



The East Knoyle Newsletter

Vol: 45 Issue No 3

www.east-knoyle.co.uk

May/June 2019



A competition for the children
**Arthur Akers-Douglas won the
 Easter egg**

This mischievous bunny was found by a number of children, well done.

Thank you to Katie Paige for pulling the name out of the splendid top hat.



In this issue:

Parish Council news	Page 2
Round and About	Page 2
Wren's Shop	Page 3
Rights of way	Page 4
St Mary's Church	Page 5
Free Thinkers	Page 5
Village Hall	Page 6
Moviola	Page 6
Knogle's Nature Notes	Page 7
Mrs McGregor's Tips	Page 8
Memory Lane	Page 9
Alice's cartoon	Page 9
Hindon Surgery	Page 10
Royal British Legion	Page 11
What's on?	Page 16

East Knoyle



Flower & Vegetable Show will take place on

Saturday 27th July from 2pm

"How are your vegetables and flowers coping with the stop/start temperatures we have had? I hope you are on top of things as there are eleven weeks left to get your produce ready for the East Knoyle Fruit & Vegetable Show, not to mention making your scarecrow or thinking about some stunning photographs. July 27th is the date and brochures will soon be available from Wren's Shop to help you make some decisions. Good growing and good luck."

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The Parish Council AGM was held on the 14th May and saw Tim Hyde elected as Chairman for another year. He will be supported by Neil Southerden who will continue in the role of Vice Chairman. Following the AGM a vacancy was created on the PC by the resignation of Ian Small. Ian now runs a flourishing Pet Shop in Shaftesbury and has found the demands on his time to be restrictive. **Tim Hyde thanked Ian for his five years of service and valuable contribution to Parish Council business and service to the community.** If you would be interested in joining the PC then please contact the Clerk.

You may have noticed that three medium sized trees were taken down in Knoyle House Grounds in May. The reasons for this were twofold. The larger Oaks were being crowded by the smaller trees which had grown underneath and also the PC had been advised that removal of the trees may help address the ongoing concerns over the condition of KHG wall. A solution to tackle the leaning wall problem is being sought and expert opinion's are being gathered to establish the best way forward. The wood from the felling is available for use by residents, please help yourself while the supply lasts.

You are probably aware that Wessex Water intend to carry out mains replacement down the length of the Street later this year. The PC has asked them to attend our meeting in July to outline the plans in some details and give an indication of how the works will affect residents. If you wish to attend this meeting then please note the date of 9th July 2019, 7.30pm in the Village Hall. kandbstow@hotmail.com



Round and About

Welcome to the newcomers to the village, Sally and Ian Hudson, Anna and Steve, Richard Cleeve and family who have all decided to make their homes here. We are glad to have them amongst us, and hope they will be very happy here in the years to come.

Congratulations to Joan Claydon's younger grand-daughter, Jennifer, whose wedding reception was held in the village hall on April 27th. As most of you will know, the Claydons have a long association with the village, the church and the hall, and both the bride's mother and aunt were married here.

Penny Gill had lived in East Knoyle for more than 30 years, and many friends and family attended her funeral service in St Mary's. When she first arrived here, Penny lived in Underhill and was a keen horsewoman, teaching several youngsters to ride. When mobility became a problem, she could be seen whizzing around the village on a quad bike, followed by her faithful dog, and latterly she moved to a smaller house in Milton. Penny loved horses, dogs and gardening, a real country woman.

Monica and Martin Snell are celebrating their diamond wedding anniversary on June 6th, and we send love and congratulations to them both. They will be joined at a family celebration by all their family including those from America.

Several people in the village are exhibiting in the Wylve Valley Art Trail, so do try to get round to see some of the studios and work - very varied, very interesting and very local!

An evening of Piano Music played by Louise Brown

'Playing for friends' was how Louise described the feeling of playing piano pieces to a very appreciative, large audience in the Village Hall on Sunday 14th April. The range of the music she selected was considerable, starting with a Bach Piano Prelude and ending with an adaptation of a selection of hits from Irving Berlin's topical musical 'Easter Parade'. It's probably unfair to pick out highpoints, but for this reviewer in the first half of the concert it was the calm of the Bach, the majesty of the 2nd movement of Beethoven's Pathétique Sonata, and the good humour and fellow feeling of the duet of the Offenbach Barcarolle from 'Tales of Hoffman' that Louise played with Rachel Naish. At the start of the second half of the evening, you could have heard a pin drop in the concentrated hush that went with Louise's playing of 'Gymnopédie No 1' by Satie – quite a contrast with the cheery humming and singing that came from the audience during 'Easter Parade'. It just shows that we do all know the notes, if not the words, to Irving Berlin, and what a great way to end the recital.

