

# The Fulbrook News

## Our Quarterly Newsletter

September 2023

Number 94



**Photo of the very successful Village Barbecue held in the grounds of Fulbrook Church on 16<sup>th</sup> July.**

**See Angela Weller's article on page 8 for further details**

**WANTED for publication! Please send us your articles, comments, ideas, letters, poems, whatever. This is your Newsletter – please send contributions to our email address: [fulbrooknews@gmail.com](mailto:fulbrooknews@gmail.com)**

**Next Issue: December 2023, Copy Date – Monday 13<sup>th</sup> November 2023**

*The Fulbrook News is distributed free to every household in the village. Subscription copies are available by post at £5.00 per annum from the distribution office at Dolphin House, Westhall Hill, OX18 4BJ*

Dear Readers,

After so much wind and rain at last we have some sun and warmth, and the blackberries are in abundance. Now let's hope for an Indian Summer.

There have been two significant birthdays on Westhall Hill: Bill Nelson's 80<sup>th</sup> (see photo on page 14) and John Monk's 60th. Congratulations to both of them, and also a pat for Harold who was 5. Lynne and Gareth John celebrated the second birthday of their granddaughter, Juliet, who had come over here from South Africa to meet them and party in style.

Laurence Balbes' daughter, Nikki has announced her engagement to Rob Messik and we wish them well. Congratulations to David and Breda Morgan's daughter Dr. Poppy Carmody Morgan and Dr. Adam Cornish, who were married in Fulbrook Church on 19th August and to Rebecca Watters and Henry Conchie who will be married there on 23rd September. Rebecca is the daughter of Sean and Jenny Watters. We wish them all happiness for their futures together.

We have just been told of the death of Lady McLintock, Sylvia to us, who died, aged 94, on 20th August. Diana Lethbridge, who knew her well, socially and in her many official roles, has kindly written a short profile for us, which you will find on page 19. A fuller obituary will appear in our next edition.

Sadly we must also report the death of Stuart Cribbes who lived in Fulbrook for many years and our condolences go to his wife Joy and the rest of the family. He was someone who was willing to do anything to help on any occasion. He was a true stalwart, and a modest and unassuming man who achieved much on our behalf. He and Joy left the village to live near their relatives but he is not forgotten here. Deepest condolences also go to Simon Park whose son has recently died, and to Martin Chivers who has also lost his son. We grieve for them.

Another sudden loss has been that of Dr. Simon Albert. Our condolences go to his family, those who worked with him in the Practice at the Burford Surgery and all his many patients who will miss his care.

There has been a fair amount of moving going on and we must bid farewell to Brian and Sue Symes. We remember him gratefully at the Fulbrook Newsletter because he was our Gardening Correspondent for some time, and wish them well in their new home and garden. A second couple leaving us is Spencer and Nicole Clifton. They used to live on Westhall Hill and then moved to Upper End. They're going from the heights of Fulbrook to Amsterdam where we hope they will be happy. We welcome Daisy and Tom to Star Cottage where Peter and Sally Wyatt lived before moving to Cornwall, Emma Hicks who has moved into Plovers on Westhall Hill and Malcolm and Elaine Allsop who have moved into Fulbrook Cottage where Brian and Sue Symes lived. We hope they will all be happy in Fulbrook.

We have had good times here. The Barbecue at the Church was a huge success with people of all ages enjoying themselves, and also the film show at The Carpenters, outside but under cover so it was enjoyed by all despite rain. Many thanks, yet again for the entertainment. Now we look forward to some more films please. At the Plant Sale Raffle you may remember the very generous prize of a day out on Bill Nelson's yacht. This was won by Nicola Morris who had an exciting day out with local friends captained by Bill and his brother. To learn more about it turn to page 11.

The Burford Singers must be feeling a bit bereft at the thought of Brian Kay's retirement as their conductor and mentor, but he confirms that he is not retiring entirely and has many exciting plans for the future so we wish him all the very best and grateful thanks for the pleasure he has given us over the years with the choir. Brian's last concert with his Singers is on Sunday November 26th so we must put that date in the diary if it's not already there.

Did anyone go to the North Cotswold Arts Association Summer Exhibition at Warwick Hall? There were a number of works by Fulbrook and Burford artists, including some lovely paintings by Jenny Jones. Another hurrah for Fulbrook: our local author, Lucy Lethbridge, (Diana and Richard's daughter) has her latest book out in paperback now, "Tourists: How the British Went Abroad to Find Themselves". It was reviewed in The Times with "fascinating" and "entertaining" among the words of recommendation, and it can be bought at the Madhatter's Bookshop, maybe to remind you of your summer holiday?

There is also a Special Golden Anniversary to be celebrated. Read on and all will be revealed!

NB It has been noticed that there seems to be an increase in dog messes. When walking please could people remember to pick up after their dogs.

Diana Brown

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**FULBROOK PARISH COUNCIL**

Chairman:

Malcolm Taylor            07788 391665

Councillors:

Peter Burns                823640

Bob Warner                822761

Filipa Hinton

Toby Staveley

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Meadow End OX18 4BQ

Telephone 07484 178143

[www.fulbrookvillage.net](http://www.fulbrookvillage.net)

From our Fulbrook website

[www.fulbrookvillage.net](http://www.fulbrookvillage.net), the responsibilities of the Parish Council are listed as:

- Meadow End Play Park
- Public Benches
- Parish Funds
- Fulbrook War Memorial

Some of these require more attention than others and we also have planning applications to consider as well as the amenities group for the bringing of Fulbrook together.

The Parish Council is made up of the following people living in Fulbrook, with each Councillor having a lead role on different Parish responsibilities.

**Sarah Ebeling** is the Parish Clerk and is the mainstay of the Council, responsible for ensuring that we comply with all statutory requirements as well as making sure that all council decisions are implemented. Sarah is also the first point of contact for anything that any parishioner wishes to raise.

**Bob Warner** is our longest serving Councillor, with knowledge of Fulbrook second to none. Bob is also the lead Councillor for planning and estates, parish owned land and coordinating planning application responses.

**Peter Burns** became a Councillor almost before he arrived in the village and is the lead Councillor for road safety, covering the illuminated signs in the village as well as any other aspects of road safety.

My name is Malcolm Taylor, and this is my first opportunity to contribute to the Fulbrook News since taking over as Chair of Fulbrook Parish Council from Peter Burns in May. I thought that it might be useful to show what we endeavour to do for Fulbrook and the way we go about it.



**Filipa Hinton**, who, with two young children, is particularly concerned about facilities for children in the village and naturally becomes the lead Councillor for the Play Park.

