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Challow News

~ 2021 ~



HARVEST FESTIVAL

9th & 10th October

October
EDITION



'Challow News' is the Community Newsletter of St. Nicholas Church, East Challow

St. Nicholas Church, East Challow.

OX12 9SH

(Vale Benefice)

Parish Eucharist

Sundays: 11.15am

Family Service

Temporarily Suspended

2nd Sunday 9.30am (Monthly)

Weekday Eucharist

Thursdays 10am



Vicar: Rev John Durant
The Vicarage, Main Street, Grove. OX12 7LQ
 01235 766484

Email: vicar@valebenefice.org.uk

Associate Vicar: Rev Alec Gill
 07739 563894

Email: vicaralec@valebenefice.org.uk

Curate: Rev Chris Ashton

Email: curatechris@valebenefice.org.uk

Licensed Lay Minister: Sue Powditch

Email: llm@valebenefice.org.uk

Benefice Office: Grove Parish Church, Main Street, Grove. OX12 7LQ

Open: Mon - Fri 10.00 - 12.00

Tel: 01235 771479

Email: office@valebenefice.org.uk

Churchwardens

Mrs Ruth Pepler: 01235 762197

Mrs Liz Belcher: 01235 763966

Pastoral Support

To help our Vicars Revd John Durant and Revd Alec Gill in the pastoral support of the village, Liz Belcher will be acting as the local contact within the village for those who are in need of a home visit, home communion or other support that we as a church may be able to provide.

If we can help, please contact Liz on 01235 763966

Monthly Parish Clerk round up

Dear residents,

Please allow me to introduce myself; I'm Roddy Bedford, your new East Challow Parish Clerk.

I have lived in East Challow for 11 years having first moved to Oxfordshire in 1999. For over 20 years my career has been in retail buying and development within historic visitor attractions.

I volunteer as an elder befriender for a local charity.

My role as Parish Clerk is to work with the Parish Council as an advisor and in the administration of its finances.

If you would like to raise any issues or share thoughts and resident's good news, please contact me: eastchallowclerk@gmail.com

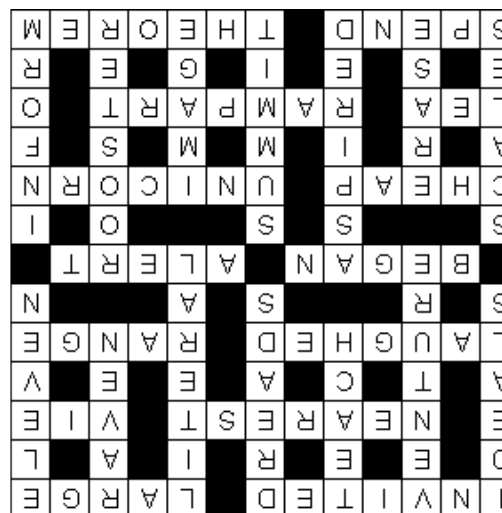
There is a new Facebook page called East Challow Parish Council which I would encourage you to join as a quick method of keeping up to date with the Local Neighbourhood Plan, planning permissions, scheduled roadworks and other matters directly related to us, East Challow residents.

I look forward to hearing from you and working for you,

Best wishes

Roddy

Solutions



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PARISH COUNCIL

The Parish Council meeting takes place in the Village Hall at 7.30pm
on the 2nd Wednesday of the month.

www.eastchallowpc.co.uk

October Round Up

There have been several complaints of bonfires during August and September. Please see the laws pertaining to residential bonfires here <https://www.gov.uk/garden-bonfires-rules> and in brief below:

Burning Domestic Waste:

You cannot get rid of household waste if it will cause pollution or harm to people's health. This includes burning it. You could be fined if you light a fire and allow the smoke to drift across the road and become a danger to traffic.

We know that the Vale of White Horse council is having major difficulties in operating a service to empty our green garden waste bins and this has increased the number of bonfires being lit.

There are no laws pertaining to garden waste bonfires in gardens. If you have a bonfire, please be considerate to your neighbours, alerting them to your plan to have a bonfire so that washing may be brought in, windows closed etc.