The event raised well over £200 for Jessies Fund, a charity that helps disabled and seriously ill children through music; so, a worthy cause and a great evening for East Knoylers – **thanks very much, Louise.**



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Email: wrensshop@btconnect.com
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Wrens Shop Notes by Ian Tait

The Annual General Meeting of the Shop Shareholders will be held on Wednesday 5th June in the Village Hall at 7.30pm. All the Shareholders who subscribed in 2018 should by now have received an invitation to the AGM to approve the annual accounts. The AGM is the meeting at which the Management Committee is elected for the next year and shareholders can make suggestions for consideration by the committee. Any residents of East Knoyle who would like to become members of the Management Committee are welcome to attend by prior notification to Wrens Shop on 830928 or to Ian Tait on 830647.

We are constantly trying to improve the shop and especially our environmental image. We'd like to be plastic free, but that does hugely depend on our suppliers and I don't think we'll get to being 100% free of plastic in the imminent future. However if you have any practical and economic suggestions or can recommend alternative ways of doing our business, we'd be really glad to hear from you.

Lastly, I'd like to say thank you yet again to all our wonderful volunteers, without whom the shop could not operate. We would always like to have more volunteers, particularly to do the end of day ordering for meat, fruit and veg. If you can spare 40 minutes please call Ian Tait on 830647.



Congratulations to Maxine Smallbone who won the Shop Easter Egg raffle. Maxine replied:

Such a huge amount of chocolate I wasn't sure quite what to do with it all, but after several suggestions decided to share it at a family Easter gathering much to Max's excitement



East Knoyle Post Office

Wren's Shop, Church Road
East Knoyle SP3 6AE
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Email: wrensshop@btconnect.com

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**Note: Closed Monday, Friday, Weekends
& Bank Holidays**

Rights of Way

As the weather starts to brighten and warm, there are more people out and about taking advantage of the local Footpaths, Bridleways and Byways.


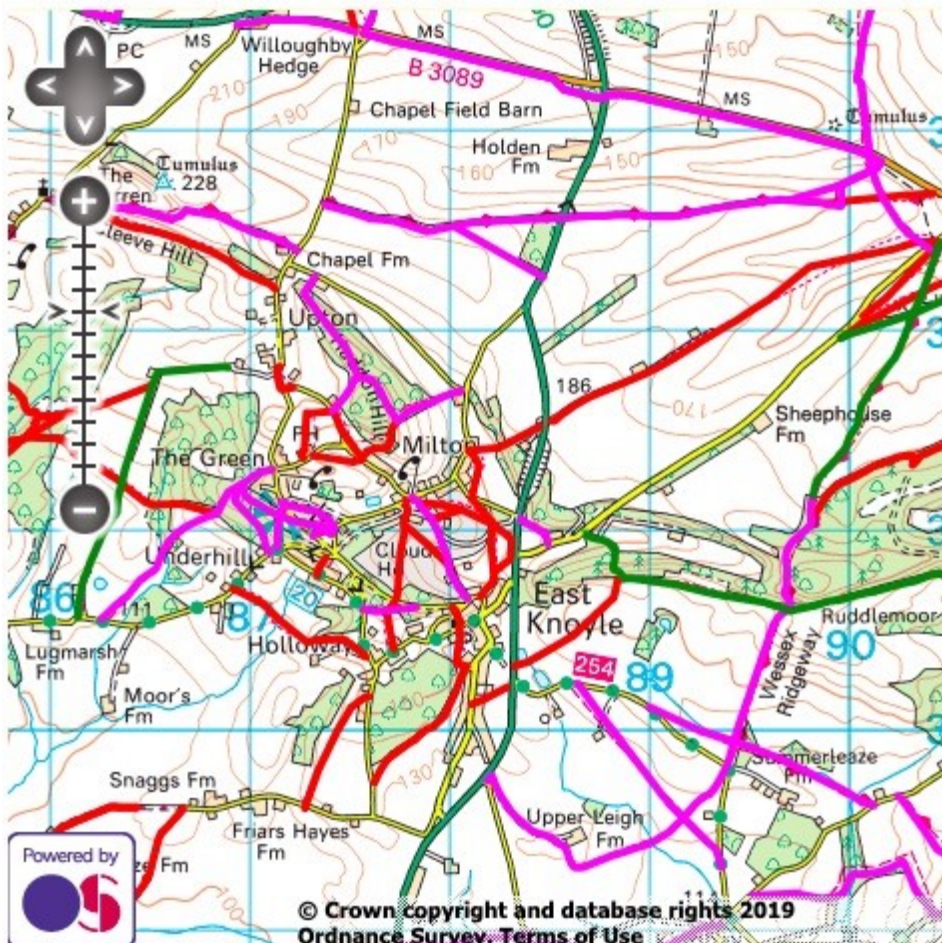
Please ensure you stick to these so that we can all enjoy the area and keep farming livestock safe and well.

