

Meeting Point

Volume 33, Number 11, August 2009

The community magazine for the villages of Olveston, Tockington, Old Down, Lower Hazel, Awkley, Ingst, Aust, Elberton and Littleton upon Severn

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From the Editor

This edition has a number of 'thanks', some personal and some telling us how much money was raised, and thanking us for attending various past summer events. By contrast August Meeting Point carries no charity happenings at all which must mean the holidays are upon us!

Whether you are staying here, or visiting others or evening welcoming visitors, I hope the sun shines and that we can all have some rest and recuperation and maybe a change from all the usual activities of the rest of the year.

My husband could never understand why I wanted to take the family on a holiday in August, leaving this beautiful part of the world. Now that the garden upkeep falls on my shoulders and traffic congestion increases year on year, I am starting to agree with him

However you spend August – may it be enjoyable and energise you for new activities in September.

Oh, and by the way my landline has been magically, though temporarily, mended!

Sue

Our cover this month is by S J Loxton

Meeting Point Founded in 1976 by the Anglican
and Methodist churches in Olveston, near Bristol

**Meeting Point magazine and Meeting Point
Directory is online on the Community Website:
www.olvestonandaust.com.**

Village People - Nikki and Noel Clarke

Pat Thirkettle

Nikki and Noel met in Worcester when they were eighteen and doing A levels at the Technical College. Nikki considered doing her degree in London, but London felt too big and she came to the art college at Bower Ashton, part of the University of the West of England but apart from it socially and geographically. She studied one of the first degree courses in graphic design. Previously it was regarded as a craft and you would have been apprenticed to a newspaper or a printer. She immediately felt at home in Bristol and found the three years there very happy and inspirational; there was a strong feeling of an artistic community with much discussion with the other disciplines, fine art, ceramics and fashion.

After she graduated they married and moved to a village near Swindon because of Noel's job, and Nikki started with a design agency. But they always intended to return to Bristol, which they achieved when Noel's job was transferred. In the 1980s there was a complete change in the graphics world, as in everything, owing to the increased use of computers. Previously traditional production methods were used, such as typography in hot metal and art work on boards, but this was the time of the newspaper riots at Wapping and subsequent revolution in newspaper production and graphics generally. Noel and Nikki realised they could work together, Nikki doing the creative graphics and Noel, leaving the financial world, to do the computer production. Their business began in Bristol with offices just off Park Street.

When their children Holly and Lewis were still very young, Nikki remembered her country childhood and ignoring city friends who said it wouldn't work, they moved to Olveston - on Fun Run Day! Nikki knew they had done the right thing on Holly's first day at Olveston Primary School. Holly was joining midterm and on her first day there was a group of children from her class waiting to welcome her at the gate.

They have now been in the village twenty years and six years ago built a studio next to their house to work from, so no more commuting to offices in Bristol. This has had the added benefit that their London-based clients are more than happy to visit them as they really appreciate a trip to the country and in particular they like the lunches Noel and Nikki provide using locally sourced produce.

Their business has gradually moved away from design for print and into the more specialist area of design for packaging. They now have a broad client base from local to national companies. A lot of you will know some of their work as they seem to produce ALL the raffle tickets, posters and hand-outs for our local charities. But, little did you know that the packaging for the Lyons coffee brand and Frobishers juices was created here in Olveston!

A by-product of the design process is comparative shopping 'comp. shopping'. Before they begin a design project Nikki has to go out and buy a pack of every

similar product for comparison. This has become something of a legend in their house and the children became used to the phrase 'yes, you can eat it but keep the packaging!'.

With the children growing up and now at Marlwood Nikki felt she was losing touch with the village, and working from home had become rather inward looking. As she is a people person, she was delighted to be asked to join the Play 2000 committee who were fund-raising for new equipment for the play area in Olveston. Here she met some great people and made many friends.

When that was finished three years later and Holly and Lewis had gone to University, the empty nest syndrome kicked in, and Nikki knew she had to do something else. So, when the local Beaver pack closed through lack of support, Nikki put her name forward, always expecting that a more qualified candidate would appear! With enormous help and support from a Beaver leader from Thornbury and a great team of assistant leaders that she 'press-ganged' into joining her, she now has more than enough contact with people. She says that she has met *the* most generous group of people through Scouting and the training and support has been useful for both running the Beaver group and in her day to day job. Scouting is thriving in the parish and there are waiting lists for all groups. Nikki says it's brilliant fun - the children make her laugh so much and she would recommend it to anyone.

Friends of St. Mary's

The prize winners in the draw, held on 11th May 2009 at the Friends' Committee Meeting were:-

<u>Amount</u>	<u>Number</u>	<u>Name</u>
£150	246	Mrs. C.K. Hickman, Olveston
£75	267	Mr. I.A. Hughes, Olveston
£25	201	Mrs. E. Jackson, Olveston
£20	392	Mr. J. Crossley, Tockington
£20	385	Dr. R.R. Slade, Littleton upon Severn
£15	202	Mrs. E. Jackson, Olveston
£10	365	Mr. G. Clark, Olveston

The prize winners in the draw, held on 15th June 2009 at the Friends' Committee Meeting were:-

<u>Amount</u>	<u>Number</u>	<u>Name</u>
£150	217	Mrs. J.M.H. Hahn, Olveston
£75	167	Mr. L. Harper, Olveston
£25	265	Mr. I.A. Hughes, Olveston
£20	372	Dr. M. Wright, Old Down
£20	163	Mrs. P.A. Kemp, Bristol
£15	162	Mrs. P.A. Kemp, Bristol
£10	356	Mr. D.J. Smart, Olveston

New Swimming Pool Complex opening in Tockington



Tockington Manor School has been fortunate enough to receive a grant from Sport England to enable them to build a state-of-the-art changing room complex alongside their indoor swimming pool. This was assisted by the Amateur Swimming Association and Thornbury Swimming Club, who already have an active role within the pool with their members swimming almost every day.

