



# CHRISTCHURCH

FOREST OF DEAN

# ST MARY THE VIRGIN

ENGLISH BICKNOR

## PARISH MAGAZINE

MAY 2020



In these extraordinary times many things are changing. One such change is that we are unable to print and deliver the Church and Community News and Events magazine. However for the next few months, and until the restrictions are lifted, you will find the magazine here on the Parish website. We are aware that some of our readers do not have internet access. If you know of someone who usually receives a print version could you let them know what is happening, if it is safe to do so, and assure them that we will be back in print as soon as possible. Many thanks Judith

I have a little desk flip with encouraging daily quotes

Today's reading spoke so much to me that I thought others might find it helpful

*'Most of the blessings in life aren't big ones; they are so small that they're easily missed.*

*Joy doesn't necessarily come blazing in all at once; it shows up a little at a time.*

*Take time today to thank God for the small blessings in your life'*

During this time of enforced isolation I have been keeping a record in my diary of the blessings which I have received EVERY day, so that when this time of huge concern, sadness, pain and anxiety passes, I will be able to look back and see clearly that there was still much to be thankful for whether it be unexpected human kindnesses or the opportunity to have time to observe nature in all its beauty and diversity.

My warmest good wishes to all.

Helen

Rev Helen Rodwell, English Bicknor



One of the small blessings is the return of blossom each spring

# Christchurch, FOD and St Mary's English Bicknor

## Parish Contacts

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**Benefice Website** [www.christchurchfod.org.uk](http://www.christchurchfod.org.uk)

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For more information about bees (see pages 18 and 19) the following websites are especially useful

[www.deanforestbeekeepers.co.uk](http://www.deanforestbeekeepers.co.uk)

[www.friendsoftheearth.uk](http://www.friendsoftheearth.uk)

[www.beesfordevelopment.org](http://www.beesfordevelopment.org)

[www.europe.eu/food/safety/food-fraud/ffn\\_en](http://www.europe.eu/food/safety/food-fraud/ffn_en)

[www.seedsballs.co.uk](http://www.seedsballs.co.uk)

Also try:

"Honey nature's golden healer" by Gloria Havenhand

## Community Organisation Contacts

### *The Gloucestershire Wellbeing Trust*

*A support service in times of difficulty*

If you would like to talk to someone in confidence please contact the Community Wellbeing Service at Forest of Dean District Council on 01594 812447 or 01594 812399.

### Gloucestershire Police

Find out about local police activity and link in to the various ways you can find support and information by going online to <https://www.gloucestershire.police.uk/neighbourhood-policing/forest-of-dean/>

### Barnwood Trust

Information and help applying for grants from the trust is available from the Forest of Dean Office on 01594 837191 Or visit [www.barnwoodtrust.org](http://www.barnwoodtrust.org)



**BERRY HILL & District  
Community Volunteers**

**COVID-19 MUTUAL AID UK**

Local organising to support the most vulnerable in our community

**Self Isolation doesnt mean you are alone**

**LETS SMASH THIS VIRUS**

**If you are self isolating or in the vulnerable  
group, your neighbours have come together  
to offer you a helping hand**

**Do you need some shopping done? prescription  
collected ? your bins put out? collecting a parcel? a  
dog walked? someone to talk to ? Whatever you  
need while self isolating, we can help you , so you  
can keep safe... YOU ARE NOT ALONE**

**Berry Hill and District is with you .**

**Phone Ali Williams Berry Hill/Broadwell 07796025985**

**Simon Andrewes English Bicknor 07710344177**

**Tim Gwilliam FOD District Councillor 01594781451**

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## **We Can Help You!**



### **Self-isolation doesn't mean you are alone.**

If you are self-isolating or in a vulnerable group, there are volunteers in your local area who can help you.

#### **PERHAPS YOU NEED:**

- Some shopping done
- Your prescription collected
- Your dog(s) walked
- Someone to talk to
- Your bins/recycling putting out/in
- Help with general errands

If you need help while self-isolating, we can help you, so you can keep safe.

***YOU ARE NOT ALONE. We are here.***

Obviously, to keep everyone safe we need to avoid physical contact but deliveries etc can be done at the garden gate/doorstep, with a smile or a chat!

***IF YOU NEED HELP CALL ALI WILLIAMS ON:***

***07796 025985***

***She will then get one of our volunteers to contact you.***

If you would like to volunteer to be part of our Volunteer Groups – please email: [katiwinterborne@gmail.com](mailto:katiwinterborne@gmail.com) or call 07974 983908.

Our FOD District Councillor, Tim Gwilliam can also be reached on 01594 781451.

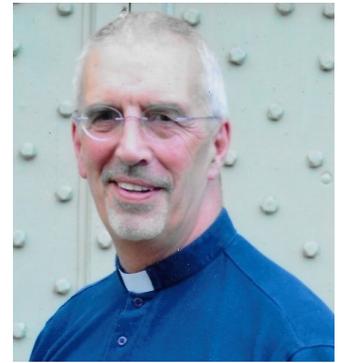
## From the Vicarage:

### THE NEW 'NORMAL'!

Two weeks ago, if I passed someone's house and caught their eye and waved, they were out of the front door like a shot from a barrel! Anything for a chat: did not even matter if it was the Vicar, he was better than nothing!

In the past few days, I have had a cheery 'hello', but no rush to the gate for a natter from a few people. They are obviously busy with their 'New rhythm!' It feels a bit like the stress of lockdown has transitioned into an attitude of 'let us use the time while we have it!'

