

THE OXHILL NEWS

July 2023 No. 584



St Lawrence church door decorated for the Big Weekend.

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CLUB & GROUP CONTACT DETAILS

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The Peacock Pub	01295 688060
Tysoe Tennis Club:	Club Secretary: Carol Spencer email: carol.spencer234@hotmail.co.uk
Warwickshire Mobile Library:	01926 851031
WOT2Grow Community Orchard:	Liz Atkinson (680045), Paul Sayer (680451), Sue & Mike Sanderson (688080) www.wot2grow.co.uk
talkdementia.uk	Paul & Heather Dowler Tysoe 688376
Carer Support Service	email: talkdementia@mail.com Website: talkdementia.uk Tysoe Village Hall every Friday from 10am

**If you would like to list your club or group in the Oxhill News
please send details to oxhill.news.editor@gmail.com**

INTRODUCING OXHILL'S GUIDE DOG PUPPY



We have volunteered with Guide Dogs as breeding dog holders for the last 15 years; so far we have had 79 puppies born at our house. In April, our Golden Retriever, Dora, produced just one large puppy. As a family, we have been raising money to name a Guide Dog puppy through baking cakes over the past few years. Oxhill Knit and Natter became involved in our fundraising, generously donating their profits from selling handcrafted goods and running raffles at the Made in Oxhill Arts and Crafts events.

With their unwavering support, we managed to hit the target required to officially name one of our puppies. It was important to us that the puppy's name had a strong connection to Oxhill as all the fundraising had happened in the village. Knit and Natter voted for Myrtilla, the name is the slave girl

who died in Oxhill in 1705 and was given a proper, respectful burial and headstone, such a rarity for slaves at that time. Her headstone is the only Grade II listed grave in Oxhill.

Having siblings is so important for the development of puppies, so Dora was given 3 foster pups when Myrtilla was 5 days old. Dora took to them straightaway and Myrtilla had some playmates!

Myrtilla left us on June 16th and is now with her Puppy Raisers where she will stay for the next 12 months or so. They have already been in touch and promise to keep us updated as she progresses through her puppy training and hopefully goes on to become a fully qualified Guide Dog.



Guide Dogs currently need more homes for their breeding stock. If you are interested or just want to find out more about what it entails, I am always happy to talk about what we do!

Ruth Mercer



CHURCH FUNDRAISING

OXHILL'S BIG WEEKEND REPORT

The weather was perfect for our Oxhill Big Weekend. All the visitors who came seemed to enjoy themselves, probably because there was something for everyone: beautiful flowers in the Church from local gardens and growers which were sustainably arranged (not using Oasis), a craft table for children, a wildlife treasure trail, a very attractive open garden, local crafts, stalls and alpacas, and, if that wasn't enough, there were delicious home-baked refreshments and Ploughman's lunches. On top of that, there were demonstrations of sustainable flower arranging at the Church and wildlife talks and films at the Manor. Because it was Oxhill, there were also a few straw-filled visitors. At the end of a very busy weekend, we were pleased that we made a profit of just under £2100.

None of this would have happened without the help and support from a large proportion of the village. Where do I start with the thanks?! Firstly, a massive thank you to the ladies who decorated the church so beautifully, with particular thanks to Jude, Fiona, Rachel, Linda and Carol. Fiona and Rachel also demonstrated brilliantly. Linda organised the children's craft table which was very popular. Thank you to Lis who arranged for the children of Tysoe School and Tysoe Children's Centre to make paper flowers that formed the Church entrance arch. Thank you to the teachers and play leaders who helped the children to make them.

I want to send special thanks to Jerry Webb and Phil Brennan: Jerry made all the treasure trail boards which Phil painted so beautifully. Each one is a work of art. Jerry also made the cross and planter boxes in the church, which were reserved and all sold on Saturday.



Thank you to everyone who brought their classic car to the Manor. They looked splendid parked on the grass in front of the Manor. Thank you also to Lis and Adrian who walked a couple of reluctant alpacas around to The Old Chapel. They certainly were quite an attraction!

Alastair and Debbie Welford very kindly gave their permission for the treasure trail and the classic cars to be on their property. Also, Alastair gave very interesting talks, walks and film shows about the wildlife at the Manor. Thank you to both of you.

