

Challow News

June 2023

~ ~ ~ ~ ~



St Nicholas' School Fête Sunday 2nd July 2-4pm

Join us on the field at
St Nicholas school for fête stalls,
games and a car boot sale

If you would like to run a car boot stall on the
day, please email friendsofstnics@outlook.com



Please come and enjoy the fête!

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



Parish Eucharist

Sundays - 11.00 am

Weekday Eucharist

Thursdays - 10.00 am

(30 minute said service)

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

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

Churchwarden

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.

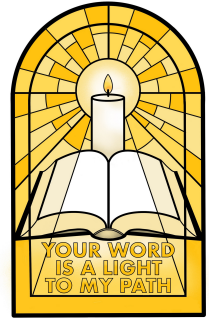
If we can help, please contact Liz on 01235 763966

VICAR'S LETTER - PAUSE FOR THOUGHT

In front of me was a wall of Bibles.

I needed to buy two as gifts for young people who were going to be confirmed.

There was a lot of choice. Which ones to choose?



Over the years I have been given Bibles to mark attending Sunday School, getting baptised, being confirmed and becoming a vicar. I have bought different types of Bibles; to help me study, to carry around with me and with bigger print, so I can read more comfortably.

For me the Bible is both a library and a toolbox.

It is a collection of different writing that has helped me learn about the relationship between God and humanity through the Hebrew Scriptures, the Old Testament, and the life of Jesus and the early church, in the New Testament. It contains historic narratives, biography's, letters, songs, building instructions, laws, poetry (some a bit saucy), reflections on life and lots of long lists of names. Exploring in different ways what it means to flourish as a human created by God and the ways that we can find meaning and purpose in life.

Like a toolbox, the Bible allowed me to engage with God and shape my life. I use it to examine my motivation, dissected my thoughts, cut into knotty problems, carve out rhythms of life, work on relationships and navigate different seasons of life. Getting to grips with the Bible, is an on-going process that takes time, effort and the help of others to learn the skills and understanding needed to handle it well. Like a hammer, the Bible is ancient but still very useful. Also, like a hammer, if used incorrectly, it can hurt rather than help others.

I ended up buying two study Bibles, with extra notes and relevant information in them, as gifts for the two people getting confirmed. Hopefully, these Bibles will guide them through the different writing styles and help them dig deeper into their relationship with God.

God bless,
Alec

- NEWS FROM THE PEWS -

I loved watching the Coronation on television, I am a royalist through and through. I found the whole ceremony very moving. I have every confidence that Charles and Camilla will be excellent as our reigning monarchs. The pageantry was wonderful. I think we tend to forget that these are active service personnel, and are trained to be prepared at any time, to go anywhere, and are not just a showcase item.

The whole thing was spectacular and even the rain didn't spoil peoples enthusiasm. It was a shame the flypast had to be shortened due to the weather, but we did get to see the Red Arrows. Wet weather or not I'm sure crowns don't go rusty..... God save the King.

The Coronation Flower Festival was a huge success, the Church looked amazing. I want to say a huge thank you to everyone involved in donating flowers, decorating, and for the people who called in to view the displays. I have every respect for people who can make such beautiful arrangements, I am more of a plonk the flowers in a vase and jiggle them until they look good, person. The pictures from the children of St. Nicholas School was the real finishing touch. It was a bit nerve racking for everyone in the build up to it and enormously satisfying to see it fall into place. I hope you had a chance to enjoy it.

On the Sunday afternoon of that weekend we held a Commemorative Service honouring King Charles and Queen Camilla, on the village green, in the sunshine. It was quite well attended, this was followed by an invitation to tea and cakes, in Church courtesy of Mandy. Thank you Mandy. I think the weekend was a success and the cakes definitely were.

Please support the Village Community Celebration on Sunday 4th June at the Cricket Club there will be plenty to do with friendly Cricket, and Tug of War competitions, side shows, refreshments, ice cream, fish and chips and lots to do for the children and of course the bar will be open, what more could you want on a Sunday afternoon. I hope to see you there. Let's hope the weather is kind this year.

The countryside around Challow has really come alive and green, the cow parsley is nearly as tall as I am. I am enjoying walking my dog down the canal paths, there are moorhens and a couple of mallards nesting, so hopefully we will have ducklings before long. The birds are busy feeding their young so our bird table is replenished regularly. There are a pair of robins that look positively disapproving if I am late putting the food out. I haven't spotted any swallows, swifts, or house martins yet but I am sure it won't be long. I have not heard a cuckoo again this year, it must be three years since I have heard one. I hope other people have had more luck.

Walking across the football field I was struck by the buttercups, dandelions and daisies shining through in the sunshine, they are so cheering, they get mown down on a regular basis, and in a short while they are smiling through again. Absolutely beautiful. They are vital for our bee population as well and we all know how important bees are to our planet.