On another note, we as a family have felt really privileged to live where we do. We have easy access to our daily dog walk in the forest, where, even if we meet people, we can usually ensure we 'socially distance'. In terms of exercise, Julie's running, and me on my mountain bike. Easy again! Lots of space and opportunity without putting ourselves or others at risk.



**Caring for others is the best way to fulfill our own interests. We are social animals; we need to be warm-hearted and to take care of others.**

 @DalaiLama

We have also been fortunate that our community has come up to the mark ensuring many people have all they need, even when they are shielding. Shopping, prescriptions, phone calls, chats across the 'socially distanced garden gates' all mean so much. Our local shops have played their part with deliveries and provision to help out and we need to thank our local council leaders, the food bank and those in the community that 'Go the extra mile' for their efforts and care.

BUT, then I began to think about those who live in flats, or houses away from open spaces. Those who are struggling to make ends meet. Those who are trying to 'Home School' siblings without access to the internet. Those who are not in 'good' relationships and face abuse. Those who are ill and in need of more care than is available. Those who are simply 'lonely' because they can't see their family and friends.

Are we missing anyone out?

As many of us relax into 'Lockdown', (and maybe even enjoy it!) who is struggling near you?

**How might you make life a little easier for that family, or that older person, or that poorly neighbour?**

As we 'settle in to' this strange time let us all keep our eyes open and be aware of those who might not cope so well. Above, let's all keep each other safe by 'STAYING AT HOME' and keeping our distance until this time has passed..

A couple of quotes I have discovered sum this up:

**“Never stop doing little things for others.  
Sometimes those little things  
occupy the biggest part of their hearts.”**

**“Never look down on anybody  
unless you’re helping them up.”**

And in Matthews Gospel Jesus told a parable  
that ended with these words:

**‘Truly I say to you,  
to the extent that you did it to one of these brothers of Mine,  
even the least of them, you did it to Me.’**



***Tony Williams***

***Rector of Christ Church Forest of Dean and St Mary English Bicknor***

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From Berry Hill School



Headteacher Sally Hunt wrote:

Our children wrote letters and drew pictures for elderly folk in our local care homes who were self-isolating early on, so they would know we were thinking of them, and to make them smile.



## Inspiration for Dark Times .

The poems and prayers on following two pages have been suggested by some of our regular contributors who have found them helpful in the last few weeks. We all hope they will strike a chord for you.

### Meditations...

It is a difficult  
lesson to learn today,  
to leave one's friends  
and family and deliberately  
practise the art of solitude  
for an hour or a day  
or a week.  
For me, the break  
is most difficult...  
And yet, once it is done,  
I find there is a quality  
to being alone that is  
incredibly precious  
Life rushes back into the void,  
richer,  
more vivid,  
fuller than before!  
Anne Morrow Lindbergh

*Anne Morrow Lindbergh was the wife of the aviator Charles Lindbergh and herself an aviator. She died in 2001 and wrote this poem long before the current situation in which so many now find themselves.*

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There is a contemplative  
in all of us,  
almost strangled  
but still alive,  
who craves quiet  
enjoyment of the Now,  
and longs to touch  
the seamless  
garment of silence  
which  
makes whole.

Alan P Tory

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When we do not know what to do, let us ask of Thee,  
that we may find out. We care to ask for light upon  
only one step at a time. We would rather walk with  
Thee than jump by ourselves.

Peter Marshall

God to enfold me, God to surround me  
God in my speaking, God in my thinking,  
God in my sleeping, God in my waking,  
God in my watching, God in my hoping,  
God in my life, God in my lips,  
God in my soul, God in my heart,  
God in my sufficing, God in my slumber,  
God in my ever-living soul,  
God in mind eternity

Carmina Gaedelica

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God be in my head  
and in my understanding,  
God be in my eyes  
and in my looking,  
God be in my mouth  
and in my speaking,  
God be in my heart  
and in my thinking  
God be at my end  
and at my departing.

Sarum Primer 1558

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A Sanskrit proverb

Look to this day! For it is life, the very life of  
life. And tomorrow is only a vision. But today  
well-lived makes yesterday a dream of  
happiness. And tomorrow a vision of hope.  
Look well, therefore, to this day .

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May the road rise to meet you

May the wind be always at your back

May the sun shine warm upon your face

May the rain fall softly on your fields until we meet  
again

And may God hold you in the hollow of his hand

Old Gaelic Blessing

**Idris Elba** is reading *Don't you quit* as the voice over the current BBC Covid 19 film. You may like to see if you can spot the slight difference between his version and this one.

### *Don't you quit*

When things go wrong, as they sometimes will,  
When the road you're trudging seems all uphill,  
When funds are low and the debts are high,  
And you want to smile but you have to sigh,  
When care is pressing you down a bit,  
Rest if you must, but don't you quit.

Life is queer with its twists and turns,  
As every one of us sometimes learns,  
And many a failure turns about,  
When he might have won if he'd stuck it out.  
Don't give up, though the pace seems slow -  
You may succeed with another blow.

Often the goal is nearer than  
It seems to a faint and faltering man;  
Often the struggler has given up  
When he might have captured the victor's cup,  
And he learned too late, when the night slipped  
down,  
How close he was to the golden crown.

Success is failure turned inside out -  
The silver tint of the clouds of doubt,  
And you never can tell how close you are -  
It may be near when it seems afar;  
So stick to the fight when you're hardest hit -  
It's when things seem worst that you mustn't quit.

