

# **STONELEIGH & ASHOW NEWS**



**MAY 2020**



## **“ The heart of Stoneleigh”**

In the phone box on the Green

Coordinator David Ellwood

07785 284482 .Text if no reply

### **Trained volunteers**

John Churchley	07885 496795
Becki Coombe	07841 378404
Laura Elliot	07738 222969
David Ellwood	07785 284482
Richard Hancox	07770 826310
Ian Huston	07974 237331
Sharron McEldowney	07760 101775
Claire Neale	07557 675842
Lisa Reay	07716 416320
Martin Smith	07958 955629
Mary Taylor	07890 535506

Please **DO NOT** be afraid to dial 999 and ask for help if you have an emergency. We are advised that there is capacity in the Health Service to be able to cope.

Cover Photo: Winner of the Stoneleigh Village Club Easter egg competition, Eliza aged 7. Well done Eliza!

This month's edition, which we have given the informal title of "The Lockdown Special", finds us in a situation which none of us has faced before. The end to this is not known and the method of its dispatch unclear, but we know that we will emerge from it. Changed? Most likely.

It has shown the resilience within communities up and down the country. Here in Stoneleigh we have shown the fortitude required and the support for each other to help us through. From the help with shopping, a kind word, a phone call or message, Robin's stories for Young at Minds, to those who have kept going at their work, frontline or otherwise, we have kept ourselves together and we "Clap for our Carers" on a Thursday evening. Together we will emerge, but until then, enjoy the contents of this edition and thank you to all contributors!

Kim and Martin Smith

## **STONELEIGH & ASHOW NEWS** **DISTRIBUTION**

I regret that a combination of social isolation/age of some distributors/ restrictions on non-essential journeys/ and other effects of COVID-19, mean that it will not be possible to distribute paper copies of the May edition of the News. Residents can continue to read the News on the village website [www.stoneleighvillage.org.uk](http://www.stoneleighvillage.org.uk) and some websites (e.g. the Village Club and Neighbourhood Watch) will circulate it as an attachment.

It would be appreciated if those residents who usually read the News online would tell their neighbours why there can be no hard copy for them until restrictions are lifted.

Obviously the loss of this method of communication will cause disappointment but under the circumstances there is no alternative. Let's hope that this horrid time will soon end. Take care everyone.

*Margaret Wallis*, Stoneleigh & Ashow News Co-ordinator

## **Stoneleigh Male Voice Choir News**

We find ourselves in a strange and unusual situation. It is sad not to be able to see and visit family and friends, but as the Queen said we will get through this crisis.

The members of the SMVC were very disappointed that we had to cancel our March show 'Round the World in 80 Minutes' but the safety of our audience and choir came first.

When we originally took the decision to cancel the show we had pencilled in April 15<sup>th</sup> for our next rehearsal but that was not to be and no date has yet been set for our next practice.

However, members of the choir are keeping in touch with each other by e-mail, telephone and WhatsApp. Many of us have joined Gareth Malone's Great British Chorus to keep singing.

I would like to share with you the following prayer which has helped my family and myself through difficult times over the years and I hope some of you may find it a comfort.

May God bless and keep us

May God's face shine on us

May God be kind to us and give us peace.

Amen

Take care and keep safe

Philip Jones

(Chairman SMVC)

### **Stoneleigh Village Hall and Playing Fields.**

Following Government instructions but very regrettably, the Trustees have had to close the Village Hall.

The closure includes the main Hall building, all sporting facilities and the children's play area.

All facilities will be made available for use once the Government lifts the current restrictions.

Enquiries by potential hirers can still be made by phone 02476 411315, but only provisional bookings can be taken.

Alternatively you can message us via our Facebook page.

**Thank you.**

# **Stoneleigh Community Orchard CIC update**

**Tom Marshall & Pete Freeman**

In common with many other aspects of village life, activities in the Orchard have been wound down as Covid-19 continues to afflict and influence our daily lives and it was only through luck that all pruning and clearance of river bank areas of barbed wire and litter was completed immediately prior to the current restrictions. The only other observation, whether perceived or real, is how wild life seems to have thrived since the lockdown and it was with some astonishment that a “Red Kite”, a bird of prey with a distinctive swallow shaped tail was observed recently in our area, so please do look out for this magnificent bird which came close to extinction back in the 1960’s with only 20 remaining pairs left in the entire country!

