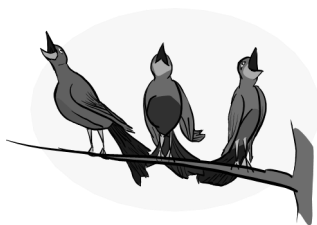


BIRDSONG

**April
and
May 2022**



**BIRDINGBURY
NEWS
NO 109**



Busy Birdingbury Bees

Photo by Angela Hanson

Birdingbury Parish Council Report

As the saying goes ‘History is just one damn thing after another’. Putin’s invasion of Ukraine came on the day that most Covid restrictions were lifted in England, making it feel for some as though we live in a state of permanent crisis ... the machinations of Brexit give way and then Covid arrives, now Ukraine.

The impacts of these global events vary on a small village like ours, and I suspect we’ll need some time to pass before we can look back and see the permanent changes that they’ve made. However, I see already that some blue and yellow flags have sprung up alongside the daffs and maybe, in the months to come, there might be Homes for Ukrainians in the village and borscht alongside the jams on village fete stalls.

It feels strange to talk of celebrations when the news has been so dark, but we are now only two months away from the Queen’s Platinum Jubilee and details of the national events have started to emerge. We have always marked these historic days in the village, and this will be no exception. Elsewhere in Birdsong you’ll see details of the village events planned for the main Jubilee period (2 - 5 June, including the two bank holidays on Thursday and Friday). The schedule has been drawn up by representatives of the Parish Council, PCC, Club and Birbury Committee. You’ll see that most events have an organiser so, if you are able to help with anything, please contact them. The exact details of some events may still change, so please keep an eye on the village Facebook pages, WhatsApp group and noticeboard for updates.

In addition to these celebrations, we have also ordered some Jubilee mugs for the children of the village, and we have the replacement trees for Main Street (one on the corner by the War Memorial and the other by the bus stop). We have also found a site for some more extensive planting as part of the Queen’s Green Canopy. Just beyond the railway bridge on the way to Bourton, there is a footpath that goes across the fields and straight up the hill towards Frankton, past the bench placed there in memory of Josie McCurdie. At the foot of the hill the path passes through an overgrown wooded patch that Heather McCurdie says they’d be happy to clear of brambles in order to allow new trees to be planted. Whilst technically ‘over the border’, it is a path that’s well-used by Birdingbury residents, so we hope it can become another place to pause and reflect whilst getting some fresh air. The Parish Council has ordered a pack of trees for planting, although they’ll not be with us until late Autumn: something else to look forward to.

In other Parish Council news, the long-running application regarding the use of two units on the business park has concluded with the application being approved. Permission has been given for use class ‘E(g)(iii) Light Industrial’ which means ‘or any industrial process, being a use, which can be carried out in any residential area without detriment to the amenity of that area by reason of noise, vibration, smell, fumes, smoke, soot, ash, dust or grit’. The ultimate authority on this will always be RBC.

And another date for the diary. We usually have an Annual Village Meeting, which is part of the Parish Council calendar, to encourage village engagement. However, we couldn't hold these in 2020 or 2021 because of Covid. But now we can, so I am very pleased to be able to tell you that the **2022 Annual Village Meeting** will be held in the **Birbury at 7:30pm on Tuesday 17 May**. Please do come along to hear updates from the various village groups.

Guy French, Chair Birdingbury Parish Council

BIRDSONGBIRDSONGBIRDSONG

Leamington Hastings Academy Update



We've had a busy term at Leamington Hastings Academy, with recent highlights consisting of a rock band experience, visiting the Birmingham Symphony Orchestra, a visit to a synagogue, and working alongside an artist to produce a large piece of art for the school.

The Early Years children are currently learning about animals and are enjoying observing the life cycle of a frog in action. Key Stage One children are learning about explorers, focusing on Christopher Columbus and Neil Armstrong.

We're looking forward to holding Quiz Night for the first time since 2019! The quiz will be held on **Friday 20 May** in the school hall; doors open at 7pm for 7:30pm start. If you would like to take part in the quiz, tickets are £10 per person inclusive of a meal, and can be booked via the school office on 01926 632359.



We're also excited that Rose Queen Day will be back this year. Save the date of **Sunday 3 July**. We would love members of the local community to join us at both events and look forward to being able to open the school doors to visitors again.

