



Parish Magazine

March 2024



Friendly Sheep in Faulston

Photo by Pat Abbott

STaB is published by the Parochial Church Council and delivered free of charge to every home in Stratford Tony and Bishopstone. We hope you find it interesting and informative. **Donations towards publication costs are always welcome.**

Donations should be made payable to Bishopstone Parochial Church Council and sent to: The Treasurer, Bishopstone PCC, Ebble Cottage, Mill Lane, Bishopstone, SP5 4BG. Please state on a cover note that it is for STaB.

The views in this magazine are not necessarily those of the PCC.

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Any articles for inclusion are to be submitted by 5pm on the 20th of the month to appear in the next issue - *unless the magazine is already full.*

The editors reserve the right to edit all contributions.



As Easter approaches, we are beginning to see signs of spring all over our beautiful valley.

Many things are happening in our parish to help us celebrate this time of year.

You'll see on page 4 of this magazine what is happening in Bishopstone church this Easter season, and don't forget that you can also book a table at the White Hart for Mothering Sunday (10th March) and Easter Sunday (31st March).

A warm welcome to Bishopstone and Stratford Tony...

Please let us know if you know of anyone who moves into Bishopstone or Stratford Tony - or indeed if you yourself have recently moved in, please do introduce yourselves! - so that we can offer them/you a welcome in STaB.



Hello from the Revd Canon Jenny Taylor



Easter is at one of the earliest times possible this year – March 31st - I do so hope you can join us as we celebrate at our 9.30 am service.

Meanwhile we have 4 more weeks of Lent to work through – you will see all the details about our Lent Project that are enclosed with this edition. We have already had one very successful coffee morning (thank you Shirley!) and there will be another one on Saturday 23rd March at Wheelwright Cottage, Flamstone Street – it will be lovely to see you there!

Rise:61 is such a worthy local cause and makes us all realise what a difference we could make to the lives of young people not a million miles away from where we live. Please do support it if you can.

Lent finishes as we move through Holy Week and on that most holy day, Good Friday we will be able to hear John Stainer’s Crucifixion sung by the St John Singers, in our church. What a beautifully poignant way to mark that day – do join us, you will be so welcome.

So, may I wish you all a holy Lent and a glorious and Blessed Easter.

The Friends of Bishopstone Church

If you would like to help the Friends of Bishopstone Church with their work of preserving the fabric of this beautiful building, please contact the Treasurer Norman Barter (01722 780471).

Chalke Valley Team Ministry - Parish of Bishopstone and Stratford Tony

Team Rector: Ruth Howlett Shipley 01722 697022

Team Vicar responsible for Bishopstone and Stratford Tony:

The Revd Canon Jenny Taylor 01722 503081

Church Wardens: George Brutton 07989 382465 Sarah Seal 01722 780305

Lay Pastoral Assistant: Sally Leaver 01722 780447

Team Administrator: Emily Broomhead 07890 262376

thechalkevalleychurches@gmail.com

Easter at St John the Baptist, Bishopstone 2024



Maundy Thursday
Thursday 28th March, 6.00pm
**Commemoration of the Last
Supper, Communion**



Good Friday
Friday 29th March, 6.00pm
Stainer's Crucifixion
The St John Singers



Easter Day
Sunday 31st March, 9.30am
Parish Communion

Bishopstone Church Electoral Roll

As a number of people have moved into the village in the last couple of years, there may be some who would like to be added to the Church Electoral Roll. The Roll is used to determine eligibility for attendance and participation at the annual parochial church meetings, and for election to the parochial church council (PCC).

If you are already on the Roll, you don't need to do any more until the next 6 year renewal (2025). Spare forms for registering can be found at the church, or contact me by 27th March 2024 please. But feel free to use the form on the opposite page. Our beautiful village church needs to have a supportive congregation!

If you would like any more information and to be added to the Roll please contact me – Anne Stutchbury annewheelwright@gmail.com
Wheelwright Cottage, Flamstone Street, Bishopstone, SP5 4BZ

APPLICATION FOR ENROLMENT ON THE CHURCH ELECTORAL ROLL

Full name _____

Preferred title (if any) _____

Full address _____

_____ Postcode _____

Email Address (optional) _____

1: I declare that (please tick only one box from options A or B)

1A I am baptised, am a lay person, and am aged 16 or over

1B I am baptised, am a lay person, and become 16* on _____

**Those who become 16 in the next twelve months may complete the form and become eligible to be entered on the roll on their sixteenth birthday.*

2: I declare that (please tick only one box from options A, B or C)

2A I am a member of the Church of England (or of a Church in communion with the Church of England) and am a resident in the parish.

2B I am a member of the Church of England or of a Church in communion with the Church of England, am not resident in the parish, [but have habitually attended public worship in the parish during the preceding six months] [and would have habitually attended public worship in the parish during the preceding six months but was prevented from doing so because

_____.

2C I am a member in good standing of a Church which is not in communion with the Church of England but subscribes to the doctrine of the Holy Trinity, am also a member of the Church of England [and have habitually attended public worship in the parish during the preceding six months] [and would have habitually attended public worship in the parish during the preceding six months but was prevented from doing so because _____.

**If you tick 2B or 2C in circumstances where a new Roll is being prepared, you must delete either the first set of words in square brackets or the second set. If you delete the first set, you must complete the second set by filling in the space at the end. see Note 3 for further information.*

I declare that the above answers are true and I apply for inclusion on the church electoral roll of the parish.

Signed: _____ Date: _____

Parish Council

SAFEGUARDING LIVES IN BISHOPSTONE



At the beginning of February a third public access Automated External Defibrillator (AED) was installed in the village. This one, in the bus shelter near the Church Lane junction, joins that in the kiosk opposite Pitts Lane and that on the front wall of the Village Hall. These now provide a pretty good coverage of the village. What are these for, who can use them, when and how?

AEDs are used to revive someone suffering a sudden cardiac arrest. In a cardiac arrest unconsciousness can result from the heart rhythm being too fast or uncoordinated to provide an effective blood flow to the body and brain. When this happens, the brain and other vital organs don't get the blood and oxygen they need. This requires treatment within minutes to prevent death. Defibrillation can restart the heart into an effective rhythm and the sooner the heart rhythm is restored, the greater the chance there won't be permanent damage to the brain and other organs.

Our AEDs are available for anyone to use to jolt a heart back to a regular rhythm, possibly saving a life. The key steps in performing a rescue are set out in the diagram opposite.

Having ascertained that the patient is unresponsive the first step is to call the emergency services. Then, without waiting for their arrival, use the AED.



Our AEDs are contained in unlocked round containers that twist to the left to open. Inside is a bag containing the AED itself and a rescue kit which includes a torch, scissors for removing clothing, a high viz jacket and other useful items. The AED is very easy to use. It is **fully automated**, which means that it gives step by step voice instructions telling you what to do and when to do it. The unit itself evaluates the heart rhythm, decides whether a shock is required and delivers it. **The rescuer does not need to decide whether a shock is required or to actually deliver it.** If necessary the unit will instruct the rescuer to administer CPR.



Many in the village attended previous short training courses on the use of AEDs arranged by the Parish Council. If there is sufficient further interest we will hold another one. If you are interested please let Mike Ash know on 01722 781044 or bishopstoneclerk@btinternet.com.

A training video will also be shown at the Annual Parish Meeting in the Village Hall on 14th March and can also be found on the village website (www.bishopstone-salisbury.co.uk).



