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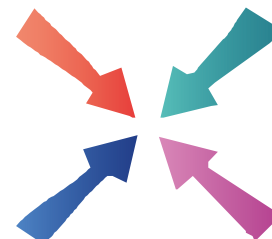
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# Meeting Point

**Volume 45, Number 6, March 2021**

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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by 8<sup>th</sup> March 2021.

## From the Editor

A year ago, on this page, I wrote that there was 'lots going on' in the area. It is true that a lot of events were planned, but very few of those March 2020 events actually happened. As the year has progressed, the content of Meeting Point has had to change and, in line with Government lockdown guidance, we have even had to change the way in which it is 'delivered' into your homes by going online only for two months last year and, so far, two months this year.

However, I believe there is still 'lots going on' around here. Many people are working from home. Olveston School is open for the children of keyworkers. Thanks to Zoom, both Aust and Olveston Parish Councils meet regularly, as does the W.I. The work of GreenForce is continuing and the Friends of St Mary's lottery is still being drawn monthly in a Covid-safe manner. Many people – myself included – are out walking on a regular basis to get our daily exercise. In fact, the first article this month is from a keen local walker and wildlife photographer.

*Marelin*

This month's cover is by Peter Haworth  
Meeting Point Founded in 1976 by the Anglican and  
Methodist churches in Olveston, near Bristol.

**Meeting Point magazine and Meeting Point Directory are online at the  
Community Website: [www.olvostonandaust.com](http://www.olvostonandaust.com)**



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## Deer on our Doorsteps

Paul Godwin

On a beautiful sunny day in January, whilst out walking locally, I was fortunate to photograph some wild roe and fallow deer, one of which was an infrequently seen 'white deer'.



The identification of this deer prompted me to do a little research in which the British Deer Society were very helpful. Both deer in the photograph were identified as young fallow bucks (kid males), one of whose coat was white, the other black. There are four recognised colour types for fallow deer, common (tan/fawn), menil (which is a paler colouration with white spots year-round) black and white. I was interested to find out if this deer would be classified as albino due to its white colouration and pink nose? No, was the answer to this question, due to its brown eyes. If it were albino it would have had red or pink eyes, and this would have made the sighting very rare. The classification for this deer is 'Leucitic White' which is representative of a wide variety of conditions resulting in the partial loss of pigmentation which causes white colouration of the coat and skin but not the eyes. Leucitic white deer are infrequently seen in comparison to other colour types. So, whilst not being a 'very rare' sighting it does come into the 'infrequent' category, which I was still very pleased about.



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The two young fallow bucks were near to an adult fallow buck, showing its black winter coat and antlers. (See below) All three were grazing when I first saw them and I was fortunate to get these pictures, as very soon afterwards they ran for the cover of woodland.



Just a few minutes prior to photographing the fallow deer, I managed to get a picture of two roe deer which had been grazing on shrubs in an adjacent field. These were identifiable by the distinguishable buff rump. The jumping deer being identified as a mature doe (female) and the other a young doe which was likely to have been born last May or June.



I count myself as very lucky to have photographed these deer. It was a beautiful day in which there was plenty of wildlife to see. This reminded me how lucky we are to have such wonderful countryside and wildlife around us, which we can walk



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So, if you see some deer out on your walks, a very basic guide to their identification is:

- Fallow deer are larger than roe deer and they have a distinctive black inverted horseshoe shape on their rump, with a tail and a black stripe.
- A roe deer does not have a tail but does have a distinguishable buff patch on its rump. In winter, however, the doe roe does grow a tuft of hair on its buff rump which can appear like a small white tail. So, be warned.
- The antlers of a fallow deer are larger than a roe deer and are flat and broader (palmate).
- A fallow deer also has a more elongated face than a roe, which has larger ears and large black eyes.

If in doubt the British Deer Society has a useful web site and they are also very happy for you to contact them at [info@bds.org.uk](mailto:info@bds.org.uk)

Happy walking and wildlife spotting!

