

The DOWNSMAN

October 2007



The Parish of Sixpenny Handley with Pentridge

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

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Asst Guider Jacqui Tarran..... 552008

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Secretary/Treasurer Brian Hansford.....552468

Handley Sports Club

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Sixpenny Handley Cricket Club

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Emma Gothard.....552412

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Sixpenny Handley Sports Association

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Sixpenny Handley Flower Show

Chairman Brian Hansford.....552468

Secretary Carole Wyatt..... 552572

Welcome to the latest edition of *The Downsman*.

Editor: Kathryn Radclyffe, Parish Office, Unit 5B, Town Farm Workshops, Sixpenny Handley

Email: downsman@sixpennyhandley.org

Due to the popularity of the magazine it is becoming larger and larger which is a problem for the poor folding machine. As a result we will have to reduce the size of the free adverts—we will inform such people in due course.

If you live outside the parish and would like a copy of the magazine then please get in touch – there would be a small charge of £1.50 to cover postage and packaging.

Sixpenny Handley with Pentridge Parish

Parish Office Unit 5B Town Farm Workshops	Opening Hours: Tuesday 10am – 12noon Thursday 6pm – 7-30pm	Phone – 552211 / 553001 Email – office@sixpennyhandley.org
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 The next edition of this Magazine will be published on the
 1st December 2007
Copy Deadline is 16th November 2007

Views expressed in this magazine are those of our correspondents and do not necessarily reflect the opinions held by the Editor or Members of Sixpenny Handley with Pentridge Parish Council.

This publication does not endorse the products or services advertised within.

Clerks' Corner

Speeding through the village continues. SID is back. He will remind you of your speed without fining you; nor will he add points to your driving licence. Please take care.

Vandalism and Malicious Damage. The climbing frame in the children's play area was recently violently damaged. If anyone was witness to this disgraceful behaviour, would they please contact me. Your evidence will be treated in confidence. With the provision of the skate park, the Parish Council had hoped that vandalism would evaporate. So far there is no evidence that this damage was caused by village residents. We have super facilities - please look after them and please report any vandalism to me, any Councillor, or to the Parish office

Frequently asked questions.

"Where are these famous rubbish bins?" The Parish Council approved the idea more than two years ago. Since then the Parish Council has agreed styles, locations and fixtures. The Clerk has established that Highways and Planning have no objection. I have been referred to Building Control and I must now obtain clearance from East Dorset District Council Property Services to site a bin outside the office on land owned by EDDC. The Parish Council has discovered that Grant Aid is available and an application has been submitted. The wheels grind slowly, **but the bins are coming.**

The following planning applications have recently been considered by the Parish Council

- 3/07/0839 – Orchard House, Pentridge – two storey extension. Refused.
- 3/07/0883 – Caravan site _ Church Farm – revised conversion of barn to form reception, toilets, games area, stores and café.
- 3/07/0889 - Star House, 14 High street – erect railings on existing wall.
- 3/07/0982 - 125 Handley Green – single storey rear extension.
- 3/07/1141 - 1 The Cross – solar panels to front elevation
- 3/07/1124 – Monks Cottage, East Woodyates – new raised slate roof with dormer windows and roof lights with rebuilt single storey extension.

Christopher Snape
Clerk to the Parish Council

A Message from the Chairman of the Parish Council

On 12th September, on your behalf, I attended the Calor Village of the Year awards at Puddletown Village Hall. Forty five villages entered the Best Kept Village competition and thirty the Best Community Village. Both competitions are organized by Dorset Community Action. Sixpenny Handley was Highly Commended and Mrs Barbara Manuel, the Chairman of East Dorset District Council, presented their Special Award, a cheque for £50. This ceremony was the 21st anniversary of these awards. We have frequently won small prizes and I was honoured to be asked to cut the cake on behalf of Sixpenny Handley, as representative of all Dorset.

I am extremely proud of your achievement in winning this prestigious award.

I will ask the Parish Council to approve the presentation of this prize, together with a similar amount from the Parish Council's Reserve Fund to Chase Community Friends in recognition of their unstinting dedication to the older people of the Parish.

I am told that Sixpenny Handley was once voted the ugliest village in Dorset!! Well you are changing all that. We have marvelous facilities; we care about our community. Could we ever win this competition?



The competition is free to enter and open to all communities. With this in mind I will be organizing a Working Group, to start immediately, to promote and assist all the Hamlets within the Parish. Please telephone me at home if you are interested and would like to help.

Pauline *Bailey-Wright.*
Chairman *of your Parish*
Council

PARISH PLAN

We have received the draft plan back from East Dorset District Council.

We are now doing the final edit after which it will go back to EDDC for publication, and finally circulation to house-holds

David Chick
Chairman of Parish Plan Committee

Village Hall News

Hello Again.

The VH has been very quiet since my last report. This has given Julie a chance to repolish the floor - congratulations Ju it looks lovely. The new ashtray was pulled off the wall and the main door handle was broken off. I saw three children jump out of the rubbish bin on Saturday evening after the Bowls jumble sale. I had only gone home for ten minutes. I didn't think anyone could have made such a mess in that short time. I had hoped the vandalism would stop once the skate park and shelter was up and running. How wrong can you be?

I have purchased six new padded chairs for the VH. Please use them and let me know what you think as I don't want to buy any more if they are not right.

Now for some more market research. We have come up with a new film company that will allow us to screen films as soon as they are released. This should allow us to compete with TV and local cinemas. At this stage ticket prices will be about £5 - the same as Moviola. Can you please let me know if you are interested? I am thinking of one show each month but only if sufficient numbers of people are keen

I have now signed up for Connecting Dorset this will give everyone a chance to go Online. I hope that enough people will use this. Please ring me if you would like more details.

The VH has been left a substantial sum of money and this should mean that our finances would be secure for along time. At this time there will not be any increase in hire charges in the foreseeable future

Sunday 14th October M of E presents Mrs Gerrish's Guesthouse.

Start 7.30 pm. Tickets £6. Doors open 7pm. Tickets are now available on 01725 552591.

Box Office and myself saw this play a few months ago. It's all about a guesthouse in Weston-Super-Mare back in 1958 performed with two actors and a technician. It is a very high standard, very funny and well worth a visit. Rated must see. The company is part of the Bristol Old Vic.

Saturday 20th October Rob's Auction. Usual format - bring your goodies in the morning, view in the afternoon, selling early evening about 6pm. Book Stall and Bric-a-Brac available all day. Refreshments and Draw. (Sorry about the mix up with the dates in the last issue of the Downsman - not my fault honest)

Friday 1st February 2008 Jazz with the Neil Maya Quartet (details to follow)

Thursday 13th March 2008 Forest Forge presents To The Marrow

I look forward to seeing you at the Show and the Auction in October — I could do with some help with the Auction if you have got two or three hours to spare.

Thanks for reading this.

Gordon Oxford, Chairman

Email the Village Hall: villagehall@sixpennyhandley.org

MRS GERRISH'S GUESTHOUSE



SIXPENNY HANDLEY VILLAGE HALL

October 14th

at 7.30pm

Tickets £6

Box Office Tel 01725 552 591

RNLI: Front Path Stalls held on August Bank Holiday Weekend

Thank you very much for the support you gave to the RNLI by coming to visit us and generously giving. It was a good choice of weekend because the weather was so lovely. So far, we have made £527, which is wonderful. It will rise because some orders are still coming in. The next event in aid of RNLI is a concert at the Coade Hall, Bryanston School on Sunday 21st October at 3.0 pm. The 'Memory Lane Swing Band' is performing. Tickets are £6, obtainable from me, or on the door.

Sheila Bradley (553133)
Ssec. Blandford Branch

Dear Downsman

My wife and I along with several friends, accompanied with our small dog spent an enjoyable week in Sixpenny Handley. The walking in the countryside around your village is superb.

We think your village is extremely attractive and noted how clean and tidy it is. I do however have a complaint to bring to your attention. When I took my dog on our morning walk on the field paths surrounding the village I was appalled at the amount of dog poo. As a responsible dog owner I always take plastic bags with me and picked up my dog's deposits to put in one of the many dog bins provided in the village.

I saw many people walking their dogs so I assume it's their dogs that are the problem. I assure you that you really must keep your eyes to the ground. Please..... through the Downsman ask these "country lovers" to clean up their act or they will spoil the very things they hold so precious.

(Name and address supplied)

Thank you

**SIXPENNY HANDLEY HORTICULTURAL & HOMECRAFTS
SHOW 2007**

A VERY BIG THANK YOU

- to those who so kindly helped to set up the Show in the Village Hall, and to put away afterwards.
- to those who entered exhibits
- to those who helped so willing on the day of the Show
- *and finally* to those who visited the Show

YOU ALL contributed to a wonderful afternoon

The Future of the Show? To be discussed - BUT help is seriously needed in the months preceding a show of this kind. It is now very much a village event, and its future is in the hands of this lovely community. If you can help in planning another show, then please let the Committee know. We're waiting to hear from you.