You may have heard talk of the Oxfordshire Plan 2050. Oxfordshire's city and district councils, including Vale of White Horse are working together to produce a new strategic plan for Oxfordshire - the Oxfordshire 2050 Plan.

The Oxfordshire Plan will include policies relating to climate change, environmental quality, infrastructure, development, urban renewal and much more.

It will set out how much new development there will be in Oxfordshire to 2050 and where this new development will be located.

It will also set requirements for new development, to make sure that it takes account of its environmental impacts and is supported by necessary infrastructure.

The consultation is open until 8th October, there is a link <https://www.oxfordshireopenthought.org/join-the-debate> for responses. Please do have your say; we can only feel involved in our local area if we are involved.

Date of next Parish Council meeting will be held at 7.30pm on Wednesday 13 October in the Village Hall. There is a 10 minute period at the start of the meeting for members of the public to have their thoughts and concerns heard

Roddy Bedford

East Challow Parish Clerk
eastchallowclerk@gmail.com

VICAR'S LETTER - A PAUSE FOR THOUGHT

Dear Friends

It has been 14 years since I was in Afghanistan. My role meant I commuted between Kandahar and Bastion, as well as a stay in Lashkegar. It is very disappointing but not surprising what is happening in that country.

History tells us that no occupying force has ever been successful in achieving any sort of lasting influence in Afghanistan. The Afghani people tend to put up with whatever is inflicted on them and then, once their occupiers have left, go back to whatever they did previously.

Also the country is made up of many different ethnic tribes who are more concerned for their regional allegiances than national unity.

On top of that corruption is rife, and though there are a lot of natural resources, many of the people are very poor living in mediaeval conditions.

British soldiers who lived and worked beside Afghani soldiers were hardly ever impressed with their commitment or work. Many of the Afghani national army were so high on drugs that their behaviour was extremely strange and if they needed medical treatment anaesthetics were ineffective. Yet their behaviour was exemplary compared to the police! Of course if you asked a British soldier "*Was serving in Afghanistan a waste of time?*" their response would be that when they are tasked to do a job, they will seek to do it to their best ability. We have to be thankful for that sense of service and obedience. Such courageous service does not imply thoughtlessness or lack of moral consideration; part of the training for every soldier, airman and sailor in the British armed forces is to consider the moral implications of their actions and live up to the highest of standards.

The situation in Afghanistan, so highlighted by our media, has spurred me on to pray to the Living God who is the only true source and inspiration of sacrificial love, integrity and service. Can I encourage you to pray for Afghanistan, pray for our military personnel and pray for our own country that we do not slide into such selfish and cowardly chaos.

May the God who hears and answers prayer bless you

John

October has arrived and the daylight hours are getting shorter, Autumn is here and as it happens every year I don't know why but I am always surprised.

I hope you can join us in Church on Saturday 9th October 2pm - 4pm to help us decorate it for Harvest Festival and if possible bring along some flowers or produce to adorn our lovely Church. On Sunday 10th at 10 am as advertised we are holding a Harvest Coffee morning. All are invited to enjoy coffee, tea, cake and hopefully admire the harvest displays. People are welcome to stay for the Traditional Harvest Service at 11.15 am.

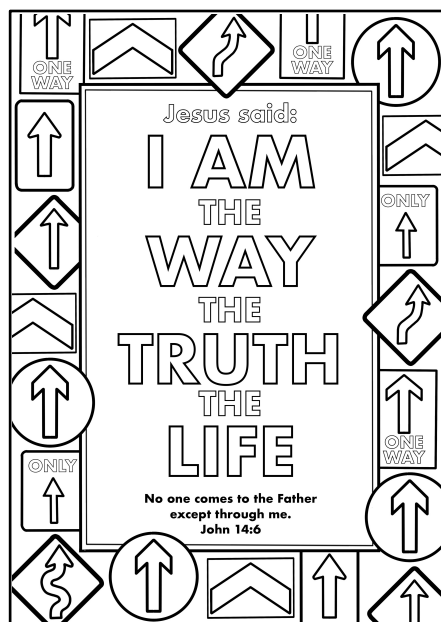
We are pleased to be able to tell you that Open the Book has resumed at St. Nicholas School. I hope the children and staff are enjoying it.

