

# NEWSLETTER



Editor: stfilica@mail.com

01 Nov Catch Up Coffee  
07 Nov Village Shop AGM  
08 Nov Parish Council Meeting  
17 Nov 'Filkins Drift' Folk Evening  
18 Nov Cotswold Makers Fair  
26 Nov Copy deadline for December  
27 Nov Fish & Chip van

As I write this my farming friends along the Thames are busy evacuating livestock and trying to save huge bags of seed and fertiliser from flooded barn floors, salvage hay and straw stores and generally cope with the unprecedented rise of water. Even though the floodplain is often a challenge to farm on, one says in all his years he has never seen it this high, and it literally rose before his eyes, at 8am all was calm by 10.30 am 3 feet deep on the drive. As if our farmers have not had enough to contend with this year! Nearer to home the Broadwell Brook is running full tilt but the bund and pond seem to be coping, phew.

There may be others, in our villages, who are also feeling up against it and worried about how to make ends meet so I draw your attention to Page 9 and the message from Lucille Jones, Chair of FRIN, our local charity.

Halloween and Fireworks to look forward to, (do keep your pets indoors) and then by golly it will soon be December, (keep the 2nd in mind for the Filkins Theatre Review) still don't wish time away, lots of things happening in the month to come, coffee mornings, music and the wonderful Cotswold Makers Fair, take part and enjoy what's available. Ed

Apologies for printing an incorrect date for next year's St Filica Ball, perhaps my typo perhaps not (!) anyway adjust your diaries to read **Saturday 29th June 2024**

## VILLAGE HALL LOTTERY

### Congratulations to November winner: Lynne Savege

The lottery will be coming your way shortly....tickets cost £15 and you can pay in various ways...please support us as this is a huge fund raiser for our Village Hall. So far the response has been fantastic, thank you.

**The Village Hall Committee is hosting a Folk Evening with a duo called Filkins Drift on Friday 17th November. See details elsewhere**

Pauline Care Peacock Farmhouse 01367 860969



# THE CHURCHES OF ST PETER BROUGHTON POGGS CUM FILKINS

## SERVICES FOR YOUR DIARY

### SUNDAY 12<sup>TH</sup> NOVEMBER

#### REMEMBRANCE SUNDAY

**10.20AM – WREATH LAYING BROUGHTON POGGS**

**10.50AM – REMEMBRANCE SERVICE FILKINS**

### SUNDAY 26<sup>TH</sup> NOVEMBER – FILKINS

**10.30 AM – HOLY COMMUNION**

#### REMEMBRANCE DAY – SUNDAY 12<sup>TH</sup> NOVEMBER

As is our usual custom we will assemble at the memorial in Broughton Poggs churchyard at 10.20am on Remembrance Sunday for the laying of a wreath and a simple Act of Remembrance and then proceed up the road to the wreath laying at the Filkins memorial, followed by a Remembrance Service in Filkins Church. Please join us in remembering all those who served their country in both World Wars and elsewhere, and those who made the ultimate sacrifice.

#### HARVEST FESTIVAL

We had a beautiful Harvest Festival with a difference this year at Broughton Poggs. As dusk fell in our ancient church tucked away in the fields we all felt a real sense of the connection through untold generations between our community and the land. Thank you to all who came and stayed for a glass of wine afterwards; and thank you to Don and Moira for taking the donations raised to the Witney and West Oxfordshire Food Bank.

#### OHCT RIDE AND STRIDE

The annual Oxford Historic Churches Trust 'Ride and Stride' took place on what felt like the hottest day of the year. Visitors were very grateful for a drink at our churches - thanks to all those who gave up an hour or two to 'meet and greet' them. Undeterred by the heat Julia Neame managed to visit nearly 40 churches - half the money raised by those who sponsor Julia goes directly to our two churches, with the other half going towards grants for repairs at other churches in the area – including recently Alvescot. Thank you Julia, we are as ever enormously grateful, and Well Done

#### Rector

**Reverend Harry MacInnes 01993 845954**  
harrymacinnes@yahoo.co.uk

#### Associate Vicar

**Reverend Margot Hodson 01367 860555**  
margothodson@svbb.org.uk

#### Churchwardens

**Gill Allison 01367 860787**  
gillian.allison@zen.co.uk

**Charlie Payne 01367 860529**  
broughtonpoggs@hotmail.co.uk



## Filkins & Broughton Poggs Gardening Club



With only a brief hint at a frost so far (there was ice on the bird bath one morning), and no sign of one in the next couple of weeks between me typing this and you reading it, it seems our gardens are happily hanging on in there with only a few things ready to remove or cut back. I confess that our garden is a little neglected at present, but if you look at it from afar, it still looks a mass of colour, if a tad chaotic. Thank goodness for late bloomers like Nerines, Japanese anemone and dahlias.

