

Clarion





Hello Villagers

Almost the end of another year, and hasn't it gone fast. It was about this time last year when I first met Jenny for a chat about helping with the Clarion, and throughout the year Jenny has been great at getting me up to speed, helping with idea's and content. Also, I couldn't have asked for a better proofreader than Marius, with his attention for detail and IT support. It's also been over 20yrs that they have worked on the Clarion, in one form or another, and so on behalf of me and the village I feel a BIG THANK YOU is in order for all their devoted time and effort. I hope you

agree, and with me, wish them a well-deserved rest from the Clarion, along with a little 'thank you' treat.

What's On this month.

St Cecilia's is hosting music from the **Adstock Singers**, 'One Thousand Winters' is to be held on Sunday 3rd followed by a Carol Service led by Rev. Ian Ogilvie on 17th December.

The Parish Council are holding their regular meeting in the Village

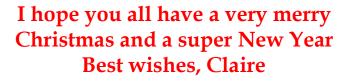
Hall on Tuesday 5th December, and they are happy to see villagers there to support, hear or comment on village issues. It's your chance to have your say.

Local artist Jonquil is hosting her own art exhibition of landscape paintings at the St. Laurence Room, Market Square, Winslow on Sunday 10th December from 10.30am to 4pm. I'm sure she'd love to see a friendly face.

The Village Coffee Morning is on 21st Dec for a neighbourly catch up and in place of the raffle, will be a Festive Quiz.

Simon Walker (PC Chairman) and I got together recently to talk about the village website, www.adstockvillage.info/ which is going to be updated more frequently now, and also where many of the links to services and archives of the Clarion can be hosted. We also discussed printing the Clarion once or twice a year, so with that in mind, this issue will be scaled down, printed and delivered over the weekend to come.

I hope you enjoy it, and that just leaves me to say...



Index

- Pg 2. Parish Council
- Pg 4. Village Hall News
- Pg 6. <u>Church News</u>
- Pg 6. Village Clubs

- Pg 13. Adstockistan & Rural Ronnies Events
- Pg 15. Art Exhibition
- Pg 18. What's On & Events Diary
- Pg 19. Local Contacts
- P 20. Competition



ADSTOCK PARISH COUNCIL

Chairman: Cllr Simon Walker, Vice Chair: Cllr Neil Fraser-Smith
Councillors: Cllr Chris Cornish, Cllr Doug Randall, Cllr John Stone, Cllr Paul Salver
www.adstockvillage.info/

WE REQUIRE YOUR INPUT ON ANY ISSUES YOU WOULD LIKE US TO ADDRESS

Please email admin@adstockvillage.info or view the village website for updates

Next PC meeting Tuesday 5th December.

(May be subject to change as the Clerk is currently unwell, please check before you attend)

VACANCIES

Councillors

We are looking for more councillors to join the PC please email admin@adstockvillage.info for further information.

Parish Clerk

We also are looking to recruit a Parish Clerk. Ruth has decided to retire. This is a paid role. The hours are extremely flexible. On average it works out at 4 hours per week. For more details please email admin@adstockvillage.info CLOSING DATE 15th DECEMBER

ROAD CLOSURE SIGN

• The PC have contacted Anglian Water and they assure us there is no road closure planned. There is the works with traffic lights ongoing near The Addington turn. For info you can check on this web link too www.buckinghamshire.gov.uk/parking-roads-and-transport/check-for-roadworks-and-closures

HEDGES

• It is that time of the year! – roadside hedges need cutting back. If you have such hedges please can you cut back. Thank you

POTHOLES, HIGHWAYS AND FOOTPATHS

Please report any issues to:

- www.fixmystreet.buckscc.gov.uk
- www.ramblers.org.uk/advice/improve-the-path-network/creating-a-right-of-way.aspx
- www.buckscc.gov.uk/services/environment/public-rights-of-way/report-a-rights-of-way-issue/

STREETLIGHTS NOT WORKING

Please report by sending the light post number to <u>admin@adstockvillage.info</u> – thank you

Local Community Board.

