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* *Tithe Farm and Ladygrove Newsletter* *
* *Summer 2013* *
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Welcome to the June newsletter. Your newsletter deliverer will be knocking on your door, either this month or with the September edition to collect your annual sub. It is still only £1 and entitles you to membership of the Tithe Farm and Ladygrove Residents' Association as well as the newsletter throughout the year.

South Abingdon Residents' Plan (SARP) Survey – In July and August a survey will be delivered to your house in which you have the opportunity to give your views on the facilities, amenities and services in South Abingdon including traffic, transport, open spaces and services for children, young people and the elderly. This survey has been prepared by local people and a great deal of work has been put into it, so please take the time to fill it in. If you are able to volunteer to deliver and collect some of these surveys on Tithe Farm or Ladygrove, even if it's just to a very small number of houses, we would be very grateful for your help. Just contact the newsletter (contact details are on the back page).

Tithe Farm and Ladygrove A.G.M. – This will take place on Wednesday 10th July at 8p.m. in the Jephson Common Room. All residents are welcome to attend.

New houses off Drayton Road, public enquiry – This took place in the Guildhall from 21st to 24th May. The 160 houses planned for the field behind Virginia Way would put even more traffic on to the already congested Drayton Road. The Town and Vale councils have already turned down the plans. We will now just have to wait for the inspector's decision

New Mayor – The new Mayor of Abingdon is Councillor Samantha Bowring, who is one of the Town Councillors for this ward, Ock Meadow. Samantha's charities will be Abingdon Scouts and Guides and Abingdon Community Hospital League of Friends. She will also support fund raising for the proposed skate and BMX park in Southern Town Park. Retiring Mayor, Councillor Monica Lovatt, has sent the newsletter an account of her year in office, which you can read on the following pages.

Bin Complaint – A Wordsworth Road resident has complained about the method of refuse collection. The bin men (haven't seen any bin women yet, but correct me if I'm wrong) use a large bin to collect the food waste bags. This seems to me a more efficient way of doing it than emptying each food waste bin separately as the truck comes along the road. The problem is that the biodegradable bags disintegrate if you so much as look at them for too long and if the refuse collectors have chosen to use your bin, a mess of other people's food waste is left at the bottom, which is what happened to the above mentioned resident. Also, food and other waste is often dropped in the road and it wouldn't do any harm for the refuse collectors to make use of a pan and brush.

If you have complaints about refuse collection, please let us know at the newsletter. Bin collections are contracted out to Biffa. The email address is admin.vale@biffa.co.uk and the phone number is 03000 610 610. As you can imagine, it's difficult to get through and even more difficult to get your complaint acted on.

Plans for Guildhall redevelopment – Now that the town has taken over the Guildhall from the Vale, there are exciting plans to refurbish and redevelop it, with improved access, a much lighter, brighter atrium, a considerable improvement to that brutalist late 50s/early 60s architecture (how cool that seemed at the time!), better facilities for shows and events and even a cinema.

COUNCILLOR MONICA LOVATT GIVES AN ACCOUNT OF HER YEAR AS MAYOR

I have had a fabulous year as Mayor, it is a great privilege and a chance to really get to know what happens in the town and to meet so many people who are active in the community. I have had 200 engagements from the Jubilee celebrations and a drenching wet bun throwing, the Olympic torch passing through the town to visiting three of our twin towns. The two openings of the Museum were particularly enjoyable. There are also the smaller events like attending a 103rd birthday party for Doris Hyde and the raising of the flag on Armed Forces Day.

I have also represented the Town Council at the planting by the Abingdon Carbon Cutters of trees bought from our Jubilee budget in what is now to be called Caldecott Meadow. This is an exciting project which should improve a barren area and give pleasure to children for exploring and play.

