

Our Badsworth Way

Issue 18. December 2020



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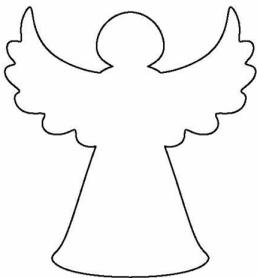
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Angels of Badsworth



Sadly, there will not be a formal “Christmas Tree Light Switch On” this year but that doesn’t mean we can’t celebrate and spread community cheer.

Following the same ethos of the ‘Rainbows’ exhibited to applaud the NHS, Badsworth Parish Council would like to suggest we fill the Village with Angels.

A Note from the Editor

Welcome to the latest issue of our village newsletter.



As I was writing this introduction, the news that a Covid vaccine has been approved came through. It is certainly very welcome news and something to lift the spirits as winter approaches. It is also Christmas and I hope you are able to celebrate it with hope for a brighter New Year.

This month's cover photo is from Lucie Carrie, who sent me some images she has taken on her walks around the Village. It was a difficult choice as there are so many good ones to choose from. You can see a few more on the back cover

If you have news or views you can contact me via the Village Website or Facebook. Or you can call or write to me. All contact information is at the back.

Competition - Just for fun

How many Angels can you find in this month's newsletter? There aren't any prizes, it is just for fun and to keep us all occupied until we're called in for our Co-vid vaccinations.



A Message from the Reverend Charlene Smith

Dear friends,



One of the things that clergy spend a lot of time doing, as you might expect, is thinking about Christmas! We usually start thinking about it around January, reflecting on what went well the previous year and what we might change for the year to come.

This year, however, has been completely different. Planning ahead for Christmas has felt more like a game of Snakes and Ladders where one roll of the dice can send you sliding back down a completely different path and you have to start all over again!

So we have made some plans for holding services both in Church and online, and we are excited about what we're hoping to offer

to help our communities celebrate Christmas this year. But we also know that a surge in local cases could scupper some of these plans and send us back to the drawing board.

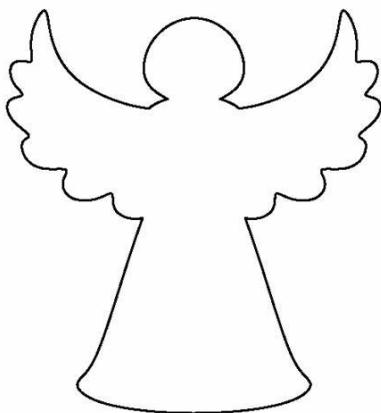
All this uncertainty has given me a new perspective on the Christmas story itself, because the more I reflect on it in this year of disruption, the more I realise how disrupting the events of the first Christmas were for those involved.

Mary and Joseph were engaged to be married, they no doubt had their plans for what their lives would look like, until the angel Gabriel turned up and sent all their plans out the window. Then, just as they were getting used to the idea that they would have a baby, the emperor ordered a census so they had to set off away from home on the long journey to Bethlehem. Not what they had planned at all.

Or what about the shepherds, sitting happily in their fields just doing their job until the angels appeared and sent them running into the village to find the newborn Jesus. And then there were the wise men, sent on a perilous journey to a far off land because of the appearance of a new star in the sky. None of these people could have predicted or planned what would happen to them, but when the disruption came they went with it and in doing so they met God face to face.

We all approach Christmas with our own sets of expectations and hopes, rituals and traditions, and after all we've been through this year it may feel heartbreaking that we won't be able to celebrate in the ways that we usually do. But perhaps this Christmas, this strange and disrupted Christmas, gives us an opportunity to learn anew from Mary and Joseph, the wise men and the shepherds, and to allow the strange turn our lives have taken to lead us closer to the God who is always with us.

Many blessings this Christmas Season.



Chinese Medicine

a snapshot history

Traditional Chinese Medicine (TCM) is an ancient medical system which has been used for over 3000 years. It evolved in a time where modern drugs were not available.