Here's a quick reminder of the classification of Rights of Way in the area.

Source: <https://www.rowmaps.com/showmap.php?place=East%20Knoyle&map=OS&lat=51.0731&lon=2.16992&lonew=W>


Key

- solid red line:** footpath;
- solid fuchsia line:** bridleway;
- solid green line:** restricted byway;
- solid blue line:** byway open to all traffic.



BRAMBLES

Hindon




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E-mail: admin@brambleshindon.co.uk

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St Mary's Church

We need to send two very big 'thank you' messages in this edition, to people who have been very active in helping the church for a number of years but who have now decided it is time to stand down. Maria Standingford has been the secretary to the PCC for a good number of years, carefully making sense of the lively discussions at PCC meetings and writing up the minutes, liaising between the benefice and the parish and generally helping things run smoothly. Briony Hamilton has retired from her position as Deputy Churchwarden, with especial responsibility for the church interior and the organising of services but will, doubtless, continue to be a regular member of the congregation. Briony and Maria were each presented with a bouquet as a token of our gratitude for their contribution to church life.



One of Briony's final tasks was to organise - and take part in - a mega-spring-clean of the church before Easter. A good working party developed and that Wednesday morning was a jolly occasion with many hands making light of the tasks, and St Mary's looking bright and shiny afterwards.

Churchgoers across the benefice tend to move around in the days immediately preceding Easter, so parishioners gathered in Semley on Maundy Thursday; in our church to take part in the Good Friday service of meditation and appropriate hymns, readings and prayers, and the Easter Eve vigil took place in Donhead St Mary. On Easter morning there was a well-attended service here in St Mary's.

After a bit of a break, it is good to report that a Baby and Toddler group is re-starting in East Knoyle. It will be on the first Thursday of each month, in the carpeted area by the new kitchen in the church, between 10 and 11.30 am. There are currently more young children in the village than there have been for some time, so let's hope this is well supported, useful, supportive and fun. Contact admin@benofbart.org.uk if you'd like to know more, or just turn up.



East Knoyle Rainfall Robin Egerton

March 76mm (2.99")

April 48.75mm (1.92")

In March I recorded rain on 15 different days. From the 2nd March we had 11 days with rain measured then 1 day without rain then another 4 days with rain measured leaving the last 14 days of the month without rain.

There were only 7 March's with higher rainfall recorded in the last 25 years; a few of those were much heavier rainfalls, which have made the March average possibly higher than it ought to be.

Thus, this March was below the average of the last 25 years of March's of (85.60mm) 3.37".

In April I recorded rain on 8 different days, with one period of 7 days, one of 6 days and 2 periods of 3 days without rain; not necessarily in that order.

There were 14 April's with higher rainfall recorded in the last 25 years.

This April was naturally below the average of the last 25 years of April's being (68.04mm) 2.68".

But it did seem surprisingly warm on a few days.



The East Knoyle Free Thinkers Group (Kevin Stow)

The Free Thinkers Group met on 17th May to give some thought to the recent developments concerning the global climate change.

The meeting started with a revisit to the recent David Attenborough documentary "Climate Change- The Facts" a truly thought-provoking update on the precarious nature of many of our ecosystems and climate patterns.

A discussion of the documentary followed along with an assessment of the impact made by the action of the Extinction Rebellion group and of the Swedish Schoolgirl Greta Thunberg.

