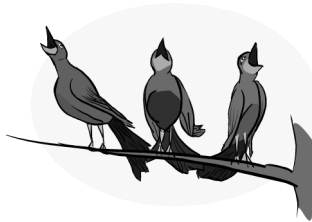


BIRDSONG

**December 2023
and
January 2024**



**BIRDINGBURY
NEWS
NO 119**



Season's Greetings!

Birdingbury Parish Council Report

As often happens at this time of year, villagers have been involved in very contrasting events. Remembrance Sunday started wet, so the walk up to the church became a splashy skuttle under a broolly. Karen created a reflective mood given the conflicts in Ukraine and Gaza, and it was a pleasure to be part of the first ever performance of one of Brian Tompkin's hymns. The rain had stopped for the walk to the War Memorial for the reading of the names of the fallen, two minutes' silence and the National Anthem. Thank you, Karen, Andrew and Brian for all the thought that you put into the morning.

Less than a week later, there was the Cheese & Wine evening at the Club. Thanks go to the Barrs (and the bar) for a fantastic evening which will hopefully be the first of many. I must admit that 'the morning after' was, for me at least, a second sombre Sunday ... it must have been the cheese!

On the planning front, some of you may already know that the proposal for a phone mast at the Marton Road entrance to the village has been withdrawn by the applicants. They hadn't addressed any of Rugby Borough Council's concerns (or ours) from the earlier application, so this wasn't a surprise. We would still like better mobile coverage but not in such a high impact location, so we are trying to have a conversation with the applicants. In more positive news, Birdingbury is included in a large 'lot' that is out for tender for installing superfast broadband, and we should know in the next few months whether or not there have been any bids. We'll keep you posted.

Village communications was a bit of a theme at the last Parish Council meeting with the mast, broadband, the village website and the phone box. The Parish Council pays for the village website (www.birdingbury.org) but no-one has come forward to take over running it, we're not certain how much it is used, and it costs us over £400 in domain and hosting fees. Unless there's a strong case to keep it going – *please let me know if you think there is* – we might back up the current content safely and close it. The Parish Council site (www.birdingbury-pc.gov.uk) will remain. We have agreed to pay for the refurbishment of the phone box / defibrillator, and this will be done in the Spring when the weather has improved.

We have had confirmation from our County Councillor that the curbing in Main Street near the Club will be funded. We await a date for the work, as we do for the replacement of some of our pavements where they have started to break up. We are also in touch with Highways about replacing some of the damaged 'Birdingbury' signs on the approaches to the village. We discussed engaging in Rugby's 'Local Plan', which is the area's development plan for business, infrastructure and housing. The current Plan doesn't have Birdingbury as a development area (quite the opposite) and nothing – yet – suggests that this will change in the revision due next year. See www.rugby.gov.uk/localplan for details.

The Parish Council discussed our budget for next year and setting the precept (the

parish portion of Council Tax) for 24-25. We haven't raised the precept for 4 or 5 years, but nearly all our costs have risen dramatically with the inflation of the last two years, so it is very likely that it will rise this time. We will decide at our January meeting (we don't meet in December).

And so, we are set to see out 2023 and welcome in 2024 ... may I take the opportunity to wish you and yours a Merry Christmas and a Happy New Year!

Guy French, Chair, Birdingbury Parish Council

BIRDSONGBIRDSONGBIRDSONG

LH Academy Update

We have been very busy at Leamington Hastings Academy over the past few months. There has been lots of learning taking place, visitors into school to support topics and a visit from Ofsted!

We are pleased that Ofsted identified that the personal development of children is a strength of the school, awarding us with a grade of outstanding in this area. We are delighted to share our full report with the local community, which can be found here: <https://primarysite-prod-sorted.s3.amazonaws.com/leamington-hastings-cofe/UploadedDocument/b74b52f4-993b-4614-87b3-fb8990882df5/10290624-leamington-hastings-church-of-england-academy-142149-final.pdf>



We have also held a successful prospective parent's evening. We continue to offer individual tours around the school for prospective parents, so please do get in touch via the school office if you would be interested in your child joining us. You can find out more about us through our digital prospectus which can be found here: <https://www.leamingtonhastings.covmat.org/school-prospectus/>

We will be holding our Christmas Fair on Wednesday 6 December at 3:15pm. All local residents are welcome to attend. Everyone at Leamington Hastings would like to wish you all a very merry Christmas and a happy New Year!

