

Alderholt Parish News

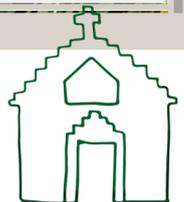
April 2024

- 📁 Congratulations St. James' First School!
- 📁 British String Quartet *in Alderholt*
- 📁 details of St. George's Day concert to support The Royal British Legion



70p

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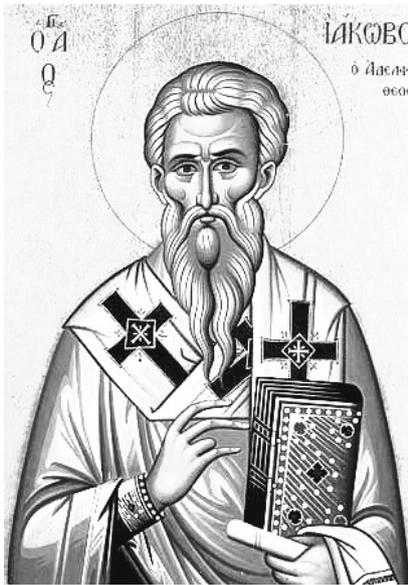


Saints



Happy Easter! Its amazing to think that for more than 2000 years the Jewish Passover has been celebrated on the first night of the full moon after the spring equinox. And since sometime in the mid 30's AD, Christians have celebrated the resurrection of Jesus on the same weekend, which later came to be called Easter.

These religious festivals are rooted in actual events that happened in history, but of course they're so long ago that many people think they might be made up. Its amazing how quickly we let go of history, there are people today who don't believe the Holocaust happened, even though there are people alive who were there and we have all the physical evidence. But if the Bible is so old, is our faith or belief even relevant or practical in 2024? It might feel like it was easy for Jesus to say "don't be angry at anyone" but he didn't have to deal with some of the idiots on the road or Internet trolls! You may know of the Amish, who try to live in a different century so that they can better follow God's way. Its a bit extreme, and even though the Bible doesn't mention mobile phones or football, I



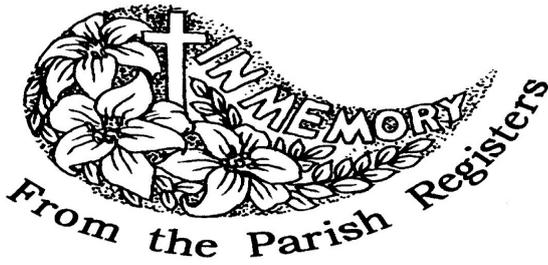
St James

think that its still got things to say to this century and we shouldn't deny the way the world is now. In order to fire our imaginations about how to do that, the Church celebrates lots of people who managed to live the faith in their particular time and place. We call them Saints, but don't get hung up on the title. These are real historical people, who were refreshingly human, and yet who also strived to live in God's way.

You'll have heard of St Francis, born 1180, who restored a building, which you can visit, founded an order of monks, who are still around today, and said lots of cool stuff about looking after the planet, animals, and he looked after the poor. Going back earlier there is St Patrick, born around 600 AD. He lived in the North West of England. He was kid-napped by Irish raiders when he was about 16 and worked as a slave in Ireland for 15 years. It was his faith that kept him going in such awful conditions, until God told him in a dream to escape. He made it back home, trained for the priesthood, and then God told him to go back to Ireland to bring them the gospel! Not only he did do that, but he explained the faith to them in ways they could understand - using the three leaf shamrock to signify the trinity, or their own knot work to show the unending love of God.

Moving forward there are people like Mary Sumner who founded the Mother's Union, or George Muller who ran orphanages in Bristol run on faith alone. But if even these are too distant, too historical or amazing, I take comfort in the 'everyday saints' that I've met and know. A lady called Theresa who ran a women's refuge and hostel in London. She was unmarried, unremarkable, and with plenty of her own baggage as we might say. But she ran a home where there was love, and boundaries, with some really challenging people in it, but she made them feel safe. And it wasn't easy, there were lots of other things she could have done, and I bet there were days she wanted to leave, but she never did.

Continued on page 5



In March the funeral took place
of

Steven Dodd

At St. James' Church
In April there will be the
interment of ashes of

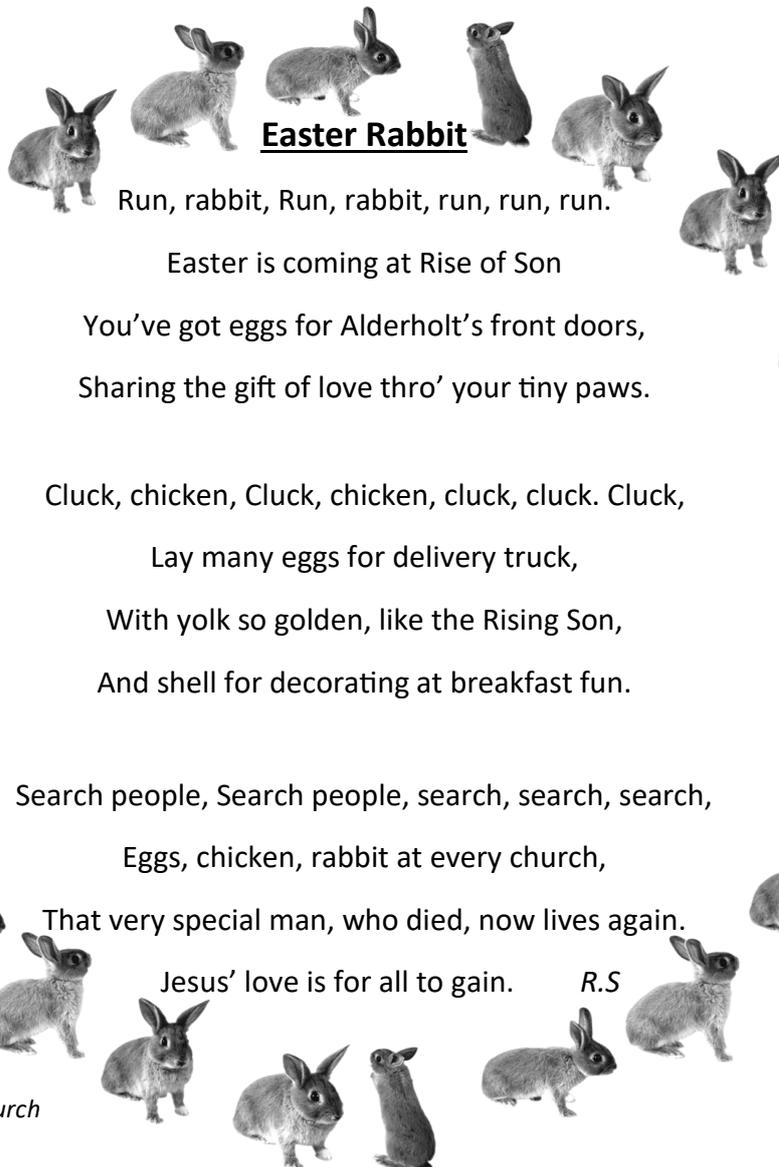
Teresa Davis

Continued from page 3

Or Robin, who moved onto a difficult council estate where my last church was. He didn't just want to come and 'do good to others', he wanted to live with them. He set up a youth work project, and despite not much money, or encouragement, he is still there, getting alongside the kids that the schools and police don't really have time for.

We had a sign over the entrance to my last church school. It said - Jesus never told us it would be easy, but he did say it would be worth it. There is new life out there, for you and the world - don't lose hope!

Rev'd Simon



Easter Rabbit

Run, rabbit, Run, rabbit, run, run, run.

Easter is coming at Rise of Son

You've got eggs for Alderholt's front doors,
Sharing the gift of love thro' your tiny paws.

Cluck, chicken, Cluck, chicken, cluck, cluck. Cluck,

Lay many eggs for delivery truck,
With yolk so golden, like the Rising Son,
And shell for decorating at breakfast fun.

Search people, Search people, search, search, search,

Eggs, chicken, rabbit at every church,

That very special man, who died, now lives again.

Jesus' love is for all to gain. R.S

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A huge thank you to all those who made our Curry Lunch so successful, the assortment of curries was delicious and we raised £220 which, together with a further £100 in donations is going towards the work in Sri Lanka amongst tea plantation workers who are both poor and often excluded from society.



The work there includes:

- **Educational Assistance programmes**, helping their children to achieve through coaching and Scholarship programmes so that they can lift themselves out of the poverty cycle
- **Pregnant mother's programmes** especially antenatal care and nutritional assistance
- **Children's Club programmes** focussing on cognitive development and play learning
- **Infant development programmes** including child development and nutritional advice
- **Career Guidance** for older children
- **Advocacy** including human rights training and child protection seminars

Our next event to raise money for this work will be :

PLANT SALE
Saturday 18th May 2024 10-12 at The Grange Daggons Road Alderholt.
More details next month but please keep the date free!

Continuing from the poster in February's edition....