As Autumn rolls on our club trips are finished for the year and we turn our focus to planting spring bulbs and preparing for winter. Here are a few other jobs to keep us busy in November:

Clear fallen leaves from lawns and ponds; raise containers onto pot feet to help prevent waterlogging; prune roses to prevent wind rock (pruning needs change depending on the type of rose – so best check before you cut!); insulate outdoor pots to prevent frost damage; put grease bands around fruit trees to stop winter moth damage. Don't forget to leave a few "messy" corners for wildlife and insects to hunker down – piles of leaves and logs will help.

More information can be found on the Filkins website or please contact our membership co-ordinator Julie Tridgell ([julietridgell@outlook.com](mailto:julietridgell@outlook.com)).

Rosie [j.tarr113@btinternet.com](mailto:j.tarr113@btinternet.com)



### SWINFORD MUSEUM

The winter work is progressing with David treating anything which looks a little suspect with woodworm killer, nothing will escape his clutches!

We have had two customers for family research, the first lady is great granddaughter of Edith Kitchen who was born in Filkins in 1884, she went on to marry James Maunder from Southrop. Any of you who have knowledge of the village would realise we still have the Maunder family resident here. The other lady descended from Sarah Vellender who was born in 1845 in Broughton Poggs, her family were labourers and would have worked on the farm although Sarah went into service and then met and married Eli Edmonds in Lambeth. The Edmonds family were printers and bookfolders. I hear you say what was a 'book folder'? He was the most skilled, and folded the printed sheets, as received from the printer, by hand, putting them in numerical order and register. Sarah's son Albert became a 'Woodburytype printer' this method was invented in 1864 and was a photomechanical printing process and used to mass-produce prints that would not fade.

It is fascinating what you find out when researching your family, do book up and we can try and see who is in your family.

*Please don't forget to come to Catchup Coffee on Wednesday 1<sup>st</sup> November at 10.00 in the Village Hall where we will have a stall and you will be able to buy most of your Christmas stocking fillers which will support the Museum's ongoing conservation work.*

Thank you. Diane Blackett

## The CARTER CLUB

*From time to time*  
Filkins Village Hall

*Yes, still back!*

7.30pm Tuesday 14th November

THE Carter Club meets again at 7pm on Tuesday 14th November, to watch Lindsay Anderson's 'If' from 1968... a satirical take on the 'the year of revolution', and the wave of counter-cultural change (the '60s) that we fondly imagined would lead to a better, and more free world. (Well, we got that a bit wrong!)

Film connects across place and time, and generally tastes better when viewed with other people.

And, of course, there's a bar!

*What's not to like? See you at The Carter Club. For more information:*

07713636415 or

*richard@naturalbest.co.uk*

*An invitation to...*

## Catch-up Coffee

*Coffee, tea, cakes, biscuits... & chat!*

10am to 12noon

**Wednesday 1st November**  
**FILKINS VILLAGE HALL**

- \* "always good to catch up with friends"
- \* "enjoy the chat, learn the news"
- \* "just like we used to do"
- \* "share some time together"
- \* "an opportunity to meet new people"

**"Catch-up Coffee" runs  
on the first Wednesday of  
each month. We (Gill,  
Michele & Trish) hope to see  
traditional favourites return,  
plus some innovations...**

**Watch this space!**

**For more info (ring or text):  
07976 055308**



## Community Led Plan

WE think we've arrived! Or to put it another way, we think we've done what we can to find a consensus of opinion about 'where are we going as a village?'.

The consensus only includes opinion from those who have actually taken part, of course, and the **Filkins & BP CLP Group** is very grateful to everyone who has.

The website will close on 7th November, so that the **Community Led Plan**, can be written up for a final consultation with the village.

Until then you can still take part... Just register, and have your say, at: [www.filkins.net](http://www.filkins.net)

# The COTSWOLD Makers craft at the Filkins Fair

**Filkins Village Hall**

11am to 4pm, Saturdays 18th Nov, 16th Dec & 17th Feb

... and third Saturday of every month thereafter

Ceramics, textiles,  
jewellery, candles,  
print & lots more...

