

Bee on Cosmos
Photo by Kate Pendlenton

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.

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## A warm welcome to Bishopstone and Stratford Tony...

Welcome to Richard Brett who has moved into The Croft. We hope you will be very happy here in Bishopstone.
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

At the end of September we all celebrated the Appointment of Revd Dr Ruth Howlett- Shipley as our Team Rector. The adverts have gone out for a new Team Vicar and we are hoping to interview candidates in early December. We are looking forward to being a full team again.

The season of Remembrance is approaching all too quickly and I do hope you can all join us at our service in church on Sunday $12^{\text {th }}$ November at 10.50 . I think this season is particularly haunting as we witness the horrors in Israel unfold and the war in Ukraine continues to wend its ugly way. It is horribly easy to feel threatened and unsettled. Sometimes living in this lovely safe part of England makes the horrors of our world seem even worse.

So how do we maintain our equilibrium? How do we find that peace which enables us to bring comfort to each other, to live our lives as fully and as freely as we can? Sometimes I think, we just need to be still and quiet before the Lord - it is written in Isaiah $(30: 18)$ that "The Lord waits to be gracious to you." If, with all your thoughts swirling around and with all the turbulence around us all, that seems impossible this Celtic prayer may help:

I weave a silence onto my lips I weave a silence into my mind I weave a silence within my heart I close my ears to distractions I close my eyes to attractions I close my heart to temptations. Calm me, Lord, as you stilled the storm. Still me, O Lord, keep me from harm
Let all the tumult within me cease
Enfold me Lord, in your peace.
And into your peaceful silence weave this prayer for the peace of the world:
Almighty God, from whom all thoughts of truth and peace proceed:
kindle, we pray, in the hearts of all, the true love of peace
and guide with your pure and peaceable wisdom those who take counsel for the nations of the earth that in tranquillity your kingdom may go forward, till the earth is filled with the knowledge of your love; through Jesus Christ your Son our Lord, Amen



ST MARY \& ST LAWRENCE STRATFORD TONY

SP5 4AT


CAROL SERVICE

PLEASE JOIN US
on THURSDAY $14^{\mathrm{TH}}$ DECEMBER 2023 at 6.00 pm
with REVEREND CANON JENNY TAYLOR

PLEASE BRING TORCHES AND APPROPRIATE FOOTWEAR AS THERE WILL BE LIMITED LIGHTING FROM THE CAR PARK TO THE CHURCH AND THE GROUND UNDERFOOT COULD BE MUDDY

[^0]
## Friends of Bishopstone Church St John the Baptist

St John the Baptist Church, Bishopstone needs your support. It is a Grade I listed building and holds a huge amount of our village history within its walls. Many memorials are attributed to previous residents of Bishopstone. The fabric of the church (i.e. the stonework, the metalwork, the windows etc.) regularly needs repair and the work is generally very costly. This is where you can help by becoming a Friend of Bishopstone Church. With a donation or a standing order, you will be contributing to the funds to carry out repairs to this ancient building. That's all you need to do.

An example of repair to a corbel in the South Transept shows a recent restoration carried out with the help of donations from The Friends. It is fortunate that artisans are still trained in this type of work today.


Other areas are not so glamorous - repairs to the roof, joists, guttering etc. - but they all need vital attention and maintenance.

If you would like to become a Friend of Bishopstone Church please get in touch with the Treasurer -

Norman Barter 01722780471

## Parish Council

The next meeting of Bishopstone Parish Council will take place on Thursday 9th November 2023 starting at 7.30 pm in the Village Hall. All are welcome to attend.

The agenda for the meeting will be posted on the Notice Board and on-line on the Village Website (www.bishopstone-salisbury.co.uk). The main business of the meeting will be a first consideration of the precept and budget for 2024/25.

## Pick up YOUR Poo!

Your dog is a part of your family - so its poo is your poo. If you are out with your dog it is your responsibility to pick up any poo and to dispose of it - either in one of the Wiltshire Road Bins or in an ordinary domestic waste bin.

There has been a big increase in dog poo littering in the village - in the road, on footpaths and in other people's drives and front gardens. This is unacceptable, anti-social behaviour and could incur a fine. Dog poo is dangerous canine faeces can contain parasites that can infect livestock, as well as cause blindness in humans.
It is no excuse to say that your dog was off the lead and you didn't notice! Anyway, according to the Highway Code, dogs should be kept on a lead when walking on the


## Please clean up after your dog

 pavement, road or path shared with cyclists or horse riders.So please keep your dog under control and PICK UP ANY POO.

