

Issue 156 • Summer 2019

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Includes
Barrow Focus

Barrow Voice

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Shotokan Karate Club



Eco House Revisted



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Editorial

We have features in this edition that Barrow Voice has never covered before: thinking about reducing plastics, good reasons why you should twin your toilet (I was so convinced, I did!), learning to lip-read and the work of the charity Dignity in Dying.

But there are also many which cover more familiar topics: the importance of looking after the countryside, swimming in the Soar, a new boat for the Baldwin Trust, an update on the Eco House on Melton Road, anniversary celebrations by the WI and 1st Barrow Brownies, as well as an explanation and drawing of Barrow Gardening Club's wonderful planter. For all these contributions I'd like to thank not only our tried and tested team of Ginnie Willcocks, Val Gillings, Lindsay Ord, Maggie J and Judith Rodgers, but also two people who have never contributed before; Frankie Fletcher and Sheila Taylor. If you have an idea for a feature and would like to write it, do get in touch by email on barspiller@btinternet.com, as the magazine is always open to new ideas. You don't have to be on the editorial committee to write for us, but it helps if you live in the village.

Gaynor Barton, Editor

Front Cover: June 2018; Music at The Boat House.



Letter to the Editor

Dear Editor

I have delivered Barrow Voice this weekend but was surprised on opening the box to discover a layer of plastic bubble wrap. This is the first time I have seen it... is it necessary? In these days of environmental awareness I think not.

Please will you ask your printer not to use it inside the boxes of Barrow Voice in future. Although the plastic claims to be recyclable, when I went on to the manufacturer's website, it is clearly not biodegradable.

I don't believe the magazines need any support at all. It has never been used before and I'm not aware of any instances of damage.

Yours sincerely,
Julie Bull



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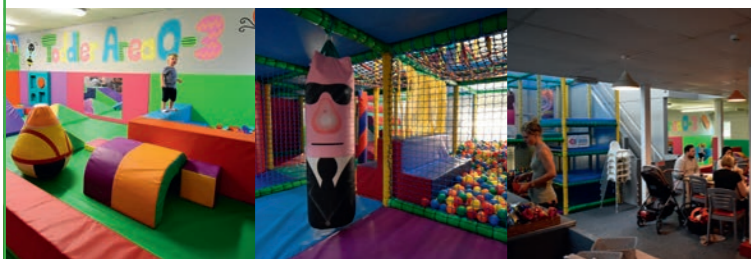
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Strawberry Lettings taken over by Berkley Estate & Letting Agents

The shop front of Strawberry Lettings and Sales has become a familiar landmark in Barrow's High Street since 2008, firstly in the office shared with The Footings and then in their current location in 2013. I remember the opening event where Barrow folk were invited to partake of strawberries and pink champagne with music and a street entertainer. It was a good start!

In January, after 11 years, during which the business has gone from strength to strength, Strawberry was acquired by Berkley Estate and Letting Agents. Although you will see changes to the shop frontage – all the Strawberry branding has now been replaced by the Berkley branding – you won't notice many other changes. All the staff remain the same. Claire is still the office manager, Kim the valuations manager, Natalie is the maintenance co-ordinator and Amanda the administrator. They are all long-standing members of the Strawberry team and their faces and procedures will remain familiar.

and development – exactly in line with Strawberry. The two company directors, Scott Burrows and Stephen Matts are delighted to acquire Strawberry which now makes the third office of the company. The other two are in Leicester and Kibworth. Scott will be involved in the day to day running of the Barrow office. He is particularly pleased with this prospect because he and his young family really enjoy the atmosphere in Barrow and the many leisure activities that are available from our lovely village.

Barrow Voice welcomes Berkley Estate and Lettings Agents and wishes them every success.

Judith Rodgers



Shotokan Karate Club Flourishes in Barrow

It is seven years since Barrow Voice published an article from Barrow's flourishing karate club. It was then under the leadership of Pete Statham who retired in 2017 after 16 years as Sensei Pete. His Barrow karate family were very sorry to see him go but were delighted that Danny Spence stepped forward, and it is he who now holds the title Sensei Danny.

Danny took his three older children to the club in 2002, and his fourth in 2003. He wanted them to learn self-defence and discipline and he certainly achieved that: three gained black belts, one became a British & International Youth Champion and Chloe, his daughter, is now also an instructor with the club.

Danny, meanwhile, stayed in the background in those early days, operating mostly as a glorified taxi service to his children. When they were a little older he decided that he ought to do something to get fit and learn a practical skill. He asked Pete to run an adult class which immediately found other takers. From being a very nervous white belt, Danny trained hard and, six years later, gained his 1st Dan Black Belt, then 2nd Dan five years after that - he had caught the bug. By the time Pete wanted to retire, Danny had spent several years as his assistant instructor and was ready to take over - now his whole family runs the club.

Danny is proud to maintain the club as a family-orientated business; "by his family for the families of Barrow". I was astounded to learn that there are currently

90 Barrow members of whom 15 are adults. He runs five classes at the Barrow Scout Hut, as well as three classes in Leicester (with another 50 students). Age ranges are from five to teens, boys and girls, along with the adults. Since 2001, the club has gained 70 black belts, 18 2nd Dan and three 3rd Dan.

Danny explained that the aim of karate training is not about learning techniques to use in street fights. It is about defence, awareness, discipline and confidence; what not to do in a street confrontation. The first rule of karate is 'Don't get hit' and on the street, 'Don't get into fights'.

Shotokan karate is taught in four areas, each described by its Japanese name: Kihon means basics; Kata is forms or patterns; Kumite is sparring with a partner and Bunkai means the application of Kata in a real-life situation. There are 11 grades or levels of skill, each being tested at the end of a season by grading sessions. Danny comments that not only do students visibly gain their karate skills, but it is also wonderful

to see their huge growth in confidence and coordination. That applies to adults as well as children. It is not surprising to hear of karate students who gain prestigious university places and adults snapping up coveted jobs on the back of success in karate.

Barrow Voice applauds the commitment of all the members of Barrow's Shotokan Karate Club (LLS) and in particular, the dedication of Sensei Danny and his family. To make contact or book a free trial lesson, call or text Sensei Danny on **0798 606 4610**.

Judith Rodgers



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The Moorings - May 2019

The Boat House is reborn: now it's The Moorings!

Everyone must have noticed the frenzy of work that's been going on at the former Boat House pub on Bridge Street this Spring. By the time Barrow Voice reaches your letterbox, the pub will have opened its doors as The Moorings with a new and exciting persona.

In May I chatted to Nigel Pinegar, the Managing Director, and he shared his background, targets and ambitions for this latest addition to his company Perky Pubs. Nigel lives and breathes the hospitality business. He studied hospitality management at university and has since amassed 28 years of experience in all aspects of the industry. In 2014 he took over the Pug and Greyhound in Great Glen, an old village now a suburb of Leicester. This had been on the verge of closure but with a massive refurbishment and change of direction, it has been re-established as a thriving pub at the heart of that community. This is precisely where Nigel is aiming for The Moorings.

We can all remember the glory days of The Boat House: Family Fun days, Dragon Boat racing, firework displays, canoeing (I even remember punting), music festivals. Nigel hopes to reinvigorate that sense of this pub at the centre of the community of Barrow.

Above all, it will again become a traditional pub that people want to visit... and keep revisiting. "At Perky Pubs we do - simple, Well!" says Nigel. This is his philosophy: start with a quirky and warm place to visit; add a serving of good honest food on hot plates; pour in a range of interesting drinks, perfectly chilled; served by a genuine, smiling team who want to exceed expectations. You've created the right atmosphere - that is everything.

Nigel fully recognises the importance of the wonderful location of the Moorings. He is planning a make-over of the garden including the provision of an outside bar and rotisserie for those long hot summer days. Passing boats will be able to hook up

to a full range of services - after all, this is The Moorings! And as you step inside, expect an unrecognizable transformation to the layout and decor. A dramatic feature will be a large wood-fired pizza oven and open-plan kitchen. Food will be simple, high quality and using locally sourced ingredients with plenty of choice.

Opening times are 11.00am to midnight on Mondays to Thursdays, 9.00am to 1.00am on Fridays and Saturdays and 9.00am to 11.00pm on Sundays. Food will be served from midday to 10.00pm on Mondays to Thursdays, 9.00am to 10.00pm on Fridays and Saturdays and 9.00am to 8.00pm on Sundays. Coffee and cake will be available all day as well as afternoon tea. You will be able to indulge in breakfast at the weekend as well as a Sunday Lunch served from midday to 6.00pm. On other days lunches are served from midday to 5.00pm and dinner from 5.00pm - 10.00pm.