We must also give a special thank you to Janet our valiant "Ride and Strider" who visited 19 local churches raising sponsorship money for Oxfordshire Historic Churches Trust and our own St. Nicholas Church. Ten riders and striders also visited us here and were welcomed by members of our team. A big thank you to the "meet and greet" people, you are very much appreciated.

As the covid restrictions are steadily lifted, please still be careful and try to remain safe for yourselves and others.

Liz Belcher

Church Warden



Funeral

Vera Mouette

~~~~~

*Royston Crook*

All Information / details are held as Public Records within the Vale Benefice

**PROGRESS REPORTS:**

- CIVIL PARKING ENFORCEMENT (CPE) will be installed in South and Vale from November, and Cherwell too. This was my personal initiative in post at OCC and it will transform parking problems in our district, enabling District Councils to enforce on-street parking offences, currently possible only by the police.
- 20 mph SPEED LIMIT (in all towns/villages wanting safer limits) is being trialed in 5 locations : Cuxham will be first in mid-Sept; Long Wittenham, Wallingford Central, Wallingford North and Kirtlington will follow. Hope we will be able to introduce soon, so we must watch for any opportunity to apply.
- SPEEDWATCH will be much needed to enforce any new limit, as well as current speed limits. Thames Valley Police (TVP) are working to install the revived scheme during the autumn. They are building Community Speedwatch Teams (based on those volunteers who came forward before) and Shrivenham and Faringdon will be in the trial areas. Its good to know that SPEEDWATCH is on the way and Parish Councils will do well to start thinking about possible shared schemes. It will all be run directly by TVP who expect huge numbers of applicants when/if the scheme is authorised at end of the trials. It will be activated in Buck, Berks and Oxfordshire and plans to prosecute any driver (by reg.number) who is recorded speeding 3 times by any SPEEDWATCH camera in these counties.

**CONSULTATIONS for response :** (details emailed to in the OCC press releases)

- REVIEW HWRCs : STANFORD TIP needs responses from all residents in my Division to support the tip through the County's Review. In my time OCC made a really good contract with W&S (the disposal transporter) and we were able to keep all 7 tips open. But the formal strategy is still to consider reducing 7tips to 3 or 4, which puts Stanford in question again. Please let County Council know how important Stanford tip is. . .in our thousands! This Review is open until 27<sup>th</sup> September.
- BUS STRATEGY : OCC is drawing up a new (rural?) bus strategy to bid for funding from Gov by end October. A public consultation has recently been opened, so please respond to make the case to restore the local bus service to Letcombe Hill at least! This opportunity is open only until 13 September
- OXFORDSHIRE 2050 consultation is open until 6<sup>th</sup> October. This strategic plan will set a countywide vision for development in the County until 2050, and I have urged Parish Councils to respond, especially where there is development potential. The UK still needs 300,000 new houses each year; Oxon has 50,000 new jobs in last decade, and now estimated to have 11,000 new jobs by 2040 : all will hope to live in Oxon on top of the long-standing need to house keyworkers and provide social housing.
- FYI further information impacting this Division..
- A420 and SWINDON BOROUGH COUNCIL is reviewing its Local Plan and I am pressing OCC to make clear what Oxon's response will be. SBC are expecting Amazon to be main distributor at Symmetry Park (1 million sq... ft) and now starting process to establish new distribution site (675k sq.ft) at the Honda site. OCC's interests, and those of all communities along A420 are very much at stake if SBC continues to assume A420 is a freight corridor. I continue to press to maintain A420 as a LOCAL ROAD : it is quite unsuited to carry the freight currently on the road; any more is unacceptable! A420 will feature strongly in OCC's consultation on new Local Transport Strategy (LTCP5) in coming months. It will be followed by a regional road corridor study on A420/A34 which is major opportunity to press for real improvement to A34, and require through- HGV-traffic to use M5/A34 and not the A420.
