

The Downsmen

**NEWS AND INFORMATION
MAGAZINE**



**PARISH OF SIXPENNY HANDLEY
WITH PENTRIDGE**

June 2004

**Including: Woodyates, Deanland and Minchington
Published by Sixpenny Handley Parish Council
Delivered by Sixpenny Handley Homewatch**

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	Mr. T. Palmer.....	552321
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Production	Brian Hansford.....	552468
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	St. Andrews, Gussage St. Andrew	
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Priest	Fr. John Rice.....	01258 452051

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Cub Leader	Esme Isaacs.....	517203

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Middle School	Cranborne Middle School	517348
Upper School	Queen Elizabeth's School	
	Wimborne.....	01202 885233

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Secretary	Mrs S Curtis.....	552397
Treasurer	Mr R Parsons.....	

The Chase Nursery Link Group

Contact	Mary Best.....	552390
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John Curtis.....	552397
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2 - Lower Handley	Mike Comben.....	552085
3 - Upper Handley	John Clarke.....	552674
4 - Deanland & N.E.	Charles Nodder.....	552292
5 - West & South	George Tozer.....	552330

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	Blandford Station. 01258	452101

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Sixpenny Handley Flower Show

Chairman	Brian Hansford.....	552468
Joint Secretaries	Carole & Denis North.....	552955

Welcome to the latest edition of The Downsman.

All your contributions to.....

Alan Vincent, 5 The Parsonage, Sixpenny Handley, SP5 5QJ

Telephone – 01725 552788

E-mail: downsman@sixpennyhandley.org

The next edition of this Magazine will be published on the
1st August 2004

Copy Deadline is 20th July 2004

Sixpenny Handley First School
Formal Opening of the New School Extension
and Open Weekend

Sixpenny Handley First School is pleased to announce that H.R.H. The Duchess of Gloucester has agreed to formally open the new school building extensions which have recently been finished. This historic event will take place on the afternoon of **Thursday 8th July** with H.R.H. arriving at approximately 1:00pm and spending 90 minutes in the school. For the children this will be a school day which they will remember for a long time, as H.R.H. will spend time in each class, talking to the children, looking at their work and being entertained by them.

As well as "cutting the ribbon" H.R.H. The Duchess of Gloucester will also be invited to unveil a granite plaque which will be engraved to mark the occasion. Subsequently this plaque will be used as the capping stone for the time-capsule enclosure which is being sited near to the front entrance door.

Along with the various official guests, parents and guardians of the current school pupils will be invited to this special occasion.

Space limitations mean that we cannot invite everybody in the village to come into the school on the day, but we are keen that you all get a chance to see what beautiful and splendid improvements have been made to your local school.

We therefore plan to hold an **OPEN WEEKEND** on the Saturday and Sunday mornings following the official opening.

So, on **Saturday 10th July and Sunday 11th July, between 9:00am and 12noon** everybody is invited to come and look round the school. There will be school staff and governors in attendance to answer your questions, show you the new building, show you the work the children are doing and talk about the progress the school is making.

You will be free to wander around, we will be delighted to see you there and hope that you will enjoy the opportunity to view your **local school**.

Woodcuts--- After a Week Away

As I sit down to write about the recent happenings at Priory Cottages, it is always in my mind that I am an intruder. The fact that Mrs. Win Kirby has lived here since birth, some four score years and more, her father was born in the same house and her grandfather moved into the house when it was first built, certainly makes my five years of residence rather insignificant.

Add to this, because I have been away for a week, that a lot has happened in the countryside, it feels rather strange, almost a different world. Before going away trees were coming into leaf and there were still gaps in the hedgerows, on our return trees were fully in leaf and long distance viewing of the fields was via gateways only. The main difference though was one of colour, and it wasn't green. No indeed, it was the change from yellow to white. What am I talking about ?

The answer is very simple, the first, yellow flowers of spring; daffodils, celandines, primroses, cowslip and dandelions, have given way to a spectacular display of white. It started with snowdrops followed by white violets, stitchworts, Jack-by-the-hedge, wild garlic, cow parsley, Star of Bethlehem and then the trees, the wayfarer, the lilac, May blossom and the horse chestnuts. I suspect you can name more, but whatever, they are producing a wonderful show this year.

What a wonderful sight to come back to, although while down in Deban, I had another wonderful surprise, I actually found two wild flowers I had never seen before.

We were staying just south of Combe Martin in north Devon and on one of our excursions we walked along the lower parts of the valley of the River Lyn. This notorious river carried a continuous, ten inches of rain falling on Exmoor to the sea, taking much of Lynmouth with it including a school, back in the fifties. To make amends for this, it is possibly the only natural site in England, where Irish Spurge can be found. Despite the fact that this plant has a mainly green inflorescence; its shades of green, the luxurious stem and leaves and its lush growth habit make it a wonderful spectacle. This spectacle was surpassed the following day on our journey home. Driving along rivers valleys on Exmoor, where oak trees provided shade, I noticed clusters of rather striking, pink flowers, growing at the roadside. Despite having lived in Devon and being an occasional visitor to Exmoor I was perplexed. When it was safe to stop, we did so in a convenient place to investigate. After investigation, I decided I was looking at Pink Purslane, an import from North America. All I can say is that whoever introduced it here had good taste, albeit poor environmental standards. It is done now and it is just one more exotic to add to the thousands of others already here.

So our stay in Deban was quite eventful, despite not hearing a single Devonian local say, "Come down by yere, my luvver."

While speaking in tongues, (I must apologies if I have been writing in a weird accent.) or at least about them, I must return to north east Dorset, where it is hoped all will understand the accent. (If you can't I'll type more slowly.) The subject here is another older member of the village community, "Old Jim". Jim is proud of the fact that he is of Romany origins, and will talk to any interested parties, in fact I don't think you even have to be interested. Whatever, it reminds me of my village childhood in Blackmoor, Hampshire. The school was split almost fifty/fifty; children of estate workers and gipsy children. Hence I picked up some of the lingo, especially as one of my greatest friends in later life, was of this stock.

Having heard this remark in a Petersfield pub, “Gaw dawdy mi mush, tent moine, Oi paed fur the las un.”, I was able to translate, “Gor blimey, mate it can’t be my round I paid for the last one.” The speaker, Michael, had at one stage been apprenticed to my father who was a carpenter. Unfortunately he could not finish anything that lasted for more than a few months, because as he put it, “Oi’ve bin on oliday agin, paid for by Er Magesty.” Those magistrates were not at all worried about the interruptions in Mike’s education. No wonder people tried to catch him out, particularly in pubs when another round was called for.

