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BUCKNELL NEWSLETTER

Spring 2014



From the Editor

Welcome to edition number 6 - which has so much in it that there's no room for any waffle from me! So, Keep It Simple Stupid: Welcome and Enjoy!

*EDITORIAL COMMITTEE: Nicky Edwards (07973 563829),
Jonathan Kemp (530398) (Editor), Steve Sherring (530396)*

NEWS ABOUT ...

BEDSTONE AND BUCKNELL PARISH COUNCIL (<http://www.bedstoneandbucknell.org/>)

You'll remember that a tree came down some weeks ago on the Green at the bottom of the Causeway in one of the gales we've had. We were lucky it fell across the river rather than onto a nearby house. Obviously the Parish Council wants to ensure that all the trees it is responsible for are safe. From the Council Minutes you will have picked up that the other trees on the Green, and the ones in the area opposite the Baron of Beef, should be carefully reviewed. If any are found to be unsafe they will have to be felled. But don't worry: obviously they will be replaced by disease-resistant high quality British stock.

Jonathan Kemp (530398)

THE 2014 BUCKNELL SHOW – 6TH SEPTEMBER 2014

An initial meeting for the 2014 BUCKNELL SHOW will have been held on 26th February by the time you read this. What the outcome will have been I can't tell (I keep saying: I failed the crystal ball exams!), but we hope there will have been a resounding endorsement of the idea to hold the 2014 BUCKNELL SHOW – and that there will have been many offers of help. If you missed the meeting, please complete the form on page 5 and get it to me. And in any case do make a note in your diary of the 2014 BUCKNELL SHOW 's date: Saturday, 6th September. **Be there!** *Jonathan Kemp (530398)*

ST MARY'S CHURCH REDEVELOPMENT – THE HEAT PUMP

Several people have mentioned that when they feel the radiators in the church they are not very hot (even though the church is warm), so we thought that we should explain why this is.

You may remember that, as a big part of phase one, we saved about half the heat loss from the church by insulating the ceiling/roof. You may also have noticed that, as well as keeping nearly all the existing radiators, we then installed some big new extra radiators as well? We thus now have three times the radiator capacity compared with what we would need if we still had a conventional boiler circulating very hot water – about 75 degrees C – to the radiators (this example is after allowing for the improved insulation).

The reason we needed all this increased radiator capacity is because the new heat pump works much more efficiently (when uplifting the ground water temperature coming in from the cool boreholes in the ground), if it only uplifts the temperature by a modest amount (by about 35 degrees C). The extra radiator capacity was a condition of the Lottery Grant, and takes our radiators up to a "four star" rating for heat pumps. Our new heat pump has thus been working at 400% efficiency, i.e. for every one kW unit of electricity the heat pump uses it sends four kW units of heat into the church. (If we had not



kept/added the extra radiator capacity, so instead made the heat pump raise the water temperature in the radiators by 55 degrees C, the system would only be 300% efficient, so cost a lot more to run).

For anybody thinking of putting in a heat pump, it's ideal if under-floor heating can be installed, as this needs the lower temperatures, or the floor gets too hot for comfort. It would have cost us too much and been too disruptive to take up the existing church floor and install a new slab with under-floor heating pipes.

The Church Redevelopment Group

THE WOMEN'S INSTITUTE – FEBRUARY MEETING...

Our meetings usually begin with WI business. The **dog racing at Wolverhampton in January** proved to be great fun. Future outings to **Adam's Farm (see Country File)** and **Port Sunlight** were planned. Fund raising activities **from cream teas to fire walking** were discussed. This was followed by our speaker Brenda Reid who recounted fascinating and amusing stories of her work as a producer of films and television programmes. The competition, for a celebrity autograph, was won by Iris Greaves. The evening ended with tea, biscuits and chat.

...AND IN THE MONTHS AHEAD

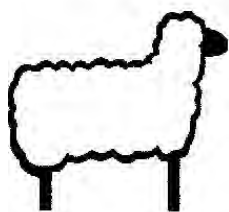
The WI meets on the **third Wednesday of every month** (except August) in the Memorial Hall at 7.00pm. Our next meeting is on **March 19** when the speaker will be Paul Watts on '**The Magic of Moths**'; and the meeting following, on **April 16**, will feature Yvonne Mort on '**Using Pressed Flowers**'. New members are always very welcome. It's a great way of meeting people and finding out about the village community.

Beryl Starr (530179)

BUCKNELL WALKERS

We meet every other Monday at the church lych gate and leave at 9am promptly. The walks are between 5 and 10 miles in length. Anyone wanting to come along is welcome to join us but they must be prepared to take turns at leading walks. Good walking boots, rucksack (essential) and poles would be good too! A good rule of thumb for working out how long a walk takes is to say 2 miles each hour.

