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# The Phoenix

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Ashwick, Oakhill & Binegar News

May 2024

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H2SJP28802 05/18



# A Foreword from the Phoenix

April has been a busy month, with many activities to cover. In spite of expanding The Phoenix by four extra pages, we have not been able to publish everything we would have wished. For example, a poem sent in by one of our readers has had to be put in our “Pending” file for the time being – but please continue to send in your submissions for publication. Everything we receive will be considered for a future edition.

The most recent edition of The Phoenix can now be seen on both Parish Council websites: [www.ashwickparish.org](http://www.ashwickparish.org) and <https://binegar-pc.org.uk>. If you live in the area, do not currently receive a hard copy and would like to be added to the distribution, please let us know at [phoenixmagazine2023@gmail.com](mailto:phoenixmagazine2023@gmail.com).

We had many correct solutions for April’s Crossword Conundrum but only one prize is available each month! To all those who completed but failed to be drawn as the winner, take heart – better luck next time!

If you enjoy reading The Phoenix and wish to support us by making a donation, please email us at [phoenixmagazine2023@gmail.com](mailto:phoenixmagazine2023@gmail.com) or make a bank transfer to our following account:

*Phoenix Community Magazine CIC*

*Account No: 55947867*

*Sort Code: 60-14-24*

# Whats on

## VILLAGE EVENTS

**29th May** Family Bingo & Fish & Chips  
Night Oakhill Village Hall 17.30  
**4th June** Oakhill Village Hall AGM 20.00

## BISHOPS PALACE

**4/5th May** Civil War Weekend 09.30 - 17.30  
**21st May** Sketching Day in the Palace  
Grounds 10.30 - 14.30  
**31st May** Silent Cinema Co. present Hot Fuzz  
in the Palace grounds 20.00

## CEDARS HALL

**25th May** Alan Davies - Work in Progress  
19.00 - 20.00  
**30th May** Adam Henson - My Life on the  
Land and in the Media 19.30 - 21.00  
full list of events at [tickets.cedarshallwells.co.uk](http://tickets.cedarshallwells.co.uk)

## BATH & WEST SHOWGROUND

**12th May** Giant Flea Market 09.30  
**30th May** - 1st June Royal Bath & West Show  
**9th June** Toy & Train Collectors Fair

## SHEPTON MALLETT

**12th May** Outdoor Cinema in Collet Park  
showing Sing at 14.00 and Greatest Show at  
17.30

## MELLS

**6th May** Mells Fete.  
Replaces The Daffodil Day celebrating history,  
local crafts, storytelling, food & drink.

## EAST SOMERSET RAILWAY CRANMORE

**4th/5th/6th/11th/25th/26th/27th May**  
Miniature Railway trips.  
check on the day to confirm train is running.

## NORTH SOMERSET SHOW

6th May at Bathing Pond Fields, Wraxall.  
livestock, horses, rural events, crafts & food

## FROME

Frome Collectors & Flea Market every Wed  
09.00 - 14.00 at Cheese & Grain  
**11th May** Farmers Market Boyle Cross 09.00  
- 13.00  
**12th May** Frome Flea Market & Craft Fair  
09.00 - 15.00  
West Woodlands Showground.  
**19th May** International Climate Film Festival  
Cheese & Grain  
**26th May** Car Boot Sale 09.00 - 13.00 Cheese  
& Grain  
**2nd June** Frome Independent Marke

## Did you Know?

### Monthly quiz (with thanks to Lin Thorley, Local History Group)

Q Name the oldest kind of rock found on top of Beacon Hill (please see June issue for the answer)

Last month:

Q: Who donated the land to build Oakhill Parish Church?

A: Richard Charles Strachey of Ashwick Grove. All Saints was consecrated in 1866.



## Services for April

**5th May** - 10am, Communion, Ashwick

**12th May**- 10am, Family Worship, Oakhill

**19th May** - 10am, Communion, Ashwick

**26th May** - 10am, Communion, Binegar



19 May is Pentecost Sunday. Many will remember this as Whit Sunday or Whitsun. This holy day is 7 weeks after Easter when the Christian church commemorates God sending the Holy Spirit. The Holy Spirit is the third person of the Trinity (Father, Son and Holy Spirit) and the Bible refers to an advocate, helper, equipper and guide.

In medieval times the following week was a holiday on many estates. Up until 1971, the following Monday was a bank holiday. Due to Easter moving, this also changed each year. In 1972 the government fixed the last Monday in May as Spring Bank Holiday, separating it from Whitsun.

Easter is the most important Christian festival as it celebrates God's action in Jesus to redeem all of creation. Pentecost is sometimes known as the birthday of the church as the disciples were transformed, came out of hiding and began to share the Gospel of Jesus and thousands became followers of Jesus. Meeting together these people were the first church.

