



ASHFORD HILL with HEADLEY

October 2024



Parish Sale – 5th October

for details see page 6

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Advertising in this parish magazine: If you want to advertise in this magazine, please contact Patrick Taylor patrick@ourparishmag.com

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A letter from our Vicar, Revd. Pete Williams



Whenever I meet someone for the first time, a question that often gets asked is, “what do you do for a living?”. When I answer, “I’m a Vicar”, I’m almost always asked a follow-up question – “why?”

That’s an easy question for me to answer in my head because I have my faith as a plumbline for all I do. But when I’m talking with someone who doesn’t believe in God, or have an active faith life, it becomes more difficult. I invariably get bogged down in an explanation about “vocation” or “calling”.

This has led me to reflect on the nature of a calling to something, and specifically to some of the component parts of having a sense of “call” on our lives.

As I see it, and independent of any religious connotation, these are the primary components we’d need to consider in unearthing a calling on our lives:

1. What do you love?

What are you passionate about? What makes you angry? Energised? What’s the one thing you always like to talk about? What would you do with your life if you didn’t get paid & didn’t need any money?

2. What are you good at?

You’ll do some things and come alive, and people all around you will say, “Wow, you’re so good at that – you should do more of it.

3. What could make your world better?

When you look around at your home, your work, your town – the world at large – what is it missing? What is it that your world needs more of? What do you see and think, “somebody should fix that”?

What could you do to contribute to human flourishing, that is good for the earth, good for you, and can help humanity?

4. What are the open doors in your life?

What is spread out in front of you? Who do you know? Who or what are you located near to? Is there someone you can learn from?

5. What are people who know you saying?

Sometimes people who love us know us better than we know ourselves. They see who we really are. Listen to those people. Ask them what they think, and listen.

6. What is stirring in your heart?

Is there something stirring in your heart that you feel you just have to do? Something that’s inside of you, that you just have to let out? Something to try, whether you succeed or fail?

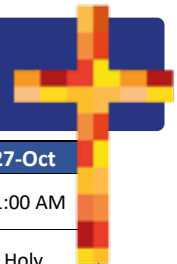
Once you’ve considered these, then look for points of convergence – opportunities or avenues to explore where multiple pieces of this jigsaw come together.

Maybe your calling won’t be to ministry, but maybe there’s something that you’ve never seriously considered, waiting to be discovered.

Bless you.

Pete

Church Services & Rota – October 2024



Date	06-Oct	13-Oct	13-Oct	20-Oct	27-Oct
Time	9:30 AM	9:30 AM	9:30 AM	9:30 AM	11:00 AM
Service type	Holy Communion	Harvest Worship	Bubble Church	Morning Worship	Holy Communion
Where	St Peter's, Headley	St Peter's, Headley	St Paul's, Ashford Hill	St Paul's, Ashford Hill	St Paul's, Ashford Hill
Chalice	Penny Stewart	N/A	A short service for young families See page 7	N/A	Patrick Taylor
Sidesperson	Paddy Dring	Ann Hoddinott		Paddy Dring	Lorraine Cusworth
Reader	Paddy Dring	Penny Stewart		Heather Taylor	Heather Taylor
Intercessor	N/A	N/A		N/A	Patrick Taylor
Altar Colour	Green	Green		Green	Green
Service Leader	Neil Britton	Rodolph de Sallis		John Price	Neil Britten
Readings	Matthew 5: 38-48	Matthew 6: 1-4	Matthew 6: 5-15	Matthew 6: 25-34	

This month, services will be held at St Mary's, Kingsclere as follows:

Date	Time	Type of service
06-Oct	10:00am	Harvest in the Barn at Strattons Barn
13-Oct	9:00am	Traditional Service
	10:30am	Contemporary Service
20-Oct	9:00am	Traditional Communion Service
	10:30am	Contemporary Communion Service
27-Oct	9:00am	Traditional Service
	10:30am	Contemporary Service
Every Thursday at 10:30am, there is a service, either Holy Communion or Morning Worship, held in St Mary's, Kingsclere		

Other Church Activities

Please continue to look out for notices via the Church email list run by Emma Rivers. If you are not signed up to our mailing list, contact 07422 687125 or email administrator@stpaulsashfordhill.co.uk.

The Village Sale

St Paul's Church, Ashford Hill
Saturday, 5th October, 1pm - 2.30pm

Good Quality Bric a Brac, Clothing, Hats, Shoes,
Scarves, Toys, Cushions, Books, etc.

Entrance Fee 20p
Free Parking, Refreshments

Contact: loricusworth@hotmail.com
or Terry on 07768 795666

All Proceeds towards Church Funds

Fellow parishioners, clear out your attics! Tidy up those clothes drawers! Make space for the winter.

This is how you can support the Village Sale on 5th October.

We will be accepting donations at St Paul's on:

Thursday 3 October, 2-4 pm

Friday 4 October, 1.30-4pm

Saturday 5 October, 9.30-12pm

We also require donations of cakes for refreshments.

