



Parish Magazine

May 2024



Olivia Chapple, new High Sheriff of Wiltshire, at her Declaration Ceremony in Bishopstone Church
Photo by Dominic Parkes Photography

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.



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).

Note from the Editor

Please accept my apologies for putting the MAY church services in the April edition! I do hope it didn't confuse too many people. I posted the correct services into the Bishopstone WhatsApp group - if you haven't joined, why not do so? See info on p10. It's a really useful way of getting the village information.

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 Day dawned on the very last day of a chilly March as the clocks went forward but that did not deter Bishopstone from turning out in force to celebrate our great festival! It was really good to see so many of you. The week that followed Easter was certainly a busy one and thank you to everyone who helped in all the organisation. The Declaration of the new High Sheriff took place in church on the Friday which really was a first! Congratulations to Dr Olivia Chapple and what a boost for Bishopstone to have the High Sheriff living in our village. More congratulations go to Daisy and James who were married the next day. Then to Luke and Kirsty married on the last Saturday in April. What a month!

Many thanks to everyone who gave so generously to our Lent Project supporting Rise: 61 this year. Our coffees mornings were hubs of happy people and delicious goodies and between us we raised approximately £1000 – quite amazing!

May I draw your attention to the article in this edition on securing our church for the future – we are blessed with having some generous benefactors but in order to maintain our church as a place of worship (which has been shown to be so clearly needed this month!) we do need further help.

We said goodbye in church at the end of April to dear Mrs Jean Moores who died in hospital after a short illness. She had lived in Bishopstone since January 1970! We send our love and condolences to her daughter Angela.

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

Village Hall



May 2024

SPECIAL SPRING OFFER!

On **Saturday 4th May Ben Sword** will give his **One Man Musical Comedy Variety Show** (think Bill Bailey crossed with Alan Partridge!)

Free entry with an optional £5 ploughman's supper. Bar opens at 6.30pm for a 7.00pm start. Book via the Barters on 01722 780471 or Sue on 01722 780316 or email [bvhticketoffice @btinternet.com](mailto:bvhticketoffice@btinternet.com)

ANNUAL SPRING FAYRE

The ever popular Spring Fayre will be held on **Saturday 18th May** between **10.30am** and **12.00noon**

There will be a variety of stalls including plants, cakes, books, local crafts and a tombola. There will also be a Bring and Buy in aid of the RNLI, for cakes, produce and gifts. Refreshments will be available.

The VILLAGE HALL ANNUAL GENERAL MEETING

The annual meeting will be held on **Monday 20th May. 7.00 for 7.30pm.**

All welcome.

Drinks and nibbles will be served.

The BISHOPSTONE COMMUNITY CAFE

Coffee Mornings are normally held on alternate **Thursdays**. Dates for the coming period are **2nd, 16th and 30th of May** and the **13th and 27th June**.

10.30am until 12.00noon.

Exceptionally, there will be no café on **Thursday 2nd May** due to elections for the Police & Crime Commissioner being held at the Hall.

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

MOVIOLA at Bishopstone

Friday 31st May. The Moviola film for May is **'Wonka'**

A musical fantasy comedy film directed by Paul King, "Armed with nothing but a hatful of dreams, young chocolatier Willy Wonka manages to change the world, one delectable bite at a time. Starring: Timothée Chalamet , Hugh Grant, Olivia Coleman and Rowan Atkinson.

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, Nigel Peasley on 07761 463737 or Sue Taylor on 01722 780316.

Future films are "**The Lesson**" on **Friday 28th June** and "**Wicked Little Letters**" on the **26th July**. This will be the last film of the season and will include a summer buffet supper.

BISHOPSTONE COMMUNITY LUNCHES

A home-cooked lunch is served monthly from October until April.

Lunches will resume on Wednesday 2nd October.

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.



Bring and Buy Sale

at the Bishopstone Village Hall Spring Fair

18th May 2024 10.30am

Bring along cakes, produce and gift items for sale and see what's there to buy to support this this worthy cause.