For me, Pentecost reminds me that God does not leave us alone or expect us to be perfect and able in all things, He lives with us, comforts his people and equips them through the Holy Spirit to do all he wants us to do.

*Revd. Richard & Revd. Mandy Priestley*



## Health Check

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*Practice opening times, both in person and via the telephone are:*

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Patients seen by a GP and prescribed medication outside of these times will also be able to collect at the time of their appointment.

To request repeat medication there are various methods:

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# HART'S TONGUE FERN

## ASPLENIUM SCOLOPENDRIUM

with thanks to Joan Oakley

Asplenium – Greek asplenon, a = irregular, splenon = spleen, the organ in the human body considered to be the seat of the emotions; from the belief in its power to cure disorders of the spleen.

Scolopendrium – Greek ‘scolopendrid = centipede, because the cluster of sporangia on underside of the leaves are like a centipedes legs.



*Hart's Tongue showing Jesus' hairs*

This is an evergreen fern in the order of Polypodiales = many footed, from the divisions of its root system.

Ferns are the national emblem of New Zealand and feature on its passport and in the design of its national airline and its rugby team, the All Blacks.

In Slavic folklore, ferns are believed to bloom once a year. Although alleged to be exceedingly difficult to find, anyone who sees a fern flower is thought to be guaranteed to be happy and rich for the rest of their life.

Similarly, Finnish tradition holds that one who finds the seed of a fern in bloom on Midsummer night will, by possession of it, be guided and be able to travel invisibly to the locations where eternally blazing Will

o' the wisps mark the spot of hidden treasure. These spots are protected by a spell that prevents anyone but the fern-seed holder from ever knowing their locations.

In the US, ferns are thought to have magical properties such as a dried fern can be thrown into hot coals of a fire to exorcise evil spirits, or smoke from a burning fern is thought to drive away snakes and such creatures.

Pulled at full moon and buried in porridge, it will be the best physic. The crushed roots used by gypsies as a poultice is good for rheumatism.

In Devonshire it is said that it was once the pillow for Jesus, Son of Man, when He had nowhere to lay His head. In return for this service, He left two black hairs of His head, which the plant treasures in her stem to this day, as His legacy.



# Ashwick & Oakhill Village Hall



**The Village Hall** on Zion Hill (BA3 5AN) is a great local venue for parties, wedding and christening celebrations, clubs, societies, meetings and fundraisers. The main hall has a capacity of 125 (70 seated). Hire includes use of a kitchen, tables and chairs, and piano.

**Other Facilities** for hire include a football pitch & various sound/lighting equipment.

**Oakleaf Community Café**

**Outdoor Gym** 



**Amenities** include large car park, recreational field, toddler playground, BMX track, Truespeed Ultra wifi and a projector screen in the hall.

**Availability and Booking Information:**

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or **Email:** [aandovillagehall@gmail.com](mailto:aandovillagehall@gmail.com)

or **Phone:** 01749 841 688

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# Clubs & Societies

Are you a member of a club or society that you would like to promote? Are you thinking of starting a local club? Do make an entry here by emailing us at [phoenixmagazine2023@gmail.com](mailto:phoenixmagazine2023@gmail.com)

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## **East Mendip Gardening Club**

On Tuesday 28th May the East Mendip Gardening Club will meet in the Oakhill Village Hall at 7.30p.m. when Alan Eason will be talking about climbers and wall shrubs. Further details from our Chair Mark Manley [markamanley81@googlemail.com](mailto:markamanley81@googlemail.com) or see <https://www.ashwickparish.org/clubs-and-societies/east-mendip-gardening-club/>

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## **Beetlecrushers**

Clog and step dance - Wednesdays at 7.30pm, Gurney Slade & Binegar Memorial Hall email [beetlecrushers@hotmail.com](mailto:beetlecrushers@hotmail.com) or phone 01373 812227.

Weekly practise and tuition sessions are held each Wednesday evening and new (adult) beginners are welcome to come for instruction, which is free. Clogs are available on loan. Musicians are also welcome.

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## **Ashwick & Oakhill Short Mat Bowls**

We are looking for new members for our friendly small group. You do not need to be able to play bowls as we are there to help, also to provide bowls for you to try. Come along and give it a go, and join us for tea and biscuits at half time!

If you are interested, please come along on Tuesdays 2pm-4pm at Ashwick and Oakhill Village Hall. Or ring Kate on 01749 343589 for more information.

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## **Knit and Natter or Crochet and Chat**

2nd Wednesday of the month, 10:30am-12:00 at Gurney Slade & Binegar Memorial Hall. Whether you're a total beginner, a knitting expert, or just want to come along for a chat, you'll receive a warm welcome. We have a group of ladies of all ages, some of us knit, some crochet and all of us chat! Please call Carole on 07980 979365 for more information.