## Friends of St. Mary's

The prize winners in the February draw, held on 4<sup>th</sup> February 2021 were:

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£25	484	Mrs R Arkell, Olveston
£25	321	Mrs A M Bennett, Alveston
£20	197	Mr P E Savage, Olveston
£20	608	Mrs E Marsh, Tockington
£20	274	Mr & Mrs J Croome, Exmouth
£10	246	Mr & Mrs M Gibson, Tockington
£10	404	Mrs A Knapp, Tockington
£10	415	Mr R Lloyd, Tockington
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## The Latest from Thornbury Library

Libraries continue to work within current Government Regulations with safety measures in place. Services we are typically able to offer during this time include borrowing items using Click and Collect and limited computer access – we strongly recommend checking our website:

[www.southglos.gov.uk/librarychanges](http://www.southglos.gov.uk/librarychanges) or calling 01454 865022 for current information before leaving home, as services may change at short notice.

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At their January meeting, Aust PC agreed the budget for the 2021-22 financial year and set the precept (our portion of your council tax). We recognise that many parishioners may be facing financial difficulties during the pandemic and have managed to keep the precept very similar to last year. The total precept will be £5,369 which means for an average B and D property, the annual charge will be £23.55.

The PC has been discussing lots of other matters which affect residents, including planning applications, anti-social behaviour, noise disturbance, flooding, speeding and rebuilding of the verge beside Aust church. We liaise with South Gloucestershire Council and other bodies to ensure that issues are addressed, and that residents' concerns are put forward.

If you walk in Woodwell Meadows Nature Reserve, you may have noticed recent works around the badger sett. Badgers are a protected species, so when we were made aware of these works, we sought reassurance from South Gloucestershire Council (who manage the site on behalf of the PC) that the proper safeguards were put in place. SGC officers have since spoken to both the Badger Trust and the police Wildlife Crime team, who are satisfied that no harm was caused. The PC is now involved with drawing up a new management plan for Woodwell Meadows to protect this special site in the future. Please do come and take a walk around if you haven't recently – subject, of course, to whatever Covid restrictions are in place when you read this!

Parish Council meetings continue to be held via Zoom. The next will be on 9<sup>th</sup> March at 7:30pm. You can find details of what will be discussed and how to join on the agenda; these are posted on the community website a few days before the meeting. Alternatively, you can contact the Clerk, Emma Pattullo, on [austparishcouncil@gmail.com](mailto:austparishcouncil@gmail.com) or 01454 837271.

## Brain Teasers

This month we have a rather different type of word puzzle. Some of you might be familiar with these brain teasers (sometimes called lateral thinking puzzles) but do have a go.....

1. What starts with an E and ends with an E and usually only contains one letter?
2. What kind of cheese is made backwards?
3. Can you find a five-letter word which, when typed in upper case, reads the same upside down?



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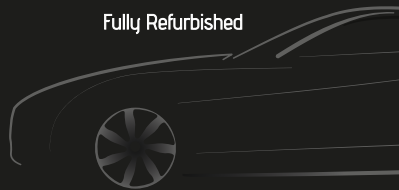
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4. In which sport do winners move backwards and losers move forwards?
5. What common word has 4 vowels, one after the other?
6. Can you name three consecutive days without using the words Monday, Tuesday, Wednesday, Thursday, Friday, Saturday, or Sunday?
7. Why are 2021 pound coins worth more than 2020 pound coins?
8. What can go up a chimney down, but cannot go down a chimney up?
9. What has roads but no cars, rivers but no water and hills but no trees?
10. How far can a horse run into a forest?

You will find the answers towards the end of the magazine.....

## Olveston & Tockington W.I.

Although not able to meet in person since March last year, the W.I. has continued to function, with regular Zoom meetings and phone calls.

In January we held our delayed 2020 AGM by Zoom and, following that, Angela Green is our new president, and we welcome Christine Baker and Victoria Sheridan as new committee members. We thank Jane Haworth, Vicki Townsend and Issy Phillips for all the work they did while they were on the committee - although there were very few meetings last year there was still a fair bit of organising to do behind the scenes.

We shall go on keeping in touch with our members and hope it's not too long before we can meet up as a group and enjoy W.I. activities together again.

If this appeals to you, have a chat with us on Zoom! Please ring Angela on 615222 for details.