Winslow Community Board

www.buckinghamshire.gov.uk/community-and-safety/improving-your-local-community/winslow-community-board/

School Computers

Get laptops and tablets for children who cannot attend school due to coronavirus (COVID-19) - GOV.UK (www.gov.uk)

Heart of Bucks

heartofbucks.org/education-employment-digital-poverty-young-people/

Helping Hands

www.buckinghamshire.gov.uk/coronavirus/get-support-food-and-energy-bills-over-winter/

PLANNING APPLICATIONS:

See list below and go to the website to add any comments or objections: www.buckinghamshire.gov.uk/planning-and-building-control/view-and-comment-on-a-planning-application/

Reference	Address	<u>Type</u>	<u>Status</u>
21/03473/APP 21/03474/AIB	Adstock Cottage East Street Adstock Buckinghamshire MK18 2HZ / Replacement of windows, installation of one new window and two roof lights	Application	Awaiting decision
22/01337/ADP	Adstock Manor Main Street Adstock Buckinghamshire MK18 2HT / Submission of details of means of access, external appearance, landscaping, layout and scale for the erection of three dwellings and a storage barn with one dwelling above pursuant to outline planning permission 18/04635/OAP	Application	Awaiting decision
23/02542/APP	Willow Cottage The Gardens Adstock Buckinghamshire MK18 2JF / Householder application for removal of existing flat roof and replacement with pitched roof, new windows to front elevation, new first floor cladding to house and cladding to detached garage.	Application	Approved
23/03262/APP	Adstockfields Farm Adstock Fields Buckinghamshire MK18 2JE / Conversion of part of a redundant agricultural building to visitors' facilities and ancillary retail to the distillery (Class E)	Application	Awaiting decision
23/02415/VRC	Franconia Cottage The Gardens Adstock Buckinghamshire MK18 2JF / Variation of condition 2 (garage plan) relating to application 20/03621/APP (Demolition of existing cottage and carport and erection of domer bungalow with detached garage)	Application	Approved
23/03678/APP 23/03679/ALB	Fig Tree Cottage Main Street Adstock Buckinghamshire MK18 2JN /Householder application for replacement of timber windows	Application	Awaiting decision

Planning Applications at 29/11/2023

Useful inks

'Food Champion' scheme: Residents are invited to set up a food collection service in their road/street which then gets donated directly to local food banks.

www.buckinghamshire.gov.uk/news/become-a-food-champion-and-help-your-local-community/

'Welcoming Spaces' are also in place within libraries across Bucks- these are free, safe spaces where someone may go to keep warm, save money, look after health, get free access to support, advice, wifi etc. Find your nearest space here: www.buckinghamshire.gov.uk/cost-of-living/find-a-place-to-keep-warm-welcoming-spaces/

Are you caring for someone? A family member, a friend, a neighbour? Do you look after someone who cannot manage without you because they are ill, frail or have a disability? If so, you are a carer and Carers Bucks can help you. carersbucks.org/information-for-carers/

ADSTOCK VILLAGE HALL

Available to hire for £15 per hour

- Includes tables, chairs, kitchen facilities and an outside area
- Suitable for children's parties, local club nights or art displays
- Outside Chairs & Tables also available to hire

VILLAGE HALL EVENTS - DATES FOR THE DIARY 2023/24

21st December	Coffee Morning & Christmas Quiz
3 rd February 2024	Winter Quiz
8 th & 9 th June 2024	Open Gardens

For private bookings please contact Heather Brogden: willsontheweb@hotmail.com

For event bookings please contact Alaina Cornish: adstockevents @gmail.com



Padbury Hill Farm Stables and Storage

- Caravan Storage (outdoor)
- Self store Container Storage
- Stables with outdoor and indoor arenas, horse walker and more
- Discounts for local residents

Phone Justin on 07801 148804





All welcome....please bring cash.

ADSTOCK QUIZ NIGHT IS BACK!

Saturday 3rd February 7 for 7,30pm prompt start Village Hall

Due to demand, we will be holding 2 quiz nights per year and alternating between Fish and Chips and a home made meal.

> £18 per ticket including Fish and Chips.

9 tables of 6 people per team is our limit so book now to avoid disappointment!

This fun evening is an important fundraiser for the hall and the majority of the money raised comes from the donation bar (red and white wine, lager and ale, soft drinks). BYO will incur a corkage charge of £5.00. We hope you understand!

For tickets please contact

adstockevents@gmail.com



Rews from St Cecilia's

The weather was not great on Nov. 12th but a small crowd gathered at the War Memorial, and afterwards in church, for our Remembrance Service led by Simon Faulks

Services in December will be:

Dec. 3, 9.00am Holy Communion led by Archdeacon, Guy Elsmore

Dec. 17th, Carol Service led by Rev. Ian Ogilvie

Dec. 24th, Crib Service led by Rev. Ian Ogilvie

Unfortunately, we have not been able to find anyone available to take a service on Christmas morning.