Suzanne Marson, Head of School, Leamington Hastings Church of England Academy

BIRDSONGBIRDSONGBIRDSONG

New Arrivals



A big Birdingbury welcome to Hannah and Joel Stevens who have taken over the baton from Jenny and Dan at Imberdene on Main Street.

We're delighted to see you joining in our lovely community and hope you will be very happy here!

Pumpkin Power

Halloween kicked off in Birdingbury with an evening of fun, family and pumpkins!



Several local families congregated for a group pumpkin carving in the Club on Saturday 21 October. Suzie and Hayden continued to show their fantastic management of the Club with bin bags, bowls, tools and ever lasting patience, as little monsters, goblins and terrors (with their parents!) spent the evening carving their best pumpkins ready for Halloween.

Suzie and Hayden were also kind enough to supply an aaaah-bundance of drinks and snacks for the gremlins.... along with plenty of more *fortified* drinks for the parents.

Once the pumpkins had suitably tired out the wee beasties, a movie was put on to enable them to calm down, and for the parents to finally breathe a sigh of relief as knives, saws and other carving weaponry were safely packed away again!

By the end of the evening the creations spooked for themselves: a true crypt-acular array of pumpkins of all shapes and sizes, well carved (mine aside - a butcher job if ever there was one!) and ready for the big Trick or Treating event the following weekend.

Needless to say, the only thing scarier than the evening was the Rugby result: less said about that the better to avoid truly scaring the adults!

A special thank you again to Suzie, Hayden and the wider villagers for such fun over the Halloween period.

Andrew Whitworth



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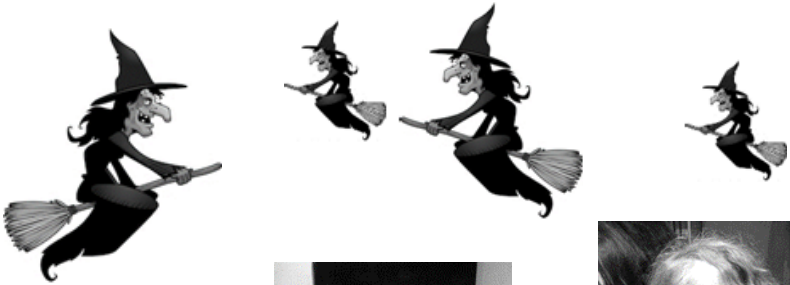
Horrors at Halloween



Rain didn't stop play at the Halloween party! The children all went out and enjoyed Trick or Treating then came back to the Club for hot chocolate and hot dogs with lots of games.

Fun was had by all, including the adults!

I could never have done it without the help and support of others, so I'd like to say a big thank you to Mark and Tine for helping with the Trick and Treaters, to Sharon and Rachel for help with the games, to my family who helped with the hot chocolate and hot dogs and, of course, to all the children who came and enjoyed the evening.



I'd also like to add a big thank you to the Community Cafe which donated money towards putting this event on.

Suzy Mosby

A Life of Adventure

As reported in the last edition, Birdingbury resident, Chris Lettington, passed away at his home on 18 August. He was 83.

Chris and his wife Vivien moved with their young family to Birdingbury in the summer of 1979, after Chris accepted a job at GEC in Rugby. It would be the last house move he ever made. Which is not to say that Chris never travelled: he had a lifelong passion for experiencing new cultures, meeting new people and, where possible, a little adventure – it's just that he loved village life.



After growing up in Birmingham, Chris attended Sheffield University to study Physics and took a PhD in fuel technology. He went into the burgeoning nuclear sector, which was a great fit because it combined his love of science with the chance to work across many different cultures. He counted himself lucky to have worked on projects across North America, Europe, Australia and Asia including the newly opened up China. He was particularly proud of his work to decontaminate parts of eastern Europe after Chernobyl.

