



Marston Sicca

Parish Newsletter
May 2021



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LONG MARSTON LADIES **SPRING YARD SALE**

Sunday 23rd May from 10am – 3pm

After our first succesful yard sale last year, we promised we would hold a Spring Clearout in 2021. The month's have sped by, and here is the date!

The event is open to all in the village at £5 per household, (to cover advertising).

Closing date for entries is Sunday 16th May, to allow time for maps to be printed.

**If interested, please
contact Angela on 721244,
or Sheila on 720635.**



Editor's Notes

I really love the month of May. The blossoms are out, and the birds are singing their wee heads off, (which inspired the dawn chorus article). We've been teased with warm weather, and then we are freezing the day after, as we refuse to put our winter coats back on!

We celebrate a year of The Community Foodshare. The year has been challenging for most of us in some ways, but when you have no income, job, or suffer from illness, The Foodshare has been invaluable. We deliver to five villages in the area. The kindness of donations left at The Poppin, Londis, and even on my doorstep have been wonderful. True community spirit.

The Pavilion

A few words that have been whispered over the last months, are now getting louder and more confident. We finally have the barista coffee machine installed at The Pavilion in Meon Vale, which is amazing, as you can't have a coffee shop without a coffee machine! We are working tirelessly to try and open soon, but we need volunteers to help with the running of this project.

Training will be supplied. Maybe you are off to university or plan to go travelling soon. A refence from us and barista skills under your belt would be advantageous. For us older members of society, a chance to meet lots of new people whilst helping to give back to the community. All profits will be ploughed back into community projects.

Take care

Steph



Parish council comments from remote meeting

Once again the parish council conducted their meeting remotely with the last of these taking place on May 6th which will be the Annual Parish Council Meeting.

Councillors discussed the two build outs placed at either end of the village to help ease speeding. Cllr. Hillier felt a more detailed explanation of the project would be noted in the newsletter to highlight the constraints and directives given by Highways.

Residents had asked for clarification on plans to tidy the verges to Wyre Lane. Following the works conducted by Severn Trent, some foliage and hedging were cleared either side of Wyre Lane to enable cars to pass the work site. After work was completed the verge to one side was temporarily covered with tree branches and logs to prevent car parking along the lane. The Parish Council are now contacting Severn Trent to reinstated hedging to the area as they are obliged to do.

The infamous contracts for the Allotments within Meon Vale have been received and discussions with St Modwen are underway to get the site fit for purpose. It is envisaged pitch leases will be available from May.

Work to conclude on The Pavilion is near completion, with volunteers now being sought to help run the coffee bar. With outside seating and an array of coffee and snacks available, the Pavilion should be a welcome meeting place within Meon Vale. The team are working hard to open the

doors soon, but we do need enthusiastic, vibrant volunteers to help. Full training will be given. For further information on the volunteer programme please contact Steph Hillier on 07720975023. An opening day will be announced shortly.

Further meetings have taken place with SDC enforcement officer regarding the open space to the rear of Perry Orchard. Poor execution of the planting plan has been debated along with potential solution to conclude. We can only say 'watch this space' as we press on to finally get the transfer of land concluded.

New bins and bin emptying has finally taken place! We would hope this will encourage dog owners to ensure dog waste is bagged and binned.

Due to covid restrictions, the Annual Meeting of the Parish (Parish Assembly) will take place remotely on May 4th. The parish clerk will be contacted individual organisations to confirm the details. Typically, this would be a jolly occasion where the Parish Chairman is able to review the year and organisations can update us on events. Not quite the same remotely but thankfully we are gradually heading towards some semblance of normality.

Next Meetings (remotely): Annual Meeting of the Parish May 4th @ 7.30pm

Annual Parish Council Meeting:
May 6th @ 7.30pm

Debbie Woodliffe Parish Clerk.

Why is Mayday used as a distress call?

Mayday is the word used around the world to make a distress call via radio communications. ... It was the idea of Frederick Mockford, who was a senior radio officer at Croydon Airport in London. He came up with the idea for "mayday" because it sounded like the French word m'aider, which means "help me."