We were lucky to be able to have a representative from Extinction Rebellion visit for the meeting. Maude Chappell founded the Shaftesbury branch of the group and brought us up to date with what the group had achieved in its limited program of action in London and on the outcome of the meeting the group had with Michael Gove, the Environment Secretary.

At present the Free Thinkers group is full but if you would like to join in the future please contact Kevin Stow to register your interest. kandbstow@hotmail.com

East Knoyle Village Hall

At the Annual General Meeting the new committee was elected. Paul Naish had indicated that he was not continuing as the caretaker and Rosina Elliot has been appointed to be the caretaker. **A big thank you to Paul for his contribution to the running of the Village Hall.** The garden has been kept in such lovely condition by Barbara Piquet and she wishes to continue maintaining the garden for us.

Paul is not leaving the committee as he was nominated to join the committee to fill one of the vacancies as an East Knoyle resident; Paul Eggington was also nominated as an East Knoyle resident and they were both elected. Existing elected committee members duly stood down and their nominations had been made to Jill Caudle, the Secretary; as there were no other nominations they were elected for another year.

The committee for this year is David Jenkins Chairman, David Webster Vice Chairman, Jill Caudle Secretary, Roger Standingford Treasurer, Nicki Sturrock Lettings Secretary, Paul Naish, Paul Eggington, John Scattergood, Lizzie Gascoyne, Alistair Campbell, Rosina Elliot (ex officio) Phil Lever.

After many years of discussion and quotes the windows are being repaired. The Main Hall window has been taken out and will return in about 4 weeks with the Medieval Room following the same course. It will make a difference during the winter with the windows fitting and no draughts. Discussion has started to replace the curtains to increase the thermal efficiency and improve the appearance of the hall.

As is reported elsewhere the Flower and Vegetable show is taking place on July 27th and we look forward to a fine day and a convivial afternoon with tea and cakes in the village marquee on the grass.

David Jenkins, Chairman

Thank you!

We would like to thank Mary Congram for being a valued Upton newsletter distributor for many years. Mary is now retiring and we are looking for a new distributor in Upton, please contact the editors:

EAST KNOYLE VILLAGE HALL 200 CLUB

The Village Hall 200 Club has held its third draw of the year, in Wrens Shop, on a sunny if chilly May Day afternoon. The winners are:

LIZ & ALAN QUANTRELL

So, a splendid Spring for these worthy winners!

Money raised by the 200 Club goes towards maintaining and improving the Hall: everyone wins and £1100 has been raised for the Village Hall this year! New supporters are cordially welcome to join at any time for only £12 a year. Just ring Sara and Neil Southerden on 830594 or leave a message in the shop.

The next draw is on July 1st.



MOVIOLA Sara Southerden

Our season closed at the end of April with a thought-provoking and stimulating film 'The More You Ignore Me', which dealt very sympathetically with the experience within a family of living with someone suffering from mental illness.

We have had a wide range of films this year, our greatest crowd-pleaser being the 'Guernsey Literary and Potato Peel Pie Society' which attracted 90 people (we have 90 seats!). This was closely followed by the strange and rather lyrical 'Phantom Thread', the ending of which provoked much discussion in the shop for days afterwards.

We are now having a break until September, when we will once again be offering what we hope are enjoyable and interesting evenings in the village hall, giving you the chance to see films which you haven't had to drive 20+ miles to find. The added bonus being, you don't have to cook, as we offer delicious jacket potatoes with a choice of fillings before the show!

We are hoping to help financially some village projects as a result of your support of Moviola. We are one of the smaller venues which can continue to offer cinema in the countryside, and we are very grateful to you for turning out on cold winter nights. We're already looking forward to the next season.



For Village Hall Bookings & Availability

Please contact Nicki Sturrock
eastknoylevh@btinternet.com
or telephone 01747 830143



Hatch House Open Garden Sunday June 2nd 2019

In aid of Salisbury Hospice Charity

Idyllic Hatch House in the heart of the Wiltshire countryside, by the kind permission of Sir Henry and Lady Rumbold, will hold its annual Open Garden on Sunday June 2nd. This is a great event for all the family and a chance to see the 17th Century walled Dutch garden with amazing views over the Vale of Wardour, enjoy cream teas with family and friends and browse a wide variety of stalls. There are second-hand books, jewellery, bric-a-brac, cakes and Lady Rumbold & Mrs Vernon's famous clothes stall packed with amazing finds, a magnet for bargain hunters. All proceeds will again go to the Salisbury Hospice Charity. Over the years this event has raised thousands of pounds to help the charity continue its valuable work - <http://www.salisburyhospicecharity.org.uk/>

The Open Garden is also a perfect opportunity to see Hatch with the garden looking its best and it's a fantastic afternoon for the whole family.