## Village Archives



THE VILIAGEE IN FHOTOGEAPHS

The village historical archive, comprising the two photo albums produced by Elizabeth Gallop in 1981 and the extensive collection of papers from the research for her book on the history of Bishopstone (1988), is now securely housed, together with retained Parish Council documents, in new storage facilities in the village hall. The Parish Council is very grateful to the Village Hall Management Committee for providing this storage space.
The photo albums will continue to be made available for viewing at suitable village events or can be inspected by arrangement through either Anne Stutchbury or Mike Ash.

## Village Hall



## November 2023

## KEY AUTUMN EVENTS

## Saturday $18^{\text {th }}$ November 'The Sunset Café Stompers'

By popular request, the Sunset Café Stompers are returning to Bishopstone. Tickets are $£ 15$ each with an optional supper available for an additional $£ 5$ per person.

## Doors and bar open at 7pm for a 7.30pm start

Early booking is strongly advised as numbers are limited. To make a booking, please contact Caroline Ash on (01722) 781044 or Sue Taylor on (01722) 780316.

## The BISHOPSTONE COMMUNITY CAFE

Coffee Mornings are normally held on alternate Thursdays. Dates for the coming period are the $9^{\text {th }}$ and $23^{\text {rd }}$ of November and the $7^{\text {th }}$ and $21^{\text {st }}$ of December.

### 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 $24^{\text {th }}$ November. The Moviola film for November is 'Oppenheimer'. During World War II, Lt. Gen. Leslie Groves Jr. appointed physicist J. Robert Oppenheimer to work on the top-secret Manhattan Project. Oppenheimer and a team of scientists spent years developing and designing the atomic bomb. Their work came to fruition on July 16, 1945, as they witnessed the world's first nuclear explosion, forever changing the course of history. Directed by Christopher Nolan, the film stars Cillian Murphy, Florence Pugh, Matt Damon, Emily Blunt and Gary Oldman.
A trailer for the film can be seen in the Events section of the village website at www.bishopstone-salisbury.co.uk.
If possible, please book in advance with Caroline Ash on (01722) 781044. Entry for the film is $£ 6.00$. A cash bar with ices and snacks will be available.

## BISHOPSTONE COMMUNITY LUNCHES

The November lunch will be on Wednesday the $1^{\text {st }}$ with Rosemary Pemberton talking about "Eight Hundred Years of the Salisbury Friary and its Garden".
The special three-course Christmas lunch will be on Wednesday $6^{\text {th }}$ December. Times as usual: $\mathbf{1 2 . 0 0}$ noon for $\mathbf{1 2 . 3 0} \mathbf{~ p m}$. 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.

## CHRISTMAS FAYRE

The Christmas fayre will be on Friday $1^{\text {st }}$ December from 6.00pm until 7.30 pm . There will be a Tombola, Cakes and Produce, Local Crafts, Books, and other stalls including games for children. No Bric-a-Brac. Donations for the book, tombola and cake stalls will be welcomed. Books (not magazines or part-works please) can be collected by arrangement. Contact lan Smith on 780425.

The Village Christmas Card this year will support "SERV Wessex - The Blood Runners" (Volunteers who deliver blood and urgent medical supplies for the NHS, using their own vehicles).

## 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 07968797168.

## "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 07788587937 or email:
claudineblake@aol.com

## YOGA WITH HANNAH

For more details please contact Hannah Stocker at 07738561888 or by email: yoga with hannah@outlook.com

## SARUM SPINNERS AND WEAVERS

For more detail about the group please contact Les Smith on 01722780761.

## 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 VILLAGE HALL

SP5 4AA

## WELCOMES BACK THE RENOWNED



## FOR AN EVENING DF NEW ORLEANS JAZZ

## Saturday $18^{\text {th }}$ November at 7.30pm

Doors and bar open at 7.00pm
Tickets : £15
Supper option : $£ 5$
Book online at
bvhticketoffice@btinternet.com
Or call 01722781044 / 780316

## BISHOPSTONE VILLAGE HALL



# FRIDAY ${ }^{\text {st }}$ DECEMBER 6.00pm till 7.30pm 

TOMBOLA, LOCAL CRAFTS, CAKES \& HOME PRODUCE PLUS OTHER STALLS.


## Bar, tea, coffee \& mince pies



Come and sign the village charity Christmas card in aid of the SERV Wessex, the Blood Runners (volunteers who deliver emergency blood \& medical supplies).