Nigel concluded in philosophical mood: "Our pubs embrace the traditional values that make a Great British Pub, but are updated for the current day. A pub needs to be an ever-evolving institution which services the needs of today's guests. As our society develops so should our pubs, whilst not losing their core values as a social space and an important part

of our community, culture and history. In George Orwell's famous essay (1946) "The Moon Under Water", he provided a detailed description of his ideal public house, the fictitious Moon Under Water.

Its virtues were:
Atmosphere!!!! (warmth)
Regulars play an important role
The interior is uncompromising - attention to detail
Attentive service - "they know most of their regulars by name and take a personal interest in everyone"
Whilst times have changed, many of today's pubs have become faceless, corporate, generic and average. In the end, what constitutes the perfect pub is likely to be different for each of us but I think most of Orwell's points still stand for most of us!"

Barrow Voice would like to raise a glass to the success of Nigel's vision.

Judith Rodgers



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1st Barrow Brownies 60th Birthday 1979. Ladies in the centre are left Ivy Kirby, right Lucy Marlowe

Ninety Years of Brownies in Barrow

Barrow Brownies celebrate their 90th birthday this year. The group was started on May 1st 1929: Brown Owl was Mrs Lucy Marlow and Tawny Owl was Miss Ivy Kettle. The Brownie Pack was initially financed by a loan from the guides of 10/-, the equivalent of 50p in today's money. The loan was paid back as soon as it could be: on reflection that may have been quite a while as the girls' subs were only one halfpenny. At this time the uniform was a dark brown dress, brown tie, leather belt and a wide brimmed hat. The Brownies even had to wear brown knickers; this fact was often checked to ensure that the girls kept religiously to the uniform. Lucy Marlow left in 1934 and Ivy Kettle became Brown Owl with Edna Kettle as Tawny Owl. Ivy continued until 1955 when she was succeeded by Betty Lovett who was Brown Owl until 1960. Miss Lucy Simpson then took over the pack for six years, then Mrs Lucy Larkworthy was Brown Owl for two years. In 1968 Tilly Yates moved into the village and immediately became Brown Owl - a position she held for 31 years. On Tilly's retirement Yvonne Green took over, followed by Ann Wilson.

Reading through the archives I learnt that during the war years, Brownie packs in some towns and cities folded because girls were evacuated to the country. This resulted in rural Brownie packs being greatly enlarged; I have been unable to establish if this happened in Barrow. During the war years Brownies spent time collecting hedgerow fruits and

herbs, cotton reels, waste paper and jam-jars to help with the war effort. The girls also worked towards gaining badges as our present day Brownies do. More recent badges are Computing, Numeracy and Designer.

Brownies always look forward to pack holidays. These are usually held over a weekend but in the 1970s week-long

ones were often held, each planned around a theme. One memorable one was an international theme, and every day the meals prepared were from different countries. If the pack holiday was held in a village hall, which they usually were, the 'Owls' often slept on the stage with the Brownies' camp-beds arranged along both sides of the hall. Another memorable one was a Halloween weekend at Topstone - the county campsite out in the sticks. The District Commissioner was to pay a visit, and suitably dressed and horribly made up, she drove out on a dark windy October night. After driving for some time she wasn't sure if she was on the right road so decided to stop and ask. A poor unfortunate man got the fright of his life when she began to wind down the window of her car!

A more recent development is a sleepover, and in 2012 some Brownies spent the night at the National Space Centre and were there to see the arrival of the Olympic Torch: a memory to treasure.

In Barrow, places in Brownies have always been at a premium. By 1976 the waiting list was over one hundred so 2nd Barrow



Brownies was formed. Both of these packs are still flourishing, but the very sad fact is that 1st Barrow Brownies hasn't had a leader since the last Brown Owl retired. The pack is only able to carry on because the District Commissioner is running it. This situation will not be able to continue. What a tragedy it would be if, after 90 years, the 1st Barrow Brownies

ceased to exist! Would you want your daughter to miss out on being able to join this character-building and sociable organisation? We need leaders urgently. Please, is there anyone out there who would like to take on the role of Brown Owl, or just lend a hand? I can assure you from experience that the rewards you will receive far outweigh the time you

give. The 1st Barrow Brownies meet at the Bishop Beveridge Club, South Street, on Tuesdays from 6pm to 7:30pm. If you can help in any way, please pop in to see Alexa Jeffs on Tuesday evening at the Bishop Beveridge Club, or ring Francis Acton on 01509 413827.

Val Gillings

The Eco House Revisited

I last wrote about the eco house at 76 Melton Road in the December 2013 issue of BV. At that time, Bob and Jane Johnson were about two years into their four and a half year project to build their own eco house on a site which was previously a pre-war bungalow. The bungalow was demolished and bricks and wood from the demolition were part recycled in to the new build. Bob and Jane moved in together with Bob's mother in August 2017 although there remained a few items to finish. The build cost was £875/ sq. m, approximately 50% of the guide price for a domestic building.

The aim of the project was to create a sustainable spacious house which runs on minimal electricity consumption and met Passivhaus standards. (Passivhaus is an exacting, international energy performance standard.) In fact, this house exceeds those standards - see the table below. This has been achieved through efficient insulation and the use of heat scavenging from expelled room air through an integrated heat pump. Warm, fresh air circulates through the property to keep a comfortable temperature all year round. An integrated heat pump operates on a similar principle to a refrigerator, in reverse. The advice here is to spend more on building fabric and minimally on gadgets for environmental control. After some consideration it was decided to not install solar PV panels; the return on the outlay made this an uneconomic proposition in the context of the project. The house is so effectively sealed that it is necessary to have carbon dioxide monitoring to ensure CO2 from exhaled breath does not accumulate.

With Bob and Jane carrying out the bulk of the work themselves, it was essential to have a functional division of labour. Jane provided the labour which she describes as boring, and apparently never ending, but through all the time of the construction Jane only walked off site twice - leaving Bob muttering to himself. Jane is now very satisfied with the end result. Bob gives full credit for all Jane's hard work. Outside contractors were engaged only for bricklaying, tiling, electrical testing and connection. Bob carried out all other trade



Old bungalow - Dec 2010



Eco house - August 2018

	PASSIVHAUS CRITERIA	76 MELTON ROAD
Total energy use per sq. m for one year	60 Kwh	30 Kwh
Thermal insulation envelope (u value)	0.15 w/sq. m k	0.11 w/sq. m k
Air loss (certificated)	0.6 cu m /hr	0.3 cu m /hr
Heat recovered from exhaust air returned as fresh air	75%	95%

type work himself, including balancing the ventilation system.

Given recent interest in climate change, and the impact of global warming, is it a practical suggestion to have housing with similar construction standards, which would aspire to the energy saving of Passivhaus? Bob believes it is possible, and the idea that such housing standards would increase costs dramatically is a myth.

Finally, Bob and Jane pay tribute to their neighbours for their continuing friendly support. Any enquiries about this project can be directed to the Johnsons through Barrow Voice.

A note from the Energy Savings Trust: 16% of household electricity bills, a total of £1.5 billion per annum, are from appliances left on standby. The UK generates 46% of its electricity by burning fossil fuels.

Alan Willcocks

STOP PRESS!

Bob and Jane Johnson will be giving a talk on their Eco house at Barrow Library on October 30th at 7.30pm. All welcome.

Love the Countryside

As our village grows, its current population is approximately 6,000. Perhaps we should remember that there were once farms in the centre and the villagers knew a lot more about the countryside than maybe some of us do today.

The Ennerdale and Thirlmere estates were built on land owned by the Kimbers. The original farmhouse, Rectory Farm, was demolished in 1962 when Jelsons bought the land but the building opposite the Blacksmith's Arms remains. The Willow Road houses were built on land owned by the Kimbers and the Sanders family at Glenworth Farm, which still remains, at the end of the village on Cotes Road. Highfields and the Banks were once part of Highfields Farm owned by the Whittles; the old house still stands today. Towle of Strancliffe Hall kept many wonderful beef cattle on his fields which now form yet another housing estate. If you wish to find out more about Barrow's farms, have a read on Barrow upon Soar Heritage Group website. It's very good.

So Barrow was once an area with a great deal more open spaces and a lot more countryside and animals for us to see. Do we all treat the surrounding areas and stock as we should? As the village population increases maybe we should all be mindful of caring for the countryside and animals in it. Hopefully everyone knows the Countryside Code which basically asks us to be respectful.

We need to consider the local community and other people enjoying the outdoors. Always leave gates and property as you find them and follow paths. We need to protect the natural environment in our own area as well as considering the huge global issue.



