

THE OXHILL NEWS

April 2020

No. 545



SALLY

A much loved and respected member of the Oxhill community passed away peacefully at home on Monday 9th March at the grand old age of 14. She will miss greeting both locals and passers by at the gate and joining her owner for a pint in the local!

Editors: Vanessa Druce & Roger Goodman
news-editor@oxhill.org.uk



CONTRIBUTIONS TO THE OXHILL NEWS

The editors welcome any pictures, photographs, drawings, poems, puzzles, recipes, announcements or items of local news for possible inclusion in The Oxhill News. Please email news-editor@oxhill.org.uk or place paper contributions in the box labelled 'The Oxhill News' in the Church.

Submissions must be received by the 15th of each month for publication in the following month.

MOBILE LIBRARY

The Mobile Library will not visit Oxhill in April

The mobile library has books with large print, ordinary print, picture books, children's books, paperbacks, non-fiction, novels, sagas, crime, mysteries, adventures, westerns and romance. The van has talking books, cassettes and CDs.

For further info please telephone: 01926 851031

REFUSE COLLECTION

Recycling and green waste bins (blue and green bins) will be collected on Tuesdays April 14th and 28th.

The grey rubbish bins will be collected Tuesdays April 7th and 14th.

WEEKDAY WALKERS

Weekday Walkers usually walk on the 4th Friday of each month. If you are interested in joining or to find out further information, please contact Jim Saxton on 680613 or saxton@talktalk.net

THE PEACOCK

The village coffee morning and lunch are both postponed in April.





**OXHILL
GARDENING CLUB
PLANT SALE**

We are proposing to hold our annual plant sale this year, at:

**The Family Garden Fete
Newborough House
16th May**

It would be lovely if we could have donations of any plants or vegetables that you can spare for this event. You can drop donations off anytime that suits, with Jude Macdonald, Willow Brook, Back Lane, or of course, bring them on the day.

All proceeds raised will go towards the extension and refurbishment of Oxhill Village Hall.

Thank you

THE PEACOCK OXHILL

**MEAL DELIVERY & COLLECTION
SERVICE NOW AVAILABLE**



The Peacock
— Oxhill —

As the government steps up their action to contain the Covid-19 (Coronavirus) we will be offering a meal delivery service to all Oxhill, Tysoe and Whatcote residents.

**Service is available from
10.30am -3.00pm and 5.30pm - 9.00pm every day.
This is a free service**

The Peacock, Oxhill is committed to supporting our customers and local residents in Oxhill, Tysoe, Whatcote (and hopefully within a week Pillerton, Ettington, Kineton, Fulready, Honnington and Idlicote) who are in self isolation or if they just want to avoid public areas. We hope this free service helps.

We will add / alter this menu over the coming weeks so keep checking our Facebook page for daily specials and offers.

If you would like to know more, please call the Peacock direct on 01295 688060

Thank You

Mark, Sarah , Cristian & The Team

THE PEACOCK, OXHILL, 01295 688060

Take away Menu

Starters

SOUP OF THE DAY (Gf, V, Vg)	£4
GARLIC PRAWNS ON TOAST (Gf)	£4.5
DEEP FRIED SQUID with Garlic Mayo (Gf)	£4.5
CHICKEN WINGS with BBQ sauce (Gf)	£4
SPRING ROLLS with Sweet Chilli sauce (V, Vg)	£4
BREADED SCAMPI with Tartar Sauce & Lemon Wedge	£6
BAKED CAMEMBERT with onion chutney & ciabatta bread	£6



Mains

FISH&CHIPS with tartar sauce and mushy peas	£13
HOMEMADE CHEESEBURGER with chips, salad and tomato	£12
BEEF LASAGNE with Garlic Bread	£8
VEGETARIAN LASAGNE with Garlic Bread (V)	£8.5
CHICKEN & LEEK PIE with Vegetables and Creamy Mash	£9
BEEF & ALE PIE with Vegetables and Creamy Mash	£9.5
STEAK&KIDNEY PIE with Vegetables and Creamy Mash	£9.5
FISH PIE with cheese mash and vegetables	£12
SALMON FILLET with mash and vegetables	£12
CHICKEN SKEWERS with Vegetables & Spring Rice (Gf)	£8
LAMB SHANK with Mint Gravy & Mash Potato (Gf)	£11.5
6 Oz RUMP STEAK with Chips, Mushrooms and grilled tomato (Gf)	£9
8 Oz SIRLOIN STEAK with Chips, Mushrooms and grilled tomato (Gf)	£12.5
10 Oz RIBEYE STEAK with Chips, Mushrooms and grilled tomato (Gf)	£14
1/2 GRILLED CHICKEN with BBQ sauce and Mash potatoes or Chips (Gf)	£9.5

Sides

Skinny fries	£1.5
Chunky chips	£2
Small House Salad	£2
Mixed Vegetables	£2
Bacon	£1

Desserts

New York Cheesecake	£5.5
Chocolate Fudge Cake	£5.5
Sticky Toffee Pudding with custard	£5.5

Key: V - Vegetarian, Vg - Vegan, Gf - Gluten Free

FOOD ALLERGIES - Unfortunately, we can't guarantee that any of our food is 100% allergen free. If you have a food allergy please let us know and consider carefully if you'll order with us.