Contact Terry on 07768795666 or email loricusworth@hotmail.com.

We are happy to arrange pick-ups outside of these times if required.

All contributions are gratefully received and proceeds will be put towards running your local churches.



Bubble Church is a free, puppet-packed, Jesus-centred, coffee-and-croissant-fuelled, 30 minute kids and families adventure.

Here's the deal: you turn up at St. Paul's Church, Ashford Hill a few minutes before the service is due to start and enjoy a croissant and a coffee. Then you'll be guided to a 'bubble', and you and your little ones will share in 30 mins of song, story, puppets, and prayer.

If you want to watch a video about Bubble Church, here is a link:

<https://www.youtube.com/watch?v=urMZe0A-IGg>

If you are interested to join us at the launch of Bubble Church on Sunday 13th October, it would be appreciated if you can let us know that you are coming. Then, we will have an idea how many croissants / pains au chocolat to buy! You can use this QR code to find the page on the church website or go to: <https://www.clerewoodlands.org.uk/bubblechurch>



St. Mary's Kingsclere
would like to invite you to their
Harvest Celebration

Harvest in the BARN

Sunday, October 6th at 10 am

Family harvest crafts, tractor, animals
and refreshments

Harvest gifts will go to the St. Mary's Community Larder

Strattons Farm Barn, Newbury Rd,
Kingsclere, RG20 4SZ
Parking available

Please note ~ There will be no service inside the church that morning

Kingsclere Singers

with guest organist Will Goodfellow proudly
present a programme of music for everyone in

St Mary's church, Kingsclere at 3pm
on Sunday 27th October

This is a non-ticket event with a retiring collection to be shared
between Will, the church and the choir.
Tea and cake will be served after the event.

*PS: For those of you who do not know: Will Goodfellow is the son of Revd Lucy Thirtle,
who used to be our Vicar.*

What's on in OCTOBER & beyond

If you are arranging any event which you would like mentioned in this magazine, please do let me know. Send details to patrick@ourparishmag.com Please take note of the following:

The Community Café – Headley Community Shop – is open every Tuesday from 2:30 - 4:30pm.

Photograph Competition for Oct – closing date for entries: 7th October – see p15 for details.

The Village Lunch – The village lunch will take place on Friday 11th October – 12.15-1.45 pm, in the Community Room at Headley Village Shop. Homemade soup and a filled roll £5.00. All are welcome.

Ashford Hill Garden Club – The next meeting will be on Wed 9th October at Ashford Hill Village Hall, starting at 7:45pm. Doors will open at 7:30pm. Visitors will be welcome with an entry charge of £5. For October 9th, we have Paul Patton visiting the garden club to give a presentation. Paul is a regular, popular speaker with the club members, hence his return.

Parish Council meeting – The next meeting will be on Monday 14th October at Ashford Hill Village Hall, starting at 7:30pm.

If you have any issues or questions you want to put to our Councillors, this is your chance to do so. They work for our good. Attend the meeting and show your support. <https://ashfordhillwithheadleyvpc.org/>

What's on at Shipinnarts – The Ship Inn Country Hotel, Ashford Hill RG19 8BD

<https://shipinnarts.org/> 01189 814504

October 4th Friday – Open Mic – 7pm

Free event. Come and join us. The bar is open, why not pop in for a drink?

October 5th Saturday – Flautissimo II with Alison Pickering – 12 midday - 1pm

Come and join us for our monthly rehearsal! We are a lovely group of 4 Flute players and we would love to encourage more people to come and join us! even if you are able to play just a few notes on your flute. Please bring £5 cash when you come.

October 8th Tuesday – Crafts at Shipinnarts – 11am - 2pm

Please bring £5 and your own packed lunch. Teas and Coffees provided.

October 11th, 18th and 25th Friday – Recorder Choir with Alison Pickering – 18 years and up – 7.30pm-9pm.

Come and join us! Please bring £5 cash. Even if you can't read notes, or have limited knowledge of recorder, come along! If you don't have a recorder you will be advised which one to get. Alison is hoping to have the full range of recorders eventually! Soprano, Descant, Tenor, Treble and Bass recorders.

Contact Alison Pickering for Flautissimo and Recorder Choir email: alisonpickering30@gmail.com

The Village Sale – Saturday 5th October at St Paul's Church – see page 6 for more details.

Launch of Bubble Church – Sunday 13th October at 9:30am – at St Paul's Church, Ashford Hill – see page 7 for more details.

Kingsclere Singers, with guest organist Will Goodfellow proudly present a programme of music for everyone in St Mary's church, Kingsclere at 3pm on Sunday 27th October.



FORAGING IN OCTOBER

The foraging season proclaims autumn is with us. There are many fruits, berries and nuts that have sustained people and animals since the earliest times. Memories from my childhood of blackberrying in hedgerows; finding plums, crab apples and bullace for making jellies and jams; going with my father to gather elderberries for his notorious homemade wine! Now seeing fallen apples on roadside kerbs, still gives me a nudge to pick them up as I drive by! Foraging seems to be a neglected pastime, although in past centuries this free bounty would have been a vital contribution to larders and stores, and also doses, unguents and potions for the winter months.