*This poem is usually attributed to John Greenleaf Whittaker, one of the American 'fireside' poets, so called because the poems were read by the fireside in pioneer homes. However, there is a bit of dispute and some say it is by that well-known author, Anon.*

quote from "The Book of Joy" by Dalai Lama  
Desmond Tutu said,  
"You know, when Nelson Mandela went to jail he was young and, you could almost say, bloodthirsty. He was head of the armed wing of the African National Congress, his party. He spent twenty-seven years in jail, and many would say, Twenty-seven years, oh, what a waste. And I think people are surprised when I say no, the twenty-seven years were necessary. They were necessary to remove the dross. The suffering in prison helped him to become more magnanimous, willing to listen to the other side. To discover that the people he regarded as his enemy, they too were human beings who had fears and expectations. And they had been moulded by their society. And so without the twenty-seven years I don't think we would have seen the Nelson Mandela with the compassion, the magnanimity, the capacity to put himself in the shoes of the other."

### *Still I rise* by Maya Angelou

You may write me down in history  
With your bitter, twisted lies,  
You may trod me in the very dirt  
But still, like dust, I'll rise.

Does my sassiness upset you?  
Why are you beset with gloom?  
'Cause I walk like I've got oil wells  
Pumping in my living room.

Just like moons and like suns,  
With the certainty of tides,  
Just like hopes springing high,  
Still I'll rise.

Did you want to see me broken?  
Bowed head and lowered eyes?  
Shoulders falling down like teardrops,  
Weakened by my soulful cries?

Does my haughtiness offend you?  
Don't you take it awful hard  
'Cause I laugh like I've got gold mines  
Diggin' in my own backyard.

You may shoot me with your words,  
You may cut me with your eyes,  
You may kill me with your hatefulness,  
But still, like air, I'll rise.

Does my sexiness upset you?  
Does it come as a surprise  
That I dance like I've got diamonds  
At the meeting of my thighs?

Out of the huts of history's shame  
I rise  
Up from a past that's rooted in pain  
I rise  
I'm a black ocean, leaping and wide,  
Welling and swelling I bear in the tide.

Leaving behind nights of terror and fear  
I rise  
Into a daybreak that's wondrously clear  
I rise  
Bringing the gifts that my ancestors gave,  
I am the dream and the hope of the slave.  
I rise  
I rise  
I rise.

**Maya Angelou** died aged 86 in 2014. She was an American singer, a poet, memoirist, dancer and civil rights activist. Once, briefly, the first black American bus conductor in San Francisco she achieved international fame with her memoir *I know why the caged birds sings*.

### English Bicknor WI news

We have all led a very different life over the past weeks, but our members have continued to be busy – many enjoying the Spring weather in the garden. Most importantly we have been here for each other especially for those who live alone.

Our committee have held meetings using the Zoom app and we held Zoom “coffee mornings” for our members. It is good to continue to see and hear each other and exchange ideas for activities during the lockdown.

Our walking netball coach sends us weekly challenges to help keep us fit. These challenges are scored, and we are competing against other local walking netball groups.

We all look forward to when we can meet up and resume our usual activities – watch this space!

When meeting resume they will be held at 7pm on the first Thursday of the month in English Bicknor village hall.

For further details please contact Christine Televantos on 01594 832007



Ransoms in the woods lighting up a dark day

### **Time for you - Time to Relax**

Not, perhaps, the easiest thing to do in the current lock-down situation.

One tried and tested method (i.e. it works!) is listening to a relaxation CD.

One of our parishioners, Charles Drew, is a qualified therapist (now retired) and has a number of such CDs available.

If anyone is struggling with the current situation and needs something to help them relax, Charles is happy to send one of the CD's to them. Charles says that the CD's are good for general relaxation anyway, and can be listened to every day and people will relax more each time.

There is no charge, but if someone wanted to they can make a donation to the NHS or the church.

Please contact Charles Drew on 01594 837243, if you would like one.

**The Church Discussion Group** will continue to meet on 1st and 3rd Tuesdays, except May when the meetings are on Wednesday

April 21st,

May 6th and 20th,

June 2nd and 16th

and July 7th and 21st.

Until we can meet physically, we will meet on Skype. There will be 3 short (6 min) videos to watch at your leisure before the session.

We will meet on Skype at 7.30pm (bring your coffee to the meeting) to discuss what we have learned. This term we be using The Bible Project material on How To Read The Bible.

It looks at how each literary style found in the Bible lives by its own rules and structure and how each contributes to the understanding of the Bible as a whole.

If you would like to join in then please let me know ( [fudgejacqueline@gmail.com](mailto:fudgejacqueline@gmail.com) ) and I will send you details of how to access the videos online.



Three cheers for the 'Bicknor Angels' ( my description not theirs) who have pledged to be on hand to support all of us in the community during the coronavirus pandemic in any way they can with shopping, prescription collection, posting letters etc. etc. You kindnesses are SO much appreciated.



Someday, everything will make perfect sense so for now, laugh at the confusion, smile through the tears and keep reminding yourself that everything happens for a reason. *Author unknown.*

Where there's hope, there's life. It fills us with fresh courage and makes us strong again.  
*Anne Frank*



Friends are the family we didn't know we had.  
And now cannot be without.

