

# Challow News

November 2022



## Remembrance Sunday

November 13th

11.00 am ~ Act of Remembrance

at the Lych Gate War Memorial

11.10 am ~ Service of Remembrance



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

*St. Nicholas Church, East Challow. OX12 9SH*  
(Vale Benefice)



**Parish Eucharist**

Sundays - 11.00 am

**Weekday Eucharist**

Thursdays - 10.00 am

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**Vicar: Rev John Durant**

01235 766484

**The Vicarage, Main Street, Grove. OX12 7LQ**

Email: vicar@valebenefice.org.uk

**Associate Vicar: Rev Alec Gill**

07739 563894

Email: vicaralec@valebenefice.org.uk

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**Licensed Lay Minister: Sue Powditch**

Email: llm@valebenefice.org.uk

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**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

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**Churchwarden**

Mrs Liz Belcher: 01235 763966

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**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

# VICAR'S LETTER - A PAUSE FOR THOUGHT

I remember reading a Superman graphic novel (comic) with a full-page back cover image of Superman in a fight, with these words above it:

Courage is not the absence of fear.

That image and these words have stayed with me. But they feel like the first half of a sentence; if courage is not the absence of fear, what actually is it?

In search of answers, I google it and found these quotes:

"Courage is not the absence of fear, but the triumph over it." - Nelson Mandela

"Courage is not the absence of fear but rather the judgment that something else is more important." -Franklin D. Roosevelt

"Courage is fear that has said its prayers." - Dorothy Bernard.

Our fears can be big; the national cost of living crisis, political uncertainty and instability, the global economic crisis and climate change. Or they can be smaller; can I afford this, will this go well, will they like me?

What ever the scale of our fears may be, fear is still fear and it can have a paralysing and destructive impact on our lives.

I regularly find myself anxious and worried about complex or significant things that I need to get sorted, but that I just don't want to do. I get caught between my fears about it going badly and my fears around what happens if I don't do it. Usually I just end up putting it off.

There are times, when I am able to remember what I have done before and what I am capable of doing. It can help, if I think about what it will be like after I get this sorted. Breaking things down into smaller chunks helps, as well as working out what are the things I am concerned about, but can't change, and what are the things that I can influence and affect.

I am no Superman, but there have been times that I have managed to muster the courage and determination to get on and grapple with the things that cause me fear and worry.

For me, courage is not the absence of fear, it is the willingness to face your fear.  
You can quote me on that.

God bless,  
Alec

## - NEWS FROM THE PEWS -

November already..... I seem to have only just got used to writing 2022 and we have 2023 looming up.

We celebrate All Saints day on 1<sup>st</sup> November when we venerate the men and women who have been canonised by the Church. All Souls day on 2<sup>nd</sup> November allows us to remember and pray for all the faithful departed.

Around this time it's more likely to be known as Halloween and is counted more as an excuse to carve Jack-o-Lanterns from pumpkins and dress up going around trick or treating.



Next, of course is Bonfire Night which I always loved as a child. It always seemed to be wet and muddy but it didn't matter nothing stopped it. We had a huge bonfire at my uncles farm in Grove and there were lots of people there, adults and kids, all with their own fireworks, there were roman candles, bangers, Catherine wheels, jumping jacks, sparklers and many more fireworks, which we had purchased from the village shop.

Health and safety never got a look in at that time. Nobody ever got injured at our parties miraculously. Looking back it all seems very reckless, but we had a lot of fun, and then of course there was soup, sausages, jacket potatoes, toffee apples, and treacly cakes to enjoy as well.

Although a great evening, I think it is definitely better to go to an organised display these days. The fireworks are much better and of course it's far safer, but do have fun, and make sure your pets are kept safe and well away from the noise.

~ ~ ~ ~ ~

A recap on our Harvest Festival, we were able to give a substantial amount of goods to the local food bank and a monetary contribution of £445.30p from the sale of the fresh produce and donations.



We are of course having our annual  
**Act of Remembrance on 13<sup>th</sup> November**  
**to observe a two minute silence at 11.00 am**  
to honour and commemorate the people who  
have died in wars around the world.

Please try to join us at the Church Lych Gate for this, and we can  
all “wear our poppies with pride”

Representatives from our local British Legion will also be hanging  
their own Poppy wreaths at some point in the day.