Katie Potter – 14th May

Molly McCluskey – 18th May

Tom Lavender – 20th May

Beth Holtham – 25th May

Stanley Smith – 28th May

If you would like your child's birthday to appear in the newsletter, please email me: marstoneditor@yahoo.com

Dogs on the fields

PLEASE keep your dogs on lead when walking through the back fields of the village heading towards The Heart of England Forest.

ALSO, PLEASE pick up your dog's poo!

Neosporosis and **Sarcocystosis** are diseases that are FATAL to livestock.

Neosporosis – which can cause abortions in cattle.

Sarcocystosis – which can cause neurological disease and death in sheep.

The message is to remember to pick up any faeces from dogs when they are using agricultural land.

Neosporosis can cause abortions in cattle and is thought to be responsible for the highest percentage of all cattle abortions reported in the UK. Neospora eggs are produced by infected dogs and excreted in their faeces. Cattle will then become infected if they eat food i.e. grass, or drink water contaminated with the eggs. The prevalence of the disease in herds, and its potential impact on farm economics – due to infected cows being more likely to abort, premature culling and reduced milk yields – make this an important disease to try to control.

Sarcocystosis is also caused by parasites which can use dogs as intermediate hosts and similarly the eggs are produced and excreted in faeces. Sheep will become infected if they eat food or drink contaminated by the eggs.

The presence of sarcocysts, parasites, on a carcass following slaughter can result in the carcass being condemned. The disease can be passed on from ewe to lamb during pregnancy. In terms of both these diseases, faeces from infected dogs can contaminate pasture and animal feed, water or bedding.

There is currently no licensed vaccine or drugs available for these diseases.



Report from your District Councillor



Dear Residents

Hope you are all keeping well and enjoying the warmer weather.

On 12 April there was a further easing of restrictions which have allowed for a number of sectors to open. In line with

this easing of restrictions, the following Council services have also reopened: The Council's Leisure Centres in Alcester, Studley, Southam, Shipston on Stour and Stratford upon Avon, Elizabeth House is open to the public between 10am to 2pm, the Visitor Information Centre in Stratford upon Avon and the Shopmobility Service. Good luck to all our local businesses, shops, pubs, cafés and restaurants which have reopened or will be reopening in the weeks ahead. Please remember that the virus is still around. Do continue to follow social distancing guidance as per government advice at all times.

Information from Census 2021

Census Day was Sunday 21 March. But don't worry, there is still time to complete your questionnaire, if you have not done so already. The Census contact centre will help residents who need a new Access Code, if they have lost or misplaced theirs. The Contact Centre call handlers will also answer any questions and provide support for completion if it is needed. It is free-phone 0800 141 2021

A Census Support Centre is at the Henley Hub, Stratford Road, Henley in Arden, B95 6AF. It is operational for telephone support or face to face via appointment. Tel: 015 6431 4660

Trained staff in these centres will be able to help you complete your census online, or to complete your questionnaire over the phone. People can ask a trusted person, such as a friend, family member or carer, for help with completing and returning their form. There's a lot more information at www.census.gov.uk/help

After Census Day, Office for National Statistics (ONS) field staff might visit homes to give help and encouragement where people haven't filled in their forms. They'll wear ID and will NOT ask to come inside and will NOT ask to see personal documents.

Infrastructure Funding Statement - Request for submission of infrastructure projects for possible CIL funding

Stratford-on-Avon District Council adopted its 2019/20 Infrastructure Funding Statement (IFS) in December 2020. The IFS includes a list of the infrastructure projects or types of infrastructure that the authority intends to fund, either wholly or partly, by CIL. The IFS is required to be updated on an annual basis, as such the Council now invites the submission of projects for consideration for inclusion in the next version of the IFS. I have liaised with your Parish Council as the deadline for submitting any projects is 7th May. Organisations, clubs, community and residents' groups can also submit projects. If you are interested in submitting a project do get in contact with planning.policy@stratford-dc.gov.uk to get a form. All projects submitted will then be considered for inclusion within the IFS and all submitters will be notified of the outcomes of this process. Please note that in order to be added to the Council's IFS list a project is required to satisfy all of the 6 criteria listed below and as set out in the IFS:

1. Is the infrastructure essential or important to support new development within the District?
2. Is the infrastructure of district-wide importance and/or deliver district-wide objectives?
3. Does the infrastructure contribute to climate change adaptation and/or mitigation?
4. Is the infrastructure project consistent with the delivery of the Development Plan?
5. Does the infrastructure align with other Council strategies and partner investment plans?
6. Are there any constraints to delivery of the infrastructure?