Admission per person: Adults - £5 Children - £1

Opening Times: 2-5pm

Knogle Knature Notes *from The Yaffle*

As the hue of the bluebell carpet fades, what a pleasure it is to traverse this country's lanes and roads amidst the explosion of Hawthorn or May blossom. Uncut roadside margins are flecked with the reddish-pink of Campion and the delicate starry white flowers of the Greater stitchwort. It's been quite difficult to spot the delicate flowers of the Wood anemones amongst the profusion of Wild garlic (otherwise known as Ramsons) from which a delicious pesto can be made, see: <https://www.riverford.co.uk/recipes/view/recipe/wild-garlic-pesto>

We're in the summer nesting range of the Hobby, one of our most beautifully marked falcons. Slightly larger and with more pointed wings than the Kestrel, at distance it can be mistaken for a Peregrine. Closer up it has a bright white cheeks and a strong black moustache, and from underneath red pantaloons and vent. This graceful, agile bird takes dragonflies and small birds on the wing. Rounding the corner of a narrow lane I was surprised to find myself following a Merlin, our smallest falcon, as it flew ahead of the car for several hundred metres before disappearing into a spinney – most likely on route north to moorland nesting grounds.



Hobby

An exceptional hatch of Orange tip butterflies have been adding vivid colour to the lime green spring backdrop. The Common Cockchafer (also known as May bug, Spang beetle, or Billy witch) will be in evidence too, with its reddish brown corrugated wing cases.

Just as it appeared that yet another year would pass with neither sight nor sound of the cuckoo, a pair were spotted in the common woodland at Underhill. No signature 'kuk-koo', instead, a hoarse chuckling 'gug-gug-gug-che-che-che' from the male bird.

As has been said before in these notes, our Parish is blessed with a range of diverse habitats and wildlife species. Whether it's the Early purple orchid on a roadside margin, a Great crested newt in the back garden or a Pygmy shrew, our smallest mammal, foraging in the hedgerow bottom for woodlice, these are healthy indicators of a sustainable balance. It takes very little to upset that.

Back in 1962 Rachel Carson, in her ground-breaking work 'Silent Spring', warned about the environmental damage of indiscriminate use of DDT. We now understand so much more about the consequences to wildlife and humans of the use of chemicals such as neonicotinoids and glyphosate based herbicides. So, as you tend your personal patch of nature, have a think about the use of powerful pesticides and herbicides such as slug pellets and weed killers.



GARDENING TIPS

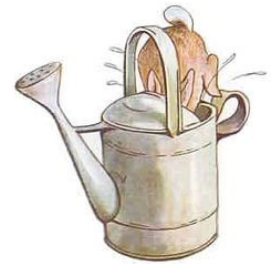
from Mrs McGregor

Has your garden gone mad over the past few weeks? Looking round the village this week, I see that early “Molly The Witch” peonies are already in full bloom, there are fat buds on everyone’s roses, and in the veggie patch onions, garlic and broad beans are all up. Meanwhile apple and other fruit trees are in full flower and looking absolutely beautiful.

However with the warmer weather encouraging rapid growth everywhere, there are more than enough jobs to be getting on with:

MAY:

- Don’t be fooled by the warm days – there is still danger of frost so keep protecting young plants and place vulnerable seedlings under cover at night.
- Prune early spring-flowering shrubs once blossoms are over.
- Protect young, tender vegetables such as lettuce with a cloche, or make your own by cutting plastic water bottles in half.
- Keep a close eye on slug and snail activity, especially round your new plantings. Some people use crushed egg-shells to deter these pests. Bake the shells in a low oven (or in the bottom of the Aga) overnight first.
- Check your compost heap and if it’s a bit stinky, give it a boost with an activator or some dry material such as torn up egg boxes or shredded newspaper.
- Use twiggy sticks such as hazel to construct plant supports for your tall garden flowers before they get too big and they should then grow up through the structure.