Hopefully by the time you read this summer will be with us properly.

As always stay safe for yourself and others.

Liz

St. Nicholas Church - Service Information

June 4th Trinity Sunday <i>Rev Robert Teare</i>	Genesis 1: 1 - 2 + 4a 2 Corinthians 13: 11 - 13 <i>Gospel Reading ~ Matthew 28: 16 - 20</i>
June 11th Trinity 1 <i>Rev John Durant</i>	Genesis 12: 1 - 9 Romans 4 13 - 25 <i>Gospel Reading ~ Matthew 9: 9 - 13 + 18 - 26</i>
June 18th Trinity 2 <i>Rev Alec Gill</i>	Genesis 18: 1 - 15 + 21: 1 - 7 Romans 5: 1 - 8 <i>Gospel Reading ~ Matthew 9: 35 - 10: 8</i>
June 25th Trinity 3	No Service at St. Nicholas ~ ~ ~ ~ ~ ~ Patronal Festival at St Johns, Grove

St. Nicholas Church - Rotas

Week	Prayers	Sacristan	Sidesperson	Reader	Music	Flowers
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

1st	Mary
2nd	Jenny
3rd	Juliet
4th	Mandy

5th	Nigel
-----	-------

Week	Cleaning
------	----------

1 & 2	Linda & Liz
3 & 4	Mandy

5	Sue & Tricia
---	--------------

Coffee	
1st Sunday	Mandy
2nd Sunday	Jan & Hillary
3rd Sunday	Val & Barbera
4th Sunday	Linda & Janet
5th Sunday	Sue, Frances & Tricia

Churchyard Maintenance
10th June - N. Langford
24th June - D. Perkins

~ If you are unable to attend please arrange cover for your week ~



Challows Royal British Legion

Opening Hours

Monday - Friday from 7.00 pm

Saturday - 12.00 am - 12.00 pm

Sunday 12.00 am - 10.30 pm

Snooker & Pool Tables

Darts

Poker every Monday
(Redtooth)

Bingo every Sunday

Eyes down at 8.00 pm

Challows Afternoon Club
meets monthly on every 3rd
Thursday from 2.00 pm

Monthly Dance Night

10th June - Blue Dayz

£7.00 on the Door

~ Non Members welcome ~

Planning an Event or Party

our Main Hall with Kitchen facilities
are available to Hire

01235 763430

during opening hours

UK foodbanks busier than ever

More food parcels were given out in the UK this past year than ever before. During December 2022, an emergency food parcel was handed out the equivalent of every eight seconds.

These are the most recent figures from the Trussell Trust, which supports more than 1300 foodbanks in the UK.

In all, the charity says it gave out nearly three million food parcels between April 2022 and April 2023. More than one million of these were for children.

These three million parcels from the charity's foodbanks represent a 37-per-cent increase in England on 2021. And more than 760,000 people used a foodbank for the first time, which is up more than one third in 2021-22. Soaring inflation and energy costs have driven the increase in demand. The charity reports an unprecedented rise in the number of employed people using their foodbanks, because they are "no longer able to balance a low income against rising living costs."

The problem now, says the trust, is that food donation levels are not keeping up with the need. "This is putting us under a lot of strain."

Number of working days lost to sickness skyrockets

Did you take time off work last year? Many of us did.

In fact, according to recently released official figures, a record 185.6 million working days were lost, due to sickness or injury. That is even more than during the first year of lockdown. In fact, 2022 was the worst year for sick days since 1995, according to the Office for National Statistics (ONS). 138.2 million days were lost in 2019.

The most common reasons we gave were minor illnesses, including coughs, colds, flu or tummy upsets. Respiratory conditions also overtook mental health as the fourth most common reason for absence in 2022.

Support National Week of the Ocean 4th – 10th June

The National Week of the Ocean is held each year during the second week of June.

It aims to spotlight the threats faced by marine habitats and species, and also to offer some solutions on how to solve them.

The health of the oceans is critical to the health of our planet. The ocean makes up about 70% of the world's surface, and supplies about 50% of oxygen in the world. It acts as a vital source of carbon and even regulates the weather. It is the main source of protein for more than a billion people around the world, and as such, is essential to the economy of many nations, with an estimated 40 million people likely to be employed by ocean-based industries by 2030. More information at: <https://worldoceanday.org>

How more protein could help prevent your midlife spread

Eating more protein can help prevent your midlife spread, partly by suppressing your appetite. A recent study has found that people eat 210 calories *more* per day than when they are on a low-protein diet.

Yet most of us aren't eating enough protein. A study from the University of Sheffield found less than half of over-65s studied met the official UK reference nutrient intake (RNI) of 0.8 grams of protein per kilogram (2.2lb) of their body weight per day – or about 50g a day for a 10st person.