Litter can be dangerous to wildlife and farm animals – so take your litter home with you. Dropping litter and dumping rubbish are criminal offences and yet the number of fly tipping offences is on the increase. There are many horse riders around Barrow and we are just beginning to win the case for more people slowing down when passing them on the road. However, unless you are a rider, you will not know the dangers posed by rubbish on the side of the road when your steed decides that that pile is the scariest thing on this planet and launches sideways, hopefully not into an oncoming vehicle. Calves have been found with plastic in their throats, and I will never forget finding a dead duck with its head caught in a carrier bag near the canal. Small mammals can get caught in the openings of beer cans. Another thing is the feeding of animals. I have regularly read that hedgehogs can die if they are given milk, as can horses that are given lawn cuttings. Sometimes when we try to be kind the results are fatal.

Fires can be as devastating to wildlife and habitats as they are to people and property – so be careful with naked flames and cigarettes at any time of the year. The fires on moorland recently were thought to be caused by portable BBQs that had been left supposedly extinguished, but the ground under them had heated, smouldered and eventually

grown into a full-blown blaze.

Many of us love taking our dogs on long country walk but keep your dog on a lead, or keep it in sight at all times. Be aware of what it's doing and be confident it will return to you promptly on command.

Even the best dog may chase a lamb or other livestock which runs in front of it. Sheep can die from stress if they rush into a corner in a field to get away from a dog, so a dog doesn't even have to attack them to cause havoc. Don't risk it: keep all dogs on leads when livestock are close.

However, if cattle or horses chase you and your dog, it is safer to let your dog off the lead – don't risk getting hurt by trying to protect it. Your dog will be much safer if you let it run away from a farm animal in these circumstances and so will you.

Everyone knows how unpleasant dog mess is and it can cause infections, so always clean up after your dog and get rid of the mess responsibly – 'bag it and bin it'. But this is not just on the streets and footpaths; the National Farmers Union (NFU) has said picking up dog mess was vital to stop the spread of disease. The NFU called on dog owners to pick up after their pets and to keep them away from animal food and water troughs, amid fears cows are losing unborn calves due to infections from dog mess.

I hope that everyone realises that pets can be very alarmed by fireworks but they affect farm livestock and horses as well. Horses have been known to break legs, run into fences and injure themselves due to the blind panic which fireworks bring on. It is actually against the law to let off fireworks too close to

these animals, but if you plan some kind of display contact the owners so they can make precautionary arrangements.

Whilst it is appreciated that it has become fashionable to release Chinese lanterns in memory of lost relatives and friends, they too pose dangers. Obviously there is a fire hazard but



animals can eat the debris which can cause injuries. They can also become trapped or tangled. The frames are often not biodegradable and can contaminate crops which are then fed to animals. In fact many councils have banned their use on council-owned land. Loose balloons can also frighten animals! Believe me as a horse rider!

Now I realise that most of the people reading this (I hope there are some) will already be aware of these things but if I have just made a few more of you think about how to respect the countryside and think more about your actions then that's great. Enjoy the countryside but appreciate and care for the land and animals nearby. Love the Countryside!

Frankie Fletcher



Buildings which were formerly part of Glenworth Farm were used in this Cotes Road development.

Barrow Panto's Tech Team Tom Smith

Barrow Panto Group/Youth Theatre, like most other voluntary organisations, depends on its excellent volunteers for its continued success. Our technical team is run by Tom Smith, who at 20 is very competently running the show!

Tom, born and bred in Barrow, was a pupil at Hall Orchard and then Humphrey Perkins. When he left school he was keen to obtain a trade, and following in his Dad's footsteps, tried his hand at plumbing but didn't take to it. He attended Loughborough College and completed an electricians' course which took him into the world of telecommunications working for DP Telecom. He is currently on an electricians' block course for three

years at Stephenson's College Coalville while apprenticed to Boyes Electric in Nottingham. One of Tom's passions is hockey, which he has played for eight years with Loughborough Town, as a goalie. He has recently moved teams and now plays for Boots UK Nottingham.

Having been part of the Panto Group/Youth Theatre tech team for a while, Tom headed it last November for the Youth Theatre production of Hairspray. This was a mammoth show and a steep learning curve for him and the team. This was followed by Peter Pan in March of this year. It was a very funny family panto and was well attended by large audiences.

Tom was joined by Ron Laver on radio mics, Dave Walters on sound effects and Jonny Doda on follow spot. This year the tech rehearsal included the cast, which proved to be a very valuable exercise as it gave the tech team a chance to check sound levels and run the mic plot.

Tom reported that one of the more "interesting aspects" of a panto is the intensity required to follow the script. There



Left: Tom Smith, with his Tech Team

are many occasions when the actors miss lines and jump pages but then may well go back to those lines half a page later causing mayhem for the techies!

Tom loves being part of our panto family and particularly enjoys watching as the talent emerges and skills improve. If anyone is interested in joining him just ask to start as an observer. Rehearsals for Oliver are currently underway and are at Humphrey Perkins on a Wednesday evening. Enquiries to: [Abi Crosley](mailto:Abi.Crosley@barrowyouththeatre@gmail.com)

Ceri Fairbrother



The old Highfields' farmhouse

Thinking About Plastics

When I opened my delivery of the Spring edition of Barrow Voice, I found the small space between the pile of magazines and the top of the box filled with bubble wrap - those large air-filled balloons of plastic film, not even the pop-able stress-relieving sort. There really wasn't any need for it. Dismayed, I went onto the plastics supplier's website and looked to see if it was biodegradable. It said it could be recycled but it clearly wasn't starch film or some other compostable variety. So into the black bin it went. But I have requested that our Barrow Voice printers don't use it again, and so did Julie Bull, one of our distributors (see her email in the editorial).

I know getting rid of plastics is an extremely complicated problem - when supermarket chains have abandoned selling cucumbers in plastic wrappers, the wastage of cucumbers (shelf life 3 days instead of 9) far outweighed the environmental impact of the plastic; and when they replaced thin one-use plastic bags with more durable bags for life, they found themselves using more plastic than ever as customers still treated the "Bags for Life" as single use.

The fundamental problems are going to have to be solved by the industrial chemists and engineers working with big business and government, but in the meantime we can all do our little bit by stopping to think about our plastics behaviour.

I interviewed 15 people outside Barrow's Co-op one sunny morning in April. Amazingly, people seemed pleased to share their views and I only "lost" one busy mum and child and four teenage boys. It is very clear from this small sample that people are eager to do their bit and feel frustrated that businesses seem so slow to respond. I spoke to young, middle-aged and old men and women, boys and girls. They all had something to say.

Here are some of their comments:

I always try to take my own bags but if I have to use a store bag, it gets used over and over until it's worn out.

Coke should be sold in glass bottles.

I have two very young children. I used fabric nappies for the 1st but when the tumble drier packed up with the 2nd I'm afraid I gave in to "disposables".

When I'm buying fruit or veg I try to buy loose but you often don't get the choice. That's why I like the market because they mostly use paper bags.

(Young boy) I was on the Eco Committee at my junior school and I know that all plastic could be recycled but many councils don't have the right equipment.

(His aunty) I think the whole thing will have to be sorted by the government so that we can do our bit. At the moment too much is left to the individual company. For example, often small companies are better than the big ones at using recyclable plastics. Sainsburys and Birds Eye are hopeless.

In France it is easy for my daughter to go to her supermarket with her own containers and get them topped up. She can do that with cereals, water, flour, washing up liquid, detergents and drinks. I think there is one store like that in Nottingham and one in Leicester but you can't be driving there specially. All supermarkets should introduce this idea.

As you can see, I'm big on Bags for Life but when it comes to toys, I always try to go for wood.

The Borough Council shouldn't have removed the various recycling containers from car parks. It gives people on the street the excuse not to recycle.

I've looked into providing corn-starch plastic cups for community events. You can get them but they're expensive.

I've gone back to using bars of soap instead of those plastic dispensers.

I have also been in conversation with our Barrow Co-op store. In 2018 the Co-operative Society won The Grocer Gold Green Initiative of the Year for its pioneering work. It claims to have the lowest plastic footprint of any retailer. It doesn't sell any products, branded or not, that contain plastic microbeads. It is pledged to



eradicate single use plastics by 2023 and will eliminate own-brand black and dark plastic by 2020. 95% of its products involve packaging that is easy to recycle and that will rise to 100% by 2020. By 2018 all Co-op brand water bottles were in bottles made of 50% recycled plastic and 100% recyclable. It has made changes to meat and fish packaging and has trialed fully compostable tea bags. Many pizza boxes are cardboard, and it will extend this type of packaging to many other products.