ANNUAL PARISH MEETING

The Annual Parish Meeting will take place in the Village Hall at **7.00pm on Thursday 14th March 2024**. The APM is separate from meetings of the Parish Council and is an opportunity to have a general discussion of any issues of concern to villagers. There will also be reports from village organisations about activities in the last year and any plans for the future.

In addition, this year it is intended to include a discussion about the possible activities of the new parish Tree Wardens, established under an initiative by Wiltshire Council to promote proper tree maintenance and encourage woodland planting, and to show a video on how the Automated External Defibrillators in the village can be used to treat sudden cardiac arrest.

Everyone is welcome to attend.

The APM will be followed by the March meeting of Bishopstone Parish Council.

Village Hall



March 2024

QUIZ EVENING

On **Saturday 2nd March** there will be another classic Quiz evening! The cost is £12.50 per head or £50.00 for a table of four. This includes supper and a bar will be available. Guests booking individually will be joined with others to make up a team.

To make a booking, please contact Caroline Ash on (01722) 781044 and advise of any dietary requirements for yourself or any guests.

The BISHOPSTONE COMMUNITY CAFE

Coffee Mornings are normally held on alternate **Thursdays**. Dates for the coming period are the **7th** and **21st** of **March** and the **4th** and **18th** of **April**.

10.30am until 12.00noon.

Everyone is welcome to look in for a coffee and chat. There is presently no charge for refreshments.

MOVIOLA at Bishopstone

Friday 15th March. The Moviola film for March is 'The Great Escaper'.

The Great Escaper is a 2023 biographical drama film directed by Oliver Parker, written by William Ivory, and starring Michael Caine and Glenda Jackson. It is based on the true story of 89-year-old British World War II Royal Navy veteran Bernard Jordan who "broke out" of his nursing home to attend the 70th anniversary D-Day commemorations in France in June 2014. It is the last film to star Glenda Jackson who died nine months after filming finished and also Michael Caine who retired from acting the same year.

A trailer for the film can be seen in the [Events](#) section of the village website at www.bishopstone-salisbury.co.uk.

Doors open at 7pm with the film commencing at 7.30pm

Entry for the film is **£6.00**. A cash bar with ices and snacks will be available. If possible, please book in advance with Caroline Ash on (01722) 781044.

The following Moviola show will be on **Friday 26th April** with the film 'Napoleon'.

BISHOPSTONE COMMUNITY LUNCHESES

The **March** lunch will be on **Wednesday the 6th** with Francis Taylor talking about "Angkor, the capital of the Khmer Empire".

Times as usual: **12.00 noon for 12.30 pm**. Advance booking is essential. Please telephone Caroline Ash on (01722) 781044 and advise her of any dietary requirements. The cost is £7.50 for a two-course lunch and a drink.

The last lunch of the season will be on **April the 3rd** when speaker Naomi Oosthuizen will be talking about 'Decluttering'.

FUTURE EVENTS

The Spring Fayre this year will be on **Saturday 18th May** between **10.30am** and **12.00noon**.

The Village Hall Annual General Meeting will be on **Monday 20th May at 7.30pm**

HALL BOOKINGS FOR SOCIAL EVENTS AND WORKSHOPS

Both halls are available for hire. To enquire or make a booking, please contact the bookings secretary Margaret Barter (01722) 780471

BISHOPSTONE PLAYGROUP

The playgroup meets on Friday mornings during term time from 9.30 – 11.00 am. Breastfeeding support is available from qualified breastfeeding counsellor Cally Edwards and trained peer supporters. Find further information on our Facebook page *Bishopstone Playgroup* or contact Cally on callyedwards@me.com or 07968 797 168.

"EXTEND" EXERCISE CLASSES

For further information about these exercise classes contact Jenny on 01722 780863, email: jennyberwynjones@yahoo.co.uk

PILATES AT BISHOPSTONE

For further information contact Claudine on 07788 587937 or email: claudineblake@aol.com

YOGA WITH HANNAH

For more details please contact Hannah Stocker at 0773 856 1888 or by email: yoga_with_hannah@outlook.com.

SARUM SPINNERS AND WEAVERS

For more detail about the group please contact Les Smith on 01722 780761.

BISHOPSTONE VILLAGE HALL

QUIZ NIGHT



Saturday 2nd March

Doors open 7.00pm for 7.30pm start

Put together a table of four and get those grey cells working. (We can pair you up with others if you are not a full table.)

£50 for a table of four (or £12.50 each), to include supper and a cash bar.

Book online via
bvhticketoffice@btinternet.com
or call Caroline on (01722) 781044

VILLAGE HALL SPRING FAYRE - SATURDAY 18th MAY, 10 AM

PLANT STALL

Springtime is nearly with us and the Spring Fayre is coming up soon. Please could you let us have any spare plants or seedlings of vegetables, flowers or fruit for our stall. This provides and serves dual purpose of buying great plants and nurtures an interest in gardening.

To this end, we need your generous donations of plants or seedlings. We would be grateful if you could name the plants or seedlings and if possible, the colour or variety.

This year, please could you deliver any plants or seedlings to the Village Hall from 2 p.m. on Friday 17th May, where I shall be happy to receive them. Your support is very much appreciated.

Norman Barter

Bishopstone Rugby Enthusiasts

Once again the England games at the 2024 Guinness Six Nations will be shown live at the Village Hall.

Details of the games are below. Doors open 45 minutes before kick off.
Free entrance with cash/card bar and Bacon & Sausage baps available.

For further details please contact Andy Stocker (07590 841135)

England Six Nations Matches

Saturday 9th Mar versus Ireland. Kick off 16:45

Saturday 16th Mar versus France. Kick off 20:00



Village Hall Clothing Bank

A clothing bank has been installed behind the village hall. All the proceeds from recycling the clothes that are donated will go to Wiltshire Air Ambulance. Your unwanted clothes (clean please) should be placed in plastic bags before being posted into the bank. They will also accept paired shoes, linen, coats, towels and sheets. Clothing and fabric in good condition, which can be reused, will be sold to second hand clothing traders in the UK and worldwide. 'End of life' garments are sent to be recycled.



Bishopstone Village Hall rates for private hire

Bishopstone Village Hall has 2 rooms that are available for hire for a wide range of functions. The larger room is ideal for children's parties with lots of space for running around. It can also accommodate wedding receptions, charity functions and large family celebrations.

The smaller room (The Memorial Room) is a good size for meetings and smaller gatherings.

The modern kitchen is spacious and fully equipped with an electric catering range, a professional 4 minute dishwasher, water boiler, hot cupboard, microwave oven, 2 fridges and a freezer, all suitable for professional caterers. There is also glassware, crockery and cutlery for over 80 people.

The hire charges include use of heating and electricity.

The rates are currently:

	Villagers	Non Villagers
Hire of both rooms (With full use of the kitchen)	£15 per hour	£20 per hour
Hire of both rooms (With tea making facilities but no other electrical kitchen equipment)	£10 per hour	£15 per hour
Full use of the kitchen <u>only</u>	£10 per hour	£15 per hour
Weddings – per event/day	£150	£250
Parties – per event/day	£100	£150

Broadband

An additional charge is made for use of the broadband connection of £6 per hour with a maximum of £25 per day.

Large projection screen

Use of this professional quality screen is charged at an additional £10 per event.

The hire period must include time to set up and clear away after the event.