We are currently expanding our staff team to include at least one additional Teaching Assistant. If you are interested in joining our team, whether that be on a full or part time basis, please get in touch: Suzanne.Marson@LeamingtonHastings.covmat.org

Suzanne Marson, Head of School, Leamington Hastings Church of England Academy

BIRDSONGBIRDSONGBIRDSONG

Birdingbury knows

That the peace we so enjoy

Should be shared by all

Thin Jethro Laskey



Jubilee Plans Afoot!

A team led by the Parish Council have been busy planning how we will celebrate the Queen's Platinum Jubilee. Here is the schedule so far.:

Day	National Event	Birdingbury Event
Thursday 2 June (bank holiday)	Trooping of the Colour Lighting of Beacons <i>(we assume this will be late evening given the long days)</i>	Breakfast Rolls / Tea & Cake (depending on time) prior to Trooping of the Colour on the big screen in the Club (Karen Thomas)
Friday 3 June (bank holiday)	St Paul's Service of Thanksgiving	
Saturday 4 June	Platinum Party at the Palace	Sports Day in Recreation Field. Bring-your-own picnic; possibly with bottle bar run by the Club (Richard Cutts) Celebration Night in the Club with pop-up food from one or two of the regular vendors (Tony Flint)
Sunday 5 June	Big Jubilee Lunch Platinum Pageant	Community Thanksgiving Service outdoors by the Club with coffee before and afterwards (Karen Armbrister) Big Lunch Street Party, 3pm onwards, bring food to share (Gaynor Davy) Village walkabout (like VE Day last year) – opportunity for people to walk the village, catch up with neighbours, look at bunting / house decorations

Further details will be released nearer the time, so do keep a look out on social media and the village noticeboard!

Meanwhile, please do get in touch if you would like to help in any way:

Karen Thomas	<u>karent707@aol.com</u>
Richard Cutts	<u>rgcutts@aol.com</u>
Tony Flint	<u>antonyflint@aol.com</u>
Karen Armbrister	<u>karen.armbrister@btinternet.com</u>
Gaynor Davy	<u>gaynor.davy@live.co.uk</u>
Guy French	<u>guyfrenchpc@gmail.com</u>

Other Jubilee-related activities:

Queen's Green Canopy – The Parish Council is purchasing some replacement trees for Main Street and is also speaking with landowners about an accessible patch of tree planting

Jubilee mugs for village children – The Parish Council is purchasing one for each child in the parish and there will be some spares to purchase

Commemorative book – PCC will be purchasing 50 copies

BIRDSONGBIRDSONGBIRDSONG

Community Service of Thanksgiving

The PCC is delighted to be leading an outdoor service on Sunday 5 June at 10.30am as part of the Village Platinum Jubilee celebrations. This will be held outside the Club (subject to weather) and will be an opportunity for us to come together as a community to give thanks for both the service of our loyal Queen, and for each other.

We hope you will want to come and join in this informal service of celebration. We will welcome involvement from people of all faiths and everyone who would like to participate, particularly our young people. Do contact me if you'd like to contribute. Refreshments will be served both before and after the service.

I'd also be pleased to hear from anyone who would like to make up a scratch choir to lead us in the singing. There will be some rehearsals, and whilst this will be an informal venture, it will need some commitment to practice. Please call me on 07919 594559 if you are interested.



Karen Armbrister, Church Warden

What's the Point of Acupuncture?

I have been using acupuncture as part of my physiotherapy practice for over 35 years. The Chinese have been using it for over 2000 years and there is now good scientific evidence to support its use in Western medicine. It can be combined easily with other treatments such as exercise and manual therapies.

What is Acupuncture?

Treatment involves the insertion of extremely fine stainless-steel needles through the skin and into muscle. They are usually placed into the site where the patient feels pain and in combination with points away from the painful area. The needles are generally left in for about 15-25 minutes and may be gently stimulated by hand or by electric impulses (electroacupuncture).

How does it work?

Acupuncture stimulates nerve endings within the muscle to produce various chemicals such as endorphins, dynorphins (painkillers), cortisol (which mediates inflammation), serotonin, melatonin, and oxytocin (which helps with sleep, relaxation, mood, and well-being). It can stimulate healing and help to control pain. It can be a precursor to other treatments such as exercise to aid recovery and normal function.

There is good scientific evidence to support its use and NICE recommend it for chronic pain and headaches, including migraine. Although acupuncture can reduce pain (often when other treatments have failed) it does not work for everyone.