I asked Chris, the Co-op Manager, what's very new in 2019 and he showed me Co-op plant trays which are now colourless transparent plastic which can be put in our green wheelie bins. I was particularly pleased about that.

In April, Chris applied to be a TerraCycle hub. He will let me know if the Co-op is accepted. TerraCycle is a recycling company that has become a global leader in recycling typically hard-to-recycle waste. TerraCycle offers free recycling programmes funded by brands, manufacturers, and retailers to help you collect and recycle your hard-to-recycle waste. Because they are able to recycle everything that is collected they are able to divert millions of pounds of waste from landfills and incinerators each month. To get a feel for what they offer, you need to visit their website www.terracycle.com Let's hope that Barrow Co-op is accepted as a new hub then we might be able to take all sorts of stuff that currently goes into the black wheelie bin to the Co-op hub for recycling.

Let's give the last word to a fellow I interviewed: "The initial responsibility lies with manufacturers and businesses but people are starting to think about their own habits. I hope that in ten years we will see a big difference."

Judith Rodgers

"And finally - here is a summary of the nudes..."

It can be exasperating watching television and relying on subtitles for explanation. When you are hard of hearing, it is occasionally quite funny when words incorrectly captioned construe a totally different interpretation to the one the news writer intended. But, add it to all the other frustrations that the deaf and those suffering from loss of hearing shoulder and you realise how difficult it is for us to make sense of communication.

Sometimes, the subtitles trail so far behind that the task is abandoned, and the viewer left with a tantalizing message such as... "as a result, Alice Meadows, a nurse from Bromwich will not now be able to get..." Get what? A job, half a dozen eggs, her pension? Subtitles are useful; other things help too.

We know it is irritating for our hearing friends and family to have to repeat sentences constantly - even if you don't actually tell us, we can see it written on your face. And technological advancements have improved our lives to no end. Audio devices and hearing aids, loop systems, agencies for the hard of hearing that devise aids and awareness to help us hear more clearly, are invaluable. What a long way we have come from the unwieldy, crackling contraptions that our grandparents wore to help increase the volume.

For many of us, using a hearing aid will help. Up-to-date technology now offers us better clarification and sound quality. For some, surgery will offer an improvement in hearing. But there are limitations as well as benefits with most forms of help, and learning lip reading skills can be such a help to us.

Lip reading is a technique to aid speech understanding by watching the movement of lips, face and tongue when their accompanying sound is not sufficiently loud or clear to hear. Contextual comprehension can further clarify what the speaker might be saying. It takes time and patience to learn and the expertise of a good tutor to teach the skill.



But we desperately need more tutors to teach lipreading. Not just to us but to our friends and family as well - so we can all communicate with each other more effectively. Facing the listener when we speak, enunciating clearly, checking out whether the deaf person has understood. It all sounds so serious but believe me, there is plenty of humour in the process too, particularly when mistakes are made. One of the lighter features of lipreading classes is sharing some of the embarrassments and funny moments with others in the same position. It makes us feel less silly somehow about what we've misunderstood.

So come on - a plea to you good folk out there. There must be plenty of people with the potential to make good lip reading tutors. People who care enough to help us communicate more productively with them and with each other. We need you - particularly in the Leicestershire/ Nottinghamshire area.

The Leslie Edwards Trust is offering the opportunity to train as a lip reading tutor by offering a professional qualification which involves a one-year distance learning course. The cost of course fees, travel and books will be covered by the Trust. Tutors are freelance but paid the ATLA (Association of Teachers of Lipreading to Adults) recommended hourly rate, plus travel and expenses.

Being a tutor is a part-time occupation and generally involves teaching on average three two-hourly sessions weekly, based on a 30 week year.

Angela Reddaway



If you would like to find out about this challenge, please contact leslieedwardstrust@gmail.com

At present lip-reading classes take place at Loughborough Library on Thursday mornings and last for two hours.



Barrow Pre-School Playgroup



Barrow Pre-School Playgroup is an OFSTED registered charity playgroup. In their recent inspection they were awarded a GOOD.

We provide learning through play for children aged 2 - 5yrs. Sessions are run at the Methodist Church Rooms, Barrow upon Soar Monday, Wednesday and Friday 9.15am to 12.15pm and Tuesday and Thursday 9.15am to 3.25pm.

For more information please contact Cathy Northcote-Smith on 07975 957242 or email barrowplaygroup@hotmail.co.uk

Playgroup operates a waiting list, so please be sure to get in touch with your child's details as soon as possible.

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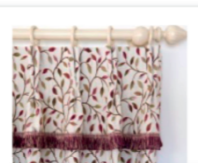
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Halcyon Days: A New Boat for the Baldwin Trust

The Baldwin Trust was formed in 1983 and at present the trust has two boats on the River Soar. One is moored at Pillings Marina, Quorn, and the other at Leicester Marina, Thurmaston. The Baldwin Charitable Organisation was originally formed to help patients of the Baldwin Ward at the former Leicester Firth Hospital, by giving them therapeutic trips on the tranquil waters of the River Soar. Our mission is to enhance the wellbeing of people of all ages, especially those living with disabilities and mental illness. We received the Queen's Award for Community Service in 2010.

We operate two boats each with a skipper and two crew members. All skippers are trained to NCBA standards and are also emergency first aid trained. The boats are operational seven days a week during the summer. Trips are between four to seven hours long and we can carry up to 12 passengers on each boat. Prices start at £110 and include provision of a skipper and two crew members.



Both Dandelion and St Clare are 70 ft long and have ramps and lifts and are designed to take wheelchairs. They have fully fitted kitchens and toilets. Lunch can be arranged at The Plough Inn at Normanton, The Waterside at Mountsorrel or The Hope and Anchor at Syston or you can have a picnic on board.

Over the past winter months we have been working hard on a maintenance programme replacing windows and decking. We have employed marine engineers for a full inspection and service of our engines. Both boats are mechanically in very good order and were ready for the new season which started in April.

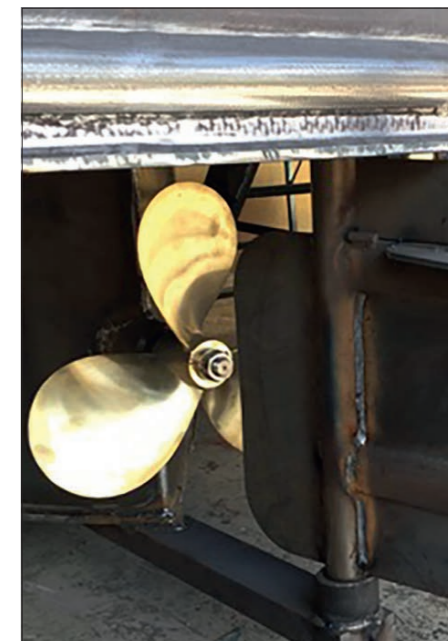
There are over 290 care homes in the Leicester and Rutland area. During 2018

we carried clients from 25% of them. We also take groups of people from other organisations such as the WI, bowls clubs, tennis clubs and for birthdays and family days out. During 2018 we carried over 2,000 clients.

The Baldwin Trust can now announce that we have raised funds for our third boat which has been commissioned and will be joining the fleet later in the season. Our new boat will be called Halcyon Days and is a narrow boat 68ft in length. The design of the boat incorporates many features which will enhance the experience for our clients. Getting on and off the boat will be much easier as the stern is being built with a flat floor so there are no trip hazards. A newly-designed passenger lift is being fitted to enable easy access especially for those passengers with mobility challenges. The 500kg capacity lift is of a very safe design which incorporates many features used by the County Council.



The spacious passenger cabin area is fully insulated and heated with multiple radiators to ensure a comfortable trip. Large panoramic windows are fitted in the passenger area. They have a ventilation system that enables each window to



be adjusted to meet the customer's requirements. There is LED lighting and slip-resistant flooring.

Tables and chairs seat 12 passengers and can be adjusted to accommodate wheelchair seating. There is also a fully fitted galley that provides facilities for cooking simple meals and making hot drinks. There is also a washroom/toilet on board.

The bow has been completely redesigned to enable passengers to take in the benefits of the fresh air and sunshine on hot sunny days. The 43HP Beta diesel engine is fitted with a hospital silencer to reduce noise. Our three boats carry AED defibrillators.

However, with three boats on the water this year we need more volunteers to crew our boats! Would you enjoy working on a boat? Please visit our website for more information: www.baldwintrust.co.uk Alasdair Macintyre

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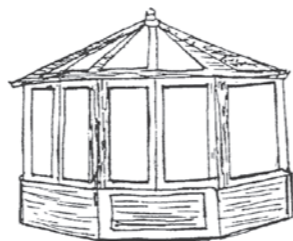
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ADDITIONAL WAR MEMORIAL INSCRIPTION

The Parish Council has agreed to add the name of Private John Henry Lee to our War Memorial on Industry Square.

