

Elkstone Newsletter

27th Year: No. 2 (302)

November 2012

Editor's Bit

A quick plea! Please could you check that your computer is set to UK English and not U.S. English. This helps when assembling text into the Newsletter, otherwise our quaint English spellings are shown as red underlined mistakes.

Jessie is asking for someone to take over her role as Nature Notes correspondent. The Editor would be pleased to accept offers from prospective correspondents for Nature, Arts and Book notes. An illustrator would be an exciting addition to the team!

Reg – 23rd October

Features	
Services at Elkstone Church Harvest Festival and Supper report UNICEF card and gift sale New Pilates Classes at Elkstone Village Hall Elkstone Cinema and Supper Night	Elkstone Ramblers Group Walk Rendcomb Surgery Support Group Neighbourhood Watch Coberley School Bonfire and Fireworks
Dates for your Diary	
Parish Council Meeting – Elkstone Village Hall - Wednesday 14 th November – 8.00pm	
Election - Police and Crime Commissioner - Elkstone Village Hall - Thursday 15 th November	
ERG Walk – The Black Horse, Cranham – 10.00am – Saturday 17 th November	
Regular Dates	
Waste & recycling	Food and garden waste - Fridays
Waste & recycling	All bags, bins and boxes – Fridays 9 th & 23 rd
Watercolour Painting	Every Tuesday - Village Hall - 10am – <i>Yvette Levick 870485</i>
Indoor Bowls	Every Tuesday - Village Hall – <i>Trevor - 870246</i>
Deadline for next month's edition: Tuesday 20th November please	
The Elkstone web-site has current and past copies of the Newsletter – www.elkstonevillage.com	
<i>Reg Eyre – High Beech – 870375 – reg.eyre@tesco.net</i>	

Services at Elkstone Church in November are as follows:

November 4th 9.30 am Holy Communion
November 11th 10.45 am Remembrance - Elkstone Church
November 18th 11.00 am Morning Prayer.
November 25th 10.00 am Songs of Praise

David Pierce

Remembrance Service -Sunday 11th November

This year Remembrance Day falls on a Sunday, and at our Church service at Elkstone on that day there will be a chance for the whole Benefice to remember all those who have given their lives in serving our country, and for the freedom we enjoy. The service starts at 10.45am with the normal silence at 11.00am. Please join us.

Harvest Festival and Harvest Supper

Thank you to all those who made donations of produce or monetary gifts at either our Harvest service or at the Harvest Supper. Also, thanks go to those who prepared food for the Supper and to Carole for organising and co-ordinating the evening. The Supper was thoroughly enjoyed by everybody, and was a great chance to meet new friends and share with neighbours. The charity we chose to support with our monetary gifts this year was Send a Cow, which supplies animals and plants to families in Africa so that they can work towards self sufficiency. One of the conditions of Send a Cow is that those receiving an animal or plant provide an offspring or seed to others. This helps to multiply our initial gift.

At the time of writing we do not know the final amount we will be sending to the charity but it is likely to be about £300.

The produce from the Harvest service was given to a women's refuge in Stroud, which provides shelter for women and their children, who have often had to quickly leave their homes with nothing."

Many thanks

David

UNICEF Card and Gift Sale

Please join me for tea/coffee and a mince pie at Church View, Elkstone for my annual sale of Christmas cards, stationery, wrapping paper, Advent calendars, etc, on Friday 16th, Saturday 17th, and Sunday 18th November from noon to 6pm.

Let's hope the sale will be successful financially, but not as traumatic as last year - Margaret please mind the step!

A warm welcome awaits!

Jennie Howlett - 01242 – 870462

New Pilates Class - Elkstone

Julia Davey and Jennie Howlett have got together to organise a beginners' Pilates class starting on Friday November 16th and running for 6 weeks, initially as a trial. If it is successful, the classes will continue in the New Year. The cost is £42.00 for the 6 sessions, running in Elkstone Village Hall at 9.30am. The class will be taught by Jannet Griffin, a certified Pilates Institute Mat and Reformer instructor, ante & post natal tutor and secondary schools Dance & PE Teacher. Jannet has been teaching health related exercise classes for over 20 years and Pilates for the last 12 years.

Pure Pilates classes incorporate a range of simple movements for maximum effect, employing different tools to provide more challenge and vary every workout. Regular practice typically leads to a stronger, leaner body and has an overall de-stressing effect on most people. Pilates works on strengthening the stabilising muscles, which lie close to and support the spine. The exercises are gentle, progressive, and performed slowly with good postural alignment at all times. A typical Pure Pilates matwork class consists of the following components and is taught to relaxing music:

- § Warm up/Mental and Physical preparation
- § Standing Functional and Balance Work
- § Mat work Exercises for Abdominal, Back, Arm and Leg strength
- § Stretch and Relaxation

We have 6 people so far and would welcome more people to come and join us. You don't have to be fit or flexible and you can go at your own pace. If you would like to come, please contact Jannet directly to put your name down, on 07792 533762 or

email her at pilatespure0908@gmail.com . If you would like more information Jannet has a web site www.pilatespure.co.uk or give Julia a call on 870038.