When you talk, you are only repeating what you already know. But if you listen, you may learn something new. *Dalai Lama*

## Hidden Landscapes in the Forest of Dean

By John Hoyle

Report from the Meeting of 12 March 2020

The earliest finds from the Forest are chance finds and dated to the Palaeolithic (900,000-10,000 BC). The earliest is the Newent hand axe (around 400,000 BC). The only settlement known from this period is King Arthur's Cave (around 12,000 BC) which was used as a hunting camp as the thaw was beginning after the last Ice Age. There were probably more settlements out in the open, but cave sites survive much better.

The evidence for the Mesolithic (10,000-4,000 BC) is concentrated around Eastbach and the Burse. The Goldcliffe camp by the river is probably one of the settlements from where hunting and gathering groups set off; with another closer to the Bicknor area.

From the Neolithic (4,000-2,500 BC) there are none of the typical long barrows. A lovely hand axe found in Coleford was quarried in Cornwall, and shows people were in this area and trading over long distances; but perhaps without settling.

There are many ritual sites by the Bronze Age (2,500-700 BC), with standing stones (Long Stone, Staunton and Queen's Stone, Huntsham), barrows and cairns. Tidenham Chase has many sites, such as Soldier's Tump round barrow, whose grave goods include a tiny bronze dagger, and the recently identified ring cairn. Tidenham may have been a special ritual place with great connections to the main transport routes of the time – rivers. The settlement evidence is mostly from chance finds or field-walking – like the English Bicknor tanged-and-barbed arrowhead.

With all this evidence, there must have been people living in the Forest. There are four hillforts in the area. The earlier forms (around 1,000 BC) are banks (the remains of substantial stone walls) and a ditch, and are clearly defensive. By this time the climate was worsening and there was less agricultural land, so defending your land would have become more necessary. The sites would have been like a small town, probably where the elite lived, with storage, markets and so on whilst the rest of the population lived in enclosures outside.

Welshbury hillfort has three concentric ramparts and (possibly) was built over a Bronze Age field system with a settlement to the south – so is an area in use over a long time period. Lydney Park Roman Temple is inside a hillfort. Mortimer Wheeler's excavations uncovered enough evidence to show that fairly wealthy people lived in the hillfort. Symonds Yat is a promontory hillfort, with the promontory cut off by five ramparts. Probably it overlooked agricultural land in the river loop below as there are crop marks and lots of grain pits (which were for winter storage). Lancaut is the same as Symonds Yat but with two ramparts.

There are good Iron Age field systems around Sallowvalets and Welshbury and Soudley Camp is probably a settlement with field systems. The Hewelsfield and Madgetts area have early cropmarks and Offa's Dyke cuts across a Madgetts linear works, so they must be earlier than the Dyke (late 8th century). There is plenty of evidence of iron working.

Hillforts are not easy to defend, and are not designed for sieges (many did not have easy access to water) and those still in use were no match for the Roman military when it came.

Before Lidar (an aerial mapping system) the Forest of Dean was a blank canvas, now there are many questions to answer about our early landscape and people.

Chair: Claire Scales [info@rocklodge.co.uk](mailto:info@rocklodge.co.uk) 01600 773220



The English Bicknor arrowhead

## In response to Spotlight on.....

I would like to say 'Thank you' for the kind article published in the April Parish magazine about my journey in running the Forest of Dean Gymnastics Club and the Centre.

Although it has been a long journey, and at times a hard and challenging one, it has been worthwhile. 45 years has passed quickly and I have made many friends along the way. It is always rewarding when one of my ex - gymnasts, now grown up, calls in to say hello and to say how much gymnastics shaped their lives. I didn't plan for all this to happen but someone else obviously did!

Who knows the reason why things happen? On my 7th birthday I was given an autograph book and asked my father to write something in it. I was very surprised when he wrote:

*If you can fill each unforgiving minute with 60 seconds worth of distance run yours is the earth and all that is in it and what's more you'll be a man my son.* His version of Kipling. " But I am your daughter", I said, confused.

Just think of the meaning", he replied. I think my life has been governed by this and I often think of those words.

It doesn't seem like work when you enjoy what you are doing. There are downsides and constant struggles to raise funds for repairs or equipment, or to get enough volunteers to run a competition and to attract specialist coaches or have enough people to train as coaches but the pleasure of seeing a child achieve a new move or overcome a challenge or gain confidence, outweighs it all. It is a privilege to have been part of so many children's lives.

Many people don't realise that Fitzone, the fitness gym, is as important to the community as the gymnastics. It is there for everyone. It isn't all 'pumping iron'. It is a place to meet and make new friends, to receive experienced guidance on how to exercise sensibly or try a new class to do something different. The Centre is run as an independent, 'not for profit' registered Charity. The emphasis is on getting you healthily fit no matter what age or fitness level, from beginner onwards. Come and see once we are able to open again.

When my husband and I moved to Coleford, our twins were only 2 1/2 years old. My first invitation was to a 'Christingle' Service at St. John's church in Coleford and we made new friends there. This then became our church. The children attended Sunday School and two of our sons later joined, and later led the choir. As commitments at gymnastics competitions on Sundays took over we mainly only attended at Christmas and Easter. Sadly, St. Johns closed down and so we came to Christchurch where you made us feel so welcome even though we can only attend occasionally.

Thank you again for welcoming Chris and me. I feel honoured that you considered me for the article.