The Freedom and Homecoming parade of 4LSR was particularly emotional for me as an ex Army wife. The march past then the church service when the soldiers gave the Dalton Barracks Military Wives Choir a standing ovation sadly followed by someone reading out the names of soldiers who had died during their tour in Afghanistan, and a member of the regiment bringing a lit candle to the altar to honour each one. It seemed to go on forever each one being a fit young person whose life was cut short in the service of their country.

I have been particularly impressed with the arts in Abingdon, seeing the high standards achieved. Attending three Abingdon Artists exhibitions has been a delight. There are also many activities for young people from Rainbows, Scouts, Explorers, Cadets and youth orchestras. There is plenty for young people to do and the things they learn stand them in good stead for their adult life. There are many people who work and support those less fortunate than themselves in many quiet ways, we should all give thanks to them.

Another interest has been learning about the history of Abingdon and the many treasures we have from the corporation silver, the abbey remains, Guildhall, Museum, Christ's Hospital, the Old Goal and other buildings in the town including the churches. Then there are the traditions like the Mayor of Ock Street and Town Criers. We are a rich community and we have a town to be proud of.

Whether an event was big or small I have thoroughly enjoyed myself and can honestly say that it has been the best year of my life.

My charity was SSAFA and I have raised £4,000 that will be spent locally for serving and ex service men and women and their families who are in need.

Monica Lovatt



Mark Miller's graphic account of running the London Marathon. Congratulations!

Firstly I would like to thank everybody who supported me for my running the London Marathon in April. All the kind words and support I received played a vital part in my completing the Marathon.

The 7 month training programme was over, I had gone through 3 pairs of trainers and ran well over 400 miles in training, but finally it was here the night before the big day. I had travelled down to London the night before to allow me a few extra hours in bed before the Marathon. Would I sleep? Would I be okay? Would I finish? All went through my head, but thankfully after a 6 hour sleep I work up and it was time, I was ready.

I travelled to the start line and as I got closer the crowds got bigger. Some were clearly tired, some excited and some worried. I couldn't wait to get started I could barely contain my excitement. After a small warm up I took my place in the starting line up. There was a 30 second silence for the victims of the Boston Marathon the week before. This just added to my desire to get around and complete the Marathon. I was thinking of my wife and sons and then out of nowhere 10,9,8,7,6,5,4,3,2,1 GO!!!! And the race had started.

It took just over 8 minutes for me to cross the start line and I was off. I had to tell myself "Slow Down, Slow Down" at the start as my adrenalin was pumping and the crowd were cheering. As I ran looking at the street it was like a massive party. Families on the streets offering sweets and good wishes waving every flag you could imagine, residents of adjoining houses with music equipment playing loud music on balconies, live bands, dancers and cheerleaders. Before I knew it I was running around the Cutty Sark and the noise was deafening. What motivation.

I continued to run and before I knew it I was 10 miles through the course. I felt like I had just started and was so fresh. Over Tower Bridge which was such a proud moment and onto Canary Wharf. Now I knew I was in a Marathon. The sun beating down on me for over two hours the up and down high inclines, the heat was getting to me, I was not used to the condition, people were pulling out of the race and fainting all around me, I felt sick and faint and while I was trying to just keep going wondering will I make it? Somebody fell in front of me. I stopped for 10 – 15 seconds to help the man up and when I restarted I felt fine – on I went. When I think about it that man helped me probably more than I helped him.

On I went, now my pace dropping and my legs feeling heavy. 5 miles to go. It's just a sort training run I said to myself, you can do this. My head was saying go, my legs were saying no!!!! I was approaching Embankment when I could feel in my right leg a mild pain gradually increasing with every stride I took when out of nowhere my whole leg cramped up and I couldn't move. I stopped stretching the leg out for a few minutes. The crowd around me "COME ON MARK" My leg felt better, off I went again, every stride now increasing in pain my whole body heavy and tired.

I ran around a corner and there it was to my left in the distance Big Ben and the London Eye. I knew I was close. I tried to do faster, but nothing. I absorbed all the crowd's cheers which are now so loud I can't hear myself think. I inside a mile now under 10 minutes to go I turn right with Big Ben behind me and I am heading for Buckingham Palace when my left leg feels like it's been shot, I instantly stop worried I won't be able to continue. It feels like the worse cramp I've ever had, so I stretch and gradually it eases. I am able to continue, again.