Buy naked fruit and vegetables



The best is what you can grow at home or on an allotment. We swap in season fruit and vegetables but this is not for everyone. It is possibly better to buy from the local green grocer when you can, but this is often more expensive or may not be convenient.

Most supermarkets now sell unwrapped fruit and vegetables. Paper bags are available for you to put your purchases in, rather than plastic, things are moving in the right direction. I try if I am getting from the supermarket to take these bags with me as well, or put them straight into the trolley.

I know that some people do not like the idea that someone else may have touched the produce and this is why they bagged them they tell us! However many have to be peeled and all should at the least washed before eating! So should we care that they may have been touched by someone else.

I also line my food waste bin with brown paper bags when I can't get the compostable ones for free. So there is one more use for the supermarket bags! C.C

St. James' PCC Review of the March Meeting

This month was the first of our new yearly goal 'Inside Out Church'. We went through our review area which was the Christmas Bazaar and discussed what we are doing differently this year. Our Focus topic was 'Worship and Teaching' so we discussed Eco Church and our Eco Church award status and what we will be focusing on going forward. Also we discussed home groups, Pastoral Care team and Worship and teaching in Church which includes or current conversations about Inclusive Church. Then we spoke about Zoe's, our Children and Families Worker, report and also looked at the Safeguarding dashboard we are working through. *Holly Botto*



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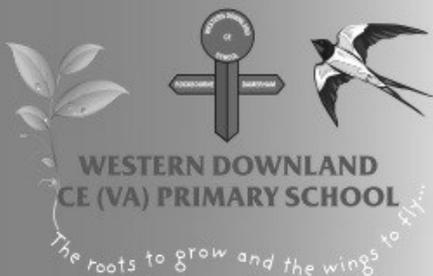
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Rt Hon Damian Hinds MP
Minister for Schools

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tel: 0370 000 2288 www.education.gov.uk/contactus/dfe

Headteacher Jo Hudson
St James' Church of England First School and Nursery, Alderholt
Hampshire
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Fordingbridge
SP6 3AJ

08 January 2024

I am writing to congratulate you on your school's outstanding achievement in the 2023 Phonics Screening Check.

We want to ensure every child develops a firm grasp of phonics as the basis on which to improve standards of reading. As such I was delighted to see your results.

With 100 per cent of pupils in Year 1 at St James' Church of England First School and Nursery, Alderholt meeting the expected standard in the check, your school is in the top 1 per cent of all primary schools in the country.

The latest figures show that 83 per cent of pupils who met the expected standard in the check went on to achieve at least the expected standard in reading at key stage 2 in 2023, which underlines the importance of developing the ability to decode words effectively at an early age.

Your particular success in teaching phonics and early reading so effectively means your pupils are developing a firm foundation, from which they can become increasingly fluent and develop a lifelong love of reading.

I would like to thank you for your commitment and success in this vital area of a child's early education and congratulate you, your staff and pupils again on all you have achieved.

Yours sincerely,

Damian Hinds
Minister for Schools

Annual Magazine Cost & Free Delivery

Just a quick reminder that annual subscriptions are now due. You can either pay by BACS or give your subscription to your deliverer.

The annual cost is £7.50 which works out at £0.65 per copy. Part year subscription is charged pro-rata. Payment can be made by cash or cheque to the agent who delivers your magazine or by BACS payment. *Vernon Jolliffe*

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Vernon Jolliffe 01425 657823

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Could you deliver 10 or 12 copies of ALDERHOLT PARISH NEWS each month?

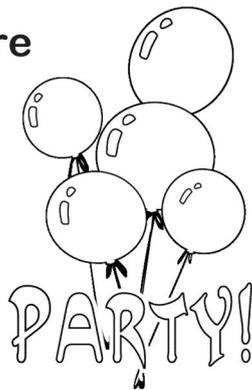
We need to recruit new volunteers to help in the distribution of this magazine. Each month some 25 volunteers deliver to individual households throughout Alderholt.

We are seeking to expand our core of volunteers, so that many people deliver few a copies. Also we are seeking a few people would be willing in to cover any round where the existing person is either on holiday or sick.

If you feel that you are able to help then we would love to hear from you. For an informal discussion please call either Vernon Jolliffe—01425 657823 or Louise Giles 077 621 468 44

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Fordingbridge Flower Club

On a very wet day In February, 13th to be exact, the Committee hosted a Coffee Morning for past and present members at the Avonway, in Fordingbridge. It was a most successful morning.

We were well supplied with cakes, scones, tea and coffee together with a talk by Dave Cates from Salisbury District Hospital Stars Appeal. The talk was interesting and enlightening, many of us having no idea the support The Stars Appeal give to the hospital, which in turn benefits the patients.

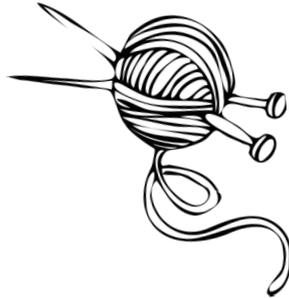
The Stars Appeal is our chosen Charity for 2024.
Jane Marlow Secretary.

If you would like further information about Fordingbridge Flower Club, please contact our Chairperson at eileen.witt@sky.com



Needlework Group

Most of the needlecraft group who meet on 2nd and 4th Wednesday evenings of the month in St. James' Church Hall, bring along their own work and have a chat, but two of us are knitting special 1950's cardigans for the Redlynch players production of 'The Village School' 1955. They should be finished by the middle of this month and the play is scheduled



for the middle of May. We had a "make do and mend" coffee morning in January which raised over £100 for the church. We hope to add to our poppy display for remembrance day and will probably start work for this in September. We welcome visitors and new members at any of our meetings, just come along or message me on Facebook.

Cathryn Candy

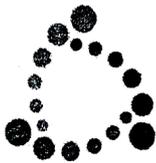
Alderholt History Group

Thirty-five members of the Alderholt History Group met on Tuesday 5th March in the Presseys Coffee Room at Alderholt Chapel.

Stan Broomfield gave an illustrated lecture on the Salisbury and Dorset Joint Railway, 1866 - 1964, which included some last train video/film, maps and artifacts.

The next meeting of the group will be on Tuesday 7th May - new members are always welcome. *Adrian King*





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Extracts from Dean Nick's Letter, who is currently on Sabbatical in Jerusalem



Dear Friends,

I'm writing from East Jerusalem, where I am on an extended visit during my period of sabbatical leave.

I've been worshipping at a variety of places here, among them the Anglican Cathedral of St George. Coincidentally, the building was consecrated in 1898 by the then Bishop of Salisbury, John Wordsworth. I sit next to Bishop Wordsworth's memorial in Salisbury Cathedral at Morning Prayer every day. So in that sense I feel very close to home.

But in others, less so. Jerusalem is fifty miles or so from Gaza, and the echoes of the war that rage there resound here daily. There are very few international visitors. While the Via Dolorosa and the Church of the Holy Sepulchre normally throng with pilgrims from all around the world just now they are almost empty. The economy of the city has been hard hit – the hotel where I stayed with some of you in 2022 is closed and barred.

The impact of the war is obvious not just in locked buildings and anxious shopkeepers. East Jerusalem, the West Bank, and Gaza may have been occupied for more than fifty years, but today the Israeli security presence is more evident than ever. Armed Border Police guard every gate to East Jerusalem's Old City and are stationed at strategic places throughout its winding streets. On the Islamic holiday of Isra and Miraj the local festivities were particularly closely watched. Access to the West Bank through the usual checkpoints is heavily restricted, and access to the Al Aqsa mosque tightly controlled – where once ten of thousands would go there to pray on Friday, now only a few thousand are permitted. This feels like a city under siege.

I was privileged to attend a Bible study with Palestinian Christians recently. The text we looked at was the great commandment which Jesus endorses, that we are to love our neighbours as ourselves. All the stock responses that I might have made – about the vulnerability of God in Christ as a pattern for our relationships – all the stock responses fell away as those present asked themselves, what does it mean to love my neighbour here and now, in this city under siege? What does it mean to love my neighbour when my neighbour is an armed settler who has taken a house on the street where I live?

So - one of those participating described how she had been stopped by a young Israeli soldier the previous day. She has lived in the Old City of Jerusalem all her life, and she was trying to go home. The soldier took her identity card and went off with it. She was told to wait. She was told that it would take a while. Eventually the soldier returned, flung the card back at her, and allowed her to pass. It's a daily routine – a daily humiliation – that many face. What does it mean to love the soldier who treats you with contempt?

The participants in the Bible study agreed that the command was to love, not to like, and that these are different. They agreed that to hate was a sin. They agreed that love must at the very least mean never losing sight of the other's humanity. But they also agreed that loving their neighbour asked of them more than they could achieve in their own strength. More than one of them chafed at the notion of being asked to love those who hate them.