## February Puzzle Solutions

Jan Winter

I hope people enjoyed solving these – thanks for the solutions I was sent. Here is one possible set of answers. There are other ways too of course.

$$(0! + 0! + 0!)! = 6$$

$$5 + 5 \div 5 = 6$$

$$(1! + 1! + 1!)! = 6$$

$$6 \times 6 \div 6 = 6$$

$$2 + 2 + 2 = 6$$

$$7 - 7 \div 7 = 6$$

$$3 \times 3 - 3 = 6$$

$$(\sqrt{(8 + 8 \div 8)})! = 6$$

$$\sqrt{4} + \sqrt{4} + \sqrt{4} = 6$$

$$(9 + 9) \div \sqrt{9} = 6$$

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## Neighbourhood Watch

Andy Phillips



Calling the Olveston 'Closes'! Over the years we have gradually lost people who were previously acting as a 'Contact Person' for the houses in their Close, but due to their age or moving house etc. they have gradually diminished in number. So, I wonder if there is anyone who would like to take up the mantle? Ideally, we need 3 from Russet Close – 1 from Laxton Close and 2 from Bramley Close, in this way you need to be only responsible for say 10 local houses.

The duties are not onerous; however you would need to have a computer and an email address. Most of the time it is just to keep a friendly look out for your neighbours, which I'm sure we all do anyway. From time to time there might be a need to pass on information to your allocated houses, generally by way of a note dropped through their door. These days we have regular updates through the Avon & Somerset Police, which help to keep us fully informed of criminal activities within our area and these will be relayed to you through your e mail. If you are interested, you will really make a difference.

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## March Puzzle - Sandwich Sudoku

Jan Winter

For the last few months the Saturday Guardian has included a different kind of Sudoku puzzle. This has an additional rule: A number is given at the end of each row and column which tells us the total of all the digits which appear between the 1 and 9 in that row or column.

For example, if 8 appears at the end of a row there must be a total of 8 between the 1 and the 9, so either 1 8 9, 1 2 6 9 or 1 3 5 9 (with either order of 1 and 9 and any order of the sandwiched digits) must appear somewhere in that row. If the number at the end is 0 obviously the 1 and 9 are next to one another (a sandwich with no filling!)

The website [krazydad.com](http://krazydad.com) has lots of examples of these puzzles to try – here is a fairly easy one to start you off.

	9								5
8									16
2									22
	8					1		5	0
									35
5		9					6		5
								6	13
								2	5
							9		8
8	7	7	0	6	8	0	4	9	

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# Oveston Parish Council

Pat Savage

## Speed Awareness

The two 'Smiley Faces', in Haw Lane and alongside St. Mary's Church, are proving effective in reducing traffic speed through Oveston. The Council does appreciate that a Smiley Face will need to be set up in Tockington, as traffic diverting from the A38 is continuing to speed through the village.

## New Councillors

The Council is pleased to report that we have now appointed two new Councillors, Miles Grocott and Martyn Sucker, which brings the full quota of Councillors to nine. Tony Turnbull was appointed in November. All three new Councillors are:

## Miles Grocott



Miles and his family have lived in Tockington for over 20 years. His wife Melanie is a retired banker. He has recently set up a business consultancy, after 18 years with Virgin Media Business.

Miles now wishes to 'give something back' and is looking forward to working as a Parish Councillor.

"We live in a beautiful area which is the envy of many, and by getting involved I want to

contribute to serving the residents of the Parish, and to maintaining it in the manner we all appreciate". (NB. Miles' profile appears later in the publication.)



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**Martyn Sucker**



Martyn has lived in Olveston for 24 years and is looking forward to doing more within the Parish. You may have seen him around the area walking Alfie his Springer Spaniel; he says it is a great way to relax and enjoy our lovely countryside.

For many years Martyn was a Director/Producer with the BBC in Bristol. Most recently he was Head of Production at ITV in London and says it was great to come home to Olveston after all the noise and stress of the city. Whilst with the BBC Natural History Unit, he spent a lot of time filming abroad where he developed a real interest for wildlife and conservation.

Martin loves cooking, spending time in the garden and keeping fit.

PS. Sincere apologies to Martyn for referring to him as Tony in the February publication.