Adding an egg, smoked salmon, authentic Greek yogurt, nuts, or half a can of beans on two slices of wholewheat toast and a 250ml glass of milk, can all help.

The great thing about protein is that it is so filling you might not need to snack. But if you are still peckish, avoid biscuits, chocolate and crisps, and instead choose nuts and seeds, cooked chicken, a bowl of Greek yogurt or a small piece of cheese.

Does the past haunt you?

A lady had driven her car into a ditch, and there she sat. When the police arrived, they asked her what had happened. "I was looking in the rear-view mirror, instead of looking at the road ahead," she explained.

What a thought! There is no way to go forward if your eyes are focused on what's behind – either in driving, or in life. A lot of people 'ditch' themselves because they can't take their eyes off the past, can't focus on the future, and move ahead, with hope in God.

Give up all hope for a better yesterday. You can't change the past. It is dangerous to obsess over it. Instead, consider that there are over 500 verses in the Bible that tell us that God is merciful and longing to forgive us and restore us if we only turn to Him. As Isaiah wrote: 'Do not remember the former things, neither consider the things of old. For behold, I am doing a new thing...' (Is 43:18,19). So why let the past ruin your future? Let God begin to do that 'new' thing in your life.

God - the Three in One

This month we celebrate Trinity Sunday. The doctrine of the Trinity is one of the most important of the Christian faith, for it goes to the very heart of what God is like. The Bible is quite clear: there is one God, but He is revealed in three 'persons' – the Father, the Son, and the Holy Spirit.



Have you ever wondered at what point in the Bible God is revealed as being more than one person? Well, you don't have to read very far: only to Genesis 1:26, where God (Elohim—a plural noun) says: Let US make man in OUR image. (Gen. 1:26)

The Bible reveals a pattern: God the Father lives in heaven and has never been seen. God the Son became the incarnate Jesus Christ, who made known to us the Father, and God the Holy Spirit, who is unseen, has been sent to live within and to equip His people, the Church.

The Trinity is basic to our salvation – for these three persons in the one Godhead have combined to save us from our sins:

It is the WILL of the Father, the saving WORK of the Son, and the indwelling WITNESS of the Holy Spirit.

(John 14:16, 23-26).

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The leasing of Hong Kong

Just 125 years ago, on 9th June 1898, Britain leased Hong Kong from China for 99 years, and it became a British Crown Colony. It was transferred back to China in 1997.

The original contract was arranged to ensure that the territory could be defended efficiently. Claude MacDonald, the British representative in the talks, said he decided on a 99-year lease because he thought it was "as good as for ever": at the time the UK did not think it would ever have to give the territories back.

The Chinese Government had already agreed to make Hong Kong a Crown colony in 1842, following British victory in the First Opium War. Although the 1898 lease specifically referred to the New Territories, a productive inland area north of Hong Kong Island, it was agreed that the island and the Kowloon Peninsula would also be returned to China in 1997, and at midnight on July 1 of that year it was handed over in a ceremony attended by international dignitaries including Prime Minister Tony Blair and Prince Charles.

The new Hong Kong chief executive agreed on behalf of China to maintain a two-system capitalist government with some independence from China, although China had sovereignty.

Since then, there have been civil disobedience protests about increasing Chinese influence, notably in 2014, 2019 and 2020. Some Christians have supported these protests, but so far there have been no overt curbs on religious freedom, except where religious activities have been interpreted as political.

Hong Kong's population is now in decline – a process precipitated by harsh restrictions during the pandemic.

75 years since the arrival of the Windrush

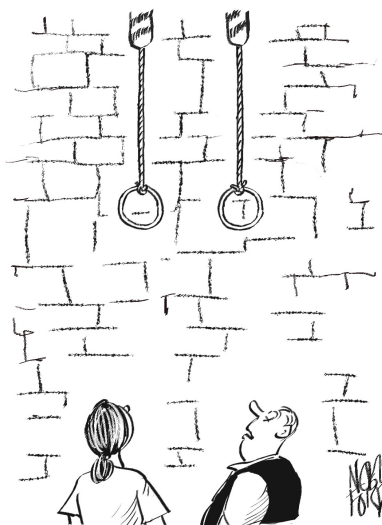
It was 75 years ago, on 21st June 1948, that the passenger ship *HMT Empire Windrush* docked in London, bringing the first large group of immigrants from the West Indies to the UK.

It was a result of the British Government's invitation to people from Commonwealth countries to settle in Britain and help rebuild the country after the devastation of the Second World War. The promise was one of prosperity and full employment, and the *Windrush* – ironically built and launched in Germany in 1930 – carried more than 1000 people, though the figure is often given as 492. In fact, there were probably 492 men from Jamaica, but also men and women from other islands, plus Polish men and women.