.....This year I received Lenten ashes at St George's, and as I did so I grieved for the ashes of Gaza and the suffering of the peoples of this land. And my prayer is that in the weeks ahead that space might be transformed – that what I want might be more closely aligned with what God wants, and that I might allow God to do in me what God needs to do in the world. For the way of faith is not about growing in experience or expertise but about growing in the knowledge of God, and the wisdom of God, and the love of God – or, rather, about those growing in us.

Your friend, Nick

The Very Reverend Nicholas Papadopoulos was installed as the 81st Dean of Salisbury in September 2018. He leads the life and work of Salisbury Cathedral, and chairs the Chapter, which is the Cathedral's governing and strategic body.

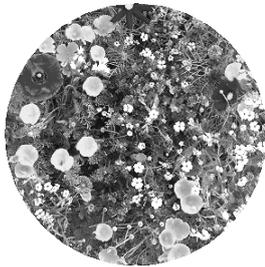
As senior priest of the Diocese he shares with the Bishop and members of his staff in the oversight of the Diocese. He arrived in Salisbury for the first time in 2002 and worked for nearly five years as chaplain and press officer to Bishop David Stancliffe.



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What is an Angel?

Easy, people think: a shining figure with glorious wings, who appears from time to time to do some mighty work for God or bring a very special message from him.

Well, that's right in one sense (apart from the wings, which owe more to stained glass windows than the Bible). But the fact that not all 'angels' in the Bible are 'glorious' or 'shining' should make us hesitate to categorise them in this spectacular way. After all, the three apparently ordinary men who visited Abraham and Sarah to tell them that she would have a son even though she was long past child-bearing age had none of those outward embellishments. Nevertheless, Abraham recognised them as divine messengers.

The Bible is full of angels, from the early chapters of Genesis to the last chapter of Revelation, and often they had a key role in crucial events. It seems, from just two instances, that Michael was their leader, an

'archangel'. In many stained glass windows he's seen with a sword, because in a vision in Revelation he led the angelic host who fought and defeated Satan and his army.

In the Gospels, an angel of the Lord appeared to Zechariah in the Temple, to tell him that his elderly wife was to have a son, the forerunner of the Messiah, John the Baptist. An angel – Gabriel – appeared to Mary to tell her that she would be the mother of the Messiah, the Son of God. An angel appeared 'in a dream' to Joseph, the village carpenter in Nazareth, to tell him to go ahead and marry his fiancée, Mary, and later – also in a dream – warned him not to go back to Bethlehem. A 'young man', whom we take to have been an angel, was sitting in the empty tomb on Easter morning, waiting to tell the startled women that Jesus wasn't there – He had risen (Mark 16:5).



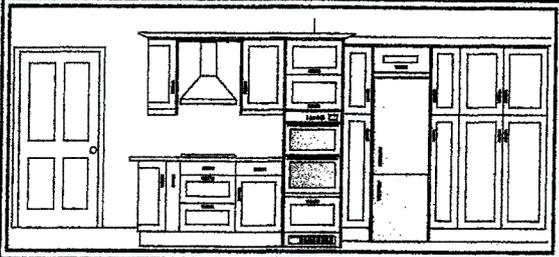
Without going into every biblical reference to angels, those should be sufficient to show that the word covers an enormous diversity of experience. So the Letter to the Hebrews speaks of those who practice hospitality as sometimes 'entertaining angels unawares'. Some-

times people recognised angels for who they were, and sometimes they didn't. Angels, quite simply, are God's agents or emissaries, messengers and ministers of His will. Sometimes they are human; sometimes they seem to be spiritual beings.

Perhaps we could even say that anyone, in any situation, who is at that moment God's 'messenger' to us, or serves us graciously, is an 'angel'. So, when we say, 'Oh, be an angel and pop up to the chemist for my prescription', we may be nearer the heart of the matter than we think!

By Canon David Winter

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St George of the Golden Legend

St George is Patron Saint of England, but he never actually came here. He was a Christian officer in the Roman army under Diocletian, who refused to abandon his faith during the Terror. George was therefore martyred in Palestine about 300 AD. His courage became legendary, and St George became the example of a Christian fighting-man, a powerful helper against evil powers affecting individual lives. He was the soldier-hero of the Middle Ages. In the Golden Legend of the 13th century, Jacobus de Voragine tells the story of how St George helped rescue the people of Sylene in Lybia from a dragon, especially the princess, who had been offered to the dragon as a sacrifice. With the dragon dead, and the princess returned to her father the King, the people of Sylene converted to Christianity. *We remember him on 23rd April*



George	Roman	Palestine	Soldier	Princess
Patron	Army	Courage	Hero	converted
Saint	Diocletian	Example	Golden	
England	Terror	Helper	Legend	
Officer	Martyred	Evil	Dragon	

Answers on page 42



Thai Kitchen Takeaway



Panang Curry



Pad Thai

Thai Kitchen Takeaway & Restaurant

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Thai Kitchen Takeaway & Restaurant

STARTERS

	Dining-in	Takeaway
1. Prawn Crackers	£2.50	£2.00
2. Vegetable Spring Rolls (6 pcs)	£5.95	£5.50
3. Chicken Satay (5 skewers)	£6.25	£5.95
4. Thai Fish Cake (5 pcs)	£6.50	£5.95
5. Golden Bag (5pcs)	£6.25	£5.95
6. Thai Sweet Corn Cakes (5pcs)	£5.95	£5.50
7. Pork Spare Ribs	£6.50	£5.95
8. Prawn Spring Rolls (5pcs)	£6.50	£6.25
9. Mixed Starter for 1	£6.25	£5.95

(2 fishcakes, 2 spring rolls, 2 satays)

10. Tom Yum Soup **Spicy**

Chicken / prawns	£6.25	£5.95
Mushroom	£5.50	£5.00

CURRY

	Dining-in	Takeaway
11. Green Curry **spicy**		
Beef / Prawn	£10.50	£8.50
Chicken	£9.95	£7.95
Veg / tofu	£8.95	£7.00

12. Red Curry

Beef / Prawn	£10.50	£8.50
Chicken	£9.95	£7.95
Veg / tofu	£8.95	£7.00

13. Massaman Curry

Beef / Prawn	£10.50	£8.50
Chicken	£9.95	£7.95
Veg / tofu	£8.95	£7.00

14. Panang Curry

Beef / Prawn	£10.50	£8.50
Chicken	£9.95	£7.95
Veg / tofu	£8.95	£7.00

15. Jungle Curry **very spicy**

Beef / Prawn	£10.50	£8.50
Chicken	£9.95	£7.95
Veg / tofu	£8.95	£7.00

STIR FRIED

16. Pad Kraprow **spicy**

Stir fried with fine beans, onions, pepper, and garlic

Beef / Prawn	£10.50	£8.50
Chicken	£9.95	£7.95
Veg / tofu	£8.95	£7.00

17. Pad Prieu Wan (Sweet & Sour)

Stir fried with pepper and cucumber in sweet and sour sauce

Beef / Prawn	£10.50	£8.50
Chicken	£9.95	£7.95
Veg / tofu	£8.95	£7.00

18. Pad Nam Man Hoi (Oyster Sauce)

Stir fried with onion, mushroom, broccoli in oyster sauce.

	Dining-in	Takeaway
Beef / Prawn	£10.50	£8.50
Chicken	£9.95	£7.95
Veg / tofu	£8.95	£7.00

19. Pad Khing (Ginger)

Stir fried with ginger, spring onion, carrot and mushroom in oyster sauce.

Beef / Prawn	£10.50	£8.50
Chicken	£9.95	£7.95
Veg / tofu	£8.95	£7.00

20. Pad Med Ma Muang (Cashew nuts)

Stir fried with cashew nuts, onion, carrot pepper and pineapple.

Beef / Prawn	£10.50	£8.50
Chicken	£9.95	£7.95
Veg / tofu	£8.95	£7.00

21. Pad Kratiem (Garlic)

Stir fried with garlic and mushroom in oyster sauce.

Beef	£10.50	£8.50
Chicken	£9.95	£7.95

NOODLE / RICE

22. Pad Thai

Stir fried rice noodles, tamarind sauce, eggs, carrots, spring onions and bean sprouts.

	Dining-in	Takeaway
Beef / Prawn	£10.50	£8.50
Chicken	£9.95	£7.95
Veg / tofu	£8.95	£7.00

23. Pad See Ew

Stir fried rice noodles with egg, vegetables in dark & sweet soy sauce.

Beef / Prawn	£10.50	£8.50
Chicken	£9.95	£7.95
Veg / tofu	£8.95	£7.00

24. Pad Kee Mao **spicy**

Stir fried rice noodles with chillies, spring green and basil leaves.