We have been too long away from Woodcutts, please don’t keep side tracking me, or I will never finish. Before I leave the language barrier, I must tell you about Old Isaac. He, every year, in late August brought his family to Selborne for hop-picking.

The Estate always provided tents for visiting workers, one per family. These were huge bell tents, providing plenty of room, as in those days, the nineteen forties and fifties, people did not have the expectations of today. Of course Isaac insisted on using his own accommodation, “the benders”; to those in the know, this means long hazel poles stuck into the ground, bent over in an inverted ‘U’ and covered with a tarpaulin. Cooking facilities consisted of an open fire in front of the benders, which if the wind was in the wrong direction, meant that the smoke permeated, (please note the wording) the habitation.

It was on one of these occasions, that Isaac’s wife, and I use the term loosely, muttered those immortal words, “Cum out of thay, there benders mi Jobie an’ ‘ave some o this mokey tay.” Which roughly translates as, “Come out of the tent my dear Joe and have some of this tea, so delicately infused with smoke from the fire.” You have got me at it again, I’m supposed to be back in Woodcutts, stop side-tracking me.

Back home we had pouvie and cannie for supper last night, which if I have spelt it correctly is of course, potatoes and rabbit. The one thing missing for this language is a dictionary, so I have tried spelling phonetically, whatever that means. Which brings me back to home-grown food and the garden

It has been an odd year, after a warm, dry start, there was a cold wet spell which slowed growth tremendously. What started as an extremely early year was suddenly stopped in its tracks, which started to accelerate away again in late April and early May, which accounts for all the wonderful white blossoms currently on view, as well as rapid growth of runners and potatoes planted half way through March. In the green-house we have actually lost plants from the excess heat when the door and windows were inadvertently left closed all day. (This translated, I forgot.)

As I sit here typing, I look out on white and purple lilac backed by a massive horse-chestnut tree, in magnificent bloom, with a small dark green yew beneath and the beautiful lime green of the small, leaved limes to the left. Mother Nature has excelled herself this year, if you haven’t noticed get out and look now, and thank God for it.

Today I feel I could go on and on writing with great enthusiasm about the countryside, but I don’t want to keep you up.

Therefore I have decided to leave it, so goodbye for now, thank you for reading to the end.

God bless you all.

Ted Cox (20.05.04) Please note the date i.e. the deadline for copy, I am excelling myself, this is the second time running I’ve been on time.

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UNIT 8 AND DORSET ART WEEKS

The weavery at Unit 8, Town Farm Workshops, is open during Dorset Art Weeks again this summer.

Everyone is very welcome to come and see what our wonderfully talented weavers with learning disabilities are producing on their looms, and on both Tuesdays there will also be some potters demonstrating their skills, adding a new dimension to the workshop.

We continue to be open every day (except Wednesdays) from 10a.m. until 1p.m., until Sunday June 13th. Watch out for the signs to show you the way! Entry is free.

Why not have a day out to visit other venues during Dorset Art Weeks and include our weavery on your journey round? It's a wonderful opportunity to see artists and craftspeople at work in their own environments throughout Dorset.

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100 Club Winners – March

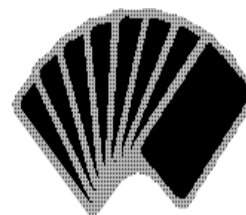
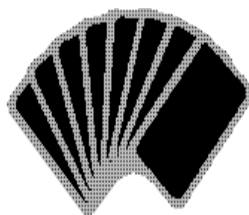
1st Mrs G Wadge 2nd L Smith 3rd T Henderson

100 Club Winners – April

1st Mrs K Johnson 2nd Mrs Smith 3rd Ben Coombs

If anyone would like to join the Club or know more about it, please contact
Carole North on 07125 552955

Whist at The Village Hall



The 16th and final round of the 2003-2004 competition duly took place, with eight tables in play, on the 5th of May. Carding 170, Doug Haskell finished top of division one, his score on the night being bettered only by Ted Meaden who returned an excellent 172. Thus, it may be said, that Doug ended the contest in a very fitting manner and fully deserved his 'No. 1 spot'. Rita Austin, who had challenged Doug throughout, heading the division on more than one occasion, unfortunately could not contest the penultimate round and slipped into division two (players who 'missed' one competitive round), where she finished second to Mary Braithwaite. Mary, it should be recorded, led the second division throughout, and had she not missed a round early in the competition, would likely have run out overall champion. However, not only did Mary win the second division *by a mile*, but she also returned the highest individual score (182 in round seven) and is thereby rewarded with the *crisp fiver*, referred to in my last column.

Geoff Peach triumphed in the third division (players who 'missed' two competitive rounds) and was amongst one of only three partnerships that recorded '13' tricks scored in the sixteen rounds of the contest. Geoff's partner, on that occasion, was Ruby Jacobs who, until the last round, held a middle placing in division two but was unable to attend the final drive, thereby dropping into the third division but with a points total that was sufficient to put her in second place, behind Geoff!

Returning to the fortunes of those who vied for the honours in division one, Christine Haskell came second with Bill Chorley third, David Green fourth and Dora Scammel fifth. As recounted, Rita was placed second in the second division, with Stuart Coombs third, Stuart's final position being determined on his last round score of 156 which gave him an aggregate score of 1234, six points better than Peter Braithwaite who had, for so long, been in contention for a top three placing until the last round when he could only manage a 138. As all whist players will agree, you have to have the run of the cards to do well and this Peter just did not have for the sixteenth round.

Sylv Day picked up third spot in division three, with Doris Day and Doreen Leverton fourth and fifth respectively. Edie Langley, who had done so well up to round fifteen was unable to be present and, sadly, had to drop out of the reckoning.

Final aggregate scores:

Division One

Doug Haskell	2427
Christine Haskell	2393
Bill Chorley	2371
David Green	2335
Dora Scammel	2313

Division Two

Mary Braithwaite	2317
Rita Austin	2243
Stuart Coombs	2234
Peter Braithwaite	2228
Ted Meaden	2224
Len Diggins	2175
Sam Poolman	2167
Marge Poolman	2164
Arthur Austin	2159
Wilf Jacobs	2149

Division Three

Geoff Peach	2065
Ruby Jacobs	2024
Sylv Day	2017
Doris Day	1996
Doreen Leverton	1945

Highest individual score: Mary Braithwaite 182

All in all, the 2003-2004 competition had been hard fought throughout and on behalf of Doug and Christine Haskell, and Fred Denham a huge *thank you* is extended to all who took part and we look forward to seeing you on the 8th of September for the first round in the 2004-2005 competition, further details of which will be reported in the August issue of *The Downsman*.