Lynn Hammersley



**ERNEST HEAL**  
FUNERAL DIRECTORS  
**SORS**  
Established 1929

5 South Road, Broadwell, Coleford,  
Glos. GL16 7BH  
Telephone 01594 832159

Chippenham Funeral Home, Howells Place,  
Monmouth NP25 3ED  
Telephone 01600 772244

*Serving the community for more than 90 years*

Two to think about..... (answer p19)



If an average hens egg is 5cm long and weighs 300 grams and

an average peacocks egg is exactly twice the length and 2.5 times the weight, which has the greater circumference?



You enter a deserted house late at night. Inside there is an oil lamp, a gas fire and a stove full of wood. You only have one match however, so which should you light first?

### Friendly Foot Healthcare Professional

FROM NAIL-CUTTING TO VERRUCCAS Home Visits

Member of the College of Foot Health Professionals and the British Association of Foot Health

**Martine Smith** Tel: 07760731595 or 01594 834537

## How to make a face mask

This is an adaption of a pattern sent by one of our contributors. Other patterns are available on the internet. Google 'how to make a face mask'.

For this pattern you will need

2 7" squares of cotton material.

2 strips of material 5"x 1" Use bias binding if you have some, or tape or cut strips from your material

2 lengths of tape/bias binding/ or strips of material about 34" long.

Method

1. Lay the two 7 inch squares together so that there is a right side and a wrong side. Or you can use two different patterns. The idea is to make sure that you put the mask on the right way round each time you wear it. Fold the squares together and mark the centre.
2. Make a running stitch 1" either side of the center. Pull up the thread and stitch firmly in place. This is the top of the mask.
3. Make three pleats across the width of the mask and hold in place with pins.
4. Bind each side of the mask catching in the pleats.
5. Find the center of one long tape/bias/strip and match with the centre of the top edge of the mask. Bind the top edge then stitch from one end of the tape to the other to make sturdy strings.
6. Bind the bottom edge of the mask as above

**To wear:**

Wash hands before putting on the mask and after you take it off. Avoid touching your face. The gathers on the top edge fit over the nose. Tie off the tapes at the back of the head. **Launder after every wearing**



## Litter picking in English Bicknor

Max, who is 7 years old, along with his daddy recently took it upon themselves to carry out a litter pick along Bulls Hill.

The family do lots of walking and Max always notices litter along the way.

Max decided he'd like to do a litter pick to help tidy up the countryside in which we live.

Over a two day period in the recent lock-down Easter Holidays, the two collected four full black bin bags to be disposed of once



If you are inspired to do something similar in your IMMEDIATE area, remember to wear strong gloves and if possible use a litter-picker.

And you may have to store your full bin bags until lock-down is ended.

**Musical evenings** were once the highlight of a social calendar. Now that we are all making our own entertainment why not put together a Desert Island disc set and share the memories your music brings?

This first set is from **Bob Boulter**, former Chair of Friends of Christchurch

### **10 CC - I'm not in love**

I would be shot if I didn't include this at the very top as it is mine and Sue's song.

### **Hymn for the Fallen**

The theme from the film Saving Private Ryan, which I always find so moving and often listen to in times of quiet reflection.

### **Tiger in My Tank**

By blues rock guitarist Joe Bonamassa. I've seen Joe live 7 times now and he never fails to please. A child prodigy, played on stage in BB Kings club in New York. It has real pace and gets you dancing in the kitchen.

### **Phoenix**

A long track by a band called Wishbone Ash. This was the very first band I saw live. It was in Barry Memorial Hall when I was 17sh. I've followed them ever since and recently saw them in Derby at the Flowerpot as they were celebrating 50 years as a touring band. They've still got it and as they performed to an audience of varied ages the venue rocked.

### **Bull Frog Blues**

Again pursuing the rock blues guitar theme, this is by Rory Gallagher. Its another first....the first vinyl I bought.... and I still have it. This track is another toe tapper, get you jiggling and rocking number.

### **Libera Me**

From Faure's Requiem. Sue and I sang this in school choir and in a community choir when we had left school. No surprise that the choir master of both was the same bloke. It brings back such good memories of fun and friends, who are still friends that we keep in regular contact with even to this day. Apart from that its a lovely piece of music.

### **Layla**

By Derek and the Dominoes. Guitarists again. Always been a fan of Eric Clapton.

### **Bring me Sunshine**

The one that Eric Morecombe and Ernie Wise used to close their TV show with. Saw them live at the New Theatre in Cardiff, with my parents, when I was knee high to a grasshopper (no change there then I hear readers cry!) And I don't believe that I have ever laughed so much. I sing this with Drybrook Male Voice Choir as part of one of our programmes and it always leaves a smile on my face and a feel good factor in my soul.

What would your **eight music** choices be? You could also choose **eight films** (even on a desert island you'd no doubt have your solar-charging ipad with you!) **eight books** you can't be without (Desert Island Discs allows the Bible, Shakespeare and just one other—for this game you can have a whole eight more!)

Send your lists to [jbrickwood444@btinternet.com](mailto:jbrickwood444@btinternet.com) and they will appear in the next on-line edition of the magazine.

## As I see it

In times of a crisis, it is fantastic to see how the majority of people pull together and help each other.

In the current crisis, most people are following the rules and staying at home, not mixing with people outside their own home and keeping the 2 meters from others.