Brian Hansford Ian Davies Carole Wyatt

Dorset young embroiderers &

Saturday 20th October

7.30 pm

Don't miss the

CONCERT

by the

ENCORE SINGERS

from Dorchester

Musical Director:

MARGARET DURRANT

**Featuring Songs from the Shows plus old
favourites — and some new ones!**

**Tickets £6 to include
wine & nibbles**

from Margaret Durrant at the vicarage 552608

Alpacas at Woodcutts!

For nigh on nine years now, I have been writing articles for the Downsman, (incidentally I am still awaiting my first cheque), and never before have I have been criticised. It was concerning my last report in the August edition, when I presented the results of the first annual census for three years. I was told that since there are now more alpacas in Woodcutts than humans, I should have included them in the official census. I don't think that the complainant realises how many of these Peruvian, Inca animals there are here, far more than I have fingers and toes, and they will keep moving about. As some of you know, I spent several years of my farm management years in Southern Ireland, where I was taught the easy way of counting large groups of animals. It is a fool proof method when you think about it. You simply count all the legs and divide by four. That of course assumes that you know your four times table, if you don't you can always ask.

The problems start when you arrive at numbers not divisible by four. This is particularly so with alpacas, where complete animals can be worth up to £10,000. After all, who wants a three legged animal at all, but especially so, when thinking of these very expensive creatures. I think you just have to assume you have miscounted and start again. If there is just one remaining after the division, you know you are wrong, have you ever seen what should be a quadruped trying to balance on one leg?

If I had been Robert L. Stevenson I might have got away with it, but these alpacas did not appear in his book, *Treasure Island*, can you imagine a Long John Alpaca?

Similarly, if you end up with an odd three legs, you are almost bound to be wrong, these animals are simply too expensive to have a leg missing. Three legged alpacas are as rare now, as the three wheeled car, the Robin Reliant.

While I am talking about cars, I am reminded of the huge number of pheasant road deaths, at this time of year. Have you noticed them? I personally believe that they are largely due to the modern method of feeding the growing birds. In the old days, once the birds left the rearing pen, they would be fed by a keeper walking along with a sack on his shoulder, broadcasting the feed as he went. Today the feed is distributed by a spinning disc at the base of a hopper carried in a 4x4, as the vehicle is driven along. It is my belief that the pheasants now associate cars and their movement, with being fed. Now, they have no fear of traffic, and simply expect to be fed on the road by the passing vehicles. They are now so familiarised with traffic movements, the noise and the expectation that they are constantly 'at risk'. It is a great shame as they are beautiful birds, have a wonderful taste when cooked and do provide 'sport' to those who can afford to attend organised shoots. Give me 'rough' shooting any time. Please don't think that I am



anti shooting, or the valuable income that it brings to big and small farmers alike. I just don't see the fun or skill in some shoots, where the birds have to be practically thrown into the air at the end of the drive, in order that they may be shot. Then at the end of the day's shooting there is no market for the prize, which has to be buried or burnt. (Don't worry, I'm not perfect either.) I just want the keepers to remember that I've got a large deep freeze.

Shooting generally is a great employer of country people, involving the collecting eggs, rearing, growing on, releasing, monitoring and policing, beating, building pens and of course keeping, where woodland and breeding and growing areas have to be managed. It has been going on for a long time, I want it to continue, but preferably for the sake of the countryside, not just for the rich business men who don't know an oak tree from an ash. These people descend on the countryside, dressed in their immaculate tweeds, carrying ultra expensive guns, their purpose to shoot as many birds as possible to, so that they can boast about their kill over dinner that night on their return to town. They won't be taking home the odd brace or two, if they did they wouldn't know how to pluck and dress them. It ought to be a condition that all guns should be able to prepare birds for the kitchen, and be prepared to use at least a brace from every shoot they attend.

That is enough about alpacas and pheasants, now we must turn to the other quadruped, which is present in large numbers here at Woodcuts, the rabbit. They are more numerous about the countryside than I can remember for many years. There are certainly more about than any of the years that I have lived in Woodcuts. They certainly have not been a problem in the garden before. Putting up wire netting fencing this year, was a case of closing the stable door after the horse had bolted. If I thought that I would be plagued like this another year, I think I would give up the vegetable garden. Now of course they are under attack from that dreadful disease myxomatosis. (I hope I have spelt it correctly, my computer has never heard of the word.) Originally introduced into this country as a control measure, it is devastating, and like so many of man's ideas rather inhumane.

Of course in the old days there was no need for any control measures, the poachers saw to that.

Nowadays few people eat wild rabbit, and for that matter pheasants either, so the poacher of these two sources of food has no outlet for his produce. An entirely different poacher exists now, the one who simply wants to kill and not use or sell his prey. At least they don't spend hundreds of pounds to do it, as some of those gentlemen in their tweeds from the towns do.

Let us get away from the animals and look at the flora of the countryside and what has been happening this year. In the past week (the second in September), I have seen wild red and white campions in flower, both normally flowering in spring/early summer, when nothing is more welcoming, than a feast of bluebells interspersed with the odd group of red or white campions. Another late flowerer this year is the toadflax, providing a splash of yellow on the grass verges. Leaving the wild for the cultivated, what about the weigelia as it makes a special attempt to flower, for the second time this year. Fuchsias of all types are flowering wonderfully, and many other species besides. In the garden, apple trees are laden with their harvest, as are pear trees.

It is amazing which plant species have benefited from the peculiar weather pattern of this year, and which haven't. In the wild, the elder flowered over a long period, in some cases producing flowers on some branches while berries were well formed on others. This gave a very uneven ripening and has left me with no berries available for some of that wonderful home made elderberry wine. I was certainly caught out and have not made any for the first time in many years.

Now to end with a few comments about the 'birds and the bees', sorry I meant birds and butterflies. Firstly the birds, or at least the pigeons, a wood pigeon is actually still building a nest in the hedge just across the lane from us, and others can be seen going through the mating rituals in the middle of September. Also, freshly hatched eggs shells can be found on the ground. While of the butterflies, large whites are in evidence in considerable numbers on every sunny day, with occasionally a brimstone, one of the first to show in the spring, joining them. What a peculiar year?

Goodbye for now, and God bless you all.
Ted Cox (20.09.07)

Handley Sports Youth FC

Handley Sports have started the current season as they left off last season with a glut of goals. We had one friendly this time. We made the short journey to Blandford to play Blandford Bulldogs. It was their under 10s and we are now Under 11s so to balance the sides we took an under 10 also along with an Under 9 and Under 8. We started well and by half-time were 5 - 0 up with goals from James Hunter (2), Harry Bullmore (2) and Jaydon Barry. As the game went on we made several changes to give everyone a chance and the final score was 9 - 2 with further goals coming from both James and Harry completing their hat-tricks and one a piece from Dominic and Josh Davis who had come out of goal for the last few minutes.

September 16th we started our campaign for the season. We went away to Sturminster Newton and again we were among the goals from the start and 3 - 0 up at half-time - all scored by Harry Bullmore. Sturminster Newton came back in the 2nd half but we matched them all the way and round out 7 - 2 winners. The four goals in the 2nd half coming from James Hunter and a further 3 from Harry Bullmore to complete his double hat-trick.

As always we are looking for new players as this year more than any we are down on players so the current players are doing fantastic to keep going and playing and winning games as they are.

We have a brand new kit this season and again as always would love to see more of you up at the ground to see us play. Our next home fixtures are:

Sept 30th - Weymouth Cougars
Oct 28th - Colehill Sports
Nov 18th - Mudeford Swans



For more details please contact me
Adam Day on 01258 452481 or 07748 127369

IN AID OF SIXPENNY HANDLEY VILLAGE HALL

A “Rob Jesse Special”
Grand Auction

On Saturday 20th October
At The Village Hall

Lots of Bargains

Doors Open 9am-12am
for items to be auctioned

Viewing 1pm-5pm

Start 6pm

Bric a brac on sale from 10 am

Refreshments, Draw

Telephone for more details

Rob 552340

Gordon 552591



First Woodcutts Beaver Colony



Four thousand of Dorset's Scouts, Cubs and Beavers attended the Centenary celebrations at Buddens Farm near Wareham over the school holidays. 12 Beavers were part of those representing 1st Woodcutts at this historic event, arriving at Ferndown Middle School the night before for the big sleepover with the rest of the East Dorset Beavers. At about 10pm around 120 Beavers laid out their sleeping bags and settled down to watch Madagascar, at around 11pm they all jumped up again to join in with "I like to move it, move it"! We finally got them to sleep in the early hours and were all up again before 5am with a quick drink and cereal bar before setting off to Goose to join in the celebrations. On arrival we were given drinks and bacon butties before we settled down on plastic bags in a very muddy field to watch the live celebrations from Brownsea Island.