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



BEN SWORD

**FREE
MUSICAL
COMEDY**

Bishopstone
Village Hall

May 4th - 7.00pm



<https://www.bensword.com/bishopstone/>

**Free entrance. Supper £5 (optional)
To book phone 01722 780316 or 780471
or email bvhticketoffice@btinternet.com**

Parish Council

The next meeting of the Parish Council will take place on Thursday 9th May 2024 starting at 7.30pm in the Village Hall. The agenda and papers for the meeting are available on the village website (www.bishopstone-salisbury.co.uk).

All are welcome to attend.

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:

9 May, 6 June, 4 July, 1 August, 29 August, 26 Sept, 24 Oct



**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 there was a total of 12.12 kgs of donations to the Foodbank. Thank you all so very much.

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
Tinned fish
Tinned vegetables
Tinned fruit
Desserts e.g. Jelly, Angel Delight and rice puddings
Long life milk and fruit juice
Instant noodles

Some slightly more unusual but nevertheless highly sought after items are:

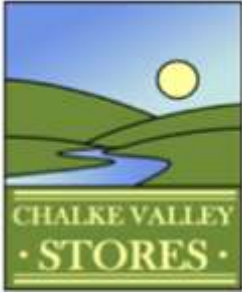
Tin openers, always needed
Free From Foods
Sanitary items
Baby food.
Nappies
Deodorants
Toilet rolls

They are grateful for anything that you can offer and I thank you for your continued support.

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.



**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

Local And Fresh !!!! Tony has been busy enlarging and enriching the range of locally supplied foods. These now include coffee, cheeses, jams, spices and sauces, tray-bakes, pies and meats as well as breads and cakes.

Embrace the Joys of Spring with Fresh Cut flowers grown locally in Homington now available for sale at the Hub.

New supplier: Diligent Frog Limited, Specialists in fine foods from around the world. So if you are looking for inspiration & specialty come to the Hub to find the best quality at competitive prices.

As part of our desire to support local businesses, the Hub is very happy to say that we now stock a range of best butchery meats from WS Clarke and Sons in Sixpenny Handley. We have plump sausages, sizzling bacon and best lean mince, amongst other delicious pies, faggots etc, ready for the BBQ season . You will even be able to order your Sunday joint or any cuts of meat you like. Get your breakfast sorted from the store too.

A Date for your Diary, We will be holding a Sparkling Wine and Cheese Tasting Evening with a twist on Friday May 03rd at 6:30pm. Tickets are limited and £20 each. All proceeds go to support towards the Hub. Please call the Hub on 01722 780998 to book your place.

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.

Securing our Church



At this year's Annual Parish Meeting, Sarah Seal, Churchwarden of our village church, St John the Baptist, gave a report on the activities of the church community in 2023.

Without the same threat from Covid, the Church was finally able to hold its regular services and welcome people in the usual way. The annual Carol Service was held in the Village Hall again, which allowed many more people to attend and nearly 90 people were welcomed to the ever popular Carols round the Crib on Christmas Eve. In the Summer we were able to resume holding a Choral Evensong in Stratford Tony Church and at Christmas we held our first carol service there, with the congregation being ferried back and forth by cars capable of getting through the flood water.

Thanks to the Committee of the Friends of Bishopstone Church, a lot of work was completed on the church building. Repairs were made to some of the stonework and a start was made to wash down and remove four layers of distemper on the interior nave walls before repainting in 2024. New hand rails were also installed at the entrance to the porch, a gift from Hester Kirkham.

Two things in the churchyard happened last year, which placed an extra financial burden on the church. After a storm, a large branch from the churchyard beech tree fell onto the thatched wall on the opposite side of the road, causing damage. Because of our concern that further storm damage might endanger people passing by, bring down power and telephone cables or seriously damage the church and gravestones, the tree was surveyed. As a result, the tree canopy was reduced, and dead branches removed. The cost of which was over £1500.

