

THE  
**VITAL LINK**  
THE NEWSLETTER OF NEEN SAVAGE

APRIL – MAY 2020



SPONSORS



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**Cover Artwork:** Spring has sprung! Uplifting pictures showcasing our beautiful surroundings are dotted throughout this edition of the Vital Link for no other reason than to celebrate how lucky we are to live in Neen Savage!

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# PUZZLE CORNER

## THIS TIME

Find three connected words that apply to the following conundrum: (words in bold provide a clue)

I'm composed of letters four

A turkey, cock or hen.

**Behead me** and I upward soar.

Put on my hat again

**Transpose** me then a beast I am

Both bloodthirsty and wild,

That prays on many a helpless lamb

And oft devours a child

## LAST TIME

*"A rolling stone gathers no moss"*

Congratulations to Helen Morris of Little Stepple Cottage who sent in the correct answer.



# VITAL LINK

APRIL – MAY 2020

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John & Sue Del Mar Susie Dolphin Chris Haywood (Treasurer)  
Mike Hurley James Sales Sue Barratt Charles Whitworth Simon Morton

Please send your news, articles or any correspondence to our dedicated email address:  
vitallink@gmx.com

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## NEEN SAVAGE PARISH NEWS

### BIRTHS

Congratulations to **Jono & Emma Hector** on the birth of their son, Freddie Andrew Neil on 8th March 2020.

Congratulations also to **Ben and Hannah Griffiths** at Coneybury on the birth of their son, George, a brother for Bertie.

### ILLNESS

**Emily Skellern** of Upper Elcot has been ill and is in Tenbury Hospital. We wish her a speedy recovery

### BROOME PARK

Brilliant news in that **Broome Park** has been awarded the official Best B&B and Guesthouse in the West Midlands!



A splendid accolade for a little B&B in Neen Savage!!

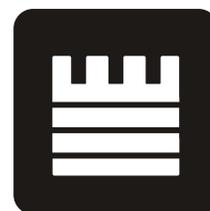
### CHRISTENING

On Saturday 7th March, **James and Olivia Harbach** christened their son Milo Sydney Huntley at St Mary's Church, Neen Savage.

James grew up at Stepple Hall, and his parents Paul and Heather Harbach now live at Titford on Catherton Road. The service, led by David Eve, was particularly special to the family as Milo is the 5th generation of the family to be christened in the Parish. Milo's great grandfather and great grandmother, John and Patricia Bryan were both Church wardens at St Mary's and are buried in the churchyard. Both sets of their parents are also buried at the Church, notably Sydney Adey whom Milo is named after.

Milo's cousin Olivia Harbach, daughter of Edward and Georgie Harbach, was also christened at the Church last Summer.

# CHURCH SERVICES



APRIL – MAY 2020

**IN LIGHT OF THE GOVERNMENT GUIDANCE AROUND NONESSENTIAL CONTACT, THE ARCHBISHOPS OF CANTERBURY AND YORK HAVE ISSUED ADVICE THAT PUBLIC WORSHIP IS SUSPENDED UNTIL FURTHER NOTICE.**

Churches should be open where possible but with no public worship services taking place. Prayers can be said by clergy and ministers on behalf of everyone and churches should consider ways of sharing this with the wider community.

**For further information please see the web site:**

<https://www.churchofengland.org/more/media-centre/coronavirus-covid-19->

## NEEN SAVAGE CHURCH

The Rev Sue Barratt would like to invite others to join her in lighting a candle and praying for the community and the nation each Sunday at 11am.

Sue will be in the church, but others are able to join her from their homes at the same time.

## FLOWER & CLEANING

The theoretical flower rota for most of April - May is shown below, but obviously there will be no Services. If, however anyone on the rota would like to place flowers in the church after Easter, they are welcome to do so.

It will be open as usual.

### FLOWER & CLEANING ROTA

Note – no flower arranging on the 2<sup>nd</sup> Sundays as there are no Services on those days



3<sup>rd</sup> April  
5<sup>th</sup> April  
  
EASTER WEEKEND  
10<sup>th</sup> & 12<sup>th</sup> April  
19<sup>th</sup> April  
26<sup>th</sup> April

Sue Del Mar  
Christine Haywood

3<sup>rd</sup> May  
17<sup>th</sup> May  
24<sup>th</sup> May  
31<sup>st</sup> May  
7<sup>th</sup> June

Christine Haywood  
Margaret Shackleton  
Margaret Shackleton  
Carol Link  
Carol Link

# NEEN SAVAGE AND CORONAVIRUS

## A MESSAGE FROM REV. SUE BARRETT

These are difficult times the effects rapidly affecting each one of us.