Bilberries (*Vaccinium myrtillus*) have several names, blaeberry in Scotland, or whortleberry, whimberry, whinberry or even urts, depending on where you live. The bilberry bush is a wild relation of the cultivated blueberry, growing on heaths and moors, here and across northern Europe. The sharp tasting berries have potent medicinal powers, and also make jams, pies and liqueurs. The berries are similar to blueberries, but have red inner flesh, rather than white flesh. A legend from Greek mythology when Myrtilus, a son of Hermes, and a charioteer to King Oenomaus of Pisa, was approached by Pelops who wanted him to hinder the efforts of his master, Oenomaus, to win a race. Myrtilus was offered as a bribe the privilege of spending a night with Hippodameia (the king's daughter). He was tempted... And replaced the bronze linchpins of the King's chariot with ones made of wax (as part of the deal). The wax linchpins broke, resulting in King Oenomaus' death, as intended. However, Pelops then killed Myrtilus by throwing him into the sea. When his body was washed ashore, Myrtilus is said to have become a bilberry bush!



Blackberries (*Rubus Fruticosus*) have grown across Asia and Europe for many thousands of years. The ever-so-prickly bramble plants, abound wherever they can, and are not always welcome in gardens or beside footpaths. However, their berries cooked or sieved are a free option for filling pies and crumbles, jams and jellies. During World War 1 children would pick blackberries for the production of juice to be dispatched to soldiers to keep up their vitamin C levels. According to legend, the last day to pick blackberries is 10th October, known as 'Old St Michael's Day', and that after this date, the Devil spoils the berries by spitting on them! Or they just start rotting if not picked!



Crab apples (*Malus sylvestris*) unlike apples are very sour, but they are a natural source of pectin for setting jams. Also they can be roasted and served with meat or added to ales and punches. More commonly they are used to make crab apple jelly.

The blossom is very pretty in Spring, and the rosy coloured wood was burned by the Celts during fertility rites and festivals. Shakespeare refers to crab apples in *A Midsummer Night's Dream* and *Love's Labour Lost*. They have long been associated with love and marriage. If you throw the pips into the fire while saying the name of your love, the love is true if the pips explode!

Hazelnuts (*Corylus avellana*) or cobnuts (their name in Kent) make a tasty nibble, picked up on an autumn walk. Look out for pairs of three-sided nuts in bristly cases from mid-September and throughout October. Scrape off the outer brown skin to reveal the triangular seed. They can be used in a similar way to pine nuts, sprinkled on salads and risottos, eaten raw, or roasted (then rubbed between 2 tea towels to remove the shells). They can enhance many a pudding or breakfast cereals. Also mixed with



chocolate to make praline and other confectionery, and liqueurs. Many thousands of burned hazelnuts have been discovered on Mesolithic sites on the island of Colonsay, Scotland, Farnham in Surrey and on the Isle of Man, dating back to 6000 BC. Hazel trees grow well across Europe so there are many recipes and ways of enjoying these free gifts!

Rosehip (*Rosa canina*) or rose haw / rose hep is the fruit of roses and used to propagate and hybridise new plants, often grown for the ornamental merit of the hips. The hips are rich in vitamin C and up to the 1960s, children would be given a spoonful of rosehip syrup to keep the bugs at bay! Oil can be extracted from the seed of *rosa canina*, the wild rose native to Europe and parts of Asia and Africa as a prophylactic, for inflammatory and skin disorders and dietary supplements. The fruit can be made into wine, herbal tea, and in Sweden *nyponsoppa* is a soup served at breakfast with almond biscuits.



Sweet chestnuts (*Castanea sativa*) have been eaten for thousands of years. Roasting chestnuts is synonymous with Christmas, and seeing paintings of those chestnut sellers in bustling markets of yesteryear! Dip them into boiling water to soften the hard skin for use in many recipes, both sweet and savoury.



Not to be confused with the horse chestnut that has conkers(!) sweet chestnuts produce more than one nut within the brown 'fuzzy' husk, whereas the toxic horse chestnut has only one seed / nut in a hard spiky shell.



Walnuts (*Juglans regia*) are richer in antioxidants than any other common nut and proved in a 2022 study can reduce LDL cholesterol levels – the bad one! They are a good source of Omega-3 and protect against inflammation and various chronic conditions, including cancers and heart disease. The nuts are not nuts but the seed within the green shells, the shell being the fruit. They are very versatile, eaten raw, roasted, toasted, preserved, pickled, used in confection, savoury and sweet dishes and liqueurs. In fact the trees are not native to these islands, originating from central Asian varieties of *Juglans regia* and highly respected by ancient Persians and naturalised throughout Europe. The tree was introduced to England by the Romans. The Old English 'wahl' referred to strangers, which being an introduction from another country may be how its name evolved to walnut. Ancient folklore alleges that walnuts gave one protection from evil spirits. The shape of the walnut, resembling a tiny brain within the shell, apparently possessed magical properties. Carrying a walnut was thought to ward off evil spirits and bring good luck.