Beef / Prawn	£10.50	£8.50
Chicken	£9.95	£7.95
Veg / tofu	£8.95	£7.00

25. Steamed Thai Jasmine Rice £3.00 £3.00

26. Coconut Rice £3.50 £3.50

EXTRA

27. Chips £3.50 £3.50

28. Chicken Bites (6pcs) £4.50 £4.50

29. Chicken Bites (6pcs) and Chips £8.95 £7.00

30. Scampi (8pcs) and Chips £9.95 £8.00



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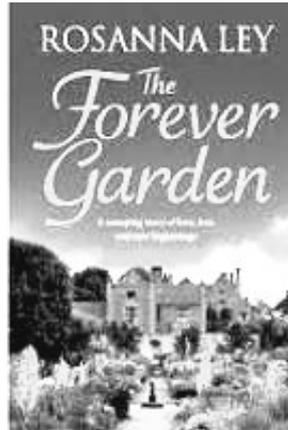
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An Alderholt Garden

Gardening Jobs you may do in April

My wife Jean, reads much faster than I do so, if she's really enjoying a book she thinks I would like, I get her to make a note for me to read later. She recommended 'The Forever Garden by Rosanna Ley'- I've just finished it, what a wonderful read. It's a romantic novel about two connected families, one in Garden Design in Dorset and Italy, the other in Restaurants in Puglia Italy. One of her Garden Designers said something



which really struck a chord with me –“It might seem a bit silly but sometimes when I hold a plant in my hand it almost seems to tell me where it wants to be planted”. One thing this writer does do – a character will ask a question then she writes another paragraph before another character answers the question. By which time I've forgotten what the question was! But a great read.

As I write February has gone and we are halfway through March and still it rains! We hope during the rest of March and April we fair rather better. Let's see what a mess the **Flower borders** are in. We haven't been able to get on ours for 4 Months! Continue to dead-head bulbs after flowering (see last month). If space is required they can be re-planted in a spare area not required for anything else, until leaves have died back naturally. Dig up with plenty of soil so bulbs aren't 'shocked' too much. Split hosta's after flowering if required. If very big, cut smaller plants from the outer sections and discard the older central non-productive core. Outer sections can then be replanted with added compost/well-rotted manure in new groups of say 3. Thoroughly water after planting, if the weather is dry (ha ha). New hedges can be planted, after thorough preparation. Beech and or hornbeam, not evergreen but their golden brown leaves generally hold on through the autumn/winter to give you some privacy and provide warm winter colour. Alternatives, evergreens English yew, which can be kept quite small if necessary (don't use if near cattle). Or thuja plicata lobbii, quicker growing than yew. Water newly planted shrubs and trees etc. Container grown trees, shrubs and perennials can all be planted if hardy and hardened off. Complete pruning of roses then they can be sprayed against aphid and blackspot, see last month. Trim back grey-leafed shrubs to keep them compact e.g. erica arboria (tree heather or tree heath), helichrysum italicum (curry plant), santolina and senecio. Continue to tie in new shoots of climbers. Prune shrubs e.g. abelia, acer (only dead wood), callicarpa (unwanted or damaged branches), calluna/erica (heather) tidy up after flowering, ceratostigma (plumbago) almost to ground level, choisya remove

frost damage, cotinus, cotoneaster, fatsia (trim to required size only), garrya remove dead branches, hydrangea where the mop heads have been left on for frost protection, these can be removed along with any weak growth, remove in all a third of the stems each year. After taking out dead and weak growth, remove oldest stems to make up to a third. Same process with lace caps. Hypericum – tall varieties, 3-6ft. remove top third of each stem and any dead growth, laurus (bay) remove damaged stems and leaves, lavender trim, not into old wood, lupinus (tree lupin) shorten stems, mahonia remove any unwanted growth, olearia (daisy bush) remove dead branches, osmanthus ditto, paeonia remove dead or damaged branches, perovskia (Russian sage) cut back to 9, photinia cut back frosted shoots, rhododendron cut back hard any bare-leggy stems, sambucus prune back hard, skimmia dead or damaged only, spiraea summer flowering cut back to a few inches above ground, symphoricarpos (snowberry) unwanted shoots. Continue to divide perennials and stake, cut down any dead growth from last year still remaining on perennials. Continue to protect young perennial growth from slugs and snails. Weed beds. Looking for stock for your rockery? Primula denticulata should be planted more often, in sun or semi shade, not suitable for very dry areas. Grape hyacinths can be purchased in pots avoid muscari armeniacum and racemosum which can be invasive. A lovely one is muscari botryoides a mid blue, or botryoides album a nice white. Another rockery favourite is ornithogalum lanceolatum, white 2-4 ins high. Toxic.

Veg. Begin to harvest rocket if sown in January. Prepare runner bean trench, incorporating

PTO

continued from previous page

well-rotted manure in the bottom spit. This can then be left to settle prior to planting out in May. All of those seeds mentioned last month can be sown, plus beans (French), beet, broccoli, celery, kohlrabi, leeks, mustard & cress. Spring cabbage can be cut. Plant potatoes, old gardeners would plant earlies in rows 1 9 apart with tubers 1 apart in the row and second early, in rows 2 3 apart with tubers 1 3 apart in the rows and main crop, given more space again, rows 2 6 apart and tubers 1 6 in their rows. Potatoes 4 deep, rows should run north-south if you can.

Now to the Lawn. Sow or turf new lawns after allowing land to settle following thorough preparation earlier. Mow established lawns regularly. Begin to apply feed, following makers instructions.

Under Glass. Plant out tomatoes and cucumber, I like to use ring-culture. I generally don't get much in the way of disease problems, using this method. Pot up, or on, cuttings taken earlier. Sow aubergines, chillies, cucumbers, peppers and tomatoes.

General. Plant up hanging baskets, pots etc. Leave in frost-free area until hardening up can go ahead.

Fruit. Prune fan-trained stone fruits like, apricots, cherries, nectarines, peaches and plums. Feed and apply mulch to fruit in general.

Leaving you with this mystery:- Yet again someone or something has added more soil to my vegetable bed.....The plot thickens
Hope you enjoy your gardening. *Les Sacre*



General Synod backs action to tackle biodiversity crisis

The General Synod has backed a series of measures to promote biodiversity on C of E land, from churchyards as havens of wildlife and plants, to the stewardship of agricultural and forestry land.

Members of the Synod welcomed progress already made by the Church Commissioners, the National Church Institutions, dioceses, parishes, cathedrals, and schools to manage their land for climate and nature. (*including St. James' efforts*)

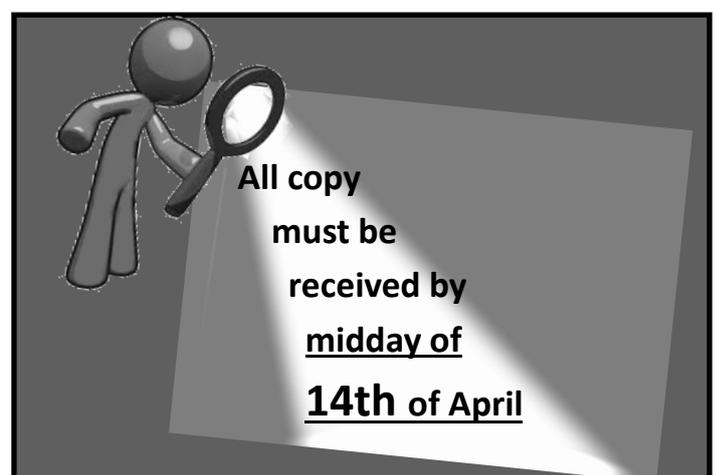
The Synod approved further action to increase biodiversity including work towards drawing up environmental policy and land management plans for Dioceses and the recording of biodiversity in church green spaces.

Introducing the debate at the Synod, the C of E's lead Bishop for the Environment, Graham Usher, said: "We are one of the most nature-depleted countries in the world - 2% of species are already extinct - 41% of species have declined since 1970, 26% of our mammals are at risk of extinction and 97% of UK's wildflower meadows have been lost since the 1930s.

"We need to act now to help the diversity of life on this single island planet home we share."

Bishop Graham said that churchyards are home to a range of wildlife. In many parishes the churchyard is the only remaining 'species-rich' grassland untouched by post Second World War cultivation and development. He added that in urban areas, churchyards are often the only green space.

"Our churchyards should be places of the living, not just the dead," he added.



ALDERHOLT PARISH COUNCIL

Report for April 2024



Dudsbury Homes Planning Appeal

As you are probably all aware the Parish Council was granted Rule 6 status for the Planning Inquiry which means it can have legal and expert witness representation. At the time of writing this article the Council will proceed with legal representation, but this will be dependent on whether the fund raising target is reached. The decision to seek legal and expert witness representation was not taken lightly but the Council firmly believes it is a worthwhile investment in the village, strengthening Dorset Council's defence of their initial rejection and ensuring the adverse impact to our Parish is represented.

By the time you read this article the position could have changed and regular updates regarding the situation and any action the Council is taking will be posted on the Council's website and Facebook page.