Most of the Caribbeans remained to settle permanently, despite mixed reactions. The first of what became known as the Windrush generation were housed temporarily in the Brixton area, where Windrush Square – an open space in front of the Brixton Tate Library – marks their arrival.

The Windrush generation generally defines everyone who emigrated to Britain from the Caribbean between 1948 and 1971, at which point all Commonwealth citizens living in the UK were given the right to remain. In 2018 a scandal emerged involving ineptitude by the Home Office which had resulted in people from this generation being wrongly detained, denied legal rights and threatened with deportation. It was calculated that more than 80 had been wrongly deported.

These people had been living and working in the UK for decades but had never been provided with the official paperwork, and the Home Office had kept no record of those granted leave to remain. The UK Government apologised, and the Home Secretary at the time, Amber Rudd, described her department's performance as "appalling".



"Apparently, the new member of the bell-ringing team is a keen gymnast"

Visiting the sick

Nowadays people are generally not in hospital for long. Even a major operation only earns you a few days' stay in one of their beds. With almost embarrassing enthusiasm they get you out of bed, walk you up and down the ward and duly announce that you're 'well enough to go home'.

Visiting the recovering sick is a simple art. They want to be told how well they look, how bravely they've endured their treatment, and how good it is to see them about to return to the normal business of life. They'd like to be brought up to date on the local news and gossip, of course. Often, they value a little prayer of thanksgiving for recovery. Gratitude is never inappropriate!

A spell in hospital reminds us how 'shut off' patients tend to be, even in the very best institutions. Those who have recently experienced it are well placed to remind the rest of us that friends and fellow church members in hospital are not transferred to another planet. They may not expect frequent visits from those who are not close friends or family, but it's often quite easy to pick up the phone and speak to them on the ward - just the sort of contact we would have with them at home.

The same kind of simple contact can work very well when they are eventually back home - a brief call simply enquiring if everything's OK, with perhaps the offer of practical help with shopping, for instance, or a lift to the GP surgery. Thus, the nearly-well become the completely whole.



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* * * * *

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200 Club

Monthly Draw

Is open for everyone to join

You dont have to be regular church goer to
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> > Numbers are £2 each < <

Monthly prizes are

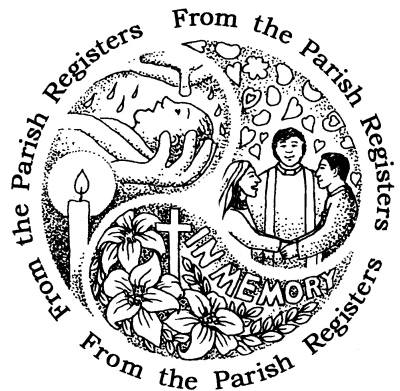
£50 ~ £20 ~ £10

[£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

GroW Weekly Timetable



GroW Families is a community group providing support for all families with children under 5 in the Wantage and Grove area

All groups are free to attend (donations welcome) and run during school term time

Find out more and book your place at: www.growfamilies.co.uk

Monday	Tuesday	Thursday	Friday
St Johns Church Hall, Grove Toddler Stay and Play Play and craft activities, with story and song time! Time: 10-11.30am Age: under 5 years Bumps and Babies You and your baby can socialise, explore, with singing time too! Time: 12.45 - 2.15pm Age: Bumps & pre-walking babies	East Challow Village Hall Toddler Stay and Play Play and craft activities, with story and song time! Time: 10-11.30am Age: under 5 years	The Beacon, Wantage Toddler Stay and Play Play and craft activities, with story and song time! Time: 10-11.30am Age: under 5 years Bumps and Babies You and your baby can socialise, explore, with singing time too! Time: 12.45 - 2.15pm Age: Bumps & pre-walking babies	Elmbrook Court Care Home Family (babies and toddlers) visit to a local care home Join residents for play, singing and shared experiences. Time: 10 - 11am Age: under 5 years

GroW regularly offers Family Links Parenting Courses and Paediatric First Aid Courses. Find out more at www.growfamilies.co.uk

www.growfamilies.co.uk

contact@growfamilies.co.uk

www.facebook.com/growfamilies

East Challow Village Hall Annual General Meeting

Wednesday 28th June

7.30 pm

Please come along
and support your
Village Hall

Can You Help?

Do you have 30 minutes to spare
once a month

(excluding August & December)

If so, perhaps you would consider
taking over the delivery of the
Challow News

in

Canal Way and The Orchard

If you can help, please contact
Tricia Shand

01235 764222

the.shandies@btinternet.com



WHAT A WET START TO THE SUMMER

We're well underway in the new cricket season, with a home game each Saturday afternoon and Youth Cricket training on Friday nights and matches across the week weather permitting!