Before *signing off*, it would be extremely remiss of me if I did not pay tribute to the magnificent contribution made to the game of whist by Daisy Noble. Daisy has been a regular competitor at most of the drives held in the area for many years past, continuing to play even when her eyesight degraded to the point where it was *sporting* for her opponents to declare what card had been led (Daisy's memory for what had been played was quite phenomenal). Reluctantly, however, Daisy has decided to 'retire' and it is now my very great pleasure to place on record the warmest and heartfelt best wishes for Daisy's future from everyone associated with Sixpenny Handley Whist.

Bill Chorley

Bridge

A 'new' bridge club has been established in the village and for further details prospective players are asked to telephone Bill Chorley on (01725) 552776. Basically, the club meets each Tuesday afternoon at the Sports Pavilion, play commencing at 1.30 p.m. and continuing to around 4 o'clock. Beginners are welcome and will be given basic instruction in ACOL.

Best Kept Village

The villages of **Sixpenny Handley & Pentridge** have again entered the Dorset Best Kept Village Competition. Both villages were commended last year, but we could do better this year. The main failing was the amount of litter about the streets and greens. Please help present your village in the best possible light.

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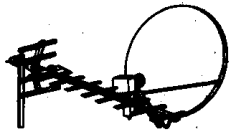
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The Village War Memorial.

Since recording in the October 1998 issue of *The Downsman* the names of the twenty-six service personnel recorded, in perpetuity, on the war memorial, and subsequent observations, I have gathered additional material and it is my intention to write a brief profile on each man (those who are commemorated at Pentridge will also be included). To this end, I would welcome any background information, particularly (if at all possible) photographs. In respect of photographic material, do not forward original prints but, please, make a photocopy. The quality of reproduction obtainable from modern photocopiers is excellent and such images should be sufficient. The first two profiles will feature Private Frederick Weeks and Private William George Phillips, both of the 1st Battalion, The Wiltshire Regiment, and who became casualties before the end of 1914.

Bill Chorley

Your District Councillor Pauline Bailey-Wright will be holding her surgeries from 6.30 p.m. until 7.30 p.m. at the Parish Office, before the Full Parish Council Meeting.

Please come along and meet her.

Watch notice boards for dates of next meetings.

Village Hall

The Village Hall held their AGM on Monday 26th April. The minutes of this meeting will be put on the Sixpenny Handley web site in due course for those who are interested.

The AGM saw the resignation of Rob Jesse, who has given so much time and effort to the hall over the past few years. He will be missed. Steve Pharo also left the committee after a number of years. Steve stayed when many others in his position would not have. His efforts and continued cheerfulness were very much appreciated. Thank you both.

The hall had a good year last year. With the help of some enthusiastic fundraisers and generous donations they were able to replace the central heating boilers, paint the roof and still make a small profit over the year. Disabled access to the side door of the main hall was also provided last year, thanks to the generosity of the CCF.

This year the committee have already repaired a blocked drainpipe and are obtaining estimates to replace the badly rotten toilet windows. They also will be progressing the provision of disabled access to the front door as quickly as they can.

It is hoped that at least a couple of Artsreach events will be arranged for the winter. So those who enjoyed 'The Old Rope String Band' and 'The Great British Ukulele Orchestra' – watch this space. The possibility of a film night is also being investigated.

In summary - the Village Hall is at present a thriving village asset, providing a large range of services and some good entertainment. But remember - like a lot of rural facilities - this only applies if the people of the village keep supporting the facility. **So keep coming.**

Sixpenny Handley with Pentridge Parish Parish Council

Parish Office Unit 5B	Opening Hours: Tuesday 10am – 12noon	Phone – 552211/552279 Email –
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The following planning applications have recently been examined by the Council

1. Riddle, Cobbley Farm, Transfer of agricultural occupation condition
2. Gregory, Inn on the Chase, Alterations to Holiday Cottage
3. Carter, 1 St Mary's Close, Variation of condition to allow planting of hedge
4. Butcher, 49 High Street, Replacement of shop window with new configuration
5. Parker, West View, Woodcutts, 2 Storey Extension, new porch and alterations

If you would like to know more about these applications call into the parish office

Police Support Unit

The Police Support Unit will be visiting Sixpenny Handley on the following Saturdays between 10.00 and 12.30.

Jun 26th

Jul 24th

Please visit them if you have any queries or problems you wish to discuss. If we do not use this facility, we could lose it.

Mobile Library – Changes to timetable

The mobile library service will be adopting the following timetable from 7th June

<u>Location</u>	<u>Day</u>	<u>Frequency</u>	<u>Times</u>	<u>First Visit</u>
Handley School	Thursday	Fortnightly	2.10-2.30	10 June
Roebuck Inn	Thursday	Fortnightly	2.35-2.55	10 June
Dean	Friday	Fortnightly	12.50-1.05	11 June
Woodyates	Thursday	Fortnightly	2.45-3.00	17 June
Dean Lane	Thursday	Fortnightly	3.20-3.35	17 June
Sheasby Close	Thursday	Fortnightly	3.40-4.05	17 June

Dog Mess

There are now four dog waste bins in the village. They are located as follows:

- By the village hall entrance to the recreation ground
- By the Church Farm recycling centre
- Half way along the lane next to the Post Office
- By the crossroads outside the Town Farm Workshops

The Parish Council now feel they have done all they can towards educating and providing facilities for the dog owners of the village. Please, can you now pick up, bag and dispose of your dog's waste. It is anti social not to do so, can cause disease and is against the law. The council will now make every effort to prosecute any one who is caught allowing their dog to mess in a public place, and not clearing up after.

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- Family Breakdown
- Issues relating to being a Carer
- Issues related to Community Care



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THE TWO-COW THEORY

Reproduced from the Daily Mail, 30th March 2004

A CHRISTIAN: You have two cows. You keep one and give one to your neighbour.

A SOCIALIST: You have two cows. The Government takes one and gives it to your neighbour.

A CONSERVATIVE: You have two cows. Your neighbour has none. So what?

A LIBERAL: You have two cows. Your neighbour has none. You feel guilty for being successful. You vote people into office who tax your cows, forcing you to sell one to raise money to pay the tax. The people you voted for then take the tax money and buy a cow and give it to your neighbour. You feel righteous.