Jill and Colin were very generous in agreeing to open their garden. It looked and smelled beautiful. Thank you for allowing visitors to walk around it and thank you for the use of the Old Chapel too. Thank you to Nick Gardner for letting us use the field next to the Old Chapel.

Mick and Barbara were on duty as First Aiders all weekend and I'm very happy to report that they only had one case to deal with and I'm married to him. They did a fantastic job of sticking him back together after a mishap while making parking signs – thank you again! I also owe Jon a massive thank you for all his support, including hammering treasure trail signs into baked earth at 9pm on the Friday evening.

The Heritage family very kindly came to my rescue with a solution to parking. They allowed us to use their field as a car park and the Monteiths granted access across the shared driveway. Thank you so very much to both families. Thank you also to the parking marshals who tolerated the boredom of parking very few cars. At least you kept dry!

Thank you to everyone who baked for the world-renowned Oxhill refreshments. There were so many comments over the weekend about the quality and range of baking skills on show. Shipston Cycling Club made us their Sunday morning coffee stop and were so impressed that they asked us if we could open every Sunday! Thank you also to those who donated to the Tombola. Having started the week with 5 bottles, we went on to have a massive Tombola that ran all weekend. Thank you to Knit and Natter for donating items to sell and to all who donated to the Produce Stall. Thank you to Giosuè and Jack at the Peacock for their generous raffle prizes.

We are so lucky to have so many happy volunteers in the village. Thank you to everyone who ran the stalls. Some even travelled halfway round the world to help! The refreshment team worked tirelessly all weekend, brilliantly led by Gaynor with Gaida's help, both of whom were there for the whole two days. Thank you to each and every one of you.

Alice did a fantastic job with the artwork for the event. It is not easy for her to fit it around her day job and her skill and hard work is very much appreciated. Not only did she design the eye-catching poster but also worked her magic on Grenville's original village map to add colour and labels. Thank you, Alice!

Finally, I owe the success of the event to the team that we created to organise it all. Please accept my most grateful thanks Gaynor, Gaida, Linda, Carol, Carol, Lynsey, Lis, Rachel, Jude and Fiona.

Apologies if I have missed anyone out. It was very much a team effort.

Ruth Mercer

Dates for your diary

October 14th: Quiz Night

November 24th-25th: Made in Oxhill Arts and Crafts Pop Up Shop





ST LAWRENCE CHURCH JULY 2023

I am sure it will be said elsewhere, but an enormous thank you to Ruth Mercer and her team, which seemed to be most of Oxhill, for Oxhill's Big Weekend: it was the most wonderful time, and we are enormously grateful to everyone for all that they contributed, in whatever way.

It is high summer (we hope), marked for many by holidays. Some will be going away, others may well be on grandparenting duties while parents are at work; some will continue to work. Whatever you are doing, may it be a special time of refreshment and renewal: a time to revel in all that God has given us in creation, families and friends. It is what we call Ordinary Time, a Season of Growing, and the closing words of our worship right now are: We go into the world to walk in God's light, to rejoice in God's love, and to reflect God's glory – i.e. revel in all that the summer has to offer us.

As you will see, this month we welcome George back from his sabbatical; it will be good to see him again, although the odd visitor may occasionally creep in!

Sunday, July 2 nd	9.30 am	Holy Communion, Heather Parbury
Sunday, July 9 th	9.30 am	Morning Worship, George Heighton
Sunday July 16 th	9.30 am	Holy Communion, George Heighton
Sunday, July 23 rd	6.30 pm	Evensong, George Heighton
Sunday, July 30 th	11.00 am	United Service in Brailes, Heather Parbury.
Sunday, August 6 th	9.30 am	Holy Communion, Glynn Evans



An all-day summer blessing

May birds fill the dawn of your day with song,
may the midday sun caress your face with warmth,
may honeysuckle scent the evening breeze around you
and may summer stars shine bright above you.

And may God,
the giver of summer song and scent,
the Creator of the sun and stars,
touch your life with beauty
and fill your heart with joy.
Amen.