**Toby Staveley** is our newest Councillor and has kindly agreed to take on the lead Councillor role for the Amenities Group.

**Malcolm Taylor**, especially after working with an environmental charity (Earthwatch), is lead councillor for all things Environmental.

All Councillors give of their time and effort voluntarily and the Council relies upon everyone in Fulbrook making their thoughts and wishes known, as well as being actively involved wherever and whenever they can help.

Please feel free to contact me, Sarah, or any of the above about anything Fulbrook related and we will do our best to help.

*Malcolm Taylor, Fulbrook Parish Council Chair.*

## **FROM THE PARISH CLERK**

I provide a fortnightly newsletter to all residents that wish to receive it, detailing what's going on in the village, Parish council news and anything else I think may be of relevance to you. If you would like to sign up to receive the newsletter, have something added or have any issues you would like to raise please feel free to email me on [clerk@fulbrookvillage.net](mailto:clerk@fulbrookvillage.net) or send me a message or call me on 07484 178143.

*Sarah Ebeling, Parish Clerk*

## **Fulbrook Forum needs new committee members**

For those of you new to our area, the Fulbrook Forum offers a chance to meet other members of our community and listen to a local speaker. Talks typically last about 45 minutes, followed by refreshments. All are welcome and no membership is required. We plan to hold about 6 meetings per year.

We normally meet in the Fulbrook Meeting Place which is at the back of the Church at 3pm on a Thursday. The present Committee members are Oliver Sharpley (Chair), Laurence Balbes (deputy chair) and Professor Peter Burns. **We need at**

**least another 2 volunteers to join the committee (we have had one expression of interest from our request in the December issue, but we need at least one more).**

The tasks of the committee are not onerous. We have two planning meetings a year to plan our programme of speakers and a refreshment rota.

If you feel you can help, please contact Oliver Sharpley at [fulbrookforum@gmail.com](mailto:fulbrookforum@gmail.com)

If you would like a reminder about a week before each meeting, please e-mail [fulbrookforum@gmail.com](mailto:fulbrookforum@gmail.com) to join our mailing list.

*Oliver Sharpley*

## **APOLOGY FOR LATE DELIVERY**

The editorial committee would like to apologise for the late distribution of this issue of the Newsletter. We aim to distribute during the first week of the month but Burford School, who print the Newsletter for us, was closed for the summer holidays until 4<sup>th</sup> September.

## **HISTORY GROUP**

At our latest meeting on 24<sup>th</sup> July, David Woolley led a discussion about the history of the plans for a village hall in Fulbrook. In the 1970s there was a proposal to build on at what is now The Spinney at the end of Orchard Row but that was scuppered by developers wanting to build houses there. Later, the land behind the children's playground in Meadow End was considered but was refused planning permission on access grounds, which led, eventually, to the Fulbrook Meeting Place.

Anne Weir showed us her collection of back issues of the Fulbrook Newsletter going back to issue 2 in July 2000. David Woolley said that he had a full set from issue 1 up to the time he and Molly left the village. We discussed making up a full set and donating them to the Burford Archive.

Anne Weir said that it was becoming increasingly stressful for her and Jim to host our quarterly meetings and we agreed to hold our future meetings at The Carpenters Arms. Our next meeting will be at 7.30 pm on Tuesday 24<sup>th</sup> October.

We would like to increase the size of the Group, so if you would like to learn more about the history of our village, please come and join us at The Carpenters Arms.

*Laurence Balbes*

## **A further Thank You from the Editorial Committee**

Following my article in the June issue we have received several more generous donations. We would like to offer a big Thank You for all of these donations which have secured the future of the Newsletter for the time being.

If you also value the Newsletter and wish to help us, we would welcome any further donations. Please send a cheque payable to Fulbrook Newsletter to our treasurer Laurence Balbes at Meadow Way Cottage, Meadow Lane, Fulbrook, Burford OX18 4BS or send the money directly to our TSB bank account; sort code 30-91-43, account number 00074712 using Donation as the reference. Thank you in advance.

*Laurence Balbes*

**Here is the latest poem from our resident poet John Hoyle:**

### **At the Bar**

The young man is ordering bitter  
And half pints of Pimms “for the girls”,  
Who’re his sisters in sweaters that glitter  
And his mother in twin set and pearls.

The old man is hard but uncertain,  
Alone in an alien place,  
An American World War Two airman  
Returning for one well known face.

They are elbow to elbow, unknowing,  
With something in common in style  
Which is making his sisters uneasy  
And his mother inscrutably smile.

Deep under the pearls she is planning  
To let the American know  
That the photograph, warm in his wallet,  
Is secure in her mother’s bureau.

John Hoyle



**One off session not to be missed...**

Come join me for a face-to-face mixed ability Pilates session.

**Tuesday 19<sup>th</sup> September 18:30 (1 hour)**

**FarmEd Station Rd, Shipton Under Wychwood, OX7 6BJ**

**Limited Spaces**

**(Booking essential, no registration required)**

<https://pilateswithursula.com/2023/09/19/1830-farm-ed-station-rd-shipton-under-wychwood-ox7-6bj>

or scan this QR code:



**£15 payable on booking via debit/credit card**

Bring Pilates/exercise mat.

If you have 7-inch exercise ball and resistance band, bring these too.

[move@pilateswithursula.com](mailto:move@pilateswithursula.com)

[facebook.com/pilateswithursula](https://facebook.com/pilateswithursula)







It always feels a little like starting a new school year when preparing a piece for the September issue of the Fulbrook News. So much to look forward to in the run up to Christmas. Our recently expanded membership, now standing at 30, is an indication of the growing popularity of the WI locally.

The summer months for the FaB WI were filled with distinctly seasonal activities. Our June meeting enjoyed a walk around the grounds of the Blue Cross just outside Carterton led by our own local environmentalist, Lucy Stavely, to look at the work of the Burford Tree Initiative Group who have planted hundreds of trees across the site. Lucy explained the importance of trees to our eco-system and why this planting program is so important. We were fortunate to have the opportunity to see, amongst the beautiful wild flowers found on the site, some rare meadow orchids. The group enjoyed a simple picnic in the beauty of the wildflower meadow to end our excursion. In July we revelled in the delights of Afternoon Tea in a talk by Shaun Todd, an expert in all things related to this very British tradition. We enjoyed tea and scones while Shaun educated us in the very serious details of this Victorian introduction to our social diaries. In August we met in the beautiful garden of our treasurer, Julie Bond, in Burford for a very sociable Garden Party. The weather may have let us down and driven us indoors but the Pimms and buffet were just as delightful and we did manage a tour of the garden to admire the beautiful herbaceous borders and productive kitchen garden.