However, I am amazed that some people either are not listening or just don't care about anyone. Builders coming and going from residential properties doing non-essential work, sharing cars with people not from the same household, going for walks with friends and generally paying little or no attention to the advice. There seems to be an attitude among the "hard of thinking" that they won't get the virus, and if they do they will be ok. They ignore the fact that they may need medical help, putting the NHS under unnecessary extra pressure or could pass it on and perhaps the person or people they pass it on to may not be so lucky and may not recover.

I wonder what piece of the advice they don't understand, or perhaps they are just so arrogant and self-centred, they just don't care.



## Reward for what they do.

The current situation has shown us all who it is that are the really essential workers.

The nurses, the doctors, the carers, the shop workers, the police, fire service, ambulance crews, paramedics, bin men and women, chemists, farmers and so the list goes on.

All people we all rely on everyday. They are making life possible, without them everything would grind to a halt, and life would be very different.

It's interesting to see how many of these people are in low paid jobs. I hope when this is over and normality returns, we remember who it was that we really needed, who it was that kept the country going and who it was that got us through.

They come to the fore in times of a crisis, but they are still there, often unrecognised, when things are normal. Do we take and have we been taking them for granted? Maybe it's time that these people are paid in line with how essential they are to society.

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**After washing your hands well, slice a chilli and rub it all over them.**

It does nothing for viruses, but you quickly learn not to touch your face



# Quizzing at home

Many thanks to the various contributors who sent in the following quizzes. **Answers on p 19 and 20**

## BRITISH BIRDS



1/



2/



3/



4/



5/



6/



7/



8/



9/



10/

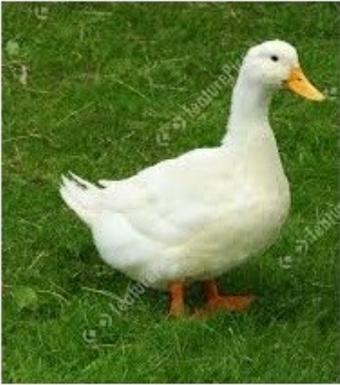


11/



12/

# COUNTY TOWNS AND THEIR COUNTIES



1/  
1/



2/  
2/



3/  
3/



4/  
4/



5/  
5/



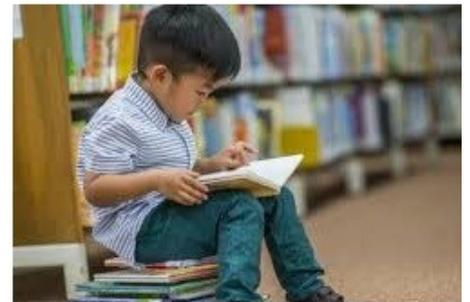
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12/  
12/

**Bible Code**

*Compiled by Nigel Bovey*

Solve the clues to reveal the title of books of the Bible.

1. Elton hit.
2. Craig, Darcey, Shirley, Bruno.
3. 0–60.
4. Hidden hardy hero.
5. We're still unearthing what they taught us.
6. Sounds like it could be sharpened.
7. Mass walkout.
8. What's that they cry: 'Release Lennon'?
9. Old boys were a spirited football team.
10. Sounds as though they might live in Manilla.
11. In favour of doing words.
12. 'It's Number 1. It's Top of the Pops!'
13. Almost sounding church-like.
14. Expanding ether engulfs the south.
15. Flushed when a big one's done!
16. In the direction of Mr Sellers.
17. Man makes cuppa
18. Henry VII, George V.
19. Veraci-y.
20. Scotsman bans sound of bees

Name that dog breed



1



2



4



5



6



3



7



8

**How well do you know the Forest?**

Can you name all of these places

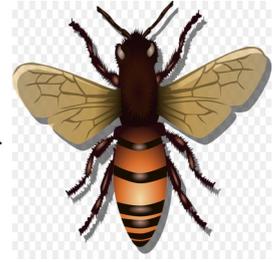
1	Pine expectantly
2	Ex-president gets carbonized
3	Ashes in the car
4	Thirsty burn
5	Finish a middle distancer
6	Screw top joint?
7	Chase that Mr Evans
8	But where are the Eastenders?
9	Cushioned drinking hole
10	Oak, ash or yew? Clergyman's choice.
11	Fifth month rise
12	The girl is jealous
13	Leave the car at the finish
14	Elle gobbled up by yappie dog
15	Vapour crushers
16	Colourless smallholding
17	Toytown's PC family moniker misspelt
18	... yer hook!
19	Not tall and not seated
20	Regret local clergyman
21	Not the Welsh black pen
22	Percy Pimpernel
23	Recently acquired plot
24	Fishy!
25	A fruity hummock

Anagram: The initial letter of each of the dogs shown above will make up the name of another type of terrier.

A \_ \_ \_ \_ \_ Terrier

## THE WONDERFUL HONEY BEE AND FAKE HONEY

There are 20,000 species of bee globally and 270 in the UK. However Bee population in the UK has plummeted by 50% over the last 20 years. A similar trend in many other countries has implications for our ability to produce enough food to feed the worlds increasing population.



"Bees and other pollinators like butterflies and hoverflies are vital for stable healthy food supplies. They are key to the varied, colourful and nutritious diet we need"  
(Friends of the Earth)

So why are bees decreasing at such an alarming rate? What is certain is that the way we treat our world is key to several factors in bee decline.

The global use of agricultural herbicides and pesticides kills crop-destroying diseases, but also kills bees and other pollinators.

Another factor is the loss of the bees natural habitat such as ancient hedgerows and wild flowers due to housing/industrial development. Monoculture leading to loss of crop diversity can also effect bees. Disease and varroa mite take their toll on bee survival.