Chris also loved a bit of adventure. He had travelled extensively across north Africa as a college student (and the tan never fully faded) and shared his love of the outdoors with his family on hiking, biking, camping and canoeing holidays across Britain and Europe. He had developed a taste for winter sports while living in Canada and was just waiting for the right blizzard to try skiing down the hill to the allotments. Even retirement did not slow Chris down, as he ticked off a bucket-list item by sailing with some friends around the Caribbean and up the east coast of America, as well as the Greek Islands.

Chris loved village life and enthusiastically joined in as and where he could. He used to love to dig in his allotment and grew an impressive collection of weeds, wildflowers, mushrooms and the occasional vegetable. Potatoes were something of a 'set it and forget it' specialty and the sweet peas, at least, would flower spectacularly. The village fetes of the 1980s were a source of great joy. Chris would run the coconut shy and, once the costs were covered, fun was prioritized over profits. Similarly, he loved bonfire night at the village park – good company, a warm fire and the chance to dabble in rocket science (the fun, 'light-it-and-run' kind).

Chris retired in 2004, indulging in his love of cycling through the Warwickshire countryside (always up to Frankton and down from Bourton; way more fun that way).

Chris is survived by Vivien, his children Gregory, Andrew and Nicola and their grandchildren Alexandra, Briony, Dominic, Riley, Adam, Abbie and Theo.

Andy Lettington

Lest We Forget



The morning threatened rain on a Remembrance Sunday for the first time in many years; but shortly before we were all set to congregate around the War Memorial the sky cleared a little and all remained dry.

The morning took its usual format with church goers attending a short service in St Leonard's allowing for a reading to be contemplated, for prayers to be said, and then to walk down the hill and into the village to join everyone else.

On this occasion the short service at the Memorial was taken by Church Warden Karen Armbrister, who

reflected that peace begins with each one of us doing what we can, where we are. Guy French, as Parish Council Chairman, has the very real responsibility of reading the names of the fallen. He was joined by Phoebe Tooth- Markham, as a representative of the future, who laid the wreath.

Having watched the Festival of Remembrance the previous evening, I was left contemplating all those who lost their lives in military action in the years since 1945. I do not know of anyone from the village who has been lost since then, but several have certainly served. In our family, we particularly remember Karen's father, Peter, who served as a national serviceman in Korea, in the early 1950s. After a few days final training in Hong Kong he was thrust, at age 18, into action in a trench in what would become South Korea. 60,000 British troops saw action in that far off land and 1,100 never returned. Like so many, Peter rarely talked of the action he saw, save that he lost friends. He would reflect that it was the 'Forgotten War', like so much of the action many have seen since 1945.

Let us hope that, as we gather at our own village war memorial every year, our memories of our fallen do not fade and we can reflect on how blessed we are to be able to gather peacefully for coffee in the Club, after our Act of Remembrance.

Andrew Armbrister

BIRDSONGBIRDSONGBIRDSONG



Poppy Appeal Collection

Thank you from the Royal British Legion for all the donations during the Poppy Appeal collection this year. The total raised by Birdingbury was £98.56.

Gordon Smith, Leamington Hastings



Walk this Way

There were lots of reasons not to walk the Camino. A 500 mile/800 kilometre walk between St Jean de Pied in Southern France and Santiago in Northwest Spain, bookended by two sets of mountains was daunting: a recent knee operation plus we'd never done anything like it before. On the other hand, it had been on the bucket list since 2016 when we had joined friends for the last four days of their Camino. We're relatively fit and so we decided that we should seize the moment. We prepared as best we could. Neighbours got used to seeing us weighed down with rucksacks whilst walking the village. Endless weighing of clothes to ensure our packs were as light as possible occupied our spare time for weeks. And then suddenly it was time to go.



On Wednesday 23 August we walked to catch the bus at Leamington Hastings; we were off. Five trains later we arrived at St Jean de Pied, ready for the first and most strenuous stage over the Pyrenees. But it was hot: 40 degrees and on the previous day buses had been sent out to retrieve wilting pilgrims. We needn't have feared. The standing joke within the family is that we attract fog. Sure enough, the weather turned and all we saw of the spectacular mountains was our feet in front of us. We had booked accommodation ahead for the first week but arrived at our first overnight stay at 10.30am.