For further information and bookings contact: Margaret Barter 01722 780471

Chalke Valley Community Support

POLICE

Call 999 in an emergency: an emergency is when someone is being threatened or at risk of getting injured, or a crime is in progress.

Call 101 for non-emergencies: such as reporting a crime that has already taken place, non-urgent incident, contacting local officers etc

To contact your Community Policing Team about a community-related matter, such as a school visit, then please email SalisburyAreaCPT@wiltshire.police.uk

Please note that this mailbox is not monitored 24/7.

You are unable to report crimes of any type via email and please do not report any situations that require an urgent response.

You can follow us on:

Facebook - www.facebook.com/salisburypolice

Twitter - www.twitter.com/SouthWiltsCPT

Community Messaging: Sign up to Community Messaging for news and updates from your local policing team: www.wiltsmessaging.co.uk

Sixpenny Handley and Chalke Valley Practice

Doves Meadow Surgery, Broad Chalke: 01722 780282

Broadchalke Surgery is now open on Tuesdays and Thursdays

Sixpenny Handley Surgery: 01725 552500

www.sixpennydocs.co.uk



MOBILE LIBRARY

The Mobile Library is back in action and will be calling at The Styles in Bishopstone between 1115-1135 on the following Thursdays:

14 March, 11 April, 9 May, 6 June, 4 July



**Coombe
Bissett
Stores**

www.coombebissettstores.co.uk

shop@coombebissettstores.co.uk Tel: 01722 718852

OPENING HOURS, SHOP AND POST OFFICE

Mon-Fri: 7am-6pm, Sat: 7am-1pm

**Chalke
Valley
Stores
Broadchalke**

w: www.chalkevalleystores.co.uk

e: info@chalkevalleystores.co.uk Tel: 01722 780998

OPENING HOURS

Shop: Weekdays 9am - 5pm (until 4pm on Saturdays)

Post Office: Monday, Tuesday & Thursday 9:30am- 1:30pm

CHALKE VALLEY LINK SCHEME

exists to provide transport and other good neighbour support in a local, personal and friendly way to members of the Chalke Valley community who need it.

If you live between Bishopstone and Bodenham or Britford and need help getting to your surgery/hospital appointments/local shopping or to visit family members in hospital, **please phone 01722 718780 to reach our Joint Transport Coordinators (Anna Mynott, Debby Underhill or Roger Brown) who will be on duty in rotation.**

There is no charge, but you are invited to make a donation towards our administrative costs. Our co-ordinators are all volunteers and there may be occasions when you will be asked to leave a message which will be answered as soon as possible. Our drivers are all volunteers too, so please give us as much notice as possible so that we may find a volunteer who is available.

We are always looking for Volunteer Drivers to enable us to continue to provide a useful service for our community. If you feel you can help - you won't be committed to any particular date or time, only when you are free - please contact any of the above for further information.

Registered Charity No 1076335

Queen's Award for Voluntary Service

Staying in Touch

STaB magazine is a vital source of communication in the village, keeping everyone informed as to what is happening locally. However, the Covid-19 pandemic has highlighted the fact that situations can change very rapidly. To keep up to date with what is going on there are two other important sources of information in Bishopstone - the village website and our own WhatsApp network.

The village website – www.bishopstone-salisbury.co.uk is updated in real time and carries all the latest news on issues that affect the village.



The Bishopstone Network is a WhatsApp messaging service that has more than proved its worth during the pandemic, and more recently during the storms when residents were able to report fallen trees and blocked roads to the Emergency Planning Officer. Information can be instantly shared to your mobile phone about support services being provided in the village and on a variety of other matters – everything from the length of electricity black outs to what is available from the White Hart take-away service! You will need to download the App to your phone and then contact Piers Edwards (piersgedwards@gmail.com or 07920 475009) or Kate Pendlenton (kmpendlenton@hotmail.com or 07769202200) and ask to be added to the group.

Salisbury Foodbank

This month I took a total of 6.8 kgs of donations to the Foodbank plus £20 cash. Thank you all.

Again, anything that doesn't need cooking or needs minimal cooking is what they are asking for particularly at the moment to make life easier for those in need to save money on fuel. Tinned meat, fish, vegetables and desserts, also long-life milk and drinks are always appreciated.

Personal hygiene, nappies, toothpaste, toothbrushes and toilet rolls are all items which are regularly asked for, as well as all the usual foodstuffs, so please help if you can.

Next month brings Easter into our lives, please, if you are able, try to include some Easter gifts for the children. Eggs, chocolate, biscuits and cakes will all be very gratefully received by those who have very little. Special puddings too, trifle for example, would mean a bit of a treat in these hard times.

They are grateful for anything that you can offer and I thank you for your continued support - A Happy Easter to you all.

Judy Barrett



As usual donations can be left at my house, The Old Post Office, The Cross, Crouchston or the Church or call me on 01722 780306 if you would like me to collect.

Chalke Valley Churches' 2024 Lent Appeal for

RISE:61

You are invited to a Bishopstone Coffee Morning

10.30am - 12 noon

**Saturday 23rd March at Wheelwright Cottage
with Anne & Alan Stutchbury**

It would help to contact Sarah Seal (780305) if you are coming.

If you aren't able to join us, but would like to make a donation, Sarah will have the details.

Rise:61 is a charity based on Bemerton Heath working with young people to provide positive opportunities for self-development. Through sport, mentoring, community projects and social enterprises they empower them to redirect their futures.



**Facilities for all the Chalke Valley
SPORTS SCENE
MARCH 2024**

February was a quiet month, but it meant some long overdue work could be undertaken on the Centre's boiler room where all the hot and cold-water pipe work has been replaced. We have had a number of leaks over the last 18 months, perhaps not a surprise with the Sports Centre having now been open for 20 years. Hopefully this replacement work will last the Centre another 20 years.

The football shelters are also being refurbished. The passage of time has seen gradual wear and tear and damage such that they were no longer much of a shelter and the benches could not be sat on!

This month we spotlight on two of the sports clubs that are based at the Centre

CHALKE VALLEY FOOTBALL CLUB

These are difficult times for village football teams and ours is no different. It has not been possible to field an adult Sunday League side this season due to shortage of players and, whilst the Saturday morning Youth Team are still playing, player numbers have reduced with exams and college affecting availability.

We have fantastic facilities at Chalke Valley and it's a great shame that we haven't been able to get more people involved in football. It would be great to see a senior side turn out again and if there were parents who might like to start some junior age group teams the Sports Centre Committee would be very supportive of this.

CHALKE VALLEY INDOOR BOWLS CLUB

Short Mat Bowls is a fabulously versatile sport, it is fully inclusive and can be played by all ages and in a wide range of venues from village halls and club houses to large sport centres.

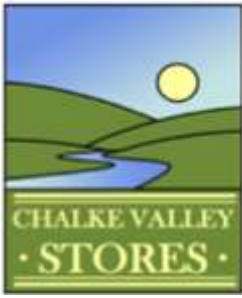
Our club, based in Chalke Valley Sports Centre is a friendly, social club meeting every Monday evening from 6:30pm playing bowls either side of a coffee break and finishing around 9:30pm.

Our small membership of a dozen or so regulars play against one another each evening on two mats honing our skills whilst catching up with the week's events.

Short mat bowls is an easy game to learn but a difficult one to perfect. Plenty of advice is on hand to anyone who would like to try the sport for the first time, and we can provide all the equipment needed. We are also keen to recruit any current bowlers whose club may no longer be running or who may want to return to the sport.