Our new term starts with a talk on the 13<sup>th</sup> September from Gus de la Querra on the 'Immune System and the Bowen Technique'. The Bowen Technique was created by Thomas Ambrose Bowen (1916–1982) in Australia. Bowen wasn't a medical practitioner, however, he claimed the therapy could reset the body's pain response. It is a hands-on complementary therapy, using precise and gentle, rolling hand movements focusing on the muscles, tendons, and ligaments. The idea is to reduce pain by stimulating the nervous system. Gus describes the technique as 'healing from the inside'. Born and bred in Cape Town, South Africa, Gus has been involved in the health and fitness industry for over 35 years. As a successful personal trainer, he relocated to the UK in 1999. He has explored a variety of soft tissue and hands-on techniques and has over the years developed his own style of treatment in his busy clinic in Witney. In October we will again enjoy our traditional Harvest Festival Supper, a bring-and-share event celebrating the produce of the season. November brings a craft talk and demonstration by Jane Abbott on the subject of 'Alpacas and their Fabulous Fluff'. She will be giving us a demonstration on how the wool can be used in the art of Felting.



**The FaB WI meets on the second Tuesday of each month in the Baptist Church in Witney Street at 7.30 p.m.** and warmly welcomes visitors and new members to all of our meetings. For further information please visit our web-site [www.thefabwi.org.uk](http://www.thefabwi.org.uk) or FB page search 'The Fulbrook and Burford WI (FAB WI)' or contact our President, Jennie Craven, on [thefabwi@oxfordshirewi.co.uk](mailto:thefabwi@oxfordshirewi.co.uk) or Mobile 07710 103015.

*Angela Weller (a FaB WI member)*

# Fulbrook News and Views

From the Editorial Team.....

In this issue we include the final episode in our Secret History of Fulbrook series, a report on the summer barbecue held in the Church in July, an article on The Simon Park Orchestra making No.1 with Eye Level in 1973 and much more....

The purpose of Fulbrook News and Views is to highlight issues or interests within the village. For this to work successfully we need contributions from as many readers as possible. As you can see here, these can be of a serious, flippant or humorous nature. Please contribute!

## A Secret History of Fulbrook

When we moved into our house in Dolphin Lane nearly 8 years ago, we enjoyed exploring our new home and sorting out places where our worldly goods would be placed, and where other things could be stored. It was when we were looking for storage space that we ventured up the pull-down steps to the attic workshop above the garage. In the attic we found several useful things for repairing the house - spare tiles etc - and, leaning against the wall, what appeared to be a large board with some string to hang it up. When we picked it up and turned it around it turned out to be a sign board advertising a business operating with a Burford phone number (see the photo below). It reads A. D. Weguelin, Nurseryman, Seedsman, Bee appliances, Honey Phone: Burford 340. The sign writer had even signed it - P.G. Upton. With a phone number like that it was obviously quite old, and the board was quite bowed. We thought it might be an interesting thing to hang in the house so we weighed it down for some time to try and flatten it out, and some time later hung it in a couple of different places in the house. We thought the name was very unusual and we looked it up in the local telephone directory but did not come up with any results. We often wondered about its origins.



More recently we had noticed some interesting posts by the Burford Tolsey Archive on the Fulbrook Village Facebook page showing photos of places and people in Fulbrook and asking for information. So, just on a whim, my husband Peter made a post asking if anyone recognised it.

Amazingly, very rapidly there were twelve replies! Burford Tolsey Archive replied first suggesting that this was a relative of Phil Adams who lives in Walnut Row/Meadow End in Fulbrook. Judy McCulloch then replied to say "It's my dad, Andrew Douglas Weguelin and he ran a nursery and kept bees. His brothers were Ken and Pat Weguelin". Others then followed up with questions for Judy and she explained 'Ken and Pat ran a building company in Fulbrook - K. and P. Weguelin. Pat lived in Fulbrook but eventually emigrated to Australia with his wife and three sons on the £10 Poms deal.

Ken lived in Sheep Street in Burford and had two children, Jane and David.

Jane Weguelin (now Hardie) then responded to say her dad was Pat Weguelin and supplied a photograph of the lorry.

Her Dad drove the lorry for the local Queen's Coronation Festivities in 1952. You can see David in the front of the lorry here, but Jane 'rode a white horse to Banbury Cross' in the parade.



This triggered memories for Roger Dore who remembered being one of the village children who were carried in the lorry he said "Mrs Hunt was the Old Woman who lived in a shoe and we were her 'too many children. The celebrations for the Coronation were held in Butler's field next to the Carpenter's Arms.

Tank Adams then responded to say that he is the cousin of Judy Weguelin (now McCulloch) and of Mary Weguelin (now Yearly) and Philip Adam's brother (who lives in Walnut row). He explained that his Uncle started his father off with beekeeping, and that he, now, is a beekeeper himself and lives in Somerset. He said that his uncle Douglas (the A.D. Weguelin in the sign) used to drive his bees in a truck to Exmoor with his father to get heather honey.

Mary Weguelin went on to explain the origin of the 'strange name'. In the 16th century the Weguelins came from Lindau on Lake Constance on the River Rhine. Her Grandad, Andrew Cuthbert Weguelin married Gertrude Lomas whose father was the butcher in Burford. Her sister was Mabel Pearman and lived and farmed in Icomb. Her Grandma Gertrude lived in Burford for many years after her Granddad died. They had four children Andrew Douglas, Patrick, Ken and Peggy. Ken's family are still in Australia.

So, having suddenly unearthed this lovely slice of a Fulbrook family's history and their life in Fulbrook we thought it would be only right to return the sign to the family. We invited the family to come for tea and share some stories together and we had a small ceremony to formally hand over this sign that must have been languishing unseen and unloved for many years, but which held an amazing secret to be found. Thank you to the family for the most appropriate gift of a jar of honey in return!