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## **OPUS III**

Thursday evenings, 7:30-9pm, Downside. The ability to read music is not essential as we spend plenty of time to learn things thoroughly and at a steady pace. Our choice of music can vary from modern, pop, folk, ballads, to classical etc. For further details, email [annstilton@btinternet.com](mailto:annstilton@btinternet.com) or call 07803 038287.



# Squash & Mushroom Curry

*from Clodagh McKenna in The Times Magazine*

This can be made in half an hour and is delicious. You can cook stages 1 & 2 in advance. Be sure to take the whole chilli out before serving!

*Ingredients (for 4)*

*2 tbsp olive oil*

*300g butternut squash, peeled & cut into small chunks*

*3 shallots, finely diced*

*½ tsp black mustard seeds*

*½ tsp cumin seeds*

*3 curry leaves (optional)*

*2 garlic cloves, crushed*

*1 tsp ground coriander*

*½ tsp turmeric*

*1 green chilli*

*500g chestnut mushrooms (sliced)*

*300ml coconut milk*

*handful of chopped parsley, to serve*

1 Cook the squash on a high heat for 5 min until they are golden. Remove and set aside.

2. Add shallots and mushrooms to the pan and cook for 1 min. Stir in mustard seeds, cumin seeds, curry leaves, garlic, coriander, turmeric and whole chilli. Stir and cook for 5 min.

3. Return the squash to the pan, stir in the coconut milk and bring to a simmer. Lower the heat and simmer for 5 min. Taste and season with salt and pepper. If it looks too dry add some water.

4 Transfer to a warm serving dish and garnish with parsley. Serve with rice or naan bread and a dollop of coconut yoghurt

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## Crossword Conundrum Solution

**CONGRATULATIONS to Martin Jenkins**, winner of last month's Crossword Conundrum. Your free drink and cake await you at the Oakleaf Café. The solution for the April puzzle is given below:

ACROSS: 1 Isle of Avalon; 6 Pale; 7 Holly; 8 Nag; 11 Writ; 14 Cider; 15 Voodoo; 18 Fin; 19 Somerset; 22 Inn; 24 Id; 25 Chalice Well.

DOWN: 2 Starlings; 3 Even; 4 Ash; 5 Allow; 9 Afro; 10 Eavis; 12; Rude; 13 Those; 16 One; 17 Smell; 18 Franc; 20 Time; 21 Mac; 23 Nil.



## Ashwick Parish Update – April 24

David Barlow & Kate Egan  
([clerk@ashwickparish.org](mailto:clerk@ashwickparish.org))

### Save the Date!

The Council agreed to hold the Annual Parish Meeting on Wednesday 22nd May 2024. This is an opportunity for parishioners to meet their councillors, hear what the Council has been doing during the last year and to suggest items for consideration for the year to come. The evening will include the Annual Council Meeting and the Parish Council Meeting.

### Planning Updates:

**2024/0326/FUL** The construction of agricultural access point on to Roemead Road, Land at 361998 147954 Roemead Road, Binegar. Recommendation: The Parish Council recommended approval.

**2024/0364/FUL** Proposed ground mounted solar photovoltaic panel installation. Little Oakhill, Brewery Lane, Oakhill Recommendation: The Parish Council recommended approval.

**2024/0362/LBC** Proposed ground mounted solar photovoltaic panel installation. Little Oakhill, Brewery Lane, Oakhill. Recommendation: The Parish Council recommended approval.

**2024/0436/FUL** Change of use of agricultural land to extend pub car park. Oakhill Inn, Fosse Road, Oakhill. Recommendation: The Parish Council recommended approval.

**2024/0542/FUL** Erection of detached dwelling with associated access and parking. 11 The Old Maltings, Oakhill. Recommendation: It was believed the site was outside the development line, and so the Parish Council recommended refusal.

### Community Review Plan:

The Council received a verbal update on the progress being made by the Steering Group for the Community Review Plan. The Council resolved to allocate a budget of £500 to cover expenses arising from the project.

The Steering Group has organised a ‘Drop-in’ session on Saturday 27th April allowing parishioners to meet representatives of the Steering group and hear what progress is being made.

### Village Allotments

The Council does not own any land, so Council Notices were placed in the Phoenix Magazine and Parish Council Facebook page asking if there is any land available which could be turned into allotments. At the time of going to print, no offers of land have been received.

The next meeting of the Parish Council is scheduled for Wednesday 22nd May 2024 at 7.00pm in the Village Hall. This will be the Annual Parish Meeting together with the Annual Council Meeting and the regular Parish Council Meeting. Agendas will be posted on the village notice boards and parish website.

