

The Horsington & South Cheriton Villager

Issue No. 79

February 2019



Traditional Chinese Acupuncture

Chair	Sally Packer	370376	Treasurer/Adverts	Chris McCairns	370049
Compiler	Trent Nicholson	370738	Articles	Sheila Leaning	370899
Compiler	Deborah Pitchforth	370867	Articles	Jeanne Mortarotti	202265
Distribution	Bob Jones	370562			

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To view past and present copies of the Villager go to the Wincanton Window website
www.wincantonwindow.co.uk and click on the 'Villages' link.

Events Diary February 2019

Day/Date	Time	Event	Venue
Fri 1st	10.00am	Art	Village Hall
Sat 2nd	2.30pm	National Trust Association Talk	Digby Hall, Sherborne
Mon 4th	Lunch	Ladies' Pub Lunch	Half Moon, Shaftesbury
	5.30pm	Pilates	Village Hall
	6.45pm	Pilates	"
Tues 5th	10.30am	Upholstery	"
Wed 6th	8.30pm	Music Night	Half Moon Inn
Thu 7th	10.00am	Art	Village Hall
	7.30pm	WI	"
Fri 8th	10.00am	Art	"
Mon 11th	5.30pm	Pilates	"
	6.45pm	Pilates	"
Tues 12th	10.30am	Upholstery	"
Thu 14th	10.00am	Art	"
	7.30pm	Parish Council Meeting	"
Fri 15th	10.00am	Art	"
	7.30pm	Film: The Children Act	Village Hall Milborne Port
Mon 18th	5.30pm	Pilates	Village Hall
	6.45pm	Pilates	"
Tues 19th	10.30am	Upholstery	"
Thu 21st	10.00am	Art	"
Fri 22nd	10.00am	Art	"
Mon 25th	5.30pm	Pilates	"
	6.45pm	Pilates	"
Tues 26th	10.30am	Upholstery	"
Thu 28th	10.00am	Art	"

A message from the Reverend Ian Coomber

Dear Friends

A heartfelt thank you for the overwhelming gift I received at my last service amongst you, I feel very unworthy of such generosity.

It has been a privilege and pleasure to minister in our three villages over the last ten years, and Jill and I have been grateful for all your friendship and support in good times and bad. We shall be very pleased to welcome any of you coming in the Southampton direction in the future, and will publish our new address when we take possession of our new flat.

May God bless and guide you all.

Ian Coomber

Interview with Franka Jannoe on Traditional Chinese Medicine.

by Sally Packer

Franka lives locally and is a practitioner of Traditional Chinese Acupuncture. She told me that Traditional Chinese Medicine (TCM) is part of the longest established forms of holistic healthcare systems in the world and is enjoying increasing popularity due to its safety and efficacy. It comprises a range of treatments, like herbs, acupuncture, massage, exercise and diet, all aimed at restoring and maintaining emotional and physical balance and wellbeing. TCM practitioners are trained in subtle diagnostic techniques that have been developed and refined in the past three thousand or so years. Acupuncture treatment involves the insertion of very fine needles into certain points on your body to affect its flow of Qi or Vital Energy. There are over 365 energetically active points on the body that all carry certain properties and functions.



Franka, how did you first discover acupuncture and Chinese medicine?

By having it myself. I grew up in Switzerland where the approach to medicine is different. As a child I was often treated by herbs, for example. A Swiss GP is likely to prescribe natural remedies before anything else. Later I was treated by acupuncture, and found myself fascinated by it. When I came to England and was having a stressful time I naturally went to see an acupuncturist here.

I realised that this was a chance to start a new professional life. I had been tempted to study medicine and I had always been interested in nutrition and healthy eating. I read extensively to explore this area. After considering homeopathy, I decided that Chinese Medicine was more scientific and more acknowledged. My acupuncturist recommended the College of Integrated Chinese Medicine in Reading. I was accepted there for their honours degree course which I completed, juggling my studies with bringing up my small children.

How would you define the skills you need to be an effective practitioner?