We also enrolled in a Church of England scheme to have the churchyard surveyed. At no cost to us, it will record where all the burials are located, details of all memorials and church records and provide an accurate plan of the churchyard, forming an online record that the public can access. Partly in preparation for the survey but also to improve access to graves for families and visitors, a party of volunteers has begun clearing overgrown areas which in turn revealed the need for levelling with a digger and repairs to the walls at further expense. An additional grant from the Parish Council helped to meet these unexpected costs.

The maintenance of the church building and the churchyard could not happen without the ongoing financial support of the Friends of Bishopstone Church and the Parish Council. However, the resources needed to ensure that our church is alive, providing a welcome to all in our community when they need it, relies upon the generosity of people providing such things as flowers to decorate the church, coffee and biscuits after services, the mulled wine etc after the carol services, cleaning

products, or time and energy for hedge cutting etc, in addition to financial support. In 2023 it cost around £600 a week to keep our church going. This covered our contribution to the Diocese for the costs of our clergy, benefice costs, heating, lighting, insurance, organists and general bills. At the end of the year our expenditure exceeded our income by about £1,309. Costs will rise in 2024.

Our only sources of income are from people who give a regular amount to the church, church collections at services, occasional fundraising events and a portion of the fees from weddings, funerals, and christenings. At the Parish Meeting it was suggested that more fundraising events could be organised. These could be a welcome source of income but would rely, perhaps, upon the same volunteers to organise them, might detract from Village Hall activities and would not provide a guaranteed stream of income to enable the Parochial Church Council and our Treasurer to plan ahead with balanced books.

A number of families in our community have currently committed to giving on a monthly basis. A few make an annual donation. If others were to join them, in addition to preserving a beautiful building, we will be able to secure the future of a living church for its regular services and those special occasions when families come together – our christenings, weddings and funerals.

If you would like to know more about supporting St John the Baptist financially or in other ways or wish to suggest other options, please do get in touch in absolute confidence with:

Our Vicar – the Revd Canon Jenny Taylor: 01722 503081

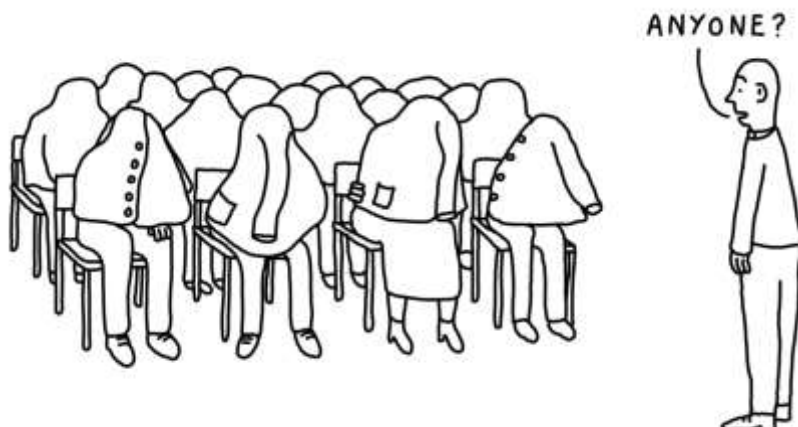
revjennytaylor@gmail.com

Our Churchwarden – Mrs Sarah Seal: 01722 780305

theseal1@outlook.com

Our Treasurer – Mr George Brutton: 07989382465

george@gbrutton.com



The High Sheriff of Wiltshire

Founder of Horatio's Garden charity and Bishopstone resident, Olivia Chapple has been appointed to the role of High Sheriff of Wiltshire. This is an independent and non-political, voluntary position appointed by the monarchy for one year.

As High Sheriff, Olivia is the King's representative in the county for the Judiciary and emergency services. In the role, she will also be actively supporting the voluntary sector across all the diverse communities of Wiltshire.

Olivia's Declaration ceremony and celebration was held at St John the Baptist Church on 5th April officiated by The Revd Canon Jenny Taylor who is Olivia's Chaplain for the year of office. The church wardens and many, very kind local people were brilliant in their support of the occasion, especially all those who helped with parking, as rain meant that the field could not be used! Amazingly there was a break in the weather as guests arrived and everyone was truly bowled over by the beauty of our church.