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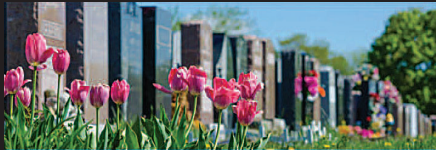
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# News from the Ashwick & Oakhill Village Hall Committee

## Exciting News! Lottery grant Success

We are very excited to announce that we have been successful in a National Lottery Community Fund application to the tune of £20,000!!! The funds have been awarded to allow us to fix and refelt a leaking roof, to fully insulate the loft space, replace guttering/drainpipes and also upgrade the WC facilities. All these things will protect the building fabric, reduce wasted energy and uplift the quality of the WC facilities to modern standards. We believe this to be necessary to ensure the Village Hall remains a sustainable, important and welcoming community space for all.

The work is now being scheduled and due to start in the next couple of months. There may be some disruption during this time but we will be working closely with the tradespeople to minimise this as much as possible. We will of course keep you all updated!

## Village Hall Events



Wednesday 29 May – Family Bingo and Fish & Chips, Doors open 5.30pm, eyes down 6pm. Join us at the Village Hall for an evening of Bingo! This will be a family friendly event, so feel free to bring the children along to join in. We will break at half time to have fish & chips (advance food orders required) and there will be bar, and a raffle with incredible prizes, including a Top Prize of a Children’s Party Package Voucher courtesy of Wells Sports Centre. Bingo cost for an evening of entertainment is £5 per adult, £2 for Children. Email [aashdovillagehall@gmail.com](mailto:aashdovillagehall@gmail.com) or text/call 07974311465

Tuesday 4 June – Village Hall AGM, 8pm. Please join us to celebrate our progress over the last 12 months and to hear our plans for the next year. All are welcome. Whether you are

considering joining us on the committee, or just want to hear more and show your support, we would be thrilled to see you.

Thank you to everyone who attended our Murder Mystery Evening last month. A great time was had by all, as we practised our best detective skills, while enjoying a delicious 3 course meal. The evening was an incredible success, raising funds which will be used to enhance and support the Village Hall and Recreation Ground. Please continue to support our events, and if you have any fundraising ideas or would like to get involved with running an event we would love to hear from you!





# Wells Fruit & Veg Stall

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@wellsfruitveg

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## **Binegar and Gurney Slade – Annual Parish Review - 2023 - 2024**

### **Local Community Networks**

April 2023 saw the establishment of ‘One Somerset’ and the establishment of 18 LCNs (clusters of parish councils). Binegar belongs to the ‘Wells and Rural’ LCN. The Parish Council has attended all 4 LCNs held to date and the recently established ‘Flooding’ and ‘Highways and Traffic Safety’ sub-committees.



### **A37 Road Safety**

The Parish Council have installed 2 Speed Indicator Devices (SID’s) on the A37 and initial readings have shown promising results of slowing traffic down through Gurney Slade.

### **Playground**

The Parish Council continue to maintain its popular playground. Last year a local benefactor provided funding for 2 additional pieces of equipment and some tables and seating. We would welcome volunteers to help with the weekly inspections and general maintenance.



### **Binegar Bottom**

In the last year work started on woodland maintenance in Binegar Bottom to clear ash tree ‘dieback’. This work is expensive and time consuming for a small Parish Council, and we need to identify funding to complete the work.

### **Funding**

The Parish Council has been successful in applying for grants to support Parish events and projects. Last year the villages celebrated the King’s Coronation supported by a National Lottery grant of £5,530. In addition, the Parish Council supported the much-enjoyed Children’s Christmas Party.



## **Textile Bank**

The textile bank at the end of the Village Hall carpark continues to be well used with £278.00 raised this year being split between the Parish Council and the Village Hall. Please do use it for any re-usable items of clothing - it all contributes to our community.



## **Christmas**

The annual raising of the Christmas Tree took place in the cemetery, and it was good to see many attend the Carol Service 'around' the tree.

## **Village Clean Up**

We continued to have our Autumn Village Clean-ups and we thank those Parishioners who turn out to help and those who routinely litterpick to help keep our villages tidy. More help is always welcome, please join us next time.

## **Macmillan Coffee**



The Parish Council hosted the annual Macmillan Coffee morning raising an impressive £331.00 Thank you to all those who baked and came along to support such a worthy cause.



## **Flood Mitigation**

The beginning of the year saw houses at the end of Binegar Lane, along the A37 and Tape Lane flooded. Most water originated from the high ground above Binegar Bottom but the situation was exacerbated by water emanating from the quarry behind the Village Hall car park. The Parish Council thank Morris and Perry for their prompt and decisive action over the matter.



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# Poetry Corner

with thanks to Jill Townend

## Sonnet 18

by William Shakespeare

Shall I compare thee to a summer's day?  
Thou art more lovely and more temperate:  
Rough winds do shake the darling buds of May,  
And summer's lease hath all too short a date;  
Sometime too hot the eye of heaven shines,  
And often is his gold complexion dimm'd;  
And every fair from fair sometime declines,  
By chance or nature's changing course untrimm'd;  
But thy eternal summer shall not fade,  
Nor lose possession of that fair thou ow'st;  
Nor shall death brag thou wander'st in his shade,  
When in eternal lines to time thou grow'st:  
So long as men can breathe or eyes can see,  
So long lives this, and this gives life to thee.