JUNE:

- Stay ahead of the weeds by regularly hoeing your borders and between rows in the veggie garden.
- Plant out courgettes, sweetcorn, runner, dwarf and French beans.
- Check regularly that newly planted vegetables and plants are getting enough water.
- Give your flowering and fruiting plants a weekly boost with a liquid fertilizer, especially hanging baskets, tomatoes and strawberries.
- Enjoy baby veggies such as carrots, lettuce and beetroot by thinning overcrowded rows.
- Check your roses for pests and remember to feed regularly with a specialist rose feed – every three weeks is best.

A question from a Reader:

Q: Dear Mrs McGregor, Can you recommend a method of protecting my plants and vegetables from the children? I’m always happy when they want to play outside, but at this rate I won’t have much left for the Flower and Vegetable Show in July! Yours, Mr J.

A: Dear Mr J, Instead of trying to keep the children away from your plants, why not get them involved by suggesting they grow their own vegetables for the show? You could give them a small corner to plant up with ‘easy’ vegetables like marrow, radish, etc. and they will soon see the sense in protecting their valuable exhibits. A class such as “A basket of mixed vegetables” would be an ideal starting point for your budding gardeners.

Mrs McGregor welcomes reader’s gardening questions, please send them to the Editors: eastknowlenewsletter@gmail.com and we will pass them on.

Taking a trip down memory lane

Three local scenes by kind permission of Tommy Hall and the East Knoyle Football Team 1910, by kind permission of Richard Hyde.



Volunteer's Needed

Is there anyone in the village with the expertise to repair professionally some of the village scrap books?

We also need someone to digitalise all this data!

All enquiries please contact the newsletter.

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Hindon Surgery News

Tel: 01747 820 222
Email: hindon.surgery@nhs.net
High Street, Hindon, SP3 6DJ
www.hindonsurgery.co.uk/

How to keep healthy

Some of our patients will have seen Dr Fiona Dawe who started with us in May. She is doing five surgeries a week all day Monday and Friday and Wednesday mornings. In June she will be joined by her husband Gareth on Mondays. They are very experienced GPs with additional expertise in managing long term conditions (especially heart related), so please use their skills and don't feel Patrick or Sally will be upset if you see a different doctor – we work as a close-knit cohesive team and regularly ask advice from each other so we can provide you with the best possible care.

What we do is just a small part of what contributes to your health. Far more important are lifestyle and social factors. (It is estimated health interventions make up 10%, lifestyle 30% and social factors 60%.) Social factors are things like living in a nice area, being safe, having a community spirit, feeling valued (work, voluntary, sport, interest groups, religion) and combatting loneliness. Along with the other local practices we are working with Age UK to employ new project workers to expand the existing team of care coordinator (Helen Wotton), eldercare facilitator (Christina Smith) and our own practice nurses (Bernadette Watson and Sally Davies) so that we have even more to offer for the holistic care of our older patients and provide information on the masses of great things available in our community.

The most important lifestyle factors are not smoking, being ideal body weight, taking regular exercise, eating a healthy diet, avoiding sun damage, drinking sensibly and being happy. Our nurses and GPs (and community pharmacies) are willing to give advice and support to help with all of this. There is plenty of information on NHS Choices and various national helplines to help you give up smoking. We have excellent local shops and many free magazines are full of good advice on healthy living. You can self-refer to a free health trainer and use the excellent facilities at the Nadder Centre or join various local sports clubs or activity groups. No wonder this area comes out in national surveys as one of the best places to live in the UK and why life expectancy and good health is so high. Most of this is little to do with the care provided by your local GP practices – it is because so many of you lead healthy lifestyles and do so much in your local communities.

Our two new salaried GPs, Fiona and Gareth Dawe, will mean that from June Patrick will stop doing any surgeries on a Monday and will start at lunchtime on a Wednesday. The time that this frees up will mean that he can spend more time on staff training, reports and audits. Sally's surgeries will remain the same but, with another female GP providing five sessions a week we anticipate these will be far less busy. We very much hope you will enjoy meeting our new team, and the following is a few words from Gareth by way of introduction.



Fiona and I are delighted that we will soon be joining the team at Hindon.