Progress on the South Warwickshire Plan

The scoping document for the South Warwickshire Plan is being drafted. This Plan, once adopted, will inform all planning matters, and run to 2050, so it's important that residents take part in the various consultations which will shape the planning policies of our area for a long time.

There should be a public consultation in May as well as a call for sites to inform the new Plan. This time, the call for sites I understand will also include a call for Public Open/Green Spaces (allotments, playing fields, wetlands, etc. these are all examples of green spaces which could be nominated for inclusion in the next Local Plan). I will keep you updated in the next issue.

Business Grants – Restart Grants

The Council is starting to process the Chancellor's RESTART Grants for local businesses. If businesses have received any Local Restrictions Support Grant (LRSB) from the Council during lockdown and their property is in the rating list, or have applied

for the LRSB and have not yet heard, the Council will contact them directly in the next few weeks. Please note businesses that do not have a rates account cannot qualify for the RESTART grant.

Dogs fouling signs

The Officer has been in Long Marston and has put signs in the locations which were highlighted by the Parish Council as suffering from dog fouling.

SOME NOTICES OF SCAMS:

Damp Proof Scam Warning

Warwickshire homeowners have reported receiving nuisance phone calls from people informing them that someone will visit their property to check for damp. The callers were also asking about the resident's financial situation. Offering free surveys is sometimes a way for unscrupulous businesses to access people's properties so they can apply the 'hard sell' and carry out often very expensive and unnecessary insulation work. Put the phone down immediately on cold callers and never buy goods or services from unexpected callers, either on the doorstep or over the phone. For more information visit: www.warwickshire.gov.uk/consumeradvice

Bogus Royal Mail Parcel Delivery

More residents are reporting receiving bogus emails stating that Royal Mail has attempted to deliver a parcel to them without success and now requires 'additional details' in order to attempt to re-deliver the parcel, as the 'address appears to be incomplete'. The emails contain a 'book your delivery' link that directs you to a bogus website. Never click on a link in a suspicious email. For more information on scam emails visit: www.getsafeonline.org/protecting-yourself/spam-and-scam-email/

Beware Puppy Scams

Trading Standards Animal Health Officers have received reports of criminal gangs illegally smuggling puppies into the UK to sell, puppies being stolen and sold on and consumers paying huge deposits to online sellers for puppies that don't exist. Illegally imported puppies may carry diseases that are a threat to human health such as rabies. Criminal gangs have also been involved in puppy farming, where dogs are often bred in appalling conditions, increasing the risk of disease and ill health. To help avoid puppy scams, follow these top tips: www.warwickshire.gov.uk/news/article/1795/don-t-pay-criminals-for-stolen-puppies-sick-puppies-and-puppies-that-don-t-even-exist-

To make a consumer complaint or for consumer help and advice, please contact the Citizens Advice Consumer Service on 0808 223 1133.

For consumer or business help and advice, including details of approved trader scheme, please visit the website: www.warwickshire.gov.uk/tradingstandards

Sign up for regular scam alerts to your email inbox: mailchi.mp/warwickshire/scamawareness

Finally... Please don't hesitate to contact me if you need help, or with any query, issue or concern you might have.

Warmest best wishes

Cllr Manuela Perteghella
Manuela.perteghella@stratford-dc.gov.uk

Mob. 07870488071
Facebook: www.facebook.com/CllrManuelaPerteghellaWelford

COMMUNITY FOOD SHARE/CARE

These are uncertain times. We are mindful of the impact that this can impose upon some of our community, possibly resulting in dramatic changes to personal circumstances - be it health and/or financial difficulties. As a community, we shall continue to pull together, offering support and assistance.

We have the following support systems in place:

Community Care – collection and delivery of prescriptions/shopping to vulnerable or isolating households. Please contact **Simon Hanagarth (07955885529)** or **Matt Neville (07753904304)**.