**Tony Turnbull**



Tony has lived in the Parish for over forty years. His career was spent as a Physicist at Berkeley Nuclear Laboratories.

He was a joint founder member with Ted Addis of the Olveston Parish Countryside Group. He was also the Membership Secretary of Thornbury U3A and a past Editor of Meeting Point.

Tony and his wife Maggie are keen cyclists. In 2009 they cycled from Land's End to John O'Groats. He does admit to now using an electric bike!



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## News from St. Mary's

Debbie Harries



As we continue in lockdown, to keep our community safe, St Mary's remains closed. We will have met at the end of February, following an update from the government, and we hope it will soon be better news!

Our online services continue along with zoom services Wednesdays and Sundays which are proving very popular! Please join us, we would love

to see you! The services start at 10am and all the links can be found on the church website: [www.stmarysolveston.org.uk](http://www.stmarysolveston.org.uk) and on the Church's Facebook page.

If you need to contact a member of the team, our contact details are:

Rev Steve Oram 07830 151622 email: [Steve.oram@blueyonder.co.uk](mailto:Steve.oram@blueyonder.co.uk)

Rev David Moss 01454 415190 email: [mossds@gmail.com](mailto:mossds@gmail.com)

Debbie Harries Church Warden, pastoral care and support 01454 613273 or 07870557961 email: [oboe-debbie@live.co.uk](mailto:oboe-debbie@live.co.uk)

Martin Gibson Church Warden 01454 616856 email: [mrtngibs@aol.com](mailto:mrtngibs@aol.com)

## Thank You

Sylvia Roos

Thank you for all the phone and email messages, flowers, cards and letters I have received on the death of my husband Philip.

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So, if you have tools you no longer require, please contact Rotarian

Robin Cole-Morgan on 01454 414281

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Garden Tools and Workshop Tools (for example, spanners, screwdrivers, chisels, planes, and hammers). They can be hand tools or powered.

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## Infectious Diseases

Tony Cherry

### Local 19<sup>th</sup> century diseases

While we battle our own 21<sup>st</sup> century disease, local records from the 19<sup>th</sup> century highlight a raft of diseases that have disappeared or diminished, thanks to vaccination and disease control. Entries in the logbook of Thornbury British School (Gillingstool) are littered with absences from school as a result of infectious diseases. Mumps, scarlet fever, scarlatina, diphtheria, whooping cough and measles regularly affected attendance.

A form of lockdown occurred in September 1883, when the local Sanitary Authority closed the school for a fortnight because of scarlet fever. The school was closed again, for a month, in 1886 because of measles and, the following year, the National School was closed for the same reason.

The Infant logbook of the British School in December 1890 has the following entry: 'an epidemic of measles has broken out ... there is much danger to patients taking colds after the measles leave them'. This entry is followed by an entry on 5th January 1891: 'I have just heard of the deaths of two of my little ones, viz Charles Yarnold aged 6 and Albert Curtis aged 6'. Sadly, these were not the only children's deaths recorded.

Parental expectations, because of the impact of these diseases, were such that they would routinely enrol their children into the insurance provided by Friendly Societies immediately the child was born. Friendly Societies were colloquially known as 'sickness and burial clubs.'



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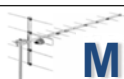
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## Disease in the workhouse

Thornbury workhouse was a hothouse for spreading diseases, as there was no social distancing. In 1842, it had to be white limed and the governor was instructed to use chloride of lime as required – a sure sign that there was an infectious disease in the house. In 1848, the buildings committee of the workhouse committed to building a separate building for those with infectious diseases. An infectious disease which was curable was 'the itch'. All workhouses had at least one 'itch' ward to accommodate those who had scabies.

Orphaned children from Thornbury were put into the care of local families and, in June 1863, the Poor Law Board received a complaint that a child named Baker, lately sent out of the workhouse to reside with George Russell (Olveston), showed an eruption of the skin after about a week. He also had head lice.

The matron was asked to explain. She said that a short time before Baker left the house, many of the children (including Baker) had experienced a slight eruption of the skin. This had been shown to the workhouse medical officer, who said it was merely the hot weather. He had administered medicine and the eruptions appeared to be cured. She also claimed that all the children sent out at the same time as Baker had been thoroughly cleansed and their heads well combed the night before they left. In other words, the children had been up to scratch.