## 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 | $£ 15$ per hour | $£ 20$ per hour |
| (With full use of the kitchen) |  |  |

Hire of both rooms $£ 10$ per hour $£ 15$ per hour (With tea making facilities but no other electrical kitchen equipment)

| Full use of the kitchen <br> only | $£ 10$ 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 01722780471

## Chalke Valley Community Support

POLICE
Call 999 in an emergency: an emergency is when someone is being threatened
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
You are unable to report crimes of any type via email and please do not report any
You can follow us on:
Tacebook - www.facebook.com/salisburypolice
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: 01722780282
Broadchalke Surgery is now open on Tuesdays and Thursdays Sixpenny Handley Surgery: 01725552500 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:

23 November, 21 December, 18 January, 15 February


Coombe
Bissett Stores
www.coombebissettstores.co.uk
shop@coombebissettstores.co.uk Tel: 01722718852
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: 01722780998

## 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 01722718780 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

Thank you to everyone who donated over the last month, especially for the Harvest Appeal, the total of which I do not have but I am sure it will be somewhere in this magazine. Since then I have a donation of 7.5 kgs plus monetary donations adding to $£ 30.00$ to be added to the Harvest total.

Again they are particularly asking for:

Toilet Rolls<br>Long Life Fruit Juice<br>Tinned Fish<br>Sponge Puddings<br>Pasta Sauce<br>Tinned Tomatoes<br>Pasta<br>Nappies<br>Biscuits

Please continue your support of this charity. There are more people than ever having to use the Foodbank; even those in work are now finding it hard to buy just the basics and need our help.

You can leave your donations either at the Church or at my house - The Old Post Office, The Cross - or if you would like me to collect please call me on 01722 780306. If you are already contributing through the supermarkets' own collection then thank you so much.

Thanking you in advance

Judy Barrett



Facilities for all the Chalke Valley

## SPORTS SCENE

## NOVEMBER 2023

Many thanks to the 20 volunteers that gave a Saturday morning in the middle of last month for our annual maintenance and clean-up day. They were treated to fresh coffee, croissant, and apple pie for their troubles! The Petanque shed got a fresh coat of green paint; the veranda freshened up with new white paint; picnic benches, seats and wooden storage areas treated with wood preservative; tennis courts machine cleaned; the kitchen a deep clean and the boiler room a tidy up.
Then we all mucked in tidying the car park area and weeding the block paving.
This voluntary effort meant an investment of over $£ 1000$ of labour in the Sports Centre and helped to ensure things are kept properly maintained, weatherproof and safe to use.
Our focus has now moved to planning the replacement cricket wicket which has reached the end of its economic life. Broad Chalke Cricket Club has successfully secured grants from Southwest Wiltshire Area Board, the Parish Council and the Chalke Valley Fete and Show as well as raising a significant sum from their own fundraising. The emerging plan is for work this month so that the wicket is well settled in for next season. This, and last year's development of the cricket practice net, really set the Club up with the facilities needed to play and enjoy good standard of league cricket in the village.
Progress is also being made with plans for refurbishing the multi-use games area
with quotes in and an outline programme for the work next year. Costs are in excess of $£ 30,000$ so there is some way to go to raise all the funding, but we have an emerging plan. Any support would however be most welcomed.
Although the weather has changed, there is plenty of sport taking place through the autumn and winter periods so check out our website for all current activities and how to get involved.
The Executive would like to thank Simon Dawes for the last couple of years serving on the Committee. Simon has stepped down from his role due to current work commitments. It does mean we are looking for someone to join us in helping to run the Centre. A handful of hours a month is usually all that is required. Please contact one of the committee if you would like to help out.
Netball at the Sports Centre. Emily Gurd is still hoping to start a mid-week evening ladies' netball session. Initially recreational but also with the potential for coaching and playing more competitively. If you are interested, please contact Emily on emilygurd20@gmail.com
The hall is available for private hire so if you have a family celebration in the coming weeks, why not see what we can offer?

General e.mail:info@chalkevalleysportscentre.co.uk
More details can be found on our website: www.chalkevalleysportscentre.co.uk

Shop at the heart of the Community Owned by YOU, Run by YOU, Here for YOU.<br>w: www.chalkevalleystores.co.uk | e: info@chalkevalleystores.co.uk | Tel: 01722780998<br>OPENING HOURS<br>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

## We're doing really well!

Thanks to the ongoing support from our regular customers and those visiting the village, we've maintained our initial strong sales figures and are already overachieving our first year targets. Some of you tell us you now split your weekly shop between the big supermarkets and us, buying locally from the Store on a weekly basis as well as calling in for those 'last minute' items. Do encourage others that you know to do the same and suggest to those you know haven't yet visited us that they call in and see what we have on offer.

## Our wonderful volunteers!

We have a great team of 29 volunteers now, too many to mention individually.
Everyone says how much they enjoy working in the Store, meeting old and making new friends as well as helping in the community. We still need more volunteers though; if you'd like to join our team, do pop into the Store.
What we stock
We're constantly revising and extending the range of items we sell, from 'everyday products at everyday prices' to premium ones that people are happy to pay that little bit extra for. Depending on demand and what is available from local suppliers, we can respond to individuals' requests for regular purchases. Lots of Christmas goodies now available.