We are encouraged to self-isolate and to practise social distancing; whilst these measures are essential to combat the spread of the virus the very words we use – ISOLATE and DISTANCE are not helpful! Yes we need to be physically isolated and distant from one another but we need to be very close as a community to support, help and care.

I would encourage every one of you to stay in close contact with your neighbours, if you haven't before then get in touch with them! Let's pull together to ensure no one is alone; no one is in need during this time.

The Vital Link are setting up a WhatsApp group for people to keep in touch (see below), the Church in Neen Savage is putting into place the means to supply and deliver essentials to those who need to self-isolate. Let us all build up a Neen Savage Network by using phone, WhatsApp, Facebook, Messenger, notes through doors – whatever it takes and let us build that helpful, loving community that will ensure everyone is cared for.

I hold you all in my prayers and to that end I invite you to join me each Sunday at 11am to light a candle and pray for, or hold in your hearts, our community; our nation.

I shall do this in Neen Savage Church, you can join me in your own homes.

Please contact me if you want to talk or if you would like me to pray for you or your family and friends.

Do contact the WhatsApp Group, Church Members or neighbours to pass on the request for any help you may need.

**My number** - 07825030607

**My email** - revsue55@yahoo.co.uk

Please stay safe and May God's Blessing be upon each one of you.

*Rev. Sue Barratt*



## CORONAVIRUS: NEEN SAVAGE WHATSAPP SUPPORT GROUP

Who knows what lies ahead, but if we are going to start being physically isolated from one another for a few months then good-neighbourliness will become ever more important.

Whether it's helping parishioners who don't have family support nearby, or who might suddenly need a loaf of bread or some teabags, or would perhaps just benefit from a visit, then staying connected will be important. Once the virus has passed, then perhaps such a network would remain useful for crime prevention purposes: who knows?

With this in mind, I have set up a 'Neen Savage Support' WhatsApp group. Its purpose is to make it simpler for participants to coordinate help for anyone in the parish who might have need of some assistance or attention in these very uncertain times.

If you would like to join, please text or WhatsApp me on **07817 929994**, simply saying who you are. I will then add you to the group. If we could keep the group free of the jokey stuff that quite often typifies a WhatsApp group among close friends, that would be helpful.

Keep safe everyone.

*Charles Whitworth, Stonehouse, Neen Savage: 07817 929994*

# PARISH HALL NEWS

## NEEN SAVAGE 2020 BOOK

The production of the new Parish Book is now moving to the final stages, completing the last of the text and ensuring that we have all the relevant photographs. If you have promised a photograph, but have yet to send it, please send it as soon as possible to [neensavage2020@gmail.com](mailto:neensavage2020@gmail.com) or request that someone calls to take a photo on your behalf.

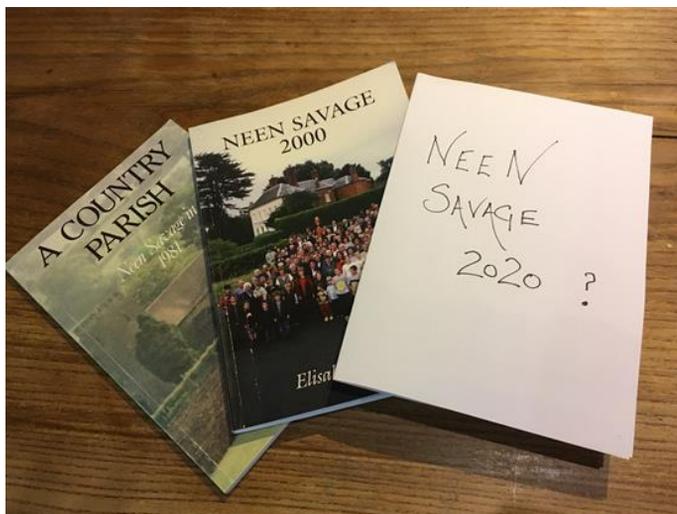
**The Launch date for the book has been set as SUNDAY 18TH OCTOBER.**

The launch will take place at the hall and the afternoon will include a 2020 Parish Photo for all members of the parish, similar to the one taken in 2000.

Please put the date in your diary. Every member of the parish, young or old, tall or short, is invited to be part of the photograph.

At the Launch there will also be a photographic exhibition in the hall, for which we are inviting contributions. Any photo taken in the parish in the last 2 years will be accepted.

See more information below.



## NEEN SAVAGE PHOTOGRAPHIC EXHIBITION - "PICTURE OUR PARISH"

We are looking for contributions!

Any photo taken in the parish in 2018/2019/2020 that reflects life in Neen Savage, for example, it's countryside, it's animals, it's community, it's weather, it's buildings, or even its potholes!