The ceremony saw a packed church of local dignitaries and community leaders from across the county, alongside local friends and family. The ceremonial procession included the Lord-Lieutenant Mrs Sarah Troughton, Chief Fire Officer Mr Ben Ansell, Chief Constable, Ms Catherine Roper, the Police and Crime Commissioner, Mr Philip Wilkinson, OBE and former Mayors of Salisbury Tom and Caroline Corbin. The Honourable Mrs Justice Judd officiated and witnessed the Declaration.



The multifaith service was led by Revd Canon Jenny Taylor, with prayers given by the Chief Priest at Swindon Hindu Temple Prasad Karamchedu, Peter Beyfus representative of the Jewish Community of Wiltshire and Maulana Mahmudul Hasan Maruf, Imam of Salisbury Central Mosque.





The music included a world premier performance of Shantiniketan (Haven of Peace), a hymn for interfaith unity, cultural pluralism and racial justice written by *Anita Datta* and published by Multitude of Voyces inclusive hymn project.

The declaration ceremony was also attended by former High Sheriff's including outgoing Sheriff, Pradeep Bhardwaj, the Marchioness of Lansdowne, Sir Charles Hobhouse and Major General Ashley Truluck as well as Vice Lord-Lieutenant Sir Andrew Gregory. Ambassadors and supporters of Horatio's Garden, including the Countess of Radnor, Annie Maw CVO CStJ, Andrew Widdowson and former patient Charlie West also attended.

Echoing her intention to support charities working to connect people with nature, Olivia's ceremonial outfit featured feathers donated by Fergus, the Great Bustard, responsible for the reintroduction of bustards to Salisbury Plain by the Great Bustard Group.



Fergus!

The Great Bustard is an iconic bird for Wiltshire, appearing on the county coat of arms, its crest, and as the symbol of the High Sheriff. During the 19th century, Great Bustards were hunted to extinction, but since 1998, The Great Bustard Group has worked to restore the Great Bustard in the UK. There is now a population of over 100 Great Bustards and they are breeding at a level to be self-sufficient.

To find out more about Olivia's year please follow her on Instagram [@wiltshirehighsheriff](https://www.instagram.com/wiltshirehighsheriff)



Date for your Diary/Social Calendar!

Saturday 22nd June 2024

'Bishopstone Safari Supper'

Another great opportunity for us all to get together over delicious food, excellent wine and interesting conversations, and with an added bonus this year, hosting in June could enable 'alfresco dining'!

For those who are not familiar with a 'Safari Supper', it involves hosting one course, of a three-course evening meal. Enjoying two further courses hosted by different couples/households.

Culminating with a drink and debrief at The White Hart!

This is NOT a MasterChef competition! It's about villagers getting together.

The cost will be £20 per couple/pair, and for those wishing to join in but not host a course, the cost will be £20pp (this is subject to numbers).

All proceeds will be donated to **The Salisbury Foodbank**.

For further details please contact: **Brian and Helen Clarke**

Email: hclarke.bishopstone@gmail.com

Mobile: 07471206175

Here's to another memorable evening!
We do hope you can join us.



Rambling with Jazzie Again



Despite the cold wind, we have been enjoying the sun, which is quite warm on your back, but coats are still needed for a walk. Jazzie remains in good form and enjoys her walks as usual. She had a clip this month, after Jo bought a grooming set. We need more experience to get the truly professional look! Jazzie still hates being clipped, so it is a bit of a struggle. She misses seeing the Crouchston horses on our walks, as they are not often out in the fields yet.

The hedgehogs are well, and we certainly have one resident, as we have caught him/her sleeping in a hutch during the day! We even saw it at the bowl of eats last night. We have changed the hay again, as it gets a bit damp and the ants and spiders like the corners! We have a new night vision camera, to try and discover who is about in the garden at night. No exciting results yet!