## Customer feedback:

From actual email:
In June 2023 I was cycling from Bristol to the New Forest and stopped to buy - from memory - a cheese scone, coffee and a chocolate cake from your little shop and cafe. I found a quiet place to eat this delicious lunch in the quiet area at the back of your lovely little church, and doesn't it look fab!!
I'll be passing through Broadchalke again this November and will be sure to stop and buy something to keep me pedalling on to my way to Bournemouth. Your shop looks really lovely, well done to your community for having a go at this :

## REMEMBRANCE SUNDAY 2023



## BISHOPSTONE

## ST JOHN THE BAPTIST CHURCH

## SUNDAY $12{ }^{\text {TH }}$ NOVEMBER 10.50 HRS/ A.M.

followed by:

## CURRY LUNCH at THE WHITE HART INN from 1200 HRS

(Call to reserve your places - 780244)

Come one and all to remember our villagers.

Please wear decorations and medals and badges, where appropriate

## Safari Supper



Thank you to everyone who was able to join us for the Safari Supper on Saturday $23^{\text {rd }}$ September.
I think I'm safe to say that everyone had a great time. Fantastic company, delicious food and plenty to drink, all hosts did a fabulous job.
Thank you to those who took part and a huge thank you for everyone's generosity. Together we raised $£ 320.00$ for the Salisbury Foodbank.

As it was such a success we have decided to repeat the event next year!

## Date for your diary - Saturday $22^{\text {nd }}$ June 2024.

We thought June would allow alfresco dinning in people's gardens and the lighter evenings makes it safer to navigate the village lanes.
There will be more information next year so please keep your eye out for the advert in the STaB or email me - hlclarke.bishopstone@gmail.com and I can add you to my list.

Thanks again, Helen and Brian Clarke.


Some of the Safari Supper participants enjoying their main course chez Pendlenton!

## BBC Radio Wiltshire Awards

This summer Bishopstone resident Cally Edwards was nominated for a BBC Radio Wiltshire Award for her volunteer work, including offering breastfeeding support at our own village playgroup. These local community awards were introduced in all BBC Radio locations across the country in 2022, to show appreciation for 'people who love to make life better for others'. The idea sprung from the Pandemic when so many people helped in their local communities. There were 8 award categories, which received 200 nominations in all. Cally's category was 'Volunteer', and she was selected as a finalist alongside 3 others: Emma Sperring, who created Parkrun in Swindon, Barry Newton, who volunteers at the Lindsay Leg Club in Devizes, washing elderly folk's feet, and Paul Simmons, a recovering addict and an ex-offender from Swindon. He now live-streams daily to help others who were in his position and supports them with their mental health as well as getting clean. Over to Cally, for her report of the day:
'Back in March, a wonderful mum who I supported twice with her 2 boys nominated me for the BBC Radio Wiltshire Make A Difference Awards. This nomination was a total surprise and in June BBC Radio Wiltshire came to interview me and several mums at our Bishopstone Playgroup which is just one of the locations where I offer free breastfeeding support. After this amazing nomination, I became a Finalist! On Saturday, I was invited to The Awards Ceremony at the STEAM Museum in Swindon and was overwhelmed by the generosity, good spirit and all round happy kind vibe at a glorious afternoon tea, watching, listening and meeting some of the most incredible people throughout Wiltshire who dedicate their time to others.
From volunteer category, to fundraiser to bravery to carer and more. Honestly, I felt very humbled sitting in the same room as these extraordinary people.
Whilst I didn't win, the most worthy of people, Paul Simmons did. I mean how could he have not won when you hear his story? Utterly inspirational. Thank you to the magnificent Donna Horan for the nomination, the incredibly lovely people at BBC Radio Wiltshire for spoiling me with afternoon tea, a beautiful award of my own to take home (my very own Oscar!) and the loveliest parents who I get to support in all things maternity.' Congratulations Cally!

Kate Pendlenton


## Mitchell and Vincent at Bishopstone Village Hall

When I was at primary school in Herefordshire, 4 decades ago now, the world of education was very different to now. Our Headteacher, Dick Brice from the Forest of Dean, had a second career as a barn-dance caller and folk singer. There was no National Curriculum, and we spent all of every Friday afternoon doing 'Country Dancing' in the school hall. We also did lots of music, both singing and playing instruments, and I realise now that I grew up immersed in English folk music.

So it was with this background that I noted in last month's STaB that a folk duo was coming to perform in Bishopstone Village Hall in October. I mentally noted it as something I might be interested in... but then promptly forgot about it until I saw on the Chalke Valley Families Facebook page that tickets were still available.