Like a gardener the TCM practitioner observes physiological events in terms of Dampness, Dryness, Wind, Heat and Cold, and treatment is geared at re-establishing overall balance in harmony with nature. This requires a good diagnostic skill based on the extensive theory of Yin-Yang, the meridians, the knowledge of the different TCM patterns and of course the many acupuncture points on the body. Last but not least an effective acupuncturist also needs to have learnt the ability to “feel” the correct location of the point and to engage the Life Energy or Qi therein.

You need a certain level of life experience and maturity to develop sensitivity to people and their emotions. Empathy and intuition are key qualities.

Of the different aspects of proper Chinese medicine I personally don't prescribe Chinese herbs.

What changes have you seen in the time you have been involved in this area?

As Chinese medicine is an over three thousand year old therapy, research and development is a gradual process: it does not change dramatically in its practice.

I think I see more people today who are unhappy with what the NHS can provide for them. I believe in science and always want people to investigate what conventional treatment can do for them first, but some patients find they cannot get the amount of time and results they feel they need and consequently look for other avenues. Patients who have only infrequent opportunities to see their consultants can benefit from the extra time and support I can offer them. Conventional Medicine often offers a “quick fix” to a symptom and doesn’t address the root cause of the disease. This is where the strength of TCM lies i.e. we try to find and resolve the imbalance that led to the condition in the first place.

I am constantly reading and learning to develop professionally. What interests me is to get a result and make people better, so more experience, improved intuition and being prepared to think ‘outside the box’ all play a part.

Have you noticed changes in attitudes to what might once have been seen as alternative medicine in the UK?

Obviously, the people I see are open to the kind of treatment I provide: they are the converted. People do look for alternatives because they are disenchanted with what is available and want to find more support.

I also find that people are more conscious of healthy living and will seek advice. My favourite patients are those who do take lifestyle advice. I see myself as helping my clients to get better, helping their bodies to change something so the balance shifts and their health improves.



A growing body of ‘evidence’ based research is showing the benefits of TCM treatment for a wide range of common health problems. The most common complaints I see are psychological (stress, anxiety etc), lack of vitality, musculoskeletal or neurological (back pain, osteoarthritis, sports injuries etc) or gynaecological (fertility, IVF support, menopause).

TCM treatment is designed to affect the whole being, and as their symptoms improve patients often report on the disappearance of other health concerns and an increased sense of wellbeing. The focus lies on the person as a whole and not their illness alone – all symptoms are seen in relation to one another.

Our thanks to Franka Jannoe for this interesting and informative discussion.

St John's Church

Faithfulness

Each time I meet my Labrador, he always makes eye contact with his soft brown eyes, most often accompanied by a wagging tail. Whether I appear from another room in the Vicarage or from being away from home, the acknowledgement and greeting never fails. Even if I have had to tell him off or I have pushed past him in irritation or annoyance, he remains faithful, ready in an instant to show affection and unconditional acceptance.

I am grateful for this occurrence as it is a wonderful reminder of the faithfulness of God, our Father. In Deuteronomy we are reminded that the Lord himself goes before us and will be with us; that He will not forsake us. Therefore, there is no need to be afraid nor discouraged. We read in the Psalms that we are known by God, and in Isaiah that we are known by name to God.

No matter how busy or stressed we are, no matter how preoccupied, no matter how isolated or lonely we may feel, God our Father, like my doting Labrador, is hovering and ready in an instant to show unconditional acceptance and love. All it takes is one glance towards God in prayer, or a bible reading, or a reflection on the beauty and wonder of His creation. Take a moment to listen carefully and hear Him call you by your name, for you are precious and honoured before God, made in His own image.

May you know the love and acceptance the Father has for you so that fear gives way to faith and discouragement to hope.

Yours in Christ,

Rev Kevin

St John the Baptist, Horsington

3rd Feb	9.15am	Holy Communion with Sunday School
10th Feb	11.00am	Morning Prayer
17th Feb	9.15am	Holy Communion
24th Feb	8.30am	Holy Communion

St Nicholas, Henstridge

3rd Feb	11.00am	Morning Worship	6.30pm Evensong
10th Feb	9.30am	Holy Communion	
17th Feb	11.00am	Morning Prayer	6.30pm Evensong
24th Feb	11.00am	Holy Communion	

St Mary The Virgin, Templecombe

3rd Feb	11.00am	Morning Praise
10th Feb	9.30am	Holy Communion
17th Feb	11.00am	Holy Communion
24th Feb	9.30am	Holy Communion

Arthur Isaacs

(Story published from "Images and Living Memories of
Horsington School" 1855-2005)

Arthur Isaacs visited us on 6th September 2005 and showed us some photographs which are copied into this collection. He told us a lot about Horsington and the school when he was a boy.