Then there is Colony Collapse disorder. This can be a devastating problem that can wipe out a colony almost over night, although not fully understood, it is almost certainly linked to changes in environment caused by us.

### **What is Fake Honey ?**

Green or unripened honey is extracted from the hive when it is still thin and "unripe" more water is added and then rapidly evaporated to make the product the consistency of real honey. Green honey is a shortcut, saving time and money but made without care for the finished product. Genuine honey contains 13-14% water but permitted levels can be as high as 18.6% and some producers make the most of that. Sugar is also added to increase the quantity but not quality of honey.

Research done for the European Parliament put honey as the 6th top product most at risk of "food fraud" (Olive oil was the 1st)

This laundering of honey is wide spread worldwide. Our demand for honey is high especially in Europe. But the reduction in bee population has meant we import honey from unscrupulous sources, the biggest culprit being China. Tracing the source of honey is not easy as it often passes through several countries to reach us. Singapore, for example, exports large amounts of honey and yet they have only a handful of beekeepers. The Bahamas has become a major honey producer and yet the honey bees moved there die! It doesn't take much to realise we are being conned.

Beware of blended honey, if it is a only a blend of EU honey it is probably fine but if it also contains non-EU honey it is likely to be adulterated. Sadly, honey labelled organic or produced by well know makers, does not guarantee it's purity.



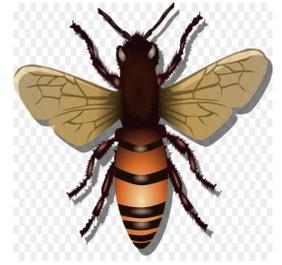
### **What can we do to help the honey bee ?**

#### **Plant Bee friendly plants in your garden**

Plant more nectar rich plants in our garden. Since the 2nd World War the UK has lost 97% of its native wild flower habitat. Examples of good plants for bees are Alyssum, Chives, Marigolds, Sunflowers Clover, Borage, Sage, Nasturtiums and Lavender. You can buy packets of wild flowers especially to attract bees. **Seedball** is a London based company that does small tins of seedballs (an easy way of growing plants) . They do mixes especially designed to help not only bees but also seed mixes for butterflies, birds, bats, hedgehogs and even a beetle mix !

### Support Organic Farms

Support organic farms which don't use pesticides on their crops and also encourage wild flowers and replace natural hedgerow in areas around their crops. If we support farmers who farm responsibly we are helping the bee, and our planet, to recover from years of abuse from pesticides.

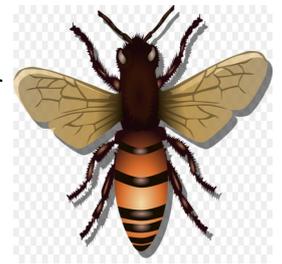


### Buy Real Honey !

Buy raw unprocessed honey and support our local health food shops and farms. In Monmouth there is a wonderful shop called **Bees for Development** which sells raw honey produced mostly in Wales and is wonderful quality too! They are part of a international beekeeping organisation that, "promotes sustainable beekeeping as a means of alleviating poverty and promoting biodiversity." Honey is *nutraceutical* which means it has proven medicinal benefits. It is a fantastic healer for wounds and burns, and can be used to help gastric ulcers, IBS, conjunctivitis and cataracts, hay fever, cough and sore throats and a multitude of other ailments.

### Make a water station for bees

In a shallow bird bath or trough cover the bottom with small pebbles then half cover them in moss and keep topped up with swallow water, just enough to keep the moss wet. Bees can drown if the water is too deep. This is a great water supply for all flying pollinators.



### Save an exhausted bee

Have you ever seen an exhausted bee? It is on the ground staggering and looks like it is uncertain what it is doing. Bees work so hard collecting pollen they can run out of energy. To recover a bee the RSPCA recommends mixing 2 tablespoons of white sugar (it must be white) in one tablespoon of water, put it on a plate and place the bee next to it (scoop up gently on a piece of paper). The bee can take on energy and will recover lying back to the hive to continue its work.

### Bees wax food wrap

Instead of using plastic or cling film to save food in the fridge why not use bees wax food wrap. Bees wax has antibacterial, antifungal and antiallergenic properties so is perfect to protect food. The ones you can buy in the shop are very good but also expensive, but it is straight forward to make your own. If you search on line there are several sites that will show you how.

Honey is such an amazing substance.

It has been used over the centuries for its antibacterial properties to treat wounds and other infections. It is still used to make natural soaps and creams for skin problems, and when we have a cough or cold we still turn to honey to sooth out throats. Bees wax makes wonderful candles that burn cleanly and can even clear toxins from the air.

Bees are actually used in airports as sniffer bees ! They can detect infectious diseases by bodily smells and pheromones.

They can also be used to detect explosives and semtex in luggage and are quicker to train than dogs.

The world needs bees so lets do all we can to help them.