## Don't

by Richard Edwards

Why do people say 'don't' so much,  
Whenever you try something new?  
It's more fun doing the don'ting,  
So why don't people say 'do'?

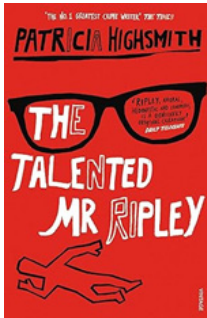
Don't slurp your spaghetti  
Don't kiss the cat  
Don't butter your fingers  
Don't walk like that  
Don't wash your books  
Don't bubble your tea  
Don't jump on your sister  
Don't goggle at me  
Don't climb up the curtains  
Don't feed the chir

Don't sleep in your wardrobe  
Don't cut off your hair  
Don't draw on the pillow  
Don't change all the clocks  
Don't water the phone  
Don't hide my socks  
Don't cycle upstairs  
Don't write on the eggs  
Don't chew your pyjamas  
Don't paint your legs...

Oh, why do people say 'don't' so much,  
Whenever you try something new?  
It's more fun doing the don'ting  
So why don't people say 'do'?

# Phoenix Book Club

*In case you missed it...*



**The Talented Mr Ripley by Patricia Highsmith (Vintage, PB available nationwide)**

Wherever you stand on the Matt Damon vs Andrew Scott side of the debate in light of the new Netflix series (or if you've not seen either version), Highsmith's classic psychological thriller that has rightly been hailed as one of the finest 20th Century crime novels absolutely deserves a place on your shelves. With the perfect blend of Mediterranean heat, desire and dangerous obsession, this masterful novel paved the way for numerous copycats, but we maintain that the original is the best.

*Hot off the press...*



**Romantic Comedy by Curtis Sittenfeld (Penguin, PB available nationwide)**

If you ask us, Curtis Sittenfeld is one of the greatest character novelists of her generation; here she perfectly creates a loveably cynical female New York comedy writer who, against her best intentions (and beyond the wildest reaches of her imagination) finds herself living out a real life-romantic comedy with a bonafide celebrity. Much more than your run-of-the-mill rom-com, this is a razor smart, page-turning, brilliantly fun and funny love story that perfectly taps into the world of Saturday Night Live, and contemporary America.

*Keep your eyes peeled for...*



**Private Revolutions by Yuan Yang (Bloomsbury, HB available for pre-order)**

This bold, brave, eye-opening work of narrative reportage offers a behind-the-scenes look at the challenges of present-day China through the eyes and lives of four young women who came of age in the 1980s and 90s and dreamed of a better life. Through these women, this refreshing, topical portrait of China preserves the voices of the unheard population – the labourers, the students, the activists; the ordinary people – that are often erased, but here are given the space to be heard.



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# All Our Yesterdays

*with thanks to Lin Thorley, Local History Group*

Oakhill School, Class of 1952

Teacher: Miss Gill



**Can you find yourself or your relatives in this photo? We have identified the following:**

1	Pamela Herridge	6	Bruce Luffman	11	April Adams
2	Ian Keene	7	Ruth Bailey	12	Linda Clayton/Claydon?
3	Colin Elkin	8	Susan Edwards	13	Susan Small
4	Hadyn Marks	9	Alicia Baxter	14	Edward Auty
5	Michael Dampier	10	Sheila Baxter	15	George Stephens

## Pub Quiz

On the last Monday of each month, the Oakhill Inn holds a pub quiz. How would you have fared? See some of the questions below – answers found on page 35

1. How many stripes are there on the US flag?
2. Luxo Junior is the mascot of Pixar animation studios, what is it?
3. Which movie, adapted by Steven Spielberg in 2021, takes place in 1957 New York City?
4. Who wrote the Toy Story song “You’ve Got A Friend In Me”?
5. Who was the only actor to receive an Oscar nomination for the Lord of the Rings trilogy?
6. What is the smallest planet in our solar system?
7. Uruguay has land borders with which two countries?
8. The most frequently used papal name is John; what are the second and third most common names used by the pope?
9. Sir Robert Walpole is generally considered to be the first man to hold what title in 1721?
10. What was Disney’s first feature length film?



Derek Webb



Ian Donnelly



Denise Bailey



Jon Durrant



Tony Small





Tina Westcott



Julie McDonald

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# Oakhill Church School

An Open Letter from Stephanie Dowley  
Head Teacher, Oakhill Church School

'Spring is all about New life' - I have happily lifted this from Richard and Mandy's newsletter in the April issue of The Phoenix! It was a perfect opener to my contribution to our community magazine. So thank you to them!

As well as New Life, Spring has brought new changes to Oakhill Church School. I came to Oakhill as the Interim headteacher and loved it so much I applied for the permanent position. I am very happy to write that I was successful in my application and am now the permanent head teacher for the school.