To remain on an environmental theme. I want to thank Stoneleigh resident and fellow orchard group member, Tom Marshall for kindly producing an update in this month’s edition on an excellent piece of work that he initiated on his land on the slopes of Motslow Hill:

## **The Trees on Motslow Hill**

Motslow Hill’s future forest is growing apace.

A few years ago I consulted the Woodland Trust about planting trees on Motslow Hill. One of their team came to visit the field to decide if they would be happy to support the venture. It was instructive to learn what they were looking for in a tree-planting scheme. First, they would only support a scheme of at least a hectare: that’s 2.5 acres in old money. Then they looked at the site. They prefer to extend existing woodland where possible because this creates larger areas of habitat for woodland wildlife. As there were already woods next to the river and trees alongside the B4113, they liked the site. Then they looked at the existing environment. They wouldn’t plant trees on a valuable ecosystem like a flower meadow or wetlands. But my field was just pasture. They were happy and tree planting was arranged. So just over two years ago 1200 trees and 400 shrubs were planted on Motslow Hill overlooking the village. They are all native trees, a mixture including oak, hornbeam, wild cherry, field maple, silver birch and alder. How have things been getting on since then?

For the first year most of the trees were no taller than the tree tubes they were planted in, so it didn't feel much like a woodland. Things are a little different now. The trees have emerged and are growing well. I had a fence erected to separate the rest of the field from the trees to allow the remaining half of the field to be used for grazing. There is a small herd of Jacob sheep on the field as I write. Sheep have a tendency to eat everything they are not supposed to, so the fence has to be pretty secure.

After planting in 2018, the contractors returned to the site in the summer and again the next year to spray weed killer around the saplings. Keeping the grass down apparently gives the young trees a better chance of surviving. Last year a Woodland Trust volunteer also visited to see how the trees were growing. They reckoned about 15% of the trees had died, which is apparently average. Given the dry summer in 2018, they thought this was a good result. The woodland is not wholly native any more, since last year I filled in a gap with an unwanted Christmas tree in a pot. Now there is one immigrant, a Norway Spruce.

Tree planting seems to have become something of a fashion in the last year. There are now trees planted on the top and south side of Motslow Hill and a green screen of trees planted to the south west of the village. With woodland on all sides, could Stoneleigh be returning to its origins? Apparently the word 'leigh' in Stoneleigh comes from an Old English word for a clearing in a forest.

Tom Marshall

*Thank you Tom and Pete . Ed.*

**Orchard Friends' subscriptions and yearly renewals for 2020 will cost £10 and can be made to Pete Freeman as Chairman or to Richard Hancox as Treasurer. Cheques should be made payable to Stoneleigh Village Community Orchard, however why not become a long term, friend and set up a direct debit.**  
Pete Freeman (Chairman), 5 Church Lane, Stoneleigh.

[Pete.Freeman@swft.nhs.uk](mailto:Pete.Freeman@swft.nhs.uk),

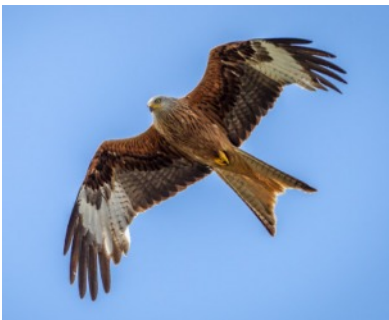
Richard Hancox (Treasurer) Hancox,

[Richard.Hancox@highwaysengland.co.uk](mailto:Richard.Hancox@highwaysengland.co.uk)

One of the more pleasant features of the lockdown period has been the sight and sounds of the lambs and sheep calling to each other on Motslow Hill. Jacob Sheep are a most attractive species.



As Pete and Tom remarked, do look out for Red Kite. At a casual look you may think they are buzzards, but look out for the decorative wing roundels. Initially reintroduced into England in Stokenchurch, they are now spreading north beyond the Oxfordshire/ Warwickshire border.