Selection of beers, wines and soft drink upon request.

ST LAWRENCE CHURCH

Church is changing, but it is not closed.

We live in weird and troubling times. On March 17th the Archbishops announced that all public worship was being suspended until further notice. But our church buildings will remain open for prayer and give space for people to reflect and find peace (at an appropriate distance of course!)

That means that all future services are cancelled, including all the Easter Services. The Oxhill Lent Lunch on March 31st and Messy Easter on April 10th are also cancelled, as are the remaining Deanery Lent Services.

The churches are being asked to serve our people in a new way. Public worship will have to stop for a season, but this does not mean that we have shut up shop. Far from it. This crisis challenges us deeply to be just the kind of church God is calling us to be.

We will continue to pray for everyone, in an offering of prayer and praise for the nation and for the world. And we would urge you to join us, from your homes, in praying for each other and for ourselves, and in reflecting together about the love and suffering, hope and new life, seen in Jesus Christ at Easter.

Oxhill St. Lawrence
GRAPEVINE

We will be producing prayer resources, both via the Grapevine email, and in printed form, so that we can be united in prayer and reflection at the same time, especially as we draw near to Easter.

And we will continue to offer practical care and support, working with everyone in the village to support those who are lonely and vulnerable. We open our hearts to you. The Parish Council have produced a very helpful document which has gone in printed form to some households, and is on the Oxhill.org website. And you will note that the Peacock has now resumed offering a takeaway menu, with delivery possible for villagers (01295 688060). They, and others in the village who provide services to us, really need our support as never before.

One of the key things we can all do is keep in contact with people by telephone or email: lack of human interaction is one of the greatest challenges of social isolation,

especially given that all our usual village social events have also been cancelled. If you do need help, please ask: contact Derek Harbour (01295 680676) or myself (01295 680663), and we will see what can be done. There are a lot of people in our village just wanting to help.

For many of us, perhaps all of us, this is a frightening and anxious time. We have to survive together, but our normal response to gather together in times of difficulty is not open to us. Somehow, though, I know that the river of unconditional love that God gives to us will flow from us to all those around us. As I write this, I see myriad signs of this happening already!

God bless you all, Jill

PS if you would like to receive the Grapevine, please let me know:
revjill.tucker@btinternet.com



Carers4Carers

Finding support through supporting each other

**Friday 24th April 10.30 – 12 noon:
Carers4Carers monthly meeting at Kineton Village Hall**

Due to the changing situation and advice around Covid-19 / coronavirus, please check our website www.carers4carersonthefosse.org.uk or call 07947 893504 for up-to-date information on whether this will go ahead.

We continue to hope that the British Motor Museum will be able to run their reminiscence session on “Making New Memories”. Please let us know in advance if you will be attending with your loved one.

**For more details, including help with transport,
please phone Gillian on 07947 893504.**



CHURCH FUNDRAISING NEWS

Pancake Supper

Held on Shrove Tuesday, this event was extremely popular with around 60 people eating an enormous array of savoury and sweet pancakes. I have received so many positive comments on the quality and quantity of pancakes on offer, the majority along the lines of, "I didn't expect to be so well fed!" There was plenty of choice for everyone, even those on a gluten free diet. The collection for the charity, Papyrus, raised £415.

As usual, none of this would be possible without the hard work of the following: Gaida and Jerry Webb, Carol Fox, Carol Beasley, Helen Thompson, Kate Bevington, Debra Collins, Linda and James Synge, Jon and Alice Mercer. Thank you to all of you!





The Pancake Supper was also Rev. Jill Tucker's birthday, so we not only had delicious pancakes but also birthday cake.



Next Events

Our next event is the Summer Lunch on August 23rd. We are currently entering challenging times so let's look forward to making this a party to celebrate the village's return to normality, a time to catch up with old friends and eat good food.

Ruth Mercer
07400 615999
ruthc.mercer@btinternet.com

Make sure to join the Pancake Supper next year for home cooked wonderfulness!

DEANERY NEWS

As I write this, I am aware that we are in rapidly changing landscape and that news and advice regarding COVID-19 (coronavirus) is being updated not just daily, but often hourly.