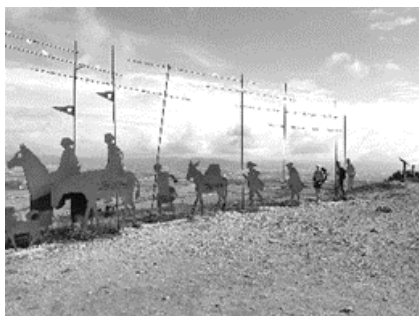
Ripping up our schedule and frantically calling ahead to cancel everything, we walked on for another 14km to arrive at our first auberge. It was an old monastery with 75 beds per dormitory. Lights were off at 9.00pm and we were woken by piped music at 6.00am: choral songs followed by Devil woman - the monks had a sense of humour! And so started our daily ritual of waking before dawn, creeping out into darkness and walking 10km or so before having breakfast of fresh tortilla and coffee at one of the numerous cafes, walking until about 2.00 when the heat would be too much to continue, and then showering and washing socks and t-shirts ready for the next day before even thinking about lunch. Rather than write a diary, these are a few of our reflections.

Walking the Camino is very much a communal activity. There are lots of people starting the journey each day, many walking at roughly the same pace as others. Many are walking as couples but there is also a significant number walking by themselves. Some find themselves joining together and walking the Camino as new-found friends, a relationship to last the rest of their lives. Others simply walk together for a few hours before moving apart. The same is true in the evenings, when most nights pilgrims eat together with others staying at the same accommodation. Pilgrim meals were hearty and very reasonable: 15 euros secured a three-course meal with wine and bread.

Conversation was always enjoyable with English as the common language. People come from all over the world, and we met Australians, New Zealanders, Canadians (lots), Americans (not one admitted to voting for Trump), Japanese, Koreans, South Americans and, of course, numerous Europeans.

It is difficult to avoid some discomfort during the walk. Blisters are common and plasters in Spain are so expensive, we spent over £200 in 30 days. Our footwear turned out to be well-chosen although it took Steph three days and many changes between walking shoes and trail shoes to decide which were best (trail shoes).

When it is hot, it is hot and the only way to walk any distance is to start before dawn and break the back of the day's journey before the sun is at its height. But Northwest Spain isn't a desert as some (principally our eldest daughter) would have you believe. When it rains, it chucks it down, as was the case for ten of the days we walked. Indeed, on one day we found ourselves in the middle of a violent thunderstorm, crouching in an open field where we threw our walking poles away from us in case we were hit by the forked lightning. That day, the pilgrims who had chosen to walk looked like bedraggled rats.



We were keen to experience all aspects of the Camino and that included staying in dormitories, as well as some private rooms (no ensuites), two apartments and one hotel paid for as a treat by our children. If truth be told, dormitories were not something that Chris in particular enjoyed. The snoring wasn't too bad, but the bed bugs were, and queuing for the bathroom and toilets was not something his aged body wanted to do.

Some of the towns and cities we walked through were beautiful, such as Leon (where we spent three days as Chris tried to recover from shin splints) and our favourite Burgos, which is simply stunning. These are spaced by dozens of lovely villages and hamlets. But there are long stretches of walking alongside major trunk roads, threading your way under motorway bridges and through industrial estates, always following the painted yellow arrows or blue shells that show the way.

The motivation for walking the Camino is individual to each person. For some it is deeply spiritual, for us it was more the challenge of the walk, along with the sense of treading through history and watching the land change under our feet from mountains and plains to forests, vineyards and sunflower fields. But even for us a serenity stole over us as we walked, the busyness of life fell away.

Finally arriving at the Cathedral in Santiago, after 27 days walking, to attend the pilgrim's mass with the huge bonefuriemo (incense burner) swinging at up to 60kph over your head was surprisingly significant and emotional.

Steph Seeley



Bowling Club

Our indoor short mat bowls season is going very well. Each week we regularly have up to 16 members coming along to bowl and have good fun. The laughter is infectious, the cheering loud and the support for the bowlers is most welcome! We're probably the noisiest indoor short mat bowlers in the county!

Our annual lunch is on Wednesday 6 December where cups and trophies will be presented to the winners of matches played in the summer. We are all looking forward to spending a lovely time with bowling friends.