A COMMUNIST: You have two cows. The Government seizes both and provides you with milk.

A FASCIST: You have two cows. The Government seizes both and sells you the milk.

DEMOCRACY, WESTERN-STYLE: You have two cows. The Government taxes you to the point where you have to sell both to support a man in a foreign country who has only one cow, which was a gift from your government.

CAPITALISM, WESTERN-STYLE: You have two cows. You sell one, buy a bull and create a herd of cows.

BUREAUCRACY, WESTERN-STYLE: You have two cows. The Government takes them both, shoots one, milks the other, pays you for the milk, then pours the milk down the drain.

AN ITALIAN CORPORATION: You have two cows but you don't know where they are. You break for lunch.

AN AMERICAN CORPORATION:

You have two cows. You sell one and force the other to produce the milk of four cows. You are surprised when the cow drops dead.

A FRENCH CORPORATION: You have two cows. You go on strike because you want three cows.

A JAPANESE CORPORATION: You have two cows. You redesign them so they are a tenth of the size of an ordinary cow and produce 20 times the milk.

A GERMAN CORPORATION: You have two cows. You re-engineer them so they live for 100 years, eat once a month and milk themselves.

A RUSSIAN CORPORATION: You have two cows. You count them and learn you have five cows. You count them again and learn you have 42 cows. You count them again and learn you have 12 cows. You stop counting cows and open another bottle of vodka.

A MEXICAN CORPORATION: You think you have two cows but you don't know what a cow looks like. You take a nap.

A SWISS CORPORATION: You have 5,000 cows, none of which belongs to you. You charge for storing them for others.

A BRAZILIAN CORPORATION: You have two cows. You enter into a partnership with an American corporation. Soon, you have 1,000 cows and the American corporation declares bankruptcy.

AN INDIAN CORPORATION: You have two cows. You worship them.

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is on

August 21st 2004.

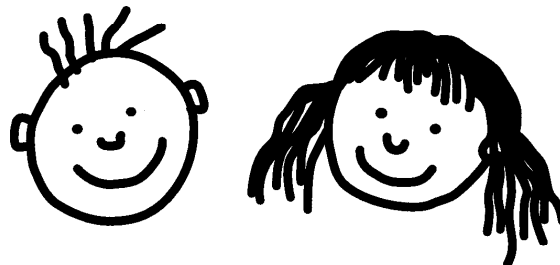
This year the committee has decided to support the Dorset & Somerset Air Ambulance. We have been told that there is a good chance (weather & call outs permitting) that the helicopter will do a fly past over the village whilst the show is in progress.

The fund raising committee of the Air Ambulance will be bringing a stall. Many local people have reason to be very grateful to the Air Ambulance teams and by supporting the Flower Show this year we will be able to donate the profit to this very worthy cause.

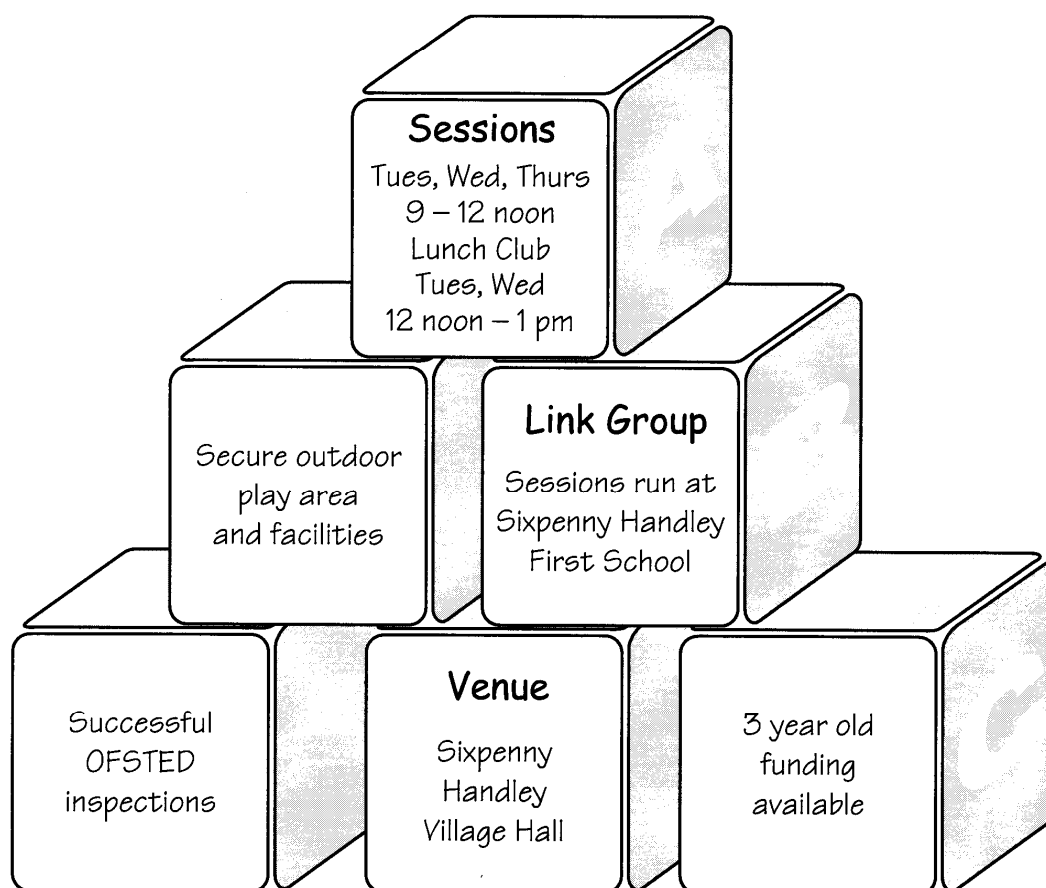
The Air Ambulance relies on fund raising to keep flying ~
please help us to help them stay in the air



The Chase Nursery



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Nursery Leader: Mary Best01725 552390



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FUNDRAISING EVENT

On **Wednesday 16th June** the staff and children of The Chase Nursery will be taking part in a sponsored walk in fancy dress around the village.

They will be collecting on the way, so if you are out and about please give generously.

All proceeds will benefit The Chase Nursery.

Registered charity no. 1033941

Thank You

I would like to say a big thank you to friends and neighbours for their kind thoughts and donations on Toms passing away.

Also I do not know how I would have coped without the care and compassion of the Doctors and Nurses.

Therefore I say a very sincere thank you to everyone.