*"By Hand,*

No admission charge  
Refreshments

Lovely village to explore

*with Design"*

@thecotswoldmakers



07818 440824

thecotswoldmakers@gmail.com





# THEY'RE COMING!

**£12.50** Including  
SUPPER

# FILKINS DRIFT

**FRIDAY 17TH NOVEMBER 7.30PM**

**FILKINS VILLAGE HALL**

*“Music, dancing & a chilli supper”*

**Intricate melodies from Wales & The Cotswolds**

As the duo *Filkins Drift*, Seth and Chris combine the traditional and the contemporary, blending fiddle and guitar with their close vocal harmonies.

*“Ornate interplay between two fretted instruments conjures up a Baroque soundworld, while their foot-stomping fiddle and guitar tunes have been igniting audiences across the UK.”*

**Get your tickets from Cotswold Woollen Weavers or Filkins Shop  
or from 07713 636415 / [richard@naturalbest.co.uk](mailto:richard@naturalbest.co.uk)**



***Continuing our occasional travel series, here Any Hoad reports on their trip to Jordan. I am most envious as Petra has long been on my list. Ed***

## JORDAN

I have for many years wanted to see the UNESCO World Heritage site at Petra and finally got there this autumn. We flew out of Heathrow on the afternoon of Wednesday 4<sup>th</sup> October for what was to be a guided tour, nothing exceptional the same well worn path trodden by hundreds of thousands of tourists every year, starting in the capital Amman, working our way down to Petra, then on to Wadi Rum and ending up at the Dead Sea before flying back out of Amman on the 11<sup>th</sup>.

Thursday morning was spent visiting the ancient city of Jerash, sometimes known as the city of 1,000 columns (referring to the number still standing/re-erected), the highlights for me being an amphitheatre with remarkable acoustics and the oval plaza surrounded by some 64 columns almost all still supporting beams. After lunch we visited the King Abdullah Mosque and the Amman Citadel Archaeological Park.



South Amphitheatre, Jerash



Mount Nebo Church

Friday morning, bags packed and on the bus heading south towards Petra, a quick stop at Madaba to visit the church of St George, a far from pretty 19<sup>th</sup> century building but housing the remains of the Madaba Mosaic Map, the oldest known geographic floor mosaic dating from the mid 6<sup>th</sup> century, what remains of the map depict the Holyland. We then pressed on to Mount Nebo where Moses was granted a sight of the Promised Land, the summit is now a sacred Christian site, atop which are the remains of a Byzantine church and mosaics which were discovered in the 1930s; today a new church has been constructed over the remains & mosaics which can be viewed from specially designed raised floors.

The last stop was Kerak a Crusader Castle dating to the 12<sup>th</sup> century, with later Muslim additions. Unfortunately we didn't arrive until 5.30 pm, giving us just one hour to view a site that needed at least 2-3 hours to do it justice. From here we continued to Petra and the hotel that was to be our home for the next two nights.

Saturday and the magnet that drew me to Jordan, Petra, and it did not disappoint. The site has been occupied since about the 4<sup>th</sup> century BC by the Nabataeans, controlling trade and the caravan route, it grew quickly to become an immensely wealthy city. Inevitably its influence attracted the Romans who undermined it, causing a steady decline in power and influence, eventually forcing it to become a client state in 106 AD.

If Petra conjures up an image of 'The Treasury', Indiana Jones and the Last Crusade etc, the archaeological site is so much more! 'Treasury' is a misnomer, it is in fact a royal tomb and most of the rock-cut architecture are also tombs royal or otherwise.



The site is approached down a narrow ravine about  $\frac{3}{4}$  mile long which itself boasts rock-cut tombs. The end of the ravine opens onto The Treasury a magnificent sight only a little diminished by the number of tourists although it is a little difficult to complain about that (stand up the guilty party). Passing to the right of the Treasury the topography opens a little and now there are monuments in the ravine walls to left and right, lower down where valley opens out further is the site of the main settlement. Petra, like many sites in Jordan was badly damaged by a major earthquake in 363 and much of the city is still largely unexcavated, however a Roman plaza has been cleared and partly re-constructed. At its peak the city was home to some 20,000 people and in such an arid climate the rainwater harvesting and storage system was extensive some of which is still visible including a cut-out for a gravity fed waterpipe in the wall of the entry ravine running for much of its length. Beyond the main domestic area a narrow gorge leads uphill to the last main monument; approximately half an hours walk brings you to 'The Monastery', probably another royal tomb, very similar in design and scale to the Treasury but without the ornamentation.