He was a pupil at Horsington School from 1926 – 1935, from 5 yrs old to 14. He was one of 12 children, 9 boys and 3 girls. They lived at 23 Horsington, opposite the duck pond. His mother must have struggled to feed them all. She bought bread from the local baker 3 times a week and often had to go back for more to make enough lunch of bread and cheese for all the children to take to school. They took cold tea with them as their drink. Of course with so many children there was not a lot of money to go round. Mr. Isaacs remembers going to school with some girls' high boots on for lack of any boys' ones.

He told us a few stories of that time which I will record here.

He said when he first came to school, Mrs. Skuse, the headmaster's wife, asked him his name. He replied in his usual Somerset accent – "Arthur Errk Issacs". Mrs. Skuse replied crossly "Your name is Arthur ERIC Isaacs and you will stay in school until you say it properly"!

Another thing he remembers at school is that in the large classroom there were different types of wood, small pieces of them at the top edge of the wall. They were expected to memorize these, and know the wood types even when they were not looking at them.



He told us there were shops in Horsington and Templecombe, so that they did not need to go out of the village much. There was a full choir in the church which he went to until he was 15. They had their own entertainment. They played with hoops on the way to school. You could have one made in Templecombe from wood bent round and secured for 2/-. They would play marbles all the way to school. One would throw his marble on the road and the next would throw his to try and hit it.

Cigarette card flicking was another game. Arthur remembers a toy he had which was bought from M & S for 1/6p. It was a wind up tank which would go over the bridge by the duck pond and gave him hours of pleasure.

We asked about traffic on the road, Mr Isaacs told us there were steam engines coming from the Somerset coal mines all the way down to the Poole power station. I thought this would be rough for the roads, but he told us they were regularly resurfaced. They could pick up 2p for sweeping the road before the tar was brought and poured on. The men would put sacks over their boots and when the tar was poured onto the road, they would spread it quickly with a wide spreader. The grass at the edges of the road was also scythed and kept neat.

He told us about the woodwork master who taught in an upstairs room in the Old Bailiffs at South Cheriton. Templecombe School would go there in the morning and Horsington and North Cheriton Schools would go there in the afternoons once a week. Of course there were always pranks. They would see the woodwork master in his car outside the house with his eyes shut looking as though he were asleep. So Sam Day put the clock forward half an hour. But he was not asleep, and he picked up some blocks of 4 x 2 wood and threw it hard at Sam. Another punishment the woodwork master thought up was to have the boys hold on to some large pliers attached to the car battery while he started the engine! He also liked a drink of milk and asked one of the lads to go to the farm and fetch him some. Well this lad did, but on his way home he drunk some and filled the bottle up with water from the brook. Fortunately for him it was not noticed. (This same young man later in the army was told to polish the buttons on his uniform. So he took them off and polished them, and on parade appeared unbuttoned with his collection of shiny buttons in his hand. He was discharged as unsuitable).



Arthur Isaac's House: Winner of Best Decorated House 1935

Freddy Francis was in the RAF and would "buzz" the school, flying low over it. The young lads were sure he was about to crash and ran to see. But all was well and the plane rose into the air again.

There was street lighting in Horsington in those days – a few gas lamps. There was one by the Lower Lodge, one by the Half Moon and another outside Mr. Isaac's house. Dick Godfrey was the lamp lightener, but was paid so little that he went on strike and that was the end of street lighting in Horsington.



From left to right: Les Lawrence, George Isaacs, Bert Isaacs, Sam Barret, George Bulgin (Landlord of The Half Moon Inn), Ronald Isaacs, John Chant, Arthur Isaacs

2nd Templecombe Scout Group

by Elaine Crook (Scout Group Secretary)

At the end of September the Scout Group held a party on the Pageant Field to celebrate the 50th year in the village and as a member of the Scout Association. A call went out to old members, parents, Leaders and anyone connected to the Group over the years. People travelled from different parts of Dorset, Somerset, Devon and Kent.