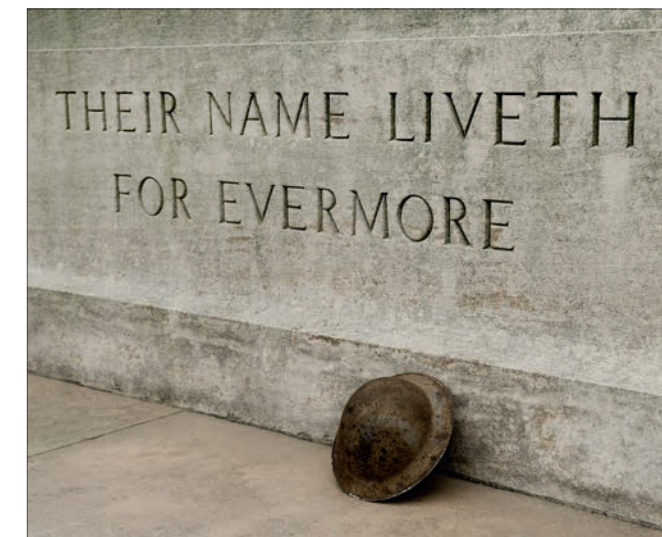
John was born in Loughborough. His mother died when he was five and his father, a policeman, moved to London leaving John and his brother, Jacob, living with their maternal grandmother. It is believed that John later went to live with his father as he enlisted to join the army in Barnsbury. He joined the 15th Hussars in the cavalry division and went to France on 23rd April 1915.

In 1916 he was transferred to the Machine Gun Corps and on 27th June joined the 9th Machine Gun Squadron in the 1st Cavalry Division.

He met Beatrice May Adams whilst training at Folkstone and they married on 4th September 1917.

It is presumed that John was taken prisoner during the German Spring Offensive in 1918. He died on 24th July 1918, the cause of death given on his medal index card is 'drowned'. He was buried first in Xanten but like over 2,000 others who died in Germany his body was moved to the Cologne South Cemetery.

John's inscription will be joining his brother Jacob's, who also lost his life in the Great War.



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Summer Street Market

Sunday 7th July 2019

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www.barrowvoice.co.uk

PROGRAMME OF SUMMER WALKS 2019

The Parish Council is busy preparing the popular evening summer walks programme again. The following walks have been confirmed. We have more planned that are in need of a leader so if you are interested please get in touch with the office. All walks will be on Wednesday evenings and, unless otherwise stated, will leave from the Old Station Car Park at 6.45pm prompt.

DATE	ROUTE	LEADER
12th June	Woodthorpe - 5 miles	Robert Holmes
19th June	Mountsorrel - 4 miles <i>Meet at 6.30pm</i>	Sharon Gudger
26th June	Millers Bridge - 4-4½ miles	Joyce Snewin
3rd July	Castle Hill, Mountsorrel - 4-4½ miles	Anne Beckett
31st July	Walton/Cream Lodge - 4½ miles	Richard Oatley
7th August	Woodthorpe - 5 miles	Robert Holmes
28th August	Walton/Cream Lodge - 4½ miles	Jeanette Hollis

Dignity in Dying's New Local Branch

In February, the first meeting was held of the Leicestershire and Rutland Branch of a charity called 'Dignity in Dying', campaigning to change the law relating to how we die. The meeting in Loughborough General Hospital was well attended by many who had experienced the suffering of the terminally ill either on the wards or at home. Everyone was united in wanting to change the law so that people of sound mind, but with terminal illnesses, had the right to end their own suffering here in England, instead of having to fly out to Dignitas in Switzerland. On average it costs £10,000 to die there, as it not only involves the Dignitas fees but accommodation in Zurich, flights and sometimes the hire of an air-ambulance. The vast majority of people in England can't afford this, so the law is unfair. If you're rich and life is unbearable, you can choose to die, but if not you have to suffer. Britain is in effect outsourcing assisted dying - one British person travels to Dignitas every eight days.

There is a lot of support for Dignity in Dying in the country, as people know that despite it being illegal, many terminally ill people (about 300 a year) end their own lives, and it's estimated that around 1,000 lives a year are ended by doctors at the patient's request. But by helping people to die you break the law! If the law were changed then these illegal practices would end as strict controls would come into play allowing choice over end of life decisions.

In a survey of the general public, 82% supported being given the choice of assisted dying if it were needed, and it was also high amongst people who were religious at 79%. The figure was highest of all among disabled people at 86%. There are myths that religious people are opposed to it but Lord Carey, the former Archbishop of Canterbury, has spoken in favour of it - as has Archbishop Desmond Tutu. Similarly there's a myth that greedy relatives might bump off needy old, or disabled, members of the family. This isn't borne out by countries where the practice is legal. In Oregon it was discovered that the coercion of vulnerable people was at a far higher level before the implementation of their "Death With Dignity Act". In 2017 in Oregon, the people who sought an assisted death were most often aged between 65 and 84, white, had a 'good education', medical insurance and cancer.

But enough hard statistics. Let me hand over to a fellow supporter of this charity, Sheila Smith from Sileby, to tell you about her daughter Eleanor.



Eleanor Smith

Our daughter, Eleanor, was 22 years old during the millennium celebrations. She worked at East Midlands Airport, was in a relationship and was attending Loughborough College.

On her first day back at college after the New Year, she complained of a headache. Her vision became impaired very quickly. A GP in Sileby sent her straight to the Leicester Royal and the rest, as they say, is history.

By the middle of January her fate was sealed. She had a cavernous haemangioma in the most impossible position: her brain stem. Imagine a tiny blood blister growing, leaking and occupying the worst spot imaginable. We were told that to operate on the brain stem would equate to surgical euthanasia; there was nothing anyone could do.

The next five months were hideous. After numerous MRI scans, a ventriculoperitoneal shunt was sited to relieve the growing pressure on her brain. All the time our girl was sinking into some kind of dizzy coma, with a degree of spasticity and loss of normal function. Confined to bed and trapped in the LRI, her future was discussed. There were threats to site a permanent feeding tube in the abdomen. Also, moving her to Bristol, where people 'like her' would be cared for. Whatever treatment was proposed, it was agreed that she wasn't going to improve from the state she was in and any care would be palliative.

Loros (hospice care) was the next step, but as Eleanor was a 'living donor' her organs were to be used at the point of her death, so ideally she needed to die in hospital. Unfortunately, the point of her death could have been months, even years away, with no hope of easing her suffering. With great difficulty, and many arguments, she was returned to LRI. We, her family, refused to allow the medics to treat any infection. As she developed a chest infection, and subsequently pneumonia, we watched her slowly die. Sheer torture for us and for the staff on the ward. I had believed in assisted dying long before this experience. As a nurse and midwife, my experiences have always taught me the importance of compassion. There is none in the present law.

Gaynor Barton and Sheila Smith

**CAMPAIGN FOR
DIGNITY
IN DYING.**

If you would like to find out more, contact Francesca Hall at Dignity in Dying francescahall@dignityindying.org.uk or ring 020 7479 7737 and she will send you an information pack.

Barrow Helps Flush Away Poverty

Most villagers know that Barrow is twinned with the French town of Marans - the sign at the entrance to the village is hard to miss. But did you know that there are several toilets in Barrow that are twinned with toilets in developing countries? It may sound like a joke but it's true and the twinning has been life-changing for people in impoverished communities.

Toilet Twinning is a water and sanitation charity initiative (www.toilettwinning.org) that aims to address the sanitation problems of millions of poor people. The need is great - according to WHO/UNICEF, 2.3 billion people don't have somewhere safe and hygienic to go to the toilet. The lack of a loo also makes women and girls targets for sexual attack as they go to the toilet in the open, late at night. And, according to the United Nations, almost 1000 children die every day from preventable diseases linked to dirty water and unsafe toilets.

Barrow residents Richard and Anne Jayes have twinned the toilet in their home. Richard spent time in Rwanda and lack of facilities had an impact on him.

"We have so much to be thankful for here - running clean water at the turn of a tap, sophisticated sanitation products and systems, a choice of personal hygiene and cleaning products and a good medical service," he said. "In many communities in rural Rwanda, and in many other parts of Africa, these services just do not exist.

"Toilets were often non-existent, and if one was found, it was a very basic latrine which lacked water, electricity or any form of toilet tissue. Having witnessed this first-hand, it was an easy decision for us to twin our own toilet. A Rwanda toilet was not available at the time so we twinned with one in Uganda."