Wild Plums (*Prunus Domestica*) can be either red, purple, green or yellow with a flat rough stone in the middle. The flowers attract many pollinating insects and the fruit is enjoyed by birds and small animals. They are prolific throughout the world and as the cherry, are important in Chinese symbolism, where the tree is alleged to have originated, being an emblem of fertility, hope and renewal. In Celtic mythology the plum tree was linked to the Goddess Brigid / Bridget, who is associated with fire and water elements. It has value for health too, with high vitamin C content and is beneficial to the immune system.



Plums are very versatile in the kitchen. There are many recipes including chutneys, jams, pickles, cakes, puddings and compotes.

So while the weather is fair, and you feel like a walk in the countryside, take a bag or basket and Happy Foraging !!

Manda RR

Headley Shop newsletter October

16th anniversary passed

We have just passed the 16th anniversary of the community taking over the running of the Shop, initially from the shop on the Ashford Hill Road and, since 2011, in the current location at the Old Baptist Chapel in Thornford Road. The 15th Shop AGM was held in the community room in July, attended by approximately 30 shareholders. At the meeting, we reported on the trading year to 31 December 2023 and generally on the activities at the Shop.

We have just under 200 shareholders and if you would like to become a shareholder at a cost of £10 to support the Shop (there is no other obligation involved in becoming a shareholder), please contact Peter Hemmings, our Secretary, through the Shop who will provide the appropriate form for completion. One benefit of being a shareholder is that we have a shareholder's draw, currently sponsored by Headley Tyres. If you are the lucky winner, there is a cash prize for purchases in the Shop.

At the AGM, a shareholder suggested that we should publish periodically a list of tasks which we need help with. In the July newsletter, we asked for assistance with the marketing of the Shop and we would like to repeat that request in case it has been overlooked. What we need is advice from anyone with experience of marketing retail operations. Again, we would stress that we are not asking anyone to implement the advice, just provide

the ideas. Marketing is an area of expertise where we have no-one on the committee with specific knowledge.

Another area where we could do with help is in maintaining the external areas round the building. This involves grass cutting at the front of the Shop and at the rear where the solar panels are now located. The time involved is no more than an hour every few weeks during the grass growing season. If you can help, please let us know through the Shop.

In the last month, we have been joined by two new members of staff. As mentioned in the previous newsletter, Peter Taylor is undertaking the early morning newspaper deliveries on our extensive round. Helen Soypionis has completed her training as a post office assistant and is now manning the Post Office on her own so that with Debs McCann, they form the complete PO team. We would like to welcome both of them.

We are already thinking ahead to Christmas and will be holding a Christmas tasting fair in mid November. If there are any products for Christmas, or any other time of the year for that matter, which you would like us to source and order, please let us know. We always sell a lot of cheese around Christmas time and whilst we tend to stock a complete but limited range all the year round, there are other cheeses to be sourced through our supplier Leopard Diaries. They stock over 150 different cheeses

including Cropwell Bishop stilton, Cornish Yarg and Delice de Bourgogne. Please refer to their website for more information on their full range.

On new and other products, please remember that we can order fish and fresh meat for early next day delivery if the order is placed before 9pm the previous evening. Most supermarkets only sell prepackaged fresh fish and meat these days and our local supplier accesses fresh products on a daily basis. If this of interest, please contact [Graham Stewart on 07713 158503](mailto:Graham.Stewart@07713158503) who will be able to tell you what can be supplied and give an indicative price. We also now stock peppermint and chamomile flavoured teas, and a combination of both, produced by Summerdown

The Management Committee

Opening Hours – Shop:

Monday: 6:00am – 5:30pm
Tuesday: 6:00am – 5:30pm
Wednesday: 6:00am – 5:30pm
Thursday: 6:00am – 5:30pm
Friday: 6:00am – 5:30pm
Saturday: 6:30am – 12:30pm
Sunday: 7:30am – 10:00am

Opening Hours – Post Office:

Monday, Tuesday, Thursday & Fridays:
9:00am – 1:00pm; 2:00 – 5:00pm
Wednesday: 9:00am – 1:00pm
Saturday & Sunday: Closed

Contact details:

Tel: 01635 268849
Email: headleyshop@hotmail.co.uk

A Fond Farewell

Dear All,

In the last couple of months, we have had to say goodbye to two special parishioners, namely David Henning and Mary Sneyd.

I think it would be very nice if we could have a short article about people from within our community who have recently died. If you know of anyone who has died, please would you let me know and I can try to find someone to write a brief tribute to said person.

In the meantime, is there anyone who might write a short piece about either of the above-mentioned people, both of whom made a significant contribution to our parish?

Please do help make this magazine include such tributes and thank you to those who have without pressure from me have done so.