There is a league match at home each Saturday with the bar open from 12noon
see our website www.challowcricket.co.uk
for all of our match details

Youth Training takes place on a Friday evening, running from 4.30pm through until 8pm
the bar is open from 4pm and the BBQ runs from 5 until 7.30.

There is normally something on each day at the club, whether that is a youth game on an evening, a senior match on a Saturday, or just joining the leisurely Sunday lunchtime crew for a catch up. Our opening hours are based around our matches and training, so keep an eye on the club website or facebook page for exact details
www.challowcricket.co.uk
@challowcricket on Facebook

There really is no better place to sit and unwind after a hard day in the office, spare room, garden, so why not call up for a cold pint and the unspoilt view of the Downs.

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. If you would be able to help us out in any capacity then we'd love to hear from you! We're always looking for players, umpires, scorers, and coaches and of course anyone who can give us an hour or so occasionally to do the little jobs that keep the place ticking over

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
admin@challowcricket.co.uk

01235 763335

Whats Happening in June

Date	Event	Time	Venue
Thurs 1st	Coffee Morning	10.30 - 12.00	Church
Sun 4th	Morning Service	11.00	Church
Sun 4th	Community Celebration	13.00 - 18.00	Cricket Club
Fri 9th	Warm Space - Coffee	11.00 - 13.00	Cricket Club
Sun 11th	Morning Service	11.00	Church
Sun 18th	Morning Service	11.00	Church
Wed 21st	Parish Council Meeting	19.30	Village Hall
Fri 23rd	Warm Space - Coffee	11.00 - 13.00	Cricket Club
Wed 28th	Village Hall AGM	19.30	Village Hall

C of E responds to the Bloom Review on how government engages with faith

‘Does government “do” God?’ That is the title of the Bloom Review, a four-year independent review, which has recently been published by the Department for Levelling Up, Housing and Communities.

Now the Revd Dr Malcolm Brown, the Church of England's Director of Faith and Public Life, has responded to the Bloom Review.

“Faith is at the centre of people’s lives and churches and other faith groups are at the very centre of communities, providing both inspiration and practical support.

“The Church of England alone is involved in more than 35,000 separate initiatives in communities and works to tackle deprivation and promote social cohesion through church schools, chaplaincies in places such as prisons and higher education and in thousands of practical programmes in its parishes.

“We welcome the recognition in the report of the need for religious literacy and a greater public understanding of the major world faiths.

“It is a fact that the majority of people in England Wales identify with a religion, so faith is not a minority pursuit.

“Everyone has a belief-system which guides their lives so it is important to enhance understanding of religions without treating religious people as ‘other’. There is, of course, a huge diversity of faith in this country and faiths are not all the same.

“We look forward to hearing how any training and education in the field of religious literacy can be done in partnership with religious communities and from a perspective that sees faiths in the round.”



J J Woodage

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St. Nicholas Church

200 Club - Monthly Draw

May Results

£50 - N° 122 - Mr D. Lindsey

£20 - N° 24 - Mr B. Penfold

£10 - N° 140 - Mr K. Moss

Would you like to join?

For further information please contact

Tricia Shand - 01235 764222



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**Looking to Advertise in the
Challow News**



nigel.langford@me.com

In support of Operation Sceptre, the national week of action to reduce the threat of knife crime, we would like to remind residents that there are knife amnesty bins located around Oxfordshire for you to safely dispose of your knives and bladed articles.

The bins are available to use all year round and you can dispose of your knives anonymously.

You can find the amnesty bins in the following locations across Oxfordshire:

Abingdon Police Station, Colwell Drive, OX14 1AU

- Banbury Police Station, Warwick Rd, OX16 2AE

- Oxford Police Station, St Aldates, OX1 1SZ



[Amnesty bins located in other areas of the Thames](#)

[Valley are listed here.](#)

Message Sent By Emma Tarry

(Police, Communications Officer, Thames Valley)

St. Nicholas Church

Coffee Morning



10.30 - Midday

~ on the 1st Thursday of the month ~

If you would like some refreshments
or just like to sit down and have a
chat with friends
you are most welcome





I have always been interested in local history, or perhaps it is 'folk history'. Stories that have been passed down the generations by word of mouth. Most of us who tell stories change the stories every time we re-tell them. This is nothing necessarily about making the story up or lying. It is just that the storyteller instinctively responds to their audience and

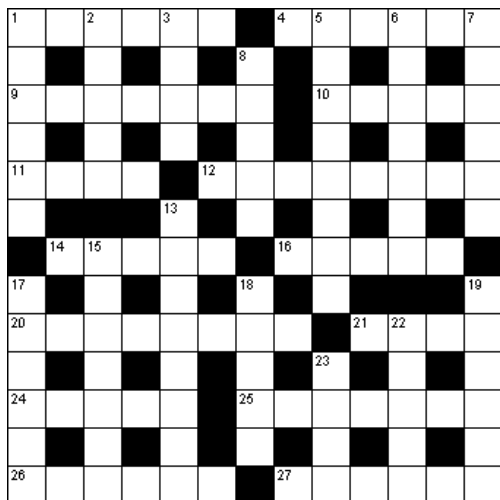
when the audience appears baffled or impatient the good storyteller responds appropriately.