### **Stoneleigh Village Club**

Although we cannot open, during these difficult times we have a team in place who can help with shopping, collecting medication, posting mail, or just to have a friendly chat. Contact

Stoneleigh.villageclub@gmail.com before 10 pm for delivery the following day or phone 02476 414440

10 am-11 am and 7pm-8pm. [www.facebook.com/stoneleighvillageclub](https://www.facebook.com/stoneleighvillageclub)

## **A Quick Quiz.**

**Questions** from Laura Bisley.

1. By land mass, which country is larger? New Zealand or the UK?
2. Which Premier League football team plays at Vicarage Road?
3. What did Howard Carter discover in 1922?
4. What is the name of the toy dog in Toy Story?
5. Which city is largest by population size, Edinburgh or Glasgow?
6. What is the name of a female adult goat?
7. Can you name all of the colours on the flag of Brazil?
8. How many teeth does an aardvark have?
9. What is the capital of New Zealand?
10. Bridget Jones's Diary author Helen Fielding used elements of which British literary classic in her novel and subsequent film?

*Answers on page 23 . Ed.*

## **W.I Update from Liz Sykes.**

Dear All. Please keep looking out for any news of our return which will be as soon as practically possible!



*Get better soon Liz. The Editors.*





## **A Poem for the Coronavirus Lockdown**

And one day you will ask, "what was it like, Mum?".  
Years from now when it's over and done.  
And I will turn to you and hold your face.  
And give you the biggest thankful embrace.  
And tell you of rainbows in windows down roads.  
That scattered some colour in their bucket loads.  
And the sun that came out to keep people bright.  
That each night I would hope it would all be alright.  
I will tell you of games we played together.  
And the moments we sat and just hugged one another.  
The people who danced on an app called Tik Tok.  
That in my sad moments your dad was my rock.  
I will tell you we clapped for the doctors and nurses.  
And gave to charity what we could from our purses.  
I will tell you of a chap who raised millions of pounds.  
He was almost 100 and walked round his grounds.  
That at night I would sit in the kitchen and think.  
And sometimes my thoughts would make my heart sink.  
And I will tell you that everyone felt just the same.  
Regardless of money, status or fame.  
I will tell you that once we couldn't walk free.  
That the end ahead we just couldn't see.  
That things were hard and got harder still.  
But there were some little moments that were just plain brill.  
We had some time to sit and just be.  
We would giggle and laugh, just you and just me.  
We would video call and speak to our friends.  
And make endless plans for 'when this ends'.  
One day you will say, "I remember it mum."  
And you will turn to me and a smile will come.  
"Everyone helped each other", you'll say.  
And that, that time changed how we are today.

# **PARISH COUNCIL NOTES**

## **Meetings**

Because of the current social distancing requirements, there have been some changes with regards to Parish Council meetings. The April meeting was cancelled: however, we are planning for the May meeting to be held online via Zoom. A link to the meeting will be posted on the website and members of the public are welcome to attend. The meeting will be held at 7pm on May 14<sup>th</sup>. Check the Parish Council website for updates. Please note that for the time being, all information relating to meetings will be on the website only, no information will be posted on the noticeboards.

The annual village meeting which was planned for April 22<sup>nd</sup> has been cancelled, and at the current time, this has not been rescheduled.

To view the full details of these and other meetings, including upcoming planning applications, please visit the Parish Council website:

<http://stoneleighshowparishcouncil.btck.co.uk/CouncilMeetings>

Work is still continuing on the Neighbourhood Plan and we hope to bring you more news about this over the coming weeks.

Don't forget to check out the **Parish Council website** which is regularly updated with local information such as COVID19 updates, road and traffic issues, HS2 updates, regular Safer Neighbourhood Policing Team surgeries, information drop in sessions and local consultations. It's a great way to find out what's going on locally and get involved. You can find us at:

<http://stoneleighshowparishcouncil.btck.co.uk/>

You can also keep up to date by joining the Parish Council Facebook page.