The swimming pool was originally built as an open-air 22 yard pool but with the foresight of Headmaster, Richard Tovey and the governing body, together with help from parents, Old Tockingtonians, Friends of Tockington Manor School and a lot of hard fundraising the pool was transformed in 2007 to a superb indoor 25 metre four lane pool.

The new changing rooms were officially opened on 8th May 2009 by Kate Grey, Paralympic gold medallist. The day was supported by parents, staff, Old Boys and Girls, Friends of Tockington Manor School and by members of Thornbury Swimming Club and the Amateur Swimming Association. Pupils from the school were all involved in a sponsored swim which was the distance of Dover to Calais! There was also a Water Polo display with coaching by our local club, Bristol Central. This was enjoyed immensely by the pupils who were able to play a Water Polo match in front of a cheering crowd.

The school now has the opportunity to open the swimming pool to the surrounding community. There will be an annual membership package available to families and adults with swimming slots most mornings, afternoons and some evenings with a family swim on Sunday mornings. Are you interested and would you like to know more?

This is a fantastic chance to support a local facility and at the same time enjoy a wonderful new sporting venture within the community.

If you would like to receive additional information or a membership application form please contact –

John Dengel tel: 01454 613229 email: jdengel@tockington.bristol.sch.uk

Tockington Manor Swimming Pool Facility Ltd,

Tockington Manor School Tockington Bristol BS32 4NY

WEA (Thornbury Branch)

Autumn Programme

The Workers Education Association (WEA), founded in 1903, is the UK's largest voluntary provider of adult education, and is committed to provide access to education and learning for adults from all backgrounds, particularly those who have previously missed out on education. The Thornbury branch is run by a group of local residents with the help of the regional organiser. Details of our autumn programme are set out below:

TITLE	TUTOR	VENUE	START DATE	DURATION	COST
Calligraphy for all	Fiona Mitchell	The Chantry, Castle St, Thornbury	7 th October	7 weekly meetings, 7.30-9.30pm	£51
The Language of Glass	Anna Gillespie	The Chantry, Castle St, Thornbury	8 th October	7 weekly meetings, 7.30-9.30pm, plus a visit	£51
St Augustine – a message for the modern world?	Richard Henderson	The Chantry, Castle St, Thornbury	Day school Saturday 14 th November	10.30-4.30pm	£25

For more details or to book a place, please ring 01454 610071 or Email s.cannell@hefce.ac.uk

NB: If you have an annual household income of £15,050 or less, or are in receipt of means-tested benefits, you may be eligible for a fee refund via the Learner Support Fund.

Notice

John and Delia Poulton would like to thank friends and neighbours for all their kindness, support and cards during John's recent illness. We very much appreciate them.

Police Report for June

Hello, firstly I want to make you aware of an increase in what we term as "distraction burglary" across the South Gloucestershire district. Although the Severn beat hasn't suffered from any of these types of crimes in the last month it is very worthwhile making people aware. Distraction burglary is a particularly horrible offence, the offenders trick their way into the victim's homes (usually elderly victims) by saying they've got to turn the water off or check the water pressure or similar excuse. They can also tout for business door-to-door selling things or offering building/gardening work.

Very often they work in pairs or more, and while one offender keeps the victim busy the other(s) search the house for items/money to steal. If you have a person stating they are from the water board or other service **please please** check their identity thoroughly and I would recommend that if you're not expecting (by appointment) any tradesmen. then phone their company or phone the police on 0845 4567000.

As for the Severn beat it's been a good month. The only anti-social behaviour call was in relation to some youngsters camping out at Old Down. There were 39 calls to the police and 7 reported crimes.

02/06 Vehicles parked overnight in the Severn Maintenance compound had diesel stolen from them.

04/06 Woodhouse Scout Park had some equipment damaged at the top of the abseiling tower.

06/06 A mobile phone was stolen from a house in Olveston, where quite a number of youngsters were gathered together.

13/06 Again Woodhouse Scout Park had some damage where a stone was thrown through a tent.

13/06 A hanging basket was stolen from a house in Tockington.

21/06 A hole was cut in a fence at the rear of a house in Old Down.

24/06 A gate to a field was sawn through in Kington.

Roger Hopes PC 3404 Neighbourhood Beat Manager,
Severnvale (Phone: 0117 945 5959) Mobile: 07919628625

DC 125

E-mail: roger.hopes@avonandsomerset.pnn.police.uk

Thanks

Barbara Summerfield would like to thank all those who attended the Tea At Three held at Thornbury Cricket Club on Thursday 9th July in aid of St Peter's Hospice. Over 200 people attended, the sun shone and the magnificent total of £1675 was raised for our local hospice. Thank you all very much.

Olveston Parish Matters

It's amazing how a drop of sunshine can make us feel so much more optimistic about life and the best summer we've had for a while has certainly witnessed a few more smiling faces around the Parish. The good news that someone is actually making a success of the village pub and the local garage in Olveston also brings cheer to add to the summery feelings induced by the church fete at John Cryer's Farm. Much hard work was well rewarded with profits for the church and fun was had all round.

The spirit of optimism has continued to Olveston School. We, the Council, have presented them with an annual award to celebrate outstanding children's work in the school's super new ICT suite.

The good weather has brought a small problem to our countryside footpaths, as the undergrowth is reported to have grown a lot in places. The Parish Council's role here is to monitor developments although it is expected that between them, landowners and South Glos Council *should* maintain those pathways. Sadly it can be a lengthy business to get any intervention from either of them, so our best advice could be that walkers should consider taking direct action on trouble spots as they pass by: so sharpen your snippers! (You must remember to stay safe and legal!) How pleasing it is to see the excellent job South Glos has done to clear the footpath from the top of Fernhill. It's a shame perhaps that the path does not go all the way down. Pathways around our residential areas are hot news too as it has become evident that some of them have become almost impassable in certain places. If you know someone near you whose property causes obstructions, perhaps you could prompt them to clear it.