The sign being returned to its rightful family owners. *From left: Jane Hardie (nee Weguelin), daughter of Patrick Weguelin, builder in Fulbrook and niece of A.D. Weguelin; Mary Weguelin- Yearley, daughter of A.D. Weguelin; Judith McCulloch (nee Weguelin,,) eldest daughter of A.D. Weguelin and Philip Adams, nephew.*

Lyn Bibbings-Burns



A **HUGE** thank you to everyone who came along and supported our **SUMMER BBQ LUNCH** on 16th July. Despite this year's generally unsettled weather we were lucky on the day and apart from one shower, which arrived around 1 p.m. as predicted by the weather apps, it was a warm, if breezy, sunny day. The church grounds sprouted gazebos and tables and chairs. Many thanks to those who helped erect the tents and set up the furniture on the day and take it all down the next day. Those attending were welcomed with a glass of Pimms as the three BBQs were fired up, manned by Peter Burns, Gavin Beveridge and Andy Carpenter. The salads and desserts supplied by so many of our friends were plentiful and delicious. Thank you everyone who provided food. Thanks also to Brian and Gilly Kay and their helpers for running the bar for us. There was a selection of the Newport family's fun games to keep us entertained and an excellent



raffle. It was wonderful to see our village community come together to celebrate summer with us in such a sociable setting. Best of all we raised just short of £800 to support the running and maintenance of our lovely church. My personal thanks to Martin and Lyn who worked so hard to help the event happen.



Angela Weller

## Friends of St James the Great, Fulbrook

The launch of the Friends has been a great success, and all are welcome to the First General Meeting which will take place on Thursday 7<sup>th</sup> September at 6.30 pm in the FMP. At that meeting there will be a full report on the outcome of the launch, Trustees will be appointed, and views will be canvassed as to the application of funds raised (within the parameters set out by the Constitution of the Friends).

And for any reader who may have missed the launch but who would like to play a role in the upkeep and maintenance of the important community hub which is our village church, St James the Great - here is an invitation!



For further information, contact: [friendsofstjamesthegreat@gmail.com](mailto:friendsofstjamesthegreat@gmail.com)

## *A Golden Anniversary*

Evenings spent with other villagers in the Mason's Arms often uncovered snippets of information never to be forgotten. One such conversation revealed that Simon Park had met Paul McCartney at a reception for artists achieving a number one hit record.

On 15th September, 1973 The Simon Park Orchestra made No.1 with Eye Level. This unforgettable number went on to be selected as the theme tune for the Thames television series Van der Valk. The tune was originally written by a Dutch composer called Jan Stoeckart, ('borrowed' perhaps, from an old folksong or nursery rhyme), who then wanted an orchestral arrangement. Simon loves arranging music and was commissioned. The orchestra was formed using 25-30 musicians from the Netherlands and the recording of an album based on 'eye' linked titles was done in Hilversum, Netherlands.



Such was the response to this wonderfully catchy tune that in 1973 it was recorded as a single, with the B side Distant Hills composed by Simon, and it shot up the charts reaching No.1 for 4 weeks and sold over 1 million copies earning a platinum disc. This of course necessitated a performance on Top of the Pops and Simon was duly summoned to appear, conducting TOTP's resident Johnny Pearson BBC orchestra. As a newbie Simon needed to be shown the ropes at the studio and who best to escort him but 'the lovely' (Simon's words) Lindsey de Paul. Her hit record 'Won't Somebody Dance With Me' was in the charts at the time and so she was also performing. They hit it off! (Pardon the pun).



After graduating from Worcester College, Oxford, Simon responded to an advert for a trainee music consultant with De Wolfe of London. De Wolfe was a music marketing and publication company with a studio based in Islington. And so the journey began for Simon and his reputation became well-known as a composer of library music. De Wolfe marketed his compositions throughout the media industry and they were used widely for TV advertisements, mainly in Germany.

Another early venture for Simon was his own Radio Oxford show wittily entitled Park Swings! The programme went out on Saturdays at lunchtime lasting an hour. He managed this for 3 whole years. The Midland bank, where he had his account, got wind of his fame and asked him to do an ad. campaign for them. In 1978 Simon recorded another album which he composed from scratch entitled Danger UXB. This was commissioned by Thames TV for the eponymous series and it was released as a soundtrack under the Decca label.

More TV work ensued with the title music for the Six O'clock Show televised by London Weekend, produced by the future chairman of the BBC Greg Dyke and they worked well together. By the end of the 80's the International Beautiful Music Association became interested in Simon's work, using it in American easy-listening scenarios. Happily this proved a lucrative venture.

Simon has always given of his time locally and, when requested, plays the organ in our St James the Great church. Of course, his musical evenings in the church will be fondly remembered where he brought other local musicians together to entertain us. He learned to play the organ at the age

of 13 and his love of music was born, leading to the offer to study music at Oxford University. One of his 'odd' jobs included playing the organ at the Oxford crematorium, which boosted his student funds.

The reception at Studio 2, Abbey Road was given by EMI records and celebrated the Guinness Book of British Hit Singles. Many musical greats were in attendance including Paul and Linda McCartney, Don McClean and Bob Geldof to name but a few. On a screen all of the artists' videos were being presented and Simon recalls, whilst talking to Paul, the track 'All You Need is Love' by The Beatles coming on. This was just after John Lennon was shot and killed. It was a very poignant and emotionally charged moment for all.

Simon is a dedicated musician, although he insists that all musicians are committed to their craft, and his career has led him along many interesting paths. So, Simon we celebrate the Golden anniversary of Eye Level and congratulate you on your contribution to music.

*Lesley Beveridge*

## **Fulbrook Plant Sale auction prize**

The big auction prize at the Fulbrook Plant Sale was secured by a generous bid by local Nicola Morris. The prize was a sailing experience on the Solent on a wonderful 33ft Beneteau Yacht captained by Bill Nelson's brother, Captain James and his son Ross. Nicola invited friends and locals Jospy Fernandes and Jean Smith to join her on the experience.

Meeting at The Haven Yacht Club in Lymington, the group listened carefully to a safety briefing from deck hand Bill. Casting off with slight trepidation, the novice sailors were hoping for a gentle sail across the Solent heading for the iconic Needles.

As soon as the boat left the protection of the harbour it was clear the wind was intensifying and what was hoped to be a gentle cruise turned out to be an exhilarating stormy ride! Captain James and Bill, who are very experienced yachtsmen (having both sailed the Atlantic!) decided the weather was too stormy to attempt the Needles, much to the relief of Nicola, Jean and Jospy! Finding shelter in a bay, the group enjoyed a tasty lunch with views of Hurst Castle.

Returning to harbour at the end of the day the sailors appeared somewhat salty and windswept and were particularly proud to note that they had not succumbed to any sea sickness, although there were a few close calls in the roughest moments!

A fantastic day was had by all, thanks to Nicola's winning bid and the generous donation of this fantastic prize by Bill and his brother James.

Photo of Nicky, Jospy and Bill loading the essential baguettes!



