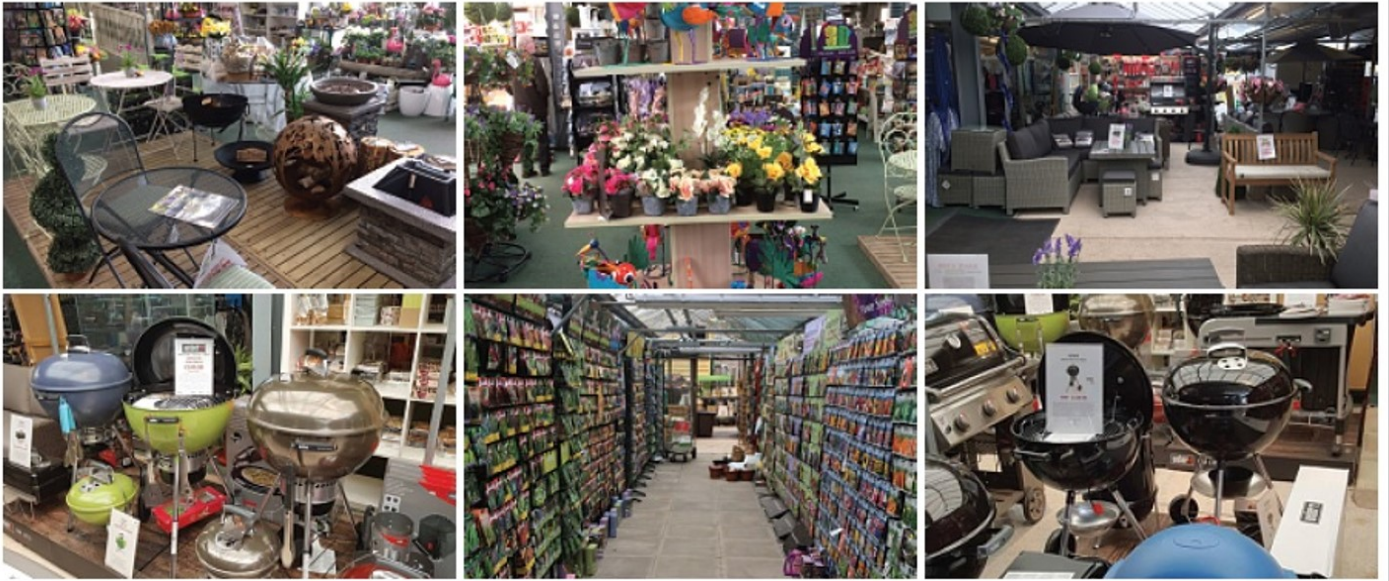


Withington Parish Magazine



March and April 2018



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Herefordshire Council

Herefordshire Safeguarding Boards

Everyone has a responsibility for safeguarding children, young people and adults at risk of harm. We can help you make sure you know what to do if you think that is happening.

It might be difficult to accept, but anyone can be hurt, put at risk of harm or abused, regardless of their age, gender, religion or ethnicity by either someone they know or a stranger.

If you are concerned about an adult ring 01432 260715 (weekdays 9-5) OR 0330 123 9309 (at any other time).

If you are concerned about a child ring 01432 260800

If someone is injured or in immediate danger dial 999

If there is no emergency but you think a crime may have been committed ring West Mercia Police on 0300 333 3000 or 101

Abuse of any description is wrong and by reporting it you can help to bring it to an end.

If, as a member of the public or an organisation, you want more information about the work that the Safeguarding Boards do to keep children and adults that live and work in Herefordshire safe than please contact us on 01432 260100

St Peter's Church News

Church Services Withington and Westhide Mar/Apr 2018 (For full details of Holy Week and Easter services see over)

Date	Withington	Westhide
4th March	4.00 pm 'Refresh' (tea and cake from 3.30 pm)	
11th March <i>Mothering Sunday</i>	9.30 am Holy Communion	11.00 am Family Communion
18th March	9.30 am Holy Communion	11.00 am Morning Praise
25th March	4pm Liturgy of the Passion	
1st April	9.30 am Easter Communion	11.00 am Easter Family Communion
8th April	9.30 am Holy Communion	11.00 am Family Communion
15th April	9.30 am Holy Communion	
22nd April	9.30 am Holy Communion	11.00 am Morning Praise
29th April	Group Service 10am at Weston Beggard Church	

Withington Group Parish Council

Withington Group Parish Council update from the January 2018 meeting.

Your **Withington Councillors** are:

Chair: Mr Paul Bainbridge, Cllr Alison Bainbridge, Cllr Kevin Hewison, Cllr Rachael Leake, Cllr Tom Nellist, Cllr Bob Wood, Cllr Jonathan Beech, Cllr Martin Kirk (Footpaths Officer, Withington), Cllr Sarah Winwood.