The vexed question of planning permission has come up at the Council recently. It appears that some people in our area, over the past year or so, have obtained planning permission only to exceed their remit and to take liberties with the limits stipulated. It should be noted that some time in the near future a check-up of any identified properties will be made, possibly leading to painful conclusions.

Finally, ending on a positive note, let's hope that our wonderful start to the summer can continue throughout so that we can all enjoy it in a summer to remember.

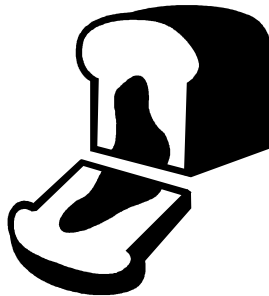
Andy Clarke (Parish Councillor)

News from 'The Crusty Loaf'

Chris and Jenny Curtis

Since opening 'The Crusty Loaf' some 38 years ago, Jenny and I have decided it is time to hand over the general running of the business to the rest of the family - our eldest son, Ian, will take charge.

Ian has been working with us since, and indeed long before he left Marlwood school in 1988. From jamming doughnuts before school, he went on to achieve his City and Guilds qualification in bread and flour confectionary at Brunel College. We hope that you can show Ian along with his sister Trudi and brother Gary the same support, during these torrid business times, which you have shown us over the years.



We would like to take this opportunity to thank all the many staff, past and present, for all their hard work and dedication in helping us build up and keep the business running and of course all the loyal customers that have stood by us throughout. The one person I would like to thank above all is my wife Jenny, whose hard work over the years has been incredible. I hope this gives her a chance to take things a little easier.

Once again thanks to everyone, good luck, good health and happiness for the future.

Come and Sing

Do you like to sing? Have you ever thought that you would like to sing the Hallelujah Chorus? Well this is your opportunity. **THORNBURY CHORAL SOCIETY** will start the new season on **Monday 7 September**.

Following on from our successful ABC(Absolute Beginner's Course) this Spring we hope that some of you have been inspired to come along to sing Handel's Messiah.

On **Monday 14 September** we are having a welcome evening with nibbles and drinks to start and to finish. Whether or not you came to the Absolute Beginner's Course you are very welcome to come along and try us out for a few rehearsals which usually begin at **8pm** but on these two occasions we shall begin at **7.30ish**. We meet at the **United Reformed Church in Thornbury**.

At our Spring Concert we shall sing St. John's Passion and at the Workshop in February we shall be learning Stravinsky's Symphony of Psalms and Vaughan Williams' Five Mystical Songs.

Do take the plunge and join us for another year of fine music. No audition is required!

Weather Record April to June 2009

Marcus Bean

April

This was a fairly typical spring month with periods of relatively dry weather interspersed with three spells of rain continuing for a few days. In addition the temperature was very variable with many warm and cold nights and equally warm and chilly days. The first week was sunshine and showers followed by the first spell of rain. Sunshine and showers returned followed by rain again. A brief dry spell followed by a return to rain by day and cold nights persisted to the month's end.

Average temperature for the month was marginally above norm but average pressure and rainfall were somewhat below those expected for the time of year. We had one electrical storm and one gale in the month.

May

The mixed conditions of the end of April persisted until 11th May, when a prolonged period of eleven days was characterised by a succession of Atlantic low pressure systems passing over us bringing wet and windy weather. The end of the month brought a return to dry sunny weather with hot days and warm nights.



Rainfall for the month was barely above half the long term average. Sunshine levels were well above average and pressure was high too, but average temperature was marginally below norm.

June

The first week of the month was warm and sunny with cool nights. Following this we had an unsettled spell with rain and on the 11th a short electrical storm. The remainder of the month was hot with only sporadic bursts of rain, with the last three days of the month being very hot and with extremely high humidity.

Rainfall for the month was close to norm as were average temperature and pressure.

Sunshine levels for the month were well above average.

Cream Tea

Sharon Lapworth would like to thank everyone who came to the cream tea on Tockington Green on 21st June. £212 was raised for the African Orphanages.

News from Littleton upon Severn

PREVIOUS EVENTS

Riverbank walk with Nick Large – June 13th

About twenty people and three dogs joined the walk to Aust Cliff, where Nick explained the geology and history of the area. He cracked open rocks and exposed sharks bones and teeth which had been deposited millions of years ago. Many thanks to Nick and all who attended on a glorious day.

Picnic in Woodwell Meadows - June 28th.

A beautiful hot, sunny day brought out about thirty villagers to enjoy a picnic under the oak tree in the Woodwell Meadows. Dave Villis and Rupert Higgins from S.Glos gave us a very knowledgeable conducted tour of the huge variety of flora and fauna abundant in the field, explaining their habitat and symbiotic relationship with each other. Three types of orchid were seen, including the relatively rare Bee Orchid (*Ophrys apifera*). Thanks to Rupert for his expert knowledge, Mary and Dave Wilkins who knew where to look and Valerie for the meringues.

OTHER MATTERS

NGS Open Gardens – 7 June.

The gardens of the Lintels and Sunnyside Cottage opened for the N.G.S. (National Gardens Scheme)and, despite the weather, made around £300. Harold and Hesta's grandchildren held a raffle and made £111, Elspeth, Charlotte and Francis made a further £120 from tea and cakes in the Village Hall which between them totalled £231 for the Village Hall. We would like to thank all those who helped or donated cakes and gifts for the raffle. Last but not least we would like to thank the Taylor family for the use of their field as a car park.

Christian Aid Dave Watkins would like to thank all who contributed to the Christian Aid collection which raised a total of £152.26.

Whale Wharf enforcement

As you all are aware, Tull Properties (TP) were successfully prosecuted, but still have not complied with the Enforcement Notice. TP are in discussions with the Council regarding a new planning application on the site and this makes enforcement more difficult, as the Council cannot be seen to appear unreasonable, but this potential new application does not cover the hardstanding. Therefore South Gloucestershire Council have referred this part of the enforcement notice back to their legal department and there is a provisional date, 14July, for the matter to return to the Court.