Short mat bowls doesn't need strength or involve much walking. It is a great introduction to our club members, with tea and biscuits and a chat at half time! Maybe you would like to take up a new hobby as a New Year's resolution? Gentle exercise, indoors, no initial expense, free parking, a cuppa and a warm welcome awaits! We have bowls you can borrow, just wear loose clothing and flat shoes and come along to try for free.

If you would like to have a go, please come along to the Leamington Hastings Parish Hall at 2pm every Wednesday or call 01788 336913 for further details.

Happy Christmas and good health to all members.

Sue Turner

BIRDSONGBIRDSONGBIRDSONG

Hard Day's Night

As an ardent Beatles fan, Birdingbury's very own rock star, Lewis Cutts, was invited to BB Radio WM in November to talk about the newly released Beatles single, 'Now and Then'.

Here he is arriving at the studios, with the crew, on air, and strumming along with his best friend (aka guitar!).



Community Café

As we approach the year end, we are delighted how the Community Café has embedded itself into village life.



Every Tuesday, from 10.30am to 12 noon, we have welcomed all ages, served a lot of coffee and eaten a LOT of home-baked goods. Big, big thanks to our loyal band of supporters and volunteers who have helped us to keep going. Also, very big thanks to the Club for allowing us to use their space, free of charge. We are delighted to have been able to make donations to their refurbishment fund as a token of gratitude. Final thanks to Tony and Alex, who have opened the Club for us every week and provided terrific support.

We are going to take a little break after our Christmas Café on Tuesday 19 December. This will be a special event run by gentlemen of the village who have some surprises in store! We will re-open, refreshed ourselves, with fresh new bakes for a fresh new year, on **Tuesday 16th January 2024** at 10.30am. If you'd like to join the Team, just get in touch with Karen (07919 594559).

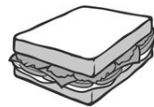
Charitable donations from the Café total £1,746.87 to date, and we expect to make further donations for Christmas which should take us to £2000 for the year. This represents an amazing level of generosity thanks to our customers and our willing bakers, who never claim any funds for their fantastic offerings.

Karen Armbrister and Jean Foroughi

BIRDSONGBIRDSONGBIRDSONG



Soup and a Sandwich



20 January 2024

In the Club, starting at 12.15pm

Come and enjoy a soup, a sandwich and good chat with friends and neighbours

No need to book, just turn up

No ticket charge but please make a donation on the day

All proceeds in aid of St. Leonard's Church

Contact John Owen (01926 632876) for further information

Wine and Cheese Evening



This event was held in the village club on Saturday 18 November.

It was hosted by me with help from Jennifer Barr, Esmee Barr, Matthew Frost and Richard Cutts.

A total of 53 (initially sober) patrons made the night an overwhelming success and it was great to see so many people attend.



A special thank you to those who came from Bourton and Leamington Hastings (the journey back must have felt like a marathon!).

The wines and cheeses sampled on the night (for those who may have lost track at various points) were:

- Wine Society Saumur Brut NV 2022 (France)
 - served with Camembert VOP
- Touraine Sauvignon Blanc, Domaine Guenault 2022 (France)
 - served with Sainte Maure De Touraine Goats Cheese
- Wine Society White Burgundy 2022 (France)
 - served with Comte Extra Vieux
- The Society's English White (England)
 - served with Gorwydd Caerphilly.
- Weinert Malbec Mendoza (Argentina)
 - served with Keens Cheddar.
- Don Zollo 15-Year-Old Pedro Ximenez, Williams & Hubert (Sherry) (Spain)
 - served with Cashel Blue

The party carried on after the wine and cheese were a distant memory, going 'old school' with a disco!



Many thanks to all those who attended, everyone that helped on the night, and to Suzy and her staff for looking after us.



A special apology goes to Guy French, who tried to play his juggling act with a glass of red wine low key, only to have the walk of shame as he sloped off to change his britches.



As I said, the event wasn't really designed to make much profit as we wanted to provide decent wine and cheese.

However, we had a surplus of £199.74 and had some wine left over, which we will add back in. This gives a total of £320.32 which will be classed as a donation to the Club and ring-fenced for improvements.

John Barr



BIRDSONGBIRDSONGBIRDSONG

Sadly, we could not fit in all the photos of the evening but I took one of each table, so let me know if you'd like me to send you any (07770 937806).