It was peasant medicine, used to keep the population fit and able to work. The major difference between western and Chinese Medicine is that Chinese Medicine was designed by necessity to be preventative medicine. This was partly because pandemics were a major threat at that time, so it was essential that the population remained as strong and healthy as possible. Interestingly, the village doctor would only get paid whilst their patients were well, but not if they

got sick. This is completely at odds with our western thinking, but in light of our current COVID situation, I think it is pretty smart. It may be surprising to learn that back then, food was used as first line medicine. Doctors would prescribe a broth based on Chinese food energetics to help ward off any illness; if this was unsuccessful, then herbs and acupuncture would be added. This logic is not dissimilar to our understanding now. We know that quality, nutritional foods play a major role in the health of our society. If we lack essential nutrients in our diet or eat too much sugar or processed foods then we are more susceptible to disease.

What does it involve?

Chinese medicine encompasses several treatment modalities: acupuncture, moxibustion & herbal medicine, alongside bodywork techniques such as cupping, gua sha and Tuina (Chinese medical massage). It is used in all hospitals in China alongside western medicine and acupuncture is still offered in some hospitals as an anaesthetic option for operations, which tells you just how powerful its effects can be.

What can it treat?

Many people are unaware that acupuncture is not only useful for painful conditions but can be an effective treatment for many chronic diseases including: MS, chronic fatigue, IBS, insomnia, fibromyalgia, anxiety, depression, infertility, menopausal issues and dementia to name a few. It is so gentle, that it can be used on children, babies

and the elderly. What makes it particularly powerful is its ability to treat the physical symptoms of disease but the emotional aspects too and this is something that always surprises patients who often report a sense of wellbeing or a change in their mental attitude which in-turn helps to improve their overall health.

Immune Boosting Medicine

Chinese Medicine has lots to offer in terms of immune boosting as it was designed to work this way. Unfortunately, culturally we are brought up to only seek treatment once we are really sick rather than engage in treatment in order to stay well. Over the last 5 years Western Medicine has caught on to some of these ancient techniques:

to boost the immune system by utilising Moxibustion, which uses acupuncture points for immunity with a burning herb called 'Moxa' (*Artemisia vulgaris*). This protocol is currently being used successfully to boost white blood cell counts during chemotherapy in cancer care and to reduce many of the side effects associated with treatment, supporting the patient to complete their full treatment schedule. Moxa on the immune points is also proving successful in the treatment of drug resistant tuberculosis in parts of Africa and for many years It has been utilised in the NHS for turning breech babies, so, it really is a bit of a wonder herb!

My Ethos

I am so passionate about this amazing medicine that I feel it should be accessible to all. Private practice is expensive, and many people who could really benefit from the pain relief acupuncture is excellent for are not able to afford it. This is why I have decided to open an affordable community clinic alongside my private practice. My hope is that more people will be able to experience the benefits of Chinese Medicine at a fraction of the usual costs. Community Clinic runs slightly differently, with 30 min sessions rather than 1hr sessions. Consultation is via an online form allowing the session to be talk light and treatment heavy. Private clinic offers more support and time to talk; this is something I recommend for complex or emotionally related conditions.

Acupuncture is an accumulative medicine, so it is better to be able to afford regular treatments than no treatment at all and many conditions I treat respond quicker if seen regularly. Having the option of both approaches gives the patient the flexibility to choose a treatment strategy that works best for their individual situation. If you are suffering with a chronic condition, I urge you to give my Community Clinic in Chinese Medicine a try, it really is a remarkable medicine.





BADSWORTH
CofE School

School News

The children at school have been involved in a variety of events and activities to support and enrich their learning journey this half term. An enrichment day for our whole school was first. Every class in school spent the day looking at a particular theme taken from The Bible and participated in activities based upon that theme. Our themes included Celebrations, Miracles and Changes to name but a few. Following this 'Bible Theme' day, each class presented what they had learned and created to their parents in a sharing assembly via 'Google meets' which was very well received and very much enjoyed by the children.

To mark Remembrance Day, every child in school crafted a simple poppy. The poppies were all displayed together to create one large poppy which was displayed right at the front of school for all children and visitors to see. The kind donations we received went towards the British Legion who obviously found this year a tricky one due to the current circumstances. Our collective Worships have all been based around the theme of 'Peace' which has coincided nicely with Anti-Bullying week, too.