Marjorie Long

Mothers Union Programme 2003 – 2004

10th June
July

Quiet Day – Grove Farm
Half Day Outing

Meetings are at 2.45pm at No. 2 St. Mary's Court unless advised differently.
If you need a lift please contact either Jean Mayne on 552692 or Mary Macleod on 552041.
All are welcome to come to any of these meetings – visitors are always welcome.

The Chase Garden Club

Meetings are held on the last Thursday of the month,
7.50pm for 8.00pm, at The Barleycorn House, Deanland.
Talks, demonstrations etc are held in an informal atmosphere.

Our next meeting will be on Thursday - **24th June.**

Visitors welcome.

For further information phone

Sue and Peter Evans (01725 552270) or Gill Carter (01725 5522030).

Please Support - Alfresco Three Course Lunch £10

In aid of computer linked ECG machine for Sixpenny Handley Surgery.

Sunday August 1st 2004

12.30- 4 pm

at Twin Acre, Farnham

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Dear Editor

After a very enjoyable evenings viewing of Channel 4's 'Time Team' programme (28th March 2004) I felt compelled to write a strong letter of support for Mr Meadows proposed venture which was strongly objected to by members of the local Parish Council. I ask myself why? With so much archaeology and keen enthusiasm why a venture such as a Study Centre would not be warranted in an area so rich in archaeology. I thought the programme emphasized the richness of the area and its importance – I feel we should encourage people with ventures like this and help to boost local economy. The countryside has to change to keep up with the ever changing world, perhaps the Parish Council should think about change. It was good to see the local school and Scout group enjoying the benefits of the local area.

Yours sincerely
Adrian Harris

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- Dog walking.
- We hold regular Social Day Centres, at Sixpenny Handley Village Hall.

And weekly Coffee Mornings at the back bar of the

Roebuck Inn, Sixpenny Handley.

Thursday mornings 10:15am -11:45am.

So come along and make new friends.

CCF interest groups include Book & Music Groups

For any information concerning Chase Community Friends,

Please contact CCF co-ordinator, on 01725 552097.

We are always looking for new volunteer drivers in all areas
that the CCF covers - please phone to find out more.

Will people who want to use the volunteer car drivers
please give as much notice as possible

Charlotte Steel, IIHHT Qualified Reflexologist & Massage Therapist

Reflexology is a specialised form of compression massage applied to the feet – and sometimes the hands. It is a natural form of healing and assists the body in achieving a balanced state known as ‘homeostasis’.

Reflexology dates back many thousands of years and the earliest records are pictured on Egyptian tomb walls. Every part of the body has its corresponding reflex point on the feet – or hands – and by working over these reflexes, imbalances in the body can be detected and corrected.

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Indigestion
Menstrual problems
Pregnancy
Prostate problems
Sciatica
Stress/Tension
Thyroid Problems
Vertigo

Reflexology is suitable for all ages from babies and children to the elderly and infirm.

Massage is suitable for many people, and can help relieve numerous conditions. Massage increases joint mobility, breaks down scar tissue and decreases inflammation. Blood circulation is increased bringing oxygen and nutrients to the muscles. This reduces muscle fatigue. Massage aids and promotes the rapid removal of toxins and waste products from the muscles and also reduces stress and anxiety by relaxing both mind and body and creating a sense of well-being.

Reflexology:	Initial Consultation: (1hr 15 mins)	£25
	Subsequent Treatments: (1hr)	£20
Massage:	Full Body Massage (1hr 15 mins)	£30
	Neck, Shoulder and Back Massage (50 mins)	£25

For further information or to book an appointment please call:

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News and Information

NATIONAL
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OF WOMEN'S
INSTITUTES

MONTHLY MEETINGS

The April meeting was the AGM and Mrs Margaret Knight, our WIA, was on hand to explain the resolution which will be put to the delegates at the Spring Council Meeting concerning the method of determining the level of subscriptions. She then fielded questions from the floor concerning this contentious issue. (This resolution failed at the Spring Council Meeting)

The flower of the month was an orchid exhibited by Stella Symes.

The Annual Cup was won by Maggie Staplehurst, the Flower of the Month Cup by Doreen Leverton and the Competition Cup by Stella Symes.

Doreen Leverton and Jean Mereweather jointly won flower of the month.

The talk in May by Ted Pitman introduced Fascinating Fungi. It proved to be a very entertaining talk accompanied by slides taken by Ted, who was wont to be side-tracked at every opportunity and enlivened the evening with anecdotes which had nothing to do with fungi!

The three resolutions which will be put to the AGM this year were presented to the meeting by Carole North ~ GM Crops (call on Government to prohibit their cultivation), Stella Symes ~ Trafficking in Women and Children (Government to be pressed to take more stringent action & members to raise awareness of issue) and Maggie Staplehurst ~ Funding of the Air Ambulance Service (Government to make substantial funds available annually to the Service). The first two resolutions were unanimously carried but the third resolution failed as the meeting having heard the opinions of the AAS felt that the Service was in a better position to decide how they wanted to be funded and not have to rely on Government monies which could fluctuate.

The flower of the month was an azalea grown by Jean Maidment and the exhibit of fungi in the form of art eg picture/wooden was won by Win Judd.

Two cars full of members travelled to Weymouth for the Spring Council Meeting on Tuesday April 27th.

As usual the ballroom was filled with stalls and information areas and proved very popular both before the meeting was called to order and during the lunch break.

The morning was occupied with business and talks given by a spokesperson from Julia's House, an area inspector from the Retired Greyhound Society and a representative from Yorkshire Tea who sponsors the WI.

Minette Walters was the speaker after lunch and told the gathering about her involvement in Medecin sans Frontiers in Sierra Leone. She is of course a local girl, having attended the Godolphin School in Salisbury, attaining the dizzy heights of Head Girl. She also told us how she became a crime writer and as many of the audience have read her books there were no shortage of questions for her.

DATES:

The June meeting is on Monday June 14th and the talk will be given by Mrs P Miley 'Gifts for all Occasions'. The exhibit to be a decorated gift box.

The Beacon Group walk this year is on Wednesday June 30th round Wimborne followed by supper at the Pudding & Pie pub, places must be booked.

Our annual institute walk is on Monday August 9th and will be spooky aspects of Salisbury (wizards, ghosts and ghouls!) followed by supper at the White Hart, Bishopstone, again places must be booked.

The July meeting as usual will be a Garden Meeting on Monday July 12th chez Mrs Elizabeth Brodie.