Web: <http://www.olveston.com/halls-and-meeting-rooms/littleton-village-hall>

Alveston Flower & Craft Show

(Supporting Local Charities)

Saturday 5th September 2009

At Jubilee Hall & Field Youth Centre

Opens 2.15

This Year the Show will be opened by Jekka McVicar

Cream Teas available 2.30 - 4.15pm.



Jekka has very kindly offered to open our show this year, which we are extremely pleased about. As you probably already know, Jekka runs the "Herb Garden" in Alveston, she has also won 11 Gold Medals in the Chelsea Flower Show, which is a record.

You don't have to live in Alveston to take part, so why not pick up a schedule from the local shops or the library. Any questions or problems please ring Marjorie on 418694 or Hazel on 412555. There are so many categories to choose from that everyone is catered for, even the children can get involved. Last year some of our best entries were from the younger ones which was great. So come on - get away from those computers - and have a go!!!

If you don't wish to enter just come along and enjoy the afternoon. Hope to see you there.

Marjorie Roper-Marshall

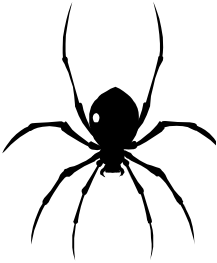
Thanks

I would like to thank the following ladies from the St Mary's Church Pastoral Care team for giving up their time to sit with me when I was being tutored by the Hospital/Home teaching service, whilst my mum was at work:- June Robbins, June Hahn, Pat Thirkettle, Sue West and Rosemary Wilson.

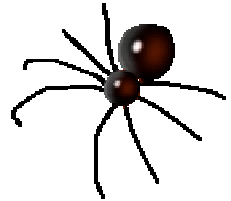
Thank you so much.

Hannah MacLeod

The Church Spiders



Two spiders - so the story goes - upon a living bent,
Entered a church one sunny day,
And hopefully were heard to say:
'Here we shall have at least fair play,
With nothing to prevent'.
Each chose his place, and went to work:
The light webs grew apace;
One on a cushion spun his thread,
But shortly came the sexton dread,
And swept him off; and so, half-dead,
He sought another place.
'I'll try the pulpit next,' said he;
There surely is a prize;
The desk appears so neat and clean,
I'm sure no spider there has been;
Besides, how often have I seen
The pastor brushing flies'.
He tried the pulpit, but, alas!
His hopes proved visionary:
With dusting brush the sexton came,
And spoiled his geometric game,
Nor gave him time or space to claim
The right of sanctuary.
At length, half starved, and weak, and lean,
He sought his former neighbour;
Who now had grown so sleek and round,
He weighed the fraction of a pound,
And looked as if the art he'd found
Of living without labour.
'How is it, friend,' he asked, 'that I
Endure such thumps and knocks,
While you have grown so very gross?' "
'Tis plain,' he answered, 'not a loss
I've met since first I spun across
The contribution box!'



(From the Shankill Parochial Magazine, Lurgan, 1880)

St Mary's Church Summer Fete

Yet again we enjoyed fine summer weather for the church fete. More village people turned out than ever before to celebrate and enjoy the atmosphere at St Mary's Church Fete on June 20th, held again at Church Farm, by kind permission of Mr John Cryer, and in St Mary's Church.

Attending crowds were treated to talented song and dance numbers from the Olveston Brownies and the children of Olveston CEVC Primary School entertained us with a song.

There were many exciting games and attractions put on by community groups, in addition to all the traditional favourite stalls and excellent displays from local photographers, artists and craftspeople in the church. Thanks to the vigorous efforts of a very large band of helpers, our fete attendees went home very pleased with their afternoon. £2,150 was raised towards church funds and many community groups benefitted.

Thanks to all and see you next year.

Severn Vale Flower Club

Sitting in a lovely garden with views overlooking a lake was the perfect setting for our recently held Strawberry Tea. What glorious weather we had. It was very hot, so umbrellas and sun hats were needed. Approximately 50 members and friends enjoyed the afternoon. Our thanks go to our committee for organising it, also to Mollie for her hospitality and to Mollie's staff for all their help.

Our demonstration in June was given by Lynne Hayes from Downend. Lynne loves flower arranging but only demonstrates about twice a year. The rest of the time she teaches flower arranging to ethnic groups. Lynne and her husband, who is disabled, have spent many enjoyable holidays touring Ireland. Lynne fell in love with Ireland and the people so much that she entitled her demonstration "When Irish Eyes are Smiling". Through her displays Lynn took us on a trip along the coast of Ireland. Her first stop was County Down, where St. Patrick is supposed to have been buried. In this arrangement, Lynne used well-conditioned foliage with green Chrysanthemums.

Whilst on route to the Western Coast, Lynne described the colourful paintings which could be seen on the outside of several houses and what they meant. Also, shrines were often seen on the road side. For this arrangement, Lynne depicted Mary by using blue irises encased in a large foam ring. It wouldn't have been Dublin without a glass of Guinness. A large glass filled with black Sisal was used, together with Pittosporum foliage cascading down the side with Gypsophila to represent the froth. This was a very interesting demonstration with a lot of imagination.

On **Wednesday July 15th** we have our Summer Lunch with entertainment and the Kay Evans competitions.

Thornbury Camera Club

Peter Haworth

NEWS

The new programme for 2009/10 will commence at the beginning of September. The club meets at the Old Bakery Annex, Chapel Street, Thornbury at 19.30 hrs on Monday evenings. New members of all abilities are most welcome.

The Beginner's Course 2009 will take place at the Old Bakery Annex from 19.30-21.30 hrs commencing on 15th October, then 22nd Oct, 29th Oct, 12th November and 19th Nov.

For further information about this popular course, please contact either Alan Jones 01454 883912 or Andy Gillingham 01454 415015.

TIPS

You may be out and about this August at rock concerts, music festivals, country fairs, parades, and other events. There are usually many photo opportunities, with a lot of colour, involving participants and their audience, so give event photography a go.

You'll want to take photographs that embody the theme of the event, the venue and setting, the acts and their fans.