**All images are welcome and need to be received by August 31st 2020.**

Please send your image, or images to [neensavage2020@gmail.com](mailto:neensavage2020@gmail.com) using as high a resolution as possible.

Mark your email for the Photographic Exhibition and include your name.

Entries from Adults and Children, please include your age if under 18.

Some of the photos will be selected and printed for an exhibition in the Hall at the Launch Event for the new Neen Savage 2020 book on October 18<sup>th</sup> and the rest will be displayed electronically.



## **ANNUAL FETE AND SCARECROW CONVENTION**

Neen Savage's Annual Fete and Scarecrow Convention will take place on **Saturday July 11<sup>th</sup> 2 - 5pm.**

More information in the next Vital Link

## **HIRING THE HALL**

If you are interested in hiring the hall please contact the Bookings Secretary, Jen Pearce on 01299 270324 or email [jen.pearce27@gmail.com](mailto:jen.pearce27@gmail.com)

Crockery, Hall Furniture and gazebos are also available

## **WHIST DRIVES**

Please note that due to the coronavirus the March and April Whist Drives have been cancelled. The situation will be reviewed before the whist drive due to take place on May 28th.

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Spring has sprung!

# FORTHCOMING EVENTS

*(All of which, of course, subject to the progress of Covid 19)*

## APRIL

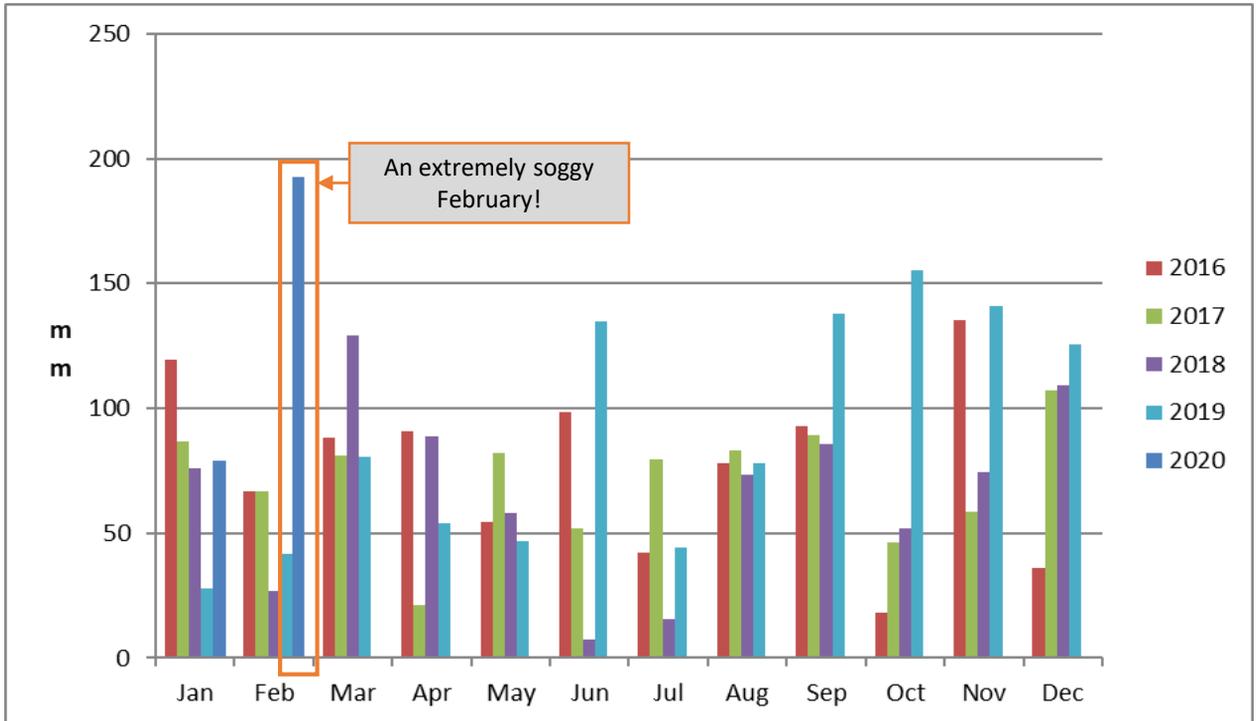
- Weds 1st Green garden waste bin collection + blue bag + recycling boxes
- Sat 4th Flicks in the Sticks 'Yesterday' (Cert12A), Cleobury Parish Hall, 7.30pm, £4/£3
- Weds 8th Black (general waste) bin collection, or black sacks  
Also: WI Meeting, 7.30pm, Neen Savage Parish Hall
- Thurs 9th Ludlow Local Produce Farmers' Market, 9am-2pm
- Fri 10th Good Friday – public holiday**
- Sun 12th Happy Easter!**
- Mon 13th Easter Monday – public holiday**
- Weds 15th Green garden waste bin collection + blue bag + recycling boxes
- Sat 18th Cleobury Farmers' Market at St Mary's Church, 9.30am-12.30pm
- Weds 22nd Black (general waste) bin collection, or black sacks  
Also: Neen Savage Parish Council Meeting, 7.30pm Parish Hall
- Thursday 23rd Ludlow Local Produce Farmers' Market, 9am-2pm  
Also: Whist Drive, 8pm, Neen Savage Parish Hall, £2 entry inc. tea & cakes
- Weds 29th Green garden waste bin collection + blue bag + recycling boxes