After we had all renewed our promises we met up with 1st Woodcutts Scouts and Cubs and spent an hour singing, telling stories and enjoying cakes (provided by Dee, many thanks they were delicious).

We went on to take part in our events, all of the children thoroughly enjoyed themselves by having a go at lots of activities including circus skills, archery, paintball target shooting, a scavenger hunt, bouncy castles and of course lunch. There were plenty of sleepy heads on the coach home and not all of them children's!

Andy Young has now taken on the role of Cub Leader but will also carry on with Beavers, I am really grateful to him for his continuing support and I am delighted that Jill Hutchins has decided to take the plunge and become the Beaver Assistant Leader.

We have now started our new term and 3 of our Beavers will shortly be moving up to Cubs very soon but we have already welcomed new members to our Colony. Our first main event for the term will be a Halloween Party which the Cubs and Scouts will also attending (but a little later in the evening). Soon after this, there is of course the Remembrance Parade on 11th November and in December we shall be building up to a Christmas party so it promises to be a fun and busy time for us all!

Best wishes
Willow

100 Club Winners - August

1st Mr & Mrs Boyland 2nd Mrs Mayne 3rd Mr and Mrs Parsons

The 100 Club is run in aid of the Village Hall – if anyone would like to join or know more about it please contact Carole Wyatt on 552572

Nightstop in Dorset?

Now Dorset is beautiful wherever you go the old song said and most of us would agree – wonderful countryside, friendly people, attractive villages and small towns, but there's the rub. In the middle of all this beauty there is a real problem – housing, or rather the lack of it not least for our young people with limited financial resources.

Imagine you are between 15 and 25 with nowhere to sleep tonight. Where can you go? What can you expect? How can you find somewhere safe and warm? And what about tomorrow night?

If you are under 16 then the statutory agencies have a duty to look after you, and in some cases if you are over 16. And you are older and it's getting late and you are scared. Unless you can persuade a good mate to let you sofa surf, then it's either a tent or a clothes bank or a doorway for you.

This is not a tolerable situation for 2007 or indeed for any time. The Dorset Young People's Housing Strategy Group has set up a Steering Group to look at ways of addressing the situation. It is of course recognised that housing cannot be 'magicked' from nowhere. That takes land, time and money.

But there is a scheme which was set up in Leeds some 20 years ago by Barnados to help young people facing just the same problems as our young people. Called **NIGHTSTOP** it allows up to three nights with a host family while work is done to try and find more permanent accommodation (if that is indeed the real need) or to work with the family on mediation, sort out employment possibilities, benefits, perhaps medical needs and so on. Experience has shown that often a cooling off time is what is needed and young people can return home when tempers are restored and issues looked at properly.

There was a multi agency consultation in Dorset in March chaired by the Bishop of Sherborne about the possibility of setting up **NIGHTSTOP** for Dorset. This was well attended and ended with a positive determination to establish Nightstop for Dorset. Work has continued since and now **Nightstop Dorset** is affiliated to Nightstop UK.

A deliberately small Steering Group was set and includes representation from the Churches Together in Dorset, Relate, Housing Providers, District Councils and County Council. Funding so far has come from Dorcas, the Social Responsibility Agency of Churches Together in Dorset.

The Steering Group will be working on the business plan in September with an Information pack being produced in October which will include: Vision of service, Steering Group Terms of Reference, Business Plan, Protocols with partner agencies, Operating guidelines and training plan. All this will enable funding applications to start in October/November. In December there will be a Consultation Event on the whole Young People's Housing Strategy including **Nightstop Dorset**.

A progress update will be released in the New Year. If you would like to know more about this project, please contact Sara Jacson on 01747 853688.

SECRETS FOR A HEALTHY HEART

The bad news is that recent research indicates that we all have a 50% chance of dying from heart or artery disease. The good news is that heart disease is, in most cases completely preventable. And yet we take our heart and circulation's health for granted and fail to protect ourselves from this deadly condition. Even more worrying is the fact that heart disease is occurring earlier and much younger – it is quite common for even teenagers to show signs of congested arteries.

Death from heart disease is not a natural phenomenon, many cultures worldwide do not experience a high incidence of heart disease and strokes.

What is heart disease?

The cardiovascular system consists of blood vessels that carry oxygen, fuel (in the form of glucose), building materials (in the form of amino acids), vitamins and minerals to every single cell in your body. Oxygen in the lungs oxygenates the blood which the heart then pumps to all the cells of the body along with glucose for energy. The blood vessels that carry these nutrients to the body are called arteries while those that transport the body's waste products from the cells are called veins. The blood pressure is greater in the arteries than in the veins.

Usually heart disease first starts in the arteries where plaque-like deposits stick to the artery walls which leads to narrowed arteries and formation of small clots which can lead to blocked arteries stopping the flow of blood to the heart – if this happens then the part of the heart fed from these blood vessels may die from lack of oxygen –this condition is called atherosclerosis. Usually atherosclerosis is preceded by angina a condition caused by limited oxygen supply to the coronary arteries due to partial blockage.

If a blockage occurs in the arteries of the brain, part of the brain may die – this condition is called a stroke. A stroke may also be caused by an artery rupturing (a cerebral haemorrhage). If

a blockage occurs in an artery in the legs it is called a thrombosis.

As well as narrowed arteries and thickened blood with clots, heart disease may be caused by hardening of the arteries (arteriosclerosis). Arteries are usually quite elastic but in old age they may harden and lose their elasticity. The blood pressure in the arteries increases when the heart beats and decreases again in the lull before the next beat – these are called your systolic and diastolic blood pressure rates respectively; an ideal blood pressure reading should be in the region of 120/80 regardless of your age, although blood pressure does tend to rise as we age. The more normal your blood pressure rate then there is less risk of heart disease.

There are many natural ways to reduce blood pressure using vitamins, minerals and herbal treatments and acupuncture. The first rule is to make sure that your calcium-magnesium-potassium levels are reasonably equal. Taking too much salt will disrupt your levels of these three minerals and can rapidly affect your blood pressure in a very short period, even in a month. While the heart needs good levels of calcium (800mg daily) to maintain a regular heartbeat and potassium (200mg daily) to maintain good muscular pressures within the heart, magnesium is by far the most important mineral of the three for your heart as there is a strong association between magnesium deficiency and heart attacks caused by cramping in the coronary artery even though the artery may not be blocked. You need about 1200mg of magnesium daily to keep the heart healthy so ensure that you have plenty of magnesium rich foods in your diet or take a supplement. Magnesium rich foods include leafy green vegetables, soya beans and soya products, cashew nuts and almonds, broccoli, wholegrains, wheatgerm, bananas and prunes. Calcium rich foods include green leafy vegetables, parsley, watercress, broccoli, almonds, brazil nuts, figs, soya milk (fortified such as Provamel), tofu and tofu products and tahini (sesame seed paste). Potassium rich foods include wholegrains, wheatgerm, watercress, parsley, courgettes, radishes, cauliflower, mushrooms, pumpkin and pumpkin seeds,

molasses, chick peas, potatoes, yeast extract, many fruits and vegetables, nuts.

Vitamin C is important in maintaining the elasticity of the arteries as it helps the formation of collagen which helps keep the arteries supple. Foods that are high in vitamin C include green leafy vegetables, broccoli, cabbage, green peppers, parsley, potatoes, frozen peas (due to high levels of nutrients because they are frozen very quickly after picking), oranges and blackcurrants. Vitamin C also inhibits excessive cholesterol formation which helps reduce excessive arterial deposits in two to six months – ideal supplement dosage is 500mg daily.

Studies have found that 500mg of Vitamin C daily combined with 3grams of lysine daily can reverse atherosclerosis.

Vitamin E helps keep the blood thin, take a supplement of 100iu daily for four years or more to prevent heart attacks. Vitamin E rich foods include vegetable oils, wheatgerm, tahini (sesame seed paste) nuts and seeds, avocados.

Strong evidence has emerged recently about the importance of co-enzyme Q10* in lowering blood cholesterol levels and lowering raised blood pressure, especially in those with type 2 diabetes, treating angina and congestive heart failure. Foods containing co-enzyme Q10 include beef, chicken, trout, salmon, oranges and broccoli. Dosage: 60-300 mg daily. Do not take if using blood pressure lowering medication.

Vitally important, and now recognised by scientists as being essential for heart and artery health are omega 3 fish oils and omega 6 oils from flax seed which also help to thin the blood in combination with Vitamin E. Also evening primrose, borage or blackcurrant seed oils are beneficial.