Your **Westhide Councillors** are:

Cllr Ralph Barber – Vice Chairman, Cllr Steve Scotcher, Cllr James Callow (Footpaths Officer, Westhide)

Your **Preston Wynne Councillors** are:

Cllr Simon Dent, Cllr Sue Rudd, Cllr Ed Simcock (Mrs Simcock is Footpath Officer, Preston Wynne)

To be put in contact with any of the above Councillors, please contact the clerk first at:-

wgpcclerk@hotmail.co.uk

The Withington Group Parish Council held their first meeting of 2018 on Thursday 11th January. Eleven councillors were present along with the Ward Councillor David Greenow and 15 members of the public.

Business discussed at the meeting: There was such a large public representation as people wanted to hear more about the planning application 174487, for the Land Adjacent to The Minton. There was a lengthy debate about this application, and the PC decided that they could not support the application, and they agreed to submit an objection to the planning department.

New web site: please do look at our new web site, <https://withingtongroupparishes.co.uk/> , it would be great if you would subscribe there, and you will then get updates from the PC.

Withington Group Parish Neighbourhood Plan: Your Village, Your Plan, Your Future :

Thank you to those who came to the open sessions held in January and if you still want to comment on the current draft of the neighbourhood plan, please visit the Withington Group Parishes web site.

The Jan 2018 draft version can be found at <https://withingtongroupparishes.co.uk/draft-neighbourhood-plan-jan-2018/>

Further feedback can still be given via the contact section on the site found at the bottom of the Neighbourhood plan page at this address <https://withingtongroupparishes.co.uk/neighbourhood-plan/https://withingtongroupparishes.co.uk/contact/>

Footpaths Officer; Please don't forget that we have a grant to keep the parish footpaths clear and accessible, should you find broken styles or blocked footpaths, please can you let the clerk or your footpath officer know and they can try and get the problem dealt with.

Dates for future meetings; any member of the public can come to a Parish Council meeting, and there is a space early on every agenda for members of the public to ask a question or to raise a matter for the Council's consideration. If you have something to say, then do come to a meeting, they are in Withington Village Hall, starting at 7.30pm. The meetings for the coming months are on the 15th March and the 17th May, the last one also being the Annual Parish Meetings, so we start at 7pm just for this event.

If you want to know more about any of these topics, do please look at our new website and see the draft minutes from the meeting. Thank you.

Mrs Sophie Glover, wgpcclerk@hotmail.co.uk Tel: 01432 270499 (Office hours only please)

St. Peter's Church News

Tanzania Coffee Morning THANKS

This was a very well supported fundraiser for a school in Tanzania, which raised the excellent sum of £250. It will be used for the education of 2 students in poverty. Steve Chandler from Dormington has direct links with the school, and will be visiting it any time now, thus there are no administrative fees creamed off our donation.

Fundraising Programme for Charities and Church 2018

We are still in the planning stages for some of our events, so some dates and times are not yet certain. We welcome everybody to join these events. They are good social gatherings as well as fund raisers!

We aim to raise money for various Charities as well as for St Peter's Church, which needs money for both routine maintenance and to update its facilities. Venues vary, and include the Village Hall, the church and individuals' homes.

PopUp café in church will recommence in late Spring, on Thursdays, weekly, for the summer months. During the Winter, remember the monthly **BIG BREAKFAST** in the Village Hall.

Local History Archive Films & Supper.....	Sat 24 th February (VH) 7.30pm
Big Breakfast	Sat 3 rd March (VH) 8.30 – 10am
Organ Recital	TBA...late April (Church)
<u>PopUp</u> café, weekly from.....	Thurs late Apr (church) until <u>Autumn</u>
Fashion Show or Music Event	June
Garden Party Lunch & Mini Auction.....	Sun 29 th July (Soutar Garden) 1.00pm
Macmillan Coffee Morning.....	Fri end Sept (VH) 10.30am
Big Breakfast	Sat 6 th October (VH) 8.30 – 10am
Harvest Service followed by refreshments.....	Sun 28 th Oct (Church)
Big Breakfast	Sat 3 rd November (VH) 8.30 – 10am
Quiz Night.....	Sat 24 th Nov (VH) 7.30pm
Big Breakfast.....	Sat 1 st December (VH) 8.30 – 10am

More information from Ruth/Kevin 01432 850074, Margaret 01432 850448

FILMS & FOOD

at WITHINGTON VILLAGE HALL

Sat 24th February 7.30pm

£12 pre-booked including Hot Supper (£14 on the door)

BAR available



The Close in Living Memory
Hereford Cathedral Close Oral Reminiscences

In aid of St Peter's Church, Withington.

Tickets from Margaret 850448 or Ruth 850074

St. Peter's Church News

Money Makes the World Go Round!

Is money the meaning of life?

If you're so clever, how come you're not rich?

If you want to know what God thinks about money, just look at the kinds of people He gives it to!

Money, money, money - it's a rich man's world!

If I could just win the lottery/premium bonds/football pools, everything would be all right!

If I could just make ends meet!