## MAY

- Weds 6th Black (general waste) bin collection, or black sacks
- Fri 8th Early May Bank Holiday**
- Weds 13th Green garden waste bin collection + blue bag + recycling boxes  
Also: WI Meeting, 7.30pm, Neen Savage Parish Hall
- Thurs 14th Ludlow Local Produce Farmers' Market, 9am-2pm
- Sat 16th Cleobury Farmers' Market at St Mary's Church, 9.30am-12.30pm  
Also: Flicks in the Sticks 'Swimming with Men' (Cert12A), Cleobury Parish Hall, 7.30pm, £4/£3
- Wed 20th Black (general waste) bin collection, or black sacks
- Mon 25th Spring Bank Holiday
- Weds 27th Green garden waste bin collection + blue bag + recycling boxes  
Also: Neen Savage Parish Council Meeting, 7.30pm Parish Hall
- Thurs 28th Ludlow Local Produce Farmers' Market, 9am-2pm  
Also: Whist Drive, 8pm, Neen Savage Parish Hall, £2 entry inc. tea & cakes

There is only space above to feature a small number of events from major local venues. Full details available at:  
[www.virtual-shropshire.co.uk/whats-on](http://www.virtual-shropshire.co.uk/whats-on); [www.regaltenbury.co.uk](http://www.regaltenbury.co.uk) ; [www.ludlowassemblyrooms.co.uk](http://www.ludlowassemblyrooms.co.uk) ;  
[www.malvern-theatres.co.uk](http://www.malvern-theatres.co.uk) ; [www.cleoburycountry.com](http://www.cleoburycountry.com); [www.wccc.co.uk](http://www.wccc.co.uk); [www.svr.co.uk](http://www.svr.co.uk); [www.artsalive.co.uk](http://www.artsalive.co.uk)

# RAINFALL



We knew February was wet...but this really is a record!

## VITAL LINK SUBSCRIPTIONS

Quite a few subscriptions have been paid through the interbank network (BACS) which is a tremendous help as not only does it save your Distributor time and effort, but now with this virus lurking about the less handling of cash the better.

As a reminder the Lloyds bank details are:

Sort Code        30-12-20

Account No.     00183641

Thank you.

# PARISH COUNCIL NEWS

The Parish Council meets on the fourth Wednesday of each month, except August, at Neen Savage Parish Hall. Meetings commence at 7.30pm. The date or time may change due to exceptional circumstances so please check the notice boards, web-site or contact the Clerk for confirmation.

The public and press are welcome to attend any Parish Council meeting. There is always a section near the beginning of the meeting where members of the public can participate and make representation on any item on the Agenda.

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## HIGHLIGHTS FROM THE PREVIOUS COUNCIL MEETING

### JANUARY 2020

#### HIGHWAYS

- The issues with ground work at Six Ashes following the Severn Trent work has been inspected again by the contractors, Amey. They had taken photographs to show they completed the reinstatement and it was passed by Shropshire Council Highways so due to this evidence they will not be returning to reinstate again as they cannot control how other drivers utilise the area.
- Richard Ealey, Network Manager for Streetworks, Shropshire Council has also responded regarding the damage / deterioration caused by locals not adhering to the agreed / signed diversion route
- Again due to their findings they will not be returning
- Graham Downes of Highways has confirmed that a number of defects had been issued to Kier to repair. They have been inundated with requests for service and there are masses of work issued to Kier for action. Kier have been instructed to ensure that all road gullies are emptied by the end of March. It is Kier's responsibility to programme this work to ensure this happens.
- A national drainage company quoted only £80/hour to clean out the drains and gullies.
- The Parish Council feel the process having to get work done through Shropshire Council is very inefficient as the small issues have become major problems due to a continual lack of maintenance. Mr Downes voiced concerns that the route via the ford could be utilised as part of a diversion, albeit as a result of an emergency, especially when Shropshire Council are asked to close roads, diversions routes via fords are often discounted. He has asked if the Traffic Team can do a traffic survey for the road down through the Ford.
- Insurance contractors were undertaking a site visit at Six Ashes today regarding the damaged barrier.