From Patrick Taylor

patrick@pitthousefarm.com

MOVE BETTER, LIVE BETTER

3 STRETCHES TO COMBAT HOURS SAT BEHIND A DESK

In today's digital age, spending hours behind a screen has become the norm for many adults. Whether it's for work, leisure, or staying connected, this sedentary lifestyle can lead to poor posture, stiffness, and discomfort. Here are 3 simple stretches to do every day to improve your mobility, improve your posture and move without pain:

1. KNEELING T-SPINE ROTATION

This stretch will help improve mobility through the top off your spine (Thoracic Spine) and shoulders to help ease your stiffness and improve your posture that comes with spending long periods of time sat down behind a desk.

Start with your hands together in front of you and rotate your torso with the arm furthest away from the wall.

Aim for 8 rotations each side.



2. 90-90 HIP SWITCH

This stretch is a must to improve the flexibility and mobility of your hips, which when sat down for long periods time will get tight and uncomfortable.

Try to complete 8 Hip switches on each side keeping your legs at a 90° angle throughout.



3. CHILD POSE

This stretch is great to reduce the discomfort in your lower back and shoulders. Try to reach forward as far as you can, with your bum on your heels, feeling the stretch through your upperback, outside of your back and lower back.

Hold the stretch for 1 minute.



Photo competition



This month's winner – Emily Williams – congratulations

Charlotte Jury, and her partner Matt, kindly run our photo competition. Their selection this month is: "This month's winning photo is this beautiful and peaceful image from Emily Williams, aptly titled 'The Two Trees at sunset'. Emily is lucky enough to live adjacent to the village green and has been taking photos of the magnificent sunsets behind her house. Emily's husband plays cricket for the village and came up with the name for the photo. I really enjoyed how the colours complemented each other in this shot, from the pink flowers, to the pale green grass and dark green leaves, and up to the warm, orangey skies, making it feel very serene."



Entries for the November competition need to be sent to Charlotte at parishpics@outlook.com by Monday 7th October. For those of you who have been away on holiday this summer, why not submit some of your holiday pics!

Recipes for October

2 recipes for October

Here are two easy recipes, one delicious lunch followed by very delicious muffins. Enjoy!

Baked butternut squash with ricotta and sage

Ingredients

1 large butternut squash (about 1.2kg), halved lengthways
1/2 tsp caraway seeds, plus extra for sprinkling
1/2 tsp crushed red chillies
4 cloves of garlic
2 tbsp olive oil
100g baby spinach
500g ricotta
4 tbsp grated parmesan (or a vegetarian alternative), plus extra to serve
1 medium free range egg, plus an extra yolk
Bunch of fresh sage leaves



Method

1. Heat the oven to 200°C/fan180°C/ gas 6. Scoop out and discard the seeds from the squash. Sit the squash halves cut-side up in a roasting tin. Score the flesh in a crosshatch pattern with a knife and season. Scatter over the caraway seeds, chillies and whole garlic cloves, then drizzle with olive oil. Cover with foil and roast for 1-1½ hours until soft.
2. Set the garlic cloves aside, then scoop all but 2 tbsp of the squash flesh into a bowl, keeping it in pieces. Gently stir through the spinach and season, then leave to cool.
3. Squeeze the garlic cloves out of their skins into a large bowl and mash into the remaining 2 tbsp squash using a fork. Add the ricotta, parmesan and some seasoning. Add the whole egg and extra yolk, stir well, then gently stir through the spinach and squash mixture.
4. Spoon into 4 x 200g individual gratin dishes. Top with the parmesan, scatter with extra caraway seeds and the sage leaves, then bake for 20-25 minutes until golden.

Serve immediately.

Recipes for October

Black berry and apple crumble muffins

Ingredients

300g plain flour, plus extra for dusting
1 tbsp baking powder
Pinch of salt
190g caster sugar
210ml milk
1 large free range egg beaten
100g butter melted
Finally grated zest of 1 lemon
1 large bramley apple
150g blackberries
Crumble topping
15g butter, room temperature
25g plain flour

Method

1. Preheat the oven to 200°C/fan180°C/gas 6 and line a 12-hole muffin tray with paper muffin cases.
2. First, make the crumble topping. Rub the butter into the flour until it resembles fine breadcrumbs. Stir in the sugar and work the mixture with your fingers until it forms nuggets.
3. For the muffins, sift the flour, baking powder and salt into a mixing bowl and stir in the sugar. In another smaller bowl, beat the milk with the egg, melted butter and lemon zest.
4. Peel, quarter and core the apple, and cut into blackberry-size pieces.
5. Stir the wet mixture into the flour and sugar mixture until combined. (It's fine if it's still a bit lumpy.) Stir in the apple and blackberries.
6. Spoon the mixture evenly into the paper cases and sprinkle over the crumble topping. Bake for 20-25 minutes until risen and golden. Cool for 5 minutes, then serve warm.



Toby Barrett

Jobs in the Garden for October



Thankfully, it has just rained for a couple of days and we will have no further water problems until June next year. Although everybody seems to think we have had a wet summer, my garden has struggled to survive without extra water from the hose. Not a lot, but regularly every three or four days. Compared to last year this summer has been a disappointment, both with flowers and vegetables, but especially vegetables.