The club competes in the Wiltshire Short Mat Bowls League in both Summer and Winter formats and takes part in Open Competitions throughout Wiltshire.

Should you wish to try the sport please free to join us at Chalke Valley Sports Centre, Knighton Rd, Salisbury SP55HX Mondays from 6:30pm or contact Damon Johns at ivonhouse@hotmail.co.uk / 01722780915 for more information.



**Shop at the heart of the Community
Owned by YOU, Run by YOU, Here for YOU.**

w: www.chalkevalleystores.co.uk | e: info@chalkevalleystores.co.uk | Tel: 01722 780998

OPENING HOURS

Shop: Weekdays 9.00am - 5pm (until 1pm on Saturdays)

Coffee Shop: Weekdays 10am - 3.30pm (until Midday 12pm on Saturdays)

Post Office: Monday, Tuesday & Thursday 9.30am to 1pm

Some of you may have heard that there have been some staff changes within the Post Office with the departure of one member of staff. Ed Rigg, our Postmaster assures us that this will not lead to a change or reduction in the hours that the Hub Post Office is open. As always, the Post Office will be open on Monday, Tuesday and Thursday mornings between 9.30am and 1pm continuing to provide the same essential services.

However, as with any small independent business, it has to be used to survive. The recent media focus on Post Office Ltd will have highlighted to many of you how hard it is to run a post office and sadly it has also meant that some people have chosen not to support their local post offices anymore, to the detriment of the already struggling self-employed Post Masters. So please, if you want our local post office to keep trading, come in and support it. It does so much more than sell stamps! Did you know that at the post office you can also carry out everyday banking for most high street banks (personal and business), bill payments & electric key top ups, vehicle tax, redirection of mail, and of course posting letters & parcels? Foreign currency can be arranged.

Moving on to the shop – Clark's wide range of meat and poultry is proving to be very popular and we will be taking stock in from Clark's twice a week.

Our newest product is milk from Nunton Farm Dairy, a family run farm near Salisbury producing award-winning milk from their free-range herd of Friesian cows. The milk is pasteurized to ensure optimal quality whilst retaining its wholesome goodness. Their whole unhomogenised milk with the natural cream rising to the top adds a rich and velvety texture. Nunton Dairy pride themselves on their sustainability credentials; they feed any leftover unsold milk to their calves.

We do not have an outside vending machine for the milk. Deliveries to the shop are made twice a week. Bottles are on sale in the shop; the first bottle has to be paid for and after that customers only pay for the milk, if the empty bottle is returned.

The café continues to offer a great range of drinks, cakes and hot meals; Jayne's recently introduced new menu is going down well with our regulars. Come in and try it out if you haven't visited us before.

Home deliveries: If you need a delivery, please call the Shop on 01722 780998.

NB There is a Trussell Trust Collection Point in the Hub for any donations of foodstuffs you may wish to make. Your generosity, especially during this cold weather, will help those most in need.

Notes from a Nutritionist by Amber Cotton Nutrition

This month's recipe is a delicious squidgy cake using almonds, frozen raspberries and delicious seasonal pink rhubarb – because even Nutritional Therapists like a slice of cake every now and then.

Although almonds are commonly referred to as a nut, they are in fact edible seeds that are the fruit of the almond tree. You can buy them shelled or blanched, which is when shelled almonds have been treated with hot water to remove the brown outer coating, leaving behind the familiar smooth white interior. Although almonds are high in fat, much of this is in the form of monosaturated fat, which can help to protect the heart by maintaining levels of high-density lipoprotein (HDL) cholesterol.

Almonds are also rich in many important nutrients including magnesium, the antioxidant vitamin E and fibre (though blanched almonds won't contain as much fibre as shelled almonds as much of their fibre is in the brown outer coating). They also contain both calcium and phosphorus which are good for bone health.

This cake contains ground almonds, also known as almond flour, which will help to keep this squidgy cake fresh for longer (though you should keep it in a cool, dry place).

Stems of vibrant pink rhubarb are currently in the shops, and are used in both sweet and savoury dishes. Health benefits of rhubarb include helping to keep bones strong, aiding digestion and reducing inflammation. It is also a good source of vitamin K which is essential for blood clotting, allowing wounds to heal.

When I made this cake, I added the chopped stems of rhubarb directly into the cake tin as I like the sharper flavour, but if you wanted a slightly sweeter flavour then you could briefly roast the rhubarb before you add it to the cake. (Place in a single layer on a greased baking sheet and roast for 15 minutes at 180°C or 160°C fan. Allow to cool before using).

I've gently flavoured the cake with the zest of an orange as it complements the sharper flavour of the rhubarb, but you could easily add half a teaspoon of ground ginger (or more) if you preferred. Don't add the juice of the orange though as this will make the cake too wet.

Finally, I've added a couple of handfuls of frozen raspberries to this cake for added vitamin C, fibre and antioxidants though you could easily swap them for blueberries instead. Whilst raspberries and blueberries aren't currently in season in the UK, frozen berries are a great freezer staple and can be added to many sweet dishes and smoothies. The berries are frozen shortly after picking which means that all their nutritious goodness is preserved.

Whilst this cake does contain sugar, it isn't too sweet so, as well as being an afternoon treat with a cup of tea, it would also make a delicious pudding served gently warmed with cream or Greek yogurt. I hope you enjoy it.

Best wishes for a lovely March. Amber

Recipe of the Month - Rhubarb, Raspberry and Almond Cake

150g salted butter, at room temperature

150g golden caster sugar + 2 tbsp extra

2 medium eggs

200g ground almonds

Finely grated zest of 1 orange

100g self-raising flour

1 tsp baking powder

350g new season rhubarb stems (trimmed and cut into 4cm lengths)

70g frozen raspberries or blueberries (softened but no need to completely defrost)

2 tbsp flaked almonds

Icing sugar to dust



METHOD

Preheat the oven to 180°C or 160°C fan. Grease a 22cm springform tin and line the base and sides with baking paper.

Put the butter and sugar into a bowl and cream together with an electric whisk until pale and fluffy. Whisk in the eggs one at a time until creamy. Add the ground almonds and orange zest, sift over the flour and baking powder and mix well.

Spoon half the mixture into the tin, spreading it as much as you can right to the edges. Arrange just under half the rhubarb and some of the berries on top and then sprinkle over 1 tablespoon of the extra sugar.

Spoon over the rest of the cake mixture, then spread it out to cover the rhubarb. The mixture will be very sticky so even it out as best you can but don't worry if there are some gaps. Arrange the rest of the rhubarb and berries on top. Sprinkle with the remaining extra sugar and scatter over the flaked almonds.

Bake for 1 hour until golden, cover with a tent of foil and bake for another 10-15 minutes until firm to touch in the middle. Leave in the tin to cool before transferring to a wire rack. If not serving warm, allow to cool completely.

The cake can be stored in an airtight container for up to 3 days in a cool place.

Springing with Jazzie!



What a truly lovely morning today, 15 Feb, for a Jazzie ramble. We walked through the village and Croucheston and enjoyed all the blossom, the daisies, the flowers and the birdsong. It was sunny and calm, and so quiet everywhere, interrupted occasionally by a blower, or a mower, or a saw!