*Workhouse Children c1890*



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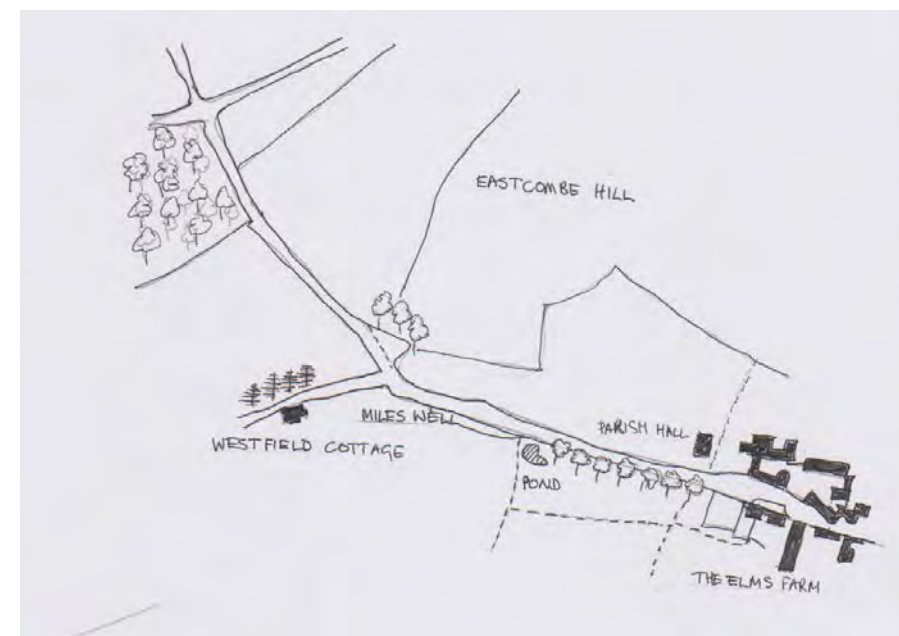
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# From The Elms Farm to Haw Lane, Olveston, in 1959.

Bruce Farr

*This article first appeared in Meeting Point March 2018. Since many of us are doing much more local walking these days, we thought it might be interesting to have another chance to compare the walk from Tockington towards Olveston – as described below - with what we see on the same route today.*

How many people travel the road between Tockington and Olveston? It is not very far, maybe half a mile, but so much change has taken place over the last fifty years. I wonder if there will be as much change again over the next fifty?



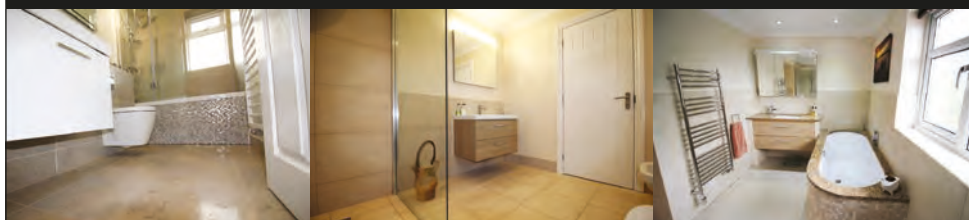
I remember 59 years ago.....

On the left of the main entrance to The Elms Farm, where now just the gateposts remain, there was an overgrown shrubbery with several tall trees and a lean-to single storey shed. Now there is pull-in parking with a high clipped hedge. Where now there are rebuilt farm buildings, then there was a rickyard with three round ricks of corn sheaves. The main field entrance has been moved to beyond the pond and horse chestnut tree, where conkers were gathered each autumn on the way to and from school.

# Paul Whittaker

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First on the right was Court Farm with a laurel hedge and cow stalls in a low single storey building with pantile roof. Between farm buildings and The Parish hall, running parallel to the road was a stand of mature elm trees in the grass verge next to what was the main entrance to the farm and barns beyond. On the roadside there was an elevated platform where eight to twelve churns of milk would be placed for collection seven days a week by a twin axle flat-bed lorry. Now it is the site of two established family homes.