Elections

If you are interested in becoming a Parish Councillor there is still time to submit your nomination papers. Nomination papers must be hand delivered to the Returning Officer, Dorset Council, County Hall, Colliton Park, Dorchester, DT1 1XJ between 9.30am and 4.30pm on any working day (excluding bank holidays) but before 4pm on Friday 5 April 2024. Some additional appointments will be available in the evenings and also at locations in Blandford Forum, Wareham and Wimborne. Please make an appointment to deliver your nomination papers by telephoning Electoral Services on 01305 838299 or emailing elections@dorsetcouncil.gov.uk Nomination papers may be obtained from the offices of the Returning Officer, Dorset Council, County Hall, Colliton Park, Dorchester, DT1 1XJ during the times stated above or can be downloaded from <https://www.electoralcommission.org.uk/guidance-candidates-parish-council-elections-england/nominations/completing-your-nomination-papers>

Annual Parish Meeting

The Annual Parish Meeting is due to take place on **Monday 29th April**, venue to be confirmed – details will be made available on the Council's website. The Annual Parish Meeting is an open meeting for all electors of Alderholt parish. It is not a meeting of the Parish Council. Local community organisations are invited to attend and give presentations.

Big Alderholt Fete

This year's Big Alderholt Fete will take place on **Saturday 8th June** at the recreation ground and will run from 12pm to 4pm. There will be lots of stalls and activities to entertain all ages. We look forward to seeing you there.

Parish Council Meetings

The next Parish Council meeting will take place on **Monday 8th April 2024** at 7pm in the Village Hall. The next Planning Committee Meeting will take place on Monday 15th April 2024 at 7pm, in the Committee Room in the Village Hall. Please check the noticeboard and/or Parish Council website for most up to date information. Details of what the Council has been discussing can be found in the minutes on our website.

Parish Office and Councillor Surgeries

Alderholt Parish Council office is open to the public on Monday mornings (except for bank holidays), from 10.00am until 12.00 noon. The Parish Council deals with a wide range of issues within the village. These include allotments, the recreation ground, highway maintenance, planning issues plus many more. Please call in to see us if you have any queries and don't forget that Councillor Surgeries take place on the same morning as the monthly market in the Village Hall. Councillors will be seated in the market itself, but confidential discussions can be held in the Committee Room if required.

The office is located at the front of the Village Hall in Station Road. Tel; 01425 657587

Email; clerk@alderholtparishcouncil.gov.uk Website: www.alderholtparishcouncil.gov.uk

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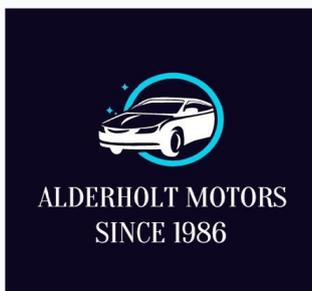


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Popular bathing spot on the Hampshire Avon in Fordingbridge shortlisted by DEFRA as new bathing water site

Fordingbridge Avon Bathers (FAB), a community group in Fordingbridge, Hampshire has been campaigning since April 2023 for their section of river to be recognised as an official bathing water. The Department for Environment, Food and Rural Affairs (DEFRA) announced on 26 February that the site has been shortlisted to be considered as one of their newly designated inland bathing water sites, subject to the results for a two-week consultation period.

The River Avon at Fordingbridge Recreation Ground is a vital resource for the town, and incredibly



popular with swimmers and children paddling and playing in the river. A supporting survey showed that an overwhelming 98% of those questioned supported the application, and highlighted how important the site was to the whole community.

When a location is officially designated, the Environment Agency has a responsibility to test the water quality during the bathing season. A bathing site will then receive a classification of Excellent, Good, Sufficient or Poor at the end of the bathing season. The regulator then has a responsibility at Poor classified sites to prevent, reduce or eliminate the causes of pollution, and identify the reasons it didn't receive a higher classification.

Adam Ellis, FLOW CIC (part of Fordingbridge Avon Bathers) says:

“We are delighted to hear that DEFRA has listened to our community about the importance of the Hampshire Avon which is a globally important chalk river with the highest level of protection. I worry that the next generation isn't going to fall in love with the river and protect it if their parents are too scared to let them paddle. Getting bathing water status will allow water users to make an informed choice, as well as driving further investigation and intervention into sources of pollution”

Kirsty Davies, Community Water Quality Officer from Surfers Against Sewage says: “Passionate

communities like Fordingbridge Avon Bathers are leading the way in applying for bathing water status to protect the health of their local waterways, and people's health. We know that inland waterways achieving bathing water designation isn't a silver bullet to improve water quality. However, it is a vital next step in our plans to lift the lid on

polluters, force regulators to act and end sewage pollution for good.”

More details / related content

<https://www.fordingbridgeavon.org/>

<https://www.gov.uk/government/news/plan-revealed-for-dozens-of-new-bathing-water-sites>

For the Love of Water (FLOW) CIC

www.loveofwater.org



Paying methods



We are so used to paying by contactless that when we have to withdraw cash or type our PIN into a card reader, our minds go blank.

'Contactless' payments hit a record high last year. A staggering 93.4 per cent of all in-store card transactions up to £100 was made using contactless, rather than cash or PIN and card reader.

According to Barclays, we now depend on contactless payments and smartphone technology so much that more than a fifth of young people now leave their wallets at home when they go shopping.

Contactless technology was first introduced by Barclaycard 17 years ago. It had a spending limit of £10. The limit was increased during the pandemic, to reduce physical contact in shops, rising to its current £100 limit.



...between you and me, it's the only way I can remember my PIN number!

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Vegetable Crumble

By Mary Bason with thanks from St. Cuthbert's Cookbook

Ingredients:

- 2 medium onions
- 2 Carrots
- 2 Sticks of Celery
- 1/4 Cabbage
- Wedge of Swede
- 2 Parsnips
- 125g Mushrooms or Peas
- 1 Teaspoon corn flour
- 1 Tablespoon Soy Sauce



For Crumble topping:

- 50g soft Margarine
- 125g Flour or ground Rice
- 25g ground Hazelnuts

Method:

- Place 1 inch water in saucepan, bring to boil
- Thinly slice all vegetables, put in boiling water—hardest veg. first
- Cover and boil for 8 minutes
- Drain, reserving liquid. Place vegetables in casserole dish
- Add cornflour to pan, stir in enough cold water to make a smooth paste
- Gradually stir in vegetable stock, heat, stirring till thickened. Add soy sauce and pour over vegetables in casserole
- Make topping: Rub fat into flour, stir in nuts. Pour over Vegetables
- Bake at 400deg for 20minutes

Serves 4

Why Did the Chicken Cross the Road? (Theological Version)

Billy Graham: The chicken was surrendering all.

Rick Warren: The chicken was purpose driven.

John Wesley: The chicken's heart was strangely warmed.

John Piper: God decreed the event to maximize his glory. OR . . . it was an act of Christian hedonism. The chicken realized that his greatest joy would only be found on the other side.

C.S. Lewis: If a chicken finds itself with a desire that nothing on this side can satisfy, the most probable explanation is that it was created for the other side.

N.T. Wright: This act of the chicken, which would be unthinkable in British barnyards, reeks of that American individualism that is destructive to community.

Pluralist: The chicken took one of many equally valid roads.

Universalist: All chickens cross the road.

Tim LaHaye: The chicken didn't want to be left behind.

Emergent: For this chicken, it's not the destination that's important. It's the journey itself.

Cat's eyes

When you drive on a road late at night
And the dark is affecting your sight;
At that time of day
It's easy to stray
Too far with your car to the right!

But we've been protected from tears
For most of the past ninety years,
Since a man who was wise
Invented cat's eyes
So the edge of your lane now appears!

Now drivers, protected from frights
By mirrors reflecting our lights,
May shout 'hip-hooray!'
At all times of day,
And drive with no fear of the nights! .

Nigel Beeton

Nigel Beeton writes: on 3rd April 1934, Percy Shaw patented a device that he'd invented called a 'cat's eye' – a pair of reflectors mounted on a well between the white lines in the centre of a road or between lanes on a dual carriageway.



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Regular Activities for April 2024

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- Art Club every Tuesday pm
- Badminton every Wednesday pm
- Scouts every Wednesday eve
- Pilates every Thursday eve
- Short Mat Bowls every Fri pm

See our website and Facebook page for details

Village Market & Café dates for 2024

20th Apr, 18th May, 15th Jun, 20th July,
17th August, 21st Sept, 19th Oct, 16th Nov,
14th Dec

Please join us for coffee and cake
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Volunteers to assist with the market on the
day are always welcome and appreciated, if
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We are open for all events, have a stage and
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Evenings (incl. Fridays)	6 – 11pm	£60	

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Science and Society: How Can We Approach New Ethical Issues?

Science tells us how the world works, and technology offers applications of that knowledge, but neither can tell us what we ought to do. All scientific discoveries or new technologies can be used to either help or harm others. For example, a smartphone can be used to stay in touch but also enables bullying.

It is important to get past our initial reactions: the 'yuk!' or 'wow!' These feelings may well change once we learn more about the science and other factors behind a new development.