People are naturally anxious, and some are scared. None of us knows exactly how this will pan out or what our communities will look like afterwards. At present, the churches are working hard both to keep people safe and to maintain communities of faith and places of worship.

Church services, including Lent servies, have now been suspended but many churches are open for private prayer, as long as people observe guidelines on social distancing and hygiene.

Deaneries are becoming key places in which we can share resources and good practice and there will be a coronavirus page on the diocesan website by the time you read this. Local ministers will of course continue to be a focus for community support.

Please continue to pray for each other, and for those who are vulnerable. You may find this prayer helpful:

God of healing and hope,
in Jesus you meet us
in our places of pain and fear.
Look with mercy on those who have contracted the new virus,
on any who are vulnerable,
and on all who feel in danger. Through this time of global concern, by your Holy Spirit bring out the best and not the worst in us.
Make us more aware of
our interdependence on each other, and of the strength that comes
from being one body in you. Through Christ our wounded healer. Amen.

- *Sam Wells, St Martin in the Fields*



OXHILL VILLAGE HALL NEWS AND EVENTS CALENDAR

Owing to the situation with Corona virus the Village Hall is closed until further notice.

EVENTS IN APRIL:

Village Breakfast - postponed Paella Evening - postponed

New dates for these two events will be published later.

Saturday 16th May 2-5pm Oxhill Family Garden Fete

this event is not cancelled, a decision will be made later if the event is to be postponed.

We are fortunate to be able to hold this event in the garden (or barn if wet!) at Newborough House, off Nolands Road, which has a wonderful view over the Vale of the Red Horse.

As well as providing an opportunity for enjoying ourselves, the Garden Fete will kick off the fund-raising to extend and update the Village Hall. These works are essential to make the hall accessible for everyone, responsive to the increased population of the village, and fit for the 21st century with new kitchen, toilet and heating facilities.

We hope lots of villagers will come and have some fun, enjoy a cream tea and win some prizes through skill or luck! There will be a variety of stalls and attractions including bric-a-brac, tombola, cake stall, bouncy castle, classic car display, local food producers' stalls etc. and a grand raffle with quality prizes.

So please come along, bring family and friends, and support the Committee in their endeavours.

The Committee would be very grateful for contributions as follows:

- Cakes for the cake stall and the cream teas (contact **Jo Collings** itsjocollings@gmail.com if you can contribute, delivery details later).
- Second-hand books (**Sue Philpott** suephilpott96@yahoo.co.uk is happy to accept donations).

- Bottles for the tombola (to **Derek Harbour** dandt@laurelhardy.co.uk nearer the date).
- Good quality bric-a-brac (**Phil Brennan** has kindly offered to store donations in his barn, contact him first at greyhare70@gmail.com)
- Plants for the plant stall (contact **Jude Macdonald**)

ooOoo

For future bookings please contact Ali Sayer on 07970922352
ali.sayer@btinternet.com

HELLO!

HELLO OXHILL NEIGHBOURS!

For those of you who are staying inside and don't want to risk venturing out, I'm happy to help by collecting and delivering shopping from Tysoe Shop to your doorstep (wearing gloves).

I'm working from home during the week, but I'm happy to collect and deliver shopping after 5:30pm every day.

On the next page is a message from Tysoe Village Stores. They'd like to receive orders by email (with your name, phone and address) and then they'll phone you directly to arrange what they can provide and how you can pay.

If you haven't got email then please see if someone you know (anywhere in the country!) can take your order over the phone and email it on your behalf through to Tysoe Village Stores: mytysoeshop@gmail.com

I can't get involved in the details of any orders – but I'm more than happy to do the collection and delivery to your doorstep/end of drive.

Please can you mark your order up with 'Oxhill collection/delivery from 5.30pm' then they can get it ready for collection from 5.30pm.

Tysoe Stores will let me know when there are orders ready for collection/delivery.

If anyone else wants to help with collecting and delivering (maybe at different times?) then please text me and we can co-ordinate trips: 07816-789837.

*Best wishes to all,
Patrick (O'Donnell), 2 The Leys.
Ph: 01295-688443.*



Tysoe Village Stores

Tysoe

About Tysoe Village Stores

A village shop and tea room in the heart of the countryside. In the shop we stock over 2500 essentials and not so essential items. We have freshly baked bread delivered every morning from a wonderful local artisan baker using local flour. Our fruit and veg comes from local suppliers.



FROM TYSOE STORES

Dear valued customer

I am worried that you are putting yourself at risk by visiting the shop and being in close proximity with others – so we ask that you please see if a friend or neighbour will shop for you.

Simply phone them with your order and ask them to email us with it and your name and phone number and address at mytysoeshop@gmail.com

We will then phone you to confirm we have what you need and will get it ready for collection by your friend or neighbour and we will contact them to say it's ready.