We do need help for the Carol Service.

If you would like to read one of the lessons please get in touch. The lessons are not long and the service is always enhanced when more people are involved.

In the coming months our service pattern of 1st Sunday 9am Holy Communion and 3rd Sunday, 10.30am Morning Worship will continue, with occasional additional 10.30am Benefice services. We have no idea how long this will last as finding a new vicar is always a lengthy process but, if the church is to survive, we hope you will all continue to support St. Cecilia's throughout this period.

We are fortunate that Esme Smith has been doing a voluntary work placement with us for a few weeks. She has been a huge help in updating various service sheets and working on the Christmas service booklets. We are enormously grateful for all the time and effort she has put in on our behalf.

Coffee mornings

These continue to be well supported and we have been delighted to see some new village residents joining us. Our Christmas 'get-together' will be on Thursday, December 21st at 11am in the Village Hall with a fun, festive quiz rather than our usual raffle. Do join us if you can.

Jill Lord



For just an hour each week take some time to sit and reflect. Join us at the next service, we'd love to see you



Play Tennis In Padbury



COURTS AVAILABLE 7 DAYS A WEEK SOCIAL CLUB NIGHTS TUES & SAT TEAM PLAY IN MK TENNIS LEAGUE ANNUAL CLUB TOURNAMENT LTA QUALIFIED LEVEL 4 COACH **NEW MEMBERS WELCOME**



COACHING WITH ED

Ed Harwood is a former pro tennis player based in Bucks. He offers adult and kids groups, plus individual lessons at competitive rates.

padburytcmemb@gmail.com 07920 297891 @padburytennisclub

FRIENDS OF THE UNIVERSITY **BUCKINGHAM**









OVER 100 NEW MEMBERS IN LESS THAN TWO YEARS JOIN THE FRIENDS, MEET NEW FRIENDS http://www.friendsuob.uk/membership

HELPING STUDENTS FLY SINCE 1976

(d) (f)

IAN CARNELL ELECTRICAL



Replacement fittings to full rewires

Fault finding and repairs

Test and Certification

Contact Ian Mob: 07906 305868 Email: icarnell22@gmail.com



YOUR LOCAL **COPY, PRINT & STATIONERY SHOP** PHILLIPS PRINT & STATIONERS FORD STREET, BUCKINGHAM MK18 1AQ 01280 812692 phillipsprint@gmail.com SCAN & SEND OFFICE STATIONERY COPYING PHOTOGRAPHS BINDING ORDERS OF SERVICE LAMINATING BOOKLETS/LEAFLETS PLAN PRINTING ORDERS OF SERVICE **OUR OPENING HOURS** 9am to 5pm Monday to Thursday oam to 4.30pm Friday WEAREIN FORD STREET (NEXT TO BUCKINGHAM FORD Phillips Print & Stationers www.phillipsprintbuckingham.co.uk





THE ADSTOCK HISTORY CLUB

On October 18th Paul Ukpai returned to Adstock following a 3 year absence. With the dreadful news being broadcast regarding Israel, he gave an unbiased overview of the history of the area, including Britain's control of Palestine after World War 1.

The Balfour Declaration of 1917 gave the UK the task of establishing a 'national home' in Palestine for Jewish people, and in 1922 this was endorsed by the newly created League of Nations. In 1948 Britain withdrew and Jewish leaders declared the creation of the state of Israel, which was intended to be a safe haven for Jews fleeing persecution, as well as a national homeland for Jews.

The talk was fascinating and many club members admitted to knowing little or nothing of the reasons for the conflict in the Middle East.

Our next talk was in fact a lighthearted British comedy film. Hysteria is a term used colloquially to mean ungovernable emotional excess and can refer to a temporary state of mind or emotion. In the nineteenth century, female hysteria was considered a diagnosable physical illness in women. It is assumed that the basis for diagnosis operated under the belief that women are predisposed to mental and behavioural conditions.

In November Kevin Varty presented the film 'Hysteria', a 2011 British period biographical romantic comedy with a cast including <u>Hugh Dancy</u>, <u>Maggie Gyllenhaal</u>, Sheridan Smith, <u>Felicity Jones</u>, <u>Jonathan Pryce</u>, and <u>Rupert Everett</u>.