Lindy Lathan



**The Food Bank needs the following :**

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TESCO LYDNEY,  
ST JAMES' CHURCH HALL, BREAM.**

**Running for Alzheimers**



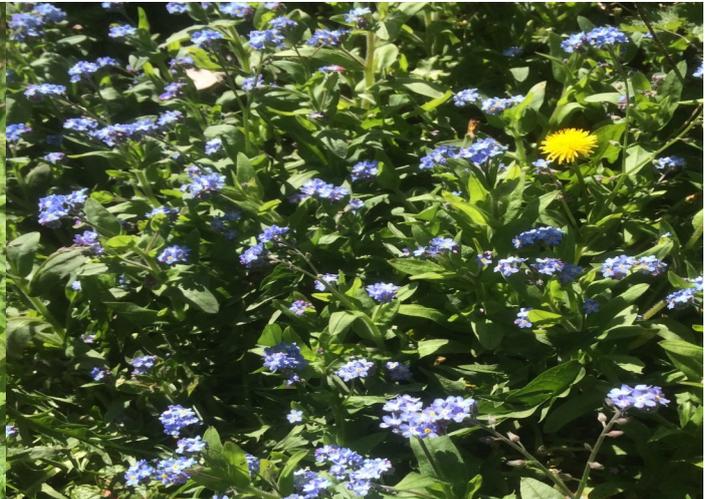
Julie is still training for her run for Alzheimer's. The run is now scheduled for , possibly, November .

More details nearer the time.



Unfurled fern fronds taste like asparagus

**The Unstoppable Spring!**



## A BOOKSHELF FOR OUR TIME ?



When you talk, you are only repeating what you already know. But if you listen, you may learn something new. *Dalai Lama*

Prayer is not just a matter of the feelings, but of the will.

When we least feel like praying and when prayer seems pointless because there appears to be no-one to accept it – when God indeed seems absent – then is the time to call our will into action and refuse to give up.

There will be occasions when our desert will seem only dry and barren.

But we must persevere, holding on to the promise that the parched ground shall become a pool and the thirsty land springs of water. *Jack Dobbs*

## Quiz answers

### Towns and their county

- 1/ Aylesbury - Buckinghamshire
- 2/ Bedford - Bedfordshire
- 3/ Beverley - Humberside
- 4/ Cambridge - Cambridgeshire
- 5/ Dorchester - Dorset
- 6/ Durham - County Durham
- 7/ Gloucester - Gloucestershire
- 8/ Lincoln - Lincolnshire
- 9/ Reading - Berkshire
- 10/ Worcester - Worcestershire
- 11/ Truro - Cornwall
- 12 / Oxford- Oxfordshire

### Name that Bird

- 1/ Chaffinch
- 2/ Coal Tit
- 3/ Collared Dove
- 4/ Great Tit
- 5/ Green Finch
- 6/ Jackdaw
- 7/ Mistle Thrush
- 8/ Osprey
- 9/ Pied Wagtail
- 10/ Raven
- 11/ Sparrowhawk
- 12/ Wren



### Bible Code

*Compiled by Nigel Bovey Answers*

1. Elton hit. DANIEL
2. Craig, Darcey, Shirley, Bruno. JUDGES
3. 0–60. NUMBERS
4. Hidden hardy hero. JUDE
5. We're still unearthing what they taught us. ROMANS
6. Sounds like it could be sharpened. ACTS
7. Mass walkout. EXODUS
8. What's that they cry: 'Release Lennon'? 3 JOHN
9. Old boys were a spirited football team. CORINTHIANS
10. Sounds as though they might live in Manilla. PHILIPPIANS
11. In favour of doing words. PROVERBS
12. 'It's Number 1. It's Top of the Pops!' SONG OF SONGS
13. Almost sounding church-like. ECCLESIASTES
14. Expanding ether engulfs the south. ESTHER
15. Flushed when a big one's done! JOB
16. In the direction of Mr Sellers. 2 PETER
17. Man makes cuppa. HEBREWS
18. Henry VII, George V. 2 KINGS
19. Veraci-y. RUTH
20. Scotsman bans sound of bees. NAHUM

### Two to think about

- 1 Peacocks don't lay eggs, peahens lay eggs
- 2 The match

### Dog picture round:

- 1: Mastiff
- 2: Scottie (Scottish Terrier)
- 3: English Setter
- 4: Harrier Hound
- 5: Airedale Terrier
- 6: Lhasa Apso
- 7: Akita
- 8: Yorkie (Yorkshire Terrier)
- 9: Anagram answer – Sealyham terrier

## Llangasty Retreat House - Benefice Retreat

**Monday 14th - Wednesday 16<sup>th</sup> September 2020**

This lovely house is situated on the shores of Llangorse Lake near Crickhowell. It is a great place for us to pause for a couple of days, taking time out for quiet reflection and worship, with the opportunity for some local walking too.

We can also enjoy each other's company in very comfortable surroundings as many of us have done in the past four years.

The house can accommodate up to 22 people in single/twin rooms. We book the house from 3pm Monday to 3pm Wednesday and last year many people met for lunch on the way .....and afternoon tea on the way home!

**Would you like to come this year? More information next month.**

If you'd like to make a provisional booking please contact **Carol Turley on 837207**

Further information about the Retreat house is on their website **[www.llangasty.com](http://www.llangasty.com)**

## Forest Place Names

1	Longhope
2	Coleford
3	Cinderford
4	Drybrook
5	Mile end
6	Lydney
7	Huntley
8	Walford
9	Pillowell
10	Bishopswood
11	May Hill
12	Joys Green
13	Parkend
14	Yorkley
15	Steam Mills
16	Whitecroft
17	The Pludds
18	Sling
19	Shortstanding
20	Ruardean
21	English Bicknor
22	Blakeney
23	Newland
24	Bream
25	Berry Hill

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**Art Club at  
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**Signposting: if we can't help we know  
who can**

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