Kingsland News July, 2023

Dear Parishioners,

Thank you to Charles McCarthy and Ruth Cameron Swan and all the helpers who made the Spirit of Fire Art Exhibition spectacular. Charles SO inspired a diverse group of artists from far and wide to paint on the subject of Pentecost and the fire of the Holy Spirit coming to the disciples, giving them gifts, and the ability to speak over the division of language to thousands of people about Jesus. I liked the picture by Dan McCarthy of the four statues from the top of Notre Dame that had been removed for restoration when the fire swept through and remain one of the original parts of the church. painting shows the fire sweeping through and the statues safe as it did so. There were stories behind each painting. The Church looked stunning with the new system of hanging art; light and bright and peaceful and thanks to SMAAAK for sponsoring the hanging system and to the Treasures project that paid for the advertising. Thank you to all who came along, we had over 700 people visit the exhibition over the fortnight it was on, and thanks to those who purchased some of the art.

We are looking forward to the Flower Fest from $7 - 9^{th}$ July again using the



flexible church arrangements and I hope you will come along and see the skill and imagination of the local flower arrangers and designers. I think it might be like an indoor "Chelsea" with the designers going beyond just flowers in their depictions of Celebrations. I think we all need a few celebrations after the last few years!! Come and be inspired. On the Saturday evening there will be a concert by 'Vocalise', an award winning choir with an infectious charm and singing lots of songs you will know.

The Treasures Project, which is funded largely by the Heritage Lottery Fund enabled а whole range community events over the last few months and has been enjoyed and appreciated by many. One of the aims of this project is to set up and leave for the community a legacy of a Good Neighbourhood Scheme, like many of the local parishes have. There has already been one meeting with a range of people from across Kingsland who helped with the helpline during Covid times and they are hoping that more people will volunteer either to come on the working party, or to become a volunteer. Perhaps you will use the scheme?



a celebration of floral displays 7/8/9 July 2023

10am - 4pm



Kingsland Church Free entry









There is a questionnaire that can be returned to Lindsey Riley as on the instructions or via the Post Office and shop in the box there.

You will see a new face around the village from the beginning of July. She is Rosie Roberts, the new curate, who will be spending 3 years with us, learning the trade and bringing her gifts and skills to bear on the ministry of the church here. Katie our present curate has been signed off by the bishop and is now a fully-fledged assistant priest and we give her all our congratulations!

Lots of things are happening, so there is plenty to engage with. Hopefully I will catch up with you over the summer to hear your tales of Kingsland Life. With every blessing,

Julie



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News from the Chapels

This month's quote from John Wesley:

One of the principal rules of religion is, to lose no occasion of serving God. And, since he is invisible to our eyes, we are to serve him in our neighbour; which he receives as if done to himself in person, standing visibly before us.

Car Park Tidy Up: STILL NEEDED: strong, young(ish) people who would be willing to join a working party to spread two dumpy bags of gravel on the far side of the carpark. Tea/coffee and cake promised! Please ring 708992 if you can help.

Countdown to...

October! In October we are intending to hold a really local Craft Fair. If you are a local craftsperson or just wish to earn some Christmas money with your hobby please contact Lesley (lmpitchford@btinternet.com) to express your interest. This will not commit you but will help us with our planning.

Christmas: The Christmas Card competition will take place again this year. Any medium welcome! Classes for children, young people and adults.

Services for July

	<i>_</i>	
2 nd July	Kingsland	Sharon O'Connell
9 th July	Leintwardine	Sharon O'Connell (10 am joint service with Parish Church)
16 th July	Shobdon	Sharon O'Connell
23 rd July	Lingen	Mrs S Jones

If anyone would like further information about any of the above or transport please contact Sharon at middlemarchmethodist@gmail.com or me at lmpitchford@btinternet.com. Or on 708992,

Lesley Pitchford

Kingsland Millennium Green Trust (KMGT)

There is an open meeting of the Trustees of KMGT in Kingsland Church on Saturday 22nd July at 1000. Please feel free to come along and let the trustees have your views on our wonderful Green.