The Dring family, Jo, Ed and their daughters Beth, 15, and Naomi, 13, have also twinned their toilet. They visited Uganda last year on a two-week mission trip, where they helped build a school in a very poor area and visited other projects.

"It opened our eyes to extreme poverty but people were so thankful for the little they had," said Jo. "Their mentality was: 'I have life, therefore I am thankful to God'."

The family used several latrines in Uganda and the photo of a twinned toilet in their downstairs loo is a reminder to be thankful for blessings like running water and flushing toilets, she said.



Richard and Anne Jayes

How does twinning work? For a £60 donation, you can twin your loo with an impoverished family's household latrine in a country of your choice from a list of those available. You will get a certificate, complete with a photo and GPS coordinates so you can look up your twin's location on Google Maps, to display in your loo.

Toilet Twinning is part of the NGO, Tearfund, a Christian organisation that has worked for 50 years to overcome poverty in many countries (tearfund.org)

Funds are used not only for building toilets but also to educate people about the link between sanitation and health. They say sanitation projects work best when local people see the need for improved sanitation and make the change happen themselves. People generally build their own latrines and this means they are more likely to use them and maintain them, ensuring the project is sustainable.

They are either pit latrines or, where there is a water supply, have a simple flushing system.

There are very few flush toilets in areas in which they work as water is a resource too precious to waste. Often there will be a tippy bottle for hand washing and some latrines are composting, but this is not widely accepted due to cultural differences and beliefs. They try to encourage VIP latrines which have ventilation and help reduce flies and smells - along with accompanying disease.

Truly, a cause worth supporting. See www.toilettwinning.org

Lindsay Ord

Toilet Twinning was the cause adopted by Barrow Baptist Church during their Big Barrow Challenge weekend in May, which involved cycle rides of 50 miles and 100 miles, as well as an 18-mile Three Peaks walk, from Beacon Hill to Bradgate Park to Mountsorrel and a family walk to Quorn.

More than £7,000 was raised for the toilet twinning charity.



A twinned Ugandan toilet



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Sheila in August 2018

River Swimming in the Soar

When I moved to the Midlands from the South Coast due to my husband's work, I remember saying "I'll move to the murky Midlands for two years maximum". That was 40 years ago! I should explain that I was at this time an avid (though not particularly good) sea swimmer and the thought of being relocated to the centre of the country, with no coast in any direction for miles, filled me with horror.

We bought our first house in Wymeswold which is certainly a lovely village, but as soon as I discovered Barrow and the river I decided that if we could not return to the coast, this was the place for me. So five years later we sold our house and moved to Barrow.

I discovered it was possible to swim in the river before we left Wymeswold. We had been for a drink with my husband's family at the lovely waterside pub, The Navigation Inn. When walking by the river afterwards my brother-in-law suggested the weir might be a good place to swim from, as it would avoid wading through mud at the water's edge which was less inviting! As he was a much stronger swimmer than me, he went in first, so that when I followed I was a bit more confident that I would not get sucked under by unseen currents or snapped up by a passing pike. And that was the start of my wonderful watery relationship with Barrow.

I continued to swim in the river regularly, and realised that in the hot weather there were other swimmers, usually teenagers also jumping in from the weir, and certainly having great fun. These early swims must have been back in the 1980s before the footbridge had been rebuilt. This in fact made the whole experience even more attractive, as my only companions whilst swimming were dragonflies, birds and the occasional cow on the riverbank.

I do remember when I started swimming here that some people thought it was rather odd, and although it was understandable for children to swim in the river, surely no sensible adult would want to do such a thing.

I also remember an interesting conversation with my midwife soon after I had my first son, who was born by Caesarean section, as I was concerned that the scar would need to be fully healed before swimming in the river. She looked rather nonplussed as she initially thought I was asking about swimming in a pool and hadn't realised I was concerned about the risk of infection from river water! As that was over 30 years ago, I can only assume I waited long enough before plunging back into the river.

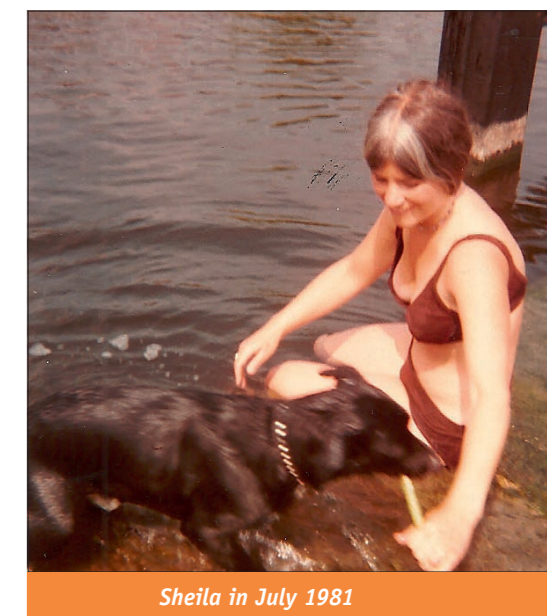
As our family grew up, we had some lovely days by the river. Both of our sons played by the weir, and as they got older they loved swimming with our dog. And certainly in these very sad times of public spending cuts and the closure of school pools (both Humphrey Perkins and Rawlins pools are now closed) we have a duty to provide opportunities for our children to have access to the water, whilst also of course raising awareness of potential dangers. I believe that simply prohibiting swimming in rivers and lakes, and treating it as irresponsible and unsafe, is actually itself very unsafe. In the hot weather people have a natural desire to be by and in the water, and we therefore have a responsibility to make this as available and safe as possible. Identifying dangers is clearly wise, but needs to be done alongside providing information about safe places to swim and possibly bringing back the life ring which used to be near the weir. Dare I suggest a noticeboard in the library for information about outdoor swimming places in the area? For example, I know that

some Barrow residents swim in the River Soar opposite The Boat House pub, and I have been told there is a group of people who swim in the reservoir at Wanlip.

And, as a last thought, it is interesting that there is a very different attitude towards sea swimming, which is arguably far riskier than river or lake swimming. Instead of notices prohibiting swimming there is a rather more positive approach of identifying particularly dangerous places, alongside providing lifeguards to encourage swimmers in safer areas.

See you in the water!

Sheila Taylor



Sheila in July 1981

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It's 'Business as Usual' During Alterations to the Methodist Church.

Building work at the Methodist Church commenced on the 29th April and will be completed by the end of the year.

The project will improve access to the older parts of the buildings by creating a new glass entrance, levelling floors, removing steps and replacing the fixed pews with chairs to create a new large, flexible worship area/community space. The wall between the two adjacent rooms is being moved to create a larger meeting room/coffee lounge and new kitchen which will be available for use by the church

and the community during the daytime and in the evenings.

Access to the existing hall, coffee lounge and kitchen at the rear of the premises will be improved by the provision of a ramp in the new entrance and the heating system will be replaced throughout.

During the work all the regular daytime and evening activities will continue, but will use the alternative side entrances as the front door will be unavailable. The gate in the wall adjacent to the Conservative Club drive

will be used for daytime activities. The side entrance into the hall, reached via the drive and using the fenced path, will be used for evening and weekend activities.

Car Park: For safety reasons the car park is not available until work is completed as the contractors need access at all times.

Sunday Services are in the coffee lounge at 10:15 am. and 6:00 pm.

Pete Yates



Barrow on Soar WI Celebrates 70 years 1949 - 2019

Barrow on Soar WI was formed on 28th April 1949, having their first meeting on 18th May 1949, possibly at the Assembly Rooms. The president was Mrs Davis, with Mrs Baguley and Mrs Towle as vice-presidents. Interestingly, they may have been addressed by their surnames. Membership started at 59, increasing to 110 by 1952. Our current membership is 40 with Mary Payne being a member since the late 1950s.

This important milestone could not pass without marking the occasion. "Raising Agents", a play about a fictional WI, was held at Humphrey Perkins on the 6th April and produced by Barrow Panto Group and Helen Sadler, a member. It was both hilarious and historical, with references to "rabbit pie" cropping up, which must have been "the dish of the day" decades ago. The audience loved it, particularly local WI's in the surrounding area who came and supported us. Members baked cakes for the event and money raised was donated to our chosen charity of 2019, World's First Responders. The final "icing on the cake" was a letter from the Queen thanking Barrow WI for supporting local charities and contributing to village life.

We will be having the "Fabulous Cocktail Shaker Boys" joining us on 12th June for our 70th Birthday Party. With a buffet, wine and a birthday cake, and I assume the tasting of cocktails, it should be a very enjoyable evening.

We are hoping to plant a tree on the Millennium Park later this year to have a lasting reminder of our anniversary.