'Change is mandatory and Growth is optional' - so wrote Sir John Jones, an educationalist that I admire for his realistic approach to education. He describes schools as places that need to embrace not just change but growth too in order to be successful. Oakhill is in that transitory period as we regroup and redefine our place in the community and beyond. Growth and New Life require energy, optimism and successful adapting to changes. I wish to develop this growth by building an approach that creates a strong trinity between our children, our families and our school & church. We are so lucky to have a village school.

The Phoenix magazine represents communities that are thriving with the Arts, nature, gardening, poetry and photography and quizzes to name but a few. So many lovely social events are listed as well as the risotto recipe which I shall definitely try!

As a school we are not only educating our children in the 3 R's (!) but also in the wider opportunities that learning can bring. In the coming months I would like to reach out to our community friends and together create extra curricular activities that community and school could share together. Perhaps a gardening club and Arts club where expertise could be shared with our children. If we have any Egyptologists, Arctic Explorers or wildlife photographers in our community - please get in touch! The curriculum isn't limited to text in a book but found in the experiences of people and places!

We have already enjoyed an 'Easter Experience' day with Reverends Richard, Mandy and their family and friends. It really gave the Easter message added meaning for the children. Thank you also to the PTA team who created a lovely children's Easter Egg hunt and Quiz last term.

I have been so warmly welcomed into the community already and I look forward to meeting many more members in the coming months.

## Dandelion Flower Muscle Rub



*With thanks to Christine Iverson's The Hedgerow Apothecary, Summersdale Publishers  
Photo: Madeleine Steinbach/Shutterstock.com*

A naturally soothing oil to massage into stiff necks and sore muscles.

Pick your dandelion flowers on a dry day, away from busy roads and dog walkers.

### Ingredients

Enough dandelion flower heads to fill a clean, dry jam jar.

Carrier oil of your choice, I like to use peach kernel oil but almond oil or even olive oil will work well too.

### Method

Fill your jam jar with the flower heads.

Slowly pour in your oil making sure that it fills all the gaps between the flowers and there are no bubbles of air.

Cover with a piece of cotton cloth secured with string and place on a sunny windowsill for two weeks or until the oil has turned golden yellow.

Strain, making sure that you squeeze every last drop of oil out of the flowers.

Pour into a clean, dry bottle and use as often as needed.

## Ironman 70.3

Ian Parham was born and raised in Shepton Mallet, and moved to Oakhill in 2015. He witnessed first hand the amazing support offered by Dorothy House when his business partner's father was diagnosed with terminal cancer, and Ian determined to raise money for this fantastic charity. Therefore he is doing something unlike anything he has attempted before – the Ironman 70.3, or Half Ironman, consists of a 1.9km swim, 90km cycle and 21.1km run, all of which has to be completed within a given time frame. The event is to be held in Bolton, Lancs, on 30th June, and Ian has already started rigorous training for the event.

Please show your support by donating through his JustGiving page: Go to [www.justgiving.com](http://www.justgiving.com), enter "Ian Parham" into the search box, and click on "Ian's Ironman fundraiser for Dorothy House".

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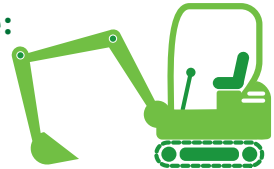
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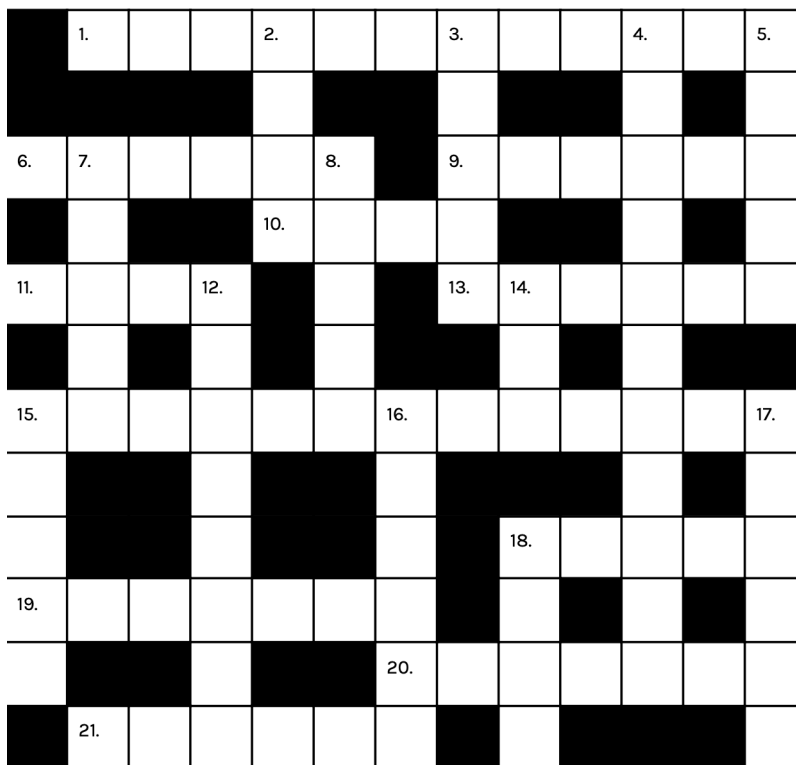
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# Crossword Conundrum