To mark the annual 'Anti-Bullying Week' our children in school spent time learning about the different forms bullying can take. They reflected on their behavior and that of others before participating in a special collective worship prepared by our Year 6 school councillors who did a brilliant job.



As we head into the Christmas period, we are beginning to see evidence of the festive season creeping into classrooms, which is lovely. Year 5 and our Foundation Stage have been getting crafty once again, making angels in support of the village effort of decorating with angels. Our angels will be found on the Yew tree outside church. Hopefully we can send a little Christmas cheer to all; we certainly enjoyed making them.

Christmas is always a special time in school where excitement and anticipation becomes almost palpable. The staff and children will certainly be donning their jumpers this year in school and enjoying a Christmas dinner along with a variety of Christmas themed activities. Although our party cannot happen, the staff team in school will be doing all they can to make sure we celebrate this special time together with a somewhat modified Christingle service, Christmas activities and the KS1 nativities.

Finally, an opportunity to serve our community as a Foundation Governor has arisen.

There is a vacancy for a Foundation Governor on our governing board and we would like you to consider whether you could serve God in this way. The role is appropriate for someone who attends church regularly and has spiritual discipline.

As a Foundation Governor, you will specifically make sure that the governing board

- Preserves and enhances the religious character of the school
- Ensures that the school is conducted and led in accordance with its trust deed
- Willing to bring Christian discipleship into the school to support the Christian ethos.

Anyone who is interested in the mission of foundation governor should contact Reverend Charlene Smith by email revd.charlenesmith@gmail.com or contact Badsworth School at secretary@badsworthceschool.co.uk

Have a merry Christmas and a happy new year,

Grace, peace and good wishes,

Jake Thomson and all at Badsworth C of E Junior and Infant School

Badsworth CE J&I School, Main Street, Badsworth, WF91AJ.
Tel / Fax 01977 723395 www.badsworthceschool.co.uk



**Creating an environment in which we 'CARE'
Consider and respect everyone as Jesus taught us.**

A Clot With A Plot

Now the weather is turning I am sorry to say I have not been working as hard on the plot. Covering it in plastic makes it look as if I have been busy though. I did manage to build a frame and plant some winter greens. I wasn't aware until then gardening and carpentry were so inextricably linked. I also found out you can plant potatoes, but not just any potatoes and the bag from the Co-op I had in my fridge are likely never to be seen again. I have planted a few in an old bag (there's a Les Dawson joke in there somewhere) and we'll see what happens to them.

It's also that time of year when I start thinking about those last minute presents I will need to buy in a couple of week's from now. Plants are my new best friend - but only when they are in flower. In my case they don't always do that and to give them the best chance they need some TLC. I checked in the bathroom cabinet but I could only find TCP, so I had to call on my friend Simon again....

Some Proper Gardening Tips



Hi! I'm Simon, the owner of Ackworth Garden Centre. I graduated with a BSc. in plant sciences and horticulture, and have spent my whole life working with plants, writing gardening columns and managing garden centres across the country. Jonathon kindly asked me to contribute some helpful tips to your magazine, and so I'm looking forward to sharing my gardening hacks with you.

This month I'm going to be giving you my top tips for taking care of festive flowers and trees. These tips and tricks will keep your plants perfect and your flowers looking fantastic ...

- * The most important - your Christmas tree! Keep in mind that their natural habitat isn't a living room, our trees have spent the last seven years in the west coast of Scotland, so if your living room resembles these conditions you're on to a winner. If not, you have to keep them cool. My top tip is to treat them like cut flowers. Keep it stood in water and keep them well away from radiators (if you must place it in front of one, be sure to switch it down first). Be aware of any appliances that can also increase heat – such as underfloor heating, or an

appliance that gets very warm – all of these can cause needle loss on your tree as the tree overheats.