**We must never forget the sacrifices made by so many in past  
wars and conflicts and also those that are still happening.**

~ ~ ~ ~ ~

As usual at this time of year my house has  
dishes of conkers in every room to discourage  
spiders. I'm convinced it works, my husband  
thinks that if it doesn't you can always grab one  
and lob it at the unwanted spider to make it run  
away. The amazing colours of autumn are  
always so beautiful and almost make the lack of  
sunshine worthwhile. Scrunching through fallen  
leaves is also a seasonal must, especially on a  
frosty day.



~ ~ ~ ~ ~

Sunday 27<sup>th</sup> November is Advent Sunday which starts the  
preparations for Christmas. We will be holding a four session  
Advent course to which you are invited to attend, just let me  
know, so that we know what numbers to expect. The details will  
be made available later. This years theme will be based on four  
songs of the Nativity Story. It does sound very interesting and a  
good lead up to Christmas.

As always keep safe for yourself and others.

Liz



# St. Nicholas Church - Service Information

<b>November 6th – Trinity 21</b> <i>Rev Alec Gill</i> 3 <sup>rd</sup> Sunday before Advent	<b>Haggai 1: 15b - 2: 9</b> <b>2 Thessalonians 2: 1 - 5 + 13 - 17</b>
<b>November 13th – Trinity 22</b> <i>Rev Alec Gill</i> Remembrance Sunday	<b>Isaiah 65: 17 - 25</b> <b>2 Thessalonians 3: 6 - 13</b>
<b>November 20th</b> <i>Rev John Durant</i> Christ the King	<b>Jeremiah 23: 1 - 6</b> <b>Colossians 1: 11 - 20</b>
<b>November 27th</b> <i>Rev Alec Gill</i> Advent Sunday	<b>Isaiah 2: 1 - 5</b> <b>Romans 13: 11 - 14</b>

## St. Nicholas Church - Rotas

Week	Prayers	Sacristan	Sidesperson	Reader	Music	Flowers
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1st	Philip	Philip	Frances Nigel	Alan or Ruth	Ruth	Heather
2nd	Mary	Mary	Linda Noel	Graham	Ruth	Mary
3rd	Jenny or Jeff	Jenny	Jeff Liz	Jenny or Jeff	Graham	Jenny
4th	Juliet	Nigel	Tricia Sue	Nigel	Graham	Mandy

5th	Jeff or Ruth	Linda or Ruth	Philip Nigel	Mary	Graham	Linda
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10 am Thursdays
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1st	Mary
2nd	Jenny
3rd	Juliet
4th	Mandy

5th	Nigel
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Week	Cleaning
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1 & 2	Linda & Liz
3 & 4	Mandy

5	Sue & Tricia
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~ If you are unable to attend please arrange cover for your week ~

## God in the Sciences

*Editor: This series is written by Dr Ruth Bancewicz, who is based at The Faraday Institute for Science and Religion in Cambridge. Ruth writes on the positive relationship between Science and Christian faith.*

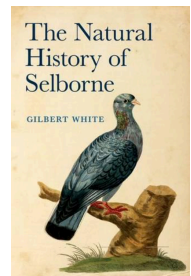
### Wonder and Worship

“I was travelling, and out early in the morning: at first there was a vast fog; but, by the time that I was seven or eight miles from home towards the coast, the sun broke out into a delicate warm day. We were then on a large heath or common, and I could discern, as the mist began to break away, great numbers of swallows (*hirundines rusticae*) clustering on the stunted shrubs and bushes, as if they had roosted there all night. As soon as the air became clear and pleasant they all were on the wing at once; and, by a placid and easy flight, proceeded on southward towards the sea”.

How many church leaders today have time to enjoy their surroundings? Gilbert White was a vicar who became famous for his observations about the flora and fauna of his parish. His letters about the local wildlife through the seasons were so beautifully written that they are still in print today, more than 200 years after they were first published as *The Natural History and Antiquities of Selbourne*.

White is a great example of someone who saw science and faith in harmony. He writes that he hopes his readers will be inspired to “pay a more ready attention to the wonders of the Creation”. His stories are often so vivid that he gets away with packing in quite a bit of scientific detail, painting a more accurate picture of the wonderful events he observed as he travelled around the countryside. White’s book is one of the classics of nature writing, and there’s even an apocryphal story online that this is one of the most printed books in the country, after the Bible and Shakespeare.