Copies of the agenda can be obtained by emailing kmgtsecretary@outlook.com or calling the telephone number below.

It should be noted that the maintenance of the Green is totally funded by voluntary contributions received from within the Community. No funding is received from either the Parish Council or Herefordshire Council in respect of ongoing maintenance. The Trustees are extremely grateful for the continued support for the Green from the residents of Kingsland and the surrounding area.

Andrew Parsons – Hon Sec. (Tel 708592)



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Flowerfest at Kingsland Church (7th to 9th July, 10.00am to 4.00pm)

really looking forward We are welcoming everyone at our wonderful village Flowerfest. The flyers and posters are all displayed around the village. There will be over 30 bright and colourful displays depicting celebrations. Many local groups, clubs and villagers are taking part as well as professional and amateur florists from across Herefordshire. We really hope everyone will come and see the flower arrangements with friends and family. Please come and enjoy morning coffee, afternoon tea, and a piece of homemade cake. Catch up with friends surrounded by the scent and sight of floral exhibits.

A very big thank you to those of you who are doing a display and to those individuals, clubs and organisations who have sponsored this event! Linda Petit and Carina Cooper have very kindly offered to run a plant stall. I love a plant stall and we hope to have a nursery coming too.

For those of you who have been busy sowing seeds, taking cuttings and potting on plants, please bring them to the church on Thursday 6th July from 9.30 am onwards. (All plants labelled please). Some people have offered flowers too. Please bring these to the church as well on Thursday 6th. Thursday is going to be very busy for everyone setting up the festival. The committee will manage the access to the church. The lane to the church will be a 'drop off' zone. Children's activities will be available for any younger visitors! wonderful Some of the flower arrangements will be offered as prizes in a raffle.

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On Saturday 8th July, there is a stunning concert. We are delighted to welcome Vocalise Choir to Kingsland. They formed in late 2021 and have already won an award and accompanied Gareth Malone on his UK tour! They will be performing a range of songs and it's sure to be a great evening. Tickets are £10 on the door (Children free), to include wine or cordials. The concert will start at 7.00 pm.

Come along to see the flowers, hear some wonderful music, and join in this wonderful celebration. I look forward to seeing you all! Thank you to everyone who is working hard to ensure the weekend is a success.

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Historical Jottings

On Thursday 26th May 1864, a group of dignitaries assembled at Kingsland station. A joint field meeting attracted members of the Woolhope Naturalists' Field Club, based in Herefordshire, and its equivalent Caradoc Field Club from Shropshire. Chief among them was Rev. James Frederick Crouch, Rector of Pembridge from 1849, who was a noted fossil-collector and for whom the Lower Devonian fossil fish *Pteraspis crouchi* is named. Crouch was to lead the expedition, whose main goal was to examine the geology of the local area.

Having met at the station, the party walked to Croft Castle to measure the sweet chestnut trees in the avenue above the house. Legend has it that these trees were taken from the holds of galleons that formed the Spanish Armada. They were between 1580 and 1680. planted supposedly in a formation that resembles the battle plan for the 1588 encounter, when Sir Francis Drake "singed Phillip of Spain's beard". More than 150 years ago, these trees were measured between 18 and 21 feet in girth, with one branch 9 feet around. Of the oak trees planted around the same time to represent the English warships, two were measured at 26 and 30 feet, respectively.



The party then walked up the dingle to Bircher Common, examining a quarry in the world-famous Aymestry Limestone, a component of the Silurian rock that was first described by Rev. Thomas Taylor Lewis of Aymestry. Lewis was dead by this time, but during an excursion to Aymestry in 1852 he had taken the delegates to the rectory "where he threw open for their inspection a collection of fossils, the fruits of many years careful investigation of Silurian and other rocks, and certainly one of the finest collections in the kingdom". They then proceeded to Whiteway Head quarry (which is in the woods between Bircher and Leinthall Earls), where they examined the rocks for fossils, and the President, Rev. Crouch, gave a talk on the geology of the area.