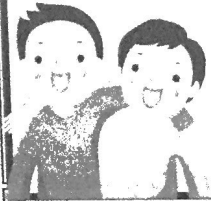
I turn right and right again and there it is what I and my family have worked so hard for – The Mall, The Finish line. I grit my teeth lift my head up and run as fast as my legs would carry me. I know I'm going faster as I pass 1,2,3,4,5,6 runners and before I know it I'm holding my arms in the air and I've done it, I finished what an achievement. I finish in 4h 36m 12s. I'm ushered forward and the medal is placed around my neck, I'm fighting back the emotion and the tears (just). I have my finisher's photo taken and that's it, done. What an experience, the biggest buzz I have ever had and one that I hope to repeat many times as I run more and more Marathons including London – watch this space. I would just like to thank my wonderful, brilliant wife and 3 sons for all their support, I really couldn't have done it without them.

SOUTH ABINGDON RESIDENTS PLAN

For positive change in South Abingdon

You can help make a real difference to the area in which you live. So much has already been achieved in Caldecott and Ock Meadow and you can help achieve even more by filling out the questionnaire being delivered to your door this Summer by the South Abingdon Residents Plan (SARP) residents' group. This is your chance to tell us what you think needs improving in your area. The questionnaire will be used to develop an action plan for South Abingdon.

Please fill out your questionnaire this Summer and help make a difference in South Abingdon.



Email sarp@sarp.org.uk



The Garden in Summer

After a cold, late spring, plants may well start doing things this summer - as will the weeds! Although things may be flowering late, at least they will flower...eventually!

Shrubs that flowered in spring can now be pruned. As a general rule, cut back some of the stems that flowered this year - about a third - which will encourage new growth. Similarly, spring-flowering perennials can also be trimmed to keep in shape. Spring bulbs will now have finished and as the foliage dies down it can be removed and the bulbs lifted and divided as necessary.

Pinch out the side shoots of tomatoes (unless they are bush varieties) until they reach the right height and keep picking salad crops before they start to bolt. Also continue sowing new seeds. If you have a greenhouse, the shading should be on now to help reduce temperatures and the house should be well ventilated during particularly hot days.

As summer progresses, keep plants well watered but give priority to containers and vegetables, and any plants put in recently. Established shrubs should be fine, and lawns can be ignored - they will recover whatever happens. If we do get rain, (and let's face it - based on last year, we will...) don't assume that this will take care of the containers - it won't. Similarly a short heavy shower will just drain away so scrape away some of the top soil to check if watering is required.

There is often a gap in the garden in August so plan ahead by investing in a few young perennials to grow on, or even sow a few annuals to plug the gaps in the next couple of months. As in any month, visit the garden centre to see what is in bloom now and buy flowering plants to fill the gaps.

Herbs should be trimmed now to prevent them getting leggy. Use them as appropriate and any spare can be chopped and frozen in ice cubes to use later. Continue to sow salad crops - most germinate from seed better in the shade rather than the sun so put seed trays/pots in a shady corner until the seedlings show through.

In August, there are a few pruning jobs that can be got on with. Lavender that has finished flowering can be trimmed by taking off the stalks plus 1 inch of the new growth. Do not cut into any old wood as it will not produce shoots from this.

Hardy geraniums may now have finished flowering and all of the top growth can be cut back. This may produce a new flush of flowers this summer, but at the very least new foliage which will last well into the autumn, and often into the winter.

Alliums that have finished flowering can either be left to die back, as the seed heads are rather attractive, or they can be lifted and stored and the space filled with summer or autumn bedding. The bulbs can then be replanted early next year.