White may have been one of those people with a capacity for endless activity, or perhaps he took rather more care over natural history than his vocation. Either way, I do think that anyone - from the parish priest to the youngest member of the congregation - could learn from his appreciation of creation. It is well worth spending ten minutes every now and again staring into a bush, pond or tree - especially in winter when it’s easy to hurry indoors and put the kettle on. Experiencing wildlife first-hand is wonderful fuel for our worship of God and care for His creation. As Psalm 111 says, “Great are the works of the Lord; they are pondered by all who delight in them” (NIV).



\*(White’s book can be downloaded for free at <http://www.gutenberg.org/ebooks/1408>)

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## TOPICAL TALK

### Help your hedgehogs this autumn

With our warmer British autumns, hedgehogs now tend to begin hibernation later – in December or January. In the meantime, it is critical that they build up enough body weight to get them through those lean, bleak weeks of January to April... so now is the time to help them, by feeding them.

The hedgehog is carnivorous and, in the wild, lives on a diet of beetles, earthworms and other invertebrates. But in the winter, the bugs are dead or buried, and the worms deep underground. So – a hedgehog would appreciate your help! But don't put out milk and bread – both are actually bad for hedgehogs. Instead, they will thrive on tins of dog food or non-fishy cat-food and water.

And while your spiny guests are noisily munching their dinner, you can prepare a bedroom, should they decide to move in. A nice deep compost heap will keep a hedgehog warm

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### Working best from where?

Are you more productive working from home, or at the office?

Who knows? A recent study at Microsoft found that while 87% of employees feel they were working as efficiently from home as in the office, 80% of their managers disagreed.

Whatever the truth, many experts believe that workplaces are unlikely to ever return to pre-pandemic numbers.



## King Charles III

***‘And wherever you may live in the United Kingdom, or in the realms and territories across the world, and whatever may be your background or beliefs, I shall endeavour to serve you with loyalty, respect and love, as I have throughout my life.’***

These are King Charles III’s words from his TV broadcast following the death of Queen Elizabeth. They reflect the Queen’s own commitment to serve the nation for 70 years. They also express the continuity of monarchy: ***‘The Queen is dead. Long live the King!’***

However, continuity doesn’t mean that things remain the same. King Charles III will face different challenges to the Queen, but the same God works His purposes through each of them. At his death, King David spoke these words to his son Solomon: ***‘Be strong and observe what the Lord your God requires: walk in obedience to him...Do this so that you may prosper in all you do and wherever you go.’ (1 Kings 2:2,3)*** These are words for our new King and ourselves, as we seek God’s will in a time of uncertainty.

King Charles III has demonstrated his ability to get alongside people to *‘see the value of each person as God sees them.’* (Archbishop of Canterbury). He is also in touch with the important issues of the day. He has provided young people with opportunities to change their lives. He understands the life of the poorest in our society, and he is passionate about the state of our planet. Let’s pray for our king, as he faces new challenges and opportunities: ***‘I urge, then, first of all, that petitions, prayers, intercession and thanksgiving be made for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness. (1 Timothy 2:1,2).***

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### Do you still cook Sunday roasts?

It seems that one in five of us feel we can no longer afford to use the oven for that length of time, and so we use our microwaves for other meals instead.

A recent poll by the BBC has found that soaring energy costs are influencing our kitchen habits, with 23 per cent of us saying we use the oven and hob much less than we did.

And nearly 19 per cent of us are opting for meals that are faster to cook.

Meanwhile, 34 per cent of us say we have stopped buying takeaways, and 31 percent of us are eating out less often.

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### Don’t blame bad dancers

Not everyone can dance. But if you are the sort who awkwardly waves your arms about and steps on people, it is not your fault - here is some comfort

It seems that the ability to move gracefully in rhythm and keep to a beat is not so much learned as *inherited*. In a recent study, American scientists found that the ability to stick to a rhythm is encoded for in 69 different genes.

So next time you stomp on someone on the dance floor, take heart and remember – you are probably just following in your father’s footsteps.

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### Coffee is good for you

Drinking two to three cups of coffee a day may help you live longer. According to a recent study by the Baker Heart and Diabetes Research Institute in Melbourne, Australia, coffee can slow down cardiovascular disease.

The coffee can be decaffeinated, ground or instant, scientists say. They believe that the benefit of the drink comes from chemical in the coffee beans themselves, regardless of the caffeine present.



