



News and Notes

for Bodenham, Britford, Charlton All Saints, Nunton and Odstock July 2013

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News & Notes

Editor: Adrian Taylor
01722 325862
(email below)

Deadline
18th of each month

Village life

Huge apologies to those readers who were hoping for more high class culinary tips from the Editor, to follow the egg-boiling advice featured in May. This time, I'm concentrating on some of the events that are coming up in our villages. Information, though, just as useful.

Residents of Odstock, Nunton and Bodenham will be more than aware that soon we'll have our Fête. It's on 6th July in Nunton Field and it's followed by Duck and Raft races from Odstock Bridge. Just to clarify, that's not races with ducks against rafts, because that'd be silly. You'll see full details in the separate Fête sheet, which also tells of the Friday Dance at on Friday 5th July in the Marquee. We're looking forward to welcoming a new band this year, Legacy Sound, who we know will entertain us very well, as Peter Pod's Peas have in the past.

Hot on the heels of the ONB Fête, will be the Charlton All Saints Barbecue at 6.00pm on 6th July and you'll find more details on page 3. I suggest you practise your skittles at the Fête, and clean up at the Barbecue.

Not to be left out of the fun, Britford have a very appealing Cheese and Wine evening in the Memorial and Community Hall on 10th July. You'll see more about this on page 2.

We'll all need a quiet holiday in August to recover from the high levels of excitement!

May I also take the opportunity to introduce what in the Church of England we call a Fresh Expression. It's called *Village Prayers*, and the plan, at least for now, is to hold this monthly on a Thursday, alternating between Nunton and Odstock. Weather permitting we'll meet at the bench on Vicarage Corner, Nunton and Jubilee Gardens, Odstock. If it happens to be wet, we'll go to the church nearby. We have already had a couple of Village Prayer sessions, and the idea is to give an opportunity to say prayers for those around us, and beyond, who particularly need them. *Village Prayers* is designed at least as much for those that aren't there as those that are, and you'll see on page 2 how you can let us know of those you'd like to be included in the prayers, along with one or two more details.

Adrian Taylor

Church of England Services

1 st July	10.00am	Messy Church (<i>see p.9</i>)	Barker Room	
7 th July 6 th after Trinity	9.30am 11.00am 11.00am 6.00pm	Parish Communion Family Service Parish Communion Summer Evensong (<i>see p.4</i>)	Britford Nunton Coombe Bissett Homington	DH AT DH JP
14 th July 7 th after Trinity	9.30am 11.00am 11.00am	Parish Communion Choral Matins (BCP) Family Service	Odstock Charlton All Saints Coombe Bissett	JT DB JT
21 st July 8 th after Trinity	9.30am 11.00am	Parish Communion Family Communion	Nunton Homington	DH JP
28 th July 9 th after Trinity	9.30am 11.00am 11.00am	Parish Communion Family Service Choral Matins (BCP)	Charlton All Saints Odstock Coombe Bissett	JT JL MT
4 th August 10 th after Trinity	9.30am 11.00am 6.00pm	Parish Communion Parish Communion Choral Evensong (BCP)	Britford Coombe Bissett Homington	JT JT LB

DH = Canon David Henley, JT = Revd Jenny Taylor, JP = Revd Jonathan Plows,
MT = Revd Michael Turner, DB = Denis Blake, AT = Adrian Taylor, JL = Revd Jackie Lowe
(BCP = Book of Common Prayer)

Odstock, Nunton & Bodenham WI

Carol Stratton

After the pouring rain of last year, the Odstock, Bodenham and Nunton annual Garden Party was held in fine and warm weather on Monday 10th June as usual in the beautiful garden of Sue Bourne, a past President. Following a very short business meeting Elizabeth Cutter, President welcomed the many guests invited from the Federation and WI's from surrounding villages.

The entertainment for the afternoon was supplied by Michael Ireland who played his electric guitar with sounds of the 60's and 70's. While the music played, everyone was able to visit the Plant, Bring and Buy, Nearly New, and Books stalls. Then followed a delicious tea supplied by the members and co-ordinated and organised very efficiently as usual by Margaret Barrow.

The afternoon ended with the drawing of the raffle and Elizabeth thanked Sue Bourne for the use of her garden and presented her with a bottle of champagne in appreciation.

The next meeting will be on Monday July 8th. The talk will be "Hearing Dogs for the Deaf" by David Ball.

Christian Aid

Adrian Taylor

This year, the Christian Aid envelope collection in our five villages raised the splendid sum of £1,004.46, which, when Gift Aid is added, becomes £1,119.36.

A huge thank you to all those who gave their time collecting, and also to everyone who donated so generously.

Here's an extract from the Christian Aid website:

Today 870 million people are in desperate need of food.....