Has anybody noticed the difference with compost now that we have lost access to peat based composts? Last year I mixed one third peat based to two thirds peat free and was pleasantly surprised how successful this was. This year I went completely peat free and found that the pots dried out very rapidly, the plants refused to fill out despite there being 4-6 weeks of feed loaded into the composts. Usually, I add a couple of scoops of fish, blood and bone into the compost when potting up. This year I decided to trust the experts and wait until the month was complete before adding liquid feed into the watering regime. Never again! With a regular 2 week feed of Miracle Grow, thankfully, things improved enormously.

My other problem this year has been deer. They have eaten most of the hostas, stripped leaves off the roses and some shrubs, nibbled the dahlias and just been a general nuisance.

Deer fencing has now been installed in the hedge gaps. Hopefully this will solve the problem.

Here are a few jobs for October:

Lawns

- Reduce the cutting height of the mower, if you have any grass to cut
- Scarify and re-seed the bare areas
- Level off the high spots by cutting a cross, lifting the turf and removing the excess soil
- Apply an autumn feed or fish/blood/bone mixed with sharp sand, or a standard autumn mixture

Shrubs and Roses

- Plant new shrubs and roses
- Top off the bush roses to prevent wind rock
- Cut back climbing roses removing old growth and re-shaping and tying in the new growth
- Take hardwood cutting of shrubs and roses

Flower Borders

- Begin the tidy up, clearing out all the rubbish, cutting back the perennials, dividing and re-planting the best bits
- Apply plenty of compost to the soil to a depth of 7-10cms if available
- Finish planting spring bulbs

- After frosting, remove dahlias and store in a frost proof place for the winter

- Remove any tender plants and store in a frost proof place

- After cleaning the borders, apply fish/blood/bone or just bone-meal around the border plants in general at 2ozs/sq.m. Do not use a general fertiliser containing lots of nitrogen as this will encourage new soft growth

Tubs and Containers

- Continue to plants spring bulbs and hardy bedding, not forgetting to raise the pots off the ground
- Add fish/blood/bone into the compost, about 4ozs for a ten inch pot/container
- Clear away the old summer containers, wash and store in a frost proof area, if not being re-used

Vegetable Garden

- After a frost, it could be time to start digging parsnips and leeks and perhaps picking Brussel sprouts
- Harvest all main crop potatoes and store if not already completed
- Lift and store pumpkins, and squashes
- Clear away the summer debris and perhaps start digging
- Apply garden compost to the dug

areas to a depth of 7-10 cms and leave the worms to do the rest

- Harvest autumn cauliflowers, carrots
- Plant winter onions sets, garlic, spring cabbages and broad beans

In the Greenhouse

- Clear away all the summer rubbish
- Reduce watering to a minimum
- Store the soft perennials, geraniums/fuchsias etc
- Clean away any algae on the glass
- Keep the temperature above freezing
- Shut the windows overnight and open during sunny periods

For October 9th we have Paul Patton visiting the garden club to give a presentation. Paul is a regular, popular speaker with the club members, hence his return. We hope to see as many members as possible to our first speaker of the new-year. The topic is still to be decided at our September meeting, but be assured, it will be interesting.

M.E

Ambling Around – Thames Path and Port Meadow Oxford

Port meadow sits between Oxford and the river Thames and is a natural flood plain for the river. In return for helping to defend the kingdom against the marauding Danes, the Freemen of Oxford were given the 120ha of pasture by King Alfred who founded the City in the 10th Century. The Freemen's collective right to graze their animals free of charge was recorded in the Domesday Book in 1086 and has been exercised ever since so you will probably encounter cattle and horses at some point when walking on the meadow.

This is a circular walk with multiple starting points and covers between 3 and 4 miles depending on the route taken across the meadow. Fortunately, there are 2 excellent pubs either of which could be used as a starting point for your walk. The Trout Inn at Godstow is at the northern end and The Perch at Binsey is situated about halfway between the northern and southern ends of the meadow. Alternatively, the car park on Walten Well Road is at the southern end.

Starting from The Trout, walk over the bridge crossing the Thames and you will find access to the Thames path just by the end of the bridge. This leads you to Godstow lock and the ruins of Godstow Abbey, 2 interesting places at the start of the walk. The abbey was built in the early



12th century and was in use until 1539 when it was closed under Henry VIII's Act of Dissolution. King Henry II's mistress Rosamund Clifford is reported to have retired here and is buried in the grounds.

The lock is one of many on the river where you can watch as boats pass through on their way up and down the river, a trip I have made several times when I had my narrowboat Willow. You may find several narrowboats moored along this stretch of the Thames as it offers easy access to the Trout Inn which is always popular with boaters. The river cruiser style boats, more frequently seen on the river south of Oxford, are unable to navigate this part of the river due to a low bridge at Osney just south of the meadow. The lack of pleasure craft gives the area a quieter, more relaxed air.