We have both been GP Partners in Wiltshire for many years and did much of our training locally in and around Salisbury. We live in Salisbury with our three lively children – Jake (14), Bella (12) and Amelie (7). We have a very active family life and love to do anything that takes us outside and gets us wet! We will frequently be found fleeing to the Cornish coast to surf where our children will swiftly remind us they have long surpassed our abilities!

We really enjoy the diversity of all General Practice and in particular love seeing children (having spent many years practicing on our own!) and are very interested in the management of chronic long term conditions such as diabetes, heart disease and lung disease. We both also have a specialist interest in cardiology having previously worked in the Cardiology department at Salisbury Hospital.

In 2017 we made the big decision to take our children on a wonderful adventure and have spent the last two years living and working in the beautiful Bay of Plenty in New Zealand. It has been the most amazing experience for us as a family and while we have loved the beautiful sandy beaches, sunny weather and laid back lifestyle we are really looking forward to being back amongst our friends and family in Wiltshire. Our time away in a different health system has reinforced to us that, despite its many difficulties, the NHS is the most amazing organisation and we are very lucky to have it and to be a part of it. We are passionate about returning and providing first class NHS care in Hindon.

We are very much looking forward to meeting you and your families and getting to know you over the coming months and years.

Fiona & Gareth Dawe

May 2019

Winners of the Stillwell Cup - Again

As outright winners of the Stillwell Cup for the past two years, hopes were high that our Branch would, once again, be awarded the accolade of 'Most Efficient Small Branch in Wiltshire' at this year's county conference. As it turned out, we did achieve the 'hat trick' but, on this occasion, had to share the 'spoils' as we were announced joint winners. However, we will not let that take any lustre from the achievement, or the cup itself which our Chairman has diligently polished for the last two years and will no doubt resume his duties in a few months time when the it returns to East Knoyle.

Social Events

There was a 'bumper' turnout for our lunchtime talk on the raid on St. Nazaire held at the Fox and Hounds on the 17th April. Our guest speaker, John Inman, left an audience of 25 for this most informative and entertaining talk amazed at the bravery of all those who took part. Thanks are due to Murray and his team for seamlessly providing double the usual amount of hot meals within a strict timescale without any loss in quality, and, to Martin Brown who, not only provided the initial contact with John but also the AV equipment.

We are currently in the process of planning a combined visit to Arundells and the Rifles museum in Salisbury on the 26th June. As always, non-members and guests are most welcome to join us. Cost will be £10 and £5 respectively for our guided tours. Travel will be via car share and you are free to attend both or just one of the two venues. Please let me know (contact details below) if you are interested in joining us as tickets will have to be purchased soon.

Make a note in your diary of the 28th July as outline plans are in place to hold a 'Strawberry and Pimms' tea at which we intend thanking the village as a whole for the tremendous support they gave us during last year's commemorative events. Venue will be the village hall so please look for more details.

Poppy Appeal Update

More good news as we can report that, thanks to the latest efforts of Roy Halsall, the total for 2019/20 has now reached £12,035. Despite the bad weather Roy recently raised £82 from the sale of 'Poppy Merchandise' at a gathering of vintage vehicles in Bratton and on winning the cash prize of £90 in their raffle promptly announced, to great applause, that he was donating his prize to the Poppy Appeal making a total of £172.84 for the day. Roy has 12 more events scheduled throughout the summer and once again we pass on our grateful thanks for his generosity and dedicated efforts on behalf of the appeal.

Next Branch meeting: 7.30pm, Monday 3rd June, Fox and Hounds.

Ron Clark

Branch Secretary (830354)



RBL Women's Section

The women of the Royal British Legion would like to thank all the parents, grandparents and children who supported the Easter Egg Treasure Hunt. Diana Makgill whose garden we were supposed to be in, asked me to say how sorry she is that, due to the weather, we were transferred to the village hall. She says, "fingers crossed for next year!" Regardless of the fact that we were not completely outdoors, there was a very good attendance and the children managed to find eggs both in Joan Claydon's garden and that of the village hall. We found it a very happy occasion and hope you did too. We are pleased to say that we raised over four hundred pounds for the RBL. Thanks once more. Monica Snell