#### PLANNING MATTERS

Planning Decisions – FOR INFORMATION ONLY

**Reference:** 19/04840/FUL (validated: 11/11/2019) **Address:** Land at Barbrook, Neen Savage, Cleobury Mortimer, Shropshire **Proposal:** Conversion of agricultural building to 1No dwelling and installation of septic tank

**Decision:** *Refuse*

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# HIGHLIGHTS FROM THE PREVIOUS COUNCIL MEETING

## UNITARY COUNCILLORS' REPORTS

Apprentice Week commences on 3 February. There are over 700 opportunities available.

There is strong support from our MP over the state of our roads. Please continue to report highway issues on My Shropshire and repeat if they are not dealt with promptly, but also let Bridgnorth Highways and our MP know.

CLlr Shingleton is very concerned about the state of our roads especially the B4363 where the road is slipping near Rays Farm.

CLlr Shingleton is keen to ensure that all parishes have drainage maps. Neen Savage does have these.

## **FEBRUARY 2020**

### **PUBLIC PARTICIPATION SESSION**

There were eleven members of the public present. Residents raised concerns over the proposed development at Neen House Farm.

**New Planning Application: Reference: 19/05449/FUL** (validated: 06/02/2020)

**Address:** Neen House Farm, Neen Savage, Cleobury Mortimer, DY14 8JT

**Proposal:** Formation of riding manege and lunge pen with 1.4m high fencing; erection of stable block; erection of American style stable barn comprising 15 loose boxes; change of use of land to equestrian; siting of two shepherds huts as holiday let properties; conversion of barn to form two holiday let properties; construction of sewage treatment plant

**Applicant:** Redfern Property LTD (Fao: Mr M French),

Council had undertaken a site visit due to the number of concerns and questions raised last time when an application was applied for and had had concerns especially regarding highways, traffic and waste management.

After a lengthy discussion, it was felt that Council should represent the local views and objections and raise the concerns of those living close by and as such will send these comments in.to Shropshire Council (full report on Council website)

## **HIGHWAYS**

A long list of issues have been reported to Highways. There has been a lot of flood damage recently especially at the Ford, Walford's Bridge and Pike Common.

Six Ashes road safety barrier

Repairs have been completed to the barrier at Six Ashes to a good standard by contractors acting on behalf of the delivery driver's insurance company.

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# HIGHLIGHTS FROM THE PREVIOUS COUNCIL MEETING

## **BROADBAND TO PARISH HALL**

BT are awaiting confirmation from Shropshire Council regarding the statutory consultation for the pole installation.

## **'TAKE YOUR LITTER HOME' SIGN REQUEST FOR THE FORD**

Shropshire Council apologised for delay in responding to our email request for 'Take your Litter Home' signs and said there was unfortunately a spending freeze. They suggest that we re-submit our enquiry via Customer Services around the beginning of the new financial year.

Council proposed asking Street Scene directly for the signs instead.

## **UNITARY COUNCILLORS' REPORTS**

Unitary Councillor Madge Shingleton reported that Shropshire Council has recognised that people ask where all the money goes so this will be fully explained with the Council Tax bills. (Full details on the website)

**Highways** - Cllr Shingleton regrets enormously the state of the roads. The highly publicised consultant employed by Shropshire Council is sorting things out and local level staff feel confident that things will improve.

## **PARISH MATTERS / HIGHWAYS**

During the recent floods the plank bridge between Reaside and Goesland was washed away. Cllr Tomkinson will send the grid reference to the Clerk to forward onto the Access Team. The caravan which had washed into Walfords Bridge has been removed in sections and is now in the field.

Everyone is encouraged to continue reporting highway issues on the My Shropshire app. Some further ditching work will be carried out this spring under Environmental Maintenance. A plan will be discussed in June/July for the autumn work.

The annual Spring Litter Pick will take place on Sunday 29th March

## **FUTURE AGENDA ITEMS**

Consideration of some form of event to mark VE/VJ Day.

The members of the public who were present gave their support for setting up a WhatsApp community messaging group.



# TALES FROM THE GREENHOUSE

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## GETTING SOCIAL (MEDIA)

I'm a reluctant Twitter user.

From a business perspective, it's something of a necessity - keeping up to date with what the competition are doing, understanding what I should be doing and panicking about what I've not done. In short, it's a source of great stress!