If you can we will take payment over the phone or will accept a cheque made payable to Tysoe Village Stores Ltd.

If you are struggling to find someone to help, ring the shop on 01295 688333 and leave your number and we will ring you back with a trusted volunteer's details.

Thank you. We all look forward to this being over and seeing you again safe and well.

Bart and the team at Tysoe Village Stores

OXHILL PARISH COUNCIL
VILLAGE HALL, OXHILL

COMMUNITY RESPONSE TO SARS-COV-2 “CORONA VIRUS” AND COVID-19 DISEASE.

LAST UPDATED: 16th March, 2020

What you can do to help your neighbours and community at this time of concern relating to Corona Virus (selected information courtesy of NHS England and the BBC).

With the latest guidance from central government and the National Health Service the Parish Council are keen to reiterate the latest recommendations with the aim of limiting the peak impact on our hospitals and community members.

During this time of uncertainty it is only natural that we want to take care of ourselves and our families, but it is important that we all look more broadly at the wider community to see what we can do to support our neighbours too.

At the current time the spread of the SARS-CoV-2 (Severe Acute Respiratory Syndrome Corona Virus 2) is considered inevitable and might affect up to 80% of the population. The associated CoViD-19 (Corona Virus Disease 19) will affect most of those infected with mild symptoms similar to a seasonal cold.

How to Minimise Spread of CoViD-19:

PLEASE NOW AVOID UNNECESSARY SOCIAL CONTACT.

1. Wash your hands regularly for 20s in warm, soapy water. Moisturise often.
2. Cough (or sneeze) into tissues and discard immediately, then wash your hands.
3. If you have no tissues available then cough into the crook of your arm sleeve.
4. Avoid touching your face with your hands or contact with those who are unwell.

IT IS NOW THE TIME TO AVOID ALL BUT ESSENTIAL CONTACT WITHIN THE COMMUNITY.

Even with these recommendations we have to consider the demographic of our village population and recognise that those who are more senior with underlying health conditions are vulnerable to the more severe symptoms associated with CoViD-19 and as such might need additional help getting through the worst of it while at home and not using NHS resources.

Nobody likes to think of themselves as vulnerable but if you are elderly or have existing respiratory issues then it is only natural that you might be particularly concerned about contracting CoViD-19, which is primarily an infection of the lungs affecting the respiratory system in many similar ways to influenza. **OVER 70S PARTICULARLY SHOULD STAY AT HOME.**

If you have friends and neighbours in the village who you consider to be vulnerable then please do whatever you can to help them in the most caring and considerate manner that you can, but please try not to expose them to any further risk than they might have without your help.

Please note the common symptoms of CoViD-19, paying special attention to the fact that patients with confirmed cases have sometimes reported only the most mild, i.e. often no cough.

Key Symptoms of Corona Virus (CoViD-19):

- High temperature and fever, chills or shivers; AND/OR
- Headache, tiredness and muscular aches or pains; AND/OR
- Continuous or persistent dry (non-productive) cough or difficulty breathing.

IF ANYONE IN YOUR FAMILY HAVE ANY SYMPTOMS PLEASE SELF-ISOLATE FOR 14 DAYS.

Self-isolation means staying at home avoiding mixing with other people as much as possible.

Advice for Self-isolation **(PLEASE DO NOT GIVE MONEY OR BANK DETAILS TO STRANGERS):**

- If you live with other people stay 2m (three steps) away from them.
- Try to keep yourself in isolation within your own bedroom and bathroom.
- Eat separately from your family regularly washing all crockery and cutlery.
- If you live alone, shopping can be delivered to your doorstep by neighbours.

DO NOT VISIT THE GP, PHARMACY OR HOSPITAL. VISIT 111.NHS.UK OR CALL 111 INSTEAD.

DRINK LOTS OF WATER: KIDNEY PAIN AND SEPSIS ARE A GENUINE RISK IN SOME CASES.

If after seven days you are not feeling any better than call 111 and they will advise you further. For non-respiratory ailments or existing medical conditions please

continue to use your NHS service as normal, via telephone or via the new online system www.askmykinetongp.com.

How You Can Help Your Community (ONLY WHERE ESSENTIAL)

Assuming you are in good health and not displaying ANY of the symptoms described above, you can help the vulnerable or those affected by CoViD-19 in the following ways.