A couple of pesky tourists in front of the Treasury



The Monastery

Sunday, bags packed again and on to Wadi Rum via Siq al-Barid, known as Little Petra a fascinating aside with the steep narrow ravine walls heavily scalloped by wind erosion.

On arrival at Wadi Rum each party is assigned a 'campsite', "its camping Jim but not as we know it!" The campsites are geographically dispersed so that most are out of sight of each other giving an illusion of seclusion, the tents are semi-permanent structures and it is the first I have slept in one that has air conditioning and a bathroom



Wadi Rum Campsite



Wadi Rum backdrop to the 'The Martian'

Jordan continued....

Once settled, late afternoon included a jeep safari to look round a landscape that is barren but beautiful and has often been used as a film backdrop, including the 2015 Matt Damon film, *The Martian*.

Once we had watched the sunset the jeeps returned to camp for the evening meal and an optional stargazing experience which is promoted partly on the premise of it being a dark sky area, well it isn't and as you leave the campsite you drive towards and then across a brightly lit highway. That said the talk was good and once outside there were a number of telescopes trained on specific areas of the night sky. This was my first experience of professional telescopes and the first time I have clearly seen Jupiter and the rings of Saturn, I for one don't begrudge them the money.

Monday morning and our final move to the Dead Sea arriving early afternoon. We decided to take our dip that afternoon and I have to admit it is a strange experience. It ought to be disappointing as the hotel bathing area is in a rather small roped off area within which the water never exceeds 18 inches in depth, however you cannot swim, only float, definitely don't want the water in your eyes as its salinity is about nine times that of the Mediterranean. Getting back on your feet is quite difficult and any greater depth would have added nothing to the experience. Our final full day was spent by the hotel pool, ordinarily I get itchy feet very rapidly, feeling the need to explore the local area, on this occasion the tourist hotels were along a highway too far to walk into the local town and given the political situation for once I was happy to spend the day reading before returning to the UK on Wednesday.

*Andy Hoad*



Watch out watch out, there **could** be a thief about!

*A couple of village residents have reported seeing the slightly suspicious activity of strangers, one actually photographing the gable end of his house to which the burglar alarm is fixed. (whilst he was out, the chap was caught on security camera). His image doesn't appear to match the other sighting and it may of course be totally innocent, but perhaps we should all just be a little more aware.*

## Doctor & Hospital Runs



In the first instance those requiring a lift should call Theo Hodges on 07711 066155 and she will put you in touch with a driver.

If Theo is for any reason unavailable, then please call either Freda Shrouder on 07557 048667 or 01367 860053 or else Charlie Payne on 07810 158558 or 01367 860529

## Rosie's Pilates Plus

There are still vacancies in the village hall classes, contact me on 07879 668175 or [rosie@rosiehowenutrition.com](mailto:rosie@rosiehowenutrition.com)

Mondays 17.15—18.15 and 18.30 –19.30

Tuesdays 09.30 –10.30

"keep it gentle class" perfect for beginners & seniors

Thursdays 17.15 –18.15



### Filkins Relief in Need Charity

We know that many people, perhaps including some in Filkins and Broughton Poggs, will be struggling with the recent rises in the cost of living.

I would like to draw your attention to FRIN (Filkins Relief in Need), a charity which was set up many years ago to help villagers in need of one off financial help.

FRIN has funds available to help and will consider requests for support. Obviously it has to operate within the rules of the Charity Commission but if you or anyone you know in the village has difficulty in paying a bill or meeting a one off expense, FRIN may be able to help.

You are welcome to contact me or any of the trustees listed below to talk informally. Any discussion would be strictly confidential within the group of FRIN trustees.