When I first came to Challow, I wondered about the chapel on the other side of the road from St Nicholas. I was told that it had been founded by the Clapham sect. The Clapham sect was an informal group of wealthy Anglican Evangelicals so named because the majority of its members lived near Clapham and worshipped at its Parish Church. Although at bottom conservative in their attitude to the social order, they shared a keen sense of moral responsibility and the belief that religion must be manifested in good works. Among the most important schemes in which they engaged were the struggle for the abolition of the slave-trade (William Wlberforce was a member of the group), the extension of missionary enterprise, the foundation of the British and Foreign Bible Society and the establishment of a model colony in Sierra Leone. They also promoted such schemes for the improvement of moral standards at home as the Proclamation Society, the Society for Bettering the Conditions and increasing the Comforts of the Poor and the extension of Sunday Schools. Mainly through the personal position of its members, many of whom were interrelated by marriage, the group was able to exercise on parliament and public opinion an influence out of all proportion to its numbers.

Now, I well appreciate that East Challow is a village like none other, but why should the Clapham sect feel it necessary for them to build and endow a chapel opposite the church?

As good Evangelicals the Sect could not abide the Oxford Movement and they did not approve of the 'Popish' practices followed at St Nicholas, so, I was informed, they built a good evangelical Anglican Church opposite, how it now belongs to the Baptists, I've not been told yet.

Robert



Solutions on ECPC page

Across

1. Ploy (6)
4. Requiring secret knowledge (6)
9. Disapproves (7)
10. Angry (5)
11. Land measure (4)
12. Perplexing (8)
14. Disney cartoon character (5)
16. Mournful poem (5)
20. Scorn (8)
21. Fencing sword (4)
24. Female relative (5)
25. Pills (7)
26. Unmarried (6)
27. Precious stones (6)

Down

1. Worldwide (6)
2. US military officer (5)
3. Unit of length (4)
5. Precipitation (8)
6. Astounding (7)
7. Come out into view (6)
8. Ordinary (5)
13. Celestial (8)
15. Lamp (7)
17. Parts of a play (6)
18. Catches sight of (5)
19. Creatures (6)
22. Fragment (5)
23. Woodwind instrument (4)



Open Level Mat Pilates

9:30 - 10:30 am

Post-Natal Mat Pilates with Babies

10:45 - 11:45 am

Mondays in the Village Hall

Contact Sharon on 07973 273599

sharon.pilates.massage@gmail.com

WANTED

Record Collections

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Rock - Blues - Folk - Jazz - Reggae

Large or Small

Collections in Ex Condition

> Cash Paid <

Please Call

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East Challow Village Hall

Available for Private Hire

Booking Secretary

Denise Knight

01235 769933

deniseknight15@gmail.com

Community Notice Board

Village Community Celebrations



Sunday 4th June

1.00 pm - 6.00 pm



Challow & Childrey Cricket Club

OX12 9RR

Join us for an afternoon of Sport & Fun

The Main Event

The Community Amateur Cricket Match & Tug 'o' War

The club bar will be open with Refreshments, Tombola, Lucky Dip,
Side Stalls, Ice Creams, Fish & Chips etc.

~ FREE ENTRY ~

**WE are A
Community**



TOMBOLA DONATIONS

1st Challow Beavers and Cubs will be running the Tombola stand at this years Village Celebrations on Sunday 4th June at the Cricket Club, to raise money for the village group!

We are looking for Tombola prizes, so if you have any unwanted gifts lying around or would like to make a donation towards this years Tombola please message Emma on

07855 764584

Vale of White Horse District Council - Cllr Dr. Paul Barrow

Very little to report this month after a frantic few weeks of electioneering.

.....

Thanks to all those who gave their support and I shall be trying to do my best for all residents of our rural parish during the next 4 years

.....

Neighbourhood Plan

This will probably be the last time I mention this - I hope! Thanks to those who voted positively for the Plan in the Referendum on May 4th. It was passed - 284 votes For and 27 Against. The Plan is now viable and becomes a part of the Local Development Plan and will be passed by Full Council very soon.

The Mission

Many residents have different views about the future of this old building but most will not want to see further housing development behind it. This newsletter will contain a flier requesting information on past and proposed future use of the building. Please complete it if you can.