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contact

nigel.langford@me.com

## 200 Club

### Monthly Draw

Is open for everyone to join

You don't have to be regular church goer to  
belong to the 200 club

> > Numbers are £2 each < <

**Monthly prizes are**

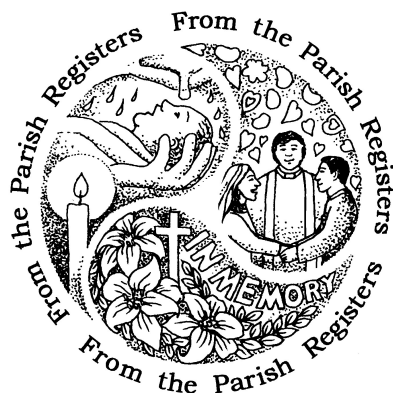
**£50 ~ £20 ~ £10**

[ £100 additional prize in December ]

Contact Tricia Shand

01235 764222

the.shandies@btinternet.com



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

## The poppies of Remembrance

In late 1914, WW1 erupted across Northern France and Flanders. Great swathes of previously green fields and forests were blasted and bombed, leaving them bleak and barren, with seemingly every living thing destroyed.

But then in the Spring of 1915, something beautiful began to come out of all the destruction. Tens of thousands of bright red Flanders poppies began to put out tentative shoots across the endless vistas of mud. These resilient little flowers had actually flourished in the middle of so much chaos and destruction, because their seeds grow when exposed to sunlight, through disturbances to soil.

We all know that these endless fields of cheerful poppies, growing in the midst of such misery and destruction, were what inspired the Canadian doctor, Lieutenant Colonel John McCrae, to write the now famous poem 'In Flanders Fields'.

And it was McCrae's poem which inspired an American academic named Moina Michael to adopt the poppy in memory of those who had fallen in the war. She got it adopted as an official symbol of Remembrance across the United States, and worked with others who were trying to do the same in Canada, Australia, and the UK.

A French woman, Anna Guérin who was in the UK in 1921, caught the same vision, and planned to sell the poppies in London. There she met Earl Haig, the founder of the Royal British Legion, who was persuaded to adopt the poppy as its emblem in the UK.

The Royal British Legion, which had been formed in 1921, ordered nine million poppies and sold them on 11 November that year. Ever since then, the red poppy has been a symbol of Remembrance, of support for the Armed Forces community, and also of hope for a peaceful future.

## The Two Minutes Silence

In the month when we think about those who have given their lives in war, the Two Minutes Silence is a significant act of remembrance. The silence provides an opportunity to remember those who have suffered in war and how we can work for a peaceful world. However, we can also find ourselves thinking about lunch or whether we've switched off our phone?

Victor Frankl, a victim of Auschwitz, suggested that the most intolerable of all human conditions is not imprisonment or hunger, but *lack of meaning*. The two minutes of silence enables us to connect with Jesus' message, which offers true meaning to our lives and world. He spoke of giving ourselves in love for each other and the world, '*Love your enemies and pray for those that persecute you*' (Matthew 5:44). He also demonstrated such love in sacrificing His own life, '*Greater love has no one than this, that he lay down his life for his friends*' (John 15:13). When observing the silence, let's use it to reflect on this sacrificial love, as we call to mind those who have laid down their lives.

In our busy lives, where so much clamours for our attention, silence gives us an opportunity to reflect on our priorities and rediscover true meaning in our lives. This is not just for Remembrance Sunday, as Jesus often withdrew to find silence to seek God (eg: Luke 5:16). Let's use silence in our lives as space to seek God's will and offer ourselves to Him, just as those who gave themselves in conflict through the years.

***They shall grow not old as we that are  
left grow old: Age shall not weary  
them, nor the years condemn. At the  
going down of the sun and in the  
morning we will remember them.'***





## OUR AUTUMN / WINTER OFFERING

Bar opening times through this period will generally be

Monday	CLOSED
Tuesday	CLOSED
Wednesday	4pm – 7pm
Thursday	4pm – 7pm (10pm when Darts match is on)
Friday	4pm – 7.30pm
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.

If you would like to join the club as a member it's just £20 for the year, you can do so via our website.