Advance planning can help you get the best shots; consider the artificial lighting at a rock concert and the natural light at a civil war enactment. Try and obtain a schedule of events, off a website, decide what you wish to photograph and look at the location in advance for the best photographic positions, including high vantage points and down low.

Take a wide-angle lens to capture overall scenes and medium shots and avoid bright sunlight which can cause glare. The late afternoon through sunset is a great time for more dramatic natural light.

You will need a telephoto lens to shoot action shots on a stage; for rock and music concerts the stage lighting should provide illumination that suits the mood of the performance, though you may have to use "fill in light" in a post image editing programme to sort out murky shadows.

You will need to control depth of field and set your camera on aperture priority to get event participants sharp and the background a little blurred.

Above all have fun with your camera.

1st Olveston Scouts Survival Camp

Saturday 5th July, Potato Tump, Cote Farm, Aust

Ed Biggin

Out of a possible 30 scouts, 11 bravely put their names down on the list to go. Did they know what they were signed up for.....? Here's what one of my scouts wanted to tell you about their experience:

"First we had to pack our kit, (I forgot my underwear..... Umm shouldn't be a problem!). We were told we had to carry all of it, so one bag would be good. On the Saturday we arrived at the farm for 9am, 11 of us and 3 leaders. Our bags were heavy and we had to carry then what seemed like a mile to our camp site - a wood looking over the River Severn. To the left was the old Severn Bridge and on the right the Power Station at Oldbury.

John, our camp leader, gave us a briefing, saw and axe safety. I think I was day dreamin,g the wood smelt funny and full of different noises.....

John called Greg and me over to the edge of the field, I thought I was in trouble, 'You need to dig a trench in the shape of a cuboid', - funny I thought, but I didn't argue. We got on with it, then the penny dropped, a roll of toilet paper and hand wash, we were creating the toilet. Yuck! Nice view I thought!

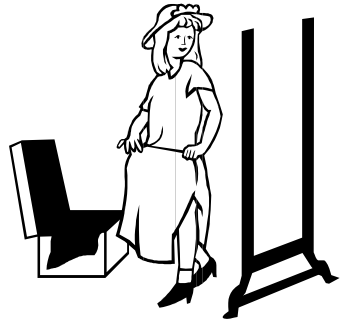
Next job was to build our shelters; oh did I mention we had no tents, Bivouacs organic and fresh. We were allowed to cut down some trees, one of our leaders is married to the farmer, she said he didn't mind. Next we had to light our fires to cook our tea, mackerel and jacket potatoes were on the menu. Stuart used fungus and a fire starter to create fire - Ray Mears eat your heart out! We had fire. Rob, an old scout, came with a fresh rabbit and showed us how to gut and skin it. Sam nearly fainted; he's not good with blood. We cooked our food and Rob returned with a warm pigeon feathers still on! Greg and I plucked it and Lynda did the rest (tasted like chicken).

Finally off to bed on the floor of the wood, we hoped it wouldn't rain -our shelters needed a bit more work. We went out like a light, we never heard the badgers or the foxes or even the dawn chorus, we had to be woken up. Breakfast: sausages, eggs, bacon and beans all over a wood fire - yummy! Time to pack up, not to leave a trace. In summary it was a fantastic experience, it was hard work and I didn't really need my spare underwear after all! Would I do it again? Yes please!"

Tockington Harvest Fayre

Garry Phillips

The Fayre will be held, as usual, on the Green on **September 19th**, starting at 2pm with a fancy dress parade for all the children on the theme "Children's stories". Come dressed as Harry Potter, Snow White, the Hungry Caterpillar or Thomas the Tank Engine! Following the tradition of previous years we will be having lots of stalls and amusements and, of course, delicious cream teas. During the afternoon there will be displays of dancing, from Bristol Ballet Centre, a Bernese dog cart pulling display, our resident folk band will provide the music, the Brownies will be entertaining us and there will be competitions for children and adults. We will be holding a children and adults photo competition on the theme "Far Away Places" - please bring **named** photos to the Wesley rooms by 2pm on the Saturday. There will also be exhibitions in the Wesley Rooms – further details will be in the next edition of Meeting Point.



We would be very grateful for any contributions for our stalls in terms of white elephant (please no jumble), vegetables, cakes, books, etc. and particularly, "as new" soft toys, bottles and toiletries for tom bola. If you have any, then please bring them along to the Chapel before 12 noon on the 19th, (or bring any white elephant on the second Saturday morning of the month, 10.30 - 12.00 pm and have a free coffee), or contact, Garry Phillips tel. 613241, Maggie Spooner tel. 610053 or Jane Sawyer tel. 618885.

This year as always we are looking for any help on the stalls and in the preparations and clearing up, particularly moving the heavy pews and tables. If anyone can help then please contact the numbers above or turn up at 9am on the Saturday morning.

This is our major fund-raising event and we rely on it to support the upkeep of our Methodist premises at Tockington and Olveston, which are used regularly by many other organizations, (U3A, Guides, Brownies, toddlers, local societies, etc.). We hope as many of you as possible will be there and we will try our very best to provide a warm and sunny day so that you can enjoy an afternoon at Tockington's Harvest Fayre on the Village Green.

Pilates - the best kept secret for a better body!

Pilates - once the secret of top dancers and elite athletes - has become increasingly mainstream and accessible to all.

So what exactly is Pilates?

Pilates is a unique method of exercise developed in the early 20th century by Joseph Pilates but he wouldn't have known what Pilates was either - he called his system Contrology. Joseph believed that physical fitness is the first requisite of happiness and he developed his method, based on sound body mechanics, posture and correct breathing to develop the perfect balance of body and mind, as an antidote to civilised living. He cited polluted cities, telephones, automobiles and economic pressure, so little has changed over the last eighty years or so.

No other exercise system is like Pilates. While other forms of exercise develop the big surface muscles such as the large muscles of the thigh, the calves and biceps, Pilates uniquely targets the deep postural muscles that keep us balanced and allow us to move freely. Their job is to support the skeleton - importantly, the spine and the joints such as shoulders, pelvis and knees. When they don't do the job properly, we often experience pain and loss of mobility. The natural muscles are vital in supporting the spine and it is often the lack of function in these muscles that leads to debilitating back pain.