Hannah Watts, Parish Clerk

# Devon ( a poem from Robin Bussell)

Across the moor and yonder to the sea  
The storm clouds lie, then quite suddenly  
A shaft of sunlight pierces the sky  
And from afar I hear the curlews cry.

There's movement everywhere and catkins in the hedge  
And sweet white bells along the water's edge.  
The swollen streams rush headlong down the hill  
On, on they go and never can be still.

Then when in Spring our spirits start to soar  
And winter's problems worry us no more  
To those with luck to live in glorious Devon  
It surely seems the nearest place to heaven.

*Thank you Robin for the promise of times to come. Ed.*

## Refuse Collections By Warwick District Council

The Green Bin collection has recommenced after a temporary suspension.

Last grey bin day, which was Bank Holiday Easter Monday, the bin men came early and several people had not put their bins out the night before. The advice is that the Council will collect the left over waste if it doesn't fit in the grey bin, please bag it and place it next to the bin.



## **HS2 UPDATE**

In recent weeks, the media has concentrated almost solely on the COVID-19 crisis but amidst this coverage HS2 has been mentioned in discussions about the UK's economic situation once the crisis is over and whether it should remain a priority given the precarious financial situation the UK will find itself afterwards.

A Notice to Proceed has been issued by the Government to the various contractor groupings who will construct the railway. In our area this is a collaboration between Balfour Beatty and Vinci (BBV).

Meanwhile, HS2 Ltd continues to make its presence felt in our area.

The situation over threatened tree felling in nearby woods has received considerable national as well as local publicity. The closure of one end of Birmingham Road has caused inconvenience although admittedly not as much had there not been the lockdown. The threat of further disruption and the threatened felling of trees and removal of hedges along the B4115 is causing great consternation. The Parish Council and StaG have formally requested a site meeting to discuss the latter and have insisted on seeing plans before any more work is undertaken. Previous requests for meaningful engagement about many aspects of proposed work have failed to achieve constructive discussion but this is not for want of trying!

As we go to press, households have received a notice from Highways England about serious disruption on the A46 due to work on the bridge on the A425. As it happens the bulk of this work should be completed during the extended period of lockdown, but even so, some disruption will affect us all and it is annoying that yet another example of the left hand not knowing what the right is doing causes local residents increased worry and inconvenience

Keep safe everyone.

**Margaret Wallis** (on behalf of StaG - Stoneleigh against HS2).



## **Butternut squash with lardons/gammon**

### **Ingredients**

1 Butternut squash  
1 slab feta cheese 2-3 fresh garlic cloves  
2 tsp chopped fresh thyme  
1/2 packet walnuts  
Honey  
Salt+pepper to taste

### **Method**

1. Cut a squash in half and scoop out the seeds .
2. In each cavity add a large knob of butter.
3. Chop garlic cloves and add them to cavities with butter.
4. Put in preheated oven 190 for 45-60 ;minutes until soft.
5. Whilst squash is cooking in a bowl crumble feta add chopped thyme and if using lardons first fry them in some olive oil until cooked and then add them to the feta and stir together and salt and pepper to taste.
6. When the squash is soft scoop out the the insides to leave a shell of each and add to feta mix in the squash .
7. Lightly toast the walnuts, crush them and add to the mixture.
8. Return the mixture to the squash shells drizzle honey over the mixture and return to the oven and cook for a further 20-25:minutes until the feta is cooked.
9. If having gammon steaks instead of lardons cook the gammon while the squash is in the oven.

YOU COULD ALSO HAVE THIS AS A VEGETARIAN DISH  
LEAVING OUT THE GAMMON /LARDONS.

Enjoy it's delicious  
Lorraine Bailey

*Thanks Lorraine for this tasty recipe. Ed.*

## **Stoneleigh History Society**

As with all other organisations, Stoneleigh History Society has had to cancel all meetings for the time being. We were sorry to miss hearing Jill Kashi speak to us about Baddesley Clinton after our AGM in March; Derek Clarke, who spoke to us last year about Birmingham's Back to Backs, was to return in April to speak about the restoration of the Old Royal Naval College at Greenwich. I am delighted that both speakers have agreed to visit in 2021. Similarly our annual outing, this time to Maxstoke Castle has had to be postponed until next year.