**Lucille Jones [lucille68@btinternet.com](mailto:lucille68@btinternet.com) Chair of Trustees**

Trustees: Lucille Jones, Diane Blackett, Margaret Hambidge, Mary Cover, Ena Constable, Jane Martin, Charlie Payne, Stephen Evans and Rev. Harry McInnes

### Parish Council Meeting – October meeting

- Taylors Close – Kickabout field –The fence has been replaced then the surface will be disced and reseeded. PLEASE NOTE THE FIELD WILL BE CLOSED DURING THE WINTER
- B4477 – resurfacing not due to start until March 2024
- New bus service from Carterton to London due to start 27 November 2023 – only 16 months confirmed. PLEASE USE THIS SERVICE OR WE WILL LOSE IT AGAIN
- Speed watch reported average speed for cars through the village is 39mph. Speed watch area signs to be erected.
- Emergency Plan is being drafted
- Platinum Garden – hardcore and hoggin are and grass works have been ordered. Awaiting date for commencement
- Council have started setting the budget for 2024/25 to determine the precept
- The Parish Council exists to represent the views of all residents and best interests of the village. The Council can always be contacted through the Clerk, Cris Hoad, by email [clerk@filkins.org.uk](mailto:clerk@filkins.org.uk) or phone 01367 860388 We understand that items of concern are discussed with friends whilst out walking or in the pub. But please, if you have any please do contact the Parish Council, if we are not made aware of them, we cannot deal with them appropriately.
- **Next meeting of the Parish Council will be on 8 November at 7.30pm in Filkins Village Hall Committee room.**



## **ThreeVintage Radio Plays and Supper.**

**Saturday 21st October**

Having just read a book in which the theatrical critic was stabbed to death in chapter two, after writing a vitriolic review of a play, I was rather apprehensive when asked to write a review of Filkins Theatre's 'Three Vintage Radio Plays! This is a format which FT has used before and has worked well but, faced with the start of half-term and England's

rugby semi-final, the audience was not as large as usual although that did not detract from the entertainment.

A cast of eight started with an original Radio 4 production broadcast in 2011: "Clare in the Community" starred Julia Neame in the title role. Barry Heath, playing the gormless Brian who is about to be married to the social worker, Julia, played the part well but is perhaps best remembered for leading the sound effects with great vigour. Who knew a book

falling to the ground could make so much noise? I particularly enjoyed Trish Poole's

authentic potteries accent playing Helen. The theme of mistaken identity, which runs through the evening, plays out as Simon, played by Paul Molyneaux, is revealed as the instigator of all the mayhem. Paul turns up in all three performances effectively adding to the general chaos. Brian and Clare tie the knot and all is well... well?

Following a plentiful supper provided by Gill, Julia, Lynne, Michele, Sue, and Vicky, the

ensemble presented "Crossed Lines" by Ian McChridart (a little problem for the anagram enthusiast). I must admit I missed the start while topping up the beer stocks (surprising how much a small audience can drink), but one soon catches up with these farces. Richard Martin and Sue Ashforth Smith play Sir Rumpus and Lady Havelock who both get the wrong end of the stick about each other's love life. However, in spite of further mayhem all is finally resolved, I think!

The final play, following some scrumptious puddings, "Forbidden Fire" was introduced by Sally Peach as being "specially adapted for Radio 4 and so contains sex scenes that some listeners may find strangely disappointing." While the play had a number of good lines it was probably the weakest of the three with, let's face it, a slightly elderly cast not being entirely convincing with subject matter... though maybe, on reflection, that was the point of the play!

So, in spite of three farces in the Brian Rix tradition, no-one lost their trousers for which we were all grateful! Stalwarts of Filkins Theatre, Sue-Ashforth Smith and Lynne Savege, were typically professional playing multifarious roles in all three performances. The evening was thoughtfully directed by Richard Martin who also designed the simple set and took on a range of roles in the three plays. After an enjoyable evening the audience left well fed and with a smile on their faces.

**Alan Heath**



## Advent Windows – by popular demand!

St Filica have been asked to organise the advent windows again this year.

You know the drill, pick your date from 1 - 23 December

Any theme you want! Don't forget to include the number in your window

Please book date with Michelle: [michellewoodworth@sky.com](mailto:michellewoodworth@sky.com)  
to let her know and light your window from your date until Christmas Day



The Curry & Quiz Night on October 14th was well attended with a delicious curry from Bilash enjoyed by all. The questions set and called by Conrad Bohm proved challenging for some but it was good fun, chocolates to the winners and jelly babies to the lowest scoring team....I suspect there was as much competition for those as for winning!