The Parish Hall had no flat roofed extensions then, just the red brick main building with a grass verge outside. There was a low wall between the verge and front door, where we would sit awaiting the arrival of the once fortnightly film show.

On up the road on the right there were no car parks or tennis courts, just Tockington's favourite tobogganing hill. Mature trees lined the road on either side, mainly elm, making the road much more enclosed. And in the spinney on the left was Miles Well. It is now filled in for safety reasons, but it was used in the past to refill the steam lorries and road rollers and was also renowned for its healing powers as an eyewash.

On over the brow of the hill there were no pavements once you went past the lane to Westfield Cottage. Even then it was a hazardous crossing, though there were very few vehicles, the most respected being the lorries from Olveston quarry (Lewis Rugg in those days) carrying four, or maybe six, tons of material at a time in twin axle tipper lorries. There were also more country buses in those days!



Aerial view of Tockington in the 1950s

Across the road was a wild bank of bramble and stinging nettles underneath the trees (again mainly elm), where now there is a terraced garden and a smart drive entrance. The view, as now, was of Olveston and beyond to the River Severn and the Welsh hills. At night it was all darkness away from the village, apart perhaps from the odd light in Chepstow and Beachley

At the bottom of the hill there was no bus shelter, no Police Station either, just a market garden behind the wall. On the opposite side of the road, no clipped front lawns but a paddock where the bungalow now is and a high stone wall on the roadside to the crossroads, behind which an ancient apple orchard gave shelter to the odd bullock or heifer.



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## Councillor Miles Grocott

*Pat Thirkettle*



Miles was born in Shropshire and took a degree in Applied Biology at Nottingham Trent University before starting his career in Agricultural Sciences in East Anglia. Initially working in Ipswich, then King's Lynn for four years, he was transferred to Newark where he met and married Melanie. They moved to Worcestershire and bought their first house in Malvern where their daughter Francesca was born.

Melanie worked in finance and secured a banking position in Bristol in 1997, so Miles followed suit and worked in the South West and South Wales as an Accounting Manager. They rented a house in

Tytherington, spending at least two years house hunting in the Thornbury area. After an exhausting search, they were pleased to find their house on Old Down Hill, where their son Alex was born in 2003.

They both continued working full time with the children spending their early years at Tockington Manor, and later senior schools, until Melanie retired four years ago. The Foot and Mouth outbreak in 2001 made Miles re think his career in agriculture when he moved to NTL:Telewest Business, now Virgin Media Business. He worked there until 2019, when he set up his own telecom consulting business.

Now Miles has more time to give back something to the community that he loves. As a new Parish Councillor, he hopes to contribute his professional knowledge in seeing improved and gold standard Broadband provision throughout the area. As a dog walker and on behalf of horse riders, he is keenly involved with the local speed awareness initiative and any litter picks which occur in the Parish. He would like to see every road free of the blight that litters our roads, footpaths and hedgerows.



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## Flights of Fancy: Finches

Trevor Cook



One of our commonest birds is the chaffinch - the male with its pink breast and grey head and its more sombre mate who is dressed in brown. The first sign that they are around is their sharp "spink" note as they perch. To recognise them is also easy due to the white bars on their wings and on the outer edges of their tail which flash as they fly off.

Also common is the greenfinch, which as you may guess, is green, olive green to my eyes and with a bright yellow edge to its wings. The male is quite distinctive although his mate is less brightly coloured. They will chew away at

sunflower seeds as long as they feel safe. As March progresses we will hear the male "churring" from the top of a tree or a high place; look in the highest places. The prolonged repetition of the song is very distinctive and, dare I say it, a little irritating after a while.



However, the most beautiful visitor is the goldfinch which will visit, especially if you provide Niger seed. They usually



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approach in a group or 'charm', constantly chattering to one another. It is a very distinctive bird with its red face and buff colouring and with the bright yellow wing bar that gives it its name.

Less frequently one might glimpse a bullfinch; the beautiful rose-pink breast of the male being distinctive, and he is often accompanied by his somewhat duller mate. If you only catch them flying away, then look out for their bright white rump.



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If you want to go further afield, try to see if the twite return to Aust Wharf where they spent several weeks last year. The name gives away its call.