I want my child to get a good job that pays well!

I who am about to die

Am sitting here worrying

About - money!

These are just a random selection of the myriad of things that we say or think or hear others say about money. At our next monthly Refresh meeting, we will try and think some of these things through. Is there a distinctively Christian view of money and wealth and wealth-creation and poverty?

Each first Sunday of the month we meet together in church for a no-holds barred discussion. We meet at 3.30 for a cup of tea, a piece of cake; and that is followed at 4.00 by a discussion of the main theme. In the past we have looked at such things as faith, hope, love. In February we thought about creation. This coming Sunday the 4th of March - our chosen topic is Money. Please come along and join us and help us think through together. Our discussion closes with a very brief period of prayer or informal Evensong.

Editorial

Dear All,

Spring is already beginning to reveal its colours and the days are thankfully getting longer and warmer. Space is limited in this edition for editorial but I would like to welcome our new advertiser Stefan who undertakes landscape and gardening work (see page 20).

I would like to thank Withington Group Parish Council who have donated £500 towards the ongoing costs of the magazine. Their support is greatly appreciated.

Best wishes,

Margaret

DEADLINE FOR MAY/JUNE EDITION - 7TH APRIL 2018
Email: Withingtonmagazine@gmail.com

St Peter's Church News

Dear Friends,

The church is currently journeying through the season of Lent, travelling with Jesus in the wilderness. This is traditionally a time of spiritual discipline, often accompanied with the giving up of something we like doing or eating. For seven years, a movement set up the UK Christian charity Stewardship has asked the question: what if Lent could be about more than just giving stuff up? What if it could be a time of radical generosity as well as spiritual discipline? Those who sign up for 40acts.org.uk, receive a daily email throughout Lent (not including Sundays!), with a generosity challenge sent straight to their inbox. And it's not too late to sign up!

We see small acts of generosity within our communities all the time, and what a difference they make! Gathered together these acts can be transformative, reflecting the journey from Lent to Easter: the transformation that Jesus' death and resurrection brings to the world. This edition contains details of our church services in Holy Week and over the Easter weekend and it would be lovely to see you at one of them. Also to help along the journey we have a series of talks on the subject of pilgrimage on Tuesday nights at Bartestree Village Hall. Booking is not necessary and we have a varied programme of speakers, including the Bishop of Hereford.

This Lent and Easter is poignant for me because it will be the last I spend in Withington and Westhild. I was recently appointed as the Rector of the Maund Group of Parishes (Bodenham, Marden, Sutton, Felton and Preston Wynne) and I will take up this post in July. While not the time for goodbyes yet, it certainly is a time to ponder on what God has in store for Rosie, Jack, Ben and I in the next stage of our journey.

Wishing you every blessing. Paul

Lent Talks 2018.

Walking with God - A series of talks on the subject of pilgrimage

Join us this Lent to hear from a variety of speakers about the history of pilgrimage, modern-day pilgrimages and the value to our spiritual life and relationship with God of being a pilgrim.

27th Feb From Celtic shore to Celtic shore. Rev Iain Skinner (St John's Methodist Church, Hereford) takes us on a journey on foot from Iona to Lindisfarne

6th March Walsingham: England's Nazareth. Find out about this pilgrimage destination, dating back to 1061, and the place of Mary in Anglican life and worship with Fr Matthew Cashmore (Assistant Curate, West Hereford Team. As seen on TV "In A Vicar's Life", Fridays 8.30pm BBC2)

13th March Local highways and byways. Wander with saints and pilgrims through the ancient sites of Herefordshire and the Welsh Marches.

20th March Following in the footsteps of Jesus. +Richard, Bishop of Hereford closes the series with a talk about The Holy Land ahead of the pilgrimage he will lead there in November 2018.

7.30—9pm Bartestree Village Hall. Light refreshments served. Each talk concludes with a service of night prayer. All most welcome — no booking necessary.

St. Peter's Church News

GETTING CONNECTED

ST. PETER'S CHURCH WITHINGTON FIT FOR THE 21st CENTURY

On January 17th the Diocesan Advisory Committee Board APPROVED OUR PLANS to connect to water, install all purpose WC and Kitchen. All at the back of the church behind existing screen. ALL PLANS & SPECIFICATIONS are now displayed at the back of the church for all to see. The church is open every day between 10am - 3pm.

ADVANCE NOTICE:

You are INVITED TO A LAUNCH OF AN APPEAL TO RAISE FUNDS FOR THIS PROJECT on Wednesday 9th May, 7pm in Withington Church

There will be a GUEST SPEAKER - SHORT ORGAN RECITAL - WINE & NIBBLES

Group Church Service

"Songs of Praise" Communion Service

29th April 2018

10am

Weston Beggard Church

Come and sing your favourite hymns



PIZZA CLUB

Preston Wynne Village Hall

2nd March

6.30-8pm

9-14 years

pizza, games and chat ALL WELCOME

Confirmation 2018

- Advanced notice -

We will be starting confirmation classes on 4th May.