Ethical thinking can be divided into three main categories. The **consequentialist** approach is demonstrated in Proverbs, when Wisdom calls young men to consider the outcome of their actions. Utilitarianism is a form of consequentialist ethic that tries to maximise the greatest good for the largest number of people affected, but unchecked it leaves minorities out in the cold.

Duty or law-based ethics start with intrinsic values, asking what is the correct course of action, or our duty? These values might be God-given, such as the Ten Commandments, or worked out by human reason. It is possible, however, to do harm while obeying the law, especially if someone asks 'What can I get away with?' Also, what happens when rules collide? For example, who should be treated first when resources are limited?

Virtue ethics are about building character, growing

in wisdom and the fruit of the Spirit. There are plenty of biblical principles to guide virtuous living, such as the idea that we are 'made in the image of God' which supports the value of every human life (e.g., Genesis 1:26–27, Genesis 9:6, James 3:9–10), but the right decision can vary depending on circumstances.

So how can we make ethical decisions about new technologies? **The five Cs** bring together a number of different types of ethical thinking into a helpful framework for decision-making.



Clarify the facts and key questions.

Consider our choices: what could we achieve?

Constraints: External - what must we do? ; Internal - how should we behave?

Compare the pros and cons of each approach.

Choose what is best, with all parties in mind.

Finally, we have to recognise that the information available to us will change over time, our knowledge of God and His Word will keep growing, and we cannot avoid making mistakes - so our ethical decisions will need to be revisited and revised from time to time.

Dr Ruth M Bancewicz, who is Church Engagement Director at The Faraday Institute for Science and Religion in Cambridge. Ruth writes on the positive relationship between Science and Christian faith

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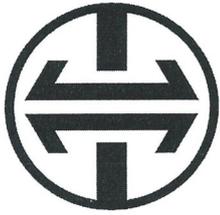
MATERIAL FOR INCLUSION IN THE
May edition should be sent by Noon on the
14th April

e-mail to alderholtparishnews@gmail.com
PARISH NEWS EDITOR and
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Pam Reynolds 650272 or
alderholtparishnews@gmail.com



Is there anything about these articles or the church which has been puzzling you? Are there questions you would like to ask—but for some reason can't quite manage it? Do you find that you would like to 'answer back' or disagree with something written? Well, here is a chance to check things out....you can email the Vicar (stjamesvicar@yahoo.com). Or if you do not use email then ring 07805979827 and leave your question.

*Remember—if you are wondering
...then others are probably
wondering too!*



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Chris Gillies



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The cups that cheer but not inebriate

Drinking coffee and tea is an important part of many people's lives today. The coffee and tea break has become part of the routine at home and at work. I can testify that meeting for a chat in a coffee shop is a wonderful way of socialising and relaxing.

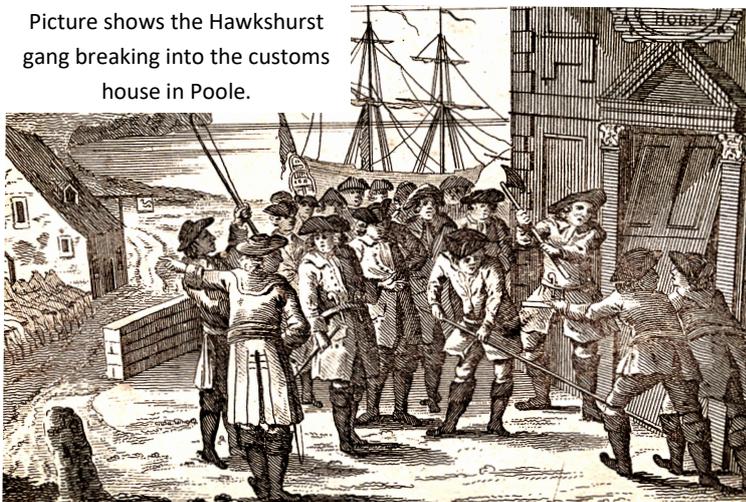
Coffee was discovered in Ethiopia and introduced to Europe in the sixteenth century. At first it was a novelty that was treated with suspicion, but it soon became popular. In the seventeenth century the coffee house culture, that is so familiar to us today, began. According to Samuel Pepys's diary, The Grand Café in Oxford, founded in 1650, was the first coffee house in England. Coffee houses were places where merchants and

professional men could gather together to talk about business, philosophy, politics and general gossip. In the 1680s they became known "Penny Universities" because a cup of Coffee was a penny and knowledge could be gained by the customers. Some businesses were even

founded in coffee houses. An example of this is Lloyds of London which started in a coffee shop owned by Edward Lloyd. Most coffee houses did not welcome females and in 1674 some women signed a "Woman's Petition Against Coffee." This argued that the coffee house encouraged men to waste their time in discussing trivia and that coffee made men, "as unfruitful as the sandy deserts, from where that unhappy berry is said to be brought." There was also a feeling that coffee shops, where men "gossiped like women," made men less masculine. This contributed to the increased use of Tea.

Tea was first brought to England in the 1650s from China. Catherine of Braganza, who married Charles 11 in 1662, brought a chest of tea with her as part of her dowry and this helped to popularise it. The East India Company imported the tea into the country, but it was subjected to high taxes. This made it the drink of the wealthy who would keep their tea in locked tea caddies to prevent the servants stealing it. It also encouraged smuggling. In 1747 a large

Picture shows the Hawkshurst gang breaking into the customs house in Poole.



FORDINGBRIDGE MUSEUM

group of heavily armed members of the Hawkshurst Gang of smugglers passed through Fordingbridge on their way to liberate their contraband tea. This tea had been confiscated by excise men and was stored in the customs house in Poole. On the way back the tea was distributed to the gang in the yard of the George Pub in Fordingbridge by their leader John Diamond. He was later arrested and a witness from Fordingbridge, Daniel Chater, was called to give evidence against him. Chater and a customs official were intercepted by the gang on their way to give evidence and brutally murdered. In the 1780s the tea tax was reduced and this, along with the development of fast tea clipper sailing ships to bring tea quickly and easily from China, brought tea to the masses.

The domestic organisation of tea drinking in the eighteenth century was one of the few occasions

when women took charge in a world where they usually deferred to men. Tea and coffee were originally drunk black but soon milk and sugar were added to soften the bitter taste. In Jane Austin's world, tea was served in delicate porcelain cups that originally had no handles. This led to the habit of pouring the milk in first so that the hot tea would not crack the cup and fingers were not burnt. The words of the poet, William Cowper, sum up the pleasure in tea and coffee drinking.

*Now stir the fire and close the shutters fast,
Let fall the curtains, wheel the sofa round,
And while the bubbling and loud-hissing urn
Throws up a steamy column, and the cups,
That cheer but not inebriate, wait on each,
So let us welcome peaceful evening in.*

Julian Hewitt. Fordingbridge Museum.



John Underhill, along with the band of
the Coldstream Guards

are putting on a concert in Salisbury Cathedral

on Tuesday 23rd April 2024 at 7.30pm

to celebrate St George's Day.

Tickets on sale from the

Cathedral Website or use

this QR code



More details on page 47

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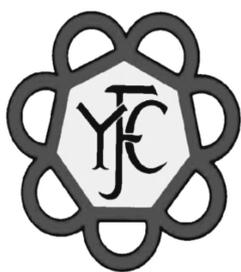


St. James' Spring Clean **Saturday, 20th April**
from 9am. People welcome to come for any
time they can spare. Any help is appreciated.
Any queries can be addressed to Karin at my
email or home number 01425 656566

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Diary Dates



for St. James' church funds
13th April 10am -12noon.

The theme will be blue so check out the blue-bells in the churchyard. There will also be a blue themed bring and buy table!

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In Forest Edge, coffee shop
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15th April

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Next meeting is **8th April 2024**

Bronda Dossett talking on "Downton Abbey"
Sandleheath Village Hall 7.00 pm for 7:30 pm.
Everyone is welcome

On the **13th April 2024** we are hosting a Coffee Morning at Martin Village Hall to raise funds for our chosen Charity of 2024, Salisbury Hospital Stars Appeal. Coffee and Homemade Cakes on sale, together with a Raffle.

Notes for your diaries: National Flower Arranging Day 3rd May 2024 – keep your eyes open for a bouquet around the Village.

13th May 2024 Katy Baxter demonstrating
"A Touch of Vintage".

2nd July 2024 Outing to Breamore House.



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At FORDINGBRIDGE SURGERY

On Wednesday 17th April 2024

at 7.00pm

*Please leave a message at the surgery
for Jane if you wish to attend*



In order to finish the annual accounts the date of St. James' APCM has changed from Sat 27th April

to Wednesday 22nd May at 7:30pm

in St. James' Church

All are most welcome to attend.