Community Bus

We continue to discuss with Wantage Town Council the possibility of reinstating some form of Community Bus Transport for our villages. Discussions have taken place with the County Council about support for this, and to carry out a local survey identifying the extent of interest. Many residents in the villages don't need this form of transport but for a small number it could be a lifeline.

Planning and Sustainability

I have always been interested in encouraging the landowners of our two local business parks (W&G Estate and Grove Business Park) to begin installing solar PV panels to their buildings to reduce costs for the companies during the day and generate income for the landowners at other times – all of which will also contribute to Net Zero by 2050. We have just had a good opportunity with replacing an old building at the W&G Estate (P23/V0678/FUL). Unfortunately, we are only likely to get a more energy efficient building, but with no PV panels which is a bit of a missed opportunity and a shame. I will also be in contact again with Oxford University Endowment Management which owns Grove Business Park. They haven't wanted to do this sort of thing yet, which is perhaps surprising given who they are, but they are seeking to expand the park which is great news for new local businesses and employment so there will be opportunities for PV installation on the new build as and when it goes up.

Hedgerow Group

Some of our Challows and Childrey Hedgerow Group met County Council officers recently to discuss siting of a new hedge along the East road-side of Silver Lane/Whitelands Rd from the B4507 to West Challow. This went well and we will be planting late Autumn/early winter. This is a small step towards Nature Recovery in our parishes. We will publicise this during the summer as volunteers and helpers will be very welcome in this enterprise and are invited to contact me (paul.barrow@whitehorsedc.gov.uk) or Alastair (ABarclay589@gmail.com) to express their interest.

Crest Nicholson - Land and Hedge

As a complete contrast - Crest have flattened an area of land at the north of their site and covered it in soil at a time of year when newts of different species will have been out on vegetation (they spend a relatively short time in ponds). On the north side of the site they have cleared an overgrown fence (maps show that there wasn't a formal hedge there but if anyone has photos please let me know). I will contact Crest to see whether these issues can be resolved and whether they can plant a proper hedge there. There is also the issue of the "wild flowers/scrub" between the houses and the A417 which needs to be discussed with them.

Village Drainage

Three years ago I carried out a survey of our blocked drains which resulted in most of them (but not all!) being flushed out by OCC Highways. They are awful again and I will shortly carry out a second survey to pass to OCC to see whether we can get this done again.

HOSC (County Health Scrutiny Committee)

At a short HOSC meeting on May 11th we discussed two topics: (i) dentistry. We want to contact the Secretary of State outlining the problems of access to NHS dentists locally but also to note that the water of Oxfordshire is not fluorinated. Fluorination strengthens teeth, reducing caries and visits to the dentist and is particularly important for children. Amongst other things we want to ask him to carry out a consultation to determine the level of local support for this, and (ii) the proposed timeline for engagement between the County Lead of the BOB (Bucks, Ox, West Berks) Integrated Care Board and Wantage and OX12 stakeholders and communities about the future of Wantage Hospital. We have continuing concern about what might replace the inpatient beds. We are interested in a small injuries unit which has been mentioned and we will continue to monitor the ongoing engagement.

Cllr Dr Paul Barrow - Ridgeway Ward

Paul.barrow@whitehorsedc.gov.uk

<https://www.facebook.com/Cllr-Dr-Paul-Barrow-104943001583284>

When a little bit more exercise can help a lot

A recent study suggests that for every additional 500 steps you take each day, you may be lowering the risk of heart issues by 14 per cent.

To put it another way, this recent study found that adults who took fewer than 2,000 steps a day were 77 per cent more likely to experience a cardiovascular event in the following three years than those who took about 4,500 steps a day.

“We were surprised to find that every additional quarter of a mile, or 500 steps, of walking had such a strong benefit to heart health,” said one professor of epidemiology at the University of Alabama. “While we do not want to diminish the importance of higher intensity physical activity, encouraging small increases in the number of daily steps also has significant cardiovascular benefits.

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24th June - John the Baptist, preparing the way for the Messiah

John the Baptist is famous for baptising Jesus, and for losing his head to a woman. He was born to Zechariah, a Temple priest, and Elizabeth, who was a cousin of Mary, the mother of Jesus. John was born when his mother was advanced in years, and after the foretelling of his birth and the choice of his name by an angel, we hear nothing more of him until he began his mission of preaching and baptising in the river Jordan c27.

John was a lot like an Old Testament prophet: he lived simply on locusts and honey in the wilderness, and his message was one of repentance and preparation for the coming of the Messiah and His Kingdom. He went on to baptise Jesus, at Jesus' firm request. When John went on to denounce the incestuous union of Herod Antipas with his niece and brother's wife, Herodias, he was imprisoned and eventually beheaded at the demand of Salome, Herodias' daughter.