After hiking to the top of Croft Ambrey hillfort they walked via Aymestry Church, to the Mortimer's Cross Inn for a lunch that would have been substantial. Members subscribed to the Shakespearian principle that "the mind shall banquet though the body pine", adding that the mind having 'banqueted', the body would be treated with equal justice. At the end of the afternoon, the gentlemen walked back to Kingsland station before taking trains to their various homes.

It is not surprising that the gentlemen needed a substantial dinner as they would have walked, conservatively 12-14 miles over rough terrain. The Woolhope Club continues to thrive and to run several field meetings a year — although modern members are arguably less hardy and more used to the convenience of the automobile than their 19th century predecessors.

Chris Fear



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Luctonians Sports Club

As promised last month here are the playing records of our senior sides for the 22 / 23 season.

	P	W	D	L	PF	PA
1 sts	26	17	0	9	771	474
2 nds	22	22	0	0	827	251
3 rds	22	9	1	12	532	463

The 1sts had their best ever season at National 2 level finishing 4th in the league. The 2nds won Counties 1 Midlands West North with 22 straight victories (but no promotion this year decreed The RFU). The 3rds finished 8th in Counties 2 playing mostly the 1st and 2nd sides of other clubs and our 4ths (hardly anyone has a 4th side anymore) won 8 out of 9. To cap it all our Colts won their league for the third time in four seasons with a P16 W12 D1 L3 PF 382 PA 153 record. An outstanding season by any standards!!

At the annual Players' Dinner the three most prestigious awards went to Aiden Cheshire and Carmen Jennings. Aiden won both Player of the Season and also the Players' Player of the Season and Carmen was Luctonians Clubman of the Year. Apart from being manager of the Colts and indeed every other junior side over the years, Carmen serves up the nosh to the hundred plus players who turn up for training every Tuesday and Thursday evenings, leaps in behind the bar when she can see they need help and together with Graham Rutherford set up our Mental Health First Aid group that is available to help any of our members who are experiencing issues in this direction.

I must hastily add that Carmen is entirely happy with the accolade "Clubman" so if any of you who are fully paid up members of "The Professionally Offended Section of the Pathologically Obsessed with PC Society" feel that this is wrong and are of thinking of writing to me to protest on her behalf. Forget it. Her title accurately reflects the inclusivity of Luctonians as a family club and Carmen is the third lady to have won this award. The other two ladies were happy with the title too.

When our league season had ended we held yet another fund raiser for St. Michael's Hospice. This time a Luctonians XV played against the Hospice Barbarians, a team assembled by Nick Nenadich. His side consisted of players selected from the Hereford, Ludlow, Tenbury, Ledbury, Bromyard and Ross clubs and the event raised £20,282. In previous years the Luctonians 3^{rds} and 4ths sides have raised £6,388 for The Hospice when they took on the Three Peaks Challenge, £9,180 when they walked the Jurassic Coast and £10,123 this year when they circumvented the Isle of Wight in under 24 hours, a total of almost £50,000.

We had a Tag Tournament for local Primary Schools at the end of May when 42 teams from 23 different schools participated. Note the word "Tournament". The event was held without the involvement of The RFU and so I am delighted to report that we had winners and

losers and that Cleobury Mortimer beat Clee Hill in the final. Children are frighteningly perceptive individuals and from the expressions on the faces of both the victors and the vanquished they appreciated playing in a real competition rather than an "Ersatz, Cream Puffs for All "imitation.

And if all this was not enough, we held a Girls' Rugby Festival in April with 200 participants. Our senior ladies rugby team, The Vixens, having successfully served their apprenticeship in the Allianz Inner Warrior Series will play in an official RFU League next season, Tom Pearson of London Irish (remember them) one of our former players won the Breakthrough Player of the Season at The Premiership Rugby Awards and finally, although we have yet to produce a Tour de France winner, Luctonians Cycling Club is celebrating its 10th Anniversary. I couldn't be more gruntled.