There was a large selection of memorabilia on display in one of the marquees. There were old uniforms, including neckers and woggles. Our oldest piece of clothing dated back to 1963 and was worn by one of the current Leaders: this can be seen on Facebook Templecombe Voice. The gentleman who owns the shirt was very taken as to how it could still be worn and, more importantly, was still in one piece. There were a lot of badges that had been collected over the years, some now no longer in use, some now updated and others having been swops with other Groups from around the country and the rest of the world. The Group was established in Templecombe in 1968, so as you can imagine there were hundreds of photos from various camps and events taken over the years. Two ex-Scouts even managed to clear up an old good natured 'dispute' by looking at various pictures from a camp in Corfu.

The Explorer unit were able to showcase their recent trip to Canada during the summer. This was a self-funded event, for which all who went had to fund-raise and pay their own tickets. They were joined on the trip by Explorers from Gillingham, Stalbridge and the sister Group in Bishop Stortford.

During the afternoon a BBQ and Hog Roast were very welcome to keep people fed. Thanks to all who helped. We organised a knot tying session for the kids and there was a lot of space for them to run around.

As a Group we are currently looking to replace the existing Hut (occupied since the mid 1970s), with a new building on our present site; fund-raising is still ongoing, but we were able to showcase new plans for the site. We will let you know how we are getting on when we have more news.

It was a good afternoon: the weather was blowy, but the predicted rain held off. A big thank you to all who helped with the organisation. Everyone in the Group played their part in making this a very memorable day.

Moviola - Milborne Port

Friday 15th February - Doors Open 7.00pm, film starts 7.30pm

Film: **The Children Act (12A)**

Stars: **Emma Thompson, Stanley Tucci**



As her marriage to Jack (**Stanley Tucci**) flounders, eminent High Court judge Fiona Maye (**Emma Thompson**) has a life-changing decision to make at work – should she force a teenage boy, Adam (**Fionn Whitehead**), to have the blood transfusion that will save his life? Her unorthodox visit to his hospital bedside has a profound impact on them both, stirring strong new emotions in the boy and long-buried feelings in her.

Tickets: £5.00 in advance - £5.50 at door

Exclusively available from Wayne the Butcher, High Street, Milborne Port
For more information phone Martin Lancaster on 01963 251858

Charlton Horethorne & District Gardening Club

Happy New Gardening Year! It's time to renew your membership, so you can enjoy another fun-packed year of talks and trips with fellow gardening enthusiasts. New members are always very welcome. Membership is still only £7 and you can renew, or join, by contacting our membership secretary, Jane Watkins, on 220058 or watkinsjane@outlook.com. You can also renew, or join, at the Annual General Meeting and Dinner, held on Tuesday, 19th February 2019, in the Charlton Horethorne Village Hall at 6.30 pm. The formal business of the AGM is dealt with fairly rapidly, after which there is a 2-course dinner, with a glass of wine included, followed by a quiz to round the evening off. Tickets cost £6 and are available from the Charlton Horethorne Village Shop. I look forward to seeing you there,

Kate Hill, Chairman

Tel: (01963) 220044 or mchugh_hill@hotmail.com



Half Moon Inn Music Night, Horsington At 8.30pm on Wednesday 6th February

Please come and join us, play whilst enjoying a beer.
Free, apart from drinks.

Further details from **Anna** on **370749**



Thursday February 7th 2019 @ 7.30pm

.. Ladies in the Sky - Famous Aviatrices - Tony Davies

Telephone Mrs Jackie Pyne for further information on
370713

Part-Time Manager Required For Elliscombe Park

I am leaving my lovely job as the manager after 12 years. I am looking for someone to take my place. Your primary task will be to take care of the residents. You will need to be computer literate and have good organisational skills with an understanding of book-keeping.

Please email me, giving an outline of why you think you have the necessary skills for this job.