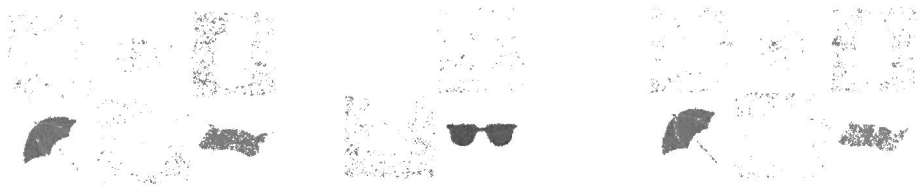
Martin Gulliver

June Quiz
Summer Holiday



The solutions to the clues all begin with S H. Answers to Eleanor, 23 Masefield by 18th August.

- Amazing brain, useless body, robot voice. _____
- The town church of Abingdon. _____
- Morse's widow. _____
- Marine creature, hippocampus. _____
- Druids and hippies gather here at Midsummer. _____
- Southernmost point of Shetland _____
- Eliza Doolittle's dad, Albert and the Lion _____
- Super sleuth _____
- Heavy horse once used on farms _____
- White fish dyed yellow _____
- Napoleon's final destination _____
- Garden building where you can enjoy the sun. _____
- 70s toy for kids to bounce around on. _____
- Mountains North of the border. _____
- Chemical name for caustic soda _____
- Bird of prey that hunts small birds. _____
- Rome was built on these geographical features _____
- Travel company for folks of a certain age. _____
- Below the Equator _____
- Don't use it to crack a nut! _____



Answers to April Quiz – Congratulations to Tim Oates and David Adams, who got the correct answers. 1) Faberge eggs 2) put all your eggs in one basket 3) without breaking eggs 4) egg plant 5) egg on 6) egg and spoon race 7) duck egg 8) the chicken or the egg 9) walk on eggshells 10) goose that lays the golden eggs 11) egg rolling 12) teach your grandmother to suck eggs 13) curate's egg 14) The Oval 15) get egg on your face 16) egghead 17) poached egg plant 18) A Day in the Death of Joe Egg 19) Scotch egg 20) egg nog

Councillors' Surgeries - at the TFLRA Committee Meeting
Your local Councillors have been invited to the Committee meetings.

Contact details:

Samantha Bowring(Town) samantha.bowring@abingdon.gov.uk 07767 072 095
Mike Badcock- michael.badcock@abingdon.gov.uk 01235 201 810
Marilyn Badcock – marilyn.badcock@abingdon.gov.uk 01235 201 810

Mike and Marilyn Badcock- 1st Saturday of the month in the Family Room, Abingdon
Conservative Club, Ock St

Dates of the TFLRA meetings: usually 2nd Wednesday of each month
8p.m. in the Jephson Common Room – all residents welcome – check beforehand in
case of change of date. Next meetings, Wed 10th July (A.G.M.) Wed 11th Sept
Contact the newsletter – items for publication: Eleanor Dangerfield 01235 531857
23 Masefield - eledanger@hotmail.com. Deadline for next newsletter – Sun 18th Aug 2013

MARKET PLACE AND TOWN EVENTS

Saturday 15th June – Abingdon-on-Thames Craft Fair – 9 a.m. – 3 p.m.

**Saturday 22nd June - Election of the Mayor of Ock St – Morris Dancing all day and
election at the Brewery Tap 4 p.m.**

Saturday 29th June – Local Excellence Market - 9 a.m.-2 p.m.

Saturday 6th July – Yeah Baby Music Festival – 11 a.m. – 6 p.m.

Sunday 7th July – MG Annual Works Car Show – Rye Farm Meadow

Saturday 13th July – Abingdon Youth Music Festival – 11 a.m.- 2.p.m.

**Saturday 27th July – The Nasio Trust Summer Music Event – 10 a.m. – 4 p.m. – live
music, stalls, family fun.**

Saturday 24th August – Abbey Sax – 10.30 a.m. – 12.30 p.m.

Saturday 31st August – Local Excellence Market – 9a.m. – 2 p.m.