The gift of a drink and delicious cake at the Oakleaf Café will be given to the first correct entry to be drawn from a hat (or similar receptacle!) on 20th May. To enter, please send your completed crossword to [phoenixmagazine2023@gmail.com](mailto:phoenixmagazine2023@gmail.com). The solution to the April Crossword Conundrum is given on page 11.



## ACROSS

- 1 Cockney trouble (6,6)
- 6 Antenna (6)
- 9 Slogan (6)
- 10 Crypt (4)
- 11 Cradle (4)
- 13 Reislung region (6)
- 15 Chip endowment, anag. (7,6)
- 18 Makes off (5)
- 19 Young pilchard (7)
- 20 Ten pin (7)
- 21 Souk (6)

## DOWN

- 2 On the rocks (4)
- 3 Cuban dance (5)
- 4 Farmers showground (4,3,4)
- 5 Escape (5)
- 7 Pale blue dot (5)
- 8 Bingo (5)
- 12 Perplex (8)
- 14 Fib (3)
- 15 Intimate (5)
- 16 Most recent (6)
- 17 Announced (6)
- 18 Gala (4)



# Ashwick Parish Community Review

## Shaping your Community together

The Parish Council is embarking on a Community Review, supported by the Community Council for Somerset (CCS). A Community Plan will enable our Parish Council to engage with our community in an inclusive and meaningful way to address your needs and ambitions.

### What is a Community Review?

1. Collect your opinions and aspirations for the community
2. Create a questionnaire to address key issues
3. Get as many people as possible to complete the questionnaire
4. Turn answers into meaningful data that can be used by the Parish Council for long term planning to shape and improve our community moving forwards



### Why do we need a Community Review?

1. To identify key areas that concern you
2. To bring the community together
3. To demonstrate as a parish we have a plan to meet the community's needs and aspirations

### How can you help?

1. Tell us your opinions by attending meetings, emailing us and joining our Facebook Page @AshwickParishCommunityReview
2. Spread the news by sharing Facebook posts, distributing leaflets or simply by talking about it!
3. Do you have skills you could share, time you could donate or would you like to join the steering group? Please email us!



Scan the QR code to join our Facebook Page

Email us : [APCcommunityreview@gmail.com](mailto:APCcommunityreview@gmail.com)

## Be Strong and Steady in Oakhill

Do you sometimes feel unsteady on your feet?  
Then Age UK Somerset's new Strong and Steady exercise session in Ashwick and Oakhill Village Hall may be just what you need.

Age UK Somerset is dedicated to promoting the wellbeing of older people locally, and they have a range of exercise sessions to help you stay independent. Their specially designed, evidence-based exercise programmes are proven to help prevent falls, improve balance, and rebuild strength. The sessions are friendly and relaxed – spring into action now with the Strong and Steady programme!

This local class is held on Wednesday afternoons - you must complete a short health questionnaire before you attend. To find out more information or to self-refer, please contact Age UK Somerset's Falls Prevention team:

Phone: 01823 345614 Email: [fallsprevention@ageuksomerset.org.uk](mailto:fallsprevention@ageuksomerset.org.uk)

Online: [www.ageuksomerset.org.uk/fallsprevention](http://www.ageuksomerset.org.uk/fallsprevention)

## Answers to Pub Quiz

- |                      |                                     |
|----------------------|-------------------------------------|
| 1. 13;               | 6. Mercury;                         |
| 2. Desk lamp;        | 7. Argentina and Brazil;            |
| 3. West Side Story;  | 8. Gregory and Benedict             |
| 4. Randy Newman;     | 9. Prime Minister;                  |
| 5. Sir Ian McKellen; | 10. Snow White and the Seven Dwarfs |



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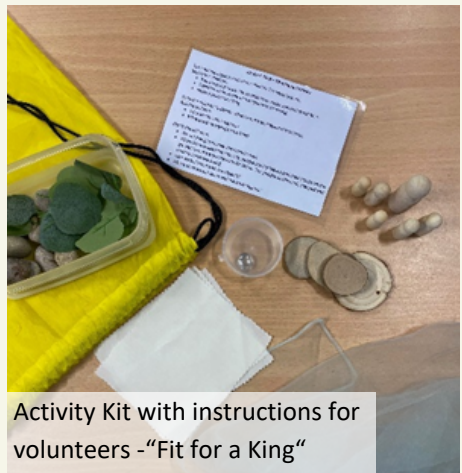
# The Easter Experience



The Upper Room where children met Mary Magdalene

The children were invited to try some of the foods laid out in the upper room and got to ask Mary questions about what it might have been like being with Jesus. Mary spoke about how her sadness changed to joy.