By working from the inside out, waking up and strengthening the deep postural muscles - the unseen muscles that hold us together - we create a strong and flexible body able to meet the demands of daily life. Pilates is infinitely adaptable and suitable for everyone whatever level of mobility - the seriously fit athlete, those who suffer back pain or joint problems, or for pregnancy rehabilitation following childbirth.

I begin by teaching the fundamentals of Pilates - good posture, correct breathing, and sound ways of moving. The exercises start very simply and become progressively more challenging as the body becomes stronger and you develop long lean muscle and greater flexibility. The benefits are measurable and visible; as Joe said, "after 10 sessions you'll feel the difference, in 20 sessions you'll see the difference, and in 30 sessions you'll have a different body".

So who would do Pilates?

Well, everyone. So if you are interested give me a call or drop me a line for information about my classes in the Thornbury and Bristol areas.

Astrid Merrick Tel: 01179 249315 Mob: 07944 562 957
BS7@blueyonder.co.uk

Get out in the fresh air, make new friends and get fit!

Who are we? South Gloucestershire Council's Walking to Health project has been running for six years and covers: Kingswood, Yate, Filton, Patchway, the Stokes, Thornbury and many rural areas as well!



What do we offer? A **low risk, low impact** activity, available to people of all ages and abilities. Our led health walks range from **0.5miles to 4miles** across the district including local parks, green and open spaces. We also provide **buggy walks** for parents with young children.

Volunteers Wanted!! We are always looking for fun, friendly and sociable people to become a volunteer walk leader, which involves guiding the walkers around a pre-described route. (Full training is provided). If you have some spare free time and this sounds like something you would like to do then please contact us.

Find out more! For more info or to receive a free copy of our walk programme, call **01454 868006** or email us at foodandhealth@southglos.gov.uk. The programme and newsletter can be downloaded from: www.southglos.gov.uk/walkingtohealth

The Teachings of Jesus- Autumn series

Jacqueline Jones

I am able to confirm that the new series, which will be based on Matthew chapters 5-7, will commence on **Thursday 10th September** at 7.30pm. It will be held at Eastcombe House, Haw Lane, Olveston. We will be starting the series with a welcome evening meal and short introduction to the series. Please bring along your own wine/ something to drink. If you are interested in joining us for what promises to be an insightful series, please contact me on 01454 619813. The team look forward to seeing you there. God bless you.

Thornbury Library

Summer Reading Challenge 2009

Quest Seekers: The Adventure starts here!

There's a magical challenge awaiting you in the library this summer. Sign up to become a Quest Seeker and as you read collect the stickers (some are smelly scratch and sniff ones) to complete your poster. Read 2 books to receive a moving image Quest Seeker membership card and sticker. If you read 4 books you can claim a bookmark and surprise prize. Read 6 books and complete the challenge for a medal, certificate and free DVD hire voucher. If that's not enough, Thornbury Library is holding **FREE** activities for each exciting Quest stage but you must obtain a ticket from the Library:

WEDNESDAY 5 AUGUST 9.45 – 11.45

Storybook Puppets with local artist Lucy – Drop in and create a character from your favourite story and help us fill our puppet theatre.

WEDNESDAY 12 AUGUST 10.30 – 12.00

Firebird Rising – Kites, crafts and how does a firebird fly?

WEDNESDAY 19 AUGUST 10.30 – 12.00

Dragon's Lair – Dragons, Dragons, Dragons! All sorts of dragons to make and decorate.

WEDNESDAY 26 AUGUST 10.30 – 12.00

Mountain Mission – Be keeper of the castle with your own coat of arms and try to get Top Trumps.

All activities are suitable for 4–10 year olds. All under 5s must be accompanied by an adult. Entry is by (FREE) ticket only which must be obtained in advance from the library. Sorry numbers are limited.

In addition we are holding one pre-school story-time on Monday 17 August from 2.15 – 2.45.

Cricket Club News

Tony Gardner

150 Club Winners July:

£50 John Fox £15 Dave Gardner £5 Ian Watkins

Latest £25 Bonus Ball Winners:

13th June Paddy Gardner 27th June Russell Knight 4th July Dave Gardner

August Fixtures at The Park:

1st August 2nd XI v Abbots Leigh
2nd August Sunday XI v Bristol Tamils (2.30)
8th August 1st XI v Bradley Stoke
15th August 2nd XI v Stothert & Pitt
16th August Sunday XI v Winterbourne (2.30)
22nd August 1st XI v Frampton Cotterell
31st August Alan Taylor Memorial Match (2.30)
29th August 2nd XI v Long Ashton (1.30)

All matches start at **2.00pm**. unless otherwise stated. Spectators Welcome!!

Diary Dates:

Saturday 12th September: Annual Dinner & Dance in Marquee at the Ground
Tickets £25, now available!!

October (date to be finalised): Deeds Auction.

Friday 13th November: Annual Cheltenham Race Day.

Tony Gardner 07889 727729 www.olddowncricketclub.co.uk

From the Registers at St Mary's

On 27th June: Marriage of James Ing and Rosemary Harvey

On 3rd July: Marriage of Thomas Witherbed and Charlotte Hume

On 1st July: Funeral Service of David Edward Peachey, followed by Cremation at Canford

Thanks

David Edward Peachey passed away suddenly on 20 June 2009 at Frenchay Hospital.

Dianne and Kate would like to thank everyone who attended the funeral on Wed 1st July and for the many cards, flowers and messages we received.

Special thanks to Rev Roly Bain and L&J Gulwell.

Gone but never forgotten.