The garden grows apace despite the cold wind. The apple and pear and cherry blossom has been truly wonderful this spring, but as for fruit, we must just wait and see. Our new plum tree, planted last year for my 80th, has taken and grown well and is showing plenty of promise.

Easter was a busy time in the church, with a lovely service on Maundy Thursday, which was well attended. On Good Friday we enjoyed a wonderful rendition of Stainer's Crucifixion by the St John's Singers which was almost a sell-out occasion. Easter Day saw another full church for the Easter Eucharist enjoyed by so many. Once again, Rev Jenny had managed to find masses of mini-eggs for us to enjoy as we departed for our Easter Lunches, and probably more choccy at home!



We are now privileged to host the new High Sheriff for Wiltshire in our village. Many congratulations to Olivia on the 'elevation' to such an historic position. The ceremony of Installation in the church on 5th April was very well attended, and duly solemn and respectful. The choir delighted all with their lovely anthems, and we enjoyed the hymns. It was a delight to attend. Not surprisingly, Jazzie wasn't there!



The art exhibition ended in the Library, and we are now poised for the next one in the Hospital in May. The Cathedral gets busier every week, as it is getting back to pre-2020 visitor levels again.

We now hope for a slightly warmer spring, as we look forward to the Chalke History Festival, and the Village Spring Fayre! Keep walking, and Jazzie and I hope to see many more old friends out and about!

James Thompson

Notes from a Nutritionist by Amber Cotton Nutrition

My recipe this month is an adaption of a salad from the “Leon Happy Salads” book by Jane Baxter and John Vincent. This Paella Deli Salad is a delicious dish that everyone can dive into - it also has the added benefit of being gluten and dairy free so you can serve it up when you might have guests who have dietary restrictions, and you don't want to cook two separate meals. The ingredients list for this recipe is quite long, but don't be put off - with a little preparation beforehand, it really doesn't take that long to make it.

As this salad is based on paella, rice is the key ingredient, and as with many Spanish dishes it is flavoured with saffron. Saffron is the most expensive spice in the world, and the reason for this is its labour-intensive harvesting method from the *Crocus sativus* flower. Saffron has been revered for centuries for its impressive health benefits including being a powerful antioxidant that protects cells against damage from free radicals, helping to improve mood, reducing PMS symptoms such as headaches, cravings and anxiety, and acting as an aphrodisiac! Saffron has a subtle taste and aroma which makes it easy to add to your food. Soak it in some hot water before using to give it a deeper flavour.

Prawns are another common ingredient in paella dishes though you could easily substitute them here for cooked squid rings, mussels, fish, chickpeas or firm tofu. They are one of the most commonly consumed types of shellfish and are highly nutritious. Prawns are low in calories, high in protein and healthy omega-3 fats, as well as containing a variety of vitamins and minerals including iodine (which you need for good thyroid health).

When I made this for lunch today I used chorizo as I had some in the fridge, but some leftover cooked chicken would also be a good alternative. Otherwise use any of the substitutions above and play around with quantities depending on what you have available. I also added lots of veg (more than the recipe states) - green peas, asparagus, half a jar of artichoke hearts, green beans, chopped peppers, spinach leaves, a few chopped sundried tomatoes, some left-over cooked broccoli spears, olives and herbs – as I did a bit of a fridge raid and added whatever needed using up.

Green peas are always a great addition to dishes as they are little nutritional powerhouses. A single 80g portion of green peas contains 4.5g of fibre and 4.3g of protein, as well as containing over 10% of both your daily folate (vitamin B9) and vitamin C needs. In fact, green peas are one of the best plant-based sources of protein, which is a major reason why they are so filling.

Finally I topped my salad with lots of wild rocket. Rocket is a bitter-tasting salad leaf that is brilliant at supporting healthy digestion. As soon as the bitter flavour hits your tongue, a signal is sent to your entire digestive tract to start producing digestive juices to help break down your food, including bile that helps you to digest fats. In fact some people find that starting their meals with a small bitter-leaf salad is all it takes to alleviate their symptoms of bloating, heartburn and indigestion. Rocket is a nutrient-dense food that, like green peas, is high fibre, low in sugar, and contains several vital nutrients including calcium, potassium, folate, and vitamins A, C and K. Eat it freely, drizzled with a little olive oil, whenever you get the opportunity.