## BILL NELSON ON HIS 80<sup>th</sup> BIRTHDAY (photo courtesy of Robyn Sharpley)



### 13<sup>th</sup> September: Lecture: The Frick Collection, New York: A feast for the Eyes

The Frick Collection, New York, is one of the finest museums in the world. American industrialist and steel magnate, Henry Clay Frick (1849-1919) acquired some of the most superb works of art available in the 'Gilded Age'. He died on the eve of WWI after being able to collect some of the best pieces available in Europe and America. His agents were really effective and the result is a first rate collection of French furniture, enamels, porcelain, paintings by Bellini, Van Eyck, Holbein, Titian, Rembrandt, Vermeer, Van Dyck, Rubens, El Greco, Velázquez, Renoir, JMW Turner, Constable, Whistler and many others.

#### About our speaker:

Hilary Williams trained in Art History at the University of East Anglia and at the Courtauld Institute of Art, London University. She is Art History Education Officer at the British Museum. She has published on Rembrandt, has lectured widely in the UK, Europe and USA and has led Special Interest Tours of the State Apartments at Buckingham Palace. Hilary is also a Guide Lecturer at the Wallace Collection London.

This hybrid lecture will be held at the Warwick Hall, Church Green, Burford, OX18 4RZ at 11am and via Zoom. Please be seated by 10.45 for notices of upcoming events. Numbers are no longer restricted but booking is recommended to reserve a place ([www.theartssocietycotswolds.org.uk](http://www.theartssocietycotswolds.org.uk)). Non-members are welcome (space permitting) at a charge of £10.



## **25<sup>th</sup> October: Special Interest Day: Carried on Galleons, Borne by the Winds: Porcelain, Tea and the Luxury Arts of Cathay with Anne Howarth**

Special Interest Days comprise three talks and cost £38 (£40 for non-members) and include a light lunch.

Morning: We look at the skilled potters in China's porcelain city of Jingdezhen, their produce and its appeal to Europe followed by: Luxury Arts from a Land of Mountains and Flowers: Tea and Silk, Lacquer and Wallpaper; Afternoon: Visions of Enchanted Lands: Chinoiserie in European Art and Design

Time: Doors open 10.15, first talk 10.45, the day usually finishes at 3.00 pm. Venue: The Warwick Hall, Church Green, Burford OX18 4RZ.

Further information will be circulated via the newsletter and bookings can be made via the website ([www.theartssocietycotswolds.org.uk](http://www.theartssocietycotswolds.org.uk)) or please contact Lisa Etheridge on 07918 180895 for a booking form.

To learn more about The Arts Society Cotswolds please log into the website [www.theartssocietycotswolds.org.uk](http://www.theartssocietycotswolds.org.uk) or contact Carolyn on 01993 822 296



### **Have you considered donating an item?**

Many of the Burford Tolsey Museum and Archive's items come from individuals, families and businesses who decide to donate precious heirlooms & records.

Have you considered donating an item? Your reasons could be:

- because your heirloom might have historic and local significance
- to introduce the heirloom's story to a wider audience.
- to honour a family member or local business by sharing artifacts from their life for display or research.
- to preserve an heirloom for the future in Burford Tolsey's protective and controlled environment, safe from children, pets and daily wear.

### **People are interested in stories**

The older tradition of museum & archive collecting tended to be connoisseurship, which might not excite every visitor's heart.

Consequently we have a strong interest in material with personal or business connections to Burford, especially those with an accompanying story that we can share for everyone to enjoy, e.g.

- Objects, possessions and mementos with stories linked to local individuals, businesses or events.
- Photographs, films and recordings relating to Burford, such as home movies, tapes and photo albums.
- Private papers, diaries, journals, legal documents like deeds and wills.
- Ledgers, order books, promotional material, society records
- Illustrative ephemeral literature such as programmes, postcards.



## **Checklist before offering your heirloom to the Burford Tolsey**

- Can you describe what it is?
- Do you know who made it?
- Do you know its history?
- Are there any personal stories associated with it?
- Where did you get it from?
- Can you confirm you or the legal owner would be happy to transfer ownership of the item permanently to the Burford Tolsey?
- Can you describe its physical condition, including whether it is in good/fair/poor condition?

If we think your item could be appropriate for our collection, we will arrange for you to bring it to us to decide whether we are able to accept or decline the kind offer. Please do not be offended if we are unable to accept your intended donation. Unfortunately, space is at a premium.

If you transfer ownership of an item to the museum,

- it will be catalogued, photographed, and prepared for exhibition or storage.
- your name, as donor, will be linked to the item in the collection database.
- if the item is to be included in an exhibition, we might do additional research very quickly and create a display label that credits you with the donation. Otherwise, the item will go into safe storage, yet be readily available for quick access via our online referencing system.

For further details please see our Collecting Policy that can be found on [www.burfordtolsey.org/about-us](http://www.burfordtolsey.org/about-us) or contact Chris Walker 01993 822178

**Peter Martin** [info@burfordtolsey.org](mailto:info@burfordtolsey.org) [www.burfordtolsey.org](http://www.burfordtolsey.org)

## **HELP NEEDED**

The Church of St. James the Great has been here for the comfort and solace of all villagers and visitors for many years, however it does not have a Sexton to look after the Church Yard. This job falls on the shoulders of our Church Warden who is long past the age of retirement.

Even if you don't want this job perhaps you could help? The upkeep of the Church is a heavy job for an old man! The ivy needs pulling off the gravestones and the Garden of Remembrance needs attention, plus the removal of branches and brambles etc and it generally needs a tidy up. If you have a spare moment do just wander along with a pair of secateurs! Or contact John Radcliffe on 824044.

### **WELCOME PACKS**

If you know of someone who has moved into the village and would like to receive copies of the Fulbrook Village and Burford and District WELCOME PACKS, please could you let me know either by phone on 01993 823260 or by email to [nicolahillmanart@yahoo.co.uk](mailto:nicolahillmanart@yahoo.co.uk). Thank you.

*Nicola Hillman*



## **NEWS FROM FULBROOK CHURCH**

### **and a Warm Welcome to All**

**Dear friends and neighbours,**

**The barbeque** held in the church grounds in July was a hugely enjoyable event for the 90 or so people who attended - delicious food, delightful music and lovely company. Huge thanks to everyone who contributed and participated, with the added bonus of raising funds to contribute to the cost of the new electric heating system already installed in the church ready for this winter. Please see the full report with photographs on page 8 of this newsletter.

**The Friends of St James** was also launched in July with many villagers responding to the call to give just a £1 a week to the Friends ring-fenced charitable fund to pay for projects in the church which maintain or improve the church building and as a meeting place for all villagers. We do not have a village hall in this village and so some years ago the back half of the church was converted to create a space that provides space for events for villagers to meet, a kitchen and a WC and known as the Fulbrook Meeting Place. The first meeting of those who have signed up is on 7th September at 6.30pm to elect Friends who are willing to be Trustees. If you are also interested in becoming a Friend please pick up a leaflet from the table at the entrance to the church or email Deborah Knight: [deborahknight@me.com](mailto:deborahknight@me.com).