Does it hurt?

Probably the most frequently asked question! It should not be painful. The needles are the same thickness as a human hair so acupuncture should be far less painful than having a blood test or a vaccination. During the treatment patients often report a feeling of heaviness, warmth, tingling or a mild ache. It is not uncommon for patients to fall asleep during treatment!

Is it safe?

Acupuncture is very safe if carried out by a qualified professional who will have taken a full medical history and examined the patient, will follow strict hygiene guidelines, and will have undergone recognized training and ongoing education. The needles are single use, sterile and packaged with a guide tube which means they can be inserted without touching any part of the needle. There are certain health conditions which may mean you are not suitable or extra precautions are required.

Are there any side effects?

There are far fewer side effects than with paracetamol and these tend to be mild and short lived. They include feeling lightheaded, fatigue, localised soreness and occasionally there will be a tiny bruise.

What conditions can be treated?

In my own practice I use acupuncture for the treatment of pain (e.g. spinal pain, arthritic pain, soft tissue injuries), and also in the management of headaches and insomnia, and to promote relaxation.

If you are interested in finding out more and to see if acupuncture might be helpful for you, please feel free to contact me for more details: jilledrew@gmail.com

Jill Drew

BIRDSONGBIRDSONGBIRDSONG



The Birbury Management Committee
invites you to

A SIMPLE COUNTRY LUNCH

and

SOCIAL GET-TOGETHER

to celebrate

St. GEORGES DAY

in the Birbury

on SUNDAY 24 APRIL from 12 noon

Bread, Cheese and Pickles; Homemade Puddings

(Minimum donation of £2.50 to cover costs)

Daphne Chippendale



Daphne played a key role in Teams4u Stretton-on-Dunsmore Shoebox Appeal. Through her co-ordinating, boxes would be collected, allocated to the wider team, wrapped and then delivered back to Stretton. Daphne was always full of praise for her team and gave them encouraging feedback. Through her kindness, it was evident that her enthusiasm spread and this encouraged others to get on onboard. By autumn, without fail, Daphne would have delivered 250 boxes and assorted items. The boxes would be beautifully wrapped to a very high standard and just perfect for what the appeal needed.

Daphne was always very interested to know more about the children and communities who would receive the boxes and would take great delight in seeing photos from Eastern Europe to get a sense of where the boxes would eventually end up. Visiting Stretton would always include 'proper' coffee and a piece of cake, and her company was always most welcome.



Teams4u Stretton-on-Dunsmore Shoebox Appeal were very proud and honoured to be chosen, with her family's approval, as the charity nominated by the village to commemorate her life. The collection at church, followed by a fantastic cake sale and 'Buy a Drink for Daph' raised a collective total of £1015.53! Teams4u would like to convey their utmost thanks to everyone who donated in the memory of Daphne and helped to raise such an amazing total. This will help cover costs to transport shoeboxes to children later in the year.

We are both pleased and grateful to hear that Daphne's legacy will continue and 'The Wrappers' are poised ready to help in 2022! Check out our website www.teams4u.com and contact us at strettonshoeboxappeal@gmail.com

Pam Hopwood, Co-ordinator - T4U Stretton on Dunsmore

BIRDSONGBIRDSONGBIRDSONG

Spring Fair Success

Big thanks to Karen Thomas and the Club for hosting a Spring Fair for us. There were several stalls, and the PCC ran a tombola which kept everyone entertained. We were delighted to make a profit of £194.12, of which £100 has been donated to the Red Cross Fund to support the people of Ukraine, with the remainder going into church funds.

Thanks so much to everyone who donated prizes, contributed from the stalls, and came to support us on Saturday.

John Owen, Karen Armbrister and the PCC



Chris reaches Darlington on March-in-March

It almost seems fitting, having undertaken cycle rides, grown giant pumpkins, joined numerous Charity thrashes in the Club etc, that as I leave Birdingbury I undertake the toughest one so far: walking 10 miles a day every day in March, come rain or shine, in aid of Combat Stress.

As I write, I am almost on target at 184 miles: that is the equivalent of Birdingbury to Darlington, and it will make sure that by month end, 310 miles have been completed. A couple of times around Draycote Water is a great way to start the day but now I'm in Somerset, such a 10 mile walk often involves hills and climbing 1000s of feet ... and likewise some great (but different) views.