- **Offer to collect shopping or prescriptions:** if elderly or vulnerable members of the community are unable to get out, have themselves in self-isolation or indeed if a whole family is poorly and simply need a bit of assistance, then please do what you can. A quick offer on the Oxhill Community Facebook page might elicit a response.
- **Help co-ordinate fuel or other deliveries:** hopefully everyone has got all the oil they need for the coming months from the latest delivery, but if not you might be able to help if someone is unable to place their next order, e.g. those who still like to pay cash etc. The same might go for collecting parcels or taking them to the Post Office etc.
- **Offer to assist with childcare or dog walking:** schools remain open, but childcare could become a challenge, particularly for self-employed workers who need to keep earning. We ask anyone with symptoms to work from home, but an hour or two's childcare - or indeed walking the dog for families who are stretched - might help immensely.
- **DO NOT TRY TO BE A HERO:** if you or anyone in your family is unwell with any form of fever, cough or any respiratory issues, then please try to avoid other people as much as possible, even if you have already committed to help them with something! Focus on your family and ask someone else without any symptoms to help the vulnerable.
- **Be there for a chat if nothing else:** just to reiterate, if you or anyone in your family is unwell with any form of fever, cough or any respiratory issues, then please try to avoid other people as much as possible, but if you are well then keep a caring eye on your neighbours and have a **TELEPHONE** conversation with them if they are feeling lonely.

With the latest measures in place to delay the impact of the Corona Virus on the general population and particularly the NHS, it is estimated that the peak of the epidemic in the UK will be during June. This may well have changed by the time you get your April Edition of the Oxhill News but that is the working assumption during mid-March.

This means that this whole episode is more of a marathon than a sprint and people will be getting very tired of self-isolation by the time they might have had several

bouts of fever from illnesses potentially unrelated to CoViD-19, which is indeed a possibility. You might also become fatigued if you have been helping several neighbours for several weeks or months.

All we can suggest is that you try to spread the load with other neighbours. Don't be afraid to ask for help for yourself or others. Don't be afraid to say no if you become ill or don't have the capacity to help. Finally, just try to be kind and forgiving, online and in the real world. Most of us are working for the good of the community but misunderstandings can happen.

Useful Website Resources

For the latest information on the spread of the virus and advice on how to manage it then please refer to the following websites:

- UK Government - <https://gov.uk/coronavirus>
- NHS - <https://www.nhs.uk/coronavirus>
- Kineton & Tysoe GP - www.askmykinetongp.com (Start with CREATE YOUR ACCOUNT)
- Oxhill Parish Council - <http://www.oxhillpc.uk>

Community Contact Details

As always, in an emergency, please dial 999 for urgent medical assistance. For non-urgent medical advice please use <https://111.nhs.uk> or call 111 if you cannot access the internet.

If you simply want help in your local community then please contact your Parish Councillors who can be found on the following link: http://www.oxhillpc.uk/parish_councillors.html.

You can use the Contact Form on that site or email oxhillpc@btinternet.com.

PLEASE STAY SAFE, REMAIN CONSIDERATE AND REMEMBER TO WASH YOUR HANDS.



Tysoe Tennis Club
www.tysoetennisclub.co.uk

Tysoe Mixed A has now played its last game of the season against Towcester and won 8-0 with Sylv and Julie in sparkling form winning 6-0, 6-0! This means we had 5 wins, 1 draw and 4 lost and should finish the season in a credible third place. Many thanks to all who played, sometimes in very challenging conditions.

Tysoe Mixed B went to Towcester on a very windy Sunday morning and came away with a resounding 8-0 win. Congratulations to Philip, Pat, Carol and Sylvia for a truly battling performance. The match against top-of-the-table Deddington was another battle against the elements with Steve, Elaine, Nicki and Philip unfortunately not coping as well as the opposition. .

Next winter we may run two mixed teams again.

Despite gale force winds, the Ladies A had a convincing 4-0 win over Napton which took the team to 2nd position in the Division. With two more matches to play and all the players being on form, it is hoped this place will be retained.

Due to sickness and injury, the Ladies B team only managed to field one pair against Ardencote and subsequently lost 1-3 but Carol and Veronika played some first rate tennis to win the one rubber.

Junior Tennis

We are thinking of repeating our 6-week series of FREE SESSIONS for juniors (age 5 upwards) during the summer holidays. These would take place on Sunday mornings 9.30 to 10.30 at the courts in Tysoe. Members and non members are welcome and equipment is provided. These would not be coaching sessions but an opportunity to 'give tennis a go' and parents are encouraged to join in. Please email me at the address below if you think your child would be interested in joining us and we will keep you updated.

lfinlyson@live.co.uk

Membership Fees:

Junior (under 16) £18

Student (over 16 in full-time education) £21

Adult (over 18) £75

Family (up to 2 adults plus children under 16) £150

Contact:

Club Secretary – Carol Spencer 07708 412767 / carol.spencer234@hotmail.co.uk

Website – www.tysoetennisclub.co.uk

OXHILL PC – HELP WITH FLOODING

At the recent meeting of the PC, a proposal was raised for the PC to buy some Sandbags and 'Flood' notices for use by villagers to protect their property and for those who live on the smaller roads in the village, to warn others that their road is flooded. Phil Brennan has kindly agreed that these items can be stored, when not in use, in the 'Chicken Barns' next to his house.