Confirmation service: 24th June 2018.

For more information on Pizza Club or Confirmation please speak to Revd Paul (850484)

HOLY WEEK AND EASTER

PALM SUNDAY

25th March

9.30 am Family Service
with Communion

St. Peter's, Lugwardine

4pm

Liturgy of the Passion

St Peter's, Withington



MAUNDY THURSDAY

29th March 7 pm

Holy Communion

St Peter's, Dormington



GOOD FRIDAY

30th March 2 pm

Last Hour

Meditation

St Bartholomew's Westhild



EASTER EVE

31st March 7 pm

Easter Eve Ceremonies and
Lighting the First Fire of Easter

St Peter's, Lugwardine



EASTER DAY 1st April

9.30 am Lugwardine

9.30 am Withington

11.00 am Dormington

11.00 am Westhild

11.00 am Weston Beggard



Withington Village Hall

The winter is the time when the systems of the Village Hall, like in our homes, all need to be working efficiently and reliably. The hall is now in its 19th year of functioning and time is showing work that needs to be done; some emergency and others of general maintenance.

Heating We have had a couple of occasions where heating and water have been a problem. We had a burst pipe just before Christmas, and then in January we had two separate instances where the boiler was not working. The first fault was a simple one and the boiler was out of operation for a couple of days. Then the water pressure kept dropping without any apparent reason; obviously, water was leaking somewhere, but where? The idea of lifting the floor which we had just had treated was a daunting thought. In the end, it was the heat exchanger leaking into the discharge piping.

The solution was a new heat exchanger and we had to hire commercial electric heaters for a week so that the main hall could still be used. Fortunately, all is now working.

Chairlift Despite regular maintenance the chairlift is not functioning efficiently as it too is showing its age and it continues to be a plaything for children at hall events. We cannot remember a time when anyone ever enquired about using the chairlift. After all, the remainder of the hall is disabled-friendly with a disabled toilet and wheelchair access to/from all exit doors. We are seriously considering removing this old chairlift and not replacing it.

If you have any views on this then please contact the committee – details below.

General There are areas of the hall which could use a coat of paint, including some of the steelwork. Quotes are being obtained and work will be done as Summer approaches.

Hopefully the work will be done without too much disruption to regular users.

Grouse of the month Please will people changing nappies take the soiled one home!

After 2/3 days in the toilet bin the smell becomes

200 Club

The 200 club raises money which we use to maintain the hall.

We need to continue this scheme in the future. Please buy a ticket or two.

Cost £8

Prizes are drawn monthly and the main draw is at Christmas.

Tickets for 2018/19 will be available in March.

Tickets from Committee Members or phone Kevin Hewison 850074

Recent Winners:

January 2018

£20 171 Micky Brown

£10 92 Carole Davies

£10 1 Tom Nellist

£10 41 Tristan Soutar

February 2018

£20 8 Rebecca Eastick

£10 112 Carole Davies

£10 197 Helen Taylor

£10 200 Daniel Wells

Memories by Bryan Davies

BEACHCOMBING

Many people living by the sea today see beachcombing as a natural part of their daily lives. Those living on the coast, particularly those living near busy sea-routes, can find it rather rewarding.

Imagine then what fun we had as children during the war as we scoured the beaches around our village for various items washed ashore by the sea.

The cliff-top paths leading from the village (now known as the National Trust coastal paths) take you along the coast to the more remote beaches a few miles from the village. To continue your walk along these paths will bring you to the villages of Cwm Tudu and Llangrannog.

As children we would walk the two miles or so along these paths to Traeth Coibal (Coibal Beach in English), so named because of a small farm (Coibal Farm) situated high above the beach on the cliff top a few hundred yards inland.

This beach is of stones, pebbles and shingle with larger boulders revealed when the tide is out. One had to be fairly adept at cliff climbing to descend to the beach hundreds of feet below the footpath. When visiting this beach, we as boys would take with us pieces of rope which we would use to secure bundles of driftwood which we unfailingly found scattered around on the beach. Having struggled to carry our load of wood up the cliff face, along the path and back home, we would then use it, either as firewood or with the help of a hammer, a saw and some nails, turn it into a cart or a sledge for use in winter. Surprising how the pile of driftwood, ambitiously tied together on the beach with great fervour, was discarded piece by piece on the way home as we grew more and more exhausted. By the time we reached our destination, little of the original piles was left.

Coibal Beach however, wasn't only visited for its driftwood, but also for another very special reason. At low tide, one could scour the deep rock pools with a net (on the end of a pole) and harvest the occasional crab or even, if lucky, a lobster. We would also find shrimps and prawns.

Beachcombing became an important part of our lives during the war and many a find was taken home for use in the house.