Thank you to everyone who joined us to bite back at hunger this Christian Aid Week.

Charlton All Saints Garden Society

Barbara Box (01725 510758 - oldcharlton@gmail.com)

On 3rd June, Gordon Cottis travelled from Bath to give a talk entitled The Winter Garden. Although we have only just struggled out of last winter, gardeners like to plan ahead.

Gordon showed slides of gardens ranging from very large, big enough to plant solely as winter gardens, to those of more moderate size, with ideas that we could incorporate into our own all year gardens. He also brought hellebores for sale.

Future events:

July - Summer Outing

Monday 30th September - Gill & John Hazell
Classic, Rare and Unusual Bulbs

Monday 28th October - Sally Nelson
Plants for Bees

Meetings start at 7.30pm in the Church.

Car Boot Sale

Sunday 21st July

(Proceeds to the Salisbury Diabetic Association)

Nunton Recreation Field

Admission:

£5 & £7 – Traders Cars & Vans, 30p Public

Gates open 10.00am, selling starts 11.00am

Britford Memorial & Community Hall

High Road, Britford, Salisbury SP5 4DS

Cheese & Wine Evening

**Wednesday 10th July
at 7.30pm**



**Tutored wine tasting provided by
an expert from Majestic Wines.**

Try a range of red, white and rosé wines to suit every palate. Plus, enjoy tasty baguettes and cheeses that will be served as we continue to drink the wines we have tasted.

Tickets: £7.00

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or email britford@live.co.uk
www.britford.net*

The Body Barn comes to Odstock

You'll find full details of the Body Barn on page 9. We wish Laura McGregor and her colleagues every success in this new venture.

Village Prayers

As promised in the front page article, here's a little more about *Village Prayers*. Meetings last around half an hour. Prayers are interspersed with some gentle singing.

If you'd like prayers to be said for someone you know, a particular situation or yourself, you may either put a note in the Village Prayers box at St Andrew's, Nunton or St Mary's, Odstock, email details to villageprayers@live.com, or come along.

For now, *Village Prayers* will be held monthly, and dates and locations will be published in News and Notes. The next meeting will be held on at 7.00pm on 11th July at Jubilee Gardens, Odstock, or in the church if wet. All welcome.

Odstock, Nunton & Bodenham Fête

You'll find details of Fête events on the separate sheet delivered with News and Notes, but here's another reminder of some of the ways to get involved.

Offers of Help

If you're not already involved with the Fête and would like to be, please contact Jeremy Metcalfe on 01722 325825. Particularly welcome will be help during the week leading up to the Fête (ie w/b 1st July) and for the clearing up operation on Sunday 7th July.

Grand Draw

To sell or buy tickets or donate a prize, please contact Keith Bradford (01722 329740).

Bric-à-brac

Anything for the stall will be welcomed by Keith Wilby (01722 328608). Items may also be brought on the day.

Books & DVDs

Please call Peter Stannard (01722 327766) if you have books and/or DVDs to donate (or bring on the day).

WI Stall

Donations of cakes, plants, produce of any sort, cut flowers, groceries and anything edible will be welcomed from members of the WI and any others who can help. They may be taken to the appropriate stall after 10.00am on the day or given beforehand to:

Doreen Smith 01722 328582 (Salisbury)

Pam Trubshaw 01722 323472 (Nunton)

Carol Stratton 01722 500620 (Harnham)

Gill Dodd 01722 329341 (Britford)

Elizabeth Cutter 01725 511870 (Downton)

Raft Race

6.00pm on Fête Day. Please ring Stewart Ford (01722 339867) for details.

Village Games

This year's Fête will feature village games on an Historical Landmarks theme. There will be four events for family teams [up to 5 people]

Event One: Stonehenge stone roller race

Event Two: Eiffel tower Jigsaw

Event Three: Pyramid obstacle course

Event Four: London Tower Bridge race

If you would like to enter a family or friends team, please contact Jeremy Metcalfe at 01722 325825 or JMetcalfe@gmx.com. There'll also be the entry form available on the News and Notes website, or you can enter on the day.



Bottle Stall

Bottles are being collected for the stall, but will also be gratefully received at Presses Lodge, Nunton.

For the children.....

Fancy Dress

Calling all under 10s - we need YOU for our Fête Fancy Dress Parade. This will take place at the opening of the Fête at 1.30pm on Saturday 6th July, with prizes for all those taking part.

Parents and grandparents please help youngsters to find or to make a wonderful fancy dress outfit. There is no specific theme but we shall be looking out for bright colours and original ideas. We are happy for the children to bring a dressed-up teddy/soft toy, or other accessory such as a flag to wave or drum to beat (a plastic bucket works well).