**The WI meets in the Village Hall on the 2nd Monday of every month
except July and August at 7.30pm, visitors very welcome.**

WEDNESDAY CLUB

Programme

9 th June	Phil Groombridge – Wiltshire Wildlife Rescue
23 rd June	Ruth Newman – Salisbury Past
7 th July	Clive Royston – Friends of Dorset and Somerset Air Ambulance
21 st July	The Rev. K. Timbrell – Clerical Errors

SUMMER BREAK UNTIL 15TH SEPTEMBER

15 th September	Hilary Glyde of Wilton Library – Reminiscences
29 th September	Ferndown Afternoon Singers
13 th October	Bournemouth Fellowship Band of the Salvation Army
27 th October	Mrs. Mary Tuck - Community Health in the Cameroons
10 th November	Alan Wilson of East Dorset Heritage Trust on Dorset Landmarks
24 th November	Ted Cox – My Countryside, Part 2
8 th December	Christmas Lunch with entertainment by Howard Cole

Transport to and from the Village Hall can easily be arranged; although anyone who can offer lifts is especially welcome! The current entrance is £1, which includes your tea and the speaker. Anyone is free to come along on a Wednesday afternoon, 2:30pm So do come!

For more information, phone Carole on 552572 or Pam on 552608.

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e-mail – patricia@farnhamfarmhouse.co.uk

or

Tel: 01725 516942 – Sarah Lownds *for* Retreat & Therapies

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ALTERNATIVE HELP FOR DEPRESSION SUFFERERS

Depression is an emotional disorder characterised by sadness, inactivity, grief, difficulty concentrating, feelings of loss, or emotional withdrawal. Depression may be a signal that something is lacking in our life or out of balance, for instance, we often get depressed when we lack a sense of purpose to our lives or when we lack close, nurturing relationships. Depression can become a vicious circle of cause and effect that often leads to self-defeating behaviour and negativity, which in turn further deepens the depression - we shut down both emotionally and physically. One of the best known ways to help depression is to smile at everyone you meet during the day - just see how many people will smile back at you - there is something very therapeutic about smiling and receiving a smile! Try it and see.

The first stage in relieving depression is to understand your symptoms. Why are you feeling this way? What is bothering you? What needs to change to help you feel better? Is it something in your present, or are there unresolved issues in your past or childhood that you still need to deal with and which are affecting your life and your relationships? Are your anxiety symptoms realistic or do they subconsciously mask other issues in your life which need dealing with like low self esteem, relationship problems or problems from your childhood?

The symptoms of depression and anxiety are very troublesome, but they are also an 'early warning' signal from your body that something is not right and needs to change. Listen to your body and work with your problems to prevent further ill health. Below are listed some ways in which you can help yourself overcome depression and anxiety rather than take prescriptive anti-depressants, tranquillisers and sleeping tablets.

Regular exercise is important in the treatment of depression. At least ½ hours exercise (brisk walking, jogging, swimming, dancing, aerobics are all good) three times a week, daily if you can manage it, will help production of the 'feel good' chemicals to relieve depression and anxiety.

Acupressure and deep relaxation techniques are extremely beneficial treatments. Acupressure releases the blockages in the body bringing the repressed emotions to the surface so you can deal with them.

When you are depressed people usually isolate themselves and avoid company. Mixing with people is not always what you feel like doing, but loneliness is one of the major causes of depression. It helps if you can get out and meet people although you may hate it a first and an added bonus of maybe making new friends! People who suffer recurring bouts of depression need to learn to love themselves and cultivate positive situations that fulfil personal needs and encourage growth and self esteem, making new friends will boost your self worth and self esteem. It is important to become involved with people who have a positive attitude who share in giving and receiving and who show their love.

It is sometimes helpful if the person can find some form of meaningful work, charity work perhaps, to contribute to a sense of purpose and identity. Visualise desirable changes in your life and make goals for working toward them.

Depression may also result from low blood sugar, a condition characterised by fluctuating emotions from extreme highs to extreme lows and can be caused by too much sugar in the diet; helpful in the short term but producing a sudden slump in energy when the sugar has done it's work causing drowsiness, fatigue, depression and anxiety as the pancreas overproduces insulin drastically lowering the blood sugar levels.

Sufferers of low blood sugar should avoid sugar, alcohol, coffee and fruits high in sugar content and concentrate on eating foods such as low sugar containing fresh fruit and fresh vegetables whole grains, sea weeds, sprouted seeds and miso. Increase vitamins C & E by

eating foods high in these vitamins and/or taking supplements

Deep breathing exercises are beneficial as depression tends to encourage shallow breathing causing reduced levels of oxygen in the blood leading to tiredness and low energy.

Herbal remedies are also beneficial in treating and preventing depression from returning. Herbs such as St. Johns Wort, Damiana, Skullcap, Limeflowers, Lavender and Motherwort are all beneficial in a unique blend for each individual and there is no substitute for the power of Oats which should be consumed as often as possible. Oats can also be obtained as a tincture if preferred.

St Johns Wort - a very effective treatment for depression - widely known as 'nature's Prozac' but care must be taken in the use of this herb as it can have an adverse effect on some prescriptive drugs and you should always check with your GP first. It can sometimes be responsible for causing sun sensitivity rashes so care must be taken if exposure to a lot of sun is likely.

As well as herbal remedies, there are Flower Essences and these help to relieve depression as well as many other conditions. Beneficial for depression are Gentian which helps combat despondency; Gorse for feelings of extreme hopelessness; and Mustard for melancholy, the deep gloom of depression, that can descend for no reason. Bach Flower Rescue Remedy can also be helpful in the initial stages of an attack of depression.

Using the above tips together with acupressure (treatment of specific acupuncture points on the body) combined with regular exercise and relaxation, meditation and visualisation will drastically improve your emotional state helping to alleviate depression and prevent its return. Listening to music often helps and there is a wide range of New Age music specifically for treating emotional problems.

If you are suffering from a debilitating condition why not give me a call and see what can be done to help alleviate your condition.

Sheila Ralph.

M.H., BSYA(Irid.), BSYA(N.Th.), BSYA(Ad. C.M.A.)

Master Herbalist, Iridologist, Nutritional Therapy and Acupressure & Tui 'na Practitioner.

Sheila practices from her home in Sixpenny Handley and the Centre for Complementary Health Care in Blandford Forum.

Telephone 01725 552265 for further information or to make an appointment.

A Taste of Taize

Taize is a small village near Cluny in the Burgandy region of France. It was here that Brother Roger arrived over fifty years ago to bring to life an ecumenical community of brothers. Each year they welcome some 30,000 young people from every nation, and of many colours and creeds.