RESORATIVE YOGA WITH VICKI

Restorative Yoga Class is a practice of calming the mind, deepening the breath, relaxing the body, removing the stress and bringing balance back to life. Next sessions are: Friday 12th April; Friday 10th May. Time:- 7pm - 8:30pm Price:- £12 per session. Venue: -Reading room

To book a space please contact me 07974 522440

Vicki



Springtime is an exciting month for flowers and gardens due to the increase of sunshine and showers. Here is our list of jobs for April:

1. Transplant greenhouse tomatoes into growing bags or large containers and tie stems to supports
2. Start feeding house plants once a week with liquid fertilizer, continuing through to autumn
3. check for aphids on roses and rub them off before they develop into major infestations
4. Sow herbs such as parsley, coriander, dill and chamomile in a sunny bed or container
5. Keep putting out food for birds as they're busy raising their young
6. Sow sunflowers in a sunny, open spot and water regularly
7. Protect emerging seedlings from slugs and snails
8. Plant second-early and maincrop potatoes



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all in April

300 years ago, on 7th April 1724 that the German composer Johann Sebastian Bach's St John Passion was performed for the first time, at a church in Leipzig.

200 years ago, on 19th April 1824 that Lord Byron died. One of the greatest British poets and a leading figure in the Romantic movement, he died of sepsis/fever while fighting for Greek independence from the Ottoman Empire. Aged 36.

175 years ago, on 10th April 1849 that American mechanic Walter Hunt was granted a US patent for his invention of the safety pin. He immediately sold the rights for \$400, which is about \$12,000 today. The company he sold it to made millions from it.

150 years ago, on 5th April 1874 that Johann Strauss II's operetta Die Fledermaus was performed for the first time, in Vienna.

125 years ago, on 29th April 1899 that Duke Ellington, American jazz/swing pianist, composer and orchestra leader, was born.

100 years ago, on 17th April 1924 that Metro-Goldwyn-Mayer Studios (MGM) was founded when Metro Pictures, Goldwyn Pictures and Louis B Mayer Pictures merged.

Also 100 years ago, on 23rd April 1924 that the British Empire Exhibition opened in Wembley.

90 years ago, on 3rd April 1934 that British inventor Percy Shaw patented the Cat's Eye reflective road stud. He set up a company to manufacture them in 1935 and in 1937 he was awarded a government contract to mass produce them for national use.

75 years ago, on 4th April 1949 that the North Atlantic Treaty Organisation (NATO) was founded.

Also 75 years ago, on 7th April 1949 that the Rodgers and Hammerstein musical South Pacific was opened in Broadway.

70 years ago, on 7th April 1954 that in a news conference about Communism in Indochina, US President Dwight D Eisenhower explained his 'domino theory'. He said that if one country in a region came under the influence of Communism, then the countries surrounding it would follow. Later presidential administrations have also believed this.

Also 70 years ago, on 26th April 1954 that the Soviet Union transferred Crimea from Russia to Ukraine.

In 2014 Russia annexed Crimea, but it is not recognised internationally, and a number of sanctions were imposed on Russia as a result.

60 years ago, on 15th April 1964 that twelve men convicted of carrying out the Great Train Robbery in England in August of 1963 were jailed for a total of 307 years. They were given some of the longest sentences in British criminal history.

50 years ago, on 6th April 1974 that the Swedish pop group ABBA won the Eurovision Song Contest with their song Waterloo. It was the first time that Sweden won the contest. ABBA went on to be one of the most successful groups in music history.

40 years ago, on 17th April 1984 that British police officer Yvonne Fletcher was shot dead during a demonstration outside the Libyan Embassy in London. This led to an 11-day siege by the police.

30 years ago, on 6th April 1994 that the Rwandan genocide began, when a plane carrying Rwandan president Juvénal Habyarimana and Burundian president Cyprien Ntaryamira was shot down by extremists. Civil war broke out the following day, and between 500,000 and one million people were massacred during the next 100 days.

Also 30 years ago, on 26th April 1994 that the first post-apartheid multiracial elections were held in South Africa, with 18 million blacks eligible to vote for the first time. Nelson Mandela was elected president, and took office on 10th May.

25 years ago, on 5th April 1999 that Libya handed over to the United Nations two suspects in the 1988 bombing of Pan Am Flight 103 over Lockerbie. They were taken to the Netherlands to face trial. One was found guilty, and sentenced to life imprisonment, only to be released in 2009 because he was dying of cancer. The other suspect was acquitted.

20 years ago, on 1st April 2004 that Google launched its free email service, Gmail.

10 years ago, on 14th April 2014 that the Boko Haram Islamic terrorist group kidnapped 276 female students from the Government Girls Secondary School in Chibok, Nigeria. Some of the girls escaped, some were rescued, or have been reported dead. But over 100 are still missing, fate unknown.

**Bishop welcomes MPs' recommendations
for end-of-life care**

The Bishop of London, Sarah Mullally, has responded to the publication by The Health and Social Care Committee of its report on Assisted Dying/Assisted Suicide.

Bishop Sarah, a former Chief Nursing Officer for England, said: "In over 20 years of working in the NHS, I witnessed first-hand the critical role that palliative care plays for patients and for their families. Particularly in my time as a cancer nurse in the capital, the difference I saw it make was deeply moving and inspirational in equal measure. This country has some of the best palliative care services in the world - but they are currently underfunded and overly-reliant on charitable donations.

"This is why I welcome the report's call for the Government to ensure universal coverage of palliative and end-of-life services, including hospice care at home, and its recommendation that the

Government commits to an uplift of funding to guarantee support for hospices in need of financial help. I also welcome the call for better mental health support for terminally ill people.

"In 2022, the Church of England's General Synod members voted overwhelmingly to oppose a change in the law and the DPP's guidelines on Assisted Suicide and called for adequate funding and resourcing of palliative care services. This is about offering compassion and direct support for the terminally ill, to ensure the highest possible standard of care for all."

Do not wait for the hearse to take you to church.

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Lychgate

Rev Dr Jo White writes... On the moors near to where I used to live in West Yorkshire, there were a couple of large stones with crosses marked on them. Many people thought that they were boundary or marker stones, and in so far as they marked the way towards the oldest church in that area they were. To be more exact, they were on the route towards the oldest churchyard.

In ages past bodies were carried by hand, sometimes over long distances, and there were restrictions placed on where they could be laid to allow the bearers to rest. These two stones were 'resting' stones.

When a body arrived at the church for burial, it would again be put down while the administrative formalities were carried out, and again the bearers could rest. So, a resting stone was placed at the edge or start of the consecrated land around the church.

The priest conducting the funeral would meet the cortege here, not originally out of respect, but rather to receive the required legal certificate for burial before he allowed them to enter the church grounds.

Because of typical English weather – rain and wind – it was usually sheltered, and benches were built for the bearers. There would also be a cross within the construction to signify the start of holy land. This is what today we call the 'lych-gate'; lych coming from the anglo-saxon word lich or lic, related to the modern German word leiche, all meaning corpse.

Few old lychgates remain today, as many were destroyed or damaged after the Reformation, and most of those that survived were constructed of timber and have since decayed. In the eighteenth century, when the use for the resting stones and thus lychgates declined, many were removed and replaced with gates, often retaining the shelter as it continues to be a meeting place for the priest to receive funeral parties.

This month

Try and visit a lychgate this month and actually spend a few moments under its shelter. Have a think about what burdens you want to lay down. What do you need to be sheltered from?

Keeping Active

The King is 75. Last year he did 516 engagements, and he has no intention of slowing down. Instead, he was keen to be 'back up and running' as soon as possible after his recent operation. Is he right?

"Absolutely not – you shouldn't slow down," says Sir Muir Gray, 80, former chief knowledge officer for the NHS. "Ageing exists as a normal biological process but until the age of 90, it has little effect on your ability to look after yourself, engage with others or get about independently. In fact, paradoxically, as we get older, we need to become more active – physically and mentally. Ageing doesn't make you feel old – disease and loss of fitness will."

A study from the Yale School of Public Health found that people who had positive ideas about their own ageing ("I have as much pep as last year") lived for an average of 22.6 years after they first participated in the study, while the people who felt less positively about ageing, lived for just 15 years more on average.

Of course, getting older does involve some loss of energy. But slowing down a bit is never something to be ashamed of, and getting enough rest is the very cornerstone of leading a good life.

Exercise is also crucial as we get older. Focus on the four Ss: stamina, strength, skill (balance) and suppleness. Maintain your stamina by brisk walking every day for 30 minutes.

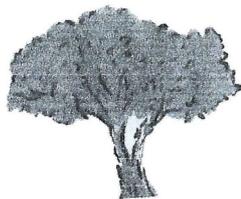
How about taking a steady walk to the Recreation Field?



When you are ill, get up again as soon as you reasonably can. Otherwise, you are at risk of 'deconditioning syndrome', a physiological decline where muscle strength can decrease dramatically if you are over 70.

Thoughtfully review of your personal life-balance. Try to find the 'sweet spot' between activity and rest. Gray advises: "If you're only doing activities, you are inevitably going to burn out. But if you only rest, you will become sedentary and you're more likely to fall ill, feel disconnected and lonely." Finally, don't run on a hamster wheel of someone else's making. Rethink your real purpose and calling in life. And live it!