Graham Jackson (530137)



BAA – BUCKNELL ALLOTMENTS ASSOCIATION

The Association will be creating and selling a Local Recipe Book at the Bucknell Show this year, with profits going to the Association. If you have some local recipes from your family, or feel like creating some, please contact the Association on 530371 – asap!

The recipes are to be seasonal, to include fruit and/or vegetables, and the book will be set out on this basis.

Kate Fraser (530371)

LEINTWARDINE AND BUCKNELL COMMUNITY FIRST RESPONDERS (CFRs)

What are they?

Community First Responders (CFRs) are volunteers who give their time for free to attend medical emergencies in their local community. In this area our team is known as the **Leintwardine & Bucknell CFRs**. At present in Bucknell we have two CFR volunteers: Nicky Edwards (07973 563829) and Ian Owen (07836 795444).

What can they do?

CFR's in this area are trained by the West Midlands Ambulance Service NHS Trust (WMAS) to respond to a wide range of emergencies such as cardiac arrests, heart attacks, chest pains, breathing difficulties, bleeding, sports injuries and accidents, falls, convulsions, diabetic and asthmatic attacks plus many other illness related incidents. *[Phew! Ed.]*



How does the system work?

When a 999 call is made, the WMAS control room decide the degree of urgency to be assigned the incident (referred to as 'triage') and, if they are the closest resource, WMAS contact the on-duty CFR. CFRs are always backed up by a Paramedic – either in a rapid response vehicle (Community Paramedic) or by a double crew (Paramedic and Technician) on an Ambulance.

When asked to attend, CFRs are usually the first person on scene and deliver the first stages of Basic Life Support (BLS) to the patient – such as oxygen therapy, cardio pulmonary resuscitation (CPR), defibrillation or stem blood loss.

What equipment do they have?

The medical kits that CFRs carry include oxygen cylinders and three different types of adult oxygen masks plus paediatric masks, Automatic External Defibrillator (AED), suction equipment, airways, a range of bandages, dressings, slings etc.

CFRs also carry monitoring equipment, including Pulse Oximeter (Oxygen levels/sats), stethoscope, blood pressure Aneroid sphygmomanometer and Tympanic Ear Thermometer. And, for the last month or so, our local CFRs can now respond in a scheme 4x4 vehicle.

How are they funded?

Consumables (masks, bandages etc.) are supplied and replenished by the WMAS. However, all of the CFRs' equipment, which includes additional equipment as well as e.g. uniform, footwear and hi-visibility jackets, has had to be bought either by the individual or by the scheme from monies donated or raised. Similarly, the 4x4 vehicle was purchased with money raised locally through fundraising events – like tractor runs, stretcher carry, photo displays, shows and social functions. And although the vehicle has been purchased, there are, of course, still its running costs throughout the year to be covered. In addition to the above mentioned fund-raisers, money has kindly been donated by patients and families of patients on whom the CFRs have attended. The scheme has also received grants from The Big Lottery, Shropshire Council (LJC) and the Parish Council. However, without the level of generosity from the local community they have received, the CFRs would not be able to offer the level of care that they currently do.

Who are they?

CFRs lead a normal everyday life of work and recreation – until they get the call from control! That's when the adrenalin pumps and normal life is put on hold as they change into their life saving role. Every call is different and can be full of surprises.

As mentioned earlier, Bucknell has two CFR's – Ian and Nicky. **Between them in 2013, they gave over 4300 hours of their time and responded to over 125 calls.** *[Golly! Thank you! Ed.]*

In addition...

Part of the CFR's role is to promote life-saving skills in the community. Our scheme runs **Heart Start courses** (2 hour sessions) on behalf of the WMAS and the British Heart Foundation. The sessions include CPR, recovery position, choking and bleeding. These courses are free of charge although we ask for a small donation towards our costs (certificates, consumables, teas etc.).

We are closely linked with the Clun Valley AED (Automatic External Defibrillation) scheme, which has 16 AEDs placed within the Clun Valley. We can train new operators in the use of these AEDs and we run courses on a regular basis.

Finally...

If you are interested in learning more about being a Community First Responder or an AED operator, and want to help save lives in your own area, you can contact Nicky (07973 563829), Gaye (07790 578423) or Ian (07836 795444).

Thank You all for your support: without it, we cannot support our community.

Nicky Edwards (07973 563829)



WHAT'S HAPPENING?

Is YOUR event here?