We have been told Father Christmas will be  
arriving in Filkins on

**Saturday 9th December.**

5.45pm at the bus shelter grotto

Sweets, squash and cakes for the children and mulled wine and mince pies for the adults

Christmas music will be played and the tree lights switched on at 6pm

Donations can be made on the evening by cash or card to support this event



Mr Fuddles will make his annual visit as Santas helper



## Lenthall Concert Series

Since 1992 the Lenthall Concerts have been delighting audiences with a wide range of music from internationally acclaimed artists. The first one last month was very well attended and a joy to listen to, some of Burford school's double reed players joined the quartet, what an experience for them.

Single concerts cost £20, Full season of 6 £72

8 November Magic Flute Trios play Mozart, Debussy & Vaughn Williams

6 December Christmas Strings, Orchestra Pro Anima & Michael  
Bochmann play Corelli, Vivaldi, Mozart, Torelli, Sarasate  
& Anderson

10 January Piano Quartets – Mozart \* Faure

for more details visit: [www.lenthallconcerts.org.uk](http://www.lenthallconcerts.org.uk)



## Progress in the Platinum Garden

It's been a while since we had an update on progress in the Platinum Garden, but if you have visited the Village Centre in recent weeks, you may have noticed that planting has been started in the beds with allium bulbs still to go in, the picnic area has been dug down and levelled by Andy Hoad (I am convinced we are saving him a gym membership here!) and an initial layer of hardcore was laid by a small but unbelievably efficient team of helpers – thank you so much! What next?

The excellent news is that a biodiversity grant application to WODC has been successful, subject to a few tweaks to our design – see below.

Although we do not yet have the exact sum, it is indicated to be enough to cover the lawn area and the trees and hedging. With the money we already have in the pot, we can proceed with the hoggin (compressed gravel) for the picnic area too. We are waiting on a confirmed start date for this work, but it should mean the garden will be habitats in the coming months, and of course will need to add picnic benches and seats.

We are grateful to have received a few more donations to our Just Giving site – thank you to those who made them - and a large donation in memory of David and Trish La Trobe, formerly of Woodbine Cottage, who both loved their years in Filkins. Our thanks to their daughter, Vicky, and her husband Steve, for their generosity. A bench has been bought with some of this donation and you will see this in situ as soon as the picnic area is ready.

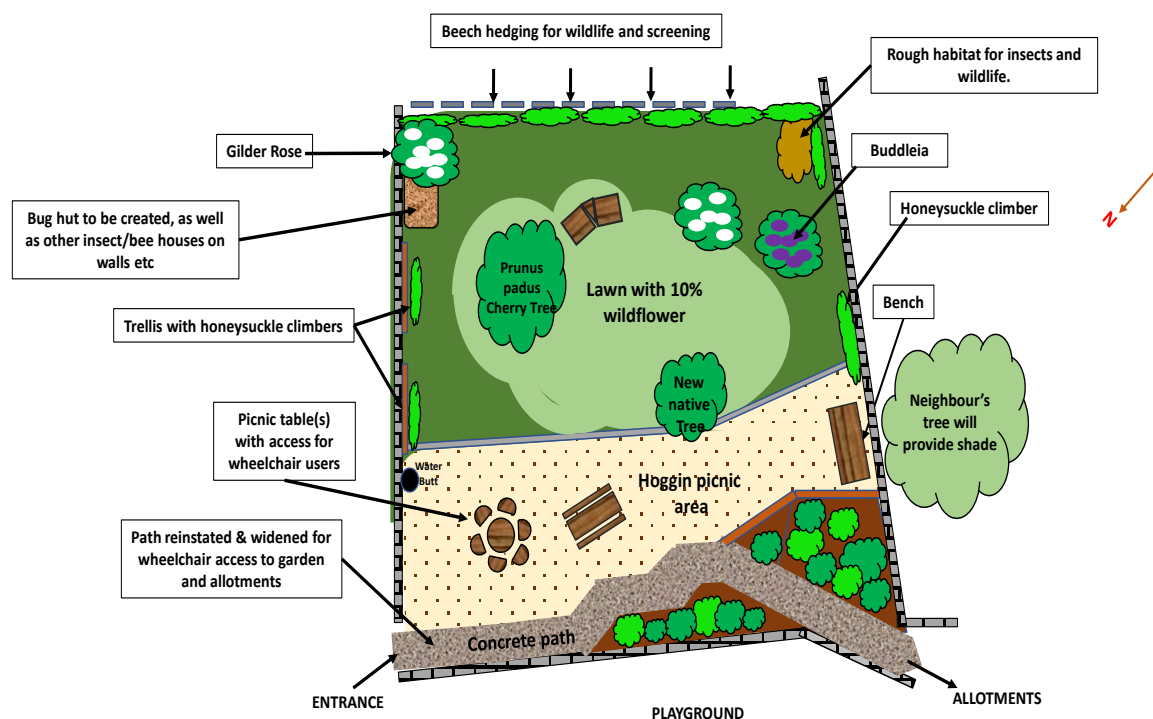
Official opening next Spring? I think we should! We will keep you posted!