Community Food Share – Operated by a small team of volunteers who distribute food to those who require extra help

during this pandemic. Please contact **Stephenie Hillier (07720975023)** or **Debbie Woodliffe (07845437702)**. All inquiries and conversations are strictly confidential.

If you would like to donate food towards **The Community Food Share** there will be a collection box outside **The Poppin, Long Marston** and inside **Londis, Meon Vale**. Thank you.



Sue welcomes you to

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Barley Fields Playground

I am sure most of the children from Barley Fields have been enjoying the playground, as they would have seen it being installed. We now need all the children from Long Marston to come and enjoy the playground.

I would like to begin by thanking the residents of Barley Fields - what fabulous community spirit you have.

To save money and enable the Parish Council to spend more on the play equipment, a group of Dads got stuck in and assisted Ian Johnsey, (Chair of the Parish Council), take down a section of fencing. This was necessary to make room for the climbing frame and allow enough space round the equipment for the children's safety.

Following the installation of the play equipment, the Dads helped reinstate the fence. This was done over a Saturday and

Sunday. This was no mean feat, as it was cold, and the posts needed to be set in concrete.

So a huge thanks to Pete, Thiago, Marcus, Richard and Martin, not forgetting Ian, and his son Adam.

I hope the children of Long Marston get many happy hours of play from the area.

Should anyone notice any damage to the equipment, could you please report it to me as soon as possible. We want this play area to remain a safe place for years to come.

Margaret Clarke

(Photos of residents helping with dismantling and erecting the fence are on the village website).

Margaret Clarke
Parish Councillor



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Kids Jokes

- Teachers are special because they are in a class of their own.

- Matthew: Can you come out to play John?
John: No, sorry, I'm helping my Dad do my homework

- Father: Do you want some help with your homework Son?
Boy: No thanks, Dad, I'll get it wrong on my own.

- Jim: I'm sorry, I'm late for school; I was having a dream about football.

Teacher: Why does having a dream about football make you late for school?

Jim: They played extra time.



South Warwickshire Church of England Benefice May 2021

We are open for public worship and would love to see you in any of our churches!

(Services at Long Marston in bold print)

Everyone is very welcome but please pre-book with Ros on

01789 751546 or email revdrosgreenhalgh@gmail.com

- Sunday May 2nd** **9am Holy Communion at Long Marston Church**
10.30am Family Communion at Welford Church
- Sunday May 9th** 9am Holy Communion at Weston Church (Book of Common Prayer)
10.30am Holy Communion at Quinton church
- Sunday May 16th** 9am Holy Communion at Welford Church
10.30am Breakfast Service for all the family at Long Marston Church
(as we are unable to serve Breakfast, please feel free to bring your own refreshments and we'll also provide a little something to take home!)
- Thursday 13th May** 10.30am United Benefice Service of Holy Communion for Ascension Day
at Weston Church
- Sunday 23rd May** 9am Holy Communion at Weston Church (Book of Common Prayer)
10.30am Family Communion at Quinton
- Sunday May 30th** **3pm Picnic Service in the church grounds at Long Marston Church**
*Everyone is very welcome. Bring a chair/blanket and your picnic.
We'll have a short service and then enjoy our picnic and a chat together. Do
bring your friends and neighbours.*

In addition we continue to run our 'zoom' service of Morning Praise each Sunday at 10.30am. Login details available from Ros.

The Poppin

Huge congratulations to all the children who entered the Easter competitions. Wow, you certainly made it very difficult for the judges, as all the entries were fantastic.

THE RESULTS OF THE WRITING COMPETITION ARE:

Joint first place

Katie Potter and Cilla Barrett

Second place – *Albee Barrett*

THE RESULTS OF THE DRAWING COMPETITION ARE:

First place – *Coralie Reeves*

Second place – *Ella Berkert*

A huge congratulations to them, and a thank you to all the wonderful stories and drawings. They are on proud display on The Poppin's noticeboard. Thank you to The Parish Council who funded the prizes.

We have now extended our weekday opening hours to 4pm. We are slowly creeping back to normality, but masks must still be worn and only two people in the shop at one time.

We are trying to increase our stock with practical, but sought after products, so we now sell compost and grow bags, which we are happy to deliver to those of you who are unable to pop down.