Simon Taylor, Summer

Blessings, Jill

Priest-in Charge Rev. George Heighton, 01295 680201
Associate Minister Rev. Heather Parbury, 01608 685575





Join us



MUSIC AT THE MANOR



*An afternoon of live entertainment
set in the grounds of Oxhill Manor*

www.nicodemuscharity.org.uk

Celebrating young talent
Supporting young people



Pop up bar and BBQ provided by The Peacock Oxhill
Bring a picnic, chairs and your friends

SATURDAY 19TH AUGUST

3pm until 9pm

**TICKETS £10 PER PERSON
UNDER 12S FREE**



A fundraising event to support

NICODEMUS





Oxhill Village Hall



That's a relief! We pumped 10 cubic meters of liquid screed today for the new Village Hall floor. ~ Jo Collings

A large Spanish flag with the coat of arms and the motto 'PLVS VLVS' is waving against a blue sky. In the bottom left corner, a black pan is filled with a vibrant paella, featuring yellow rice, red tomatoes, and several clams.

PAELLA NIGHT!

In aid of Oxhill Village Hall

**Saturday 15th July
The Old Chapel
7:30pm**

**Tickets £20 per person,
to include starter,
paella, and dessert.**

Ali Sayer

07970 922352

ali.sayer@btinternet.com

Jo Collings

07860 418811

itsjocollings@gmail.com

DATE FOR YOUR DIARY!

Progressive Supper: Saturday 7th October



Tysoe Tennis Club
www.tysoetennisclub.co.uk

IT'S NEVER TOO LATE TO PICK UP A RACQUET !! CATCHING UP WITH JACKIE KEYSER

I played a little tennis at school, but then took up squash until I accepted that I was too old for it! Moving to Tysoe nine years ago, each summer I would look at the courts and think about how nice it must be to play in the fresh air and (sometimes) sunshine, but never got around to joining. Then, last year, 'Rusty Racquets' was announced, and, as I couldn't be any rustier, I joined and thoroughly enjoyed it, especially as there were players of my age and/or experience.

Since then I have joined the club, I participate in the practice sessions and, as I have a pulse, have played for the B team !! I have always found everyone really supportive and helpful. The post match cake is pretty good too!

TYSOE TEAM PERFORMANCE

We have 4 teams participating across three different leagues. The ladies teams play in the Evesham league, with the A team currently sitting **3rd** in Division 3, and the B team currently **4th** in Division 6 .

The mixed double team, who play in Banbury leagues have had a great start winning 3 from 3 and sit **top** of Division 4. The men's team play in the South Warwickshire League and are currently sitting **4th** in Division 5.

Cream Tea and Gentle Jazz in the Garden on Sunday 2nd July in Tysoe



Tickets £12 - In Advance only
(so we don't run out of scones & cream!)

Please join us in our garden
from 2pm to 4pm

Windmill View Walnut Paddocks Epwell Road Upper Tysoe CV35 0TN

National Thank You Day 2023 - In musical celebration of the
carers, the family members, neighbours & friends who change
their own lives to care for people with conditions like dementia



Fundraising for: **talkdementia.uk**

Advice and Support for Carers of loved ones living with dementia in South Warwickshire
Contact Heather and Paul for tickets on 01295 688376



As we approach the halfway point in the season, a number of members have represented the club in league matches, with a number of members happy to simply play social tennis.

Website:
www.tysoetennisclub.co.uk Email:
Carol.spencer234@hotmail.co.uk

by Ruth Mercer

When Vanessa first asked me to write this column, she suggested I wrote this recipe as I had made one for Oxhill's celebration of the Queen's 90th birthday. I was worried that it might put people off reading the recipes if I started with this one! It isn't difficult to make but it is quite involved and takes a bit of time, especially when allowing time for chilling. I generally bake the sponge the day before, storing it in an airtight tin as soon as it's cool enough so it doesn't dry out. I forgot that I was photographing the one I baked for Father's Day so the chocolate decorations are random to say the least!