On one occasion, we found a large cube, about a yard square all round, of pure crepe, the kind that one found on summer sandals. I seem to remember that the coastguards took that away. On another occasion, on the same beach, we found that the beach was littered with the bodies of dead pigs, all of which had been drowned at sea, probably washed off the deck of some stricken freighter. Strangely enough we found that each pig had a hole under its chin, just above the throat. We later learned that pigs can kill themselves by swimming. The act of using their front feet causes them to scratch a hole under their chins, allowing the water to enter their lungs, thus drowning them.

One day, while playing on another beach about half a mile from the village, we heard the sound of a low flying aircraft and saw a spitfire flying very low over the sea not far from us. Suddenly the engine cut out and in the ensuing silence we saw the spitfire glide on to the sea and then in one hop it bounced with a huge thud on to the beach not far from us. In great excitement we ran to it only to see the pilot climb out, rather shaken and with superficial cuts to his face, but otherwise unharmed. Can you imagine our excitement, a spitfire of our very own. We had never been that close to one before even though we saw them fly around the village. It appears that it had run out of fuel. The aircraft remained on the beach just out of reach of the incoming tide for weeks. By the time they took it away, there wasn't that much left of it.

At some time each week, almost daily, a small single wing yellow aircraft (Hawker Henley) would fly across the bay towing on a long cable, a bright red and white fabric target. The aim of this exercise was to give the gunners at a nearby army camp shooting practice. We would spend hours watching this exercise. Occasionally the gunners would hit the target and holes would appear in the target where the shells found their mark. The real excitement however came when a shell would sever the towing cable and the target would plunge to earth like a huge red and white streamer. Sometimes it would land in the sea, but at other times it would land on a beach not too far away. Then the race was on to see who could reach it first. We would race away at great speed to recover it as it was made of the most

Memories by Bryan Davies

beautiful silky parachute material. If it was undamaged then the coastguard would confiscate it and return it to its original source. I often thought of the bravery of the towing pilot, sitting there in his cockpit not that far away from those exploding shells.

One Saturday while out playing near the seafront, we noticed that washed up on the beach about half a mile away was something rather large, shaped like a huge barrel, only this was covered in rather large spikes. Inevitably we made a beeline for it, but were (thankfully) kept away by the Home Guard who had beaten us to it. It was of course a huge sea mine which had broken away from its mooring and which was highly dangerous. Any contact with one of its spikes would prove fatal to anyone standing within a few hundred yards of it. Later we took up our positions behind a harbour wall (as near as we were allowed) to see the Home Guard fire at it with their rifles and causing it to explode, erupting in an enormous explosion sending sand, shrapnel and stones hundreds of feet into the air. The whole earth shook under us and for some time we gazed in awe and subdued silence, not realizing that such a massive explosion could possibly happen, especially in our village where the war was really a distant daily occurrence. For the first time, we had unwittingly experienced the reality and the terror of the real thing.

More next time.

Bryan

Westhide

After all the Christmas festivities February can seem rather drab and grey. But it is cheering to see a mass of snowdrops in the churchyard, signs of Spring appearing in the garden and to make plans for the coming months.

There will be a special Mothering Day service on March 11th at 11 o'clock. All mothers and grandmothers specially welcome! Help with making up little posies would be wonderful.

On Saturday 14th April there will be a Spring-Clean for the church and churchyard- an annual event when we turn up from 10 o'clock onwards armed with mops and dusters, secateurs and gardening implements in an effort to spruce up the churchyard and give the church a special clean. Please come and help if you can - the more the merrier. There will, I hope, be some refreshments to keep us all going. And in the evening a social get-together in the Bell Tower for a Curry Supper.

Westhide will be hosting the 5th Sunday in the month Group service on April 29th, when we welcome friends from the other 4 churches in the Benefice.

.....

Westhide is a village and civil parish in Herefordshire, England, 9 km north east of Hereford. The parish had a population of 79 in the 2001 UK Census and is grouped with Preston Wynne and Withington to form Withington Group Parish Council for administrative purposes.

The parish church is dedicated to St Bartholomew and has a large but short 12th-century tower. In the churchyard are the remains of a medieval preaching cross now topped by an 18th-century sundial.

The course of the Herefordshire and Gloucestershire Canal runs just north of the village.



Preston Wynne

PRESTON WYNNE NEWS MARCH/APRIL

Hello Everyone,

Well here we are again looking for signs of Spring, and hey presto despite the cold weather we are having (enduring) at the mo, the daffies look as though they are well on track for early flowering and the snow-drops seem to have sprung up almost overnight. My brother David who has lived in Australia since he emigrated as a “ten pound pom” rang up the other evening saying it was quite cool there now at 26 degrees and he was sitting on the veranda with an early morning cup of tea, “how lovely for you” says I through gritted teeth having just come in, frozen to the marrow. “Never mind” says Dave “your Spring is just round the corner” and he carried on with the following which used to amuse him greatly when we were kids “The Spring is sprung, the grass is riz, I wonder where the birdies is? Some say the birds are on the wing, but I always thought the wing was on the bird.!” So sorry about that but I thought I’d just share that groan moment with you. The phone conversations these days are amazingly clear aren’t they? When David first went out there was a terrific time lag and you would both be talking or listening at the same time. Now it’s often clearer than talking to someone in Preston Wynne, not sure that’s always a good thing.....? (I love him and the phone calls to bits really). Best crack on –

Church News

Services – t.b.a. watch for the notice board on the corner

We are planning a **GOOD FRIDAY WORKSHOP** WHICH WILL BE IN THE HALL FROM 10 TIL 12 A.M. Please check with Tricia on 820650 for confirmation of this nearer the time. If you are able to help with this we would be most grateful, all are very welcome, the children have great fun making things and enjoying all sorts of activities. An entry fee of £2.50 to cover costs is all you need.