The good news is that it's not all work. Twitter is awash with gardeners of all shapes, sizes and profiles. There are the big names (Monty Don, Dan Pearson and Chris Beardshaw), but also some really interesting people who just want to tell the world about their passion for gardening. There's the seed seller who lives on a barge with his dog. The 'Guerrilla gardener' who finds empty spaces and overhauls them through plants. And the stay-at-home dad who manages to squeeze in a bit of gardening while running around after his children and trying to write for a living.

It's an interesting diversion for half an hour when the posturing and poison of modern-day business social media becomes too much.

Over the last week or so, I've noticed quite a significant shift in the garden related Tweets. There are more of them, each tweet is prompting more discussion and there is a growing sense of community building.

The reason? Coronavirus.

The discussions follow two very distinct themes. The first is how people's gardens are a **place of solace** during times of stress. I completely empathise - I am never calmer than when at home and looking out at the beautiful fields and hills of Shropshire. I breathe easier and sleep better when surrounded by green.

I've mentioned before how my greenhouse is a favourite hideaway. I can lose hours fiddling around with seeds, seedlings and tidying pots. Add to this mix a flask of coffee and a radio quietly playing in the background and I'm in heaven. I wager that, as Covid-19 further encroaches on normality, my time in the greenhouse will increase.

Of course, it's not just Twitter offering recommendations on 'how to self-isolate well' - all media is awash with it. From what I can fathom, much of the well-intentioned advice all points to the same thing - take time to enjoy the simple things around you. A meandering morning walk around the garden, taking time to actually *listen* to birdsong, or spotting a tulip just on the cusp of bringing new colour into your life.

### Slow down and soak it up.

The second notable garden Twitter theme is a fascination and excitement for **growing your own**. Despite what the naysayers say, I'm pretty sure that this interest isn't about survival but more about the pleasure and unique taste that you get from growing your own vegetables.

We're now entering the season of the year where every week seems to add more tasks to the long list of gardening jobs. Top of the list is the process of growing your own vegetables, be that from seed, plugs or freshly chitted spuds. As is now tradition, my veg patch welcomes Spring in its usual state - a mass of weeds and slowing rotting unpicked produce from last year. Also traditional is my willingness to blame the sorry state of the patch on the inclement weather rather than my inability to get out there and do something about it.



As it seems that I'll be spending the foreseeable future at home, the veg patch may have a fighting chance of producing a decent crop this year. I wouldn't hold your breath, though (and if it does, you'll hear about it on Twitter).

## PROJECTS CONTINUE UNABATED

At last the greenhouse is back up and running after a particularly soggy winter. At points over the last few months, the greenhouse has literally been waterlogged, with a 4 inches of water sloshing around the watering cans and plastic pots. Madness...

Now we're (hopefully) through the worst of it, the greenhouse has witnessed an orgy of seed sowing - over 3500 at the last count. While this may sound a little self-congratulatory, the hard work is yet to come - digging out and preparing the beds for the aforementioned plants. Again, the combination of weather and clay soil hasn't helped, with people referring to my new beds as paddy fields rather than the bold garden design statement I intended.

Despite the brickbats, I resolve to make 2020 the year of the flower bed at Stepple Hall. Watch this space.



## SOMETHING FOR THE FUTURE

Like me, you're probably looking forward to embracing life once we're through the tough times of Coronavirus. Whiler there are some things I'll be able to check off my 'must do' list during the crisis (finally get around to seeing the final part of the Godfather trilogy, read more, sleep more), chances are that new ideas will replace them just as quickly.

One idea that burns bright revolves around 'The Yellow Book'. This annual tome details all the gardens opened each year as part of the National Garden Scheme. Not only are these private gardens great for our own inspiration, peace of mind and, let's admit it, curiosity/nosiness, they also raise a huge amount of money for charity every year.

Getting included in the book is no mean feat. There are very strict guidelines in terms of garden quality, interest and your ability to make a nice cup of tea/slice of cake. In truth, the latter may not be a deal breaker...but refreshments do seem to feature heavily in any conversation I've had about 'The Yellow Book'.

I have a perhaps foolish dream to have our garden featured in 'The Yellow Book' at some point. The gardening element might be the less stressful - Lisa has explained in very clear terms that she will not be involved in baking cakes or making teas. This may necessitate moving to plan B, which is offering wine, beer, and soft drinks, along with a few bowls of crisps. It may not be the traditional approach, but it does seem a bit more 'us'.



We're blessed to have some beautiful featured gardens just down the road from us here in Neen Savage. In particular, the fine folk of Stottesdon are (currently) opening up a selection of their gardens on the 5th July. On the same day, Upper Marches' garden in Catherton, complete with herb gardens, herbaceous borders and a wildlife pond, is open to the public. Both options sound like a date for the diary and, being just a stone's throw away from where we are, well worth visiting.