In the cheese section, you will now find Mozzarella, Halloumi, Feta and parmesan. Later in the season we will be having locally grown cauliflower and tomatoes.



Both of which I can recommend. They are delicious!

Lastly a big thank you to all our volunteers and customers who help us keep The Poppin going.

Keep well and safe,

Margaret Clarke



Dog Thefts

We understand there are concerns being voiced by our communities, particularly on social media, around dogs being stolen.

"We never underestimate the devastating impact the theft of a cherished pet can be to both the owner and the animal, and while it is still a rare crime, it's sadly something we are seeing an increase in nationally.

"We are doing all we can to prevent offences and investigate those which have taken place. Please see our advice and if you do see any suspicious activity, report it to us."

Advice:

- Ensure your dog is microchipped, your contact details are up to date and they have an ID tag.
- Have clear photos of your dog/s showing any identifiable marks, in case you need them for identification purposes.
- Do not leave your dog tied up outside a shop or unattended in a car.
- If you do let your dog off a lead, keep them close to you, always within sight and ensure they have good recall.
- Ensure your property is secure and do not leave your dog unattended in the garden.
- Vary where you walk, including the times and locations.
- Be careful what you post on social media, especially if you have puppies, and ensure your privacy settings are up-to-date.
- Consider a GPS tracker collar.
- If you are thinking of buying a dog, ensure it is from a reputable breeder or centre. If you are buying a dog online or through social media, please consider where the pet has come from and ensure that it is being purchased legally.

The Blue Cross website has a wide range of advice on how to prevent theft of dogs and steps to take if this happens.

Long Marston Gardening Club

Unfortunately, there are still no outings planned, as we cannot do gatherings of more than six. I hope you are enjoying the sunny days in your garden, but beware the frosts, and take note how dry your garden is. A few suggestions for May are:

- Watch out for late frosts, and protect tender plants.
- If you have planted potatoes, keep earthing up to protect from frosts.
- Summer bedding can be planted outside at the end of the month. Don't be tempted to do this earlier.
- Keep hoeing weeds when they are little.
- Mow your lawns weekly.
- Check for nesting birds before clipping hedges
- Keep fruit watered in dry periods to ensure good setting and fruit development.
- Make hanging baskets incorporating slow release fertilisers and water storage crystals, and keep in greenhouse until very end of May.

Wiggy Taylor
wiggytaylor@gmail.com

Long Marston Ladies

An updated Bingo session entertained our Ladies at the April Zoom meeting.



Outdated phrases were replaced, e.g. Covid Ladies 88, Hello Naughty number 40 and Selfie time number 9.

Prizes were delivered the following day.

We hope to hold meetings soon when restrictions are gradually lifted.

Stay safe.

Angela and Sheila

Reflecting on the Faith of Prince Philip

I am sure that many of us were deeply saddened to hear the news of Prince Philip's death and have spent time learning more about his life through the media coverage that accompanied the news.

One of the things that has surprised a number of people has been to learn how significant and influential Prince Philip's Christian faith was. I enjoyed finding out more about it through an episode of BBC Radio 4's 'Beyond Belief' programme (you can search for the Prince Philip episode online if you are interested).

You may already know that Prince Philip was baptised into the Greek Orthodox Church and that his mother became a Greek Orthodox Nun. Upon marrying the Queen, he joined the Church of England and later founded St. George's House at Windsor, a place for dialogue between religious and secular leaders aimed at bringing change to current issues, such as business ethics and the environment.

But perhaps most striking was that Prince Philip did not want his faith to exist in a box reserved for Sundays and special occasions. He saw it as something that permeated and drove every aspect of his life and work. The heart of his faith was that God created the world, so it was our responsibility to do what God wanted, namely to care for that creation. But importantly, his understanding of this care was to act as a servant to creation; to be a channel of God's blessing upon it. Of course, this 'servant' attitude was so plainly evident in the way Prince Philip loyally served the Queen and our nation.

It seems to me that Prince Philip had very likely understood Jesus as 'the Servant King'. In Chapter 22 of Luke's Gospel, Jesus described himself by saying "I am among you as one who serves". It was a pretty mind-blowing statement – the nature of the Son of God was not what we might have guessed, wielding power and might, but was humble,



lowly, and willing to give himself so that others might be blessed, enriched and lifted up.