Good herbal preventatives

Garlic not only has powerful antibiotic properties but also treats high cholesterol levels and blood fats, helps reduce blood pressure and thins the blood reducing the risk of clot formation; indeed it is a 4-star treatment for the cardiovascular system generally. Either eat fresh garlic cloves (each one has about 3 grams of

garlic) or a high dose deoderised garlic supplement* (ideally 800-1200mg daily). Garlic may cause dizziness, headache or irritation of the gastrointestinal tract, as it thins the blood very effectively it may increase bleeding time if there is an injury. Do not take if you are taking blood thinning medication.

Cayenne pepper* regulates blood flow and equalises and strengthens the heart, arteries and nerves. It is a specific for circulatory problems and improves peripheral circulation reducing cold hands and feet and chilblains. Dosage: 3 size 0 capsules daily. Cayenne pepper will not upset the digestion as it is a specific treatment for the digestive system and for treating stomach ulcers.

Ginkgo Biloba* is a traditional treatment for heart disease as it's antioxidant properties enhance heart efficiency, it increases blood supply to the extremities and has a tonic effect on the blood vessels. Ginkgo prevents platelets in the blood sticking together reducing the risk of blood clots forming, and is particularly helpful for increasing function in the brain and arteries in the arms and legs. Therefore it is beneficial for those with atherosclerosis or coronary artery disease. Dosage: 40-80 mg capsules daily with food. Ginkgo may lead to gastrointestinal upset, headache and dizziness but these side effects are rare.

Hawthorn* leaves, berries and flowers dilate coronary arteries increasing blood supply to the heart. Hawthorn improves metabolic processes in the heart including oxygenation and energy production, it also decreases lactic acid (the waste product of physical exertion) and so reduces muscle pain. Hawthorn strengthens the artery walls and helps reduce cholesterol due to its antioxidant properties. Dosage: 100-250mg three times daily either in capsules with food or as a liquid extract on an empty stomach.

Ginger lowers cholesterol and prevents platelets from accumulating in the blood by decreasing the absorption of dietary cholesterol and stimulating bile production to remove excess cholesterol from the body. Ginger works best if eaten fresh and taken on an empty stomach. Dosage: up to a 6-millimetre slice of an average sized root per day or 250mg daily freeze dried

fresh root in capsule. Ginger may cause an upset stomach in some people, especially at higher doses.

Alfalfa leaf* decreases cholesterol levels and shrinks plaques that are already present in the arteries. Can be obtained in powdered form (available from health food stores). Dosage: up to 8 or 9 400-500mg capsules daily or 15-30 drops of tincture 4 times daily.

Bilberry* has not only a good reputation for the treatment of eye diseases but also significant benefits for cardiovascular disease too. It is rich in anthocyanides to prevent damage to the lining of the blood vessels and so inhibits narrowing. Bilberry inhibits atherosclerosis, protects the heart during exertion, decreases inflammation and strengthens artery walls. Dosage 80-160mg in capsules daily with food, add raw bilberries to your daily fruit intake.

Yarrow* dilates arteries and lowers cholesterol. It is a blood vessel tonic and improves arterial health generally. Dosage: 1-3 cups of tea (1 teaspoon dried yarrow to ½ pint of hot water,

steep for 10-15 minutes, strain and drink) or ½ teaspoon of yarrow tincture 2-3 times a day. Do not use if you are pregnant.

Acupressure/Acupuncture has much success in reducing blood pressure, especially the systolic rate thereby reducing the risk of heart disease and strokes. Regular treatment once a week initially would be required reducing to fortnightly, then monthly as the blood pressure lowers.

* Contact me if you cannot find these supplements or herbs locally.

Sheila Ralph M.H., BSYA(Natur.), Irid., N.Th.), Ad.C.M.A.) (I.H.)

Master Herbalist, Naturopath, Iridology, Nutrition, Acupressure & Tui'na and Indian Head Massage practitioner.

Clinics available at The Centre for Complementary Health Care in Blandford Forum and at Sixpenny Handley. Contact 01258 458120, 01725 552265 or www.bcchc.co.uk for further information.

The Children's Society *Stand By Me* Box Challenge

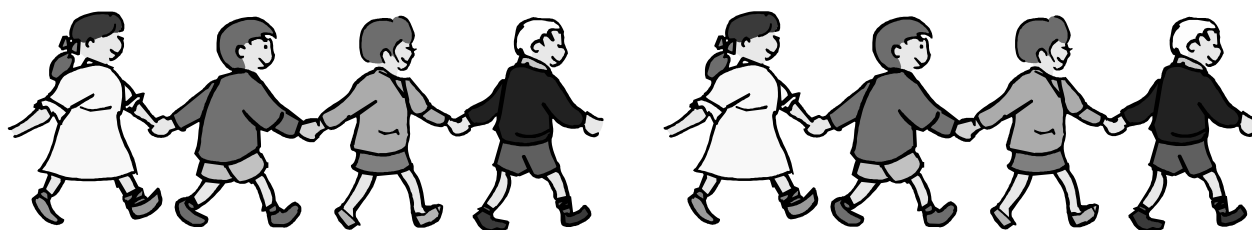
Imagine a world where everything you say is ignored, where no-one asks you what you think. Imagine you have been moved away from the people you love, to somewhere where you don't know anybody. Imagine no-one listening when you try to tell them you're being bullied.

A bad dream? Not for many of the 13,300 disabled children and young people who are currently placed away from home in England. We know that these children are often not consulted when decisions are made about their lives, and that their communication difficulties can mean that their own views are ignored.

The Children's Society is campaigning for all disabled children placed away from home to have access to an independent advocate — someone to give them a voice and keep them safe.

The Children's Society *Stand By Me* Box Challenge is to distribute 13,300 new home donation boxes across England — one for every disabled child living away from home — helping to raise an extra £200,00 per year for their crucial work with children. House-boxes are emptied annually by Anne Reed, The Children's Society's local parish co-ordinator. Please contact her on 01725 552518 and she will be pleased to supply you with a box and add your name to her list of local supporters.

Please take a house-box and make a difference to the lives of those forgotten children who face danger, discrimination or disadvantage in their daily lives.



KING OF KINGS KIDS' CLUB



Saturday 15th December

10 - 12.30pm

at St Mary's Sixpenny Handley

A chance to have fun, play games and make stuff while we learn about Christmas.

All children are welcome, but under fives please bring an adult. Book now – places are limited!

Please phone Maureen Lockyer
on 01725 552492



News And Information

NATIONAL FEDERATION OF WOMEN'S INSTITUTES

The visit to Furzey Gardens with twin institute Lyndhurst, early in August, was very pleasant – and the weather stayed fine. However large spots of rain and a drop in temperature on the evening of our American Supper caused members to take a rather swift look around Jan Gibb's garden and then beat a hasty retreat into the house, where we partook of delicious food in a cosy, informal atmosphere.

At the Institute Meeting in September we listened to Mr. D. Hawkes, a retired diplomat, who spoke of his duties and some of the wheezes used by the Foreign Office overseas personnel to obtain 'information'. Not exactly James Bond, but nevertheless quite intriguing.

By the time you read this we will have taken part in the preliminary round of the Dorset Federation Quiz (with brains in gear)

Four members played in the Group skittles Competition at Melbury on September 14th., the trophy being won by East Orchard and Margaret Marsh after two play-offs. The Dorset Federation skittles competition starts shortly and we wish our team good luck

Dates for diaries:

Mon. 8th Oct.	Mrs. M. Emery – From Capability to Bumps
Wed. 24th Oct.	Autumn Council Meeting – Weymouth
Wed. 31st Oct.	Autumn Group Meeting – Manston Village Hall
Mon. 12th Nov.	Mrs. A. Thom – Adventures of a French Woman in the Resistance
Wed. 5th Dec.	Group Carol Service – Shroton
Mon. 10th Dec.	Christmas Meeting – Mrs. Hughes and Mr. Werler: Dickens at Christmas

Institute meetings are held generally on 2nd Mon. in the month in the Village hall starting at 7:30 pm. Enquiries to Secretary: 01725 552042

On Wednesday 1st August Sixpenny Handley WI took part in the Dorset Federation's 90th Birthday Gala Concert at Bryanston. Bobbie Carter produced "You Can't Get The Staff Anymore" and from the moment the cast took the stage there was laughter and applause!

The sketch began with Maureen Lockyer, Meg Cox, Sheila Smith, Ann Adams and Margo Summerell topically demonstrating during the Great Milk Debate. Then the three cows, Daisy (Heather Eynon), Maisie (Maggie Staplehurst) and Lazy (Stella Symes) gave an amazing humorous depiction of their daily lives. There was a clever blend of humour, fact, timing and actions plus some brilliant costumes and props devised by Jean Mereweather and Margaret Quinn. Every word could be heard by the audience of 800 who showed their appreciation in the usual way. Those members of the Institute in the audience were immensely proud of the talented cast. Such fun, professionally produced.