Yours Faithfully

The Price of Love

Usually Monday mornings on my way to work I pass no 15 Monk Road, Bishopston. On the wall is a blue plaque stating that Paul Dirac lived there for the first 20 years of his life. He later became a celebrated mathematician and Physicist at Cambridge University and in 1933 received a Nobel Prize for Physics for his work on Quantum Mechanics. One of his achievements was the discovery of antimatter which scientists have since been able to create in the laboratory. When matter and antimatter meet they annihilate each other releasing a vast amount of energy, but before anyone gets too worried about this, there is apparently far more matter in the universe than antimatter and it would take scientists a very long time at great expense to create enough antimatter to produce even a very small bomb.

It strikes me that human conceptions often depend on contrasts, for instance would we be able to define summer if there were no winter or health if there were no illness, happiness if there were no sadness, or beauty if there were no ugliness. I suppose most people would say that love is contrasted by hate, but there is another candidate, perhaps, suffering. The word passion, which we use to describe deeply felt emotions such as love, comes from a Latin word meaning to suffer, hence Christ's passion. In fact hatred often has its roots in suffering, for instance, someone who has been deeply hurt by a slight may grow to hate the person or group of people who inflicted the slight instead of forgiving as love demands.

It is through suffering that we come to understand the full meaning of love. Young people in love find their love heightened by the suffering they experience when parted or when they have their first disagreement. Mothers, whose love for their children is unconditional, suffer when their offspring behave contrarily or when they leave home to make their own way in the world; it is part of the price they pay for loving.

Jesus told his disciples not to expect peace but a sword in the establishment of the kingdom of heaven which, as he defined it, was the kingdom of love. In other words they should expect to suffer for the cause of love; "Greater love hath no man than that he lay down his life for his friends." He demonstrated by his own example and in refusing to renounce his vision of the kingdom of love he made sure it would be passed on to succeeding generations. It seems that the deeper we love the more we will suffer at some point in our lives, but then life without love would have no meaning. Perhaps we should see it as our duty to make sure that, just as there is more matter in the universe than antimatter, there is more love than suffering.

Roger Howell, Thornbury Quaker Meeting

Church News

ST MARY THE VIRGIN, OLVESTON

Aug 2	8am 10am 6pm	Holy Communion Holy Communion Evensong with Choir	Rev Roly Bain Canon David Sansum Rev. David Bone
Aug 9	8am 10am 6pm	Holy Communion (BCP) Morning Worship with Choir Evensong	Canon David Sansum Mrs Janet McBride Rev David Bone
Aug 16	8am 10am 6pm	Holy Communion (BCP) Holy Communion Evensong	Rev Philip Rowe Rev Philip Rowe Mr Denis Jones
Aug 23	8am 10am 6pm	Holy Communion(BCP) Fourth Sunday- Evensong (BCP) with Choir	Canon David Sansum Rev. Roly Bain Rev. Philip Rowe
Aug 30	8am 10am 6pm	Holy Communion Morning Prayer Holy Communion(BCP) with Choir	Canon David Sansum Rev David Bone Rev Philip Rowe

Information on services correct at time of going to press.

The Rev Philip Rowe, 01454 613223; email: office@stmaryssevernside.org

Please contact Philip about Baptisms, marriages, funerals or other matters at any time, but please try to avoid Thursdays except in an emergency.

Verger: Mrs. June Robbins, 01454 617491

www.stmarysolveston.org.uk/index.html

PRAYER GROUP: Mondays, 3.00pm in the Church (except third Monday)

WEDNESDAY HOLY COMMUNION: At 9.00am led by the **Rev. Roly Bain**

CHAPELRY OF ST JOHN, AUST

Aug 2	8am	Holy Communion	Rev David Bone
Aug 9	10am	Holy Communion	Rev David Bone
Aug 16	8am	Holy Communion	Rev David Bone
Aug 23	10am	Morning Prayer	Rev David Bone
Aug 30	8am	Holy Communion	Rev David Bone

Assistant. Curate: Rev David Bone, 01454 614601

Church Wardens: Jo Jenkins, 01454 632838 and Janet Ford, 01454 633300

ST MARY DE MALMESBURY, LITTLETON-ON-SEVERN

Aug 2	9am	Holy Communion	Rev David Pole
Aug 16	9am	Matins	Mr Don Streatfield

Contact: Rev. David Pole 01454 414810; www.sthelensalveston.org

ST JOHN THE EVANGELIST, ELBERTON

Aug 9	9am	Matins	Mr Don Streatfield
Aug 23	9am	Holy Communion	Rev David Pole

Contact: Rev. David Pole 01454 414810; www.sthelensalveston.org

OLVESTON AND TOCKINGTON METHODIST CHURCH

Aug 2	10am	Tock. Ch.	Morning Worship with Holy Communion led by Rev David Bone
	6pm	Olveston Ch	Evening Worship led by Rev Peter Mortlock
Aug 9	10am	Olveston Ch	All Age Worship led by Mr Malcom Read
	6pm	Tock. Ch.	Evening Worship with Holy Communion led by Rev Peter Mortlock
Aug 16	10am	Tock. Ch.	Morning Worship led by Mr Denis Jones
	6pm	Daldry Gdns	Evening Worship led by Mrs Margaret Mortlock
Aug 23	10am	Tock. Ch.	Morning Worship led by Mr Glyn Varney
	6 pm	Olveston Ch.	Evening Worship with Holy Communion led by Rev David Bone
Aug 30	10am	Tock. Ch.	Morning Worship led by Mr David Head
	6pm	Olveston Ch.	Evening Worship led by Mr Glyn Varney

LIGHT LUNCHESES: No Lunch in August. Next lunch Thurs Sept 3rd at 12.15. To book, please ring 612112.

NORTHWICK LUNCHEON GROUP: This meets at 12.30pm on Wednesday 12th. To book your lunch please ring 416528.

PRAYER MEETINGS: Thursdays at 2.15pm in the Olveston Vestry.

COFFEE MORNINGS: Sats 10.30 - 12 noon in the Olveston Methodist Hall - except 8th Aug when it will be in Tockington Chapel. Please bring items for the Harvest Fayre and receive a free cup of coffee.