- Swindon Borough Council is also reviewing its Local Plan and I hope OCC will have a proper input in response to limit SBC's ambitions for A420 as a freight corridor.

Cllr Yvonne Constance



St. Nicholas Church

## ~ Service of Memories ~

Sunday 7th November at 3.30 pm

*A special service to remember those loved ones who are  
no longer with us but are always remembered  
and never forgotten*

Everyone will be invited to light a candle during the  
service in memory of those that not only have been lost  
recently but also for those lost in previous years

~ Light refreshments will be available after the service ~

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| DATE                                                                  | READER                  | READINGS                                                                      |
|-----------------------------------------------------------------------|-------------------------|-------------------------------------------------------------------------------|
| <b>October 3rd</b><br>18th Sunday after Trinity                       | Alan<br>OR<br>Ruth      | Genesis 2: 18-24<br>Hebrews 1: 1-4 & 2: 5-12<br>Mark 10: 2-16                 |
| <b>October 10th</b><br>19th Sunday after Trinity                      | <b>Harvest Festival</b> |                                                                               |
| <b>October 17th</b><br>20th Sunday after Trinity                      | Jenny or Jeff           | Psalms 91: 9-16<br>Isaiah 53: 4-12<br>Hebrews 5: 1-10<br>Mark 10: 35-45       |
| <b>October 24th</b><br>21st Sunday after Trinity                      | Graham                  | Psalms 19: 7-14<br>Isaiah 55: 1-11<br>2 Timothy 3: 14- 4: 5<br>John 5: 36b-47 |
| <b>October 31st</b><br>22nd Sunday after Trinity<br>4th before Advent | Mary                    | Psalms 119: 1-8<br>Deuteronomy 6: 1-9<br>Hebrews 9: 11-14<br>Mark 12: 28-34   |

**All Readers must bring their own Bible to read from**

| Date   | Sacristan     | Sidesperson      | Organist | Cleaning     |
|--------|---------------|------------------|----------|--------------|
| 03-Oct | Philip        | Frances<br>Nigel | Ruth     | Liz<br>Linda |
| 10-Oct | Mary          | Peter<br>Linda   | Ruth     |              |
| 17-Oct | Jenny         | Jeff<br>Liz      | Graham   | Mandy        |
| 24-Oct | Nigel         | Tricia<br>Sue    | Graham   |              |
| 31-Oct | Linda or Ruth | Philip<br>Nigel  | Graham   | Liz<br>Linda |

**Face coverings must be worn or an exemption badge worn & clearly visible**

| Date   | Intercessions | Flowers | Thursday | Sacristan |
|--------|---------------|---------|----------|-----------|
| 03-Oct | Philip        | Heather | 07-Oct   | Mary      |
| 10-Oct | Mary          | Mary    | 14-Oct   | Jenny     |
| 17-Oct | Jenny or Jeff | Jenny   | 21-Oct   | Juliet    |
| 24-Oct | Juliet        | Mandy   | 28-Oct   | Mandy     |
| 31-Oct | Jeff or Ruth  | Linda   |          |           |

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### Vale of White Horse District Council - Dr. Paul Barrow District Councillor for Ridgeway Ward

#### Garden waste

I wish I could say something positive about this as it's gone on far too long and is likely to go on a bit longer. The lorry driver shortage is international – it's slightly worse in Poland and slightly better in Germany. The Vale have consulted their lawyers about the contract with Biffa but that is historical and won't help sort out the mess. The use of vans has been suggested but I'm told there is also a shortage of van drivers! What is happening??! I have asked about reimbursement and have been told that no-one will be out of pocket but I don't think that is the point and it is galling when we pay the Vale by Direct Debit for a service that doesn't happen. I know that other options are being considered but it is not beyond the wit of man to solve this and it needs to be solved now!