Any questions, help, ideas or donations?

Please email [rosie@rosiehowenuitrition.com](mailto:rosie@rosiehowenuitrition.com).

Many thanks, Rosie

### Filkins Village Centre Platinum Garden Design



***Mr Law appears to usurping his wife with another goody! Ed***

## **Cooking Tuna Salsa for One**

For me, cooking for one requires the recipe to be quick, easy and result in minimal

washing up. Below is a cooking technique that I often use that came from a very old fish cook book (Fish) written by William Black . The technique is not only easy but intensifies the flavour of the fish significantly as it cooks the fish in its own juices. The Salsa can be made in advance and refrigerated.

### **Ingredients:**

- 1 fresh Tuna steak
- Smoked black pepper (available at Cutlers & Cashin or the Upton Smokery).

### **Salsa Ingredients:**

- 1 avocado, skinned, sliced and chopped
- 4 cherry tomatoes, halved
- 1 small red onion, diced
- Small handful of Coriander – chop the leaves and stems separately
- ½ red chilli, de-seeded and diced
- 1 tbsp mayonnaise.

Strong Tin Foil for cooking. Fresh crusty bread to serve.

### **Method**

Remove the Tuna steak from the fridge, salt the fish (this draws out the flavour) bring the fish up to room temperature (approx. 30 minutes). Sprinkle the smoked black pepper over both sides of the fish generously.

Tear off a sheet of tin foil approximately 150mm (6") long. Fold the foil in half and place the Tuna steak adjacent to the fold. Fold the tin foil over the Tuna and seal the edges by folding the edges of the foil to make a tight parcel.

Select a heavy bottomed frying pan and heat to a very high temperature, place the

Tuna parcel onto the hot pan and cook 2-3 minutes then turn the parcel and do the same for the other side. (depending on how sushi-esk you like your tuna). Remove the parcel from the pan using tongs and leave to cool a little.

Mix the chopped avocado, chopped onion, halved tomatoes, coriander stalks, chilli and mayonnaise in a bowl to make the Salsa.

Spoon the Salsa onto a plate, remove the Tuna Steak from the foil parcel and place on top of the Salsa. Sprinkle the chopped coriander leaves on the top of the Salsa and serve with crusty bread.

### **Cooks Tip**

Once the pan has cooled down it can be put away without washing up! This technique also works with steak, just increase the cooking time to 5-6 minutes each side. If you have any Salsa left over, it works well as a lunchtime snack spread on lightly toasted sour-dough bread.

**example Fish Parcel Image**



Day	Morning	Afternoon
Monday	10 - 11	3 - 4
Tuesday	10 - 11	3 - 4
Wednesday		3 - 4
Thursday	10 - 12	3 - 4
Friday	10 - 11	3 - 4
Saturday	10 - 11	3 - 4
<b>Sunday</b>	11 - 12	
	01367 860 239	

# The Village Shop



#### Grey week



Rubbish



Food waste

#### Green week



Recycling



Garden waste



Food waste

## Annual General Meeting

All shareholders are warmly invited to our formal AGM

on **Tuesday 7th November at 7pm** in the Village Hall

The Agenda is published in the shop

If you are not yet a member and would like to attend, please ask a team member for a share application form.

Shares are still available at £10 each

Don't forget we sell stamps, local honey & a wide selection of deli foods such as pesto, sun dried tomatoes and olives.

Remember fresh fruit and veg as well as fish and bread on Thursday mornings from the local market.

Do contact Lynn if you would like to be put on the mailing list [savegelynne@gmail.com](mailto:savegelynne@gmail.com)

***Do come and support your local village shop***

<https://filkins.org.uk/filkins-community-shop>

Green/recycling

grey/household

Friday 3 November

Friday 17 November

Friday 10 November

Friday 24 November