During Holy Week many churches got involved with The Easter Experience. All Saints Church in Oakhill invited the local primary school to get involved. The children went over to the church during the school day and met people from the Easter story such as Mary Magdalene and Peter and participated in a number of different activities.



Activity Kit with instructions for volunteers - "Fit for a King"

Easter Garden with leaves and flowers made by the children



One activity was to create a place for 'fit a king', where the children were guided through the story of Palm Sunday. They were invited to place a wooden figure along the palm path to signify how close they might stand to Jesus.



Children placing their wooden figures along the path of palms



After meeting and engaging with the characters, the children were invited to create a cross out of clay whilst listening to what the cross means. They were then asked to squash their cross up and make a leaf or a flower to signify new life and the change that the cross makes. These clay creations were put in an Easter Garden at the front of church and stayed there until Easter Sunday.

The palm leaves leading to the throne



Has today given you anything to think about?

"That Easter changes really quickly, that changes happen a lot quicker than you expect them to" (year 4 student)



meeting Mary Magdalene in the upper room



Gathering around the fire pit, meeting Peter

We asked some children their thoughts...

How did you find the Easter Experience?

"I found it very fun because we got to do lots of different things all related to Easter and they were all completely different to each other so they were funner" (year 4 student)



making a clay cross, before turning it into a leaf or flower

Has today given you anything to think about?

"Lots of things. Surprising things."  
(year 2 student)





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## This month in your garden...

May has arrived and the days are getting warmer and longer. Summer is on its way and it's time to tidy up spring plants, plant out summer flowers and get planning for autumn.

Start planting out summer bedding plants towards the end of this month in warmer parts of the country.

Look after your finished spring bulbs for next year. Let the foliage die and break down on its own and add liquid fertiliser all around the clumps. This will give you an even better display next spring.

Lift and divide overcrowded clumps of daffodils and other spring-flowering bulbs.

Prune penstemons now — cut all the old shoots back to the base, providing there is new growth at the bottom of the plant. If there are no new shoots at the base, cut just above the lowest set of leaves.

Take cuttings of tender perennials, such as fuchsia and pelargoniums (tender geraniums). The new shoots of hardy perennials can also be used for cuttings.

Closely inspect plants for pests and diseases — early prevention is much easier than curing an infestation.

Thin out direct-sown vegetables such as spinach, carrot and lettuce seedlings, then water the rows well.

Pinch out the growing points of broad beans as soon as beans start to appear at the base of the plant to reduce the risk of blackfly attack.

Weed around your onions and garlic to reduce competition for nutrients and water. Apply an onion fertiliser to boost growth.

Regularly check the centre of gooseberry bushes for green gooseberry sawfly caterpillars — they will quickly skeletonize leaves if not removed.

Sow perennials, like delphiniums, lupins, aquilegia and primula, in seed trays for flowering next year and in the years to come.

Plant up certain varieties of climbing perennials, like Passion Flowers, in a sheltered, warm spot - such as a conservatory or greenhouse, or at the foot of a south-facing wall.

Direct sow sunflower seeds now and direct sow poppy seeds, cornflowers and scabious to attract bees and butterflies into your garden.

Now the ground's warmed up, it's time to plant out of patio shrubs and perennial patio plants, such as lavender and geraniums.

Try sowing comfrey seeds in a neglected corner of the garden — it can be used to make fertiliser or for mulching, and is a rich source of nutrients. Direct sow or sow into seed trays indoors.

Grow your own watercress in containers, making sure the container is sitting in 2-3 inches of water at all times.

*Take time out from all your hard work to relax and enjoy the garden now that the warmer weather has arrived.*

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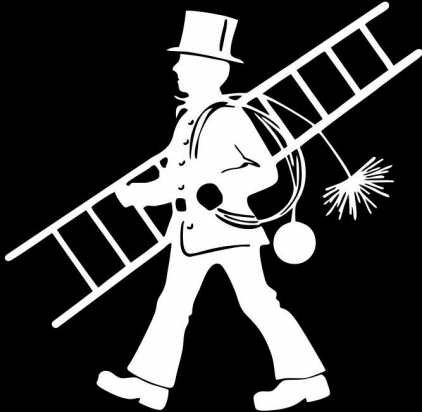
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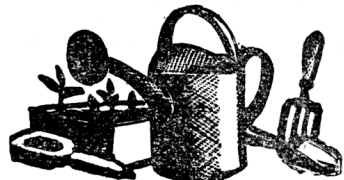
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