#### Call for sites

You may remember that in May this year the Vale published a call for new sites for development. These can be seen at [https://data.whitehorsedc.gov.uk/java/support/Main.jsp?MODULE=FolderView&ID=1452801049&CODE=8B72402ACF0CFD51F6AB222314EA1C1F&NAME=Call%20for%20Sites%20Register%20%E2%80%93%20May%202021\(V2\)&REF=VALE\\_SITES\\_REG\\_MAY21&REFERER\\_URL\\_IN=&SOVA\\_IN=VALEE#exactline](https://data.whitehorsedc.gov.uk/java/support/Main.jsp?MODULE=FolderView&ID=1452801049&CODE=8B72402ACF0CFD51F6AB222314EA1C1F&NAME=Call%20for%20Sites%20Register%20%E2%80%93%20May%202021(V2)&REF=VALE_SITES_REG_MAY21&REFERER_URL_IN=&SOVA_IN=VALEE#exactline). Don't forget that these are speculative and most are unlikely to succeed not least because the Vale has been building more houses than have been allocated to it. It is not a list of confirmed sites and no planning permission is associated with their publication.

#### East Challow Neighbourhood Plan

A full first draft of this is now complete and we will soon enter the consultation phase where copies will be available to village and parish residents for comment, located at various places in the village and online. More on this very soon.

One of the appendices to the plan will be a Parish Footpath Survey. Have a look at it if you can. Some of the footpaths north of the village have not been used for a long time and need clearing which we will do something about. These could be really nice rural walks which could make a change from walking across to Childrey and back or along the canal to West Challow on a nice day! I would appreciate your thoughts on this and whether it seems like a good idea.

#### Civil Parking Enforcement

This is now set to begin November 1st and hopefully should improve parking in Wantage. It will be introduced gradually over 8 weeks to get residents used to the idea.

#### White Horse Community Lottery

Please don't forget the Vale lottery <https://www.whitehorsedc.gov.uk/vale-of-white-horse-district-council/community-support/white-horse-community-lottery/> which supports local good causes and has a jackpot of £25,000!

.... and please don't forget (note deadline)

Oxfordshire Plan 2050 consultation (<https://www.oxfordshireopenthought.org/>) deadline 8th October

**Cllr Dr Paul Barrow**

Ridgeway Ward

This is the charity that we are supporting for our Harvest Festival this year.

Did you know that:

1 in 10 people don't have clean water close to home. That's 785 million people.

1 in 4 people don't have a decent toilet at home. That's 2 billion people.

1 child dies every two minutes from diarrhoea caused by dirty water and poor toilets

There are leaflets at the back of church and gift aid envelopes if you wish to make a donation and are a tax payer.

Please support WaterAid if you possibly can and give to others something we so readily take for granted.

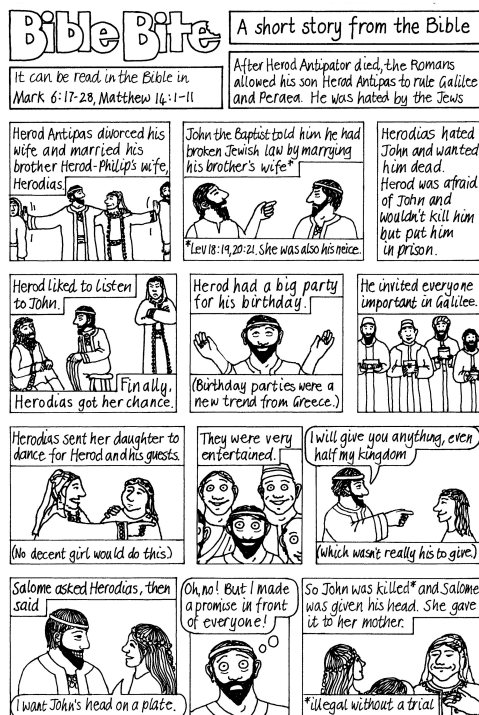
Thank you.

## News from 'Mary's Meals'

a previous charity supported at Harvest time.

The church and the school in East Challow supported this cause about 4-5 years ago to give children a mid-day meal when they attend school for the day. St Nicholas School and the church gave financial donations and filled rucksacks with items the children would need at school. When we supported them, **the charity was providing 1.5million children with a meal.** I thought you would be pleased to hear that I heard last month that **the charity is now feeding 2 million children each school day.** Amazing work taking place in many areas of the world.

Jenny Penfold



## OUR WINTER OFFERING

With the cricket season now completed, there's a few things that we wanted to share with you

Bar opening times through the Autumn and Winter will generally be

|           |                                            |
|-----------|--------------------------------------------|
| Monday    | Closed                                     |
| Tuesday   | Closed                                     |
| Wednesday | 4pm – 7pm                                  |
| Thursday  | 4pm – 7pm<br>(10pm when Darts match is on) |
| Friday    | 4pm – 9pm                                  |
| Saturday  | Closed                                     |
| Sunday    | 11am – 3pm                                 |

**The clubhouse is available to hire for a range of events through the 'close season' either during the day or in the evening, and makes a superb setting for your birthday, anniversary, christening or wake.**

Please contact us to discuss your function requirements, we will always look to do whatever we can to make your event a success.