FRAISIER

Ingredients

For the sponge:

4 eggs
125 g caster sugar
Finely grated zest of 2 lemons
125 g self raising flour
50 g butter, melted and cooled

For the Crème Mousseline:

600 ml milk
4 eggs plus 2 egg yolks
180 g caster sugar
1 tbsp Kirsch or Cointreau
100 g cornflour
150 g butter, at room temperature, diced

For the syrup:

75 g caster sugar
Juice of 2 lemons
70 ml water



To assemble:

600 g strawberries, preferably medium sized

200 g marzipan

100 g dark chocolate

To make the sponge:

1. Grease and base line a 9" round, loose bottomed cake tin with baking parchment, or other suitable non-stick paper. Set the oven to 180C.
2. Put the eggs, sugar and lemon zest in a bowl and, using an electric mixer, whisk until the mixture has more than doubled in volume and become very thick, pale and mousse-like. To check, make a trail of mixture across the surface. If it's whisked enough, the trail should remain for visible for 10-15 seconds.
3. Sift two thirds of the flour onto the mixture and fold in gently with a metal spoon. Add the remaining flour in the same way, retaining as much air as possible. Fold in the melted butter gently.
4. Pour into the prepared tin and bake in the preheated oven for 25-30 minutes until pale brown and the sides of the cake shrink away from the tin.
5. Cool in the tin for 5 minutes and then carefully turn out onto a cooling rack.



To make the crème mousseline:

6. Heat the milk until just at boiling point. Remove from the heat and leave while you whisk together the eggs, egg yolks, sugar, kirsch and cornflour until smooth and creamy. Add the hot milk to the egg mixture and whisk to mix together. Wash the milk pan before returning the whisked eggs, milk etc to the pan. Place pan on a medium heat and stir constantly until the mixture boils and thickens, approximately 4 minutes. You must keep stirring to stop it going lumpy. Keep stirring over the heat for a minute to make sure the mixture will be thick enough to pipe. Stir in the butter.
(You can do the whole or part of this stage in the microwave if you prefer. I find it easier as I have a stand mixer with a microwave-friendly bowl, so can whisk the eggs etc, then add the hot milk, place it in the microwave for a minute at a time and whisk it again on the stand if it looks a bit lumpy! I find it takes about 2 ½ minutes to get thick and another minute or two to cook the cornflour enough).
7. Allow to cool slightly, then pour into a shallow dish. Press a disk of dampened baking parchment onto the surface to prevent a skin forming. Chill for about an hour until set firm.

To make the syrup:

8. Put the sugar, lemon juice and water into a small pan and heat gently to dissolve the sugar, then boil for 2 minutes. Cool.

Assembly:

9. Roll out the marzipan on a worktop dusted with icing sugar to form a disc of 23cm. Use the cake tin as a trimming guide. Keep chilled until needed.
10. Line the sides of the loose-bottomed tin that you used to bake the cake in with acetate strips. (I don't have acetate strips so use cling film to line the whole tin). Cut the sponge in half horizontally to make two thin, even discs. Place one disc, cut side up, into the bottom of the tin. Brush liberally with the lemon syrup. Using the back of a spoon, gently squash the edges of the sponge down until they are pushed against the side of the tin.
11. Fill a piping bag with about two thirds of the crème Mousseline and pipe a spiral to cover the base, spreading it thinly at the side of the tin. Cut 12 strawberries of similar height in half from point to top and place them on to the thin layer of crème Mousseline, cut side against the tin, tightly all around the edge.
12. Now pipe to fill the gaps around the strawberries. Reserving 3-5 strawberries to decorate the top, quarter the rest of them and spread evenly over the crème. Pipe the remaining crème over the top, filling the gaps and spread so that the surface is even.
13. Set the other disc of sponge on the top, cut side up, and brush with the rest of the syrup. Gently press the top sponge layer down onto the crème so the assembled cake is pressing firmly against the acetate all round. Lay the marzipan disc on top, cover with cling film or foil, then chill well.
14. Melt the chocolate and drizzle it on baking parchment to make some shapes to decorate the top. Traditionally, "Fraisier" is written on the top, but you can decorate it any way you like!
15. Once the chocolate decorations have set and the Fraisier is well chilled, remove the wrapped cake carefully, place on a plate and decorate with the reserved strawberries and the chocolate creations.



*In 2015 villager Tony Priest completed one of the most gruelling marathons in the world for charity: **The Mount Everest Marathon**. I asked Tony if he could write a piece about the challenge for the Oxhill News and he kindly gave me a link to his blog. I intended to include a few extracts from the blog, but the whole adventure was thrilling and needs a full telling. So, buckle up and enjoy. ~ ed.*



EVEREST TREK AND FULL MARATHON

SEPTEMBER / OCTOBER 2015

by Tony Priest

In mid-September I'm off again on another challenge. This time I'm going to attempt the 2 week trek from Kathmandu in Nepal to Everest Base camp. Then on the 5th October I'm going to take part in the **world's highest marathon** from the Everest Basecamp (5364 m) to Namche Bazaar in the well-established **Mount Everest**.