- ✱ Container grown trees. Again, they need to be kept cool and wet. They don't like the shock of coming inside (in the same way we don't like going outside!). No need to wrap it up in a scarf – just be sure to harden your tree off before bringing it inside and, more importantly, when you take it back outside after Christmas. This can be done by placing it in a much cooler room, such as a conservatory or a greenhouse, but even leaving it in a sheltered position by the wall of your house will be better than nothing. By getting your tree acclimatised for a few days you can avoid sudden needle drop. As with real trees, place in a pot inside and keep well-watered, and away from any heat sources – just remember that trees need to be kept cool and wet.
- ✱ Poinsettias. These are some of our favourites, we have a particularly lovely marbled white variety in store at the moment which I'm going to be taking home! Unlike other seasonal plants the poinsettia is, in fact, native to Central America, and so they like totally the opposite conditions to Christmas trees! Keep them warm and dry. If you notice leaf drop (the flower is actually a modified leaf), it is almost always caused by a cold draft getting to them. Treat them like the hot-house flower they really are.
- ✱ Winter roses. These are fantastic and not fussy at all! So, let's not forget how you can trim up outside. These flowers are truly stunning and if you are looking for eco-friendly ways to get into the festive spirit, or if you want a decoration which will last all year round, we can't think of anything better. They have a tremendously long flowering time, typically between November and February, although at the centre some of ours were blooming right into June! We particularly recommend the 'Winter Princess' variety. They grow well in sun or partial shade. Although traditionally grown outside, they are very tolerant and so can be kept on a kitchen windowsill for a short while (but do remember to harden them off too).

I hope this has answered any questions you may have, but we're always happy to help you with any plant problems in store or on Facebook. Although it's been a challenging year, we have learned to appreciate what is really important in life and it has been so great to see everyone enjoying the beauty of nature and gardens. We would like to wish you all a safe and merry Christmas, and a happy and healthy New Year from myself and all of our team!

Stay safe – and get yourself growing!

Simon.



Wildflowers Get The Green Light



In the February 2020 edition of this Newsletter, the Village Plan Committee gave details of its intention to plant a field margin with wild flowers but as is the case with many other projects this year, it had to be put on hold. The plan is now to go forward with this project in Spring 2021.

To recap, the field margin runs parallel to Grove Lane and it has been agreed with the farmer that a strip of land approx 170 metres long by 2.5 metre wide will be made available for sowing with an annual flower mix. It is anticipated that after some basic cultivation of the area by the farmer, the site preparation and seed sowing will take place in March/April 2021 (subject to weather conditions), so we will need quite a few volunteers.

There will be plenty of room to spread out so hopefully that shouldn't present a problem if social distancing is still an issue. No horticultural experience is necessary, just a willing pair of hands so please get in touch with me so I can add you to the team. For those of you who have already said you'd like to help, I'll contact you again and make sure you're still available. My phone number is 01977 640977 or email badsworthcomputers@live.co.uk Many thanks, Peter Smith

Classic Family Recipes

This month we're sharing Joan Cartwright's award winning Ginger Cake. The story is that many years ago, Joan sent this recipe to a magazine and to her surprise and astonishment she won a £10 food voucher.

With the winter nights drawing in, is there anything better than a thick slice homemade cake with a big dollop of cream or steaming hot custard. It's as easy as 1-2-3, give it a go and let us know what you think.

Ingredients

2 cups Self Raising Flour

1 cup Sugar

4 oz Margarine

1 egg

1 teaspoon Bicarb and also Ginger (may prefer extra ginger)

2 tablespoons Syrup



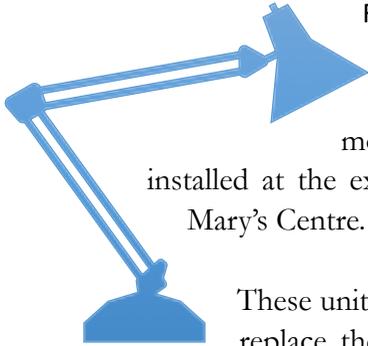
Method

1. Put everything in a bowl and mix with 1 cup of Boiling Milk.
2. Grease and line an 8inch square tin.
3. Oven 180 C for 45 mins.

Put your feet up next to a cosy fire with a cup of coffee and feel the glow from the ginger and the heartwarming compliments from friends and family.