If you would like to find out more, then do get in touch at amber@ampercotton.co.uk.

Recipe of the Month - Leon's Paella Deli Salad

Salad:

A pinch of saffron
250g long-grain rice
1 tbsp olive oil
1 onion, finely chopped
1 tsp smoked paprika (add more if you like a pronounced flavour)
350ml gluten-free chicken stock
100g cured chorizo (not cooking chorizo)
100g artichoke hearts, sliced
200g prawns
150g peas, briefly cooked
150g French beans, cooked
100g piquillo pepper strips, rinse before slicing
1 orange, cut into slices
2 tbsp chopped flat-leaf parsley
4 large handfuls of rocket leaves
Salt and freshly ground black pepper



Photo credit: A Cotton

Dressing:

1 teaspoon of sweet paprika
Grated zest of 1 orange
1 clove of garlic, crushed
1 tbsp of red wine vinegar
3 tablespoons of olive oil
1 tsp of honey or maple syrup (optional)

METHOD

Soak the saffron in 50ml of very hot water for 5 minutes or more. Rinse the rice well with cold water, then leave it, covered in water, to soak for 30 minutes. Drain well.

Heat 1 tbsp of olive oil in a large pan and cook the onion gently for 5 minutes. Tip in the drained rice with the smoked paprika and cook for a minute. Season with salt and pepper and stir well to coat the rice with oil. Add the soaked saffron and chicken stock and bring to a simmer. Cover, then allow to cook on a low heat for about 15 minutes until all the liquid has been absorbed. Leave to stand for 5 minutes before fluffing up with a fork. Tip out of the pan and leave to cool to room temperature.

While the rice is cooking, whisk together the dressing ingredients and season. Prepare all the other ingredients for the salad.

Layer your ingredients up on a large serving dish or plate, seasoning as you go. Scatter the rice over the plate, then top with the other ingredients, finishing with the orange slices, parsley and rocket leaves. Drizzle with the dressing and serve.

Salisbury Art Trail

The Salisbury Art Trail will take place from Saturday May 25th to Sunday June 9th, and yellow signs will be popping up in the valley!

Over 80 artists are taking part in Salisbury and the surrounding area, in over 40 venues, so there will be plenty to see from paintings to ceramics to jewellery and much more.

Locally, Jenny Monds in Flamstone Street Bishopstone will be showing her paintings, including her new work using gold leaf, as well as drawings and greetings cards. She says the kettle will always be on in her garden studio, which will be open every day from 10.30 – 5pm (11.30am on Sundays) or later by appointment. For more information see www.jennymonds.com

In Bowerchalke, Grays Stone Carving Studio will be taking part – and there will be opportunities to have a go at carving! (See website for details: grays-stone-carving.co.uk)

This is a great opportunity to see a wide variety of original art, and meet the makers.

Catalogues showing the location of all the artists will be available in local shops and pubs, from Pod & Pip in Stratford Tony, or from Jenny in Flamstone Street.

Chalke Valley Fete and Produce Show

17th August 2024

Just a reminder to put the date in your diary and please take a look at our website: <https://chalkevalleyfete.co.uk>

It shows all our different classes from flower arranging, baking, photography etc. This year for the first time you can enter online.

The afternoon is packed with things for the whole family including a fun dog show, brass band, Morris dancers and a bird of prey display.

We have rural craft and makers stalls classic cars and so much more. Any questions please contact us via the website or our facebook group:

Chalke Valley Fete.



Police Bulletin

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



I was astonished to learn recently that those criminal gangs who groom and exploit children and young people to carry out criminal activities on their behalf are now using virtual rewards to take advantage of them.

This takes the form of credit in online video games, so no longer must parents only be on the look out for new trainers, designer clothes and expensive technology if they're worried their child is being exploited, but also online enticements such as avatars and virtual currency.