(The event was postponed from earlier this year when on April 25, 2015, a 7.9 magnitude earthquake hit Nepal causing widespread damage of property and loss of life. The Mount Everest region was hit especially hard as the earthquake triggered avalanches injuring and killing nearly 10,000 people including climbers at the base camp of the world's highest peak.)

The Everest Marathon is an annual event to commemorate the first successful ascent of Everest by Late Tenzing Norgay Sherpa and Late Sir Edmund Hillary on 29th May, 1953.

First held in 2003 for the locals, the Mount Everest Marathon now has an international reputation with runners from over 20 plus different nations taking part. The marathon starts from the Everest Base Camp (5364m/17,598ft) and finishes at Namche Bazaar (3446m/11306ft). The measured distance of the course is 42.195 km (26.2 miles).

The undulating route leads through rough tracks and trails, travelling through the homeland of the Sherpa people. There is a 500 metre ascent from Phunki Tenga to Junde before ascending into Namche. Although mostly downhill, there are many rocky and exposed sections of trail with deep drop offs. Snow and ice at the highest level of the route. So this will be no normal marathon!!

UPDATE 2 – BLAZING A TRAIL

All set to start. Flight to Lukla first thing in the morning. This will be more challenging than I expected. Seems we are only the 2nd public group up since the earthquakes / avalanche earlier this year. So terrain will be challenging! and some bridges and tracks not yet sorted. Lower



numbers on the actual marathon also, so much of that will be run on my own. So let's hope I can remember my navigation skills!

UPDATE 3 – STUCK IN KATHMANDU

Still stuck in Kathmandu. Bad weather still at Lukla. Now on plan c. We are hiring 2 helicopters that will fly in bad weather to take us all to Lukla. Should be an exciting hour!

UPDATE 4 – MADE IT TO LUKLA

Hired helicopter. Got within 1.5 miles of Lukla but weather / storm forced us back. Storm had closed in behind also. Zero visibility, so forced to make abrupt landing on a grassy outcrop in the ravine. Eventually, stayed overnight in farmer's one room house. Finally storm broke next day lunchtime. Made it to Lukla. In order to make up time the last 2 days have been brutal. Sunrise to sunrise trekking tough terrain, climbing. Fair to say after first day I was totally exhausted after no food and no sleep for over 24 hrs. Today we have trekked. Hard again and made Namche. Due to rapid ascent on diamox to combat altitude sickness. We are still one day behind. But we can make that up later this week. Feeling exhausted but ok. Now at 9250 feet. Good group. All very experienced in this kind of challenge. All much fitter than me!



UPDATE 5 – NOW AT 14,553 FT (ALMOST 4 1/2 KMS HIGH)

Namche Bazaar to Deboche (Sunday)

Deboche to Dingboche (Monday)

Tuesday – now at 14,553 ft (almost 4 1/2 kms high)

2 and a half days of trekking have now brought us above the treeline to Dingboche. All back on track after the initial problems due to bad weather. Now surrounded by 6, 7 and 8000 meter high peaks. Trails are tough but have now got perhaps a little less rocky. Weather now sunny, but need to cover up as you burn within minutes at this altitude. It's also dark glasses and lip balm always, again the glare of the sun. Some signs of altitude sickness – slight headache, achy and I get a nose bleed once a day, but otherwise nothing major – getting sleep ok. The diamox certainly helps. The scenery is spectacular, huge mountains with glimpses of our target – Everest getting closer!

We are trekking up the marathon route to help us with the navigation on Monday. The idea of me completing in around 8 / 9 hrs – no way! With the brutal terrain more like 12 hours. Just want to complete in daylight. Even the experts have reset their target times.

Today is a half rest day before we head to Lobouche tomorrow. All being well we should make Base Camp sometime Saturday. Comms getting more patchy now, but will try to keep updating.