Let There Be Light



Following a discussion with the Parochial Church Council, the Village Plan Committee has agreed to purchase and install two pole-mounted LED floodlights and these will be installed at the exit from the Churchyard in the direction of St Mary's Centre.

These units will have integrated movement sensors and will replace the old lights that have not worked properly for quite some time. It is hoped that this initiative will help residents walk this section of the footpath more safely during the dark Winter nights.

Christmas lights will again be on the yew tree in the Churchyard this year. Due to the shape and size of the tree, it was felt that some extra lights would be beneficial, so extra lights are currently being fitted. As you can see from the photo, Peter and Barrie from the Village Plan Committee are hard at work unraveling the mystery of a string of 4,000 lights and an unruly Yew tree. If everything goes to plan, the lights will then be switched on and will stay on until January 5th 2021. Hope you all enjoy them.



Rogerthorpe Manor

Covid restrictions mean all the planned Christmas celebrations have had to be placed on hold, says Richard Metcalfe. “Sadly, We are unable to provide our facilities as per the government legislation and the region’s move into Tier 3 restrictions.

This means we have to cancel all the planned activities such as the fabulous Christmas Suites throughout December and January; our intimate Dining Events with Gareth Taylor and with the complete uncertainty about the future we are not planning to reschedule any events and a full refund will be arranged.

We have also taken the decision to close earlier than anticipated so my fabulous team can have an extended festive and New Year period meaning that we will no longer be running the takeaway Christmas Day Dinner, again all refunds will be arranged.

We will always provide our services for Weddings booked and Karen will work with you accordingly depending on what we are legally able to provide you with.

The administrative staff will now be working hard to cancel all the bookings and ensure a smooth delivery of any refunds required.

Sunday Dinner Takeaway is no longer available..

We will continue to stay open for Critical and Key Workers ONLY until the 18th December 2020. We are continuing to stay open for accommodation and food for key workers. Please note there are strict guidelines for bookings and we will NOT be accepting any bookings other than the legally allowed key/critical worker.

We are truly sorry to be the bearer of bad news and whilst we understand that Tiers are subject to change we have decided that even if they do change we will not be embracing them in December.

Let’s hope for a much better 2021”



Richard Metcalfe
Managing Director



Halloween 2020

It has been a strange year with all of our usual celebrations cancelled. Sadly trick or treat went the same way, but that didn't stop some intrepid crafters making their own Halloween creations. The Parish Council sent in some photos which we are more than happy to print here. We also received photos from people on their daily walks.

Here are a few of this year's creations.



Parish Council Update

Just a Minute – A personal perspective

Most, if not all of us will have been affected by events over the past few months, some much more than others. It has been a time of unprecedented change which has meant massive adjustments to how we carry out our daily lives but if you are like me, you may have taken a moment to reflect on the importance of place.

For those able to get out and about around the Village, it has provided a scarce opportunity to have some continued social contact with others and additionally, to enjoy this place that we all call home. As I've walked down Back Lane, Main Street or Ninevah, I've been able to say "Hello" to fellow residents and we've taken time to chat and set the world to rights. Invariably, they've been wound up about inconsiderate parking, worried about a particular planning application or just fed up with yet more dog poo outside their gate but I've found that strangely reassuring, as in this topsy-turvy world it's confirmed that there is some "normality" and that some things never change! Oh, I almost forgot-the other thing that always crops up in conversation is how lucky we all are to live in such a beautiful Village.

So I've made new friends and re-established contact with those who I'd not seen in a while, so let's see if we can all take a step forward and get more involved in Badsworth life. You're welcome to attend a Parish Council Zoom meeting but I appreciate that might not necessarily be the highlight of your day, so why not think about other things you could do. Why not re-establish contact with the Village group you were part of and see what their plans are or perhaps have a walk around the Village and see if there is anything that you could help with. We have lots of unsung heroes who litter pick, plant bulbs, maintain planters, report problems/issues they come across and generally do what they can to keep this a special place.

Part of a piece I was reading the other day said "Only in the present do things happen" and if you think about it, it's true. So what are you waiting for?

Now is the time.