Remember that everyone is welcome at Challow, membership is not required to enjoy the facilities (although it does mean we can keep you up to date with news and events at the Club)

[www.challowcricket.co.uk](http://www.challowcricket.co.uk)  
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## St. Nicholas Church 200 Club - Monthly Draw

### September Results

£50 - N° 71 Mr & Mrs Parker

£20 - N° 166 Mrs K. Lindsey

£10 - N° 29 Mrs J. Teare

### We are looking for more members ~ Would you like to join?

Subscriptions to the 200 Club contribute towards the £20,000 which is required annually to keep our village Church open, in good repair and available for all who wish to use it.

**The 200 Club is a monthly draw with 3 prizes each month - £50, £20 and £10**

**There is an additional prize of £100 in December.**

The draw takes place on the first Sunday of every month, during coffee after morning service.

The cost is £2 per number per month, which can be paid monthly, 6 monthly or annually, and can be paid for by Cash or Standing Order.

**If you would like to join the 200 Club, please contact Tricia Shand**

**Email: [the.shandies@btinternet.com](mailto:the.shandies@btinternet.com)**

**Telephone: 01235 764222**

## > NOTICE BOARD <

### Can you Help?

A few of us are working on a banner of St. Nicholas for the church.

The basis of the banner is the picture of the Saint on the front of our service books.

We are looking for various remnants of material to help us realise this.

The remnants needed vary in size from a quarter of a metre to one and a half metres.

The material should be cotton or poly cotton. Nothing that frays easily, plain or with a self or muted background unless stated.

1/4 to 1/2 metre - light brown, fawn, light tan, mid grey, light grey

1 metre - yellow, dark brown, cream, blue green

1 and 1/2 metres - green/blue patterned, no flowers

Until we see the materials we will not be able to say if we may be able to use them. This is a bit of an adventure into the unknown for us, but we are going to try.

**Please contact 01235 762408**

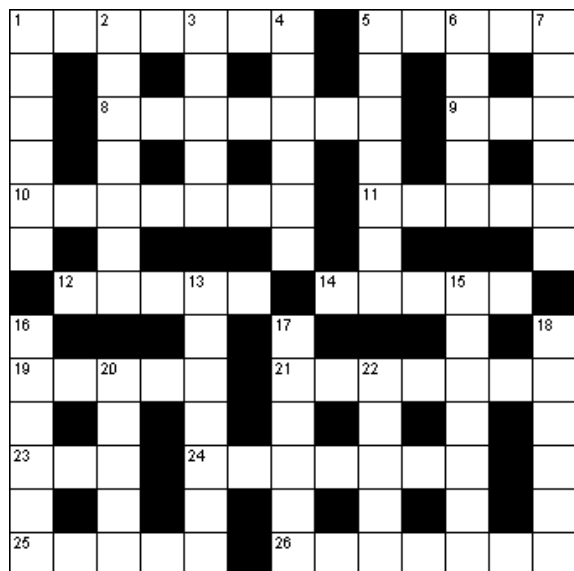
should you have anything that might help us .

Thank you

Mary Mann



## Crossword Puzzle



Solutions on Page 22

### Across

1. Requested the presence of someone (7)
5. Prominent (5)
8. Closest (7)
9. Compete for something (3)
10. Expressed mirth (7)
11. Scope (5)
12. Started (5)
14. Mentally responsive (5)
19. Inexpensive (5)
21. Imaginary creature (7)
23. Pasture (3)
24. Bulwark (7)
25. Pay out (5)
26. Proposition deducible from basic postulates (7)

### Down

1. Models of excellence (6)
2. Speculation (7)
3. Impart skills or knowledge (5)
4. Is afraid of (6)
5. Actual (7)
6. Corvine bird (5)
7. Cricket team (6)
13. Had a lofty goal (7)
15. Adult male chicken (7)
16. Weighing machine (6)
17. Pinnacle (6)
18. Apprise (6)
20. Efface (5)
22. Visual representation (5)

## Cartoons



"But, Mum, if the vicar wasn't coming here Trick-Or-Treating, why did she still take the chocolates I gave her?"



...if you have been affected by any of the issues raised in this sermon...



After his induction, Harry met the leaders of the other denominations

## New Term at St Nicholas Primary

**Community** is much more than belonging to something; it's about doing something together that **makes belonging matter.**

—Brian Solis

We have had fantastic start to the new school year at St Nicholas CE Primary, welcoming in our new starters in Reception on their first day at school as well as new children in some of the older classes too. With new operational guidance for schools, we are all getting used to not being in 'bubbles' and one of the most significant benefits of this has been being able to be all together as a school community, both outside at breaktimes and inside in assemblies. The oldest children in school have embraced the opportunity to take on whole school responsibilities and the care and compassion I see them show towards our youngest children means all the children have had a great start to the year.