The emphasis is on studying scripture and learning how to bring about reconciliation in our broken world through prayer. The community has built a sprawling complex of timber cabins and shelters and there is provision for tents and marquees to accommodate their visitors. The Church of Reconciliation is a unique expandable building where the brothers worship with the guests three times a day.

The beautiful songs and chants used in worship have become international favourites the world over. If you would like to experience the flavour of Taize please join us on Sunday 27th June at 5.30pm at the lovely chapel at Gussage St. Andrew.



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The Manor
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References Provided

HELPING HANDS **for Second Home Owners**

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Washing/Ironing	Booking Restaurants
Baby Sitting	Arranging Parties
Light Gardening	Co-ordinating Contractors
Pool Cleaning & Maintenance	Ordering Supplies
Reading Meters	Receiving Deliveries

**PLEASE CONTACT TRACEY JONES FOR
FURTHER INFORMATION**

Telephone: (Home) 01722 320969 (Mobile) 07734 281942
Email: tracey_holistic@yahoo.co.uk

References Provided

ANNUAL PARISH ASSEMBLY - 29th April

An interesting and informative evening such a pity more didn't attend to take the opportunity of meeting and talking to the Parish Councillors' and Tim Palmer your County Councillor. On the way to the meeting I passed a group of young men and low and behold it turned out they were going to the same meeting. Two items were of particular interest; one being the young parishioners attendance to put their case for an area for skate boarding and the other the 20mph speed limit in the High Street.

Skate Boarding - Currently no provision is made for this activity and the group's spokesman put their case for provision quite eloquently. They had done their homework and the meeting was given an indication of the costs, and where grants, etc, were available. Pete Morley from Verwood gave details of what was involved - the upshot being that the Youth of the Village required a Champion and of course adult support to take the idea forward. A great idea which would mean that the other group that hurtle down the High Street, late at night (I'm told), with a flying start from the Vicarage drive, would have a safer way of practicing their skills. We haven't heard the last of this idea and I'm sure a great deal of canvassing and arm twisting will be undertaken by this group. Well done.

20mph Speed Limit - High Street - This was good news for some brought to us by Tim Palmer. The problem is that I and probably many others fear that it will only apply to through traffic. At present, speed limits appear not to apply to quite a number who drive and ride in the community. For example; the car full of late night speedsters who nearly lost it tearing into Sheasby Close, who slowed down on the way out and apologized saying it was an accident - it very nearly was, the noisy motor scooter whose rider delighted in tearing around the village without a silencer (now fixed) but still noisy and far too fast. We all live here together how about more consideration?

David Salmons

ARCHDEACON'S VISITATION - CHURCH WARDENS

Your two Churchwardens, Graham Smith and I, were commissioned for another year, along with many others from the Milton & Blandford Deanery at Ss Peter and Paul, Blandford Forum on Tuesday 18th May. The Archdeacon's Charge was delivered, the heading being '**What's the Big Idea?**' which included '**Mission Shaped Church**' which emphasised the importance of engaging the Church with the local community. He talked about ***Missioned Shaped Churchwardens*** and said, 'the first consequence is the necessity of engagement, we had wonderfully privileged opportunity to be a source of encouraging mission, were key leaders, in many cases gatekeepers of our communities. Of course it was important to keep the ship running, but not to forget the big picture, reconciliation and redemption in the world. We needed to encourage all within our churches to more sensitive engagement in double listening. That is in listening to God and in listening to the cries and concerns within our communities'. There was much more but in essence it set the scene for the next year was for us to engage church and community.

The office is an ancient one and the Registrar who received our Declaration of Office quoted from an Ancient Canon (Church Law) 5.4 of the Canons of 1571.

"The.. churchwardens shall present those adulterers, whoremongers, incestuous drunkards, swearers, bawd and usurers in the bishop's and archdeacon's visitations."

Times have changed and fortunately Graham and I are no longer confronted with this sort of problem. Should you wish to see the Charge including the nuts and bolts: Health and Safety, Child Protection, Disabled Access and the Disability Discrimination Act, etc., please don't hesitate contacting either of us.

David Salmons



Sixpenny Handley Bowls Club

I have just returned from a lovely afternoon in the sunshine up on the Bowling Green.



Everything was happening up on the Recreation Ground, there was a Cricket Match and there was a Football Charity Cup Final Competition and we were up playing on the Bowling Green.

How nice to see such a lot of activity in one afternoon and spectators everywhere. Wouldn't it be nice to see so much use at once more often?

Anyway, the outdoor bowling season has started now and hopefully if this weather continues, we should have some lovely games (although unfortunately, I cannot play this season myself).

Our 2003 Pairs Competition was played off today and won by Colin Chambers and Brian Hansford. Runners up were David Adams and Phyllis Chown. Now to get the Men's Singles played and perhaps we can start on the 2004 competitions.

Results so far for matches played since the start of the season are as follows:-

Friendlies -	Played 3	Won 2	Lost 1
Dorset Mens' League -	Played 2	Won 1	Lost 1
Mixed Triples League -	Played 2	Won 1	Lost 1

We are still open for members and although with some big clubs you might find it difficult to be included for matches at all levels, you will normally find with our Club that if you wish to play, more often than not you would be required.

Now that the Bowling Green has officially opened, club evenings are normally Wednesdays and Sunday afternoons if there are no matches. Although once you have joined the club, the rinks are open to members and their friends anytime and we only charge session fees for non-members - once you have paid your annual membership fee, any time you want to play you can without any further charges.

Come along and try, we would love to see you.

Gill Martin

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News from the Troop

Just a quick note to keep you posted as to what is happening at the Scout Troop.....

St George's Day

Both Cubs and Scouts were in attendance at this year's St George's day in Verwood. The weather was particularly horrible, but the Cubs and Scouts looked very smart and were definitely the best turned out on parade.



Splashdown

The Scouts visited Splashdown at Tower Park. Thanks to Mr Meaden and Mr Rose who drove us there.

Martin Green's Museum

After 1st Woodcutts appearance on national television (if you squinted you could see our green shirts in the background) the Scouts decided that they would like to visit Martin Green's Museum and learn more about the history of Handley and the surrounding area. The visit started with a demonstration of flint napping by Martin and then a tour of the museum. The Scouts were particularly interested in the skeletons found and the fossils.