**Coffee mornings** continue into the autumn on the third Thursday of the month 10.30 - 12 noon in the Fulbrook Meeting Place - 21st September, 18th October. Come and enjoy the company of old friends and new, coffee or tea and homemade cakes and cookies. Come alone or bring a friend or two or three. Everyone is welcome. There is no charge but donations are gratefully accepted.

**Warm welcome Thursday lunches** From the third Thursday in November (November 16th) we shall again be switching from monthly coffee mornings to **WEEKLY LUNCHESES EVERY THURSDAY** until the end of March. As last year we shall be offering homemade soups and bread followed by cake and coffee or tea. Everybody is welcome - come and share a meal in the company of friends and neighbours. There is no charge but donations are gratefully received. **WE VERY MUCH LOOK FORWARD TO WELCOMING YOU!** Any queries please call Lyn Bibbings 01993 823640 or 07941 267955

**\*\*HARVEST FESTIVAL** This year we are going to try something new. There will be a church service on 8th October at 11am followed by a **Bring and Share lunch**. If you are able to, please bring a plate with some savoury or sweet food that can be shared. This can be bought or homemade. If you, for any reason cannot bring anything, please do come anyway and share food with others to celebrate this year's harvest.

**Any queries please ring Lyn Bibbings 01993 823640/07941 267955**

**CHURCH SERVICES - Morning Prayer (MP), Holy Communion (HC), Book of Common Prayer (BCP), Common Worship (CW)**

<b>Date and place</b>	<b>Time</b>	<b>Type of service</b>	<b>Officiating</b>
<b>3rd Sept Trinity 13 BURFORD</b>	9.30	Benefice Communion	
<b>10th Sept Trinity 14 FULBROOK</b>	9.30	MP (CW)	Rev Tom Putt
<b>17th Sept Trinity 15 FULBROOK</b>	9.30	MP (BCP)	Churchwarden
<b>24th Sept Trinity 16 FULBROOK</b>	9.30	HC (BCP)	Rev Alex Ross
<b>1st October Trinity 17 TAYNTON</b>		TBC	
<b>8th Oct FULBROOK</b>	<b>11.00</b>	<b>Harvest Festival service followed by a bring and share lunch **</b>	
<b>15th Oct Trinity 19 FULBROOK</b>	9.30	MP(BCP)	Churchwarden
<b>22nd Oct Trinity 20 FULBROOK</b>	9.30	HC(BCP)	Rev Cedric Reavley
<b>29th Oct last after Trinity FULBROOK</b>	9.30	Benefice Communion (CW)	Rev Dick Farr
<b>5th Nov All Saint's Day BURFORD</b>	9.30	Benefice Communion	
<b>12th Nov Remembrance Service FULBROOK</b>	9.30	9.25 at the war memorial for the act of remembrance	Rev Dick Farr
<b>19th Nov 2nd before Advent FULBROOK</b>	9.30	HC (BCP)	Rev Rob Wainwright
<b>26th Nov Christ the King FULBROOK</b>	9.30	HC (BCP)	Rev Tom Putt
<b>3rd Dec Advent 1 TAYNTON</b>	9.30	Benefice Communion	
<b>10th Dec Advent 2 FULBROOK</b>	9.30	MP (CW)	Rev Cedric Reavley
<b>17th Dec Advent 3 FULBROOK</b>	9.30	MP (CW)	Rev Katie Tupling
<b>24th Dec NO MORNING SERVICE- CAROL SERVICE at 4pm FULBROOK</b>	16.00	Service of Lessons and Carols	TBC
<b>25th Dec Christmas Day FULBROOK</b>	9.30	HC (CW)	Rev Cedric Reavley



Burford School looks forward to another successful school year, with academic endeavour and extracurricular participation aplenty from our students.

As very much a community school, we highly value and invite the support of the local community, helping us to deliver the 'best of education' to our students. As such, we look forward to welcoming you to several fantastic events this year, including our exceptional drama productions, superb music concerts, Old Burfordian events, Burford Business Breakfasts, and many more. To keep up to date with all our latest news, including event details, do visit the News section of our website at [www.burford.oxon.sch.uk](http://www.burford.oxon.sch.uk).

Looking ahead to later this September, we hope you will join us for our Whole School Open Evening on Thursday 21 September to learn more about Burford School life. To book to attend and for further details, please visit [www.ticketsource.co.uk/burford-school](http://www.ticketsource.co.uk/burford-school)



If you are an Old Burfordian, we also warmly invite you to join us for our annual Old Burfordian reunion on Saturday 30 September. This will take place in the Main Hall between 2.30 pm and 5.30 pm. Booking is not required. This, as always, promises to be a great afternoon and an opportunity for Old Burfordians to come back to the school and meet and share memories with fellow Old Burfordians, whether from the same year or a different decade completely! For further information, please contact Alumni at [alumni@burford.oxon.sch.uk](mailto:alumni@burford.oxon.sch.uk)

### **\*\*Lovely volunteer opportunity\*\***

Citizens Advice North Oxon & South Northants are looking for volunteers for Move Together, a project which runs throughout Cherwell to help those of any age, fitness or ability to gain confidence in becoming more active. This may include exercises at home or attending the local leisure centre. You don't need to be incredibly fit yourself. Training and support is provided. Reasonable expenses are reimbursed. The time commitment is flexible.

If you are interested or would like further information, please email [move.together@cano.org.uk](mailto:move.together@cano.org.uk).

## North Cotswold Arts Association

Wednesday 13 October: Exhibition de-brief and The Way Forward. 2-4pm, The New Warwick Hall, Burford Church.

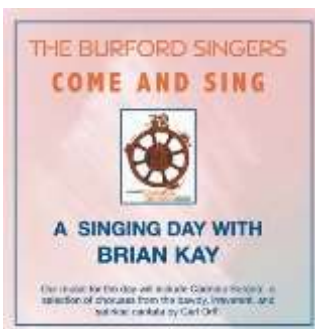
Wednesday 8 November: Jessica Parker 'Fun with Inks' 2-4pm, The New Warwick Hall, Burford Church.

Wednesday 13 December: NCAA Christmas party. 2-4pm, The New Warwick Hall, Burford Church.