I am extremely glad that I saw that reminder, because I went along and had the most fantastic evening. The duo consists of David Mitchell on guitar, and Graham Vincent on fiddle and vocals. Both are trained luthiers (stringed-instrument makers) - indeed David was playing a guitar he had made himself - and both are incredibly talented musicians. They played their way through a wide repertoire of folk music from all over the British Isles (and even venturing to France), interspersed with relaxed chat and gentle humour, making the atmosphere friendly and informal. The music ranged from poignant songs (largely, as they joked, about men making poor life choices) to lively jigs that had us all tapping our feet and clapping along. The seating arrangements, comfortable chairs around gingham-topped tables, made socialising easy, and it was lovely to chat with village friends, as well as those who had come from further afield.

A break mid-concert provided an opportunity for everyone to have supper - and huge thanks to those who had laid this on, it was a wonderful spread - and refill our glasses at the bar ready for another set from Mitchell and Vincent.

I later learned that the pair have played 3 of the last 4 Glastonbury Festivals, and recently returned from playing onboard the Queen Mary 2 as she cruised from New York to Southampton and on to Norway. They have also released 3 albums, all of which were available to buy at the concert.

If you are interested in hearing Mitchell and Vincent yourself they are playing in Fovant Village Hall on 3rd November at 7:30pm (to book call Celia on 01722 714876, or celiahaselgrove@btinternet.com). This is another Rural Touring event by Pound Arts.

Many thanks to all on the Village Hall Committee who were involved in organising this event. The hall looked lovely, the food superb, the bar well-stocked, and the entertainment simply perfect.


## Notes from a Nutritionist by Amber Cotton Nutrition

Crisp days and dark, chilly nights mean November is the time for hearty dishes that are full of flavour such as this month's Lamb curry with butternut squash and shredded kale. Whilst winter is approaching, there's still an abundance of tasty local ingredients available, and my recipe this month makes use of lamb, butternut squash and leafy green vegetables, all of which are at their best at this time of year. Lamb is especially tasty in November as its new season lamb that has been fed on fresh grass throughout the summer. When eaten in moderation, lamb is a great source of protein and vital nutrients like iron, zinc, selenium and $B$ vitamins.

Butternut squash is great for your immunity as it is full of beta-carotene which your body converts into immune-supporting vitamin A. Butternut squash also contains a number of antioxidants that are important for eye health, and cooking with a healthy fat such as olive oil will help you to absorb them effectively. Finally, butternut squash is rich in potassium which can help to keep your blood pressure in check. Roasting or sautéing butternut squash caramelises its natural sugars, bringing out its flavour to the fullest. Choose a squash with firm, intact skin that feels heavy for its size. Store in a dry, well-ventilated place and it will last for at least a couple of weeks.

I can't call myself a Nutritional Therapist if I don't include kale in my recipes at some point and though you can use any seasonal leafy greens (they are all packed with health-supporting nutrients), my favourite at this time of year is kale.

If you're unconvinced about eating kale, you might like to know that it contains four times the vitamin C content and twice the selenium content of spinach ${ }^{1}$, as well as key nutrients such as vitamins E and K , calcium and magnesium. It is also very high in the super-nutrient folate which is the natural version of folic acid, and which is needed by virtually every cell in your body to function properly. You may have heard that you shouldn't eat kale if you take thyroid medication, but please be assured that you'd have to eat an excessive and unrealistic amount on a daily basis for there to be any impact on your thyroid. ${ }^{2}$
When making this curry, experiment with your favourite curry pastes, and increase the quantity if you like your dishes on the spicier side. And if you don't eat red meat then this dish will work just as well with chicken or firm tofu.

If you'd like to find out more about why folate is my favourite 'energy-boosting' nutrient, then please get in touch at amber@ambercotton.co.uk.

## Best wishes

## Amber

1) McCance \& Widdowson, 'The Composition of Foods', Public Health England, 2020
2) Bashar, MD Abu; Begam, Nazia1. Role of dietary factors in thyroid disorders: Current evidences and way forwards. Thyroid Research and Practice 17(3):p 104-109, Sep-Dec 2020

# Recipe of the Month - Lamb Curry with Butternut Squash and Shredded Kale 

## Serves 4

Using minced lamb makes this curry quick to make but you can use diced lamb, chicken or firm tofu instead. Adjust your cooking times accordingly.

500g minced lamb
500 g butternut squash (prepared weight)
2 tbsp of your favourite curry paste
400 ml tin of coconut milk


150 g kale (rinse, trim, strip the leaves from the central stalk and then cut into shreds)
1 tbsp olive oil
Chopped coriander leaves to serve (optional)

## METHOD

- To prepare the butternut squash, remove the skin, scoop out the seeds and fibrous flesh, and then cut into 1.5 cm chunks.
- Heat the olive oil in a large, deep, frying pan over a medium-high heat. Fry the lamb (in batches) until well browned. Use a slotted spoon to lift into a bowl and discard any excess fat.
- Return the pan to a medium heat and add the cubed squash. Fry for about 8-10 minutes until beginning to caramelise.
- Return the lamb to the pan with the squash and add the curry paste. Fry for 1-2 minutes, stirring. Add $300 \mathrm{ml}(1 / 2$ pint) just-boiled water. Bring to a simmer and allow to cook for approximately 10 minutes. Fold through the shredded kale and allow to cook through for a further 5 minutes until the squash and kale are both tender.
- Add the coconut milk and simmer for a few minutes. Season well to taste and sprinkle with the chopped coriander leaves.