We have also enjoyed having the 'Open the Book' team with us again. Our start of the year church service meant I was finally able to meet the team properly and I am looking forward to involving them again in our collective worships.

The village community has been hugely supportive to us during the summer, with a number of villagers coming in to tend our garden during the summer break. We have also had volunteers help us erect, paint and repaint fences as well as build some sheds. Our core Christian values at St Nicholas are 'Belonging, Compassion and Resilience' and I have seen all of these being truly embraced in the help and support we gain from the community we live in. We welcome volunteers in school to help listen to readers, do some gardening and support our development of Forest School, and if you would like to help us, please contact us on [officesn@stnicholasce.vale-academy.org](mailto:officesn@stnicholasce.vale-academy.org) so we can give you more information.

Best wishes

**Heather Richards**

Headteacher



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contact

**nigel.langford@me.com**

### **Take another look at children's yoghurt**

Most yoghurt made for children contains at least a third of a youngster's maximum daily sugar intake.

So says a recent study by Queen Mary University of London. Researchers also found that just one in 20 of the children's yoghurts were low in sugar, while two thirds of them were rated as being medium to high in saturated fat.

One scientist said that parents are "misled by healthy-sounding claims and cartoony images" into feeding their children snacks that only "help fuel Britain's obesity crisis."

### **How to make the most of your looks**

Less attractive people can make themselves more attractive in the workplace if they stand tall and adopt a 'power stance'.

So says a recent study from the State University of New York, accepting that "attractive individuals have a greater sense of power than their less attractive counterparts" and thus "exhibit a more effective non-verbal presence."

In the study, researchers showed less attractive people how to adopt the 'power stance' of 'chin up, chest out, hands on hips and feet shoulder-width apart.' The result?

By adopting "the physical postures associated with feelings of power and confidence", less attractive people can often "level the playing field" at work.

### **How do you encourage a young child to eat more vegetables?**

The answer sounds disarmingly simple: put more vegetables on their plates.

Recent research at Penn State University has found that by simply doubling the amount of vegetables on the plate, the child ate 68 per cent more of them. And adding salt and butter made little difference.

The researchers warn that vegetables will rarely be more attractive than, say, chicken nuggets.

But if you increase the proportion of vegetables compared with the proportion of meat, it should encourage the child to eat more of them.

### **'Silver splitters' try love again**

Are you over 65? Want to get married again? Then you are right on-trend.

Recent data from the Office for National Statistics (ONS) shows that 'silver splitters' – those who have divorced in later life – are remarrying in ever greater numbers.

In fact, the number of brides and grooms aged 65 and over has gone up more than any other age bracket in the past decade.

Having better health into older age, access to dating websites, and financial independence are thought to encourage this surge in later-life marriages.

### **How to shorten – or extend – your life**

Every time you eat a hot dog, you have shortened your life by 36 minutes. But if you eat a portion of nuts, or even better a peanut butter and jam sandwich, you will have added 30 minutes to your life.

These are just some of the findings in a recent study at the University of Michigan. It created a Health Nutritional Index on almost 6,000 foods, which calculated the health burden of one gram of food, and then scaled it up to a standard serving size.

Thus, processed meat, trans fatty acids and sodium in the hot dog take their toll, while high nut content in the sandwich is very nutritious.

As one professor explained: "Small targeted substitutions offer a feasible strategy to achieve significant health benefits."