Vegetable Animals

Children's Competition

Make an animal from vegetables (and fruit, if you like - cocktail sticks or similar can be used for joining parts)

3 Classes: 7yrs and under, 8 - 9 and 10 - 11

Certificates for 1st, 2nd & 3rd in each class

£5 WH Smith Voucher for each class winner

Entry form to be filled in by 2.30pm on the day.

Judge: Sam Vyas

Charlton All Saints Barbecue

**6pm Saturday 6th July
Charlton Courtyard**

Delicious Hog Roast, Skittles, Raffle

Adults £7.00, Children £3.50, under 5yrs free

Tickets from Barbara Box 01725 510758

Britford Church Coffee Morning

Peggy Knight

A very warm thank you to everyone who came to our Coffee morning in the Church on Thursday 23rd May. The sale of plants, books and refreshments raised £257.10 for Church funds. Many thanks too to everyone who helped to make this such an enjoyable as well as successful occasion. Our next event is a table top sale on 27th July in the church, see below.

**Table-top Sale
in Britford Church
Saturday 27th July, 2pm to 6pm**

Afternoon teas

Car parking

Something for everyone

If you have any items which you would like to donate for the sale, please contact:

Peggy Knight (01722 320259)

or Geraldine Rutter (01722 328064)



Charity Supper at The Radnor Arms, Nunton

7.30 pm on Thursday 11th July

**£20 for 2 Course Meal
Guest speaker & Raffle**

Bring your own bottle (small corkage fee)

To raise funds for Olivia Metcalfe who this year has completed the London Marathon, cycled over 400 miles from Paris to London and is set to conquer Kilimanjaro in October.

Please help Olivia to help our Heroes – your support is greatly appreciated.

Contact Olivia for more details & dietary requests

07717 838766 / 01722 325825

Olliemetcalfe@yahoo.co.uk

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Victoria Sponge £4.00, Flapjacks £3.00

Please call/text Raggy Beard, 07809 670998 or
01722 410977

The Goose Fair

St Laurence's Church, Downton

Saturday 28th September 10am—2pm

**Craftwork, cakes, home baked bread & pies, jams,
jewellery, lace making and a Raffle!**

Refreshments - including light lunches

Children's Games & more

*If you would like a stall for this event please
contact Judy Gimson on 01725 510326 or email
youth@stlaurencedownton.co.uk*

Chalke Valley Link Scheme

Would you like to help some Elderly or incapacitated
residents get to their appointments?

Volunteer Drivers Needed

Good mileage allowance

For more details ring Anna Mynott - 01722 718780

Summer Evensong

On Sunday 7th July at 6.00pm in Homington Church,
instead of the traditional service, Jonathan Plows will
be giving a special Summer Evensong with hymns &
poetry celebrating "The Beauty of Creation".

Do come and enjoy this new style of service which
will be followed by refreshments.

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£7.50

Fri 5th July - Mussels & Frites
£9.95

Tue 9th July - Steak Night
£9.95

Fri 12th July - Fish & Chips
and pudding - £10.95

Tue 16th July - Steak & Kidney Pudding
£10.95

Fri 19th July - Crab Night
£14.95

Sat 20th July - Paella and Pudding
£10.95

**Fri 26th July - Duck Supper
with Morris Dancing - £14.95**

Sat 27th July - Lobster Supper

Tue 30th July - Steak Night
£9.95

Please call 01722 329722 to book

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PILATES

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- It reduces stress, increases blood circulation and improves strength and flexibility
- It increases bone density and improves joint mobility
- It promotes relaxation and correct breathing



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A BRAND NEW FITNESS STUDIO & THERAPY ROOMS IN THE HEART OF Odstock Village.....OPEN NOW

The studio will be hosting 1:1 & group personal training sessions as well as a range of exercise classes with fully qualified instructors. The timetable so far....

MONDAY	10:15-11:15am	STRETCH & RELAX: a combination of yoga, Pilates & tai chi to build strength & enhance flexibility. With Ed	Contact Laura on 07800 505840
	6-6:45pm	ZUMBA: tone your body and burn fat with Latin dance steps. With Rhian (GLF)	Contact GirlsLoveFit on 07772 678737
	7:15-8:15pm	FITNESS PILATES: a progressive 6 week course focussing on re-aligning the body whilst developing core strength & flexibility. With Rhian	Contact GirlsLoveFit on 07772 678737
TUESDAY	6:15-7pm	Legs, Bums & Tums: an intensive exercise session focussing on the stubborn bits! With Debbie	Contact Debbie on 07747 774042
	7:30-8:15pm	POSTURAL STABILITY: a workout on a stability ball! Targets core muscles essential for stability, balance and good posture. With Suzie (starting 18/6/13)	Contact Suzie on 07850 765762
WEDNESDAY	9:15-10:15am	"BAD BACK PILATES": a core conditioning class designed to strengthen & correct posture whilst easing aches & pains. With Tom (Starting 3/7/13)	Contact Laura on 07800 505840
	1 – 2pm	MUM&ME: a 6 week course for you and your baby. With Alex	Contact GirlsLoveFit on 07772 678737
THURSDAY	9:45-10:45pm	FITNESS YOGA: a class incorporating stretch, strength and yoga postures. With Jenny	Contact GirlsLoveFit 07772 678737
	7:30-8:30pm	KETTLERCISE: an intense weight & cardio session using kettlebells. With Allan (Starting 18/7/13)	Contact Allan on 07720 448194
SATURDAY	10:15-11:15am	HOURLY OF POWER (HOP): a full body cardio & weight training session with free weights. With Sue	Contact Sue on 07899 074287