As well as enjoying the film, the club members were able to look at some resources that Kevin had displayed around the room.

I hope everyone has a great Christmas, and I look forward to seeing you all in 2024

Visitors to the History Club are always welcome – phone or email for more details.

Jenny Stuart ~ 01296 712 561 ~ jenniferanne.stuart@btopenworld.com





"A TOTAL JOY FROM START TO FINISH. A TERRIFIC MOVIE!"



I'm told that the book club meeting on 1st November hosted by Lynn and Karen was full of the enthusiastic chat amongst its members helped with delicious eats and wine a plenty, thank you to you both.

Unfortunately, I was unable to attend but am able to report on the two books that were set for us to read, the first one being Long Road to Mercy by David Baldacci.

This is the first book of a series featuring FBI agent Attlee Pine, which starts out to investigate the disappearance of her twin sister Mercy taken from her bed as a young girl, however we are soon drawn into an action packed investigation located in the Grand Canyon where a mule has been killed and its rider missing. All a bit James Bondish, unbelievable escapades are explained in detail. This mystery is solved leaving the mystery of missing Mercy unsolved for further

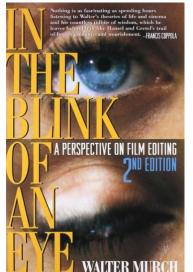
investigation in future books. It had mixed reviews with most people enjoying it.

As did the second book, In the Blink of an Eye by Jo Callaghan. A crime thriller story, very topical as investigator DCS Kat Frank is paired with AIDE an Artificial Intelligent Detective Entity. The investigation of two missing people hits what it's

like to be human with human emotions/instincts and the logic of an AI robot, an interesting clever concept highlighting what it is to be human.

Our next meeting is the annual dinner at The Thatched, see you all there.

Linda Holmes

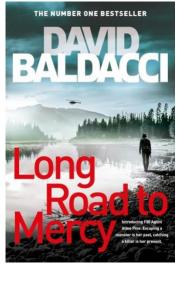






Doggie Day Care & Boarding in our family home since 2005









Recent Science Club Talks

Our Science Club talk in October was presented by Dr Ben Dryer of the Open University -



"Galactic Glitches: Correcting our vision of the universe"

The Centre of Electronic Imaging (CEI) at the Open University has been at the forefront of the study of how radiation damage from space-borne particles affects the sensitive instrumentation we fly on board space missions, concentrating on camera sensor technologies such as <u>CMOS APSs and CCDs</u>.

Dr Ben Dryer has been a member of the CEI for the past 15 years and has spent much of that time involved in the development and testing

of camera systems flown on board the recently launched JUICE and Euclid missions. He gave an overview of the topic of space radiation in the context of these cutting-edge missions to explain how we tackle the challenges of operating sensitive scientific equipment in the hostile environment of space.



Video of similar talk - Imaging Space: The JUICE and EUCID missions - YouTube

Novembers talk was presented by Professor Patrick Lewis of Neuroscience at the Royal Veterinary College – "Neuroscience, Mad Cow disease and Parkinson's



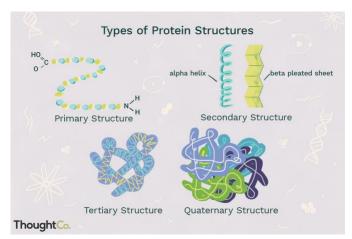
Professor Lewis' talk was about how an understanding of Mad Cow disease is helping us to comprehend neurodegenerative diseases like Parkinson's. Bovine Spongiform Encephalopathy (or mad cow disease) which is caused by small sticky lumps of protein called <u>prions</u>, these can spread from cell to cell, from cow to cow, and from cows to humans in an infectious process. Recent research has suggested that something similar might be happening in the brains of people with Parkinson's.

He began by telling us about "Kuru" which is a rare, incurable, and fatal neurodegenerative disorder that was common among the "Fore" people of Papua, New Guinea. Kuru is a form of transmissible spongiform encephalopathy (TSE) caused by the transmission of prions, which leads to loss of coordination from neurodegeneration. Symptoms such as Ataxia, Tremors, Chorea, Excessive Laughter, Aggression, Dysphoria and Akinetic Mutism are common.

Before I continue with his talk here's a little bit about proteins.