The swans and moorhens are back on Norman's lake again, the water level in the Ebble has reduced a bit and is becoming clearer as the days pass. My word we have had some rain, some floods and a racing river, but not as bad as in 2014 or last year. Despite yet more rain, it is amazing how quickly the water in the Ebble clears from cloudy with runoff to gin-clear for the fish! It is a true chalk-stream... in the Chalke Valley!!

The large new house beside Sudbury House and Ferngrove is coming along well and should be a fine addition to the village. The design and materials are in line with the rest of our old houses and cottages. All this makes The Croft styles of house stand out a bit, being rather modern for deepest Wiltshire! To think these are now about 60 years old, and almost all have been drastically altered. Only a few have retained their original frontages.



The garden has had its first mow of the year, to reveal all the daffies now growing well and beginning to open. The snowdrops are still doing very well, and gave the first splash of colour in January. Forsythia is opening now, and one of our camelias has produced splendid scarlet flowers, yet again even after all its life in the same large pot! We now look forward to the tulips and hyacinths later on next month and spring colour will be complete. It's then over to the roses, clematis, and summer flowers. Just hope it is not too dry and hot this year.

Jazzie has got some training coming up next week, to try to calm her down a bit. She is now 3 years old, and should begin to behave a little better, less barking and less jumping!! However, she is spoiled by us all here, and just loves to meet new people and new friends too! Being the mix she is, it is not surprising she is a bit active and noisy: Poodle X Cairn X Jack Russell!! A huge change from the elegance and calm of our Labs, Bella and Zinnie.



The church is still being cleaned inside prior to repainting the walls. This is a massive job but will enhance the interior and help to reduce the dampness in the walls. She is over 800 years old and showing her age. Come and have a look at progress, and join us for a Lent service. I must add that Jazzie does NOT attend services! Photo by Roger

Stockton, and available as card in the church for very reasonable donation!!

Off now for another walk in the village, to check that Jo is gardening properly. Hope to see old friends soon! And a very happy Easter to one and all!

Jazzie/James Thompson (March 24)

Chalke Valley Fete and Produce Show

17th August 2024

We are starting to organise this year's fete - hoping it's going to be bigger and better than last year! We will have a brass band, birds of prey and a fun dog show just for starters.

For all you keen gardeners here is a list of seeds you need to buy and start growing. The full list of classes will be available on the website in April.

<https://chalkevalleyfete.co.uk>

Courgettes, Runner and French beans (including longest bean), Onions/shallots, Tomatoes, Salad veg, Dahlias, Sweet peas, Herbs

If you are out and about taking photos this year's 3 categories will be
Dawn to Dusk - River or Pond - Happy Days

For more information, or to offer your services as a volunteer who could give us a couple of hours on the day to help in this fun event that raises money for local good causes, please contact Sara Moss on sara@moss1.me.uk

We are also looking for people who would like a stall on the day, handmade crafts etc it's just £20 for your plot (early bird offer before May) or £25 after that. We had around 1000 people attending last year. If you are interested in having a stall, please contact treasurer.cvfete@gmail.com

Date for your Diary





Details of this year's Chalke History Festival are gradually being revealed. If history podcasts are your bag, then you are in for a treat this year as two of the UK's most successful programmes will be recorded in front of a live audience. Podcast royalty **Tom Holland** and **Dominic Sandbrook** will be bringing *The Rest is History* - the most downloaded history podcast in the world, and the top history podcast in the UK as well as the US - to the stunning setting of Church Bottom where they will be sharing their incredible historical knowledge with their usual wit and camaraderie. Furthermore, World War Two aficionados **James Holland** and **Al Murray**, will be hosting an episode of their incredibly popular and entertaining *We Have Ways of Making You Talk* podcast with their usual humour, expert knowledge of the subject and ability to disappear down an historical rabbit hole or two along the way!

The Chalke History Festival is known for its show-stopping arena displays, and this year will be no exception. Historic Equitation - a team of historical interpreters and equestrians led by renowned horseman, Dominic Sewell - will be demonstrating the social, economic and military importance of horses throughout history, from the rise of the mounted knight to the spectacular horsemanship of the 17th century. They will be at the festival all week and delivering a show stopping display in the arena on the Saturday and Sunday.

Throughout the week, renowned historians and scholars will share their expertise on a variety of topics, providing fascinating insights into many different periods of history. Journalist and co-presenter of the hugely popular TV series *The Grand Tour* **James May** will be making his debut at the Chalke History Festival this summer and will be speaking about his favourite subject, cars. Award-winning historian and broadcaster **Bettany Hughes** will be returning to talk about the Seven Wonders of the Ancient World and, also appearing for the first time, will be the legendary writer, actor, comedian and TV presenter **Michael Palin** who will be discussing his biography of his great-uncle Harry whose life was tragically taken in the First World War. Plus, acclaimed journalist, broadcaster and President of the School of Oriental and African Studies **Zeinab Badawi** will be talking about her new book on the history of Africa.

For the first time this year, early bird weekly tickets - which give a reduced rate if bought for the whole seven days - have just gone on sale. Booking for camping (for those who wish to bring their own tent or motorhome), and glamping (for those who prefer a little more comfort), is also now available via the festival's new website. Another first for 2024 sees students being able to purchase half-price weekly tickets, with a further reduction on the price for camping as well.