We hold our meetings on the second Wednesday of every month at the Conservative Club Function Room at 7.30pm. We have a variety of craft demonstrations, skittles, dancers and speakers to suit all tastes and ages. We are very happy to welcome visitors. For further details contact WI Secretary Kate Bowler at bluechairs6@gmail.com.

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Village Gardening Club to exhibit at RHS Chatsworth

The Royal Horticultural Society recently sent out an invitation to all of their affiliated associations to ask if they would like to apply to exhibit a planter at RHS Chatsworth from June 5th to 9th 2019. Barrow upon Soar Gardening Club, who are affiliated, decided to apply. How could they not?

This year's theme is "a sense of well-being". All the village gardening club members were involved in designing the planter as they gave their individual views on what plants and ideas conjured a feeling of well-being for them. Suggestions came thick and fast from bluebell woods, spring flowers, poppies "dancing" in the breeze, alpine meadows plus trees in blossom. There was a common theme which centred on "finding time to smell the roses" and involving all five senses.

With just a week to go before the deadline for a submission, a design was drawn up by Sue Perkins. It was based on everybody's ideas and really does give you a sense of well-being. It shows a half finished planter with a half written "to do" list as the gardener has stopped for a cup of tea and a lavender biscuit so that there's time to "smell the roses!". The plants chosen complement the theme, aiming to feed all the senses. A colourful scented rose "Morada", which means "be happy", tumbles down and is also a good pollinator. There's lavender and peppermint for touch, taste and smell, yarrow for healing and health, a wind chime for movement and sound and finally some butterflies on sticks for added colour. There's no plastic anywhere.

The application was submitted, informing the RHS that although the gardening club is small in membership, they are passionate about their chosen pastime. They know that gardening lifts their spirits and brings a real sense of community and well-being. Obviously, they mentioned the fact that the village roundabout called "Jerusalem" is maintained by them!

Club members were surprised and excited when they learned that their application had been successful - their little gardening club would be exhibiting at RHS Chatsworth! Four club members, Maggie, Lesley, Annette and Jan will travel to the site to set the planter up - the actual materials will be provided



by the RHS. There will be an opportunity for visitors to the show to vote for a "People's Choice", a bit like a "best in show" event. The winner will be announced on the final day. Two club members, Maggie and Veronica have free passes to attend on behalf of the club. Watch out for an update in the next issue of Barrow Voice!

put together another, similar planter for the village. It will be donated as a prize at this year's Open Gardens - so will benefit Rainbows as well. Anyone who is interested is welcome to attend the next Gardening Club meeting on Thursday September 18th in the library at 7.30pm. The talk will be "How to start a new garden".

Jeanette Hollis

The gardening club will let the RHS have the planter because at the end of the show it will be donated to a charity - so it will be enjoyed by others. The club will also



Owing to BV Summer deadlines this article was written well in advance of the Chatsworth Show. However, by the time it is delivered to your home the People's Choice winner will be known. It will be printed in the Autumn edition. Ed.

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Charnwood Orchestra

The Charnwood Orchestra opens its exciting 2019/2020 programme season with a concert at Holy Trinity Church Barrow Upon Soar on Saturday 14 September 2019.

The Orchestra is pleased to welcome Richard Lewis, who will be the soloist for the popular Mozart Horn Concerto No 4.

Other works the orchestra will perform include:

Beethoven Coriolan Overture,

Schubert Ballet Music and Entr'acte from Rosamunde,

Haydn Symphony no.103 'Drum-roll',

The Overture to Coriolan was composed in 1807. An ideal opener for an evening of popular classical works.

Mozart's Horn Concertos were written for his great friend the horn player Joseph Leutgeb. The 4th Concerto is really good fun to listen to.

The synopsis for Rosamunde involves a fantastical musical tale including kidnapping, pirates and princes. Schubert was inspired to write some glorious music.

Haydn Drum Roll Symphony is so entitled as it opens with a long drum roll. From this unexpected effect, the music takes wing through the strings and finally embraces the whole orchestra.

Tickets will be available from

- Via Paypal: www.charnwoodorchestra.org.uk
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- Taylors Florist High Street Barrow upon Soar
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Bean Day Report

Saturday May 4th was cold and windy but it didn't rain. That morning about thirty pots of beans were given out to children to enable them to enter in the longest, or curliest, bean competition in the Village Show on Saturday 14th September. The schedules for the show are ready and can be collected from Barrow Library, Taylors Florist and Feather 'n' Fur Pet Supplies in the village.

Happy growing and see you in September.

The Show Organisers



Barrow Open Gardens Autumn Rainbow Extravaganza

Barrow Open Gardens are planning their next fun family day in aid of Rainbows Children's Hospice. It should be a lovely day out with plants, competitions, food, entertainment and lots of great activities for all the family.

We look forward to seeing you there: Saturday 21st September 2019, 12.00 to 4.00pm, Barrow Baptist Church, Beveridge Street.

Lin Webb



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Review: Raising Agents by Maeve Larkin

On Saturday 6th April, members of Barrow Panto Group and Barrow upon Soar WI gave a lively performance of the play at Humphrey Perkins School. It certainly lifted our spirits.

The play aptly summarised the formation of the WI in Canada by a group of farmers' wives, who wanted to support a grieving young mother with tea and gossip, through to all that the UK WIs have achieved over the years through annual resolutions and wartime efforts. Moving to the present day, it addressed the issue of a failing WI struggling to find both members and speakers. The arrival of a PR guru rapidly brings the WI into the 21st century by using social media and rebrands them Bunnington Bunnies. They were hopping.

As the story unfolds, interspersed with instructions on how to make a rabbit pie, it reveals that friendship is still the underlying strength of the WI today.

After months of hard work, finding costumes, booking rehearsal rooms, learning the lines and the songs, trusting that we had enough funds to cover our costs, hoping that we could encourage a decent audience to attend, making the props and creating the delicious cakes, we presented an excellent evening's entertainment in true WI fashion.

The icing on the cake was a congratulatory letter sent on behalf of another WI member, HM the Queen, which is now in pride of place in the scrapbook.



We expect to have made a good amount for our chosen charity; details will be published as soon as we can. I would like to thank everyone who helped in any way to make the play such an amazing occasion.

Tilly Yates

October's Murder Mystery: The Final Act

Now, from the outset, I have to acknowledge we had a few problems with the table arrangements at last year's Murder Mystery and some of you weren't seated with your friends. I can only apologise and hope that you won't give up on us! We've got a new team on the table layout and all being well we'll be back to our usual efficient selves.

Having said all of that, it was a good show last year and this year looks set to be better.

The Final Act, by Andy Hawkes, is about a theatre company that finds itself in financial problems. The amount of back biting - and back stabbing - has to be seen to be believed and one of the company falls foul of the sour relationships. Believe

me when I say our cast is nothing like the one you'll see on stage. They're acting!

Now - fancy dress. Sound of Mu..... was easy - nuns outfits and dirndls (there was a lonely goat herd, I seem to remember). Last year you did us proud with your 1940s outfits. This year it's all about lovies. So what do actors wear? Glamorous dresses on the red carpet, silk dressing gowns and

cravats, or tweed jackets. Have a think about it and give us a surprise.

The Final Act by Andy Hawkes is at 7.30pm Saturday 5th October at Humphrey Perkins School.

Tickets cost £14 and will be available from Taylors Florist and Barrow Library.

Helen Sadler

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Let's Talk About Weeds: Buttercups and Daisies

What a delight it is to see golden buttercups in the sunshine against the emerald green of the fields around Barrow. These are probably meadow buttercups, much taller than the creeping buttercups that are in lawns and borders, and the bane of a gardener's life! These will send out runners from the mother plant in much the same way as strawberries send out runners creating new plants. As soon as the tip of the runner touches the earth it will send down roots, and before you know it your flower beds can be covered in buttercups! There's a bulbous buttercup too that prefers poor, dry soil and isn't as invasive as its cousins being clump-forming.

The buttercup is part of the Ranunculus family which contains such plants as Kingcups, larkspur and anemones. Legend has it that the name Ranunculus goes back in time to a Libyan youth of that name who was known for his beautiful singing voice. One day dressed in emerald green and gold silk he was singing to some wood nymphs and became so entranced with his own voice that he collapsed and died where he stood. Orpheus, who loved the boy's singing voice, mourned his loss and transformed him into a buttercup.

The myths that butter is golden, because cows eat buttercups and that holding the flower under your chin will show whether or not you like butter are both untrue. Cows won't eat buttercups because they taste very bitter and every part of the plant is poisonous and should be treated with care. It's best to use gardening gloves when weeding as the sap is toxic and can cause blisters. There's a sheen on the buttercup flower petals that warms them in the sun. It helps to heat up the pollen to make it more attractive to pollinating insects... solar heating for flowers well before man invented it!