Hopefully, Coronavirus and all of its restrictions will not deter us from being able to visit these gardens to get our fix of inspiration and enjoy the spoils of someone else's toil.

## **D.I.Y.**

While it is tempting to wait it out and enjoy other people's gardens, what could/should you be doing in your own over the next couple of months? Here's your starter for 10...

- Start tidying (sorry!) – from ensuring your perennials are looking tip top by removing any dead material through to keeping on top of weeds
- You can start to lower the cutting height of your mower...but don't go too crazy. If you're looking for a lush green lawn to lie on over Summer, consider scarifying and aerating your patch. It's tiring work (but cheaper than the gym)
- Start/continue sowing seeds, from veg and herbs through to a wide array of annual flowers. Try something new – you never know what you'll discover!

*Simon Morton*

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# NEWS FROM LITTLE DETTON

Hi All!

Well it's been another wet period – no sign of any opportunity to get on with any ground work to prepare for this year's small scale crops of spring barley, fodder beat, potatoes and later stubble turnips; plus our allotment area!

We did suffer from the floods – 6 of our shearling ewes were washed away from a field at Reaside – the Rea came up so rapidly overnight to unprecedented levels, right up to the top of the wire fences – the poor things had no chance! It was very upsetting and a shock to us all, Chris Butterworth helped us look for them although the chances of finding them were very slim. He actually found two alive! Somehow they had managed to swim and get themselves out onto dry land. Two have been found dead, the other two missing.

Many thanks to everyone who helped us in any way during this difficult time!

Other news – we now have a small batch of chicks for our next meat chickens and our lambing has gone well. From our 14 ewes we have 27 lambs, with just one dead at birth - a good result! All doing well but we are having to bottle feed two lambs.

# MORE NEWS FROM LITTLE DETTON

Last summer we purchased an old Sprite caravan which we stripped out and decorated to use during lambing and for nice days when we have people on retreat. It has worked really well helping us to keep watch and be on hand to help when it was necessary, I say us but it was Sue that did most of it!!



I decided at the back end of last year that I needed to change my tractor – my old Fordson Major 1958 has always done everything I asked of it. Amazing when you consider the age – good old fashioned engineering!

It was sad to see her go but I've upgraded to the next model in the range – 1968 Ford 4000 (Preforce), with a loader, more gears and doesn't need the PTO running to use the hydraulics (that was a pain!)



That's about it for now, see you soon!

PS. Re the Coronavirus – we have eggs and meat available and can deliver to your door if it helps!

*James Barrett, 01299 513211*

# FOOD FILE



## HOMEMADE BAKED BEANS

As an avid supporter of the British Farmer, all out meat and Dairy lover, I confess, I am not the best at being all inclusive on my recipe page.

So I asked friend, neighbour and Vegan, **Helen Morris** to suggest an alternative recipe to my daily consumption of meat. Helen has provided this homemade version of family favourite, Baked Beans.

**Serves: 4-6**

### Ingredients:

2 large onions, finely diced (do this first and allow to sit for 5-10 mins before heating to develop health promoting compounds)

2 sticks celery, finely diced

1tsp olive oil

1 large carrot finely diced

1 medium sweet potato finely diced

1 tsp paprika or smoked paprika

¼ tsp cayenne pepper

A pinch of ground cloves

2 tsp soy sauce or tamari if you would like it to be gluten free

1 tsp balsamic vinegar

1 tsp brown sugar or maple syrup

1/3 tube tomato puree

1 can cannellini beans

1 can haricot beans

1 can flageolet beans (you can use any bean combination that you have; borlotti, kidney or black beans for example will all work too.) 2 can chopped tomatoes



### Method:

Sauté the onions and celery for 5 mins in a little oil then add the carrot and sweet potato.

Add the spices, soy sauce, balsamic vinegar and maple syrup and stir through.

Add the beans, chopped tomatoes and tomato puree and simmer for 10-15 mins until nice and stodgy. Add a little water if you like them saucier.

Fab on toast or jacket potato!

*Susie Dolphin*

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## FEBRUARY & MARCH 2020

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In February we welcomed Mary Warrilow, one of our members to talk about Lipoedema.

Lipoedema is a debilitating fat disorder where there is an abnormal build up of fat and fluids mainly on the lower parts of the body. It is a chronic, long term condition that primarily affects women and generally develops at times of hormonal change – puberty, pregnancy and menopause. There is also a genetic link and the condition can run in families, more research is needed to identify those at risk and reasons for the occurrence.