Continuing along the Thames path there are fine views across the river and the meadow, keep a look out for shoals of minnows in the shallow waters close to the edge. After about a mile you will come to The Perch which is just a short distance off the path, this is another fine pub with good food albeit with a peculiar tradition of having an open log fire burning even on the hottest days in midsummer! There is plenty of indoor and outside seating and I can recommend their chicken, ham and leek pie!

Next you will come to a small sailing club and boat yard before crossing over the river at Medley foot bridge. The path now runs along the opposite bank next to a small marina and brings you to Fiddlers bridge. Here, Castle Mill Stream flows into the Thames and is a popular picnic and swimming location for university students as it is readily accessible from the colleges via Walten Road and the district of Jerico.

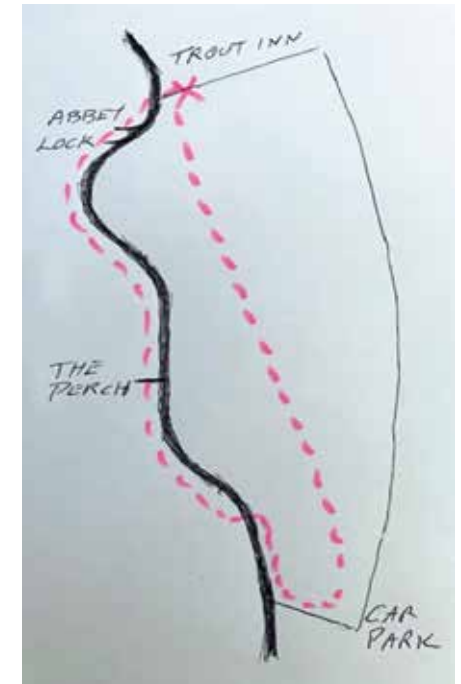
From this point we are now on the meadow with the Walten Well Road car park about 100 meters east of Fiddlers bridge. There are multiple paths criss-crossing the meadow so you may take whichever route you wish but ultimately you will head north back to our starting point at The Trout Inn. Be aware this is a flood plain and at certain times of the year you may find areas of the meadow are under water. Having said that, I have been on the meadow several times and not had any issues. The meadow is a designated SSSI and is a lovely open space with much native flora and is a haven for wildlife as well as the grazing animals. Various breeds of ducks and geese along with swans are usually to be found all over the meadow but more usually closer to the river where they can seek safety in the river when disturbed. The area is mainly native grasses, and you are likely to notice the distinctive smell of water mint as you walk over various areas of the meadow.

During the Iron Age people lived on the meadow during the summer and grazed their livestock on the rich pasture. These

burials and settlements are well preserved and are still visible from the air or in some cases on the ground as shallow circular ditches and banks.

As you approach the top of the meadow you need to head north-east towards the car park where you will find the gate to exit the meadow. Now find your way to the road and follow it east for around 100 meters back to the Trout Inn. If you were a fan of the television series Morse you may recognise this as the pub which was often featured in the series.

Cliff Beckett



We hope you will enjoy this amble in our series of published walks. If you have any comments on this, or any of the footpaths in our Parish, please email us: ahahrightsofway@gmail.com

Thank you.

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Parish Council update

The minutes of the Parish Council, meeting held in June were included in last month's magazine. There were no meetings of the Parish Council in July and August. The minutes of the September meeting held on Mon 9th will be approved in October and so included in the November magazine.

The Parish Council has asked for the following piece to be included in this month's magazine.

'Their names shall live and be honoured for evermore.'

Ashford Hill with Headley Parish Council has, amongst its many responsibilities, the privilege of looking after the First World War and the Second World War remembrance memorials within the villages. The war memorials located within the curtilage of our parish churches of St Peter and St Paul have suffered from adverse weather conditions over a number of years and were in need of some care and attention.

Recently, we were able to undertake a schedule of maintenance work on both of the memorials which included professional cleaning of the stonework, together with mortar repairs. Work was also carried out on the restoration of some of the lettering of the names of the 43 fallen men of our armed forces who lived within our villages.

The schedule of work was only possible as the cost of this work has been met from the Parish Council's 'precept' which is a sum of money our residents pay through their Council Tax payments.

The Parish Council hopes you feel that the work undertaken has been worthwhile as our memorials are looking at their best to honour the memory of the villagers that lost their lives in the First and Second World Wars and we encourage you to have a closer look at the memorials when you are next passing.



Ashford Hill Educational Trust

The Trust was set up to assist residents of Ashford Hill or Headley, irrespective of age or means, to help with educational activities and recreational training.

The deadline for applications is two weeks ahead of each meeting. All applications must be accompanied by receipts.

2024 Meeting Dates

16th October

Contact Julie.bassett1@btinternet.com
07500 927707

Kingsclere Charities - Welfare Charity

The Charity helps anyone resident in the Parish of Kingsclere and Ashford Hill with Headley regardless of age or means. Grants have been given towards mobility aids, medical equipment, such as nebulisers and aids to make life easier for the sick and less mobile; and travel costs to and from hospital.