Children and young people are especially vulnerable to being exploited by criminal gangs because of their age and the harm caused to themselves, their families and their communities can be devastating with violent incidents often escalating.

That's why my office has backed the 'Check Your Children' campaign developed by Owen's World, a charity set up by family and friends following the death of Owen Dunn who was fatally stabbed in Swindon in December 2022.

Owen was carrying a knife at the time of the stabbing, and now his family are asking parents and guardians to look out for any signs that their children may be involved in knife or gang crime.

We've developed a video to explain the signs of exploitation, the reality of serious violence in Wiltshire and where they can seek further guidance and advice if they're concerned.

We often think of drug and knife crime happening in our city and bigger towns, but our villages and more rural areas are not immune from the threat of county lines and serious violence, and sadly nor are the children and young people that live there.

So, my plea to parents, guardians, grandparents, and other caregivers, please 'Check your Children' don't shy away from asking the difficult questions of your children and seeking support from schools, police, Crimestoppers and the NSPCC if you need it.

To watch the video and find out more on how to keep your children safe visit <https://bit.ly/checkyourchildren>

Puzzles and Activities

By Cally Edwards

CONNECTIONS

Group words that share a common thread. There are 4 sets of 4 words that form a connection. *Answers on p45.*

TENT	PRETTY	SHINY	SKY
BABY	RING	ARMY	NAVY
TIFFANY	VERY	COLONY	REALLY
MIGHTY	TRAPEZE	LIVERY	CLOWN



Pentecost, Sunday 19th May 2024

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Big Sleep Stargazing Sleep-Out



Friday 24th – Saturday 25th May

Alabaré would like to invite you to a very special stargazing sleepout at Messums at Tisbury, part of the International Dark Sky Reserve, to raise funds for Alabaré's work supporting the homeless.

- Participants will sleep out in the courtyard alongside the barn, with the opportunity to join in with terrific activities during the evening which will add to the poignancy and atmosphere.
- Join actress Pippa Haywood for a moving Moonlit or Twilight Walk, during which we will remember those who are homeless through poetry, while celebrating the natural landscape around us.
- Learn from the fabulous Cranborne Chase National Landscape team, who will talk us through the wonders of the astronomical dark night sky above us.
- Be assisted by a team of astronomers who will allow us to look through telescopes where we (hopefully) can see the constellations for ourselves.

Alabaré has many years' experience in delivering sleep out events in wonderful venues around the country. This event is suitable for individuals as well as families with children over the age of 8.

For details on how to register and fundraising targets please visit <https://alabare.co.uk/events/the-big-sleep-stargazing-sleepout/>

Local charity Alabaré provides support and accommodation for people who are vulnerable, homeless or at risk of becoming homeless across Wiltshire and the South West.

Helen Inglis h.inglis@alabare.co.uk

THE WHITE HART

Upcoming Events

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Request from the Editorial Team:

If you use any of the services advertised here in STaB please do let them know that you found them/their details here in the magazine.

This helps them to know that their advertising is working, and helps us to continue to receive revenue from advertising fees.

Also, if you know of any local businesses that might be interested in advertising with us, please do pass on our details to them.

Many thanks to Rob, our new advertising editor, who has been working hard to secure us some new advertisers.

STaB couldn't exist without the revenue brought in by adverts, and we hope that the magazine is an effective way for local businesses to advertise as we reach over 300 homes in the parish, plus being published on the Bishopstone village website.

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Answers to Connections (p24):
Mighty, Pretty, Very, Really (especially)
Clown, Ring, Tent, Trapeze (seen at the circus)
Tiffany, Sky, Baby, Navy (kinds of blue)
Shiny, Colony, Army, Livery (body parts with an added Y ending)

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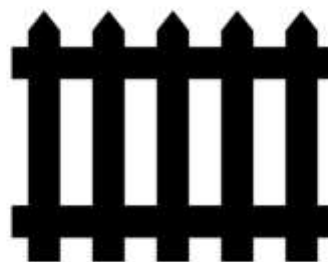
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1. Make a .pdf, .jpeg, or Word file of your ad, making sure it is the correct size for publication (see table of sizes and prices above) and that it will reproduce well in black and white. We cannot design or make advertisements for you.
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Councillors	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	07761 463737
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.