Well done ladies!

JG

The Friends of Broadchalke School



CHALKE VALLEY CHALLENGE 10K & Fun Run Sunday 7th October 2007

DIG OUT YOUR TRAINERS!!!!!!!

Entry forms and details available from the event website:

www.chalkvalley.com or call:

Nick Barker 01722 780877

Sarah James 01722 780127

Tim Lampert 01722 780318

COME ON LET'S GET RUNNING!!!!

Sixpenny Handley First School

I would like to take the opportunity to introduce myself as the new Headteacher of Sixpenny Handley First School. I feel extremely privileged to take on the post and am excited to be given the opportunity to work with such a dedicated team. Following on from all the hard work that Mrs Latchem put in over 20 years I am keen to maintain the high standards and continue developing the school.

I have been teaching for 10 years and prior to my new appointment I was the Deputy Head of Sandford St. Martin's First School near Wareham. I am thoroughly enjoying my new role as head and find it varied and interesting! The staff, parents and children have been very welcoming and I thank them for all the support and kindness they have shown.

The children have settled in incredibly well and it is lovely to see them coming to school so eagerly and with such smiles! It is especially wonderful to see the new children in Early Years growing in confidence as each day passes – well done! Everyone is working incredibly hard and the children are very busy in and out of the classroom. Year 3 and 4 have been enjoying their weekly swimming lessons at Sandroyd School, Year 2 have been learning about 'Ourselves' and have created some excellent self-portraits and I am really enjoying teaching the Year 1 children two mornings a week – it is a joy to be in the classroom! Before long I am sure we will be thinking about Christmas productions!!

Please do come and say 'hello' and I will look forward to meeting with you all in the very near future!

Miss Clare Shields



DORSET YOUNG EMBROIDERERS & TEXTILE ARTISTS

Young embroiderers

October 2007

Dorset young Embroiderers is moving to Handley

Young embroiderers is part of the embroiderers Guild (Charity no) and has groups all across the country which run workshops to encourage and bring textile/embroidery skills to the young. Our group has been running since 2001 and has been based at Walford Mill in Wimborne. But this October we are moving our base to Handley Village Hall.

The group meets once a month on the second Saturday between 10.00 and 1.00. We take children between the ages of 8-18. Myself and the co-leader are both very experienced secondary textile teachers and wel-

If you want to find out more about Young Embroiderers you can look them up on the Web by following the link from the Embroiderers Guildsite:
www.embroidersguild.org.uk

To book a place contact Lyn on 01725 553103 or my email:
lyn.watt@ntlworld.com

In November we will be opening up our workshop session so that anyone can come and see what we do. You can join us for a cuppa and have a look at some examples of past work.



We are planning a summer exhibition and are already working on ideas for the next Village Show. So come and be part of it.

Special points of interest:

- Are you aged 8-18 years
- Are you interested in all thing fabric and stitching
- Want to know more & learn new skills

This years programme 2007-8

October- A masterclass in transforming a plain white T-shirt into a work of art.

November- Open Session. Finishing off the T-shirts and felt make.

December- mini makes with a festive theme using handmade felt.

January- Viva La Carnival- over the next 3 sessions design and make a carnival mask. Step 1 distressing fabrics.

February- designing the mask and doing the embroidery hand and or machine.

March finishing off the masks.

April- July- see our full Programme.

Private Joseph Arthur Chaldecott (230055) 1st/1st (Queen's Own) Dorset Yeomanry

Only two soldiers commemorated on the village War Memorial died in the service of the Dorset Yeomanry (hereafter referred to as the QODY), the profile of the first to lose his life, Lance Sergeant Jack Fitz-Roy Walters, having appeared in the August 2005 edition of *The Downsman*.

Private Joseph Arthur Chaldecott, the subject of this account, was killed on active service in Palestine on the 13th of November, 1917, though his links with Sixpenny Handley seem to be rather tenuous in that (according to information published in the 1901 Census returns) he was born at East Orchard, Shaftesbury. The same returns, this time in respect of his parents, indicate that his father, Arthur Chaldecott was born at Sutton Poyontry (sic), Weymouth and by 1901 was age 32 and living, with his wife Selina (born Tinyford, Shaftesbury), at Pentridge, his profession being given as a 'journeyman baker'. It is likely that at some time they moved into Sixpenny Handley as both are buried in the churchyard at St. Mary's, Arthur being laid to rest on the 16th of Marcy, 1942, his funeral service being conducted by the Reverend W. J. James, while Selina survived him by over four years before she, too, was buried on the 9th of November, 1946, the Reverend E. H. Edwards officiating. Their ages are given as 72 and 77 years respectively.

Their marriage produced two sons (at least); Joseph Arthur and William Thomas, the latter being the last serviceman commemorated on our Memorial to die in the Great War, his profile to be compiled at a later date. Regarding Joseph, I would have expected him to have enlisted at Blandford, but his service records show that he went to Gillingham though the date of his joining the yeomanry is not recorded.

However, in February 2003, a brief history of Dorset's County Yeomanry was published, page 8 of this excellent account stating that following the action that I reported in August 2005, the QODY on retirement to Alexandria became part of the 6th Mounted Brigade (formerly the 2nd South Midland Brigade) and it is armed with this knowledge that I am able to say with a reasonable degree of accuracy that Private Chaldecott lost his life on the opening day of an action that captured Turkish positions at El Maghar, the fighting lasting for 48-hours.

In order to place his death in the overall context of ongoing military actions directed against the Turkish army it is necessary to step back in time to the last day of October 1917, when, having participated in the Third Battle of Gaza, the QODY was held in GHQ Reserve when the Australian Mounted Division, which included the 3rd and 4th Australian Light Horse Brigades and the 5th (British) Yeomanry Brigade successfully fought an action which has gone down in the annals of military history as 'The Battle of Beersheba'. Briefly, for it was an action in which Private Chaldecott was to play no part, by the end of the day the mixed force of Australian, New Zealand and British cavalry with artillery support cleared Turkish forces entrenched on the northern edge of the Sinai Desert at Beersheba and from the adjacent high ground known as Tel El Saba.

Following on from this the 6th Mounted Brigade which in addition to the QODY consisted on the 1st/1st Buckinghamshire Yeomanry, 1st/1st Berkshire Yeomanry and the 17th Machine Gun Squadron moved against enemy positions at the Sheria Position clearing the area on the 6th November, prior to the action at El Maghar which though of only 48-hours duration

resulted in at least eight QODY fatalities, this figure including Private Chaldecott, and I consider likely that Private Harry Lawrence Jeans and Private Thomas Burgess Nuttall who died on the 15th and 16th November, 1917, respectively may have been as the consequence of wounds received in the battle.

After securing El Maghar the brigade was engaged between the 17th and 24th of November, in the Battle of Nabi Samwell while towards the end of the month the QODY was involved in helping to repel Turkish counter attacks, these actions being the last major offensive operations of 1917.

In the years following the cessation of hostilities, the bodies of these who died on the 13th of November, 1917, a Tuesday, have been taken to Ramleh War Cemetery (now in the state of Israel). A huge concentration cemetery between the port of Tel Aviv and Jerusalem, Ramleh contains 4,520 burials, 3,300 of this total from the Great War.

To close this profile, the known Roll of Honour (extracted from information published by the Commonwealth War Graves Commission) for those who fell on the 13th November, 1917, from the QODY and who are buried at Ramleh reads:

230219 Pte BASTABLE, G. W.
239944 Pte BOWERMAN S.

230055 Pte CHALDECOTT J. A.
230892 Pte CRABB W. C. J.
230297 Pte CURTIS W. W.
231583 Pte DIMENT W. G.
230079 Sgt GUPPY DCM, H. J. J.
230341 Pte HANNAN W. E.

Bill Chorley

Postscript.

A search of the Gazettes' online website identifies two entries for Sergeant Harold Joseph John Guppy who was serving with A Squadron at the time of his death. From Preston, Weymouth, he is first mentioned in Despatch IV from army headquarters, Force in Egypt, Cairo, dated 16th March, 1916, and signed by General J. G. Maxwell, Commanding the Force in Egypt. Although no specific action is reported, the despatch makes in clear that it was in connection for actions on the Western Front. His second entry, *Gazetted* on Friday the 22nd of September, 1916, records that '*under heavy fire he brought up an ammunition limber across the open, and then carried ammunition boxes to the firing line.*'

This particular *Gazette* runs to many pages and is devoted, in the main, to reporting acts of conspicuous gallantry which included that reported here for Corporal (as he was at the time of his award of the Distinguished Conduct Medal) Guppy.

THE CHASE GARDEN CLUB

The Chase Garden Club meets on the last Thursday of each month at 8 pm
lectures, slides, garden visits etc.

For more information phone
Peter and Sue Evans 01725 552270
or Gill Carter on 01725 552030.