Cream Teas Bank Holiday Monday Aug 31st in the Wesley Rooms 2.30-5pm

Contact Rev Peter Mortlock 0117 9520115; circuitoffice1@btconnect.com

THE VINE, AWKLEY

The Vine, Pilning Street, Awkley

We meet in a relaxed, manner for worship, prayer and conversational Bible studies incorporating Communion, normally Sunday at 10.30am and Monday and Wednesday at 7.30pm. We also visit other churches and events, so please check our Notice Board or contact us. Prayer requests can be posted through the letterbox at The Vine or sent to us by post or email. Please add a name or initial to identify your request.

Mike and Barbara Matthews, tel. 07840 793772 or email:

thevine_awkley@hotmail.com

THE OASIS CHURCH, OLDOWN

Aug 2	6.30pm	Peter Halsey
Aug 9	6.30pm	John Mosley
Aug 16	6.30pm	Mike Levy'
Aug 23	6.30pm	DVD 'Behind the Sun' from 'Open Doors'
Aug 30	6.30pm	Paul Ashford

Each Thurs 7.30pm - Prayer Time

For further information please contact **Olwen Wonnacott**, 412141 or **Paul Ashford**, 07774 110814 or email: **Paul@CalebGroup.net**

AUST EVANGELICAL CHURCH

Family Worship 11am Evening Worship 6.30pm

For more details, please phone 632564.

BRISTOL CHRISTIAN FELLOWSHIP Our Sunday morning meetings are held at The Grange School in Warmley at 11 am.

Contact 01454 613305 **www.bcfnet.com**

RC CHURCH OF CHRIST THE KING, Thornbury - each Sunday

8.30am Mass

11.00 Family Mass

6.30pm Mass

SOCIETY OF FRIENDS (QUAKERS), Thornbury

Meeting for Worship Sundays 10.30-11.30: The Hanover Room, The Chantry, Castle St. Wheelchair accessible. Children welcome with prior notice.

Local contact: Elizabeth Sidwell, 412975

National: **www.quaker.org.uk** Bristol area: **www.bristolquakers.org.uk**

Diary Dates for August 2009

The information given below is believed to be correct as we go to press.

1 st Sat	Coffee Morning	10.30-12.00	MH
2 nd Sun			
3 rd Mon	Olveston Craft Group	7.30pm	MH
4 th Tue	Tockington Toddlers	10.00-12.00	WR
5 th Wed	Royal British Legion Women - Lunch Severn Vale Flower Club - Coffee morning Body Tone Exercise Class	12.30pm 10.30am 7.30-8.30	DGCL PH
6 th Thu	Coffee Shop Olveston Baby & Toddler Group	10.00-12.00 2.30-4.30	OSt MH
7 th Fri			
8 th Sat	Coffee Morning Quiet Day	10.30-12.00 10am-4pm	Tock.Ch. St M
9 th Sun			
10 th Mon			
11 th Tue	Tockington Toddlers Aust Parish Council	10.00-12.00 7.30pm	WR EVH
12 th Wed	Royal British Legion - Men Body Tone Exercise Class	7.30pm 7.30-8.30	DGCL PH
13 th Thu	Coffee Shop Olveston Baby & Toddler Group	10.00-12.00 2.30-4.30	OSt MH
14 th Fri			
15 th Sat	Coffee Morning Music in the Church at Aust - Minstrels Gallery	10.30-12.00 8pm	MH AC
16 th Sun			
17 th Mon			
18 th Tue	Tockington Toddlers	10.00-12.00	WR
19 th Wed	Severn Vale Flower Club 'Pot Luck' Body Tone Exercise Class	2pm 7.30-8.30	AH PH
20 th Thu	Coffee Shop Olveston Baby & Toddler Group	10.00-12.00 2.30-4.30	OSt MH
21 st Fri			
22 nd Sat	Coffee Morning	10.30-12.00	MH
23 rd Sun			
24 th Mon	Severn Vale Flower Club Practice	1.30pm	AH
25 th Tue	Tockington Toddlers Olveston Parish Council Fibromyalgia Support Group - Bowen Technique	10.00-12.00 7.30pm 7-9pm	WR AP AMH

26 th Wed	Body Tone Exercise Class	7.30-8.30	PH
27 th Thu	Coffee Shop Olveston Baby & Toddler Group	10.00-12.00 2.30-4.30	OSt MH
28 th Fri			
29 th Sat	Coffee Morning Old Down Country Fair (South Gloucestershire County Show), 29 th –31 st www.sgcs.info	10.30-12.00	MH Land next to Old Down Country Park
30 th Sun	Marlwood School Car Boot Sale	9.30-1pm	
31 st Mon	Cream Teas	2.30-5pm	WR

Looking ahead to September

12 th	Music in the Church at Aust		
19 th	Tockington Harvest Fayre	2pm	Tock. Green
19 th	Craft Fayre for St Peter's Hospice	10.00-4.00	PH
26 th	Newcomers Party		OS

KEY: **AC** Aust Church; **ACR** – Almondsbury Church Rooms; **AH** – Armstrong Hall; **AMC** – Alveston Methodist Church; **AMH**- Alveston Methodist Hall; **AP** – Alexandra Pavilion; **AVH** – Aust Village Hall; **CCCP** – Castle Court Car Park; **CH** – Cossham Hall; **Chy** – Chantry; **DGCL** – Daldry Gardens Community Lounge; **EVH** – Elberton Village Hall; **MH** – Olveston Methodist Hall; **OS** – Olveston School; **OSt** – Olveston Stores; **OV** – Olveston Vicarage; **PH** – Olveston Parish Hall; **StM** – St Mary's Church, Oliv.; **StMA** Almondsbury Church; **TBCh** - Thornbury Baptist Church; **TMH** – Thorn. Methodist Hall; **URC** - Thornbury United Reform Church; **WR** – Wesley Rooms.

<p>Contact details for any clubs or organisations in the Meeting Point area can be found in the Meeting Point Directory on the community website: www.olvestonandaust.com. If you would like to update your organisation's details, please email: meetingpointsecretary@olvestonandaust.com</p>
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