Huw Davies

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Kingsland Flower Show

This is to remind you all that the show will be held in the Coronation Hall on Saturday 5th August 2023, with doors opening at 2pm.

A copy of the Schedule was enclosed with June edition of the Kingsland News and our thanks go to David Noon and the distributors for facilitating this. If, for some reason, you are not in receipt of a Schedule, copies are available at the Kingsland Village Shop.

For those who won a cup at last year's Show, we would ask you to return it as soon as possible please, to either Kingsland Village Shop or Caroline Southgate (Stone Mill, The Wardens, North Road, Kingsland HR6 9DP).

We look forward to seeing you at the Show on 5th August, either as a spectator or entrant.

Kingsland Flower Show Committee.

Swifts

Our swifts arrive here from Africa in early They breed and rear their young here, and stay till early August when they return to Africa. Swifts like to nest high up in holes under the eaves of old houses or We can hear them in screaming parties racing round the rooftops where they nest. They return to the same nest site each year. Returning swifts are fewer each year and increasingly the nest sites disappear as barns are converted, roofs undergo necessary repair or old buildings are pulled down for new estates. So please, if you are building new please ask your builder to include a swift brick high up in the brickwork. This brick is hollow and has a hole for the swift to get in and nest. Also consider putting up a swift nest-box.

would be so sad if these wonderful birds, who spend their whole life on the wing, except when nesting, were to disappear from our neighbourhood.

Penny Ovenden

Progressive Supper 2023 in Aid of Kingsland Coronation Hall

A lovely evening was had on Saturday, 3rd June at the 'coronation capers' progressive supper. We all met up at the Coronation Hall for Pimms and sixty-seven people drew their venues of the starter, main & dessert courses. The weather was superb, the company entertaining and the food tasty and delightful. A very convivial evening was had by all.

A special thanks go to all the hosts who opened up their homes and shared their culinary expertise and generous hospitality. A heartfelt thanks to the organising committee who helped tremendously. I am pleased to announce that we managed to raise £1,164.49 in aid of the Coronation Hall. Next year's progressive supper is proposed for Saturday, 8th June – hope to see you there.

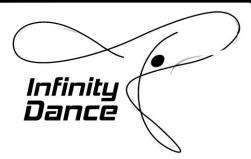
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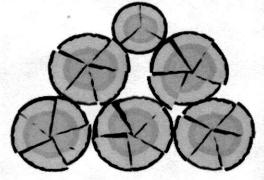
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Church Services in the Benefice for July

Sunday 2 nd Ju	uly Trinity 4				
9.30 am	Holy Communion	Eardisland			
9.30 am	Messy Church	Kingsland			
11.00 am	Holy Communion	Aymestrey			
Sunday 9th Ju					
9.30 am	I sing pop	Eardisland			
11.00 am	Songs of Praise	Kingsland			
11.00 am	Holy Communion	Aymestrey			
Sunday 16 th J	July Trinity 6				
8.00 am	Said Holy Communion	Kingsland			
9.30 am	Holy Communion	Eardisland			
11.00 am	Holy Communion	Kingsland			
3.00 pm	Evening Prayer	Leinthall Earls			
Sunday 23 rd July Trinity 7					
10.30.am Confirmation Service Kingsland					
Sunday 30 th 3	July Trinity 8				
10.30 am	Benefice Service	Eardisland			

And at 9.30 am each Thursday Morning a 'said' Holy Communion. The venue changes regularly. Ring Rev Julie Read (01568 708255) for details

Mortimer Medical Practice Patients' Participation Group – July News

A coffee morning arranged by the Friends of Mortimer Practice is being held at Kingsland Surgery on the 04 July between 10-12am. An opportunity to socialise and support The Friends in their fundraising for the practice.

Flu vaccination

The Government have announced it will be over 65's and those clinically vulnerable, according to guidance yet to be released that will be invited for vaccination in the autumn.