COMING UP IN THE NEXT FEW MONTHS

WHEN?	WHAT?	WHERE?	CONTACT
5 March	Tag Rugby Festival	Details from the school	
8 March	2.00pm – late: 'Three's Enough' – live music in memory of Paul Brett	Memorial Hall	Julie Brett
14 March	Irish theme night – live music by <i>Haglebag</i>	Sitwell Arms	Steve (530213)
16 March	Much Wenlock Music Festival	Details from the school	
19 March	Full Governors' meeting	Details from the school	
28 March	Homework Exhibition	Details from the school	
6 April	Parish Lunch	Memorial Hall	St Mary's Churchwardens
early April	Watch out for <i>Easter Bingo</i>	Memorial Hall	See posters for details
11 April	Last day of Spring Term	Details from the school	
28 April	Summer Term starts	Details from the school	
5 May	Duck Race	The Causeway	See posters for details
15 May	Summer NEWSLETTER copy deadline	Clare Cottage, Sitwell Close	Jonathan Kemp: 530398: jonathan@janekemp.plus.com
23 May	School breaks up for Half Term	Details from the school	
2 June	Back to school for the last half	Details from the school	
10 June	Great Big Dance Off final - Oxford	Details from the school	
6 September	Bucknell Show	Daffodil Lane	Nicky Edwards, Jonathan Kemp, Ian Owen

EVERY WEEK

Tuesday & Thursday	12.00pm: Pensioners' Lunch	Sitwell Arms	Steve (530213)
Thursday	9.00am-11.30am: Mothers' & Toddlers' Group	Memorial Hall	[Please let me know – Ed.]
Thursday	"Pie & a Pint" night (6.00-9.00pm)	Sitwell Arms	Steve (530213)
Thursday	7.30pm: Skittles	Memorial Hall	Sylvia & Derek Meredith (530422)
Friday	7.45pm: Bingo	Memorial Hall	Dorothy (530252)

EVERY FORTNIGHT – ON RECYCLING WEEK

Monday	9.00am: Bucknell Walkers	Lych Gate, St Mary's	Graham Jackson (530137)
Wednesday	11.20-11.40am: Mobile Library service	Sitwell Arms end of the Causeway	Shropshire Library Service 01743 255024 libraries@shropshire.gov.uk

EVERY MONTH

1 st Tuesday	2.30pm: Mothers' Union	Check with Jean Pryke	see previous <i>Who's Who?</i>
	7.30pm: Bedstone & Bucknell Parish Council	Memorial Hall	see previous <i>Who's Who?</i>
3 rd Wednesday	7.00pm: Women's Institute	Memorial Hall	see previous <i>Who's Who?</i>
Monthly – generally on a Friday	Curry Night (6.00-9.00pm)	Sitwell Arms	Steve (530213)
	Open Mic Night (9.00pm on)		

SUMMER EDITION DEADLINE: 15th May for publication 1st June 2014 .
Contributions to Jonathan Kemp – see *What's Happening?*



SPEEDIEMEALS THAT ALWAYS WORK

Adapted from a Good Food Magazine recipe four years ago and reliably delicious every time.



APPLE FLAPJACK CRUMBLE (serves six)

2½lb eating apples, e.g. Cox's 4 tablespoons marmalade juice of a large orange

for the crumble:

5 oz porridge oats 4 oz plain flour 2 flat teaspoons ground cinnamon
4 oz butter, just melted 4 oz light soft brown sugar 1 tablespoon golden syrup

1. Heat oven to 190°C/170°C fan/gas 5. Peel and core the apples and slice thinly. Mix the slices with the marmalade and orange juice. Spread over a buttered shallow ovenproof dish.
2. Mix the oats, flour and cinnamon in a large bowl. Add the butter. Stir in the sugar. Drizzle over the syrup and mix the lot with a knife so the mixture makes small clumps. Sprinkle evenly over the apples. Bake for 30 minutes, until the apple juices start to bubble through. Cool for ten minutes. Either cream or custard go well with this pudding.

THE 2014 BUCKNELL SHOW – 6TH SEPTEMBER 2014

A second chance to offer to help and/or to suggest what this year's show could do with.



BUCKNELL SHOW 2014

I would like to be involved with:

This year the Show should have:

Name: _____ Phone no: _____

Address: _____

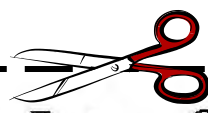
Email: _____

Please return this to Jonathan Kemp, Clare Cottage, Sitwell Close, Bucknell

THIS INFORMATION WILL ONLY BE USED FOR ISSUES TO DO WITH THE BUCKNELL SHOW

FOR FURTHER INFORMATION CONTACT:

NICKY EDWARDS (07973 563829) – JONATHAN KEMP (530398) – IAN OWEN (530616)



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