Contact Pauline: elliscombepark@gmail.com

Blackmore Vale and Yeovil National Trust Association

Saturday 2 February 2019

**Blackmore Vale and Yeovil NT Association presents a talk
by David Copp - Capability Brown**

David has chosen to talk about Capability Brown not because he himself is a gardener, but rather more because during his degree in European Humanities he became interested in Brown's attempt to steer English landowners away from the stiff and formal and geometric gardens of France and enhance the natural beauty of the landscape in which great houses were built.

He admires Brown because he was a man of humble origins who learned his trade well under William Kent at Stowe and went on to work for some of the largest English landowners, improving their properties with good landscaping.

£3.00 members or £5.00 non-members, includes refreshments
2.30pm, Digby Hall, Hound Street, Sherborne

NEW MEMBERS FOR ART GROUP

Have you been looking for new interests since retiring? Do you like meeting new friends? Are you new to the villages? And do you, or have you ever wanted to try to, paint?

The Thursday Art Group, which meets each Thursday at the Village Hall, St Margaret's Hall, Horsington, from 10.00 am to 1.00 pm, is friendly and informal, and welcomes new members.

There is no formal tuition, but standards are totally unimportant and everyone helps each other and makes useful suggestions. We use whatever painting medium we choose, and it doesn't matter if you have never painted. We can help you start.

If you think this might be right for you, or if you would like to come for a trial morning, please ring Gill Elston, 01963-370236

Bobologism No 7

I was out for supper with my friends Graham and Dorota some time ago. Dorota is Polish, and her name is the Polish version of "Dorothy". Like me they both have an interest in words.

Over supper Dorota asked me the names of the two of my grandsons whose mother is from Macedonia. (The southern-most province of the former Yugoslavia) When I told her the elder one is called Theodore she said "Oh, same as my name". Graham and I gave her funny looks, and she pointed out that if you take the last four letters of Theodore and put them in the front of the word you get Dorothea. Well, more or less, but the connection is obvious. Even Graham hadn't realised that. And it means "loved by, or loving of, God". Hence our words Theocracy, Theology, etc., from "Theos", the Greek for God.

Now what happens if we look at the Latin for the same word? "Ama-" as we remember from Latin means love, and Deus is the Latin for God. So we get "AMADEUS"!

Then if we look at German we find the not uncommon name Gottlieb, Gott meaning God of course, and liebe meaning love.

So there are three different European Christian names all meaning the same. I like that. I thought about calling my Theodore "Amadeus", but although he is learning the piano his skills aren't quite up to those of his namesake.

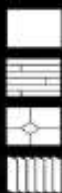


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CONTACT LIST

(all phone numbers start 01963 unless otherwise stated)

NAME	CONTACT	TEL NO
Bellringing	Anna Piechna	370749
Buses (local)		0871 2002233
Citizens Advice Bureau, Wincanton		0344 88 9623
CAT Bus Ring and Ride Service		33864
Doctors' Surgeries	Milborne Port (inc Templecombe)	250334
	Wincanton Health Centre	435700
French/Italian Conversation	Jeanne Mortarotti	202265
Horsington Church School	Head/Secretary	370358
Governor	Jean Boyd-Lee	371137
PTFA	Abby Spoors	
	abzspoors@gmail.com	
Ladies' Lunch Group	Rosemarie Wigley	371478
	Susan Maltin	371400
MP	David Warburton	020 7219 5225
Parish Council		
Chair	Jackie Pyne	370713
Clerk	David Chapman	370527
	www.horsingtonpc@gmail.com	
St John's Church		
Rector	Rev. Kevin Rogers	363832
Wardens	Anne Jones &	370626
	Rosemarie Wigley	371478
Sunday School	Deirdre Loftus	370091
Scouts	Geoff Crabb	370623
Social Services		0845 345 9133
South Somerset District Council		01935 462462
U3A	Jean Lindley	251256
Village Emergency Telephone System (VETS)		602500
Wincanton Town Council		31693
W.I.	Jackie Pyne	370713
Village Hall	www.horsingtonvillagehall.co.uk	
Chair	John Macdonald	370444
Bookings	Emilie Gordon	371396
Art	Gill Elston &	370236
	Alison Clements	370866
Football	Keith Norman	370332
Pilates	Carol Pirie	07885 798032
Upholstery	Andrée MacLeod	351918