Cinema and Supper night – Please note change of date: it is Friday November 16th, not Thursday 15th as published last month – the election takes priority...

Supper is at 7.00pm, followed by the film at 8.00pm

Our first cinema evening was judged by those there to be a great success and it was lovely to see so many people there to feel the warmth and friendship that makes this village so special. Thank you to all who attended and who have given us such encouragement and helpful feedback. Supper beforehand was enjoyed and we have been asked to repeat the idea again this month which we are happy to do. We hope that the rest of this trial of three months' screenings will prove equally successful and that we will see film night returning as a monthly event during the dark evenings. Thank you for your suggestions for films that you would like to see - we hope to show several of these in the future.

November's film will be **The English Patient**, a wonderful film mostly set in Italy at the end of WW2, when a French Canadian nurse (Juliette Binoche) tries to care for a mysterious, seriously wounded Englishman (Ralph Fiennes) who has been a captive of the Germans, though clearly he has a mysterious past. Even if you have seen this film, it deserves further viewings, more is revealed every time!

Supper will be **Fish Roast with Peas**, plus a roll and butter. Please bring your own drinks. Tea and coffee will be available at 50p per cup.

Cost for the Supper and the film will be £10.00 each - to help with catering, **please pre-book by 6.00pm Monday 12th November latest**, putting your monies with details into an envelope into Manor Farm Cottage. If you only want to see the film, the cost will be £5.00, pay on the door.

In December, licence permitting, we hope to show **Salmon Fishing in the Yemen** – watch for details in the December newsletter.

Please note that the December movie date is **Thursday 13th December**

Jeremy and Anne – 870516

ERG Walk

Saturday 17th November

Starting 10.00 am from The Black Horse, Cranham; grid ref 897 129

A 3 - 4 mile walk taking in autumn colours and views from the top of Cooper's Hill

More details by e-mail later

Robin & Joan 01452 412120

Rendcomb Surgery Support Group

Our annual Christmas Coffee Morning will be held as usual in Winstone Village Hall on Saturday 8th December from 10.00am to noon. I will supply more details next month about how you can help.

Recently the Support Group has purchased a Staff Photo Board as requested by several patients. It is now on display in the surgery.

Jennie Howlett

Neighbourhood Watch

I am very pleased to have been accepted as Elkstone's new Neighbourhood Watch Co-ordinator. I am keen to continue the work that has been done in the past, build on it plus introduce some new initiatives. I will need to get contact information from

everyone who would like to be members (contact information given for Neighbourhood Watch purposes to the previous Co-ordinator will be destroyed and not passed on) and I will, of course, only use this information for Neighbourhood Watch purposes. Our Neighbourhood Watch is about us working together so that Elkstone stays a safe, attractive and friendly place to live. It's about looking after our community and those who live in it and it's about sharing information, best practice and advice.

If you would like to receive information such as local incidents or alerts for suspicious people/vehicles, I will be the means through which this information is passed on to you from the Police. If you have information that the police need to know about, such as suspicious behaviour, please contact the police directly on 101, the national police non-emergency telephone number, as soon as possible. Calls to 101 cost 15p per call, irrespective of how long that call may last. In an emergency, continue to call 999, such as when a crime is in progress, when there is danger to life or when violence is being used or threatened.

Please be alert to a recent scam in the Daglingworth Area. Motor Insurance Policies have been taken out by people giving an address that they do not live in, for vehicles which usually are registered to London addresses. The home owner then receives letters addressed to these people, often with foreign sounding names. If you receive any mail similar to this please contact the Insurance company who will have a Fraud Department who will investigate this - it would appear to be big business! Also please contact your local Police and Action Fraud on www.actionfraud.police.uk and The Motor Insurance Bureau on enquiries@mib.org.uk I value your input, any ideas that you may have about developing Neighbourhood Watch in Elkstone and I look forward to working together.

Julia Davey - The Old School House – 870038 - jrdavey@btconnect.com

The Parish Council wishes to thank Anne Davies for the good work she was able to do as Neighbourhood Watch co-ordinator for the parish, and also those parishioners who so promptly volunteered to take on the role.

Lois

Traditional Family Bonfire and Fireworks Display

Friends of Coberley School invite you to a traditional family bonfire night, on **Friday 2nd November, 5-7pm** at Coberley School. In addition to the roaring bonfire and excellent firework display, we will be serving delicious soups, homemade cakes, slow cooked Jacket Potatoes with warming vegetarian fillings, plus hot dogs and burgers from our local butcher, cooked on the barbecue. Mulled wine and hot chocolate are, of course, a must!

Tickets are on sale from the school office or by phoning 01242 870366

Adults £2.50 (£3.00 on the night)

Children £1.50 (2.00 on the night)

Family £7.00 (£8.00 on the night) – up to 2 adults and 3 children

Fantastic glow necklaces and glow sticks will be sold on the night and we ask that no sparklers or fireworks are brought to the event.

Julia