Contact: Jan Pearce

Email: kingsclerecharities@iname.com

Website: www.kingsclerecharities.org

Kingsclere Charities –

The Robert Higham Apprenticing Charity

This Charity promotes the education and training of young people aged 16 - 25 resident in Kingsclere, Ashford Hill or Headley.

Grants are awarded to assist with the cost of: Equipment, books and specialist clothing required for learning or training in a stated subject, and expenses incurred in travelling to and from home to place of learning.

Contact: Jan Pearce

Email: kingsclerecharities@iname.com

Website www.kingsclerecharities.org

Kingsclere Charities Meetings:

2024 Meeting Dates

21st Nov

Village hall contacts & hire rates

Ashford Hill

Mrs J Maylen	01189 813653
Main Hall	£9 per hr
Committee Room	£6.50 per hr
Children's parties	£65.00
Evening Party	£80.00
Afternoon/evening	£110.00
All day	£135.00

Headley

Mrs K Saunders	01635 269408
www.headleyvillagehall.com	
headleyvillagehall@gmail.com	
Hourly rate	£10.00
Children's pm party	£55.00
Evening letting	£65.00
Afternoon & evening	£100.00
All day	£120.00

Headley Pavilion hire

Steve Dunn	07802 911112
Hourly rate	£8.50
Children's party rate	£50.00

The Kingsclere Page

Kingsclere Rugby Club



Men's and Women's Walking Rugby – This is a great success with 16 men and 22 ladies who have enrolled. Some of ladies even join with the men on a Wednesday even for a mixed game. The club still runs the Thursday evening game for those ladies who are not available on Wednesday evenings. Both the Wednesday and Thursday evening games are held at The Fieldgate Centre between 7.00 - 8.00pm. The game is suitable for men and women from 18 to 70 +. Walking Rugby is a very easy game to learn, no experience of rugby is needed & can be played with just 4 a side. It's a great way to exercise or recover to fitness after an injury, walking as fast or as slow as your body allows with low impact on all your joints. You don't need to be fit to play. The main aim is to enjoy yourself, make some new friends & get a little bit of exercise at the same time.

For more information, please contact Joanna Reed – Moreton Secretary-Kingsclererfc@outlook.com or Geoff Curtis Youth-coach-Kingsclererfc@outlook.com

Physio – The club is looking for a volunteer physio to support the adult's team on either Wednesday evenings and/or on match days. If you are interested, please contact Joanna Reed – Moreton Secretary-Kingsclererfc@outlook.com
To find out more information about the club please visit our Facebook and Instagram pages.

Kingsclere Photo Club



Friendly and thriving club covering many aspects of photography for all ages and abilities, non-competitive with an emphasis on sharing work and knowledge. We also have a darkroom for traditional black & white printing. Meetings on the first Wednesday of the month at the Village Club

17th ANNUAL PHOTO EXHIBITION – Sat 12th & Sun 13th October 2024

Free entry, come and see our photos and vote for your favourite! In the main hall, Kingsclere Village Club, George Street: **Saturday 10am - 5pm;**
Sunday 10am - 4pm. Launch of our 2025 Calendar @ just £7 each. Prints, Cards and Postcards for sale at reasonable prices.

Forthcoming Meetings at Kingsclere Village Club, George Street, Kingsclere, RG20 5NH, doors open 7.15pm for 7.45pm start

WEDS 2ND OCTOBER – 'WATER' CHALLENGE PHOTOS – AN EVENING DEVOTED TO REVIEWING OUR PHOTOGRAPHS FROM THE 'WATER' THEMED CHALLENGE

For more information see our website www.kingsclerephoto.org or contact Gareth or Bob at kingsclerephotoclub@gmail.com



Local representatives

Parish Council

Contact the Councillors via their email address which are all structured in the same way, viz: cllr.firstname.secondname@ashfordhillheadleypc.org – e.g. see the Chairman's email address

Chairman – Stephen Hoskins – cllr.stephen.hoskins@ashfordhillheadleypc.org

Ashford Hill ward councillors – Joe Woodford; Paul Clark; Jules Sunley

Headley ward councillors – Kathryn Saunders; Steve Dunn; Karen Parker

Clerk – Steven Marshall: clerk@ashfordhillheadleypc.org – 07714 001778

Basingstoke & Deane Borough Councillors

David Conquest – cllr.david.conquest@basingstoke.gov.uk

Kerry Morrow – cllr.kerry.morrow@basingstoke.gov.uk – 07725 819021

Mike Bound – cllr.mike.bound@basingstoke.gov.uk – 078336 12735

Hampshire County Councillor Derek Mellor – derek.mellor@hants.gov.uk – 07712 695491

Member of Parliament Kit Malthouse – kit.malthouse.mp@parliament.uk – 01264 401401

Hampshire Police & Crime Commissioner Donna Jones –

www.hampshire-pcc.gov.uk/contact-us – 01962 871595

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