So, I would like to suggest that we reflect on Jesus' example and how Prince Philip set about living that out – what might it mean for us to be among our community as 'one who serves'? How might we bless and lift up those around us?

The Church of England has created some great material for helping to think about how our faith can be expressed in our everyday life and work and is not just about church on Sunday. If you search online for 'Everyday Faith' or go to www.churchofengland.org/our-faith/everyday-faith you'll find some great videos under the 'stories' section that might inspire you. There are also some lovely prayers and other resources you can use in your day-to-day life. Why not have a look or get in touch with one of the vicars if you're interested in finding out more?

Every blessing,

Andrew

Reverend Andrew Goy



Nosh and Natter Group

Luncheons, Trips4U, Meon Tea and Chatter, + New Nosh on Wheels

Hello everyone and hope that you are adjusting to the new circumstances and keeping safe.

Following the recent announcements from The Government about the new variant of Covid 19 it may still be a while before our Lunches can take place. However, we are hoping that if everything goes to plan our lunches may restart in July 2021, and the Meon Tea and Chatter in August.

Trips4U

We are now able to confirm the following Day Trips: -

Weston Super Mare with an afternoon Tea on the way home September 6th, 2021

Hereford for festive shopping and lunch November 15th 2021.

Turkey Tinsel Holiday

This will be going ahead on Monday November 29th for 4 nights and the resort is now offering an inclusive package including tea/coffee/drinks with some exceptions.

Nosh on Wheels

This venture is still going ahead till July 2021 following the governments opening up plans after lockdown. The team of volunteers and Isobel Slatter thank the members for all the messages of gratitude and praise.

In the meantime: - Please Keep Safe and follow the Governments regulations for Covid so that we can all start to get back to normal by June 21st as planned.

Barbara Craig

Long Marston W.I.

The WI movement began at Stoney Creek, Ontario in Canada in 1897 when **Adelaide Hoodless** addressed a meeting for the wives of members of the Farmers' Institute. WI's quickly spread throughout Ontario and Canada, with 130 branches launched by 1905 in Ontario alone, and the groups flourish in their home province today.

The UK Woman's Institute was formed in 1915.

The Women's Institute was originally brought to life to revitalise rural communities and encourage women to become more involved in producing food during the First World War. Since then, the organisation's aims have broadened, and the WI is now the largest voluntary women's organisation in the UK.

The Long Marston group was formed in 1923 when their first Meeting was held on Wednesday 14 February at School House, now Church Farm. Membership covered

Dorsington, Quinton and Pebworth and reached 96. Fund raising events were organised, considerable money was raised by the W.I. and it was decided to build a village room. A village meeting was held on Wednesday 22 October 1924 at which more monies were guaranteed. A joint Committee of the Parish and Women's Institute was elected to carry out the scheme. Fund raising continued and on Wednesday 8th December the Annual Meeting was held in the Village Hall.

We continue to meet monthly on the first Wednesday of each month, where we invite speakers from all aspects of life. At present Meetings are held on zoom and our next date is Wednesday 12 May. We look forward to inviting guests to the Hall again soon.

Liz Marcuse

The logo for the Women's Institute (WI) features the text 'theWI' in a large, bold, sans-serif font, with 'the' in lowercase and 'WI' in uppercase. Below this, the words 'INSPIRING WOMEN' are written in a smaller, all-caps, sans-serif font.

Asparagus

Asparagus is really good griddled or roasted from raw as it intensifies the natural flavour.



How to grill asparagus: To griddle toss in olive oil and seasoning then add in a single layer to a hot griddle pan. Keep turning and cooking until the spears are grill marked and the spears are tender.

How to roast asparagus: To roast, heat the oven to 190C/fan 170C/gas 5. Put the asparagus in a large baking tray or baking dish and add a little oil and seasoning (you can also add aromatics when roasting like garlic cloves, woody herbs, or spices). Toss the roast for 10-15 minutes until tender.

How to boil asparagus: The easiest way to blanch or boil asparagus is to use a deep, wide frying pan. Bring salted water to a rolling boil then drop in the asparagus. Blanch for 1 minute then drop into iced water to stop cooking. To cook fully boil for 3-4 minutes depending on thickness then drain.