We were looking forward to the village's VE Day celebrations on May 8<sup>th</sup>, and have prepared a display which was intended to be placed in the Club. We hope that this will be possible once "lockdown" is over and we are back to what passes for normality. In the meantime, a few details from that research can be seen below

Sheila Woolf

### **To commemorate VE Day May 8<sup>th</sup> – a few Stoneleigh-related facts...**

1. I am often asked about the "American Hospital" at Stoneleigh during World War Two. Stoneleigh played an important part in helping wounded American personnel regain their fitness, and was known as "Somewhere in England" or "Rehabilitation Center Number One". In the current coronavirus outbreak we are seeing vast hospitals erected in double-quick time. It may come as a surprise to some that in October 1943 a 1000-bed convalescent hospital opened at Stareton in the Deer Park! At first it was known as the 8<sup>th</sup> Convalescent Hospital Unit. The main aims were: Rehabilitation, Military Training and Morale. "Return the patient to fighting fitness in the shortest possible time." Many of the patients were USAAF personnel and after medical examinations they were given remedial exercises, physiotherapy and general PT. They were divided into classes according to whether their injuries were to their knee, back, shoulder etc. Interestingly, equipment to help them return to service was added to the camp – fuselages of B26 and other aircraft, guns and turrets. In December 1943 the hospital was replaced by the 307<sup>th</sup> Station Hospital. It was regularly inspected by Generals and other high-ranking officers from the US Army. A popular visitor was the boxer Joe Louis, who refereed a boxing contest in June 1944.

By June 1944 an Irish labour camp run by the British Ministry of Works was added adjacent to the American camp and 350 more beds were added.

There was a theatre, and dances were held. Stoneleigh residents were invited to these, and their children to the cinema. The American band played at events in the Victory Hall.

After D Day many more injured Americans were transferred to Stoneleigh (I was recently contacted by a man whose father had been wounded at Omaha Beach, and brought to Stoneleigh). All were flown in via Baginton. The centre became known for its orthopaedic surgery as well as for remedial work such as electrotherapy and hydrotherapy to stimulate the nerves. Several men had had limbs amputated and needed to work with prosthetic limbs.

The unit was effectively disbanded in November 1944.



*Information from “Bridging the Gap”, US Army Rehabilitation Centres in Warwickshire during World War II” by Fran and Martin Collins*

There is now a Facebook page for Stoneleigh Village. Here you can find ongoing information about shop openings/deliveries/council matters and so on – as well as a few “funnies” and inspirational stories to keep our spirits up! Do take a look; just search for “Stoneleigh Village”.

Sheila Woolf.

# To commemorate VE Day May 8<sup>th</sup> (continued)

## 2. Evacuees

Many families whose homes were bombed in the Coventry Blitz were evacuated to Stoneleigh and to Stoneleigh Abbey. Temporary “homes” or “hutted camps” were set up in fields near the village. Also, children from St Joseph’s Convent in Kenilworth were evacuated to Stoneleigh Abbey in August 1939, where their education continued.



Girls of St Joseph's Convent School, Coventry, playing cricket at Stoneleigh Abbey, Kenilworth. The school has been evacuated to this 12th-century monastery, the home of Lord Leigh

Lord Leigh (John Piers ) wrote of that time:

“I was only five years old.

After the big November air raid on Coventry, 69 refugees were housed in the Abbey. They had beds here in the Long Corridor and in the basements – anywhere that room could be found. My mother and Mrs Lee, the housekeeper, gave our temporary lodgers porridge and toast for breakfast, baked potatoes filled with dripping and cheese for tea, when they got back from Coventry after

clearing up and salvaging their belongings. For supper – home-made soup made from anything edible that could be found in the garden, toast and pudding. There was a roaring log fire but no other means of heating and a baby born in the basement unfortunately died from the cold.

The house was very full with strangers as we also had St Joseph’s Convent boarded in the West Wing and run as a full-time girls’ school by the nuns. An unexploded shell which fell near the Abbey landed on the far side of the Gatehouse in the edge of the Royal Showground.”