Reminder regarding hay fever medication.

Hay fever medication is no longer prescribed routinely. Patients who suffer would be encouraged to purchase over the counter medications from local supermarkets or Pharmacies.

Mortimer Practice telephone ring back facility.

When the line has 4 calls waiting a call back offer is made automatically. This will go to the number dialling in and is paid for by the practice. It is an automated system which does not rely on the receptionist. The return call will be made at the same point as if you had stayed holding on.

Practice vision.

The Practice is looking to review and update the service they provide. They would like to hear what the patient thinks would be good. You can either let us know or contact the Surgery direct.

Rosie Stanford (at <u>rosie.stanford@btinternet.com</u>)
Brian Taylor (01568-780891 or at <u>bwebbertaylor@gmail.com</u>)

Coronation Hall

We would like to thank all those involved in the recent Coronation Capers progressive supper for their amazing efforts in ensuring a great turnout resulting in a very generous donation to the Hall funds.

The Hall is always in need of financial support to maintain the fabric of the building and grounds. In this respect, we are very fortunate in having many loyal contributors to our Hundred Club. However, we would ask other members of the community who enjoy its facilities to seriously consider joining. For a monthly contribution of just £2, paid either by standing order or annually as a lump sum of £24, you will participate in a 6 monthly draw for a cash pay out. The balance of the monies goes, of course, to the Hall. You can join by completing the form overleaf or by collecting one from Lisa Juson at Markham's Garage. On completion, these can be returned to Lisa or deposited at the Garage.

Current projects under discussion and planning are extensive sewerage and drainage works to connect the Hall to the mains system and a play area for older children to enjoy. The new external and internal doors have attracted many favourable comments from users of the Hall.

Thank you

Mike Devoy, (Chairman, Hall Management Committee

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KINGSLAND CORONATION HALL 100 CLUB

APPLICATION FORM

Please complete and return to the Promoter.
Kay Frost, The Old Butchers Shop Kingsland, HR6 9SQ or
Mrs Lisa Juson c/o Markham's Garage, Kingsland.

I/We would like to be a member(s) of the Kingsland Coronation Hall 100 Club and wish to purchase ticket(s) at a cost of £2 each per month.

I/We understand that the six-monthly draws will take place at the meeting of the Kingsland Coronation Hall Committee, or if not possible in the presence of at least two committee members.

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(Please return as stated on the application form and not to your Bank)

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GOOD NEIGHBOUR SCHEME QUESTIONNAIRE

Volunteers in this area are considering launching a Good Neighbour Scheme

aimed at helping to make life easier for people in this community, especially older people and those who are more vulnerable. You may at some point need help from such a scheme, or you may like to volunteer to help others, or you may want to volunteer and use the scheme too

The scheme will revolve around a group of volunteers who can help in a number of ways, for example by checking a smoke alarm or changing a light bulb, befriending someone who is lonely or tidying the garden for someone who has been in hospital. These are just examples, there are many other ways in which the scheme could help people'

Would you use the scheme for help? If so what helpmight you need?

Shopping	Yes	No
Someone to talk to	Yes	No
Collection of prescriptions	Yes	No
Minor household repairs	Yes	No
One off garden tidy	Yes	No
Form filling	Yes	No
Help with pets	Yes	No
Occasional transport (40p per mile)	Yes	No
Other (please specify)		

Would you like to volunteer as a good neighbour? What could you help with?

Collecting shopping	Yes	o O
Befriending/advocacy	Yes	N _O
Collecting prescriptions	Yes	N _O
Minor household repairs	Yes	o N
Transport (reimbursed for fuel costs)	Yes	ON
Being part of a co-ordinating team for	Yes	ON
the scheme		
Other (please specify)		

If you tell us who you are and where you live we can contact you when the scheme is up and running.

email	Address	Telephone	Name
a.			