ST MARY & ST LAWRENCE

STRATFORD TONY

SP5 4AT



ANNUAL SERVICE

PLEASE JOIN US FOR

CHORAL EVENSONG

at 3.0'CLOCK ON SUNDAY 7th JULY 2027

with REVD CANON JENNY TAYLOR

REFRESHMENTS AFTERWARDS

AT MANOR HOUSE



COLLECTION IN AID OF THE CHURCHES CONSERVATION TRUST & BISHOPSTONE CHURCH

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 – May 2024



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

1 May Philip & James Apostles	7.00pm	Licensing of the Revd Alison Waterhouse as Team Vicar	Broad Chalke	Bishop of Ramsbury
5 May 6th Sunday of Easter	9.30am 9.30am 9.30am 11.00am 11.00am 11.00am	Holy Communion (BCP) Family Communion (CW) Parish Communion (CW) Morning Prayer (BCP) Parish Communion (CW) Family Service	Berwick St John Broad Chalke Britford Ebbesbourne Wake Coombe Bissett Odstock	Kate Woolven A Waterhouse / R H-S Jenny Taylor Biddy Trahair Jenny Taylor Adrian Taylor
9 May ASCENSION DAY	12 noon	Parish Communion	Fifield Bavant	R H-S
12 May Sunday after Ascension	9.30am 9.30am 11.00am 11.00am 11.00am 3.00pm	Parish Communion (CW) Family Communion (CW) Morning Prayer (BCP) Family Communion (CW) All Age Service Evening Prayer	Bowerchalke Nunton Charlton All Saints Coombe Bissett Alvediston Fifield Bavant	Alison Waterhouse Jenny Taylor Rhoderick Voremberg Jenny Taylor Biddy Trahair Biddy Trahair
19 May PENTECOST	9.30am 9.30am 9.30am 11.00am 11.00am 11.00am	Holy Communion (BCP) Parish Communion (CW) Parish Communion (CW) Family Communion (CW) Parish Communion (CW) Parish Communion (CW)	Bowerchalke Bishopstone Odstock Ebbesbourne Wake Homington Berwick St John	Kate Woolven Ruth H-S Jenny Taylor Kate Woolven Jenny Taylor A Waterhouse/R H-S
26 May TRINITY SUNDAY	9.30am 9.30am 9.30am 11.00am 11.00am 11.00am 11.00am 6.00pm	Patronal Festival Parish Communion (CW) Parish Communion +APCM Family Service Parish Communion (CW) Morning Prayer (BCP) Holy Communion (BCP) Evening Prayer (BCP)	Bowerchalke Charlton All Saints Broad Chalke Nunton Bishopstone Berwick St John Alvediston Homington	Kate Woolven Jenny Taylor R H-S/A Waterhouse Jenny Taylor Anthony Hawley Lay Led Tony Monds Rhoderick Voremberg
2 June 1st Sunday after Trinity	9.30am 9.30am 9.30am 11.00am 11.00am 11.00am 11.00am	Holy Communion (BCP) Family Communion (CW) Parish Communion (CW) Morning Prayer (BCP) Parish Communion (CW) Family Service Morning Prayer	Berwick St John Broad Chalke Britford Ebbesbourne Wake Coombe Bissett Odstock Bishopsone	Ruth H-S A Waterhouse Jenny Taylor Biddy Trahair JT / A Waterhouse Adrian Taylor Sally Leaver

Ministry Team: Team Rector ~ The Revd Dr Ruth Howlett-Shipley: 01722 697022
 Team Vicars ~ The Revd Canon Jenny Taylor: 01722 503081, The Revd Alison Waterhouse: tbc
 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 Monds: 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