We have budgeted a sum of money to enable us to purchase a quantity of these items but the question is, ***'what quantity of both items should we buy?'***

If you believe that you may well need such items if we continue to get the high levels of rainfall that now appear to be the norm, please let me know what quantities you think would be useful and I will add together your responses and purchase what is needed.

Thanks, Derek Harbour (680676)

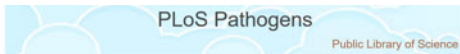
NATURAL REMEDIES FOR CORONAVIRUS

I recently spoke to someone in Oxhill about the immune-boosting properties of zinc – especially for pneumonia and other respiratory illnesses. She later told me she took zinc supplements for her cold and to her surprise her cold went away much faster than usual.

That experience inspired me to share two natural supplements that we can use boost our immune systems during this COVID19 outbreak.

ZINC: Zinc strengthens the immune system. As there is no cure for COVID19, it is wise to boost our immune systems.

- Zinc weakens the effects of coronavirus.
- Zinc strengthens the immune system and prevents coronavirus replication.
- Zinc weakens the intensity and duration of coronavirus.
- Zinc inhibits coronavirus RNA activity



Take zinc to build your resistance to coronavirus

Zn²⁺ Inhibits **Coronavirus** and Arterivirus RNA Polymerase Activity *In Vitro* and Zinc Ionophores Block the Replication of These Viruses in Cell Culture

The dosage is 10-15mg daily for adults. Our bodies do not store zinc so we need to replenish our supply daily.

Aartjan J. W. te Velthuis, Sjoerd H. E. van den Worm, [...], and Martijn J. van Hemert

If you are unwell it is best to take zinc in liquid or lozenges. And ask your doctor for the appropriate dosage.

SODIUM BICARBONATE: You are probably familiar with the culinary uses of Bicarbonate of Soda, but you may not know that Bicarbonate of Soda, also known as ‘baking soda’, is a *vital* medicine in all hospitals.

Baking soda (sodium bicarbonate) is found naturally in all living things. It acts to neutralize acids and break down proteins. Its purpose is to maintain pH balance in the bloodstream, which is necessary to sustain life. One of the most important processes in our body is the process by which the pH balance is maintained. **The pH scale ranges from 0-14.** The neutral or balanced pH is 7. Anything lower is acidic and anything higher is basic (alkaline).

The viruses and bacteria that cause bronchitis, colds and secondary infection such as pneumonia, thrive in an acidic environment, rising the pH destroys these pathogens.

Bicarbonate of Soda raises your pH to an alkaline state, thereby increasing your immune system's ability to kill viruses and bacteria.

Coronaviruses are maximally infectious *below* pH 6.0 (acidic).

Keep your pH above 6.5

Keeping your pH in the slightly alkaline range of 6.8 to 7.2 reduces the risk of infection and lessens the severity of infection.

You can determine your pH level by using pH strips that you can purchase in pharmacies or online

Baking soda was used during the 1918 flu pandemic by the US Public Health Service with great results. As described in the quote below, it lessened the severity and duration of the flu for those already infected and stopped those who were not infected from getting it.



Sodium Bicarbonate (Bicarbonate of Soda)

Anyone who has Wuhan coronavirus can alkalinize with bicarbonate of soda. If alkalized early, they will have mild attacks.



Recommended dosages from Arm & Hammer during the 1918-1919 flu pandemic:

- Day 1 — Take six doses of ½ teaspoon of baking soda in glass of cool water, at about two-hour intervals
- Day 2 — Take four doses of ½ teaspoon of baking soda in glass of cool water, at the same intervals
- Day 3 — Take two doses of ½ teaspoon of baking soda in glass of cool water morning and evening, and thereafter ½ teaspoon in glass of cool water each morning until symptoms are gone

Dr. Volney S. Cheney, "In 1918 and 1919 while fighting the pandemic with the U. S. Public Health Service it was brought to my attention that **rarely any one who had been thoroughly alkalized with bicarbonate of soda contracted the disease, and those who did contract it, if alkalized early, would invariably have mild attacks.**"

A personal experience happened very recently. My sister was in Florida taking care of my elderly aunt and uncle. I was concerned that she may pass on coronavirus to my aunt and uncle and suggested she take ½ teaspoon of baking soda a couple of times a day. She took the baking soda and then told me of a surprising effect. She had had shingles on her side and back but after taking the baking soda, her shingles quickly cleared up.

Raising pH increases the immune system's ability to kill pathogens.