Proteins are produced in cells, they are made up from a combination of up to 20 different <u>amino acids</u> and have a number of functions, structural, transportation, defence etc. and also some can be considered as chemical manufacturing plants used by the body to make other biological structures including other proteins. They are basically long molecular chains which can fold into various three-dimensional shapes depending on their structure and environment. Because of this, one protein may have many different roles depending on where it is in a cell. Its shape and function can also change depending on environmental factors, such as

how acid or alkali its surroundings are (Ph. level), temperature, pressure, light intensity etc. are all factors that can alter a protein's 3D shape and thus its function.



Back to Professor Lewis' talk where proteins play a major part.

Kuru tended to only infect females and prepubescent children of the Fore up to the 1950s when it started to die out. This was probably due to the introduction of increased exposure to modern civilisation and education. On investigation it was discovered that a possible reason for its predominance in women and children was due to their practise of cannibalism, of deceased family members, mainly by these two groups.

A report by W.J. Hadlow in 1959 linked Kuru with <u>CJD (Creutzfeldt-Jakob disease)</u> and <u>Scrapie</u> which were also found to be prion related.

Mad Cow Disease was first reported in 1986, it spread like wildfire. This was due to the feeding of cows with infected meat and bone meal feed. Remember the politician <u>Mr John Gummer's infamous news</u> clip. In 1993-94 a new variant of CJD was discovered in and was expected to infect people exponentially, but for some reason it didn't. No one knew why this wasn't the case, though CJD can incubate for many years before appearing.

Professor Lewis mentioned that extensive research is ongoing into Parkinson's disease which has many similarities to these animal diseases.

A number of the most interesting things I found in Prof. Lewis's talk was that Prions can survive some very hostile environments most normal biological structures would fall apart in, they can also transform other similar proteins into an identical copy of themselves almost as if it were a virus and some people seem to be immune from the disease no matter how badly they seem to be infected with prions. Another interesting thing was that in his research he and his colleagues routinely use DeepMind/Google's AlphaFold Artificial Intelligence (AI) program, currently there is a lot of talk about the negative aspects of AI, how it may make humans redundant and take over the world. Well, here's one of the more positive things AI is being used for.

Marius Stuart Tel: 01296 712 561 Email: marius.stuart@btopenworld.com

Web Site: www.theadstockscienceclub.co.uk

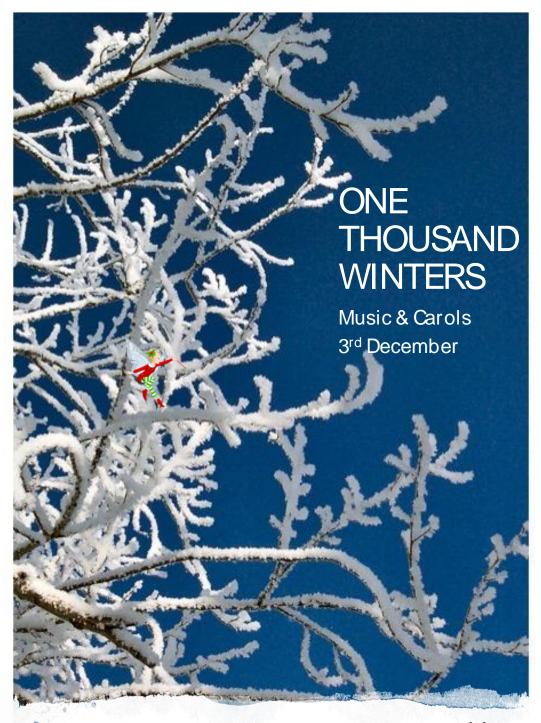




Remaining dates include:

- 3rd December for our **Christmas concert** see poster for full details
 - The concert covers the best part of a thousand years of winter themed music, ranging from ancient folk carols, to Kelly Clarkson and a Christmas song written especially in September, so there should be something in there for everyone! We are again raising money for BTR.
- 5th December will see us singing in Buckingham at the Radcliffe centre, along with The Swan Singers, and we will also be singing at Christmas markets in Milton Keynes.

Always keen to see new members! Email: <u>lucy_bignall@outlook.com</u>





4pm at St Cecilia's Church, Adstock, MK18 2HY

Tickets £8 on the door, includes mulled wine & Christmas treats

All profits go to Brain Tumour Research

lucy bignall@outlook.com

Adstockistan Update December 2023













Apologies

chat in the sun.

The thank you must also come alongside an apology as we recently had a birthday for a young lad that got out of hand. This was no fault of the family that booked the orchard, but unfortunately due to social media, gatecrashers turned up. I wholeheartedly apologise if this caused disruption in the village. I will not take any more bookings for 18th birthdays UNLESS it is for someone from Adstock.