ROB'S COLUMN

For someone so young

Today dear Lord I'm 80
 And there's much I haven't done
 I hope dear Lord, you'll let me live until I'm
 81
 But then, if I haven't finished all I want to
 do
 Would you let me stay a while until I'm 82?
 So many places I want to go, so very much
 to see
 Do you think that you could manage to
 make it 83?
 The world is changing very fast
 There is so much in store
 I'd like it very much to live until I'm 84
 And if by then I'm still alive, I'd like to stay
 till 85
 More planes will be up in the air
 So I'd really like to stick
 And see what happens to the world when
 I'm 86
 I know dear Lord, It's much to ask
 (and it must be nice in heaven)
 But I would really like to stay until I'm 87
 I know by then I won't be late
 But it would be so pleasant to be around at
 88
 I will have seen so many things
 And had a wonderful time
 So I'm sure that I'll be willing to leave at 89
 May be

Why is abbreviation such a long word but
 means shortening one?

It's not who you know or what you know
 It's what you know about who you know.

Hi. Don't panic but I'm in hospital. I
 accidentally poisoned myself. I ate what I
 thought was an onion but it was actually a
 daffodil bulb. Never mind. Doctor says I'll
 be out in the spring.

5 men and a women were clinging to a rope
 from a cliff. They decided one had to let go
 or the rope would snap. The woman broke
 into a heart rendering speech about how she
 would give up her life to save the others
 because females were used to making
 sacrifices for husbands and children and
 getting nothing in return. What she finished
 all the men started clapping - problem
 solved!

The road to success is always under
 construction.

A woman goes to the doctors to complain
 about her husband.

"Since he came to see you he's been a
 different person," she says. "He never
 takes me out, gives me any money or even
 looks at me. Your treatment has changed
 his entire personality. What treatment did
 he have?"

"What treatment?" says the doctor. "I just
 gave him a note to the opticians for a new
 pair of glasses."

Quote of the Week

"Our deepest fear is not that we are
 inadequate. Our deepest fear is that we are
 powerful beyond measure. It is our light,
 not our darkness, that most frightens us.
 Your playing small does not serve the
 world. There is nothing enlightened about
 shrinking so that other people won't feel
 insecure around you. We are all meant to
 shine as children do. It's not just in some of
 us; it is in everyone. And as we let our own
 lights shine, we unconsciously give other
 people permission to do the same. As we
 are liberated from our own fear, our
 presence automatically liberates others."

Stubble is burning and leaves now are turning
 The autumn is coming in fast.
 Fruit turning mellow and leaves burnished yellow
 The long days of summer are past.
 Lanes that we walked down echo to new sound
 The rusting of leaves as they spill.
 Frosty-white mornings and many such warnings
 That winter's just over the hill!

Seagulls that follow the plough in the hollow
 Are but just another clear sign.
 Wild skies or evening as daylight is leaving
 This nip in these fingers of mine.
 Hillsides a browning at autumn tides crowning
 A definite edge to the chill.
 Nights quicker forming and other such warning
 That winter's just over the hill!

Long flights now starting of migrants departing
 For lands that are warmer than ours.
 Squirrels as-camper to fill up their hampers
 Ere sleeping the cold winter hours.
 Foliage thinning as leaves go a-spinning
 And flowers lie dead 'neath the sill.
 Gales lash the awnings, take heed to these warnings
 For winter's just over the hill!
 (hopefully not too soon)

US scientists have found that peoples' noses really do get bigger when they tell fibs, just like Pinocchio's. This is because extra blood is pumped into the area - so take note that I'll be looking at you.

Hope to see you all at the village hall auction. There could be something there that you always wanted. So come along. Remember - no fibs for not coming!
Rob



CHALKE VALLEY FELLOWSHIP CHRISTMAS FAIR

Chalke Valley Fellowship will host its annual Christmas Fair on **Tuesday 13 November** from 10am to 2pm at Broad Chalke Village Hall. This year the fair's proceeds will go to Salisbury Hospice. The stalls will include everyone's favourites plus some exciting new additions. **Free refreshments** including soup, bread, fruit, cheese, cake, tea and coffee will be served throughout the day. Everyone welcome!



A meeting of the Parochial Church Council of St Mary's, Sixpenny Handley with Gussage St Andrew's was held on Thursday, 13th September 2007

Summary of Agenda Items

- Rev Mel Durrant announced that a 'new' refurbished photocopier is to be installed in the Vicarage very shortly. Copies of the Communion Service will be printed for the Church, including a few large print ones.
- At St Andrew's, the upgrading of curtains, drapes, kneelers, heaters and a notice board is all under way.
- The 'Family Service' is to be renamed 'The Informal Service'.
- MD would like a volunteer to help with office work on a Thursday morning.
- Finance: The bill for the necessary work to the roof is to be about £21,000 +VAT. David Lockyer, treasurer, reported that we are about 10% up in our funds, compared to this time last year for meeting our regular commitments, including the 'Share'.
- Fabric: The handrail is about to be constructed alongside the slope to the church lychgate.
- The proposed path from the Vicarage to the Church has taken a setback because East Dorset District Council disapproves, on the grounds of conservation - the path being near to the church, which is a Grade 2* listed building.
- Tenders have been obtained for the roof and work will commence in about a month's time.
- Fund Raising. The Dorset Historic Churches Sponsored Cycle (or horse) ride raised about £500, half of which will go to our own funds.
- An appeal to members on the Electoral roll and others, to review their giving was launched in September. That money goes to 'in house' expenditure e.g. general maintenance, electricity, insurance etc. At the time of writing, it is going well.

Sheila Bradley (secretary)



THURSDAY 22nd NOVEMBER
SIXPENNY HANDLEY VILLAGE HALL
DOORS OPEN 7PM
START 7.30PM

**ALL PROCEEDS WILL GO TOWARDS
THE CHASE PRE-SCHOOL.
REGISTERED CHARITY NO.1033941**



BARN DANCE

SATURDAY NOVEMBER 17TH

STARTS 7:30 PM IN THE
VILLAGE HALL



TICKETS £7.50 TO INCLUDE
PLOUGHMAN'S SUPPER

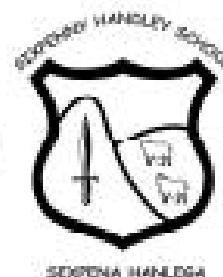
TICKETS AVAILABLE FROM:
SIXPENNY HANDLEY SCHOOL OFFICE:
01725 552358
OR VILLAGE POST OFFICE AND STORES

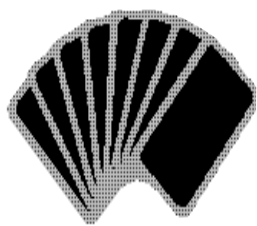
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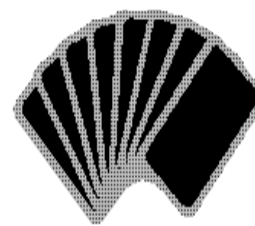
RAFFLE

IN AID OF SIXPENNY HANDLEY SCHOOL





CARDS



Whist. The 2007-2008 competition got away to a good start at the village hall on Wednesday September 5th with 9 tables in play, though missing was the 2006-2007 champion, Doug Haskell, unavoidably absent due to work. In general the 1st round proved to be a relatively low scoring affair, though this does not detract from Mary Penny's score of 173 which secured her top position, closely followed by John York on 172 and Ruby Jacobs 2 points adrift from John in 3rd place. Chris Napier beat Mary Braithwaite into 4th spot, both carding 169 and it took a count back over the last 3 deals of the 1st half before Chris could be confirmed 4th. In a way it may be regarded as poetic justice in that Mary, partnered by husband Peter, took 12 tricks off Chris and her partner, John Cox, on deal 8, thus making Chris's recovery play all the more satisfying. John, unfortunately, continued to have a quite miserable evening finishing with 130 which will be the score allotted to anyone missing a round in the remaining qualifying drives.

Last year it was your scribe who held this dubious honour with a 138 and history repeated itself when I returned precisely the same score for the opening round to finish 32nd from the 36 contenders, Marge Poolman 133 and Barbara Marshfield 132 occupying the slots above John.

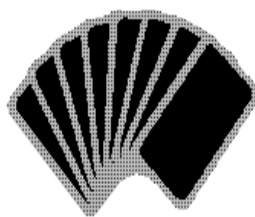
Returning to the top 10 finishers, Len Diggins 166 + 11 and Sylvia Cox 166 + 7 were 6th and 7th respectively, while Nora Davis 164 + 9, Doreen Levertton 164 + 7 and Stuart Haskell 164 + 4 finished 8th, 9th and 10th; Sam Poolman, runner up to Doug in last season's contest, returning 162 + 9 to Arthur Austin's 162 + 6 and thereby making a reasonable start.