I hope these suggestions will help you and your loved ones to keep healthy. Contact me if you would like to know more.

Vanessa Plain, vcplain@gmail.com

SCARECROW WEEKEND 2020 – JUNE 6TH AND 7TH



Due to ongoing circumstances surrounding COVID-19, we will be reviewing whether we will still go ahead with the event mid-April. Confirmation and another full update will be published in the May News but I wanted to keep everybody informed with plans nonetheless.

This will be Oxhill's 10th Scarecrow Weekend and preparations are well underway. For those new to the village who might not have experienced a Scarecrow Weekend, most households in the village display their own scarecrows as well as scarecrows placed at the entrances to the village, in the Church and the Village Hall garden. During the weekend, refreshments will be served in the Old Chapel and there will be a Produce stall, a Plant Stall and giant Tombola. On the Sunday, Made in Oxhill Arts and Crafts Pop-Up Shop will be open in the Village Hall. At the meeting held on 14th March, dates were set for important preparation events leading up to the weekend itself.

Scarecrow making sessions:

Have you always wanted to know how to build a scarecrow, or wanted to share your scarecrow-building talents with a wider audience? Maybe you are looking for some help or inspiration for your own scarecrow display, or would like to help build scarecrows to decorate the entrances to the village, the Village Hall garden and Churchyard. If so, you'll want to put the following dates in your diary:

- Saturday 2nd May, 2pm-5pm
- Sunday 24th May, 2pm-5pm

Heather and Phil Brennan have once again kindly offered to host these “workshops” in their garden and barn at Bilton Cottage, Church Lane. Please come along and help us make the best scarecrow display ever.

Please contact Lucy Mercer if you have any questions about the scarecrow making sessions on 07531 136136 or lucymercercer@hotmail.co.uk. You can also follow Oxhill Scarecrow Weekend on Facebook to keep up with all the news as well as discovering tips on scarecrow building.

Flower arranging:

We will be holding a flower arranging competition in the church during Scarecrow Weekend with the aim of filling the church with beautiful arrangements. Children (under 16) will be asked to enter a miniature garden in a seed tray and adults an arrangement with a 'big and bold' theme. To give you some ideas, Jude MacDonald and Rachel Beesley will be running a workshop on Friday 1st May in the Village Hall from 6.30pm until 7.30pm to give some guidance and a demonstration. Wine will be available for a suitable donation!

Jude and Rachel will need an idea of how many people would like to attend the workshop so please contact Jude on 01295 680150 or judemac07@btinternet.com or Rachel on 01295 680726 or rachel.b@zen.co.uk. The flower arranging is open to all ages!

Commemorative badges

Some villagers will remember the Queen's Golden and Diamond Jubilee celebrations that were held in Oxhill. Commemorative badges were made for all who attended those events and they were used instead of tickets. I'm sure many of you still have your badges. This year, we are producing a limited edition of commemorative Scarecrow Weekend 2020 badges that will be available in advance to Oxhill residents for a donation of £2.50 per adult and £1.50 per child. This will act as your admission ticket and is sure to become a collector's item in the future! Please contact Ruth Mercer to purchase your badges - 07400 615999 or ruthc.mercer@btinternet.com.

Made in Oxhill

Preparations for the Made in Oxhill Arts and Crafts Pop-Up Shop part of the weekend are going well. If you want to be part of this and have not already booked your table, please contact Lynsey Cleaver on 07960 783080 or lynsey_cleaver@yahoo.co.uk. We also intend to run a local produce and plant stall at the Old Chapel over the weekend. If you can provide any homemade produce or plants for the stall, please contact Lynsey or Ruth.

Our next meeting is at the Peacock, 3pm on April 11th, all welcome! Thank you to everyone who has offered to help already. Ruth Mercer will be producing rotas for parking and teas nearer the time. We will need all the help we can get to make this

the best Oxhill Scarecrow Weekend ever so please keep your offers of help coming!
Contact Ruth on 07400 615999 or email ruthc.mercer@btinternet.com.

You can follow Oxhill Scarecrow Weekend on Facebook to keep up with all the news as well as discovering tips on scarecrow building.