Please fill in the questionnaire, cut it along the dotted line, and return to Lindsey Riley, March House, St Michael's Avenue, Kingsland HR6 9QR

The Parish Diary, 2023

(Editor's note: Events for this item need to be submitted by 15th of preceding month with clear instructions on the entry – **place**, **time**, **date** & **title** are essential information. Where more than one month's notice is given, items will automatically be repeated unless contrary instructions are received.)

<u>July</u> 1 st			
1 st	Practical Workshop 2 (CJR Heritage S	Services)	
7 th to 9 th	Celebration with Flowers with Concert of		sters and Flvers)
15 th	Practical Workshop 3 (CJR Heritage S	` .	, , , , , , , , , , , , , , , , , , ,
28 th	Heritage Heroes 'Arrows Archery'	J. 1.000)	
	riemage rierees / arems / a eriery		
<u>August</u> 1 st	Heritage Heroes 'Wood Carving'		
5 th	Kingsland Flower Show	Coronation	Hall 2.00 pm
8 th	Heritage Heroes 'Perform a play in a da	ay' Puppet Workshop	·
11 th	McMillan Coffee Morning	Corners Inn	10.00 to 12 noon
19 th	Angelfest	Millennium Green	3 to 10 pm
19 th	Practical Workshop 4 (CJR Heritage S	Services)	•
22 nd	Heritage Heroes 'Let's Make some Nois	se' led by Beat Bang Bong	
24 th	Practical Workshop 5 (CJR Heritage	, ,	



SMAAAK Potato Competition Weigh -in

28th



6.00 pm

Corners Inn

Kingsland History Group would like to meet...

...some new members! Do you live in or near Kingsland? Are you interested in its past – people, buildings, customs, businesses, and ways of life?

Kingsland History Group is less than a year old, but has already unearthed an intriguing and tragic piece of local history, and held a fantastic Digging for Kingsland event in the church attended by over 150 people.

Meetings are very welcoming and informal, and take place every two months or so at The Corners Inn. We've got visits to the Herefordshire Records and Archives Centre (HARC, at Rotherwas) and the Cathedral Archives in the pipeline, and we're supported by a professional archivist and local historian, Elizabeth Semper O'Keefe.

We'd love more local people to join us, and to suggest stories or themes that would be interesting to follow, or to share items that you've found. The group's work to date was kicked off by one of the members, who shared a copy of an 1871 newspaper article which featured a report on a case of murder and suicide in Kingsland. With help from Elizabeth, we've had two visits to HARC to uncover more on this story, which at the time was shared around the world!

If you would like to join or to find out more, please ask Jackie Markham in the village, or contact Jo Henshaw on activities.familiartreasure@gmail.com or on 07788 643184.

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Nature Notes

Late May early June was, weather-wise, a mix of warm dry days and very cold nights, with often little cloud cover, As a result several birds chose a late start to nesting,. We had much ado about nothing, when a female blackbird sought to set up home and busy nest building with beaks full of twigs and moss, whilst not one but two male suitors turned up and a right royal battle arose, as they fought for territory and to win over the fair maiden! Meanwhile in a nearby nesting box a pair of blue tits raising a family, were busy collecting grubs and flies to keep the hungry young well supplied with food.

Whilst late arriving, maybe due to the cold and late hatching of Mayflies etc?, a pair of spotted flycatchers have now arrived and great to see them with their mid-air acrobatics, catching their tea!. Yet to discover just where the nest site is but it can't be far away? It is disappointing not to see larger numbers of swallows and swifts in the air locally?

The local rabbit population continues to expand and lots of baby bunnies now eagerly trying to break into vegetable gardens to taste lettuces and other vegetables, so keep the garden gate closed and watch out for the expert tunnellers! Mr Mole can also be a problem if he gets in the patch and starts excavating mole hills right under your new seeds.

In our summer gardens, flowers are now in full bloom and showing much appreciation for the nectar is the local bee population. It is good to see much activity in that area, after all the issues bees have had to deal with, so lets hope for some good yields of local honey from the beehives this year? If you have made one of those insect hotels out of old pieces of wood or pipe, I

am sure a lot of other insects will appreciate this facility.