How to cook asparagus on the BBQ: Asparagus is also great on the BBQ in the summer. Choose thicker stems as they will stand up to higher heat. Brush with oil and seasoning then lay directly on the BBQ. Cook for 2-3 minutes turning until grill marked. Alternatively, you can make foil parcels with spears, olive oil, garlic and cherry tomatoes and roast for 5-7 minutes over indirect heat. The asparagus will steam and cook inside the parcels and merge with the flavourings.

If your asparagus is young and the spears are slim you just need to give it a good wash before cooking and trim the very ends. Thicker and older asparagus can get tougher at the end of the stems. You can break these off (there is a natural break point if you bend the stems) and use for soup or a less wasteful method is just to use a peeler to shave the bottom few centimetres to reveal the tender inner.

Asparagus are rich in folate and is great if you are pregnant or planning a pregnancy. It also contains vitamin K, which builds strong bones and helps wounds and bruises heal. It's packed with a fibre called inulin, which boosts friendly gut bacteria – these fibres are reduced during cooking, so try raw in a salad. The purple variety contains protective compounds called anthocyanins.

Asparagus frittata with soft cheese and chives

This easy lamb tray roast sees cutlets, leeks, peppers and beans all cooked in the same roasting tray and pepped up with wholegrain mustard.

This is a fine dish for using asparagus spears known as “sprue”, which are much thinner and consequently less expensive than more perfect specimens. Don't bother peeling them – just remove the tougher base stalks and throw the rest in the pan.

Serves 2

- 200g asparagus, trimmed
- 1 tbsp olive oil
- Salt and cayenne pepper
- Nutmeg, freshly grated
- 3 large eggs, beaten
- 125g soft cream cheese
- 30g parmesan, finely grated
- 2 tsp chives, chopped
- Butter, for frying

Method

1. Thinly slice the asparagus spears on the diagonal. Warm the olive oil in a nonstick frying pan, add the asparagus and season with salt, cayenne pepper and a pinch of nutmeg. Cook gently over a low heat until the asparagus is tender and lightly coloured. Tip out on to a plate, set aside and wipe out the frying pan.
2. In a mixing bowl, beat together the eggs, cream cheese, parmesan and chives until smooth. Return the frying pan to a moderate heat, add a little slice of butter and

heat until it is just beginning to froth. Pour in the egg mixture, turn down the heat to low and begin bringing in the frothing edges to the liquid centre of the pan using a spatula.

3. Tip the cooked asparagus into the pan and disperse evenly. Continue to gently lift the more cooked parts of the frittata, allowing the liquid egg to slip underneath them until a happy, soft and curd-like medium has evolved. This should take around 2 minutes.
4. Slide the frittata on to a plate and allow to cool a little before serving.

Seasonal Recipes

Lamb tray roast with mustard, leek and tomatoes

This easy lamb tray roast sees cutlets, leeks, peppers and beans all cooked in the same roasting tray and pepped up with wholegrain mustard.

Ingredients

- 2 leeks, cut into 2cm slices.
- 2 red peppers, deseeded and cut into chunks.
- 4 whole garlic cloves, peeled and lightly bashed with a rolling pin.
- Drizzle olive oil or rapeseed oil.
- 400g tin borlotti beans, drained.
- 250ml hot lamb or chicken stock.
- 400g cherry tomatoes on the vine.
- 4-8 lamb cutlets.
- 2-4 tbsp wholegrain mustard.
- Crusty bread or potatoes to serve

Method

1. Heat the oven to 200°C fan/gas 7. Put the leeks, peppers, and garlic on a baking tray or in a roasting tin, drizzle with a little oil and season with salt and pepper, then toss to coat and roast in the oven for 10 minutes.
2. Add the borlotti beans, stock, and cherry tomatoes to the tray/tin, stirring to combine, then roast for 6-8 minutes more. Meanwhile,



coat the lamb cutlets on both sides with the mustard ($\frac{1}{2}$ tbsp per cutlet), add them to the tray/tin and roast for 12-15 minutes or until cooked to your liking.

3. Serve the lamb with the roast vegetables and roasting pan juices, as it is or with crusty bread or your favourite potatoes.