Serve with rice or naan bread.


## Rambling with Jazzie Again

 Well, it has certainly turned into autumn with a bang and lots of rain! I get colder and colder as I sit at my laptop, while J gets more and more bored looking out of the window. She has just been so annoyed by someone passing that she jumped onto the paper feed of the printer and broke the hinge! She normally lies on the desk beside me, while I am 'fiddling'! She's just had her autumn clip, so is a bit shorn and small now!

Life is never dull with Jazzie about, and she loves her walks to see the horses at Croucheston. They seem in very good form and are now quite accustomed to her in the field and come over to say hullo. It is wetter underfoot, which means shorter walks often ending in the White Hart! She seems to be happy there too, on my knee while I sup and chat. She knows her way there too!
We have met dog Larry in The Croft, a large chap living with our new neighbour. It is noticeable that the blackberries are fewer and less good now. Perhaps the harvest is at an end, and the rain has affected it all. Spied a home-grown crayfish in the river at Faulston the other day. Good to see the imported ones are no longer there. Well done chaps with your traps! The English ones are small and hard to see, but they are still here.


Our hedgehogs are thriving, despite the rain. We see at least one every night, and last night caught three at one of the hutches, feeding so hard Jazzie got up to them unnoticed. They seem well and always eat what we put out for them. We have four dishes around the garden, near the hutches, with water in two old dog bowls as well.

We are shutting up the garden, and finishing hedge clipping, but have so much to clear away the green bin is always full. However, the City recycling centre helps a lot, and our compost heap (one of three) takes all the grass and flower pruning and many of the weeds. That can be a nuisance as many weed seeds survive the composting action and grow again in the beds! It all keeps us busy.
What a wonderful Harvest Festival we had in late September, when the church was full, plenty of singing, and the flowers and produce made a beautiful salute to the harvest for this year. The flower arrangements were of the best, and again many thanks to the arrangers. I hope the Trussell Trust benefitted from all we gave them.
Don't forget that the remembrance Service is on Sunay $12^{\text {th }}$ November/ Come and join us. Jazzie will NOT be there! See also the separate notice.
After a good walk today and meeting three people along the way, Jazzie says adieu, for this month!

James Thompson 17-10-23

## November Quiz

1. What name was given to the revolution that took place through an armed insurrection in Petrograd on 7 November, 1917?
2. What are the two zodiac signs for the month of November?
3. Which mineral is an eight on Mohs scale of hardness, with the orange variety being both the state gemstone of Utah and the birthstone for November?
4. Which group had a hit with 'November Rain'?
5. Which flower's name derives from the Greek words meaning golden flower? It's also the birth flower for November.
6. In literature, who was born in Wattenscheid, Germany, on November the 11th?
7. Bonfire Night is celebrated on the 5th of November, but in which year was the Gunpowder Plot?
8. Is Thanksgiving Day in America celebrated on the first, second, third or fourth Thursday in November?
9. The November class of submarine was a nuclear-powered attack submarine in service from 1958 to 1990 for which country?
10. The national Remembrance Sunday ceremony is held in the UK at 11 a.m. on the second Sunday in November at the Cenotaph on Whitehall. Who designed the Cenotaph?
11. On the 28th of November 1919, Nancy Astor becomes Britain's first woman MP. She was elected Member of Parliament for which city?
12. "The house was very quiet, and the fog-we are in November now-pressed against the windows like an excluded ghost." is a line from which book that was first published in 1910?

## Puzzles and Activities

## By Cally Edwards and Kate Pendlenton

## Circlegram

Replace the question mark with a letter so that the letters within each circle can be arranged to form words, names or terms on a common theme. What are the three words, and the letter represented by the question mark?


## CRACK THE CODE - PENGUIN FACTS

Crack the Code to find the answer to the questions about penquins.