Lesley Fleming

What's the Point of Acupuncture?

I have been using acupuncture as part of my physiotherapy practice for over 35 years. The Chinese have been using it for over 2000 years and there is now good scientific evidence to support its use in Western medicine. Physiotherapists are in the unique position of being able to combine it with other treatments such as exercise, and manual therapies.

What is Acupuncture?

Treatment involves the insertion of extremely fine stainless-steel needles through the skin and into muscle. They are usually placed into the site where the patient feels pain and in combination with points away from the painful area. The needles are generally left in for about 15-25 minutes and may be gently stimulated by hand or by electric impulses (electroacupuncture).

How does Acupuncture work and will it help me?

Acupuncture stimulates nerve endings within the muscle to produce various chemicals in the spinal cord and brain including endorphins and dynorphins (both painkillers), cortisol (which mediates inflammation), serotonin, melatonin and oxytocin (which help with sleep, relaxation, mood and wellbeing). Therefore, it can stimulate healing and help to control pain. It can be a precursor to other treatments such as exercise to aid recovery and normal function.

There is good scientific evidence to support its use and NICE recommend it for chronic pain and headaches including migraine.

Although acupuncture can reduce pain (often when other treatments have failed), it does not work for everyone.

Does Acupuncture hurt?

This is probably the most frequently asked question! It should not be painful. The needles are the same thickness as a human hair so acupuncture should be far less painful than having a blood test or a vaccination. During the treatment patients often report a feeling of heaviness, warmth, tingling or a mild ache. It is not uncommon for patients to fall asleep during treatment!

Is Acupuncture safe?

Acupuncture is very safe if carried out by a qualified professional who will have taken a full medical history and examined the patient, will follow strict hygiene guidelines, and have undergone recognised training and ongoing education. Clinics should be registered and inspected by their local council and given a licence to practice acupuncture. The needles are single use, sterile and packaged with a guide tube which means they can be inserted without touching any part of the needle. There are certain health conditions which may mean you are not suitable or extra precautions are required.

Are there any side effects from Acupuncture?

There are far fewer side effects than there are from for paracetamol and they tend to be mild and short lived. They include feeling lightheaded and/or fatigued, localised soreness and occasionally there will be a tiny bruise.

What conditions can be treated with Acupuncture?

In my practice I use it for the treatment of acute and chronic pain (e.g., neck and back pain, nerve pain such as sciatica, arthritic pain, post operative pain, soft tissue injuries); in the management of headaches, insomnia, stress, anxiety; and to promote relaxation.

If you'd like some more information, I can email you a leaflet about Acupuncture.

Acupuncture Association of Chartered Physiotherapists

Shoulder
Evidence highlights positive effects on patients with shoulder pain, including increased ROM, reduction in medication, reduction in pain and increase in function.

Knee
High-quality evidence supports the use of acupuncture to reduce osteoarthritic knee pain.

Tennis Elbow
Evidence suggests that acupuncture is effective in short-term relief of pain related to tennis elbow. As well as reduction in pain, acupuncture may result in increased function and increased maximal strength.

Back
Acupuncture is especially effective at reducing pain in both acute (Lee et al. 2013) and chronic (Xiu et al. 2013) low back pain and the effects can last up to 6 months (Kim et al. 2013).

Brain
The body's own painkillers are released; neurotransmitters such as endorphins, melatonin and serotonin are produced when acupuncture needles stimulate various physiological mechanisms within the brain, spinal cord and peripheral tissues (Stein et al. 2001).

Head
Acupuncture can be effective at treating and preventing headaches and migraines and has similar, if not better, effects than medication with fewer side effects (Linde et al. 2009).

References on file
AACP Ltd, Sefton House, Adam Court, Newark Road, Peterborough, PE1 5PP
www.aacp.org.uk

Contact me at jill@jilldrewphysio.com

Jill Drew



And Christmas Fair

Saturday 9th December

10am - 2pm

Marton War Memorial Hall, Church Street

Marton CV23 9RL

Please join us for homemade cakes and refreshments
Local Handmade Festive Products & Tasty Treats

Fundraising for The Teenage Cancer Trust & Len's Light

Thank you in anticipation for your support and for shopping local



Community Carols and Christmas Readings

Saturday 16 December 2023 at 6.00pm

You're invited, with your friends, family, and neighbours, to our annual **Community Carols and Readings** at Birdingbury Club. If the weather is fine, we shall be outside, so wrap up warm and toasty! If it's wet or particularly cold, then we'll go inside, where we can be warm and dry. Seating will be available for those who need it.