It was then the Scouts turn to invite Martin to the hut and try to use some of the tools that he had made from flint. Mr Bowes used the hand axe and scrapers to cut meat and then the Scouts lit trench fires and cooked the food over them. Thank you to Mr Green for inviting the Scouts to his Museum and to Mr Bowes for demonstrating how the flint tools would have been used.

We are now busy planning the next terms activities, these include completing the athletics badge; a trip to Gurston Hill Climb; cycling at Moors Valley and a night hike on the shortest night (well nearly, June the 20th). We will also try and squeeze in some time to plan our summer camp in Guernsey!!!

Rob Easton, Scout Leader

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B A B Y R A B B I T S

C A L L J A N E O N 0 1 7 2 5 5 5 3 1 4 6



HAPPY NAPPY



Happy Nappy meets every Monday at
Sixpenny Handley Village Hall at
10am.

New Born Babies to School Age Children are welcome

Come and join our very friendly group,
loads of
toys and fun!

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For more information phone

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The Childrens' Own

This page will be produced in all future editions of the Downsman for you, the children of the villages. You will have word searches, crosswords, competitions, poems, news, your contributions and anything you want to say. What do you need to do to contribute? Either take your work to the church, the vicarage or give it to an adult who is going to church, asking them to pass it on to a member of The Fellowship Group. There will be room for all. If all else fails, ring 552801 and leave a message that you have a contribution to make, and it will be collected.

Blackbird			Cuckoo			Pigeon			Sparrow			Wren		
Z	B	L	A	C	K	B	I	R	D					
S	W	O	O	K	C	U	C	Y	S					
P	O	L	M	D	V	L	B	T	X					
A	S	G	P	I	G	E	O	N	A					
R	U	G	I	B	Z	C	O	A	B					
R	X	W	O	L	L	A	W	S	M					
O	P	R	F	Z	O	O	P	A	C					
W	Y	E	M	A	G	P	I	E	N					
L	D	N	O	S	U	T	X	N	D					
E	G	D	I	R	T	R	A	P	O					

Can you find where the above birds are in our word search below. They all visit the churchyard.

Have you thought about the animals and flowers in our churchyard? Do you know that we have £25 worth of book tokens, to give away in our nature study competition, based on the churchyard? If you are interested, then see the Rev. Ron Wood or anyone connected with the church, if you want to win.

Ascension Day

Mr. Wood and Wendy spoke of the Church meaning
And said Jesus was there,

SIXPENNY HANDLEY SPRING FLOWER SHOW

Many thanks to everyone who helped to stage the Spring Show, exhibited and supported on the day. There were 161 entries compared with 126 last year, which is very encouraging for the committee. There were only 4 children's entries which was disappointing, perhaps we had The Pied Piper in the village that week!

**Entry is free for children and there is a wide range of classes
in the Summer Show.**

SIXPENNY HANDLEY SUMMER FLOWER SHOW

is on August 21st

Show Schedules now available from PO Stores Handley & Carole ~ 01725 552955.

YOU CAN'T MISS THEM AS THEY HAVE A BRIGHT ORANGE COVER

Classes for all ages from 2 to 102 including Men only cookery classes.

*Please note that if you collected your show schedule from the Spring Show
that the recipe for the Men Only Farmhouse Cake should read:*

3-4 ozs granulated/brown sugar

3-4 ozs margarine/cooking fat

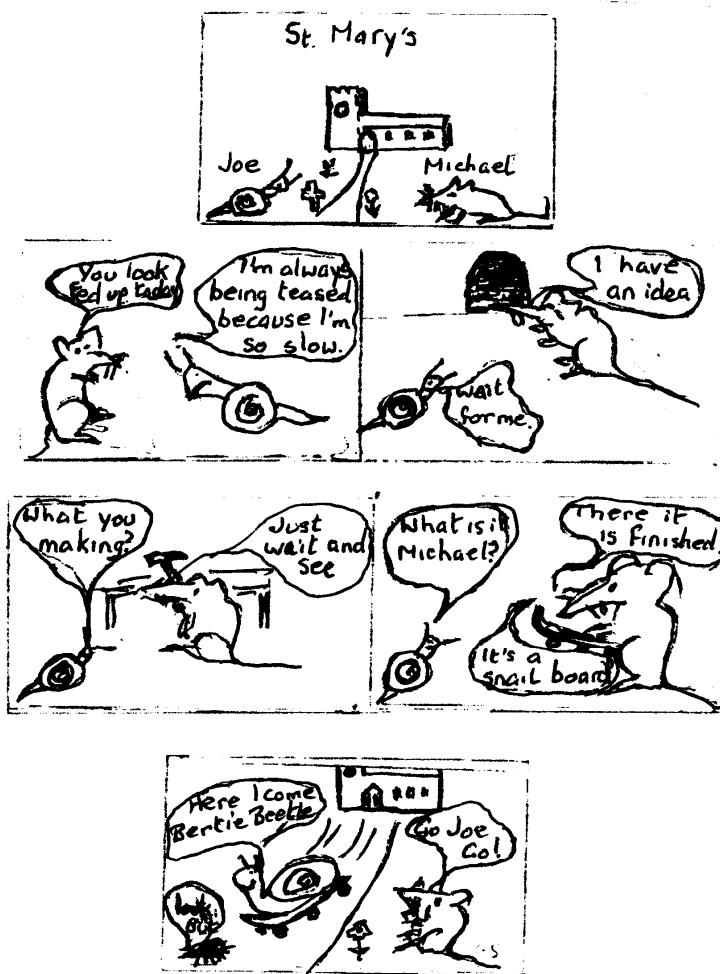
Helpers wanted on the day,

especially Bert who was a treasure at the kitchen sink and the two ladies who helped with the teas

(would you please contact Bobbie 01725 552042 if you are able to help again this year)

The Friends in the Churchyard

These animals well known to all who visit the churchyard, will be with you in each Downsman from now on. Today we meet Joe, the snail and Michael the mouse.



The Downsman

DON'T FORGET WHATS ON!!!

DATE	FUNCTION	PAGE	DATE	FUNCTION	PAGE
Jun-03	Chase Community Friends	23	Jul-10	School Open Day	03
Jun-07	Mobile Library New Timetable	14	Jul-10	Lamertree Festival	15
Jun-09	Wednesday Club	27	Jul-11	School Open Day	03
Jun-10	Chase Community Friends	23	Jul-12	W I Garden Meeting	26
Jun-10	Mothers Union	22	Jul-14	Lamertree Festival	15
Jun-12	Police Male Voice Choir	18	Jul-15	Chase Community Friends	23