CHILDREN OF ST. JOSEPH'S CONVENT, COVENTRY, EVACUATED TO STONELEIGH.  
TWO OF THE NUNS TAKE A CLASS FOR THE LITTLE ONES



## Film Night

For our next film night, we were due to be showing:



### **Mrs Henderson Presents**

On Friday May 8<sup>th</sup> 2020 in  
Stoneleigh Village Hall

## **THIS IS NOW POSTPONED**

We were showing this film in conjunction with the 75<sup>th</sup> anniversary VE Day celebrations being held in the village on this day. Classed as a comedy drama it brings a lighter look at life during the war.

This film tells the true story of Laura Henderson, an eccentric British socialite who opened the Windmill Theatre in London in 1931.

Any queries please call Jane on 01926 858315.

**Dates for film nights in 2020:**

**July 10<sup>th</sup>, September 11<sup>th</sup>, November 13<sup>th</sup>**

But please look out for updates. Ed

# The Spice Truck

## Starters

### **Samosas (ve) £ 2.00**

Spiced potato and pea mixture encased in a homemade pastry (x2)

### **Pakoras (ve) £2.00**

Spiced pieces of potato, spinach and onion in a gram flour batter (1 portion)

### **Chicken Tikka \*£4.00**

Tandoori marinated pieces of chicken served with salad and mint yoghurt sauce

### **Pork Sheekh kebab £4.00**

Oven cooked pork and ginger spiced kebab, served with salad and homemade chutney

## Curries

### **Spiced Paneer (v)\*£8.00**

Indian 'cheese' cooked with ginger and chillies in a tomato base with mixed peppers, onions and peas

### **Red lentil and spinach dahl (ve)£ 8.00**

Red lentils simmered and gently cooked with spices and spinach

### **Mum's Chicken curry £8.00**

Our traditional Northern Indian style chicken curry made in a tomato-based sauce

### **Chicken Tikka Masala\* £8.00**

Tandoori marinated chicken cooked in a creamy tomato and yoghurt-based sauce

### **Prawn Curry £8.00**

Tomato based spiced prawns cooked with mustard seeds and chillies

### **Lamb Curry £9.00**

Tender pieces of lamb and curried potatoes pressure cooked

### **Rice (ve, gf)£2.50**

Plain boiled basmati rice

### **Chapatti (ve)£1.00**

Home made Indian flat breads (x2)

### **Naan bread (ve)£1.00**

**Please place orders by 5 pm on Tuesday to secure your order for**

### **Payment terms. Please pay on ordering via bank transfer:**

**Name:** S Heer  
**Sort Code:** 20-48-08  
**Account number:** 03991660

Ve: vegan V: vegetarian. Gf: gluten free. \*contains dairy

Although every care has been taken to remove bones, some may still remain in our meat dishes

**Please use the following order form:**

<https://form.jotform.com/201135677480051>

## Three Minute Quiz

(This is a “speed quiz” 3 minutes only)

Thanks to Robin Bussell for supplying this)

1. How far can a dog run into a forest?
2. How many birthdays does the average man have?
3. Why can't a man living in Oxford be buried west of Ipswich?
4. If you only had one match left in the box and entered a room in which there was a paraffin lamp, a gas ring and a fuel stove, what would you light first?
5. Some months have 31 days, some have 30. How many months have 28 days?
6. If the doctor gave you 3 pills and told you to take one every half hour, how long would they last?
7. A man has a house with four sides to it and is rectangular in shape. Each side has a southerly aspect. A big bear comes wandering by. What colour is the bear.
8. I have in my hand two coins totalling 15p. One is not a 5p piece. Please remember that. What are they?
9. A farmer had 17 sheep. All but nine died. How many did he have left?
10. Divide 30 by  $\frac{1}{2}$  and add 10. What is the answer?
11. Take two apples from three apples and what do you have?
12. An archaeologist claims he found two coins with the date 48BC on them. Could they be genuine?
13. A woman gives a beggar 20p. The woman is the beggar's sister but the beggar is not the woman's brother. How is this?
14. How many animals of each species did Moses take aboard the Ark?
15. Is it legal in Britain for a man to marry his widows sister?
16. Some ducks are swimming in a line. There is a duck in front of two ducks, a duck behind two ducks and a duck between two ducks. How many ducks are there?
17. If three cats kill three rats in three minutes, how long will it take 100 cats to kill 100 rats?
18. The number of eggs in a basket doubles every minute. The basket is full of eggs after 60 minutes. When was it half full?
19. Two fathers and two sons each shot a duck. None of them shot the same duck. Only three ducks were shot. Why is this?