So, a big, big thank you to the friends in Birdingbury who have generously sponsored me and enabled me to smash my target of £1,000: I am nearly at £5,000. It is simply amazing and humbling how so many of you in Birdingbury dig deep, time and time again, for good honest charitable causes, and I know that will continue going forwards. Thank you again.

Chris Morton

PS If I have missed anyone, please feel free to visit
<https://events.combatstress.org.uk/fundraisers/chrismorton>

BIRDSONGBIRDSONGBIRDSONG

Goodbye and Hello

It was with much sadness that we said goodbye to the Morton Family as they set off to pastures new in Somerset. Jackie, Chris, Lizzie and Wills have been a big part of our community and they will all be missed. Everyone's best wishes go with them for their new adventure in the West Country.

Meanwhile, a warm Birdingbury welcome to Hannah, Phillip and family, who have moved into Brook Farm House: we hope you soon settle in and enjoy a long and happy time in the village.



Kakes 'n' Kuppas for Keith

In conjunction with the Tractor Run, we are appealing to all the Birdingbury Bakers to make a cake (or cakes) in memory of Keith Marshall who sadly lost his life last year. Bakers can drop cakes into the Club in the evening of Friday 24 April, any time after 5pm, or on the Saturday morning, from 9.30am.

Kakes and Kuppas for Keith will then be available from the Club, to eat in or take-away, on Saturday 23 April from 10.30am to 12 noon. All proceeds will be donated to Haemachromatosis International, a charity supported by Keith.

Karen Thomas

BIRDSONGBIRDSONGBIRDSONG

Rugby Trip to Leicester Tigers vs Wasps 4th June



It's a long time since we last made the trip and, once again, circumstances make it tricky this time. Not only is it on a date when you might be more likely to go to the cricket, but it is also the weekend of the Jubilee celebrations.



I think there will be a few people going to the match though, so if you are interested please let me know and I will see what's possible. Timing is likely to be 1pm departure and back in the village by 6.30pm. Please email me at john@jkstarley.com if you are interested.

John Starley

BIRDSONGBIRDSONGBIRDSONG

Leamington Hastings Bowls Club

We have had a good indoor season with attendance regularly hitting 15-20 members on each club afternoon. The recent Skittles Night raised £373.00 for the Club and was, as always, great fun. There were prizes for the winning team, second place, last place, those who scored 9s and those who scored 0! Thank you to everyone who came along and helped make it a success.

The indoor short mat season comes to an end on Wednesday 20 April. After that date, we start our outdoor season, every Wednesday at 6pm. If you would like to come along and have a go (no obligation), please come to the Leamington Hastings Village Hall.

It's fun, good exercise with good company. You don't need any equipment or experience but please wear loose clothing and flat shoes.

If you would like further information, please call me 01788 336913

Susan Turner

Birdingbury Tractor Run

in memory of

Keith Marshall

..*..

Saturday 23 April

Starting from the Club at 10.00hrs

Estimated return 13.00hrs

PLUS

Kakes 'n' Kuppas for Keith

Morning coffee and something for your tea!

Afternoon Barbecue

Top your tank up!

Music for All

Dance the day (and night) away!

16.00 Eggy's Disco (vintage hits)

18.00 Birdingbury Jammers

19.30 Eggy's Disco (dance numbers)



Raising money for Keith's Charity



Haemochromatosis
International

Ladies Circle

Would you like to revive Ladies Circle?

The origins of Ladies Circle stem from the 1950s (Women's Circle in those days) when a group of ladies met in the Club Bar on a Tuesday afternoon once a month for tea and cakes. Children under school age were welcome, too. When the school 'bus returned they were joined by the older children and any leftover refreshments quickly disappeared.



In the late 1960s it was decided to make more of the meetings and so they were moved to the evening and held in the Club Lounge Bar. The name was changed to 'Ladies Circle' at that time, but it was purely our name and has no connection with the national organisation of the same name.

A monthly speaker was introduced, and some very well-known people gave talks on a variety of topics. Probably the most remembered was the television expert, (the late) David Barby, who spoke about antiques and valued some items which members had brought along.

Subsequently, the group moved to The Birbury and continued to have meetings with talks on, for example, unusual holidays, hedgehog rescue, and assistance dogs, to name a few. The speakers came from national organisations, the village and surrounding areas. Visits to the theatre and local places of interest were also arranged.

The Minute Books are available if anyone is interested in reading these.

Ladies Circle membership was reduced considerably just before lockdown, but now we would like to see if there is sufficient interest to bring it back.