Down on our rivers the Mayfly hatch was quite good this year and a joy to see the dragon flies dancing between the river and the grassy banks as they too enjoy summer. Though it is concerning on the health of our rivers, to learn from Natural England that both The Wye and Lugg have been downgraded to 'unfavourable- declining', on account of the continuing fall in the number of Atlantic Salmon,, and white-clawed crayfish. The general water quality is also lower. Urgent action is called for to stop the sewerage and other pollution discharges taking place, and to clean up our rivers and before its completely too late.

Good luck to all our keen gardeners as they tend their flowers and vegetables for this year's flower show on 5th August at the Village Hall. By now the SMAAK grand potato competitors should see their potatoes starting to flower and ready to produce a good harvest from the grow bags in preparation for the big weigh in on 28th August Bank Holiday Monday at The Corners Inn.. The producer of the heaviest crop at the weigh in will be named on the silver spade!

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MacMillan Coffee Morning

Paula Davis is getting ready to host her 10th consecutive MacMillan Coffee Morning on Friday 11th August to raise funds to support those needing long-term care. Make a note of the date, and make sure to be at the Corners Inn sometime between 10 and 12 noon on that day. Let's make this event a very special one, and add to the thousands of pounds already raised. There will be more details in the August edition,

David Noon (Editor)

HappinessBy Rick

A dictionary definition of happiness is 'feeling or showing pleasure or contentment'.

Whilst not disagreeing with this, it seems too to encompass the entirety and importance of the word 'happiness' in a short sentence. Perhaps we should think of negative opposite and its 'unhappiness'...and the misery and sorrow that this word can imply - surely being happy is so rewarding to us that we feel uplifted, that we show it in our relationships. We smile and look so positive, that, when we meet friends or strangers, perhaps when we are out shopping in a local town, that they too feel bound to smile back at us, even if they are in a less than charitable mood.

Happiness is often linked to personal prowess, and follows much hard work in achieving whatever aims you have, either academically, in business, sport, socially and even financially. It also comes from looking around you in your domestic life, being proud of your family and the home that you have created and maintained.

What makes you happy? Hopefully, you have a romantic side and have settled down with a loving partner. Happiness is possibly in having children, a family and overcoming all the obstacles in your chosen path. On the other hand, you might be outstanding at sport and find your happiness is linked to

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being in a winning team and being with likeminded folk!

Let's hope that you have found the answer to 'What makes you happy?' .In later life, particularly if you find yourself 'alone in the community',there are many organisations which can help! In reading 'the Kingsland News', you will be aware of the churches, the sports clubs and the general happenings where you would be welcome, and, if you are lonely, get to know people!

I am very sympathetic to those of any age who have an illness which affects their mobility or ability to cope with the demands of living in these somewhat hectic times. Let's trust that their carers help to keep their spirits up and that love and happiness is not missing from their lives!

Do what you can to keep those around you 'happy'! I took a birthday present and card to an old friend this very morning. It was a very special moment which brought back great memories.....and a bit of Happiness to us both

•





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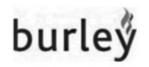
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Hedgehog News

About two weeks ago we came home to find a young hedgehog lying on our lawn in full sun. It was very thin, and it did not curl up. So, Richard got a box with hay in it, a towel and some cat biscuits, I telephoned 'Help for Hogs'. When we got there, the incubator was on and the little female was put into it to recover, along with food and water. She started to move a round and eat a few biscuits and we felt there was hope.

'Help for Hogs' only had four baby hedgehogs in residence that day, which was most unusual. It was like a holiday for the couple who run the sanctuary. Unfortunately, we had bad news a couple of days later, to say the hedgehog had died.