*Answers on page 25. Ed.*



# **Thoughts from the Edge of a Golf Course.**

**By Bill Crofts.**

## **To his fellow Golfers.**

As Gatekeeper of the North Lodge entrance and generally keeping my eye on the front nine of the Stoneleigh Deer Park Golf Course, I thought I'd better give you an update.

As you probably realise by now, Coronavirus was invented mainly to stop you lot playing golf while I can't. Hopefully by the time you can all start playing again, I'll be back playing too - with the benefit that we'll all be useless together!

In the meantime, in all of this self-isolation, I've come to realise that there is a remarkable link between beekeeping and golf! Hard to believe I know!

In beekeeping, when you build (or refurbish) a hive, you end up with something of beauty. That smell of the red cedar wood that the boxes are made from. The fresh smell of the pine wood on the new frames, and of course the sheets of golden yellow beeswax foundation that you fit into the frames, all adds up to something that looks fabulous and smells wonderful. But then, once the bees get in it, they make a right mess of it. They fill it all up with goo, and they gum up gaps, and very soon the lovely clean frames become brown and manky.

And it's the same with a golf course! At the moment, since the weather has turned (at last!), the ground staff have really been cracking on with getting SDPGC in great shape. The greens still need a bit of time to get to their best of course, but the course is generally looking wonderful at the moment. I've never seen it looking so good.

Of course, as with my beehives, the only thing that's really going to spoil it is letting us back on to hack it all about again. So I thought the least we could do when we do get back is try to look after the course as best we can. What I'm going to do are things like,

- not hit my tee shots on to the nicely manicured fairways, but play up the rough as every poor golfer should.

- don't hit the greens with long-range shots that cause damage, but wait until I've played several shorter ones so that I'm only gently tapping the ball on to the green once I eventually get there.

This sort of considerate golf is something that I know every Stag is capable of, and will help to protect the course enormously.

As the Queen said, we all need to do our bit, and she should know.

So I look forward to seeing you all dutifully fluffing your shots in the rough, but feeling very pleased with yourselves that that wasn't a great divot you just took out of the fairway.

Best wishes and keep swinging!

Bill



This is Bart

Bart's got his pots and pans

At 8 he'll bang them as loud as he can

Bart would like the NHS to know

He really appreciates them so

Bart's going to stay on his drive

And play a little part in saving lives

Be smart

Be more Bart!

Thank you for keeping us informed and thoroughly entertained Bart. The Editors!

## **Lockdown Lentils . A Recipe from Sarb Heer.**

This is a simple lentil curry otherwise known as 'daal'. I have checked and these lentils are easily available in all our local supermarkets. They are packed with protein, low in fat and with a kick of chillies makes it a tasty and healthy meal. We have been having this one with rice and flat breads with a side salad at home.

Recipe:

Red split lentils x 1 cup

Medium onion x 1

Chopped Ginger x 1 tablespoon

Green chillies x 1 teaspoon

Chopped tomatoes \*

Salt (I use Himalayan but whatever you can get) -1/2 tsp

Turmeric- 3/4 tsp

Garam masala- 1/4 tsp

Cooking oil (I use organic coconut oil) x 1 1/2 tsp

Chopped coriander for garnish (if you like)

- 1) Wash the lentils thoroughly in cold water
- 2) place the lentils in a saucepan and cover them in water (about an inch above the lentils) and add the turmeric and salt. Bring to a boil and gently simmer
- 3) In another saucepan heat your chosen oil and add onion and gently cook until caramelised
- 5) Add ginger and chillies and cook for a few minutes, if the mixture starts to catch the bottom of the pan, add some water to release it
- 6) Add tomatoes and cook for a few minutes until the mixture starts to combine add a little water (if needed) to help it release from the pan
- 7) Add the masala and once mixed, add to the lentils which should be cooked by now (20 -30 minutes maximum cooking time of lentils)
- 8) if you are using coriander, add this now and serve with rice/flat bread/ naan bread/crusty bread.