It seems strange reporting on the Christmas lunch and the Carol Service now but both events were well attended and delightful. Thank you to all who came along, supported and helped with these.

More recently the BURNS NIGHT SUPPER was held on 3rd February. We are most grateful to our lovely piper Ian Skinner for piping in the haggis and addressing it, an added bonus is that Mrs Skinner comes along with him and helps out in the kitchen. We have a brilliant team of helpers on occasions such as these, so a big thank you to everyone involved. The funds raised for the Church coffers are very welcome.

HALL NEWS

Bingo is held on the 3rd Tuesday of each month eyes down 8.00pm

Zumba classes are each Thursday at 9.45am to 10.30am.

W.I.NEWS

The birthday month of **February** is celebrated with a steak and bowls evening at the Hickory Stick. **March** meeting “Create beautiful rags from rugs” and the **April** meeting “Autoharp and Dulcimer Delight” are both open to non W.I. members and all are more than welcome. Please contact Margaret on 01885400700 if you would like to come along as numbers are needed for catering purposes (we always have a nice tea provided by the hostesses for the evening). W.I. is held in the Hall on the second Wednesday of each month.

Finally, it is with much regret that we report the death of Ralph Evans’ mother, who sadly had a fall from which she didn’t recover. Our thoughts are with her family, particularly Ralph and Rachel.

That’s about it for now, see you in a couple of months,. Love Hilary and Tricia.

Contact Names and Telephone Numbers

<u>Byworth Trust Clerk:</u>	Margaret Soutar	850448
<u>Police:</u>	Safer Neighbourhood Team PC Sarah Cullen/PCSO Elena Ekanite	101
<u>St. Peters Church:</u>	Rector Jane Davies	850244
	Church Warden Kevin Hewison	850074
	PCC Secretary Marcia Hopkins	850933
	Bell Ringing Kevin Hewison	850074
<u>Village Hall:</u>	Chairman Kevin Hewison	850074
	Booking Secretary Kathy Fields	851001
<u>WG Parish Council:</u>	Clerk Sophie Glover	270499
	Chairman Paul Bainbridge	850655
	Vice-Chairman Ralph Barber	853068
<u>Whitestone Chapel</u>	Ian Porter	01981 540388
<u>Withington Football Club:</u>	Chairman Steve Caine	851857
	Secretary Ray Rice	850669
<u>Withington Post Office:</u>		850356
<u>Withington Primary School:</u>		850289
<u>Withington Parish Magazine:</u>	Editor Margaret Thompson	850182
<u>Withington Village Store:</u>		851777

Poetry Corner



I made a new password
That no one could guess.
It's long and confusing
And truly a mess.
It has random letters
and numbers galore,
with dozens of symbols
and spaces and more.
My password is perfect,
completely secure,
and no one will break it;
of that I am sure.
It's flawless and foolproof.
I don't have a doubt.
But, whoops! I forgot it
and now I'm locked out.

--Kenn Nesbit



Recycling Song

-Sung to "Row Row Row Your Boat"

Save, save, save your papers,
throw them in the bin,
We can help to save the Earth if
we all pitch in.

Save, save, save your bottles,
throw them in the bin,
We can help to save the Earth if
we all pitch in.

Save, save, save your cans,
throw them in the bin,
We can help to save the Earth if
we all pitch in.

Save, save, save your plastics,
throw them in the bin,
We can help to save the Earth if
we all pitch in.



Withington Football Club



Withington Junior FC

U12 Training sessions Mon 6pm
U13 Training sessions Weds 6pm
U14 Training Sessions Thurs 6pm
U17 Training Sessions Tues

Contact: Ray: 850669 / 07974 583093
or Steve: 851857 / 07837 984377



Withington FC: We currently have four teams playing in the Herefordshire Junior Leagues. Being an experienced player is not a criteria of joining our teams as we will develop players to play in and become part of the team. Players that want an opportunity to play get an opportunity regardless of experience.

New Players Required NOW: We are currently looking for additional players to bolster our junior teams especially the U12 & U13 age groups.

New Age Groups: The club is looking to start up younger age groups in the near future. We are looking for boys and girls ages 6/7/8/9/10 to start development teams and then progress through the years filling the gap left behind by the current age groups. If there are any youngsters out there interested then please get in touch. The catchment is not just the Withington area so we are happy to take youngsters from all over Hereford.