Possibly due to late summer breaks et al a number of our *stalwarts* were absent but a new couple graced the scene, namely Tommy and Barbara Marshfield who ended the evening in 15th and 35th place, Tommy being the better after scoring 160.

Bridge. An average of 3 tables in play has been maintained and the current mode of competition, that is partnerships remaining together throughout the 3 months of contest (July to September) is not only proving popular but is witnessing a raising of standards in both the bidding and play of the cards. At the most recent session (Tuesday September 4th) Gerald and Julie Trickey triumphed with a handsome score of 3,360 points accrued over the 16 deals that constitute the afternoon's play, the previous best score being returned by Tim Stevens and Eric Turner who made 3,040 points the week previous. However, John and Nora Davis are still well in contention for first place in the competition with 6 and ½ match points to Gerald and Julie's 5, while Tim and Eric are still in the hunt with 3 and ½ match points.

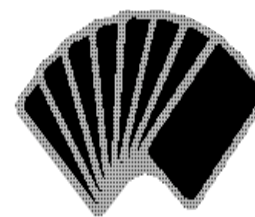
In addition to the match points, individual scores are important for in the unavoidable absence of one player in the partnership an ad hoc pairing is arranged as witnessed in the 1st round of the contest when Eric, in the absence of Tim, partnered Sheila Bradley and scored a respectable 1,170 points. A full breakdown of pairs placements and individual scores will be reported in the next issue of *The Downsman*.

Bill Chorley



SIXPENNY HANDLEY WHIST

2007-2008 COMPETITION



1. The 17 qualifying rounds for the competition are:

Wednesday September 5 th and 19 th	Wednesday October 3 rd , 17 th and 31 st
Wednesday November 14 th and 28 th	Wednesday January 9 th and 23 rd
Wednesday February 6 th and 20 th	Wednesday March 5 th and 19 th
Wednesday April 2 nd , 16 th and 30 th	Wednesday May 14 th
2. Non-qualifying events:

Saturday December 8th Christmas Drive

Wednesday May 28th Competition results and awards of prizes
3. Play commences at 7.30 p.m. Players arriving late will take the lowest returned score for each of the deals completed up to the time of their arrival. For example, a player arriving with deal 4 in progress will commence his or her play at deal 5 with an aggregate of the lowest scores returned for deals 1, 2, 3 and 4.
4. In order to qualify for placement in the awards players will be expected to attend a minimum of 7 of the 17 qualifying rounds. Players who miss a qualifying round will be awarded the score returned by the player placed last on completion of round 1.
5. Should a tie exist in aggregate scores at the end of round 17, the winner will be decided in favour of the tied players placement at the completion of round 1; if a tie still exists, then placements for all subsequent rounds will be taken into consideration until the matter is resolved.
6. Prize money:

1 st £20	2 nd £17.50	3 rd £15
4 th £12.50	5 th £10	6 th £7.50
7 th £5	8 th £2.50	9 th £1.75
10 th £1		

Additional prize money: highest individual score, regardless of overall placement but subjects to a minimum of 7 attendances at qualifying rounds £5

13 trick partnerships during the 17 rounds of competition will receive on the spot payments of 50p per player.

PAST CHAMPIONS

Year	Champion	Runner up
1999-2000	Ray Parsons	Joan Gocher
2000-2001	Christopher Haskell	Harvey Gocher
2001-2002	Marge Poolman	Sylvia Day
2002-2003	Marge Poolman	Sam Poolman
2003-2004	Doug Haskell	Christine Haskell
2004-2005	Christine Haskell	Bill Chorley
2005-2006	Ruth Hustings	Gerald Trickey
2006-2007	Doug Haskell	Sam Poolman



Coach Trip to BRISTOL IKEA

Saturday October 20th

Departs:

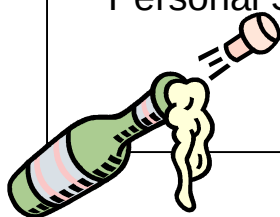
Sixpenny Handley Village Hall at 9.00am prompt

Returns:

Sixpenny Handley 5.00pm (approx)

Cost: Only £12.50 *

*Personal Shopper service available for those who cannot make it on the day.



Champagne raffle on coach

Hurry! – first come first served.

Ring Ciona to book your seat now

01725 553040

All proceeds in support of The Chase Pre-School

Registered Charity No. 1033941

Flu and Pneumovax Clinics 2007

The Government has recommended that the **priority** groups for this year are:

- Everybody **aged over 65**
- Anybody suffering from a chronic disease e.g. those at risk from
 - Chronic respiratory disease or asthma requiring repeated steroid inhalers
 - Diabetes
 - Chronic heart, liver or kidney disease
 - Immunosuppression
- Carers of ill or inform people

We shall be running **CLINICS** in:

Sixpenny Handley

- **Wednesday 10th October**
9.30am - 11.30am
- **Tuesday 30th October**
3.45pm - 5.45pm
- **Friday 2nd November**
9.30am - 11.30am

Broad Chalke

- **Thursday 11th October**
2.30pm - 4.30pm
- **Monday 15th October**
9.30am - 11.30am
- **Wednesday 17th October**
2.30pm - 4.30pm

No appointment is necessary

We will try and keep waiting to a minimum

If you are a priority (see above) and cannot attend any of these dates please telephone Sixpenny Handley Surgery and ask to have your name added to the reserve list by Monday 5th November.

If you **do not** fall into one of the priority groups please **do not** come to the first 4 clinics - but give your name to reception.

T'aoist Tai Chi

Are you interested?
If so call Vicki on 553031
(or leave a message)

Many thanks if you have already got in touch.

We only need 10 more people for regular sessions to take place at the Village Hall.





Sixpenny Handley Bowls Club

Telephone

01725 552591 or 01725 552468.



The 2007 outdoor bowls season has now come to an end. The season has been moderately successful having played 29 matches we won 16, drew 2 and lost 11. Only 4 of these were friendlies - losing 1 and winning 3. We did not entertain any Touring Sides at all this year. This is a pity as these matches are very enjoyable and also financially rewarding.

This year looks to be a good one for the Internal Club Championships as despite the poor weather we have every confidence that the Competitions will be finished by the end of the season. Presentations will be made at our Annual Luncheon which this year will be on Sunday December 2nd at the Crown Hotel in Blandford.

The Ladies' Monday afternoon league team did not do as well as last year but they all enjoyed the experience of playing on grass greens as well as their own home carpet. The Men's County Monday evening league, playing in division three, achieved fourth place although there was only one point in it for third. Only Alexandra Park beat us both home and away. We were unfortunate to have to play West Moors and Wessex during very inclement weather conditions which the home side were more used to on their grass.

We also finished fourth place in the Westbrook Mixed Triples League. Still quite close at the top but Mere and Downton were well ahead at the top.

Here are the Final League tables that we have to hand:

Westbrook Mixed Triples League 2007

Club	Played	Won	Lost	Drew	Shots For	Shots Against	Shot Difference	Points
Mere	16	14	2	0	1236	930	+ 306	178
Amesbury	16	8	8	0	946	1014	- 68	97
Tisbury	16	6	10	0	1027	1055	- 28	101
Wilton	15	6	8	1	924	965	- 41	94
6pHandley	15	6	7	2	1103	1075	+ 28	98
Sal Vic Pk	16	4	11	1	914	1032	- 118	89
Alderbury	15	7	8	0	964	1026	- 62	93
Downton	15	9	5	1	1001	976	+ 25	123
Sal Dev Rd	14	6	7	1	924	966	- 42	93

Dorset Men's League

Division Three									
CLUB NAME	PLAYED	WON	DRAWN	LOST	FOR	AGAINST	(+/-)	POINTS	POSITION
WESSEX B	12	8	0	3	784	600	184	86	1
WEST MOORS A	12	10	0	2	770	616	153	88	2
WEST MOORS B	12	7	0	5	677	647	30	67	3
SIXPENNY HANDLEY	12	7	0	5	681	734	-53	64	4
ALEXANDRA PARK A	12	5	0	7	699	717	-18	49	5
BLANDFORD A	12	3	0	9	628	779	-151	36	6
FERNDOWN A	12	2	0	10	648	795	-147	28	7



Recruitment Day 10th June 2007



The Club held a New Members Day in June. Some people came along and had a go for a little while but have not returned for more. It is hoped that members who encouraged them to come will encourage them again particularly as the club spent money on advertising the event and also some space in the Downsman Magazine. We are encouraged by the English Bowling Association to do this each year and they also help with National Advertising. A bit disappointing really after putting in so much effort. I do have to report back to the EBA as to what we did and the achievements.

It was also disappointing not to have a single touring side this year. Although tourists have to stagger their visits there is usually someone. However we do lack some facilities which other clubs have e.g. our own Club House and a Bar for starters. The kitchen has very little equipment and sometimes snacks etc. are welcome when you arrive on a coach. However we always do our best to entertain our visitors. We are the only Bowls Club in Dorset who have to share their club house with other clubs.