We also require bar staff to cover some of our bar openings both during the weekday evenings and occasional outside events when the clubhouse has been hired on weekend evenings. For full details and rate of pay please e-mail us in first instance.

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)

[admin@challowcricket.co.uk](mailto:admin@challowcricket.co.uk)

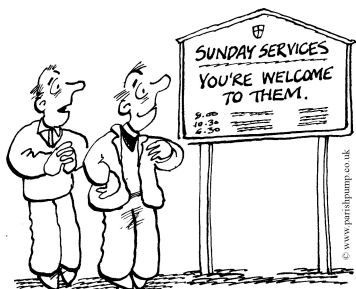
**01235 763335**

## Freeze your leftover food, advises Sainsburys

During the cost-of-living crisis, shoppers should learn to freeze everything from eggs to herbs to yoghurt, according to the supermarket's latest advice.

The average family wastes £60 a month by throwing food away, according to the waste charity WRAP. "If it were a country, food waste would have the third largest carbon footprint in the world, behind only the USA and China," Catherine David, from WRAP, said.

Sainsburys says that just one in ten of us even know that it is possible to freeze eggs. The most commonly thrown-away food includes breads, milk and salad.



...love the new notice board, Vicar...  
...just not quite so sure about the wording...

## Holding a fireworks party on Bonfire Night?

If you are planning to set off fireworks at home on Bonfire Night, you may wish to review the Fireworks Code, to help keep you and your family and guests safe....

- Only buy fireworks marked BS 7114.
- Don't drink alcohol if setting off fireworks.
- Keep fireworks in a closed box.
- Follow the instructions on each firework.
- Light at arm's length, using a taper.
- Stand well back.
- Never go near a firework that has been lit. Even if it hasn't gone off, it could still explode.
- Never put fireworks in your pocket or throw them.
- Always supervise children around fireworks.
- Light sparklers one at a time and wear gloves.
- Never give sparklers to a child under five.
- Keep pets indoors

## Has covid changed your personality?

It may well have done – especially if you are a young person. A recent study has found evidence that the pandemic may actually have changed the way they think, feel and act.

Researchers at Florida State University College of Medicine found that young people have become more prone to stress and less cooperative with others. Other social personality traits such as extraversion, openness, agreeableness and conscientiousness, have also declined.



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for the little ones and parents alike!"

**Fridays at East Challow Village Hall**  
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St. Nicholas Church

**200 Club - Monthly Draw**

**October Results**

£50 - N° 66 - Mrs L. Belcher  
£20 - N° 10 - Mr & Mrs Davison  
£10 - N° 143 - Mrs R. Pepler

**Would you like to join?**

For further information please contact  
**Tricia Shand - 01235 764222**  
**email - [the.shandies@btinternet.com](mailto:the.shandies@btinternet.com)**

**All entries for the**

**DECEMBER**

**Issue of the Challow News**

Must be submitted by

**15th November 2022**

Email: [nigel.langford@me.com](mailto:nigel.langford@me.com)

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## East Challow Village Hall

Our next committee meeting is on 23rd November 2022 @ 19:30 It would be really nice to see some of you attend at least one of these meetings during the year.

It is after all your hall to use and is in need of new faces and ideas

You can also send us ideas, complaints, and compliments via e-mail to any of the committee members to raise at one of the meetings

[chair.ecvh@gmail.com](mailto:chair.ecvh@gmail.com)

[treasurer.ecvh@gmail.com](mailto:treasurer.ecvh@gmail.com)

[enquiries.ecvh@gmail.com](mailto:enquiries.ecvh@gmail.com) or [deniseknight15@gmail.com](mailto:deniseknight15@gmail.com)

## The Monarch and the Church

*By me kings reign and rulers issue decrees that  
are just (Proverbs 8:15)*

We have a unique system in this country that links the King to the Church.

The new King has made an oath to uphold the Presbyterian Church in Scotland and is the Supreme Governor of the Church of England. The sovereign holds the title 'Defender of the Faith'. It was originally given to Henry VIII by the pope for defending the Roman Catholic faith. It was later claimed as a title for defending the Protestant religion.

These are legal roles and titles which bind the Crown, Parliament and Anglican churches together. The King appoints Archbishops, Bishops and Deans of the Church of England, who then swear an oath of allegiance to the monarch.