Orchard Bookings

That said, the Orchard is available for bookings (probably in the Spring), whether it be a camp out, music lesson, club meeting or a party. All options can be discussed, so please call or text Jo on 07712 897366 if you are interested. Adstockistan is a fundraising orchard, so as long as this can be incorporated into your event, we are happy to help in any way.

Simple bookings can be made at: www.adstockistan.com/calendar/

For small events there will be a simple note put on the gate, but for larger parties, I will give warning in advance. There is nothing planned until Spring.

Karate Fit

Tom Finchet from Swanbourne has taken up the baton from Muscles Mike as far as fitness training in Adstock is concerned, with Karate fit. The sessions are divided into 2 hour blocks. The first hour concentrates on fitness, flexibility and coordination using martial arts as the vehicle. The second hour is basic self-defence. This is for EVERYONE and is both brilliant for fitness and flexibility and interesting as far as the techniques are concerned which are expertly explained by Tom. It is £2 per session, and they take place on Mondays, starting at 1900. If you are interested, text Jo on 07712897366 and you will be added to the WhatsApp group.



Exhibition of Landscape Paintings

Local Artist - Jonquil Bennett

St. Laurence Room, Market Square, Winslow, Buckingham MK18 3AB

Sunday 10th December from 10.30am to 4pm

An exhibition of 50 paintings, in Oils and Acrylics by Adstock based artist

Paintings priced from £90

Visitors warmly welcomed, come if you are curious, or just want to have a look

See more artwork on Instagram @JonquilBennett

If you're unable to make the date but would like to see my work, please email jonquilvb@gmail.com

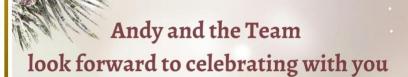
Please note that if you want to buy, I'm not yet organised to take card payments, so please either pay by cash (there's a free cash point very close), cheque or bank transfer. Thank you.











Christian Festive Menu

Available Wednesday – Friday from Wednesday 29th November – Friday 22nd December Lunch 12noon – 2.30pm & Dinner 5.30pm – 8.30pm Enjoy three courses for £35.00 or 2 courses for £28.00

Call 01296 712 584 to make a reservation





Gastro Pub, Adstock

Set Menu Weds ~ Fri Lunch & early Dinner

Friday Eve Fish Specials

Saturday and Sunday All Day Dining

Main Street Adstock, Bucks MK18 2JN info@theoldthatchedinn.co.uk www.theoldthatchedinn.co.uk

Unit 2, The Barn Oliver's Yard, Whaddon Road Mursley Buckinghamshire MK17 OPL

01296 706266 info@corzoandwood.co.uk www.corzoandwood.co.uk



Jewellery, Gifts and Workshops



We are Corzo & Wood (Violeta Corzo and Sarah Wood)

We handcraft every single piece of sterling silver jewellery that we sell in our shop, adjacent to Mursley Farm Shop. Our jewellery is made from fully recycled silver, antique silver cutlery and is created to be worn every day. Come and browse our selection of gorgeous gifts for all those big and small moments. We look forward to welcoming you at Corzo & Wood.

GIFT VOUCHERS AVAILABLE





Get creative in one of our jewellery making workshops

Learn to design and create your own silver jewellery with us in our dedicated workshop.

We offer you step-by-step tuition in a welcoming and relaxed environment. Why not find out more about our full-day and half-day workshops?

Personalised gift vouchers can be purchased online or ordered for collection.

100% RECYCLED SILVER USED



Hardy Plant Society Bucks & Oxon Group

Please find below our programme of speakers for 2024

www.hardy-plant.org.uk/



2024 Speakers List



20th January — A Bouquet of Weeds — Michael Brown

We curse them and try to kill them so Michael will explain how to make the most of them.

10th February — Love that Slug — Andrew Mikolajski

Managing pests and diseases without effective garden chemicals.

16th March — Hardy Exotics and Creating Microclimates — Colin Ward

What hardy exotics will do best and how can we create the perfect environment.

20th April — Scented plants and the Scented Garden — Geoff Hodge

Which plants offer the best scent and how to get the best out of them.

11th May — Annual Plant Sale at the earlier start time of 1.30pm —

Followed by Bulbs that Flower in May, June & July — George Lockwood

In the Summer months visits are planned to interesting gardens around the local area 21st September — Snowdrops — Joe Sharman

Cultivars, cultivation, pests, diseases and the history of snowdrops.