**Valley Forge
East Knoyle**

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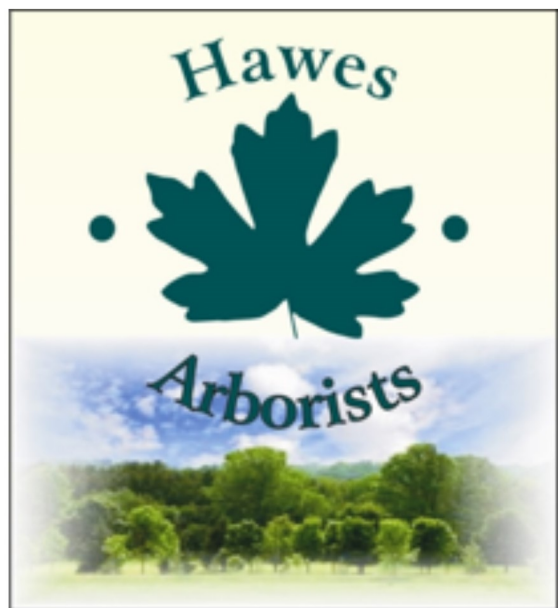
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What's On? Forthcoming Events in and around East Knoyle

Check out the Village Diary on the website

<http://east-knoyle.co.uk/news-and-events/village-diary/>

MACMILLAN NURSES

OPEN GARDEN IN AID OF MACMILLAN NURSES

Gill and Garry Staunton will be opening their garden at Seymour Cottage, Hindon Road on **Sunday June 2nd** from 2pm to 5pm. There is no charge, and all donations will be going to Macmillan nurses.

Refreshments will be available.



DEADLINE FOR July/August Newsletter Friday 5th July

(Newsletters are normally distributed around 10 days after the copy deadline)

Volunteer Drivers needed for Tisbury and District Link Scheme

Can you help our friendly team of drivers ?

We use our own cars to take local people to medical appointments

We need more drivers in the East Knoyle area in particular.

Our service is very highly valued in our area where there is a lack of public transport.

There is no fixed commitment.

Please call Link on 07484 284670 if you might be interested.



T@3

Held every second Thursday of each month in the Billiard Room, Village Hall 3-4pm. Delicious savouries and cakes with tea and coffee, plus a raffle. Donations if you wish. Taxi service available, kindly funded by the

Parish Council. Call Sandra 830471, or Jennie 830460 for further information. See you there!

Future dates: 13th June and 11th July



Coffee in the Church Cafe, St. Mary's, 10.30am -12.00pm

Freshly brewed coffee and tea with biscuits in our lovely church. A warm welcome awaits you!

Now held every 4th Tuesday of the month (not the last!)

Future dates - 28th May and 25th June



St. Mary's Games Evening 7.30 to 9.30 pm

Billiard Room, Village Hall

Bring your own refreshments, no admission fee, but a box for donations is available if you wish. We have a pool table, darts, chess, cards etc. Everyone welcome! For more information, call Alan on 830471

Future dates - 28th May and 25th June

PILATES CLASSES STARTING MAY 2019
Taught by Joy Standish, Pilates Instructor as trained by Michael King of the Pilates Institute London and Fitness Pilates instructor with 'Choreographyto'.

WHAT IS PILATES?
Pilates is a unique form of exercise that can reshape, rebalance and realign your body. It works by strengthening and lengthening the deep postural muscles, creating a leaner, suppler body. Recommended by physios and osteopaths because of its safe technique in developing a strong back, giving a 'girdle of strength'. It is suitable for all abilities.

Fitness Pilates
Fitness Pilates applies the fundamental Pilates techniques and exercises to:
Increase muscular balance and strength
Improve posture
Improve core and back strength
Identify basic postural imbalances
Strengthen and tone weak muscles
Improve flexibility by lengthening tight muscles

For more information contact Joy on:
07754 482875
- 01747 830765
jaylonsdale811@hotmail.com

"The real success you will find is difference. In ordinary activities you will use a 10% force. In 'Fitness Pilates' you will use a 100% force. You will love it when you feel 'stronger' in a whole new way!"
- Carol Pease 2011 - 2008

I qualified as a Pilates instructor in 2004 with the Pilates Institute in London having worked as an Exercise to Music instructor for many years before that.

Joe Pilates, who put the original 34 exercises of Pilates together was quite a formidable man and would not get away with his method of teaching today.

Fortunately times have changed and like many things, types and ways of exercising have evolved.

I have recently retrained in 'Fitness Pilates' which takes a more modern approach to this fabulous mind/body workout and am very excited to be teaching again.