Although visually you may be disappointed by this small, little brown finch, it's an exciting find. For colour photographs and a sound recording see the RSPB website on bird identification. <http://www.rspb.org.uk/wildlife/birdguide/name>

Photographs in this article are from [birdspot.co.uk](http://birdspot.co.uk)

*This article first appeared in Meeting Point March 2014 and has been updated with new illustrations.*

## Green Force



## Did you know.....

- that peat traps carbon more efficiently than trees? The peat bogs of the UK store as much carbon as all the forests of Britain France and Germany put together? Sphagnum moss grows in the bogs and stores water to keep the peat moist.



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- that food waste generates greenhouse gases, but if put into a digester it creates renewables in the form of biogas to provide fuel for our buses, energy to heat water and fertiliser for the land? There is a digester at Avonmouth. 25 tons of food waste will provide enough energy for 1 household for 2 years. Perhaps we should think about reducing the amount of food we waste.
- that the Olympic Medals for the Tokyo 2021 Olympic Games have been made from the metals salvaged from disused mobile phones?

## Have you thought of.....

- flattening empty milk bottles, then screwing the green tops back on so that the flattened bottles can be recycled?
- buying a peat free compost for potting up your plants in the spring? Peat bogs have to be drained before digging to make the compost, so the moss dies, and the sustainability process is destroyed.

## Thank You

We would like to thank all members of our community who are supporting our recycling projects by placing used crisp wrappers, dental products and writing implements in the brown storage box by the porch of St Mary's church. We are pleased to report that we have already delivered four full black bin liners of crisp wrappers to Olveston School and we are hoping to deliver our first black bin liner full of dental products and used writing implements to Crossways School in Thornbury when it is safe to do so.

Please continue to collect all these products to support our local schools and may we also remind everyone that *only* crisp wrappers (any brand) can be collected, unfortunately the project does not accept biscuit/chocolate/other food wrappers even if they are made from the same material.

May we take this opportunity to clarify some information that appeared in the February Meeting Point. Crisp wrappers are taken to Olveston School for a project concerning Guide Dogs for the Blind; the school does not receive money for these items. The dental products and writing implements go to Crossways School in Thornbury, being part of a larger project run by TerraCycle, and in this case the school does receive money or points for their collections, depending on weight.

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ST MARY'S CHURCH  
TOWER RESTORATION  
PROJECT

## St Mary's Church Tower Restoration Project

*Mike Wright*

We're delighted to report that The Tower Project team has had the go ahead to purchase the special stone needed. The new church pinnacles will be carved by Mark Hancock and the 'Centreline' team of architectural masons at their Painswick workshops during the winter. All being well, scaffolding will be going up around the tower in the spring, so the old pinnacles can then be taken down and re-pointing of the tower can start.

This has been made possible by funds pledged from National charities and, more recently, via generous gifts from local donors for which we are most grateful - but £20,000 more is still needed.

A pack of information about the project, including a super new illustrated guide to the church by Audrey Shepherd has been delivered to many in the parish.

Even if you have already generously donated, but would still like a copy of the brochure, please contact Debbie Harries on 07870557961.

All donations whether large or small will be most welcome. Church Treasurer, David Prothero, on 01454 419000 will give you all the details.

*Peter Floyd*

With Meeting Point on-line only at present, we have paused our series of more detailed and illustrated articles until (hopefully) we will be back in print, for which we are planning further articles by our church architect Marcus Chantrey and the building team.

## Pepper Pot Beef

*Tessa Floyd*

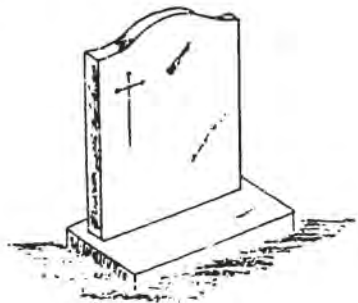
The recipe this month is an old favourite from the 1970s, and it is certainly very evocative of that time! Where necessary, metric weights have been included.