UPDATE 6 – DINGBOCHE TO LOBUCHÉ (WEDNESDAY) 16,203 FEET

Dingboche to Lobuche (Wednesday) 16,203 feet

Lobuche to Gorak Shep (Thursday) 17,094 feet

Two more days of trekking have now brought us to the tiny settlement of Gorak Shep. If you picture an old tiny Wild West frontier town, that's exactly what it looks like. Even has the one horse! Yesterday was for me the toughest day. Tough terrain. Couple of huge climbs. Long distance – over 5 hours trekking. At this altitude it's exhausting just putting one foot forward. Everyone now has a massive cold. Normal it seems with the wind and rapid Temperature change. I have some symptoms of altitude sickness . Mainly a massive headache and nose bleeds, but both manageable.

Scenery is stunning – words can't describe. We are above the clouds – just surreal. Surrounded by snow covered mountain summits.



Early tomorrow morning we head up to the top of the Kala Patthar mountain (18, 282 feet) for the sight of sunrise over the summit of Everest. On Saturday we make Everest Base Camp at 17, 770 ft – over 5.3 kms high!

Marathon is drawing closer on Monday – just to finish will be amazing – 26.2 miles of. Navigation and terrain in the way. We'll see.

UPDATE 7 – SUNRISE OVER THE SUMMIT OF EVEREST

Having safely arrived at Gorak Shep (17,094 feet) on Thursday, at 4am Friday we began the 2 and half hour climb to the top of the Kala Patthar mountain (18, 282 feet) for the sight of sunrise over the summit of Everest.

Again, another first. Really tough climb. Final section over rocks and boulders. The sight of the sun rising over Mount Everest was just spectacular. The top of the world. As the sun rose on a perfect clear day, although it was below zero! we played 'Happy' and 'Mr. Blue Sky' !! A moment that shall live with me the rest of my life. Totally surreal to see almost 20 people singing and dancing to the words whilst standing on the top of the world, almost. The local Sherpas loved it. Never seen that before. Thought we were crazy, maybe they were right!

Saturday we head to Everest base camp.





UPDATE 8 – GORAK SHEP 17,094 FEET TO EVEREST BASE CAMP (17,701 FT)

Having rested a little at the final place of civilization we set off on Saturday morning for the 7 mile hike to Everest Base Camp. The theme here is lack of air = exhausting! The feeling is just indescribable; it's like walking with 500 lbs on your back. As we climb we see areas devastated by the earthquake and Avalanche. From the guide it becomes clear how the terrain has been reformed.

We reach the glacier – for the final mile or so we clamber over boulders the size of houses. All around you hear the cracking of the glacier ice below and the rumble of constant small avalanches. The water has formed a stunning landscape. As the light fades the temperature plummets. That night in the tent was minus 7. Outside almost minus 15. As the wind picks up, you really feel it. A small dark tent at minus 7 becomes attractive.

The sleep in the night is punctuated by the noises of the ice, wind and constant rumbling of the mountains around you. My impression is that the location seems angry – not yet settled after recent events.

In the daylight of Sunday we can see new avalanches from the night and the areas of base camp that were devastated earlier in the year. We are quiet as we pay our respects to those that died.

Despite the recent history, EBC still has a beauty about it. Another world. A special place.

Slowly – everything takes time here, Lack of air, where you walk – we start to prepare for the event to come. The marathon.

UPDATE 9 – THE EVEREST MARATHON

Monday 5th October – Everest Base Camp to Namche Bazaar. 26.2 miles.

To be honest, not sure what to say. Around 50 people – international and Nepalese start one of the toughest marathons in the world. Just gone 7am we start. As you would have guessed, for me time is not the issue. Eventually, 14 hours 58 minutes later I finish. It's dark, I'm exhausted, but uninjured. Completed..... ! Challenge achieved.

The recent pictures on the web site tell the story of the terrain – brutal.

It's fair to say I will never attempt to beat that time.

Many of you have helped me achieve this challenge. Thank you.

Finally today I have arrived back in Kathmandu. Time for shave, shower, food, beer and sleep.

As always all monies raised goes to Willen Hospice. Many thanks.



FINAL UPDATE – CHALLENGE COMPLETED

As I sit in the Mall of the Emirates in Dubai, drinking a Starbucks coffee surrounded by the opulence that is part of Dubai, it gives me time to reflect. As one of the guys on the trek said – the word ‘Achievement’ comes to mind.