John is the only saint to be remembered three times in the Christian calendar, in commemoration of his conception, his birth (June 24), and his martyrdom.

When John saw Jesus he said that Jesus was the “Lamb of God”, and he is the only person to use this expression of Jesus.

In art John is often depicted carrying a lamb, or with a lamb near him.



Wild Watch ~ June 2023

When we moved to the Wantage area 16 years ago, I brought with me some of my favourite plants from my previous garden. What amazed me was the number of plants that came with us unintentionally, including wild strawberries, celendine, forget me nots, and a tiny wild geranium plant that I had only ever seen growing on the downs behind our old town. My theory was that the seeds of the tiny wild geranium had hitched a ride on the fur of our dog, or on my walking boots, as seedlings appeared on our drive way between the front door and the car. The other stow-a-ways came in the soil of pots of other plants.

Recently I have discovered that there is a carpet of the tiny pink crows-foot geranium flowers in the grass near the telephone box on Challow Green, opposite St Nicholas Church. It is such a joy to find an old friend growing in an unexpected place.

There are many native plants that can live in gardens with out taking over, especially if they are dead headed so that the seeds are not too prolific. One of my favourites is the small flowered Willow herb. The tiny pink star like flowers are very inconspicuous, and they grow in the spaces between other more obvious plants.

One poppy plant grown on the allotment last year has resulted in 20 or 30 plants this year. The abundance of nature is so impressive. I have some cow parsley in full flower at the moment, the profusion of white heads catch the dappled sun light, and look wonderful, but I will be very careful to curb the amount of seed they produce. I was reflecting on why so many plants need trimming back in the spring, and I think that in ancient times animals would have eaten the spring growth and naturally pruned the plants, centuries before man intervened, and so plants have evolved to compensate for this.

The Nepp estate in Sussex has returned several hundred acres of farm land back to the wild, and allow long horn cattle, deer, horses and pigs, to roam freely and manage the land. The results have been astonishing. Several rare wild species of birds and insects have already returned, including turtle doves and yellow cardamon bumble bees.

I would love to go and take a safari ride through the Nepp estate one day.

Please share what your 'must have' plants are and why,

Happy gardening this summer.... Juliet

Please share your Wild Watch sightings with me: Juliet Teare

jgteare@yahoo.co.uk

News from our Window



Several times in the past weeks we have seen a Jackdaw with a bent claw. He seems to manage very well hopping about on his damaged foot. We wonder if he is

the same bird with a bad foot that we saw last year and who we called "Hoppity"

We also have a male Blackbird that has found his way into the hedgehog house and obviously likes the food we put in there. To get to the food he has to walk a "U" shaped path to reach the food. This is level with the front entrance, but divided from it by a partition with a gap at the far end. He visits several times a day, sometimes he goes in, returns to the entrance, has a look around and then goes back in again. Often you can see he has a piece of food in his beak when he emerges and flies away. I do hope that if he is feeding his young this dry food it will not harm them.

M.M.

EAST CHALLOW ~ PARISH COUNCIL

www.eastchallowpc.co.uk

VACANCY

Parish Clerk / Responsible Financial Officer

East Challow Parish Council is looking to appoint a Parish Clerk/Responsible Financial Officer to undertake the administration and financial management of the Council.

The Council is seeking a candidate with good organisational, secretarial and administrative skills. The job involves working from home for which an allowance is paid. Hours - 35 per. month, pay according to NALC pay scales and according to experience.

For more information please call

07976 546826

Parking Problems again

Inconsiderate parking is becoming a problem once again in the Village.

There have been some concerns raised over parked cars at the junction of Field Gardens with Hedge Hill Road and also with cars being parked on the junction with the A417 on Main Street which is causing large Vehicles & Agricultural Vehicles problems when accessing their Farm and other Business'.

Cars being parked on pavements are also a problem for Pedestrians with Pushchairs / Wheelchair users / Mobility Scooters etc... We ask all residents to please park thoughtfully and responsibly.

Parish Council Meeting

Wednesday 21st June 2023 at 7.30pm

All Villagers are invited to attend Parish Council meetings as observers

Parish Councillors

*Paul Barrow, Keira Bentley, Vanessa Bosley, Trevor Hayes,
Bryan Miller, Sue Terry, Frances Webb*

eastchallowclerk@gmail.com

~ Warm Space ~

Tea / Coffee Mornings

Friday's 11am -1pm

at the Challow & Childrey Cricket Club

will now meet bi-weekly.

Dates for June will be the 9th and the 23rd.

All entries for the
JULY & AUGUST
issue of the Challow News

Must be submitted by

15th June 2023

Email:
nigel.langford@me.com

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