### Ingredients

2lb (1 kg) braising steak.  
1 oz (25g) flour



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1 tsp salt  
1/2 tsp black pepper  
1/2 tsp ground ginger  
2 oz (50g) lard, dripping (or oil will do.)  
8 oz can (225g) chopped tomatoes  
1/2 tsp tabasco sauce  
2 tblsp soft brown sugar  
2 crushed cloves of garlic  
4oz (100g) sliced mushrooms  
2 tblsp wine vinegar.  
A bay leaf.  
15 oz (400g) can red kidney beans  
A red pepper - sliced

#### Method

Mix flour, seasoning and ginger together and coat the meat, fry to brown the meat. Put into a casserole with rest of ingredients except the sliced red pepper and beans, which are added half an hour before serving. Bring to a simmer and then cook in a slow oven until tender (approx. 1 - 2 hours)

## Brain Teasers - Answers

1. What starts with an E and ends with an E and usually only contains one letter? *Envelope*
2. What kind of cheese is made backwards? *EDAM is 'made' backwards.*
3. Can you find a five-letter word which, when typed in upper case, reads the same upside down? *SWIMS*
4. In which sport do winners move backwards and losers move forwards? *Tug of War*
5. What common word has 4 vowels, one after the other? *Queue*
6. Can you name three consecutive days without using the words Monday, Tuesday, Wednesday, Thursday, Friday, Saturday, or Sunday? *Yesterday, today and tomorrow*
7. Why are 2021 pound coins worth more than 2020 pound coins? *Because there are more of them!*
8. What can go up a chimney down, but cannot go down a chimney up? *An umbrella*
9. What has roads but no cars, rivers but no water and hills but no trees? *A map*
10. How far can a horse run into a forest? *Halfway, because after that it is running out.*

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## Yours Faithfully

Trevor Cook  
LLM St. John's, Aust

Who would have thought we would still be in the same predicament this year as last? The things we have had to cope with since the heady days of 2019 have affected us both physically and spiritually. With mental health of a great concern to us, at the moment, what can we do to retain our spiritual health?

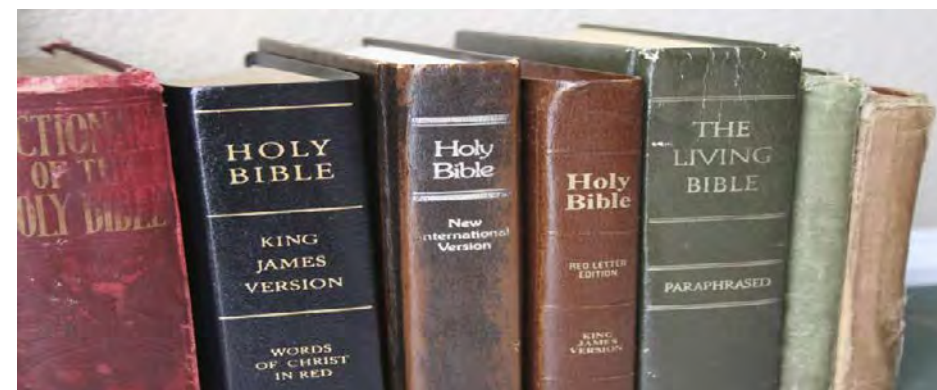
Firstly, it is known that being amongst nature makes people feel very connected and at peace; that focusing on far horizons, being amongst trees and/or having light in our eyes, lifts our spirits.

In addition, some feel their greatest sense of wellbeing is found when they are of service to others; doing voluntary work, being kind to strangers, or offering a hand to a friend.

And then again, others feel the most connected when they remain grateful. They might make lists of all the things they are grateful for or say a 'thank you' out loud for all that they have.

And finally, religion. Many of us have found the meaning of life through a relationship with God and the ritual and practice of religion.

But surely this fourth point, concerning religion, encapsulates the other three, for as Christians we always appreciate God's creation, in all its forms; we are encouraged to love our neighbours as ourselves and to be grateful to God for the promises He made to us; including the one in which He promises an eternal life!





# Church News

Please note that Churches remain closed until Government guidance changes.

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Please check the Church website or Facebook page or Church Noticeboard.

Visit Revs Rural, on YouTube every week.

**Contact:** Rev Steve Oram, 07830 151622: email:

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