Women with the condition are misdiagnosed, told they are obese and to lose weight, they suffer from poor mental health and low self esteem, limited mobility, skin sensitivity, joint pain and the financial impact of not being able to work. Symptoms can be helped if diagnosed early with the use of compression garments or bandages, appropriate exercise and skincare, diet and psychological support, however only 5% of sufferers are identified by their GP and 44% by specialist nurses, leaving a huge number of women undiagnosed. It is suggested that over 10% of women may have the condition so this leaves a huge number suffering in silence.

Lipoedema UK was formed in 2012 and is dedicated to raising awareness amongst health care professionals and others and calling for more research and better funding of treatments by the NHS. If anyone wants more information please contact Catherine on the number below and we can help.

Neen Savage WI are determined to continue campaigning for the National Federation of WIs to adopt Lipoedema Awareness as a Resolution to spread the word to a larger audience.

Delicious refreshments were served by Veronica and Giulia.

The speaker for March stepped in at the last minute so we are very grateful to Ann Pyatt from Cosy Kitchen for her flexibility. You may have seen Ann at the monthly Farmers Market in St Mary's, with a stall full of delicious loveliness! It was interesting to learn of her journey from working as an engineer in a castings company to self employed baker – a story of following your dreams and seizing every opportunity. Thanks to Gill and Carol for the delicious refreshments.

Our next meeting, if it takes place, on Wednesday 8th April is the Members meeting so the committee don't know who the speaker is! I am sure it will be very interesting! Visitors always welcome, £4 to include refreshments and raffle ticket. Please check our Facebook page to see if meetings are taking place in the coming months. For more information please contact me on 01299 270647.

*Catherine Evans, President*

01299 270647

# A WINTER FRENCH BREAK

There is nothing unusual about holidaying in France, but normally it takes place in the Spring, Summer or Autumn, not in the Winter.

We were fortunate enough to come across a small house in the hills just outside Nice, which is not normally let in February due to lack of demand, but happily for us the owner was delighted when we showed some interest and offered it to us at not quite the normal exorbitant rates that houses in that part of the world normally command. After all we were unlikely to want to make use of the swimming pool!

We decided to drive there and take our dog with us. The latter caused all sorts of excitement with the local vet here, but in the event was no problem provided that it was inoculated for rabies and was given some anti worm pill three days before coming home. The latter is easy money for the French veterinary system who clearly consider it nonsense. (incidentally, coming home at the Calais Eurotunnel customs we were amazed to see that by 10.00 am on a Sunday morning some 80 dogs had already passed through).

Calais to Nice is a long drive and even using the wonderful motorway system it amounts to some 10 hours of driving before allowing for 'pit stops' for both humans and dog. So we broke the journey with an overnight stop.



As wonderful as the motorways are (they cut a journey time by almost 50%) the tolls are expensive, but we 'bit the bullet' paying some £100 each way. The only

thing that relieved the pain of paying so much was that we bought a special tag that we stuck on the car windscreen which enabled us to drive straight through the toll booths without stopping. The charges are painlessly accumulated throughout the month and only hit one well after returning home when studying the bank statement and seeing what has been deducted.

Whilst poor old England (and much of France) was suffering from the tremendous floods, we were lucky enough to enjoy wonderful weather, so spent the time either exploring the city of Nice (the tram system made it very simple and cheap) or walking in the surrounding hills. Very few tourists about, but quite clearly one can see that the area in summer is a playground for the wealthy and must be incredibly crowded.

**Being just before Lent it was the season of carnivals.**



The Nice carnival is many hundreds of years old and consists of a huge number of floats portraying all sorts of well known people and also wonderful displays of local flowers. Just down the road Menton has a lemon and orange festival for which they create huge models made entirely of lemons and oranges. If space permits we show some photos of both the spectacles.

*John & Sue DM*

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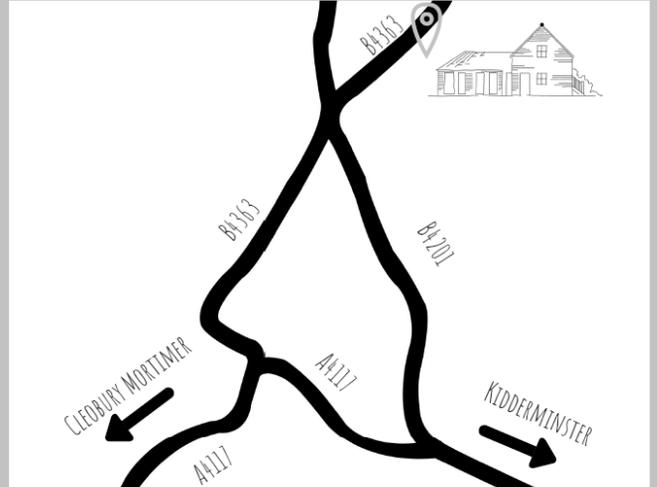


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