A few days ago, a neighbour saw a tiny baby hedgehog on their lawn and called me because it had been there all night but had not moved. They had put it in a box along with some clean, soft dusters and kept their dog away from it. It was a tiny baby and needed to go to the sanctuary immediately. I contacted 'Help for Hogs' and the neighbour took it to them. I have not heard any news yet, but it was very small, and I don't hold much hope.

Today, I looked at a large dead hedgehog that was found in our neighbour's paddock. I wanted to see if I recognised it as being one that came to our garden. It had been dead too long to know.

The hedgehogs visiting our garden at night are looking extremely healthy. There have been several altercations over the past few weeks, particularly between one large, timid hedgehog who comes regularly to one of the feeding stations and a much smaller hedgehog. On the camera, the timid one is seen curling up slightly and we know why.....the smaller hedgehog comes charging towards him at a great rate

of knots and thumps into him. He curls up and the smaller one charges again and again, rolling him down the garden. The hedgehog stays curled up for some time until he is sure that the bully has moved on.

I am quite excited, well actually, I am more than quite excited, I am absolutely thrilled, because I think a female hedgehog might be nesting in one of our boxes. I keep putting out hay and she keeps pulling it into the box. The other morning the tunnel was practically full of hay. This I feel is quite unusual for this time of year, they only usually pull more hay into the boxes preparing for hibernation. The hedgehog is very fat and has great difficulty scratching herself. I will keep you informed.

Someone in the village has already had some baby hedgehogs born in their garden, which is wonderful news.

I cannot express to you how important it is to put water down for hedgehogs. They drink so much, especially if they are being fed on dry cat biscuits and when it is so hot and dry. Don't forget to put a stone in the dish of water for butterflies, bees, and other insects to land on, otherwise they will drown.

Keep the bird bath clean and full of water too. Thank you. Best wishes,

Christina.

Toke: What do Sonic the Hedgehog, Edward the Confessor, and Alexander the Great have in common?

The same middle name!!

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Changing Times.....by Rick

I went to my well used computer this morning – it's part of my daily routine – get up, have breakfast and then straight into my office, to see if there are any new messages for me 'on line' in any of the several 'in boxes' which I use Then a quick glance at how the pound is faring....are interest rates going up any more? However, this morning I couldn't do any of it!

The machine had taken into its brain, that this was a time to do an **update!**....it's saying to me 'stop trying to do whatever you want to do' – because you have no way of using the infernal machine, until the unseen controller has done his worst!! ...Until you see the magic words (on the screen)...'*Update was successful*" we will now make the futuristic changes and you can then use it again.'....! Whilst I wait for permission to use my own computer, I think back...... 'It weren't like this when I was a lad!'

Mr. C.T.Jones, the headmaster at Kingsland School, together with his staff, managed to instil the 'basics' of the syllabus with just

'Chalk and Talk' and they made it relevant to our lives in the countryside, emphasised the 'rights and wrongs' of dealing with folk..... and how to make our way in our future careers. I think that the only 'technology' in the school was the presence of a telephone and a typewriter in the Secretary's office!

Life was manageable! We could write letters, make 'phone calls, buy things with real money in the local shops— or catch a bus to Leominster or Hereford. We ate well...mostly locally produced products... Life was SIMPLE!

Back to the present......and my computer. The update has happened....and I am back in control! I could buy some summer shoes from Amazon? They would arrive tomorrow. No charge for delivery.! Or have my Morrisons groceries delivered this week? And its handy to know the current temperature in Tunisia.... and when we might get some rain here in Kingsland. Perhaps computers do have their advantages! Not least that I can send my contributions to the Kingsland News, directly to our editor!

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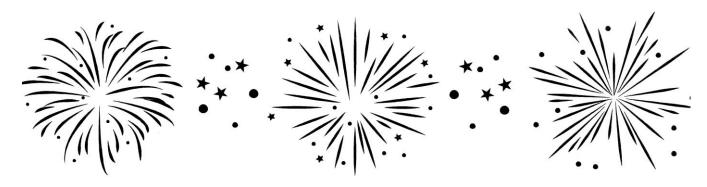
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