | Swop Shop | 10.30 | Birbury |
| | 11 | Mobile Library | 11.40 | Club |
| | 12 | Quiz Night | 20.00 | Club |
| | | Swop Shop | 10.30 | Birbury |
| | 19 | Birdingbury Does Bake Off | tbc | Club |
| | | Swop Shop | 10.30 | Birbury |
| | 26 | Swop Shop | 10.30 | Birbury |
| February | 1 | Mobile Library | 11.40 | Club |
| | 2 | Quiz Night | 20.00 | Club |
| | 9 | Birdingbury Does Strictly | tbc | Club |
| | 22 | Mobile Library | 11.40 | Club |



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