19th October — A Blaze of Glory — Timothy Walker

How your garden can have a blaze of colour in the autumn.

16th November — AGM followed by a members talk

 ${\it Gardening\ my\ way}-{\it Jean\ Cooke}$

All meetings are held on a Saturday startin at 2.15pm in East and Botolph Claydon Village Hall, Botolph Claydon, MK18 2LR

- Members free Non-members £4 Refreshments available after the talk —
- plus sometim s there are members plants for sale please bring cash —

Contact or Message Us via Facebook at the <u>HPS - Hardy Plant Society - Bucks & Oxon</u> or email bucksandoxonhardyplantsociety@gmail.com





Date	Events	Place	Time
3 rd December	Guy Elsmore – Holy Communion	St Cecilias	9am
3 rd December	Christmas Concert with the Adstock Singers	St Cecilias	4pm
5 th December	Adstock Singers join the Swan Singers	Radcliffe Centrre	tbc
5 th December	Adstock Parish Council Meeting	Village Hall	8pm
17 th December	Carol Service led by Rev. Ian Ogilvie	St Cecilias	6pm
21 st December	Coffee Morning	Village Hall	11am
24 th December	Crib Service led by Rev. Ian Ogilvie	St Cecilias	
2024	2024		
20 th January	Hardy Plant Talk – A Bouquet of Weeds	Botolph Claydon Village	2.15pm
		Hall	
3 rd February	Winter Quiz – see advert	Village Hall	7 for 7.30pm
8 th & 9 th June	Adstock Musical Open Gardens		2-6pm
	Weekly Events		
Monday	Karate Fit	Adstock Fields	From 7pm
Wednesday	Pilates	Village Hall	9.30am
Thursday	Hatha Yoga Classes	Village Hall	9.30-
			10.30am
Thursday	Choir ADSTOCK SINGERS	Contact Lucy Bignall	

Hatha yoga Class with Lynn Patton

Thursday morning 9.30-10.30am in Adstock Village Hall £10/class

An established class with places now available - move your body, strengthen your breathing and generally give yourself some care and attention - we all need some of that



Bring a mat and a blanket please
Contact Lynn 07799 197317 lynn.patton2@yahoo.co.uk for further information and to book your place

LOCAL CONTACTS FOR FURTHER INFORMATION

Adstock Clarion Claire Holland 07502 191215
Jennifer Stuart 01296 712561
or email villageadstockclarion@gmail.com

To receive a copy of the Clarion or to offer some

content or information.

Adstock Singers Lucy Bignall 07798 504410

Adstock Orchard Bookings www.adstockistan.com/calendar

Jill Lord **Book Club** 07540 990567 **Karate Fit** Tom 07974 929961 **Hardy Plant Society Claire** 07502 191215 01296 712561 **History Club** Jenny Stuart **Pilates** Heather Brogden 07900 138314 Piano and Violin Lessons Lucy Bignall 07798 504410 **Science Club Marius Stuart** 01296 712561 Yoga Lynn 07799 197317





Advertising in the Adstock Clarion

If you wish to feature your event, service or business in the Clarion and Calendar notice which are:

- sent out at the end of alternate months
- emailed to over 170 Adstock residents
- promoted on the Adstock Facebook page

The Costs are:

- For Villagers £5 for one Adstock Clarion and one Calendar issue £25 for the year (6 issues of the Adstock Clarion and Calendar notices)
- For External Businesses £10 for one Clarion and one Calendar issue £50 for the year (6 issues of the Adstock Clarion and 6 Calendar notices)
- Village events will continue to be advertised free of charge

Please contact Claire or Jenny for more details or to place an advert.

Help with designing ads is also available

FESTIVE FUN For children! How many elves and how many fairies' are dotted through this newsletter? Prizes of Chocolate Stocking Fillers...

For Adults! CAPTION COMPETITION – funniest wins a bottle of Prosecco!



For Everyone!

HOW MANY CHRISTMAS BAUBLES in total?

Closest wins a set of lights



SEND ANSWERS to Claire at:

<u>villageadstockclarion@gmail.com</u> or pop a note through my door:

Laurel Cottage, The Gardens, with your name and contact details, plus the answers.

Closing date: Mid-day Fri 22nd Dec

Open to Village Residents only

.....GOOD LUCK