Some people might ask if the Church or any part of it needs to be so closely linked to the State. Why should Parliament or the government, who may be people from other or no faith, have a say who runs the Church? Some say that the purpose of having an established Church is so that Parliament can protect the Church from itself. Some would argue there has been too much modernisation in the Church which has not led to more people in pews. Meanwhile, though the numbers of people having an allegiance to the Church of any kind is falling, still many people turn to the Church at times of personal and family troubles and celebrations. God save the King. He has solemnly promised to uphold the Church and spoken of his personal faith. We do not know what the future of this country or the Church will be, but we can influence it by prayer. We should pray for those in authority, whether we agree with them or not. It may not be a perfect system, but it is probably better than all the rest.

## We Remember

The Somme, Dunkirk and Passchendaele  
Cause us to think of times of war,  
When men and boys went bravely out  
They fought, some died and returned no  
more.

They gave their all that we should live,  
We never should forget such cost,  
Remembering with thankful hearts  
Our freedom gained as lives were lost.

Another Man gave up His life,  
Another war, another fight,  
With all mankind held fast in chains  
As darkness fell as black as night.

The cost was high, a sinless life  
To break the chains and set us free,  
The Lamb of God on Calvary's cross  
Paid that price for you, for me.

*By Megan Carter*

## St. Nicholas Church Remembrance Sunday 13th November

~ ~ ~ ~ ~

**11.00 am**

**Act of Remembrance**

**11.15 am**

**Service of Remembrance**

~ ~ ~ ~ ~

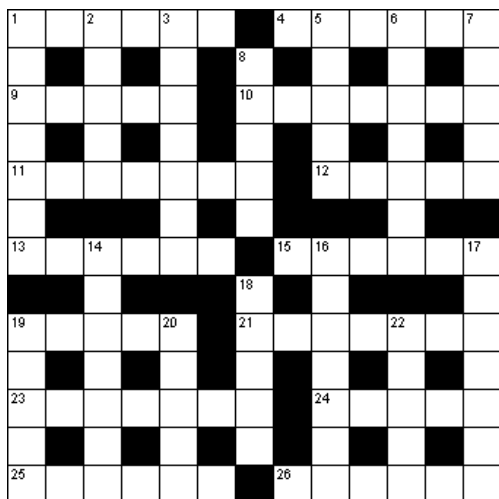
Today's offerings will be donated to the



Royal British Legion

Poppy Appeal





### Solutions on Page 22

#### Across

1. Counting device (6)
4. A forceful consequence (6)
9. Deport (5)
10. Relished (7)
11. Act of deliberate betrayal (7)
12. Movable staircases (5)
13. Easily handled or managed (6)
15. Lithe (6)
19. Device in a brass wind instrument (5)
21. Oval (7)
23. Slowly moving ice mass (7)
24. Large artery (5)
25. Throws out (6)
26. Sternutation (6)

#### Down

1. Turned away or aside (7)
2. Similar (5)
3. Kitchen implement (7)
5. Commissioned military officer (5)
6. Unfathomable (7)
7. Periodic rise and fall of sea level (5)
8. Deceive by mock action (5)
14. Assemble in proper sequence (7)
16. Scoundrel (7)
17. Promote (7)
18. Prolonged period of time (5)
19. Undefined (5)
20. Live (5)
22. Sum of money offered as a prize (5)

## East Challow Village Hall

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### Booking Secretary

Denise Knight

01235 769933

deniseknight15@gmail.com

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# Community Notice Board



## Friends of St Nicholas Christmas Craft Fair



Friends of St Nicholas C of E Primary School are holding a Christmas Craft Fair to raise funds for our village school.

The Fair will be on Saturday 3rd December 1pm - 4pm  
at St Nicholas School

If you would like a stall to sell at the event please contact

Emma Amor [emma.amor@hotmail.co.uk](mailto:emma.amor@hotmail.co.uk)



Stalls are £10 per table plus a raffle prize donation.

Entry to the Fair will be £1 per adult, children free.