1.) What do penguins eat?
$\overline{11} \overline{18} \overline{9} \overline{12} \overline{12}, \overline{19} \overline{17} \overline{21} \overline{9} \overline{4}$, and $\overline{6} \overline{9} \overline{19} \overline{8}$
2.) What is the smallest species of penguin called?
$\overline{12} \quad \overline{9} \quad \overline{20} \quad \overline{20} \quad \overline{12} \quad \overline{5} \quad \overline{2} \quad \overline{12} \quad \overline{21} \quad \overline{5} \quad \overline{16} \quad \overline{5} \quad \overline{14} \overline{7} \quad \overline{21} \overline{9} \overline{14}$
3.) How fast can some penguins swim?
$\overline{6} \overline{9} \overline{6} \quad \overline{20} \quad \overline{5} \overline{5} \overline{14} \quad \overline{13} \overline{16} \overline{8}$
4.) How many different species of penguins are there?

$$
\overline{14} \overline{9} \overline{14} \overline{5} \quad \overline{20} \overline{5} \overline{5} \quad \overline{14}
$$

## Police Bulletin

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


Two years ago, I and the other four PCCs in the south west agreed to collaborate with our respective forces to target county lines drug networks, along with the anti-social behaviour drugs bring to local communities.

Operation Scorpion was born. There have been six, co-ordinated, regional crackdowns since where all five forces: Wiltshire, Avon \& Somerset, Gloucester, Dorset and Devon \& Cornwall have focused on preventative, educational, activities or targeted a particular section of the illegal drug network.

The latest Scorpion results, from Monday 9 October to Sunday 15 October, achieved the following results from across the region included: 94 arrests made, more than $£ 73,000$ cash seized, Class A drugs (cocaine and heroin) valued at over $£ 90,000$ and Class B drugs (cannabis) valued at over $£ 155,000$ seized, 62 people safeguarded, five dealer lines disrupted, weapons seized included a crossbow, several knives, and a samurai sword removed from our streets, and numerous drug-related assets seized including Rolex watches, cars, laptops, and mobile phones.

Operation Scorpion depends largely on the intelligence and information that you, our residents provide directly to us or indirectly through CrimeStoppers. So please keep that information flowing.

We are also in the process of developing another south west collaboration to tackle those organised crime gangs operating in the countryside - Operation Ragwort - to tackle rural crime with the same focus on intelligence to disrupt and enforce.

The combined efforts of working together with partners is clear and we will be continuing with this approach across all areas of tackling crime and violence.

> CrimeStoppers. Speak up. Stay safe.

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## Charity News and Events

Alabaré invites you to an inspiring talk on Tuesday $21^{\text {st }}$ November at 7 pm at St Francis Church, Salisbury!
Come and hear Larry Hollingworth CBE, UN Envoy for Refugees. Larry's exceptional leadership in emergency relief has touched the lives of countless individuals affected by war and natural disasters. He will be talking about his extraordinary journey, from his military background to his work with the United Nations. He will speak of the power of collaboration and personal influence in making a difference.
Tickets $£ 20$ per person to include a glass of wine and light refreshments. Raffle during the evening. All profits will be used to support Alabare's work supporting those who are homeless or vulnerable.

For more information or to buy tickets visit alabare.co.uk/getinvolved or email Helen at supportercare@alabare.co.uk


If you could spare some time, or for more information please contact us: $01380 \mathbf{7 2 2} 241$
Email: linkproject@communityfirst.org.uk

## Broadchalke WI - 1940-2023

BROAD CHALKE WI 1940-2023 Broad Chalke WI will sadly be suspended from January 2024. Our membership has sadly declined over the last few years due to various reasons but in order to celebrate our 83 years of fun and friendship we have planned three events to mark this occasion.

We welcome all past members and friends of Broad Chalke WI to an Open Meeting at Broad chalke Village hall Wednesday 15th November 2023 at 7-30pm.
"Structure \& Sparkle in Your Garden" Jane Moore - head gardener for Bath Priory writes for Gardeners World, TV presenter and Garden Panellist - light refreshments available - Visitors $£ 5$

Christmas Craft afternoon making seasonal wreaths and decorations - Thursday 7th December at Broad Chalke Village Hall 2pm. Come and join us in an after lunch gathering sharing mulled wine ,mince pies and festive music. All you need to bring is any garden greenery, fir cones, dried flowers or artificial ones, ribbons to be shared and a pair of secateurs. Visitors $£ 5$

To conclude we are looking forward to our Christmas Supper so kindly provided by mine hosts Tony, Pat and Jayne at The Horseshoe, Ebbesbourne Wake Wednesday 13th December 6pm which will provide a perfect celebration of all of our times spent together.

Plans are in hand to meet periodically during 2024 on a less formal basis - watch this space...

Contact -
Nicky Jones 01722785007
Angela Shaw 01980610422
Sue Fry 01722780093

## November Quiz Answers








## Events \& Special Offers

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*Quiz Night the Last Thursday of every Month
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(see separate advert)

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## Bishopstone Village Website <br> 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)

## 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.


Further to her article in last month's STaB, Sally Leaver and her granddaughter Narissa appeared on Bargain Hunt, broadcast on the 20th October. Sally found out the transmission date just too late to be included in the October edition of this magazine, but those of you with BBC iPlayer should be able to access the episode online after it has been broadcast.