The EBA run an Annual Competition, the winners being the Club who does most for its members during the year (see notice board). I have a copy of details of the winning club last year. Some of the things they did we are unable to do but perhaps there is some we could do. I shall be circulating this information among members. We cannot say that it is because of the artificial surface. Some holiday touring players spend huge some of money to go abroad and play on the same surface for a fortnight.

Jumble Sale 2007

Many thanks to all those who supported our Jumble Sale on September 8th. Not quite as well supported as some in the past but taking into account holidays and other reasons we are well satisfied with a profit of almost £400 for Club Funds.

Other Events to come

The next item not to forget is the Christmas Quiz Night on Saturday 24th November starting at 7.30p.m. in the Village Hall. Seasonal Prizes.

December 2nd 2007 is the Sunday for the Annual Presentation Luncheon at the Crown Hotel in Blandford. 12.30 for 1p.m. Menu will be circulated in due Course.

Before then we shall be holding our Annual Meeting. It should be sometime in early November. Actual date yet to be decided.

I have at last been able to hold a meeting of the Sports Association. Some members have been making wish lists. You may not be aware of this but when you join the Bowls Club or any other Club belonging to the Asson. the Constitution of the Association says that you are a member of that also. The Association has also signed a lease with the Parish Council.



Short Mat Bowls



The Short Mat Bowls Season will start for us the 25th September when we will be playing a League Match in Division 2 of the Blackmore Vale League. Away at Camelot which is at North Cadbury, near Wincanton. This season we will be playing in Division 2 and the 'Tanners' in Division 5. We have sorted out two 'squads' to start with and they will be getting in some practice starting on Tuesday 25th of September in the Village Hall at 7.30 p.m. Although the 'A' Team are away.

We need more players to take an interest as the league only involves in any one match six players in two teams of three, but for social bowling on a Sunday and a Tuesday we need many more players to help pay the Village Hall Fees and we also need to train reserves for the league teams. The season lasts 6 months from the 1st of October to the 31st March or thereabouts after which the outdoor season begins. If you are interested and want to join us more information can be obtained if you telephone Pat Oxford on 01725- 552591.

Here are the dates & Times at the Hall for the next three months: (Tanners and 'A' Team = Home)

September & October 2007

Sept 25 th Tues.	7.30p.m.
Sept 30 th Sun.	2.30p.m.
Oct. 2 nd Tue.	7.30p.m.
Oct. 7 th Sun.	2.30p.m.
Oct. 9 th Tues.	7.30p.m.
Oct. 14 th Sun.	2.30p.m. to 4p.m.
Oct 16 th Tues.	Tanners
Oct 21 st Sun.	2.30p.m.
Oct 23 rd Tues.	'A' Team
Oct 24 th Wed.	Tanners
Oct 28 th Sun.	7.30p.m.
Oct 30 th Tues.	7.30p.m.

November 2007

Sun. 4 th	2.30p.m.
Tues. 6 th	7.30p.m.
Sun. 11 th	2.30p.m.
Tues. 13 th	Tanners
Sun. 18 th	2.30p.m.
Tues. 20 th	7.30p.m.
Wed. 21 st	'A' Team
Sun. 25 th	2.30p.m.
Tues. 27 th	7.30p.m.

December 2007

Dec. 2 nd	Annual Luncheon
Dec 4 th Tues.	Tanners
Dec. 9 th Sun.	2.30p.m.
Dec. 11 th Tues.	7.30p.m.
Dec. 12 th Wed.	'A' Team
Sun 16 th	2.30p.m.
Tues. 18 th	7.30p.m.
Sun. 23 rd	2.30p.m.
Sun. 30 th	2.30p.m.

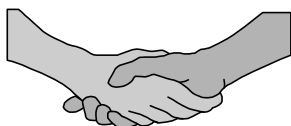
Please see the next issue for 2008 fixtures.

Sixpenny Handley "A Team Short Mat Bowls: Fixtures 2007 DIVISION 2

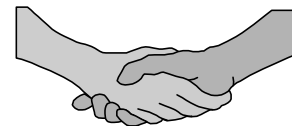
Thursday 11 th Oct.	Whitechurch Wardens Away
Monday 22 nd Oct.	Caundles Away
Tuesday 23 rd Oct.	Whitechurch Wardens Home
Wed. 21 st Nov.	Tarrant Keyneston Kops Home
Wed. 12 th Dec.	Bourton Flax Home
Wed. 19 th Dec.	Sherborne Westenders Away

Tanners' Short Mat Bowls: Fixtures 2007 DIVISION 5

Tuesday 16 th Oct.	Thornford Swallows	Home
Friday 19 th Oct.	Buckhord Bucks	Away
Wednesday 24 th Oct.	Sturfries	Home
Monday 29 th Oct.	Buckhorn Stags	Away
Wednesday 7 th Nov.	Thornford Swallows	Away
Tuesday 13 th Nov.	Keyneston Robbers	Home
Friday 23 rd Nov.	Bishops	Away
Tuesday 27 th Nov.	Shroton	Away
Friday 7 th Dec.	Keyneston Robbers	Away
Tuesday 4 th Dec.	Shroton	Home
Tuesday 11 th Dec.	Sturfries	Away



Country Care



We are: Country care services a recently established business under the management of Helen Best and Jennifer Sherwood. Helen and Jenny have many years nursing experience, working within the NHS and are now committed to delivery of a private care service to the community.

Our aim: Is to provide you with a high standard of professional care to enhance your quality of life by maintaining your independence in the comfort and security of your own home.

Our services: We will visit your home and agree a personally tailored package of care to meet your individual requirements, this may include:

- Short term, long term and weekend care visits
- Personal hygiene & dressing
- Light household duties including preparation of meals
- Accompaniment to medical appointments and walks.

We would warmly welcome enquiries from prospective clients.

If you think we can be of assistance to you or a member of your family or would like further information then

Please contact Helen Best (R.G.N.) on Home- 01258 841370 Mobile-07810593864

Sixpenny Handley Sports Association

For some time now the Sports Association and the Parish Council have been talking with the Dorset Playing fields Association with regard to providing more facilities at the Recreation Ground for a **new sport**. There is some money available for this provided the increased use is of a high enough percentage. This percentage is achievable. We are hoping to provide a practice football pitch which will have multiuse. This will hopefully stop the wear and tear on match pitches.

From next year the mini-soccer will have to play 11-a-side and this will involve a different pitch than the one they use now.

The sports we are being asked to incorporate into a new facility are as follows:

- Netball
- Women's football
- Girls football - there are a large number of girls teams now being run each week by the Dorset County Football Association
- Other children's activities
- Mini-soccer practise
- School use

If you can play or help to run any of these activities please get in touch with the Parish Clerk at the Parish Office or the Secretary of the Football Club or Sports Association

Brian Hansford

The Downsman

DON'T FORGET WHAT'S ON!!!

DATE	FUNCTION	PAGE	DATE	FUNCTION	PAGE
From Oct-02	Short Mat Bowls Fixtures	36	Nov-02	Flu and Pneumovax Clinic	35
Oct-04	Mobile Library	39	Nov-12	WI	20
Oct-07	Fun Run	21	Nov-13	Christmas Fair	27
Oct-08	WI	20	Nov-15	Mobile Library	39
Oct-10	Flu and Pneumovax Clinic	33	Nov-16	Copy Deadline	3
Oct-11	Flu and Pneumovax Clinic	36	Nov-17	Tennis Club Quiz Night	
Oct-14	M of E - Mrs Gerrish's Guesthouse	6	Nov-17	Barn Dance	29
Oct-15	Flu and Pneumovax Clinic	37	Nov-18	Youth FC match	12
Oct-17	Flu and Pneumovax Clinic	38	Nov-22	Bingo - Chase Pre-School	28
Oct-18	Mobile Library	39	Nov-24	Bowls Quiz Night	35
Oct-20	Rob's Auction	6, 13	Nov-29	Mobile Library	39
Oct-20	Concert - Encore Singers	9	Nov-29	Chase Garden Club	25
Oct-20	Ikea Trip - Chase Pre-School	32	Dec-01	Next Issue	3
Oct-24	WI Council Meeting	20	Dec-02	Bowls Presentation Luncheon	35
Oct-25	Chase Garden Club	25	Dec-05	WI Carol Service	20
Oct-28	Youth FC match	12	Dec-10	WI Christmas Meeting	20
Oct-30	Flu and Pneumovax Clinic	34	Dec-15	King of Kings Kids' Club	19
Oct-31	WI Group Meeting	20	Feb-01	Jazz	6
Nov-01	Mobile Library	39	Mar-13	Forest Forge - To The Marrow	6