## Thank You



To everyone who helped dig out the gravel path next  
to the play area

WE are A  
Community

It was a brilliant morning

WE are A  
Community

Our next project if anyone is willing to help out again  
is minor repairs to the play area


If you can spare an hour to help out  
please come along on

Saturday 12th November at 10am

Further information can be obtained from



Sue Terry - 07780 837993



### **Cost-of-living crisis - Oxfordshire County Council energy efficiency grants**

The County Council is providing grants (currently until March 2023) for supporting retro-fitting energy efficiency measures for low-income owner occupier or private rented households. Further information on this scheme can be found at [www.oxfordshire.gov.uk/residents/environment-and-planning/energy-and-climate-change/sustainable-warmth-grants](http://www.oxfordshire.gov.uk/residents/environment-and-planning/energy-and-climate-change/sustainable-warmth-grants). *Not everyone uses the Internet so please inform and help any neighbours who you think might benefit from this grant.*

### **Rural isolation – GP and Pharmacy access**

At the county health scrutiny committee (HOSC) we are increasingly concerned about rural isolation, particularly with the reduction in community bus services and difficulties with accessing GP services. Healthwatch Oxfordshire produced a report on this earlier this year (<https://healthwatchoxfordshire.co.uk/wp-content/uploads/2022/03/Rural-Isolation-in-Oxfordshire-Report-March-2022.pdf>) which is highly informative. This topic is being discussed at HOSC in November and I will no doubt come back to this topic again. For me, restoring community bus services is central and vital.

You will no doubt have seen that work has started in earnest on the expansion of the Mably Way Health Centre. This is going to improve services locally.

At a recent workshop we were informed that GPs are looking to delegate some of their consultation to local pharmacies. Easy access to these is also an important issue.

### **South Central Ambulance Service (SCAS)**

South Central Ambulance Services have been reviewed by the Care Quality Commission (CQC) and found to be inadequate in several areas of their service. The CEO has recently retired and the new CEO will now take over the improvement plan which was presented to HOSC recently. One of the related issues, which is mentioned frequently in the national media, is delayed admission when the ambulance arrives at the hospital because patients are not being discharged from the hospital. This is also being addressed by integrating this part of the system with discharge home or to community hospitals. We are hoping that this reorganisation will be successful!

## **AONB workshop**

The North Wessex Downs AONB is overseen by a Council of Partners (CoP), including the Vale, most of which contribute financially. At a recent workshop the CoP identified areas of improvement to improve the delivery of the AONB goals, including supporting the rural economy, since there was a perception that the planning process was an obstacle.

## **Planning issues**

You may know that I am still unhappy with several aspects of the planning process including, (i) Environmental Impact Assessments being made by officers rather than councillors, (ii) The complexity of some applications, particularly amendments, which may involve 10s of documents to wade through. I have suggested that a single additional document be included that describes briefly the nature of the amendment., (iii) The subjective nature of decisions on substantial reconstruction. I am still trying and get something done about these issues.

## **Full council meeting 12<sup>th</sup> October**

It might be interesting to know that motions were passed unanimously requesting that central government extends the business energy cap period which is due to end at the end of March. Like all of us, our small businesses are experiencing huge difficulty with the cost of energy.

## **Speeding**

Crest Nicholson is required to supply the village with more of the Vehicle Activated Signs (VAS) that we have outside the Old School House. They have agreed to upgrade these to the bigger, brighter Speed Indicator Devices (SID). We are discussing with them what type to have but they are all pretty good and will be an improvement.

***Please respond to the request for an opinion on 20's Plenty for the village.***

***Cllr Dr Paul Barrow***

Ridgeway Ward

## **King Alfred Quilters**

### **Programme for November 2022**

2nd November - No sew Christmas Decorations 7pm - East Challow Village Hall

16th November - Sewing Morning - Challow & Childrey Cricket Club 10am - 2pm

Visitors and New Members are always welcome. You do not have to be a member to come along to one of our evening talks and demonstrations, (£5.00 entrance fee for non members), but we are sure once you have seen some of the lovely handmade items and been inspired you might want to join us to have a go

However, our sewing mornings are for members, if you would like to join our morning group then please pop along and speak to one of our committee members either on an evening meeting or a daytime one, or you can contact us on one of the numbers below.

We are a friendly bunch and can offer help and advice, and welcome members of any level and age and our programme of events is varied throughout the year.

We look forward to seeing you.

For more information, please contact

**Janice Miller 01235 771552 or Mary Wearn on 07789 888569**

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# Wild Watch

## What you can do to help local wildlife

October is a fantastic time to be out in your garden and take action to help our local wildlife. It is often the month with the most change: early days can still feel like Summer, whereas by the end of the month we often experience frosts, storms and chilly nights.