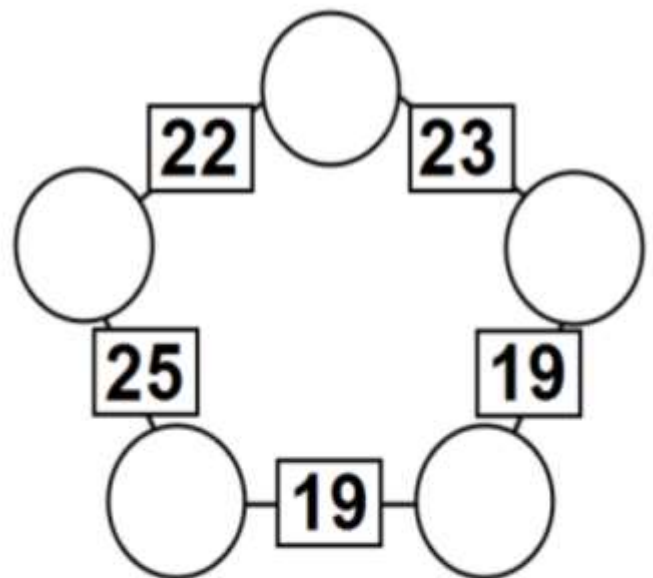
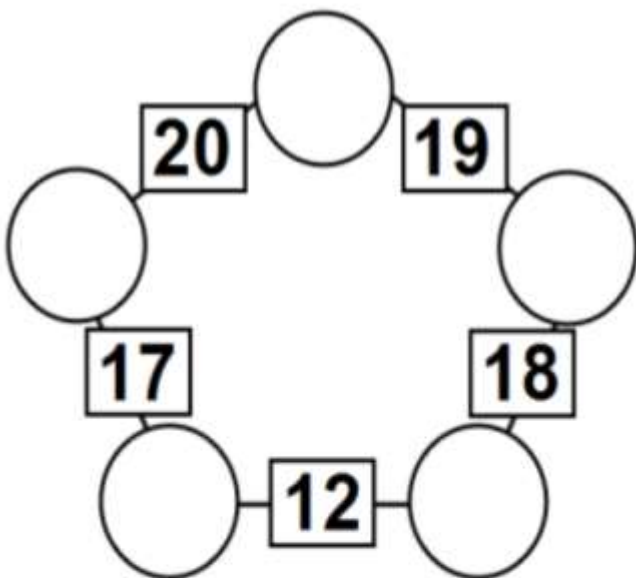
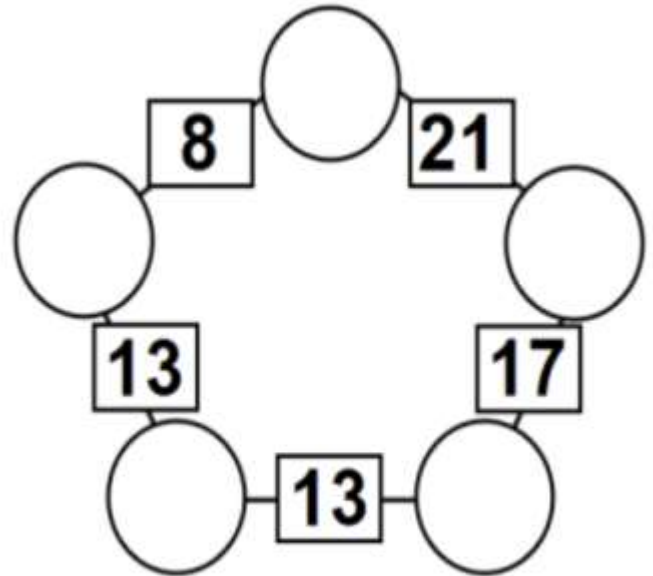
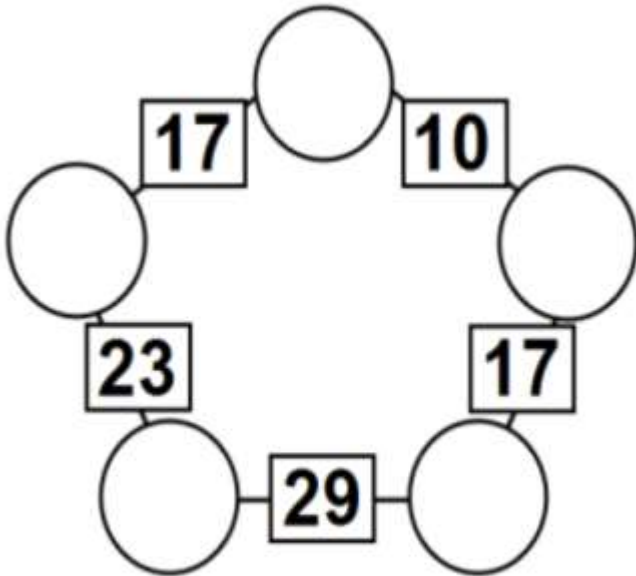
Volunteers play a vital role in the success of the festival and the organisers are always on the lookout for enthusiastic individuals to join the team. The application process is now open via the website.

For further information, please contact Alex Hippisley-Cox on mobile 07921 127077 or email her at alex@ahipcoxpr.co.uk

Puzzles and Activities

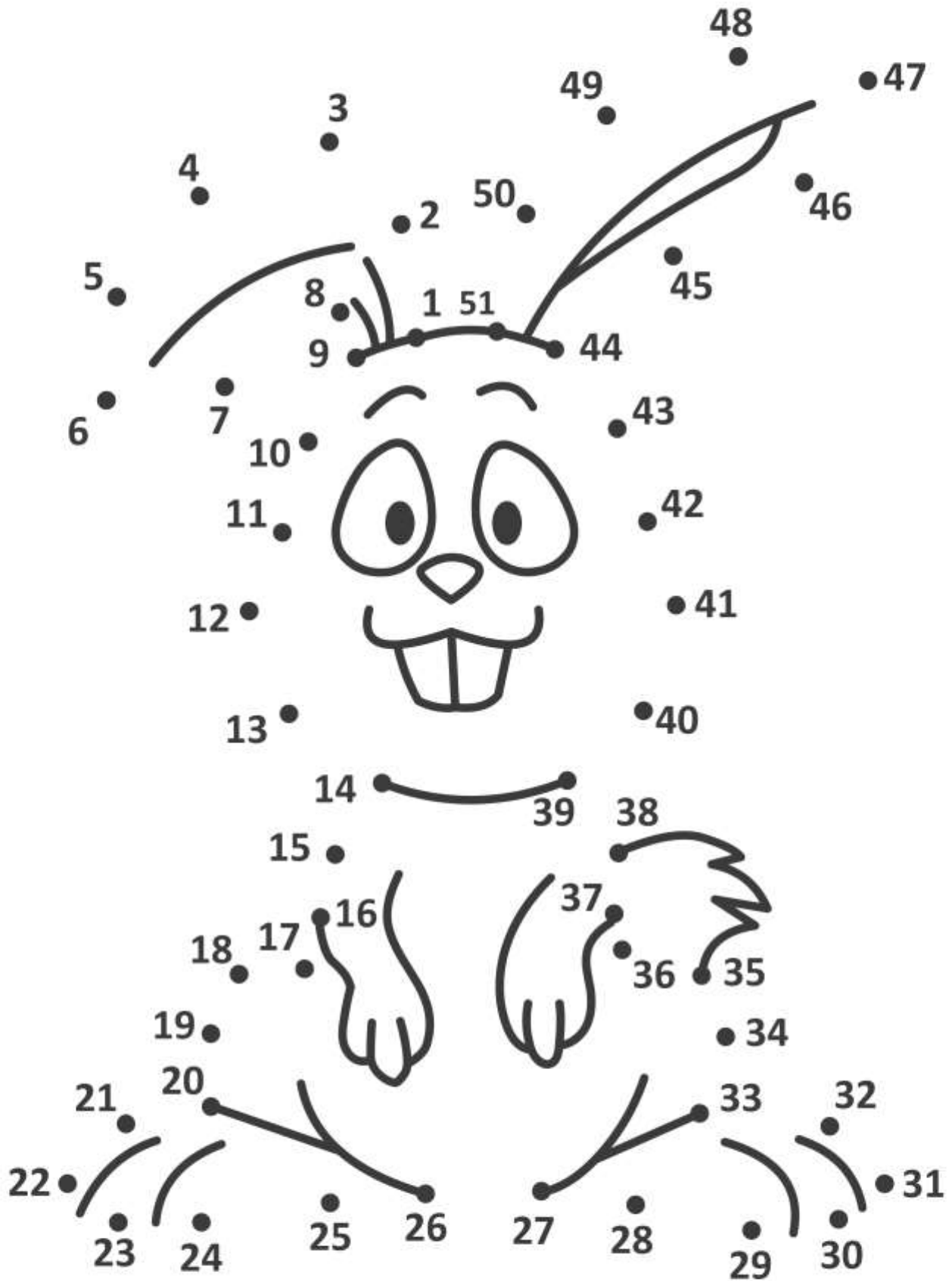
By Cally Edwards and Kate Pendleton

Pentagon Arithmagons



The aim of an arithmagon is to work out which numbers go in the empty circles. The numbers in the square boxes are made by adding together the numbers in the circles either side. For example, if the number in the square box was 10 you could try 6 and 4, but the numbers must also add up on the other edges, making this more difficult than it first appears.