*Jeni Smith, Chairman*

## Burford Singers – Come and Sing Day

**Saturday, 16<sup>th</sup> September, Burford School Main Hall, Burford OX18 4PL**



A Singing Day with our Conductor, Brian Kay, music for the day including choruses from Carmina Burana, the famous cantata by Carl Orff. Accompanied by Robin Baggs (piano).

**Doors open 0930, Workshop starts 1030; Informal performance 16.30; Workshop finishes approx. 1730.** Light refreshments provided, but bring a packed lunch.

Adults £20, students £10 (including score hire). Audience free. Online booking at [www.burfordingers.org.uk/buy-tickets](http://www.burfordingers.org.uk/buy-tickets). Details on our website [www.burfordingers.org.uk/events](http://www.burfordingers.org.uk/events).

## Burford Singers present Handel's Messiah

**Burford Singers with the Cotswold Chamber Orchestra. Leader: Kate Bailey, Soprano: Jessica Cale, Mezzo: Marta Fontanal-Simmons, Tenor: William Serle, Bass: Gareth Brynmor  
Conductor: Brian Kay**

As our final concert with Brian Kay as our Conductor, we celebrate his farewell with Handel's much-loved oratorio, the Messiah.





Tickets reserved at £25, £20, £15, unreserved £10. Online booking from 8<sup>th</sup> October (booking fee applies) at <https://www.burfordsingers.org.uk/buy-tickets/>

Booking in person (unreserved tickets only) from 8<sup>th</sup> October at The Madhatter Bookshop, 122, High Street, Burford OX18 4QJ and on the door

Details on our website [www.burfordsingers.org.uk/events/](http://www.burfordsingers.org.uk/events/)

## **Sylvia McLintock**

Sylvia died peacefully, aged 94, at Richmond Village, in the early hours of Sunday August 20th after some months of declining health. Her family and numerous neighbours, colleagues and friends made throughout her life will miss her contribution to the world around her. Sylvia loved Fulbrook, creating a happy family life for her husband, Alan, four children and ten grandchildren at the Manor House on Westhall Hill.

Sylvia always said she was a proud Essex girl, born and brought up in Westcliff-on-Sea though Fulbrook became the place that she loved. She and Alan were loyal and faithful church goers and contributed with generosity to any event in the village or Burford. They were staunch supporters of the Burford Singers amongst many other local activities, and Sylvia, along with Hilary Tadman-Robins, established the biannual Burford Festival. Newcomers to the village were greeted with a warm welcome and an invitation to their home.

During Sylvia's year as High Sheriff of Oxfordshire, many initiatives and charities benefited from her interest and support, including the Radcliffe Medical Foundation for which she raised many thousands of pounds. However, her heart remained firmly in Fulbrook and Burford and she will be remembered by many for her charm, looks, sympathy and her sense of fun.

*Diana Lethbridge*

## **Thank you to Fulbrook**

It was August 1991 when we arrived and now in July 2023 we are surrounded with packed and taped boxes in all the rooms. Our daughters Polly and Lucy were 6 and 3 years old respectively and now our four grandchildren are of the same ages.

As soon as we arrived we were introduced to other families in Fulbrook and Burford and some lifelong friendships remain today. Along with their new friends Lucy went to Filkins nursery school, Polly to Burford Primary. They both then went on to Burford "Top School." We could not have been happier. Fulbrook and Burford has provided us with friends, and nourished our souls and enlightened our outlooks, life's been pretty good!

In 1995 we were able to purchase the next-door cottage and simply knock through to make a suitable dwelling for us all as the girls grew into young women. It had after all been one house at various times through its long history. We knew a little about the property's history but we never imagined it would cause anguish 30 years on.

The garden with an old barn and a studio proved useful for Sally to carry on her work in interior design and curtain making. She has loved working from home and being there for the children returning from school.

In later years after Polly and Lucy had left home, we had space to run a bed and breakfast operation. I enjoyed the meeting, greeting and cooking breakfasts and Sally furnished the rooms beautifully. Art became an important part of Sally's life and we held many successful Oxfordshire Artweeks annual open studio events.

During lockdown Sally taught herself pottery with a wheel and a kiln installed within a new studio in the garden, she carried on through those quiet weeks producing and experimenting. It was at that time we thought deeply about where we are and with retirement definitely on the horizon asked each other, "What do we want?"

As we both met through sailing as teenagers it was decided we must mess about in boats again while we still feel younger than our years as written in numbers. The house went up for sale, so began the process of finding a suitable south coast estuary. First attempt was in the Salcombe area but Star Cottage had other ideas and would not allow the move to proceed. A year on we settled for a small farmhouse with a home from home feel, near the Helford River Estuary and a stone throw from the beach at Pralla, the half way point on the Southwest coast path (walkers welcome to come and say hello!) We knew some people at the sailing club already and Sally has artist friends nearby. We are about to move.

The history of Star Cottage goes back to before 1614 when the land upon which it is built was leased by the owner for 100 years. In 1714 a three hundred year lease was created and over the years to 2014 the landlord vanished without trace. It was therefore a defective leasehold. We took out an indemnity for very little cost to cover the increasing value of the house and at time of purchase in 1991 it was assumed by solicitors and lenders that when the lease expired freehold would be almost automatically granted. How wrong we were. A summer of searching through archives and the hiring of property lawyers was going nowhere until a judge decided that a 1967 act should be used to value the land and we must purchase the freehold at great expense.

I'll not go into detail because our time here has been so fulfilling and happy, we will be leaving with nothing but great affection for the landscape and the community. The boxes are filled, the documents signed and an adventure in Cornwall awaits. How good it is that the best things in life are free. We wish Daisy, Tom and Custard the dog happiness and joy in this well-loved cottage.

*Peter and Sally Wyatt 7th July 2023*

## **Burford & District Horticultural Society**

It may seem a long time ago now, but the July BDHS Summer Show was a happy affair, with prizes for Fulbrook members as well as Burfordians. We are all encouraged by new members joining, so do consider taking the plunge; the Membership Secretary is Nigel Barraclough, tel: 01993 824949, email [nngbarraclough@hotmail.com](mailto:nngbarraclough@hotmail.com). Members attend talks free of charge; visitors are asked for £3, which includes refreshments.

The September meeting, on Thursday 28 at 2.15 at Burford Bowls Club, will be a talk by Paul Green on "Plants of the season". Autumn can yield riotous colours in our gardens, and there will be plants for sale.

On Thursday 26 October at 2.15 the talk will be by Bill Laws on "Plants that changed the course of history". I'm hoping to learn about a few medicinal ones, and some culinary ones.