### What to do in your garden

- Leave piles of leaves – As the cooler weather and shorter days come in the leaves will begin to turn beautiful yellows, oranges, reds and browns. When they fall it can be very tempting to clear them all away from our gardens, but it can be great for the wildlife to leave little piles and messy zones. This acts to provide warm shelter for many mammals and also a food source, as the insects which live in the leaves are a great meal for birds and mammals alike.
- Hedgehogs – Our hedgehog population is falling faster than tigers and we must act to help them. Fallen leaves can provide vital shelter and warmth for hedgehogs, when they hibernate over the winter months. A simple board placed at 45 degrees, in a sheltered spot with dry leaves underneath is a fantastic way to give them a safe and secure hibernation spot. Or, if you feel creative, you could buy or make a hedgehog house – there are some great instructions on how to make one here: <https://www.bbwt.org.uk/actions/how-build-hedgehog-home>
- Leave Ivy – Although it is tempting to rip it down from many trees and walls, the ivy provides a vital source of nutrients for many late season pollinators. On a warm day you can often still hear them buzzing with wasps, bees and other insects, at a time when many other sources of nectar have gone. Ivy is only an issue if a tree it is growing on is damaged or the ivy has become too large. In most cases both ivy and tree can live healthily in unison and will not kill the tree or make branches fall.

### Plants for your garden

Although many plants in our garden are starting to die off and need cutting back, there can still be much colour and life in our borders. Many late flowering plants provide a vital source of nectar for pollinators which are still active, along with brightening up those dull and rainy Autumn days. Recommended plants for this season are:

- Autumn Crocus
- Schizostylis coccinea
- Nerine bowdenii
- Japanese anemone

### Species to look out for

October is a great month to look out for Goldfinches. As the weather gets colder they can often be seen flying about in groups, called a 'charm'. These can often be seen in the trees, hedgerows and open fields, where they search for food, and feeding on seed heads such as teasels.

Tom Page

*Wild Wantage Project Leader*

**Please share your Wild Watch sightings or observations with me:**

**Juliet Teare**

**[jgteare@yahoo.co.uk](mailto:jgteare@yahoo.co.uk)**

# **EAST CHALLOW ~ PARISH COUNCIL**

[www.eastchallowpc.co.uk](http://www.eastchallowpc.co.uk)

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## **Parish Transport Representative (PTR)**

Would you like to be a Parish Transport Representative for East Challow ?

In 1986, Community First Oxfordshire (then called ORCC) launched the independent Parish Transport Representative network, with the backing of the County Council, to give communities a means of voicing their needs and concerns about local transport. A Parish Transport Representative does not have to be a parish or town councillor, although they are appointed by their local council. The person is nominated either by a member of the local council, by another member of the community, or by the PTR themselves.

Please see the website for more information:

<https://www.oxfordshire.gov.uk/residents/roads-and-transport/public-transport/parish-transport>

## **New Waste Collection Day**

VWHDC have changed the waste collection day from Monday to Tuesday, please ensure access to the waste bins by the Biffa wagon is clear and no cars are obstructing their access, especially along Old School Lane.

## **November 5<sup>th</sup> - Bonfire Night**

We are approaching bonfire night again soon.

Please be considerate when using fireworks, you can find the firework code here: [https://](https://www.britishfireworksassociation.co.uk/firework-advice-for-consumers/)

[www.britishfireworksassociation.co.uk/firework-advice-for-consumers/](https://www.britishfireworksassociation.co.uk/firework-advice-for-consumers/)

## Autumn Clear Up

It's the time of year when we are all tidying up our gardens for the winter. Please could we remind villagers to cut back any vegetation overhanging public rights of way.

## Tennis Court

The Tennis Court will be locked for the winter season this year to comply with health and safety advice.

It will reopen again next spring.

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## Parish Council Meeting

### Wednesday 9th November at 7.30pm

All Villagers are invited to attend Parish Council meetings as observers.

## Parish Councillors

Vanessa Bosley: (Chair) 01235 764068

Frances Webb (Vice Chair) 01235 765176

Trevor Hayes, Paul Barrow, Iris Game, Sue Terry

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## Clerk to East Challow Parish Council

**Linda Hooper**

East Challow Parish Clerk  
C/O East Challow Village Hall  
East Challow, Wantage, Oxon  
OX12 9SR

**07774 405472**

**eastchallowclerk@gmail.com**



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