I know that people will disagree but I do like to see wildflowers on my lawn, especially daisies. The name seems to date back to the Anglo-Saxons 'days eye' as daisies open their petals to the morning sun exposing the golden eye in the centre, then at nightfall the petals close and they sleep. Then in the morning they are "as fresh as a daisy" to greet the new day.

Daisies are healthy little plants untroubled by insects or diseases. Their flowering season is long - only not flowering in the



depths of winter as these little plants are said to be hardy down to -15C. They probably originated in Europe and the Mediterranean but can be found in North America, Australia and New Zealand, possibly taken by explorers as they travelled the word to new lands.

Pottery in the Middle East has been found with daisy patterns on it, some dating back 4,000 years! Their Latin name is *Bellis perennis*, probably going back to Roman mythology when it was said that Vertumnus lusted after the nymph

Beliedes. She turned herself into a daisy to escape his clutches!

Another Roman myth is about the use of the sap from a daisy's stem. It's said to aid healing and prevent wound infection. One of the daisies' common names is Woundwort and old wives tales say that daisy tea is good for tummy upsets.

Unlike buttercups, daisies are edible flowers and can be used raw in salads and sandwiches, pickled as a substitute for capers or made into wine... This is all hearsay by the way and not something I've tried myself. I think they can be rather bitter! I remember making daisy chains as a child and unbeknown to me they used to be made by young lovers linking them together forever. I remember too pulling off the petals; love me, love me not... Poor little petals! A gift of daisies means affection. Add primroses and moss to the posy and it's a symbol of motherly love given by children as a gift on Mothering Sunday.

I can't finish talking about daisies without asking "Daisy Daisy give me your answer do". It's an old music hall song, I'm sure I remember singing it on singalong nights at the Hammer and Pincers (now the Blacksmiths Arms) in the village.

Looking at my lawn it is covered in daisies (I'm sure they duck their heads to miss the mower blades). It just wouldn't be the same without them.

Have a lovely summer.

Maggie J



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Editor

Gaynor Barton – 07792 545628
editor@barrowvoice.co.uk

Advertising

Judith Rodgers – 07718 153117
advertising@barrowvoice.co.uk

Distribution

Steve Morris – 412962
distribution@barrowvoice.co.uk

Features

Val Gillings
Judith Rodgers
Ginnie Willcocks
Lindsay Ord

Photography

Judith Rodgers
Gaynor Barton

Advertising Artwork

Michael Webster

Website

John Nurse

Design, Artwork & Print

GOGO Marketing & Advertising

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The Editor
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Leics LE12 8QQ
editor@barrowvoice.co.uk



Fri 14th	In the library: Rhyme Time - 10:30, Crafts - 14:00 Seniors' Summer Banquet, Baptist Church - 12:30
Sat 15th	OPEN GARDENS supporting Rainbows Hospice; 11:00 - 17:00 Admission by programme
Sun 16th	OPEN GARDENS supporting Rainbows Hospice; 11:00 - 17:00 Admission by programme
Mon 17th	Bishop Beveridge Club Film: "A Star is Born" - 14:00, Bishop Beveridge Hall
Fri 21st	In the library: Rhyme Time - 10:30, Crafts - 14:00 BB Club Friday lunch - 12:30 - 13:30
Sat 22nd	Hall Orchard PTFA Summer Fayre; 12:00 - 15:00
Mon 24th	Barrow Book Group; Hunting Lodge - 19:00. "Orphan Train" by Christine Baker Cline
Fri 28th	In the library: Rhyme Time - 10:30, Crafts - 14:00
Mon 1st	New Horizons; Methodist Coffee lounge - 14:00, all welcome Art Self Help Group - 19:00 Parish Council meeting; PC office - 19:00; everyone welcome; public participation at approx 19:00
Wed 3rd	Mothers' Union Bishop Beveridge Club visit to Crossfell House, Great Dalby, Melton; contact 414519 for details
Thurs 4th	Leics Metal Detecting Society; Cons Club function room - 19:15
Fri 5th	In the library: Rhyme Time - 10:30; Crafts - 14:00
Sat 6th	Library 4th Birthday party and Open Morning; 10:00 - 13:00 Methodist Church Minimarket; 10:00 - 11:00; all welcome Crochet Club at Methodist Hall; 14:00 - 16:00. All welcome
Sun 7th	Summer Street Market; 10:00 - 16:00
Wed 10th	Bishop Beveridge Club trip to Carsington Water and Hopton Hall Rose Garden Barrow WI: "Beauty Presentation"; 19:30; Function Room, Barrow Conservative Club
Fri 12th	In the library: Rhyme Time; 10:30; Crafts 14:00
Mon 15th	Bish Beveridge Club film: "Mary Poppins Returns"; 14:00 in Bish Bev hall; children welcome
Fri 19th	In the library: Rhyme Time; 10:30; Crafts 14:00 BB Club Friday Lunch; 12:30
Fri 26th	In the library: Rhyme Time - 10:30; Crafts - 14:00
Mon 29th	Barrow Book Group; Hunting Lodge; 19:00. "Hiding in Plain Sight" by Susan Lewis
Wed 30th	Mothers' Union
Fri 2nd	In the library: Rhyme Time; 10:30; Crafts 14:00
Sat 3rd	Methodist Church Minimarket; 10:00 - 11:00; all welcome Crochet Club at Methodist Hall; 14:00 - 16:00. All welcome
Mon 5th	BOSCAPS: 5th - 9th August Humphrey Perkins; 9:00 - 12:30. Visit BOSCAPS Facebook to see all details New Horizons; Methodist Coffee lounge; 14:00; all welcome
Tues 6th	Parish Council meeting; PC office; 19:00; everyone welcome; public participation at approx 19:00
Fri 9th	In the library: Rhyme Time; 10:30; Crafts 14:00
Mon 12th	BB Club Trip to Skegness; enquiries to Wendy on 413212 Children's crafts; library; 14:30 - 16:00 Barrow Baptist Big Week including...Children's events Monday and Wednesday from 9:30am; Seniors' events Tuesday, Thursday and Friday from 1:30pm; Cafe open Monday to Friday; Sunday celebration and hog roast from 11am
Wed 14th	BB Pillings Lock Canal Boat Trips with Waterside Inn lunch; 6 hr Cruise Barrow WI: "Recycling by Charnwood Borough Council" Elaine Montgomery; 19:30; Function Room, Barrow Conservative Club
Fri 16th	In the library: Rhyme Time; 10:30; Crafts 14:00 BB Club Friday lunch; 12:30 - 13:30
Sun 18th	Big Week Celebration: 12:30 lunch; 13:30 Service; 14:30 Refreshments; Baptist Church
Mon 19th	BB Club Film: "Mary Queen of Scots"; 14:00 Children's crafts; library; 14:30 - 16:00 Barrow Book Group; Hunting Lodge; 19:00; "The Ocean at the End of the Lane" - Neil Gaiman
Fri 23rd	In the library: Rhyme Time; 10:30; Crafts 14:00
Mon 2nd	New Horizons; Methodist Coffee lounge; 14:00; all welcome
Tues 3rd	Parish Council Meeting; PC office; 19:15; everyone welcome; public participation at approx 19:30
Fri 6th	In the library: Rhyme Time; 10:30; Crafts 14:00
Sat 7th	Methodist Church Minimarket; 10:00 - 11:00; all welcome Crochet Club at Methodist Hall; 14:00 - 16:00. All welcome
Mon 9th	BB Club Trip to Masson Mills
Wed 11th	Barrow WI: History of Witches" by Sandy Leong; 19:30; Function Room, Barrow Conservative Club
Fri 13th	In the library: Rhyme Time; 10:30; Crafts 14:00
Sat 14th	Barrow Show; Methodist Church; flowers, fruit and vegetables show, craft; enquiries from 413085 Charnwood Orchestra Annual Concert at Holy Trinity Church; 19:30.
Mon 16th	BB Club Film: "Stan and Ollie"; 14:00
Wed 18th	Gardening Club "Starting a New Nursery" by Anne French; The GAP-behind Baptist Church; 19:30
Fri 20th	In the library: Rhyme Time; 10:30; Crafts 14:00 BB Club Friday lunch; 12:30 - 13:30 Music Quiz in the Library; 19:00

Barrow Open Gardens
Barrow Upon Soar
June 15th & 16th

**Hall Orchard PTFA
Summer Fayre**
Hall Orchard Primary School
June 22nd

Summer Street Market
Barrow Upon Soar
July 7th

Big Week Celebration
Baptist Church
August 12th - 18th