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Laura McGregor has been practising for 10 years as a Sports Therapist & Personal trainer and is now working at The BodyBarn offering:

♦ Sports injury treatment & rehabilitation ♦ Ultrasound techniques ♦ Deep tissue massage ♦ Hot stone massage ♦ Pre/post event massage ♦ Relaxation massage ♦ Nutritional advice ♦ 1:1/Group Personal training (07800 505840)

Tom Eastman is a fully qualified Osteopath and Pilates instructor & will be working from The BodyBarn on a Wednesday, seeing patients & taking "Bad back Pilates". (07766 546402)

BOTH THE STUDIO & THERAPY ROOMS ARE AVAILABLE TO HIRE. For more information on Personal training, exercise classes, therapies or studio/therapy room hire, contact Laura McGregor on 07800 505840.

www.the-BodyBarn.co.uk

Regular Events	
WI	Second Monday of the month, 10.00am, Radnor Hall, Bodenham
Singing Group	Every Tuesday (ex. Aug/Dec.), 7.00pm, Barker Room, contact Adrian Taylor on 01722 325862
Messy Church	10am - 12 noon at St Andrew's, Nunton and the Barker Room, for parents, grandparents and child carers with their children from 0 - 5 years: Coffee/ tea, chat, activities, Bible stories, singing and a simple lunch. <i>For more details, ring Marian on 01722 335685. Next Meeting: 1st July - Messy but good</i>
Tiny Tots	Wednesdays (ex. Aug.) 9.45 – 11.45am, Radnor Hall, Bodenham (Suzie Orchiton - 01722 502026)
Mobile Library	Britford (The Green), alt. Thursdays, 9.30 – 9.45am (4 th & 18 th July, 1 st August) Nunton (The Orchard), monthly, 11.55 – 12.25pm (3 rd & 31 st July)
Acorn Social Club	Coffee Morning – Wednesdays 10.30am at the Orchard
Open Circle Folk Dancing/ Local Vocals	Dancing: 2 nd & 4 th Mondays each month, 7.30pm, Radnor Hall Local Vocals: 1 st Monday each month, 7.30pm Radnor Hall Contact Clare Chitty on 01722 330871
Diary Dates	
5 th July	Dance in the Marquee to Legacy Sound, 8.00pm The Recreation Field, Nunton (<i>see page 3</i>)
6 th July	Odstock Nunton and Bodenham Fête, from 1.30pm, The Recreation Field, Nunton (<i>see page 3</i>)
6 th July	Raft Race, 6.00pm, from Odstock Bridge. Landlubbers at Jubilee Gardens (<i>see page 3</i>)
6 th July	Charlton All Saints Barbecue, 6.00pm, Charlton Courtyard (<i>see page 3</i>)
10 th July	Cheese and Wine Evening, 7.30pm, Britford Memorial and Community Hall (<i>see page 2</i>)
11 th July	Village Prayers, 7.00pm, Jubilee Gardens, Odstock (<i>see leader and page 2</i>)
21 st July	Car Boot Sale, Nunton Recreation Field (Salisbury Diabetic Association) (<i>see page 2</i>)
27 th July	Table-top Sale, 2.00pm to 6.00pm, St Peter's, Britford (<i>see page 3</i>)
28 th September	Goose Fair, Downton (<i>see above</i>)
28 th September	Harvest Supper, Charlton All Saints (<i>more details to follow</i>)
30 th September	Charlton All Saints Garden Society, 7.30, The Church (<i>see page 2</i>)
4 th / 5 th /6 th Oct	Flower Festival, St John the Baptist Church, Bishopstone (more details in future News and Notes)
6 th October	Harvest Supper, 6.00pm, Radnor Hall. £7, proceeds for Sudan. Please bring tins for Trussell Trust.
10 th October	Farrant Singers, Charlton All Saints (<i>more details to follow</i>)