Our short service will last for about 30-35 minutes and will be suitable for all ages with well-known carols, the Christmas story, and some other seasonal readings and poems. If you'd like to read something, then do let me know (07919 594559).

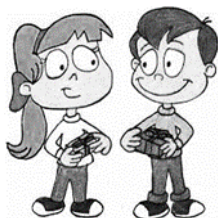
Mulled wine and light refreshments will be available from 5.30pm and the Club will be open afterwards for additional drinks and friendly chat.



Karen Armbrister

BIRDSONGBIRDSONGBIRDSONG

Swap Shop at Christmas



We continue to meet every Saturday in the Birbury between 10.30 and 12.00 to enjoy cake, a cuppa and exchange books, flowers, fruit, vegetables, magazines etc.

On Saturday 23 December we will have carols playing and the chance to join together and sing a few Christmas songs - while enjoying warm mince pies.

You do not have to bring anything to swap and everyone is welcome to come along.

Hope to see you there.

Di Turner and Jenny Hawes

BIRDSONGBIRDSONGBIRDSONG

Birdingbury knows

Refugees and climate change

Have no boundaries

Thin Jethro Lasky



Carols For You This Christmas

On behalf of St Leonard's Church, a group of us plan to sing at particular village homes on Friday 22 December from 7pm to about 8pm.

We will be singing for Hope 4, a Rugby based charity, helping people who have housing and food needs.

We will focus on older residents, who may find it difficult to get out on winter nights. However, if you have a special need this Christmas and would like us to visit you, please don't hesitate to ask.

Ideally, we would like to have about half a dozen singers. Please join us. It would be good to have an idea of numbers in advance, so do give Dick a call on 632644 or 07788842236 if you'd like to join in. We will meet outside the Club before we set off on our planned route.

Dick Withington, Jasmine Coles and Paula Taylor



BIRDSONGBIRDSONGBIRDSONG

Club Opening Times

Monday to Thursday	7pm to 10.30pm
Friday	5pm to 11pm
Saturday	4pm to 11pm
Sunday	12 noon to 6pm
Christmas Eve	4pm to 10.00pm
Christmas Day	12noon to 2pm
New Year's Eve/Day	6pm to 1am

Last orders will be rung half an hour before closing

BIRDSONGBIRDSONGBIRDSONG

Mobile Library

January 5

February 2

March 1

13.40 to 14.00 outside the Club

BIRDSONGBIRDSONGBIRDSONG

Fox on the Run

Foolish words
He can't remember,
Christmas greetings
In September,

Yet with this mess
The sun's still
Shining through.

Open woods
And hidden pathways
Stranded hopes
Of ends and halfway
Lonely dreams
That grow like shadows,
Memory's
Sweet thousand arrows.

Heart how will I ever
Find some peace with you.

Silent dreams
And hidden dances
Hopes on fire
With sudden chances
How each night
Her heart advances.

Hopes that burn
With fiery glances
How will he ever learn
To find his heart
And feel it burn.

Pilgrim



Club Events

There's always more going on and details can change at short notice.
Keep your eye on Village Chat WhatsApp group and Birdingbury Club Facebook page.

Date	Time	Event
Friday 1 December	From 5.30pm	Village Kitchen Mexican
Saturday 9 December	From 5pm	Pizza
	8.30pm	Quiz Nite
Friday 15 December	From 5.30pm	Nally's Caribbean
Saturday 16 December	From 5.30pm	Mulled Wine and Mince Pies followed by Community Carols
Thursday 21 December	From 4.30pm	Village Chippy
Saturday 31 December	From 6pm	PARTY!!!!

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Friday	5pm to 11pm
Saturday	4pm to 11pm
Sunday	12 noon to 6pm
Christmas Eve	4pm to 10.00pm
Christmas Day	12noon to 2pm
New Year's Eve/Day	6pm to 1am



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