ANIMAL DOT TO DOT



Easter Multiplication Mosaic

Multiplication 3x, 4x, 8x

Solve the maths problems to reveal the hidden picture. Each answer has a special colour:

3, 4, 6, 9, 15, 21, 27, 36 and 56 - **yellow**

8, 12, 16, 20 and 30 - **purple**

24, 32, 33, 40 and 48 - **pink**

28, 64, 72 and 80 - **blue**

3×1	9×4	4×1	3×12	8×3	4×12	4×1	3×2	1×3	7×8
12×3	3×9	2×3	3×4	8×2	4×4	5×4	3×5	9×3	7×3
7×8	1×4	8×5	4×12	5×8	6×4	6×8	10×4	1×3	9×4
3×5	4×9	7×4	8×10	8×9	4×20	9×8	4×16	12×3	3×3
9×3	5×8	3×11	8×6	8×6	4×6	4×10	4×8	3×8	9×3
5×3	2×4	5×4	3×10	4×2	8×1	4×5	2×8	4×3	1×4
7×8	4×8	12×4	3×8	8×5	8×4	4×6	11×3	6×8	3×7
4×1	10×8	20×4	9×8	7×4	4×7	8×10	8×8	16×4	2×3
3×3	4×9	8×6	4×6	5×8	6×4	4×10	12×4	3×9	8×7
7×8	3×7	12×3	3×10	1×8	2×8	10×3	3×1	5×3	4×9

Police Bulletin

*A monthly newsletter from
Philip Wilkinson, Police and Crime
Commissioner for Wiltshire.*



After a period of public consultation, I presented my final proposal for the policing precept of your council tax to the Police and Crime Panel this month.

Wiltshire Police is facing increased financial pressures as we strive to deliver the necessary service improvements required, which led to the panel supporting my decision to increase the precept by 5.2%, an extra £1.09 a month or £13 a year for the average Band D property.

This, alongside a grant from the government, accounts for the core budget for policing in the county.

The decision to increase the precept has been a difficult but necessary one. I am listening to residents when they tell me that they want a better and improved service from both the police and wider criminal justice system with improved outcomes and more visibility.

The public voted in favour of the rise, with 85% of respondents to my recent Policing, Priorities and ££s survey saying they wanted to see more investment in policing.

Whilst key improvements have been delivered over past 12 months, including a fourfold improvement in positive outcomes for Rape and Serious Sexual Offences and Wiltshire Police becoming one of the top performing forces nationally in disrupting county lines per head in capita, there is still much to do to make Wiltshire safer as crime and policing demand becomes ever more complex.

Even by putting the precept up by £13 a year, we still need to make savings of £2.4m to cover the funding gap. We remain one of the worst funded force areas in the country, but I will continue to lobby the government for fairer funding.

Both the Chief Constable and I are committed to delivering a policing service which meets an ever-changing crime picture and is fit for the future.

I am confident that with this increase we can continue to invest in key areas to maintain the improvements that we are now seeing across the board.

Charity News and Events

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01722 326428, from choir members and on the door

SALISBURY HOSPICE MIDNIGHT WALK

Hold onto your glow sticks...Salisbury Hospice Charity's Midnight Walk is back, and it's going NEON! Prepare to light up the town with NEON at this year's Midnight Walk! This walk is a total blast and open to all above 12 years, including your furry friends! Join us on Saturday 27th April, for an interactive walk around the streets of Salisbury. The walk starts and ends at the Five Rivers Leisure Centre, offering a choice of 6 or 10-mile walks, where every step makes a difference. So put on your brightest and most vibrant neon gear, and let's have a blast at the dusk party warm-up disco and take a walk under the stars to commemorate loved ones lost in this fun and incredibly moving sponsored walk that supports Salisbury Hospice. The special memories board will also return this year, offering you the opportunity to dedicate a star to someone you love, creating an everlasting memory. In addition, you will receive a living medal in the form of 'Forget Me Not' seeds, a gentle reminder of those we miss dearly. Join us in supporting Salisbury Hospice by registering today and inviting your friends, family, and colleagues to do the same. Even your pets can take part in making a difference! Don't miss out - registration is now open
www.salisburyhospicecharity.org.uk/event/midnight-walk/

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victoria.pickford1@gmail.com



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Date and time	Event	Venue
Thursday 7 March, 12 noon to 1pm	Find out about Fostering Drop-in session	Online
Monday 11 March, 12 noon to 1pm	Find out about Fostering Drop-in session	Online
Tuesday 12 March, 2:30pm - 6pm	Fostering@Five Rivers Leisure Centre	Hulse Rd, Salisbury SP1 3NR
Thursday 21 March, 6pm to 7pm	Find out about Fostering Drop-in session	Online
Wednesday 27 March, 1pm to 2pm	Find out about Fostering Drop-in session	Online



Upcoming Events

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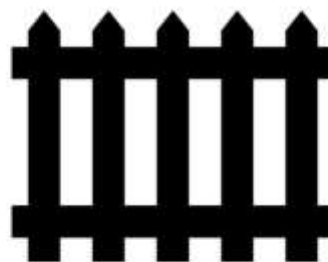
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2024 Advertising rates – based on A5 page

Our magazine is a source of information for all households in the parish used by residents as a handy directory of local news, events and services. It is delivered free to over 300 households, and also viewable online at <https://www.bishopstone-salisbury.co.uk/parish-magazine-stab>.

Prices below are per annum in bold. There is a significant discount for advertisers who choose to pay for all ten editions in advance (Aug/Sep & Dec/Jan are joint editions).

Full page 13x19cm £120 per annum	Half page 13x9.5cm £75 per annum	Quarter page Portrait 6.5x9.5cm £40 per annum	Quarter page Landscape 13x5cm £40 per annum
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One off/occasional advertisements will cost slightly more per issue as follows:

<i>Full Page: £15.00 per issue</i>	<i>Half Page: £9.00 per issue</i>	<i>Quarter Page: £5.00 per issue</i>
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How to place your ad in STaB

1. Make a .pdf, .jpeg, or Word file of your ad, making sure it is the correct size for publication (see table of sizes and prices above) and that it will reproduce well in black and white. We cannot design or make advertisements for you.
2. E-mail the file to Rob Pendleton (stabads@outlook.com), stating which of the above sizes you would like.
3. The deadline for publication is the 15th of each month. Please send ad as early as possible as the e-mails will not be checked daily. If you do not send a new ad by this date, we will use the most up to date version we have.
4. When you have placed your order, you will receive an invoice with details of payment by cheque or bank transfer. Please pay within 14 days and make sure you include your reference number and business name. Donations are also always welcome.
5. The Editor reserves the right to edit all contributions.

How to pay:

Cheques: Please write your <u>invoice number</u> on the back	Bank transfer: Please use <u>your name</u> & <u>invoice number</u> for reference
Payable to: Bishopstone Parochial Church Council Send to: The Treasurer, Ebble Cottage, Mill Lane, Bishopstone, SP5 4BG	Bank: Lloyds TSB Sort Code: 30-97-41 Account Number: 00665145 Account Name: PCC Bishopstone Church

Terms – payment within 14 days

BISHOPSTONE PARISH COUNCIL

Councillors	Telephone
Ali Thorne (Chairman)	07768 514133
Piers Edwards (Vice Chairman)	01722 780079
Norman Barter	01722 780471
Anita Smith	01722 781213
Michelle Tatner	07968 842525
Simon Williams	01722 780905
Nicky Rigg	07786 806914
Parish Clerk	
Mike Ash Lower Thatch Flamstone Street Bishopstone SP5 4BZ	01722 781044 bishopstoneclerk@btinternet.com
Further information is on the village website: www.bishopstone-salisbury.co.uk	

THE VILLAGE HALL COMMITTEE MEMBERS

Chairman - Norman Barter	780471
Treasurer - Francis Taylor	780316
Secretary - Sue Grantham	07873 596310
Entertainments - Sue Taylor	780316
Event bookings - Caroline Ash	781044
Hall bookings - Margaret Barter	780471
Hall maintenance - Nigel Peasley	780713
Minute secretary - Virginia Middleton-Smith	780444
Member - Andy Stocker	780956
Member - Kathy Hales	07940 659644

The Village Hall is an important resource and offers a venue for a wide variety of events for the benefit of all. The Hall is supported by a large group of dedicated local people in addition to the Committee. We hope you will support events whenever you can and if you would like to join the wider group of Friends of the Village Hall then please contact any member of the committee.