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Answers from March edition

3	6	7	2	9	1	5	8	4
9	1	2	5	8	4	6	3	7
4	8	5	6	3	7	2	1	9
8	5	6	7	1	2	9	4	3
7	3	9	8	4	5	1	6	2
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5	7	4	1	2	3	8	9	6
1	9	8	4	7	6	3	2	5
6	2	3	9	5	8	4	7	1

REGULAR ACTIVITIES

Badminton club	Wednesday	2.00pm	Village Hall
Knit and Natter	Tuesday morning	10.00am- 12noon	Reading room
Needlecraft group	2 nd & 4 th Wednesday	7.00pm	St. James' Church Hall
Drama group	Monday & Friday	7.45pm (<i>winter season</i>)	Village Hall
Short mat bowls	<i>Most</i> Fridays (summer)	2.00pm	Village Hall
Craft & produce fair	3rd Saturday	morning	Village Hall
Brownies	Monday	5.15pm	St. James' Church Hall
Beavers	Tuesday	6.15pm	St. James' Church Hall
Rainbows	Thursday	4.45pm	St. James' Church Hall
Cubs	Thursday	7.00pm	St. James' Church Hall
Scouts	Wednesday (term time)	evening	Village Hall
Girl Guides	Friday	6.00pm	St. James' Church Hall
Boys' & Girls' Brigade	various		Alderholt Chapel
Whist	1st & 3rd Monday	10.00am	Reading Room
Pilates	Thursday	afternoon	Village Hall



"The little green minibus"

Summary of our **Alderholt** services <<< available to all residents >>>

📍 **PlusBus:** our weekly bookable services for registered members:

- *Tuesdays* to Salisbury (via Fordingbridge)
- *Wednesdays* to Ringwood (via Verwood)
- *Thursdays* to Blandford
- *Fridays* to Wimborne

Bus pass accepted. Return fare: Adults £8 (Child under 19, £4/Child under 7 accompanied, Free)

📍 **PlusBus Shuttle New trial service from February 2024**

- *Wednesdays* to Fordingbridge

Available to registered *PlusBus* members only. To register, see contact details below.

No booking required. Hail-and-Ride service available through Alderholt only.

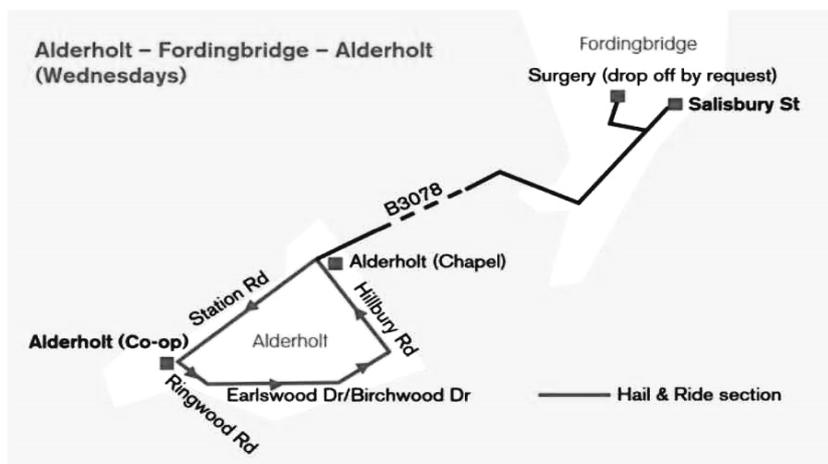
Bus pass accepted. Contactless payments accepted.

Single Cash Fares: Adult £2. Child (under 19) £1. Child (under 7 accompanied) Free.

Shuttle Service supported by Alderholt Parish Council.

Alderholt (Co-op) <i>dep</i>	0915	0950	1030	1105	1205	1240	1320	1355
Alderholt (Chapel)	0920	0955	1035	1110	1210	1245	1325	1400
Fordingbridge Surgery*	0928	1003	1043	1118	1218	1253	1333	1408
Fordingbridge Salisbury Street <i>arr</i>	0931	1006	1046	1121	1221	1256	1336	1411
Fordingbridge Salisbury Street <i>dep</i>	0940	1020	1055	1155	1230	1310	1345	1425
Alderholt (Co-op) <i>arr</i>	0950	1030	1105	1205	1240	1320	1355	1435 [†]

*On request only. [†]The last service continues onto Earlswood Dr, Birchwood Dr and Hillbury Rd



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www.ringwood.foodbank.org.uk
01425 600134

If you need help during these difficult times please get in touch with one of our agencies or Health visitor to get a referral to your local foodbank. **Vouchers** for food are available by contacting the following agencies:

Fordingbridge United Reformed Church 01425 473407

New life Community Church – The Branch – 07909 711886 or email office@newlifefordingbridge.com

Fordingbridge Surgery – 01425 653430

Alderholt Chapel – Requests for Food vouchers or Foodbank referrals can go to:

ros.sinkinson@hotmail.com or 01425 655155 or email www.alderholtchapel.org

St. James' Church—Request for Food vouchers via stjameschurчалderholt@gmail.com or 07805979827

Fordingbridge Information Office 01425 654560 or email information@fordingbridge.gov.uk

Trinity United Church 01425 473407

Citizen Advice New Forest 0808 278 7860

St. James' School, Park Lane, Alderholt

Avonway Community Centre SP6 1JE

Ringwood Foodbank is an independent charity operating as part of the Trussell Trust UK network of foodbanks. Our foodbank, with branches in Ringwood, Verwood and Fordingbridge, works to support local people in crisis. We rely on the support of our local communities through volunteering, donations of foodstuffs and fundraising.

Help is needed occasionally at Forest Edge café.

If you would like to know more then contact either Holly on 07805979827

stjameschurчалderholt@gmail.com

or Angela on 01425 652049



St James' Church PCC also has a vacancy for a treasurer

There is a blue box at the back of St. James' Church for food donations to **POITIERS**, the local charity that meets real social needs in Southampton. If you would like to give money instead then contact Holly or Romey

Support Fund for the Elderly

Older people in Dorset on a low income are urged to apply for the Household Support. Residents must live in the Dorset Council area and either:

- a pensioner in receipt of Pension Credit, with savings of less than £10,000
- a pensioner not in receipt of a means tested benefit who is in fuel poverty, with savings of less than £10,000

People can apply online, visit their local Citizens Advice office, or make an appointment with a digital champion at a library. Find out more at www.dorsetcouncil.gov.uk/household-support-fund



RESIDENT
INSTRUCTOR ◆

SCHOOLING ◆

LIVERY ◆

BREAKING ◆

ALDERHOLT STABLES

PROPRIETOR: MRS A CONNAL

BHS INT. BHS SM. Tel: 07736050926

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Tel: 01425 652842

Email: enquiries@herringtoncoaches.co.uk

www.herringtoncoaches.co.uk

Coach and minibus hire for all occasions. Holidays, private hire, theatres, weddings, clubs and societies.

MOTHERING SUNDAY

Sunday Club celebrated Mothers Day in church by delivering posies of handmade flowers to their Mum's, grandmothers and the congregation before heading off for games and activities in the Church Hall.

They decorated jars and planted bulbs and pretty flowers and bagged them up ready to gift. A lively discussion followed and a game that helped them appreciate how much multi-



Sunday Club is open during St. James' 10.30am service most Sunday's.

Contact Zoe on 07555 560397 for more details



A concert celebrating St George's Day

featuring

The Band of the Coldstream Guards

Director of Music: Major Justin Teggarty
Producer: John Underhill MBE



Louise Innes, Mezzo Soprano
and

The Salisbury Plain Military Wives Choir
Salisbury Cathedral

Tuesday 23rd April 2024
7.30pm



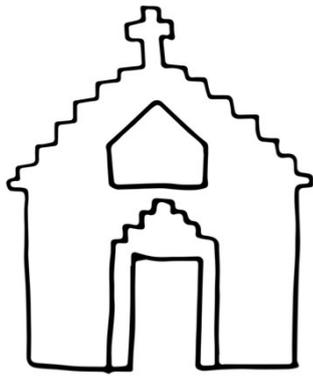
Box Office Enquiries:
Welcome Desk at main visitor entrance,
Salisbury Cathedral, The Close, Salisbury,
Wiltshire, SP1 2EF ☎ 01722 656555



This QR code links direct to the Cathedral website for buying tickets

There is a free coach which collects from St James Church, Alderholt at 5.30pm, then Village Hall Bus Stop, Damerham and also Outside the PostOffice, Ford- ingbridge.

To sign up for the Coach please contact Caroline or Tiggy on 01725 514655



St James Church



Children and Families Worker Zoe Martin



St James Church has employed Zoe for the last 3 years .. but her contract ends in Aug 2024

Please give a donation or set up a standing order so she can continue her vital and impressive work - Sunday Club, Little Jim's Holiday Clubs, Messy Church, St James School - she is amazing value for 20 hours a week!

<https://stjamesalderholtblog.wordpress.com/children-youth/>