Coaches Required: With the proposal for the new age groups we will be looking for adult volunteers to take up the coaching roles. You don't have to be a current qualified coach as the club will help support you through your Qualification, an FA enhanced CRC will be required again we will help with this. Again if interested please get in touch.

Funding: The club relies upon donations and fundraising in order to survive. Just recently we were kindly supported by CCR Vape Bar (Hereford) Customers and Tesco Bags for Help Funding Grant. With these two donations we have been able to purchase 6 portable/re-chargeable floodlights. This means we can cover most of the playing area for team practices. A big thank you goes out to both.

Elizabeth Byworth Charity

The Trustees meet quarterly (March, June, September and December).

Next meeting 13th March 2018

If you are under 25 and live in Withington, Westhide or Eau Withington and would like some assistance with purchasing books, equipment, tools, educational visits, uniforms, etc. please contact me at the address below. APPLICATIONS should be made in writing stating name, age and approximate cost of items required and sent to:

Clerk to the Trustees, Margaret Soutar, 3 Duke Street, Withington. HR1 3QD or email:
Margaret.soutar@btinternet.com

Local History by Laureen Willmott

Local Quiz: Do you know where the following can be found?

- | | |
|-----------------------|----------------------------|
| 1. Primrose Hill | 12. Honey Meadow. |
| 2. Marsh Top | 13. Rice Orchard. |
| 3. Danes Hill | 14. Cow Pasture. |
| 4. School house field | 15. Tea field |
| 5. Croose hill | 16. Cock down. |
| 6. The Tump. | 17. Old lands. |
| 7. Crift ditch. | 18. Steed meadow |
| 8. Green Tea. | 19. Fish Pool hopyard |
| 9. Bird House Orchard | 20. Portcullis. |
| 10. The Common | 21. Donkey Wood. |
| 11. Bearcroft Orchard | 22. Three old Post Offices |

Answers in the next edition of the magazine. Good luck!!

Withington Gardening Club

WITHINGTON GARDENING CLUB REPORT MARCH – APRIL 2018

Seems a long time ago the Christmas Meal – but after a few hiccups we had a great night at Trumpet Inn

Quiz set up by Raymond/Paula – A big thank you for arranging.

Up and coming events



March 21st Back by popular demand – Paul Green – from Choice Plants Newent

Talk on plants for Spring - Lots of plants for sale (not to be missed if you are wanting to fill empty spaces in your garden before Easter)

Refreshments: Victoria/ Carol Bendell

Raffle: Debbie Barber

April AGM – Fun Quiz for all – by Paula
(Also ask members to bring sweet/savoury nibbles for during and after quiz)

May Visit to be arranged details to follow in May/June edition

All meetings in hall 7.30pm . New members always welcome contact 01432 850371

West Mercia Police - Advice

Livestock Worrying - Important information for dog owners

There have already been several reports of dogs chasing pregnant sheep over the last few days. With lambing season quickly approaching it is important for dog owners to keep in mind the following when out walking:

"Under the Dogs (Protection of Livestock) Act 1953, **if a dog worries sheep on agricultural land, the person in charge of the dog is guilty of an offence.** The Act considers sheep worrying to include attacking sheep, chasing them in a way that may cause injury, suffering, abortion or loss of produce or being at large (not on a lead or otherwise under close control) in a field or enclosure in which there are sheep."

The Countryside Code produced by Natural England offers the following advice:

When you take your dog into the outdoors, always ensure it does not disturb wildlife, farm animals, horses or other people by keeping it under effective control. This means that you:

- keep your dog on a lead, or keep it in sight at all times, be aware of what it's doing and be confident it will return to you promptly on command
- ensure it does not stray off the path or area where you have a right of access

Special dog rules may apply in particular situations, so always look out for local signs, for example:

- Dogs may be banned from certain areas that people use, or there may be restrictions, byelaws or control orders limiting where they can go.
- The access rights that normally apply to open country and registered common land (known as 'Open Access' land) require dogs to be kept on a short lead between 1 March and 31 July, to help protect ground nesting birds, and all year round near farm animals.
- At the coast, there may also be some local restrictions to require dogs to be kept on a short lead during the bird breeding season, and to prevent disturbance to flocks of resting and feeding birds during other times of year. It's always good practice (and a legal requirement on Open Access land) to **keep your dog on a lead around farm animals and horses, for your own safety and for the welfare of the animals.** A farmer may shoot a dog which is attacking or chasing farm animals without being liable to compensate the dog's owner.