To have the honour to take part in and complete the ‘Mount Everest Marathon’ one of the hardest marathons in the world. That was certainly an achievement.

It certainly wasn't easy. Putting aside headaches and nosebleeds, the terrain in parts was both brutal and beautiful. To have managed to even get to Everest Base Camp was an achievement.

This trip however will be long remembered for the fantastic people of Nepal. Not only the locals – always smiling, but all the Sherpas, porters, cooks and guides that helped us and ensured our safety – in what is the unsafe, unsettled place of EBC. I thank you all, especially Pasang our head guide. Without his help, patience and guidance I would not have achieved.

The scenery everywhere was spectacular. Glorious. Stunning. Standing on top of Kala Patthar – over 18,200 feet up watching the sunrise over Everest whilst playing ‘Happy’ and ‘Mr Blue Sky’ will live with me forever.

Staying at Base Camp, it is a place of surreal beauty, but it also feels ‘alive’. The constant cracking of the glacier, rumble of both far and very near avalanches. It is undoubtedly a special place.

These types of challenges are often defined by the people you meet within the group. These guys are special. Nearly all have completed countless marathons including North and South poles, ultras, seven marathons in seven days, National Tri Champions, the list goes on. To be part of that group – I thank you all, for all your help and guidance.

They say you are defined by your experiences in life. This trip has helped me come to terms with life. Where I am, what I want. I am so lucky to have been able to take part. I owe a huge thank you to so many people.

Finally, let’s not forget one of the key reasons for the trip was to raise awareness and funds for Willen Hospice. I am almost at the target of £4000 pounds. I know I’ll surpass that figure, so – a final achievement.

I wonder what’s next in life? Whatever it is, I shall embrace it.





THE PEACOCK
PRESENTS



**SUN
SAX
AND
SOUTH AFRICA**

**FEATURING A TRADITIONAL BRAAI COOKED BY OUR
WONDERFUL SOUTH AFRICAN CHEFS & LIVE MUSIC
ALL DAY!**

Live Music

Leigh Chambers 12-2

Charlie Tarry 2-4

Simon Garcia (saxophonist) 4-7

SUNDAY 23RD JULY 12-7PM



Friends of Tysoe School

SUMMER FETE

Saturday 8th July 2023

12pm to 3pm




**Not to be
missed!**

**Maypole Dancing
Bouncy Disco Run
Dog Show
Miniature Railway
Ridgways Farmhouse Ice Cream
Hot Food Supplied by Catering Angel
Bar
Cake Sale
Craft competition
Raffle
Tombola, Coconut Shy, Yucky Dip & many,
many more fun stalls and games!**

PLUS we will be joined by.....

Everyone Active and **Atomic Dance!**



WHAT'S ON IN & AROUND OXHILL

JULY

Sun 2nd	14:00-16:00	TalkDementia Cream Tea & Gentle Jazz, Windmill View, Walnut Paddocks, Epwell Road, Upper Tysoe
Sat 8th	12:00-15:00	Tysoe School Summer Fete
Sat 15th	19:30	Paella Night, the Old Chapel
Thurs 20th	14:00-14:30	Mobile Library, outside Village Hall
Sun 23rd	19:00	The Peacock: Sun, Sax & South Africa
Thurs	11:45-12:00ish	Awesome Coffee Van, outside Peacock Pub

PC MEETINGS

The date of the next PC Meeting is **Tuesday, 11 July, 2023 at 7.30pm**. This meeting will be held in the Old Chapel. The Agenda for the meeting will be shown on the PC Website or a physical copy will be displayed on the village Notice Board, on the wall of the Peacock, a few days before the meeting.

If you want any request to be included for consideration at the above meeting please send details to the Clerk (oxhillpc@btinternet.com) at least 10 days prior to the meeting to ensure that it is included on the publicly visible Agenda.

CONTRIBUTIONS TO THE OXHILL NEWS


The editors welcome any pictures, photographs, drawings, poems, puzzles, recipes, announcements or items of local news for possible inclusion in The Oxhill News. Submissions must be received by the 15th of each month for publication in the following month.

Please email: oxhill.news.editor@gmail.com

BIN COLLECTION CALENDAR

Check the date on the calendar to identify which bins go out for collection.

 Food waste  Recycling

 General refuse  Garden waste

July						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					