Depending on what you can obtain from your supermarket/provider:

\*Tomatoes :

fresh tomatoes- finely dice 1

tinned tomatoes- add 1/3 of a tin

tomato purée add 1-2 tbs.

No red lentils? Substitute red lentils for any other ones you can obtain. You can also use this for a tin of chick peas, tins of mixed beans - add some potatoes to make it go that bit further.

Like greens? Add some chopped spinach at the end of step 6.

Left overs can be refrigerated and eaten the next day.

And finally, lockdown can be a worrying and lonely time for many. I find reflecting on these questions can help us to keep positive in times of great uncertainty:

- 1) who am I connecting with today?
- 2) what expectations of 'normal' am I letting go of today?
- 3) how am I moving my body today?
- 4) what am I grateful for today?
- 5) what type of self care will I practise today?

I hope you will find this content useful.  
Stay safe and stay healthy.

Kind regards  
Sarab  
The Spice Truck

### **Answers to the quick Quiz from Laura.**

1. New Zealand - the UK is approximately 243,610 sqkm and New Zealand is approximately 268,838 sqkm, making New Zealand about 10% larger than the UK.
2. Watford
3. The tomb of Tutankhamun
4. Slinky
5. Glasgow
6. Nanny
7. Blue, green, white and yellow
8. 26
9. Wellington
10. Pride and Prejudice by Jane Austen

Thanks Laura for this head scratching quiz.

How did you do?  
Don't forget to try Robin Bussell's three minute quiz.





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## Three Minute Quiz – Answers

1. Halfway
2. One
3. Because he is not dead
4. The match
5. 12
6. One hour
7. White
8. 5p and 10p
9. 9
10. 70
11. 2 apples
12. No
13. They are two sisters
14. Moses didn't
15. Not possible (the man is dead)
16. 3
17. 3 minutes
18. After 59 minutes
19. Only 3 men (grandfather/father/son)

*Thanks to Robin for this entertaining quiz. Ed.*

This month's edition of Stoneleigh and Ashow News was compiled by Kim and Martin Smith, who would like to thank all contributors. All details correct at time of printing, but please check locally as the COVID-19 outbreak is disrupting many events.

This is an online publication only.

The online colour version can be viewed at  
[www.stoneleighvillage.org.uk](http://www.stoneleighvillage.org.uk)

The June 2020 edition will be compiled by

**Bill Crofts**, North Lodge, Coventry Road, Stoneleigh, CV8 3DT

[W.E.Crofts@warwick.ac.uk](mailto:W.E.Crofts@warwick.ac.uk)

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## **Some reminders in lockdown:**

We have come to recognise and be grateful for the benefit of local independent shops.

### **Food shopping.**

Supermarkets remain open during the lockdown. Some are giving priority shopping slots for elderly. Others are giving priority online order slots for elderly or vulnerable people, but the service is struggling to meet the demand.

Locally Farmers Fayre has been offering a splendid service. You have to order online and then arrange payment and collection only.

<https://www.farmersfayre.co.uk/>

### **Garden supplies.**

Smiths of Baginton is offering some online orders and deliveries, orders can only be placed online, and terms and conditions can be seen there:

<https://smithsnurseries.co.uk/>

Kingshill Nurseries is also open for online orders:

024 7669 7034 <http://shop.kingshillnurseries.co.uk>

## **Hospitals remain open for medical emergencies other than Coronavirus related admissions.**

GP practices are open for patients, but best to telephone your practice first to understand how they are operating.

Dentist practices are closed for routine matters. In an emergency telephone your local dentist practice to check if they will see you, or call NHS 111.



Some of the ways we have spent our time in lockdown. Walking, talking, network or crafts.