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|                                                                                                                                                                                                                                                                                                                                                              | <p><b>All entries for the November Issue of the Challow News</b><br/>Must be submitted by<br/><b>15th October 2021</b><br/>Email: <a href="mailto:nigel.langford@me.com">nigel.langford@me.com</a></p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |

## TOPICAL TALK

### In praise of motorway services

What have you got in common with the Beatles, the Rolling Stones, and Eric Clapton? You have all visited the Watford Gap Services on your way up or down the M1.

Back in the early 1960s, the M1 transformed the way that bands could travel, and visiting the service station was an integral part of their trip. In the 60 or so years since motorway services opened, they have also become part of life for tens of millions of us.

Motorway services not only provide a much-needed break from the road, they are also a great place for people-watching. All sizes, shapes and varieties of people can be found in one. As one journalist put it: "a motorway service station is the ultimate human zoo."

Not everyone used motorway services back in the 1960s. Many people just pulled over onto the hard shoulder and unpacked a picnic. There was even the true story of the family who pulled their car onto the central reservation of the motorway to have lunch – and survived to tell the tale.

Motorway services also confused people. One distraught couple, heading north, reported their car had been stolen. The police found they had crossed the pedestrian bridge, and then could not find their car in the south-bound car park.

Today there are 111 service stations in the UK. The law states that they must not be more than 28 miles apart, or 30 minutes of travelling time. By law, they must provide two hours of free parking, free toilets, and a free play area for children.

The first two motorway services were Watford Gap and Newport Pagnell, both of which opened in early November 1959, along with the M1.

### Want a coffee?

Drinking three cups of coffee a day is good for you. A recent study has found that it can cut your chance of dying from chronic liver disease by up to half.

On average, coffee drinkers seem to have a 21 per cent reduced risk of developing chronic liver disease, and a 49 per cent reduced risk of death from the condition. Researchers found that the optimum intake for health is three or four cups a day.

The results apply to all kinds of coffee, whether instant, ground, or decaf versions, although the instant is slightly less effective. This may be due to the lower levels in instant coffee of the liver-protecting chemicals kahweol and cafestol.

The study at the universities of Southampton and Edinburgh studied almost half a million Britons for a decade, to assess the link between coffee intake and health. The findings were published in the journal BMC Public Health.



# Harvest Festival



## ~ Open Invitation to all East Challow residents ~

We are appealing for donations of Fruit, Vegetables and Flowers to decorate the Church

We will also accept store cupboard items of canned & packet food etc.

**Please bring them along to the church on Saturday 9th October between 2pm and 4pm**

*If you can stay and help us with the arrangement and placement of all the donations we will be most grateful for the extra help*



## Sunday 10th October

The church will be open from 10am and we are inviting all residents to come along to view the wonderful displays

There will be Tea / Coffee and Cake being served at this time

**Family Service of Celebration & Thanksgiving will commence at 11.15 am**

*Everyone is welcome to stay for the service, where we will give our thanks for this years Harvest in joyous songs of praise*

( Colouring in sheets for the children will also be available )



All donations of food will be available to buy after the service  
with the proceeds being donated to our chosen charity



Any remaining food items will be donated to local charities