Herefordshire Wildlife Trust

An Evening of Words and Music in aid of HWT's nature reserves appeal **Fri 30 March 7.30pm-11pm**

An Evening of words and music, in association with the Wild Hare Club, featuring author and broadcaster **Rob Penn** (*The man who made things out of trees*) and prize winning poet and author **Miriam Darlington** (*Otter Country: in search of the Wild Otter*) followed with live music by Herefordshire's popular world - folk band **Slippery Slope**. Doors will open at 7.30pm with the first half of the evening starting at 8pm. There will be a paying bar throughout the evening. Venue: Tomkins Theatre, 148 Whitecross Road, Hereford HR4 0DH. Cost: £12.50. Book your ticket online at www.herefordshirewt.org or call 01432 356872. Further details about the event will be available on the Trust's website shortly.

Talk: Wildlife in the Falkland Islands

Thurs 5 April

7.30pm-9pm

A talk by Roger Beck, HWT Trustee on the wildlife of these remote islands for the Weobley branch of the Herefordshire Wildlife Trust. Venue: Hopelands, Weobley Village Hall, Gadbridge Road, Weobley, HR4 8RZ. Cost: £2 HWT members, £3 non-members. No booking required

Bluebell Walk at Lea & Paget's Wood

Wed 25 April

10am-12pm

Walk led by Volunteer Reserve Warden Martin Hales through the beautiful nature reserve of Lea & Pagets Wood. Venue: Lea Pagets Wood, Hawkers Lane, Fownhope, Hfds, HR1 4PZ. Grid ref: SO 598

Spring Herb Walk round Queenswood with Rowan McOnegal **Sat 28 April 10am-12pm & 1pm-3pm**

Medical herbalist Rowan McOnegal will lead a two hour ramble in the morning and afternoon through Queenswood identifying herbs and discussing their medicinal uses. Suitable for over 18s. Venue: Queenswood Country Park & Arboretum, nr. Leominster, HR6 0PY. Meet at the Queenswood Visitor's Centre and Gift Shop. Usual parking charges apply. Cost: £7 per person. Meet at the Visitor's Centre.

Booking: For booking and more information contact Rowan McOnegal at rowanmconegal@hotmail.com

Healthy Eating by Nicki Drinkwater

By Nicki's Nutrition

Veganism is removing **all** animal based products from your diet, including honey, dairy and eggs. If you are wishing to follow this lifestyle, I would recommend trying to cut meat out initially then slowly remove the other items.

So, why has veganism suddenly become so popular?
Are we becoming more conscious of animal cruelty?
Do we know what the animals are actually consuming on a day-to-day basis?

The benefits of a plant based diet are that, it is low in saturated fats and high in vegetable/fruit intake which is always a bonus!

The disadvantage is you need to ensure you are gaining enough vitamins and minerals. Animal protein is high in B12 which is a source of energy and good for our little energy factories called *Mitochondria*. You can also increase Mitochondria cells by exercising more.

Adding in pulses such as lentils and quinoa can be an easy way to add in extra protein which also count as one of your five a day. Green leafy vegetables such as kale and spinach are full of micronutrients. Sometimes a supplement may be required if you feel tired often.

You need to also be aware that you are not consuming too many sugary foods, there are many vegan sweets and chocolates which can be easily be too tempting.

Don't forget that all fruits count – fresh, frozen, tinned, dried. Although be careful not to get tinned fruit in syrup and dried fruit should be eaten in small portions as high in sugar, but still a great little snack on the go.

Invest a good cook book, there are so many on the market to choose from just for vegans! There are sometimes vegan fairs around the country full of foodies and ideas.

Tesco and Sainsbury's have recently released a Vegan range, consisting of Burgers, Bolognese and Thai Curry to name a few.

For supplements, try *Cytoplan*, they are a local based company in Worcestershire with most of their products being suitable for vegans. They have Nutritional Therapists available Monday to Friday for additional support if required.

Some foodie ideas:

Tofu is a great protein addition to the diet.

Moo Free is a dairy free, vegan chocolate company, ideal for gifts.

Nutritional Yeast Flakes are a flavour enhancer which can be used as a cheese substitute or mixed in with a plant-based milk, available in *Grape Tree* and *Holland and Barrett*.

Note: I am not encouraging anyone to become a Vegan, this article is to discuss points around the subject.

If you choose to adapt to this lifestyle, please make sure you follow it correctly and obtain the correct nutrients and remember BALANCE IS KEY! And note that Veganism IS a LIFESTYLE and not a temporary diet.

Kiddies Corner



www.ActivityVillage.co.uk - Keeping Kids Busy



FRANK THE FRIENDLY ALIEN

I'm Frank, the friendly alien.
From deepest outer space.
My face is fairly friendly.
It's such a friendly face.

My teeth are sharp and pointed.
My eyes are big and red.
I have such friendly features
upon my friendly head.

My horns are green and shiny.
I have exactly three.
My nose is long and crooked,
the way a nose should be.

My ears are huge and scaly.
My tongue is brown and blue.
The people from my planet
all look friendly like I do.

My claws are shaped like daggers.
My hands are huge and hairy
I'd love to stay and tell you more
but you look much too scary.

--Kenn Nesbitt



Can you draw a Friendly
Alien like Frank?

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