Our final talk of the 2023 season is on Thursday 23 November, also at 2.15, by Duncan Coombs. His title is "Winter Beauties" - shrubs, I imagine, with fragrance, colour, texture and majesty to lift our senses. We are also promised mulled wine and mince pies.

Now is also the time to consider what bulbs you might want to buy for the Spring Show (Saturday 6 April, 2024). The schedule on the website ([www.burfordhorticultural.com](http://www.burfordhorticultural.com)) lists daffodils in many classes, tulips, hellebores, spring flowers, indoor plants, flower arrangements and more. Membership of BDHS brings the benefit of discounts at several local garden centres, to help with your purchasing.

*Ruth Reavley*



**BURFORD and DISTRICT SOCIETY**

**Tues 19th September, Tim Healey. 'THE 'OXFORDSHIRE GREEN MAN TRAIL', 7pm  
Warwick Hall, Burford**



A mysterious leafy mask - or a face with plants streaming from the mouth - the Green Man is an age-old presence in architecture and crafts. He turns up in some of the earliest parish churches and the cloisters of Gothic cathedrals; in 18th-century garden ornaments and Victorian door surrounds. Is he a pagan symbol?

Tim Healey explores the enigma of this extraordinary motif with a wealth of colourful images showing examples from Oxfordshire. Tim is a freelance writer and broadcaster. A frequent contributor to the Oxford Times colour magazine Limited Edition, he has also presented many programmes on BBC Radio 3 and Radio 4, chiefly on heritage themes and the popular music of the past.

To assist us in anticipating numbers it is helpful if you register your intention to attend on our website. Guests welcome, £5 at the door.

**ANNUAL LIGHT LUNCH – Tues 17<sup>th</sup> October at Noon - Warwick Hall, followed by PETER RADFORD - Episodes in my life.**

Booking is now open online (see the website address below), for the strictly limited number of places for our annual 'members only' lunch at the Warwick Hall. After the lunch, Peter Radford will talk about episodes in his life.

Any members who do not have access to a pc are invited to contact Julia Hart to book and pay for their places on 07779 109761.

### **Treasurer & Membership Secretary**

We would love to hear from anyone who could be interested in becoming our new Treasurer & Membership Secretary. If you would like an informal, no obligation chat to find out what the role involves, please contact me. Many thanks.

**Peter Martin, Chairman**, [www.burfordanddistrictsociety.co.uk](http://www.burfordanddistrictsociety.co.uk), 01993 822769

## Here's the latest recipe from our resident chef Peter Burns:

### Lamb Meatballs and Rose Harissa Tomato Sauce with Barley Couscous

Rose harissa? Barley couscous? Yes indeed. These fancy, but not expensive ingredients form the centrepiece of a recipe from my favourite London restaurant, 'Towpath.' Nestled along the towpath of the Regents Canal in Islington, the very casual dining is characterised by superb, carefully thought out seasonal food.

Barley couscous, known in Morocco as 'belboula', is made in the same way as 'normal' wheat couscous, but has the advantage of a higher fibre content and is deliciously nutty. It has a bit of bite to it and a much heartier flavour than its hard wheat counterpart, which can be a bit bland and lacking in texture.

Originally from Tunisia, harissa is a hot seasoning paste typically made of dry red chillies, garlic, citrus, extra virgin olive oil and a few warm spices including cumin, coriander and caraway seeds. Rose harissa contains rose water and/ or rose petals so it has extra floral fragrance. This sultry spice paste has incredible depth of flavour and is sweeter and more complex than regular harissa. In either form, it should be a stock cupboard essential!

The recipe can be part prepared in advance, does not require any particularly specialised cooking skills, and is not so exotic as to upset the more conservative diners in your family.

#### Ingredients for the sauce

- 3x 400g cans of chopped tomatoes
- A good glug of olive oil
- 1 tablespoon of harissa

#### Ingredients for the meatballs

- 3 slices stale bread, crusts removed, torn into shreds
- 125ml full fat milk
- 2 eggs lightly beaten
- 700g minced lamb
- 1 chopped onion
- 3 cloves crushed garlic
- 1 tablespoon rose harissa
- 1 teaspoon ground cumin
- Several grinds of fresh black pepper
- Handful of parsley, chopped
- 1 tablespoon chopped fresh coriander
- 2 teaspoons salt
- 1 lemon (zest and juice)
- Plus, 200ml plain yoghurt as a garnish on the finished dish

#### Ingredients for the barley couscous

- 200 g barley couscous
- 4 tablespoons olive oil
- 200ml boiling water
- 2 tablespoons roughly chopped parsley
- 2 tablespoons roughly chopped coriander
- 2 tablespoons of roughly chopped mint
- 2 spring onions thinly sliced on an angle

#### Method: the sauce

1. Put all the ingredients into a deep pan, bring to the boil, turn the heat right down and simmer very gently for about 45-50 minutes stirring now and then so it doesn't stick to the pan.

#### Method: the barley couscous

1. Put the couscous into a heatproof bowl with two tablespoons of olive oil and season with salt and pepper, mix it thoroughly.

2. Pour the boiling water in, mix and cover in clingfilm, leave in a warm place for about 20 minutes
3. Use a fork to mix the rest of the ingredients in and to fluff the couscous up. Check for seasoning and its ready to serve!

**Method: the meatballs**

1. Soak the bread in milk
2. In a big bowl, mix all the rest of the meatball ingredients together (but not the yoghurt which is used as a garnish later). Squish them together by hand not in a machine as this would mess with the proteins in the meat and you will end up with tough meatballs.
3. Squeeze all the milk out of the bread. Add the bread to the rest of the mix and squish it round again. Using both hands, roll the mixture into a long sausage shape and by cutting in half, make about 20 meatballs. Put in the fridge for an hour or so.
4. Shallow fry the meatballs in three tablespoons of fairly hot vegetable oil for about two minutes on each side. If your frying pan is small don't do them all at once. Cook them in batches so you can get them nice and brown on the outside (they don't have to be cooked all the way through at this stage).
5. As the meatballs are fried and browned, add them to the tomato sauce and then gently simmer for about 15 minutes. Turn the heat off and let them sit for a further 15 minutes to allow all the flavours to absorb.
6. Serve on top of the barley couscous and drizzle yoghurt over the top

**Wine pairing from the Carpenter's Arms**

Siobhan and Ryan recommend a rich red Californian Zinfandel. Siobhan says "the richness of the wine will go well with the lamb meatballs and the subtle black fruits notes will complement the harissa nicely." Zinfandel can vary in quality, so best avoid cheap ones. Majestic's Ravenswood old vine Zinfandel at £15.99 a bottle (described by Majestic as 'a full-bodied red with gallons of taste') is recommended.

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