To this end, we are holding a 'get-together' with cheese and wine, on Tuesday 10 May 2022 at 7.45 p.m., in The Birbury.

For further information, or to offer your support, please contact Jackie (01926 632494), or Barbara (01926 632026). We look forward to seeing you there!

Jackie Wescott and Barbara Munro

BIRDSONGBIRDSONGBIRDSONG

The Altar Guild AGM

This year the Altar Guild AGM will take place on Wednesday 18 May at 3.00pm in the Club Lounge. Afternoon cream tea will be provided. Please contact Liz on 632379 to confirm your attendance. We look forward to seeing you then.



Liz Ellis, Eira Owen and Jasmine Coles

Back by popular demand.....

**A Musical Evening of R&B, Jazz
and Soul**

featuring

**The Jo Young Trio and
DASH**

**with great songs old and new to
entertain and delight!**

Music from 8 'til late

Saturday 28 May

@ Birdingbury Club



Food for Thought

A small group of us are beginning to plan a food themed weekend for June 25-26, when the focus will be on local food, packaging and waste.

Our early thinking is centred around an open church with a photographic display about growing food in Birdingbury. Alongside this we hope to address issues relating to food miles, packaging and waste etc. All through the weekend there will be 'free to a good home' food and plants in the church, and the Sunday service will be centred around the theme of Food Waste.



At this stage we are asking if people could commit to providing surplus food and plants over the weekend and/or joining us to plan and deliver a successful event? If so, please get in touch with Dick 07788842236 or 632644 to let him know if you would like to play a part in the planning.

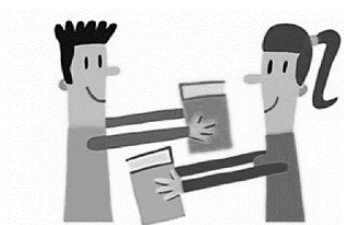
Thank you.

Ruth Adewale, Jess Tooth-Markham, Morgan Thomas and Dick Withington

BIRDSONGBIRDSONGBIRDSONG

Swap Shop Returns

Dear friends, we will be resuming our Saturday morning get togethers in The Birbury on 2 April at 10.30 for about an hour.



It will be good to meet again and share a cuppa, cake and conversation.

We swap any unwanted objects in good condition e.g. books, magazines, surplus garden produce etc. You do not have to bring anything to swap, all we ask is that you take home anything you have donated that is not wanted.

We welcome all villagers, old and new, and do not charge for refreshments.

Hand sanitiser will be available, and we will be taking sensible precautions because of you-know-what.

Looking forward to seeing you soon.

Di Turner and Jenny Hawes

When Shadows Stand

They are not Truth.
They are not equal
But they stand.
Alone and skyless,
In the fiery dawn
They stand.

Are they the last,
Or first among the last?
Who knows, they stand.

Theirs is a young country,
It is made of old pieces,
Of courage.
It is not particularly
Memorable, to be from.
Yet still they stand.

It is not different
This simple progress
To proclaim.
What is this freedom
These oddments love
And understand?

Perhaps one day,
With all our history
And Truth
We will remember
This peculiar love –

Then we also will stand.

Dates for Your Diary

Mobile Library from 13.10 to 14.00 on 1 April, 22 April and 13 May

Swap Shop from 10.30am on 2 April

Club Quiz Night with the Tiptons from 8.30pm on 2 April

Napton Art Exhibition from 10.00am to 17.00pm on 16 & 17 April

Tractor Run from 10.00am on 23 April

St George's Day Lunch from 12 noon on 24 April

Ladies Circle at 7.45pm on 10 May

2022 Annual Village Meeting at 7:30pm on 17 May

LH Academy Quiz starting at 7.00pm on 20 May

Music Night at the Club from 8.00pm on 28 May

Feeding Times at the Club

From 17.00 to 20.30 unless otherwise stated.

Date	Menu
Friday 8 April	Bangers and Mash with Village Kitchen
Thursday 14 April	Fish & Chips with The Village Chippy
Saturday 16 April	Pizza
Friday 22 April	Curry Night with Village Kitchen
Friday 29 April	Mac 'n' Cheese
Friday 6th May	Curry Night with Village Kitchen
Thursday 12th May	Fish & Chips with The Village Chippy
Saturday 21st May	Pizza
Friday 27th May	Curry Night with Village Kitchen



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