Halve to serve two

Easy to do, but use a smaller tray, so nothing dries out during cooking.

Easter Wordsearch

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| E | D | N | T | F | B | E | N | C | H | G | U |
| B | P | G | U | R | O | P | E | S | U | N | L |
| L | L | R | O | I | L | A | U | G | H | I | N |
| M | A | E | B | E | C | N | A | L | A | B | N |
| T | Y | P | A | N | B | S | E | C | F | M | N |
| R | N | M | D | D | U | W | H | U | T | I | F |
| E | S | U | N | S | H | I | N | E | A | L | R |
| T | L | J | U | R | L | N | R | R | O | C | R |
| T | I | N | O | D | I | G | T | W | S | E | G |
| A | D | A | R | A | S | S | E | N | T | I | F |
| H | E | E | R | N | U | R | E | D | D | A | L |
| C | N | H | R | O | S | D | U | O | L | C | L |

SWING

FUN

BENCH

SUNSHINE

BALANCE BEAM

SLIDE

FRIENDS

CLOUDS

ROUND A BOUT

FLOWERS

FITNESS

RAIN

JUMPER

CLIMBING

LADDER

CHILDREN

ROPES

TRAIN

PLAY

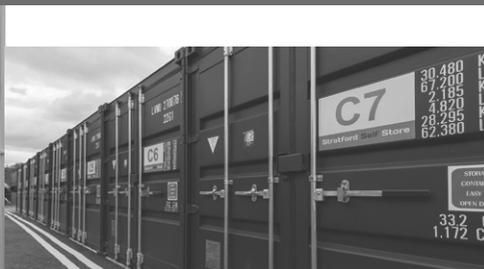
LAUGH

CHATTER



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International Dawn Chorus Day

Sunday 2nd May 2021

A celebration of nature's symphony

Taking place on the first Sunday of May, International Dawn Chorus Day is the celebration of nature's finest symphony. All across the world people rise early to revel in the sweet sound of birdsong, from rattling wrens in Rotherham to crooning cowbirds in the Caribbean.

Urban beginnings – Dawn Chorus Day has grown from a small event in Birmingham in the early 1980's, to a global annual celebration, enjoyed in over eighty countries. You don't need to be surrounded by countryside to enjoy nature's symphony – cities have songbirds of their own. Beyond the cooing of pigeons, you can hear the serenade of robins and blackbirds, the chatter of house sparrows and the laughing calls of herring gulls, to name a few!

The song thrush has one of the most confident voices in the dawn chorus, and one of the earliest to start singing. It sings in loud clear verses repeated three or four times.

The blackbird, an early riser, with a clear



and confident voice. The beautiful song is low-pitched and given in short, fluty verses. Unlike the song thrush, they don't repeat their verses.

Like the larger thrushes, robins start singing



early in the morning. The song is clear and beautiful, full of rippling notes and whistles. Robins are one of the few birds that sing all the way through winter.

The Blackcap is a migrant warbler who has one of the finest voices in the dawn chorus. It's song begins as a chattering warble, before breaking into louder, clearer flute-like notes.

The chiffchaff, (love this name), has the most recognised voice. Its song is a repetitive "chiff chaff, chiff chaff, chiff chaff", occasionally with another note mixed in.

Depending on what phone you own, you can



download some apps to help you recognise one bird from another. For example, Birdgenie is an Apple or Android app that helps everyone with an Apple or Android smart phone or tablet accurately identify birds in their garden, local park, or nature walk – all with the tap of a button.



To thank watchers of the RSPB Let Nature Sing campaign, the charity released a free birdsong radio app.

The RSPB Radio Birdsong app is available to download from mobile device app stores or you can go to www.rspb.org.uk/letnaturesing.



Contacts

PARISH COUNCILLORS

| | |
|------------------|------------------|
| Ian Johnsey | Chairman |
| Bill Tempest | Vice Chairman |
| Anthony Hodges | Councillor |
| Noel Davis | Councillor |
| Michael Hillier | Councillor |
| Margaret Clarke | Councillor |
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DEFIBRILLATOR

This is located outside the Poppin shop.
A 999 call giving the location will provide a code and method of use.

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