Cllr Peter Smith

Chairman, Badsworth Parish Council



Defibrillator

I am delighted to tell you that we have recently obtained permission from the Diocese to place the defibrillator purchased by Parish Council inside the porch of St Mary's Church.



Revd Charlene Smith, Peter Smith Chair, VPC) and Karen Barker (Church Warden)

Most public access defibrillators are stored outdoors in cabinets to make them available all day, every day but this means that during the winter they could be exposed to sub-zero temperatures which could affect battery performance, freeze the gel in the defibrillator pads, and/or reduce the life of the electrodes. To prevent this happening, the cabinet has a thermostatic heating element which will keep the defibrillator at the optimum temperature so that it remains operational. We are therefore very grateful to the Parochial Church Council and the Diocese for allowing

us to connect to the power supply within the Church.

A meeting with the Church architect will take place early December to ensure that the siting/fitting of the cabinet respects the fabric of the building and thereafter, arrangements will be made to install the unit and get it operational. It is anticipated that this will happen quite quickly.

Once completed, residents will be advised that it is up and running, together with details of what steps to take should the defibrillator be required. We'll be in touch.

Speeding and Parking

For too long, people have rightly complained of speeding through our village and inconsiderate parking. We now have in place an initiative to use Police resources funded by your Parish council, to tackle speeding and some of the worst parking issues and this went live at the end of November 2020. As a result of the first visit, a number of drivers who were





speeding were stopped and some will now be dealt with through a prosecution process whereas others were given a verbal warning.

So, several times a month for the next three months you can expect police with a laser gun targeting and ticketing offenders and whilst in the village the officer will patrol the key problem parking spots, issuing tickets where appropriate.

The exercise will continue for 3 months and then be reviewed with a view to continuing if judged useful. In the longer-term further chicane, road marking and surface changes will be considered to try to discourage speeding at all hours.

Portable and fixed “Smiley Sid” speed warning devices are also being considered and evaluated for their effectiveness.

Parking associated with School drop off/pick up is acknowledged to be a significant problem of some long standing and as life styles have changed, the situation has worsened. This is a very complex issue with many strands, one of which is the consideration of an out of Village parking area working in partnership with the Diocese. Discussions in that regard have been delayed because of reorganisation within the Church but it is hoped that the process can re-start when that has been completed.

Cllr Barrie Slinger



Village News

Disparate Housewives

Disparate Housewives is still on hold but we wait with anticipation that we can resume in January. We never actually got to our meeting back in March and missed out on an “Evening of Relaxation with Chrissie” who was returning by popular demand. There were some interesting participative events planned including a visit from a children’s author, a caricaturist and wine tasting. It is hoped we can rebook these for next year.

We have been busy collating recipes with a story, but we need more. These are favourite recipes that remind you of family, friends, events or even holidays. The intention is to make a booklet of recipes supported by a brief story of why it is important to you, which we can sell in memory of our good friend Ann Slinger and hopefully raise money for a charity close to her heart. Please send to rebecca@dmill.plus.com

Village Website and Facebook

Facebook continues to be a popular source of news. I have had a few messages about suspicious activity. These generally come through to me on Messenger and only I can see them. Anyone can post to the Badsworth Facebook page and it is a quicker way of getting an urgent message around than sending me a direct message. Despite what my wife Jane says, I don’t spend most of my life on my iPad ☺

The Lawson Hut

The Lawson Hut Committee have held “remote” meetings to monitor and implement the arrangements necessary for the Hut to be made available again with required safety measures in place. The Hut is currently taking bookings and any enquires can be made through the village website.

Parish Council Contact Details

The Parish Council is currently meeting on the 3rd Wednesday in the month @ 7.30 pm but due to coronavirus restrictions, these meetings are having to be held remotely using Zoom video conferencing software. Details explaining how to access these meetings (which all members of the public can attend), can be found on Parish Council website: www.badsworthparishcouncil.gov.uk

Your Councillors

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Our Badsworth Way

Contact Details

If you have ideas for future content or articles, have an event, activity or item of news you want to publicise, please contact the editor:

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**The deadline for contributions for the
February issue is Friday 29 January 2021.**