FLOOD WARDENS	
West - Nigel Peasley	07761 463737
East - Michael Pratt	07798 607742
Emergency Planning - Piers Edwards	07920 475009

Letters to the Editor

Letters to STaB are very welcome, but the views expressed may not be those of the editorial team or the Parish Church Council.



The Great Amphibian Migration

We are just coming to the end of the time of year when toads and frogs travel back to their ancestral breeding ponds to lay their eggs. You will doubtless have noticed this, if only because of the sad sight of some squashed specimens on our village roads.

'Toad Patrols' are relatively common across the country - volunteers who go out at night to transport the toads across roads to the ponds - but the problem we have found in Bishopstone is that there are so many bodies of water in the village (the river and its tributaries, the lakes, and various garden ponds) that it's impossible to know where the poor creatures are going and therefore help them along! We have been out as a family on a couple of evenings and made it our mission simply to move them off the roads (attempting to ascertain in which direction they are heading!), but we would like to urge villagers to drive with caution while they are on the move.

Kate Pendleton



Bishopstone Village Website

www.bishopstone-salisbury.co.uk

The village website carries a wealth of information about Bishopstone. There are pages devoted to the church, the Parish Council, what's on at the Village Hall, meetings, clubs, local organisations and village walks. There are even digital copies of this magazine.

If you want to have any information included on the website please contact either

Mike Ash (bishopstoneclerk@btinternet.com)

Or Roger Stockton (rogerstockton@icloud.com)

STaB Selling Spot

STaB Selling Spot posts are free of charge for those who live in the Parish. Let us know if you have anything to sell!

If there are any problems with the delivery of STaB please contact Sue Porter on porter1totalserve@gmail.com or 01722 780459.



Services in Chalke Valley Benefice – March 2024

BCP = Book of Common Prayer (Traditional Language), CW = Common Worship (Contemporary Language)



During Lent, a short service of Communion is held each Wednesday at 12noon:

6th March - St John the Baptist, Bishopstone, 13th March - St Mary's, Homington

20th March - St Mary's, Odstock

3 March 3rd Sunday of Lent	9.30am Family Communion (CW) 9.30am Parish Communion (CW) 11.00am Family Communion (CW) 11.00am Family Communion (CW) 11.00am Family Service 11.00am Morning Prayer (BCP)	Broad Chalke Britford Ebbesbourne Wake Coombe Bissett Odstock Berwick St John	Tony Monks Jenny Taylor Tony Monks Jenny Taylor Adrian Taylor Lay Led
10 March 4th Sunday of Lent MOTHERING SUNDAY	9.30am Parish Communion (CW) 9.30am Family Communion (CW) 10.30am Mothering Sunday Service 11.00am Morning Prayer (BCP) 11.00am Parish Communion (CW) 11.00am All Age Service 3.00pm Evening Prayer (BCP)	Bowerchalke Nunton Berwick St John Charlton All Saints Coombe Bissett Alvediston Fifield Bavant	Jenny Taylor Ruth H-S Lay Led Rhoderick Voremberg Ruth H-S Biddy Trahair Biddy Trahair
17 March 5th Sunday of Lent	9.30am Holy Communion (BCP) 9.30am Parish Communion (CW) 9.30am Parish Communion (CW) 11.00am Morning Prayer (BCP) 11.00am Parish Communion (CW) 11.00am Holy Communion (BCP)	Bowerchalke Bishopstone Odstock Ebbesbourne Wake Homington Berwick St John	Ruth H-S Jenny Taylor Anthony Hawley Biddy Trahair Jenny Taylor Ruth H-S
24 March PALM SUNDAY 	9.30am Parish Communion (CW) 9.30am Parish Communion (CW) 9.30am Parish Communion (CW) 11.00am Family Service 11.00am Parish Communion (CW) 11.00am Holy Communion (BCP) 11.00am Morning Prayer (BCP)	Berwick St John Charlton All Saints Broad Chalke Nunton Bishopstone Alvediston Homington	Ruth H-S Jenny Taylor Kate Woolven Adrian Taylor Jenny Taylor Ruth H-S Rhoderick Voremberg
25, 26, 27 March	8.00pm Holy Week Compline	Coombe Bissett	Clergy
28 March MAUNDY THURSDAY	6.00pm Commemoration of the Last Supper (CW)	Bishopstone	J Taylor / R H-S
29 March GOOD FRIDAY 	11.00am St John's Vigil 12 noon Way of the Cross 1.00pm Reflections on Good Friday 2.00pm Way of the Cross 6.00pm Stainer's Crucifixion	Alvediston Berwick St John Broad Chalke Nunton Bishopstone	Lay Led Ruth H-S Lay Led Ruth H-S St John Singers
30 March EASTER EVE	6.00pm Easter Fire & Communion	Homington	Jenny Taylor
31 March EASTER DAY  <i>Clocks go Forward</i>	6.00am Dawn Comunion (CW) 9.30am Parish Communion (CW) 9.30am Parish Communion (CW) 9.30am Parish Communion (CW) 9.30am Parish Communion (CW) 11.00am Parish Communion (CW) 11.00am Parish Communion (CW) 11.00am Holy Communion (BCP) 11.00am Family Communion (CW)	Lodge Farmhouse Broad Chalke Bowerchalke Bishopstone Charlton Coombe Bissett Berwick St John Alvediston Odstock	Ruth H-S Barney Hopkinson Katharine Robinson Jenny Taylor Ruth H-S Jenny Taylor Tony Monks Kate Woolven Ruth H-S
7 April 2nd Sunday of Easter	10.00am Benefice Communion (CW)	Broad Chalke	Kate Woolven

Ministry Team:

Team Rector ~ The Revd Dr Ruth Howlett-Shipley: 01722 697022
Team Vicars ~ The Revd Canon Jenny Taylor: 01722 503081, Vacancy.
Associate Priest ~ The Revd Kate Woolven: 07754 582395
Team Administrator ~ Mrs Emily Broomhead: 07890 262376

Assisting Clergy: The Revd Canon Anthony Hawley: 01794 390607, The Revd Canon Tony Monks: 07808 614597

Lay Worship Leaders: Yvonne & Kevin Follett: 01747 828785, Caroline Lamb: 01722 780789, Sally Leaver: 01722 780447,
Naomi Martin: 07713031774, Don Morgan: 01722 718557, Adrian Taylor: 01722 325862, Gill Riley: 01722 780538, Janet Roe: 01725 519242,
Biddy Trahair: 01722 780666, Rhoderick Voremberg: 07785 304142, James Wardroper: 01722 718152