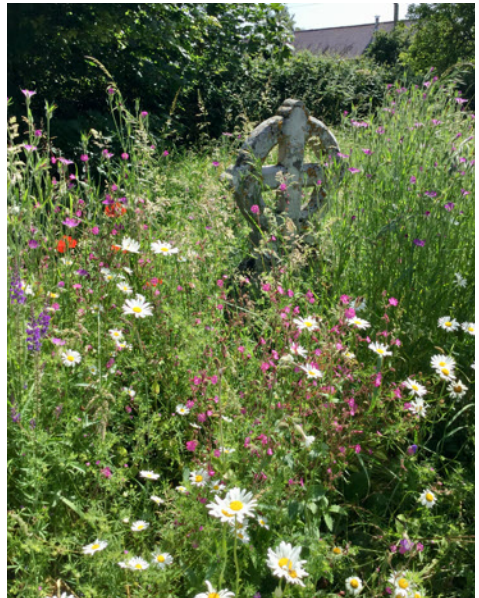
Lucy Mercer
07531 136136
lucymercerc@hotmail.co.uk



OXHILL CHURCHYARD WILDLIFE AREA

The OWLS group is hoping to start a regular weekly work party in the churchyard's wild flower area from 3.00 to 4.30 on Sundays starting April 19th if the water has receded somewhat by then!!!

Everyone who would like to get involved - including children - will be welcome.
Either just turn up or contact Jane 688364 or Grenville 680664.



St Lawrence churchyard wildflower meadow during the summer of 2019



OXHILL VILLAGE COMMUNITY FACEBOOK GROUP

In case you're unaware, there is a lively and informative Facebook group devoted to the goings-on in Oxhill. You can join the group by going to the Facebook page "Oxhill Village Community" and requesting to join the group.

You will find everything from helpful advice, give-aways, photos and videos of the nature in Oxhill, gripes and moans along with joy and love. It's all here!

Come Join!



WHATSAPP

Another useful Oxhill group you may wish to join is the 'Keep Em Peeled' WhatsApp group serving Tysoe, Oxhill and the Pillertons.

The groups concern is to o report suspicious activity with the intention of preventing and reducing crime in the area.

Presently here are over 40 participants in the group.

If you live in the Tysoe region and would like to join please WhatsApp **Dominic Connolly on 07774 081067.**

'Keep Em Peeled' – Reporting suspicious activities

February 20, 2019 News Jane Millward

'Keep Em Peeled' is a WhatsApp Group covering the Tysoe/Oxhill/Pillertons area to report suspicious activity with the intention of preventing and reducing crime.

There are already over 40 participants including Tysoe residents and the group is also monitored by a Police Community Support Officer. WhatsApp groups have been a successful initiative in hundreds of villages around the UK and they are not meant as a replacement to Neighbourhood Watch schemes but do enable instantaneous and secure communication exchange between members. If you live in the Tysoe region and would like to join please WhatsApp Dominic Connolly on [07774 081067](https://www.whatsapp.com/channel/0029va81067). You can leave the group at any time

WOT2GROW COMMUNITY ORCHARD



Another roller coaster of weather in the last month but luckily there was no damage to the trees from storms Ciara and Denis.

The signs of spring are there with the early blackthorn blossom and the willow catkins. However looking back at last year's records the blossom is later than last year with only the first apricot flower appearing in early March and little sign of any other blossom. The pear trees buds are close to breaking into blossom but in general the trees are having a slow start to the year.

Maintenance work has continued on the soft fruit and with the battery operated tools life has become a lot easier in clearing and strimming around the ground covering fabric! The trees will all be summer pruned this year which will maintain the shape of them without promoting rapid growth. We do want to be able to pick fruit without having to use long ladders!!! Not only is this safer but a lot easier for the majority of the volunteers.



Willow Catkins

The grass is growing but we have yet to see the first dandelions or yellow peril as the mowers call them. The first cut will be soon and we will again experiment with different ways of mowing and keeping the grass short enough but allowing for a variety of wild flowers to prosper.

Why not volunteer to help out with the various tasks or become a member and benefit from our wonderful fruit too! A lot can be done in a short session and that makes a big difference to your orchard!

The Community Orchard is just behind the allotments on the Shenington Road in Tysoe and is open 24/7.

Liz Atkinson (680045), Paul Sayer (680451), Sue and Mike Sanderson (688080) or see the website www.wot2grow.co.uk



First Blackthorn Blossom

WHAT'S ON IN & AROUND OXHILL

April

Tuesday 7th		Grey landfill bin collection
Tuesday 14th		Green & Blue bin collection
Wednesday 15th		Oxhill News submission deadline
Sunday 19th	15:00-16:30	OWLS Churchyard Wildlife Maintenananc
Tuesday 21st		Grey landfill bin collection
Friday 24th	9:30	Weekday Walkers
Friday 24th	10:30	Carers4Carers, Kineton Village Hall
Sunday 26th	15:00-16:30	OWLS Churchyard Wildlife Maintenananc
Tuesday 28th		Green & Blue bin collection

May

Saturday 16th Club		Oxhill Family Garden Fete and Garden Plant Sale, Newborough House
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**Please note that there will not be any PC Meetings that are open to the public until further notice because of the Coronavirus Pandemic.
If you need to contact the PC please call Derek Harbour on 01295 680676 or e-mail oxhillpc@btinternet.com**