Have any other parish residents appeared on TV? We'd love to hear about it if so.

"This would make a great reality show for the religion channel."

## 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 01722780459.

| 5 November ALL SAINTS | $\begin{array}{\|c\|} \hline 9.30 \mathrm{am} \\ 9.30 \mathrm{am} \\ 11.00 \mathrm{am} \\ 11.00 \mathrm{am} \\ 11.00 \mathrm{am} \\ 11.00 \mathrm{am} \end{array}$ | Family Communion (CW) <br> Parish Communion (CW) <br> Family Communion (CW) <br> Family Communion (CW) <br> Family Service <br> Morning Prayer (BCP) | Broad Chalke Britford Ebbesbourne Wake Coombe Bissett Odstock Berwick St John | Kate Woolven Ruth H-S Jenny Taylor Ruth H-S Adrian Taylor Lay Led |
| :---: | :---: | :---: | :---: | :---: |
| 12 November REMEMBRANCE SUNDAY | $\begin{array}{\|r\|} \hline 9.00 \mathrm{am} \\ 10.45 \mathrm{am} \\ 10.45 \mathrm{am} \\ 10.45 \mathrm{am} \\ 10.50 \mathrm{am} \\ 10.50 \mathrm{am} \\ 10.50 \mathrm{am} \\ 11.20 \mathrm{am} \end{array}$ | Benefice Communion (CW) Remembrance Service Remembrance Service Remembrance Service Remembrance Service Remembrance Service Remembrance Service Remembrance Service | Bishopstone Berwick St John Bowerchalke Broad Chalke Bishopstone Coombe Bissett Charlton All Saints Ebbesbourne Wake | Ruth H-S <br> Barney Hopkinson <br> Tony Monds Kate Woolven Jenny Taylor Katharine Robinson Ruth H-S Vernon White |
| 19 November $2^{\text {nd }}$ Sunday before Advent | $\begin{array}{\|c\|} \hline 9.30 \mathrm{am} \\ \text { 9.30am } \\ 9.30 \mathrm{am} \\ 11.00 \mathrm{am} \\ 11.00 \mathrm{am} \\ 11.00 \mathrm{am} \\ \hline \end{array}$ | Holy Communion (BCP) <br> Parish Communion (CW) <br> Parish Communion (CW) <br> Morning Prayer (BCP) <br> Parish Communion (CW) <br> Parish Communion (CW) | Bowerchalke <br> Bishopstone <br> Odstock <br> Ebbesbourne Wake <br> Homington <br> Berwick St John | Ruth H-S Jenny Taylor Paul Mellor Biddy Trahair Jenny Taylor Ruth H-S |
| 26 November CHRIST THE KING | 9.00am 9.30am 9.30am 11.00am 11.00 am 11.00 am 11.00 am 6.00pm | Holy Communion (BCP) <br> Parish Communion (CW) <br> Parish Communion (CW) <br> Family Service <br> Parish Communion (CW) <br> Holy Communion (BCP) <br> Morning Prayer (BCP) <br> Evening Prayer (BCP) | Berwick St John Charlton All Saints Broad Chalke Nunton Bishopstone Alvediston Homington Bowerchalke | Kate Rosslyn Smith Ruth H-S Jenny Taylor Adrian Taylor Jenny Taylor Tony Monds Ruth H-S Lay Led |
| 3 December <br> $1^{\text {st }}$ Sunday of Advent | $\begin{gathered} 9.30 \mathrm{am} \\ 9.30 \mathrm{am} \\ 11.00 \mathrm{am} \\ 11.00 \mathrm{am} \\ 11.00 \mathrm{am} \\ 11.00 \mathrm{am} \\ 11.00 \mathrm{am} \end{gathered}$ | Family Communion (CW) <br> Parish Communion (CW) <br> Family Communion (CW) <br> Family Communion (CW) <br> Family Service <br> Morning Prayer (BCP) <br> Advent Service | Broad Chalke <br> Britford <br> Ebbesbourne Wake <br> Coombe Bissett <br> Odstock <br> Berwick St John <br> Bishopstone | Kate Woolven Jenny Taylor Ruth H-S Jenny Taylor Adrian Taylor Lay Led Sally Leaver |
| Ministry Team: Team Rector ~ The Revd Dr Ruth Howlett-Shipley: 01722697022 <br> Team Vicars ~, The Revd Canon Jenny Taylor: 01722 503081, Vacancy  <br> Team Administrator ~ Mrs Emily Broomhead: 07890 262376  |  |  |  |  |
|  |  |  |  |  |
| 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: 01722718152 |  |  |  |  |


[^0]:    COLLECTION IN AID OF THE CHURCHES CONSERVATION TRUST \& BISHOPSTONE CHURCH

