

July 2024

The Hambook

a magazine for the villages around Ham Hill



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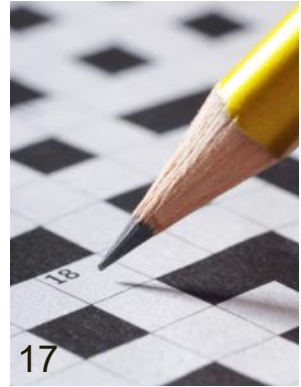
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Please support our local businesses as much as you are able.

Please note that all the information within these pages is correct at the time of going to print.

Copy deadline for the August issue is Monday 15h July

Norton and Chiselborough



Flower Show



Saturday

17th August 2024

Norton Sub Hamdon TA14 6SF 2pm—5pm

Marquee opens 2:30 pm



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Sunday 21st July 3.00-5.30pm

in the garden of The Vicarage,
1 Castle Street, Stoke-sub-Hamdon.

Jam first or cream first? You choose.

Cost £5.00, including a drink.

All proceeds will go towards
refurbishments at St Mary's Church and
All Saints Chapel.

The cream tea will be followed by

Songs of Praise at 6.00pm.

In the event of severe weather, the Cream Tea
and Songs of Praise will be relocated to the
Lighthouse Cafe, All Saints Chapel
(opposite the Fleur de Lis)



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The Wall

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If you would be interested in joining us
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Lyn – 01935 881138

e: lyn@threeways.me.uk

Sue – 01935 882665

e: sue.everest@sky.com

You will be sure to receive the
friendliest of welcomes.

**Meetings are held in West & Middle
Chinnock Village Hall on the third
Thursday of the month at 6.45pm**



Stoke Gardening Club Wednesday 24th July 2024 at The Memorial Hall, Stoke-sub-Hamdon, 7.15 for 7.30pm

We are delighted to welcome Laura Batt
from Prickles Hedgehog Rescue Centre,
Cheddar. Do come along and learn more
about these delightful prickly natives!

£3 visitor fee, refundable if you join the Club.

Accompanied children welcome,
under 16s free.

Free refreshments; stall (bring or buy) for
home grown plants/produce; monthly raffle.

All Welcome!

Guardians of Martock Church –Concert

Belinda Evans-Soprano/Brenda Dor Groot-Harpist
Thursday 4th July 2024

All Saints Church, MARTOCK; TA12 6JN

7:30 pm, Tickets: £10.00

at Guardianstickets@gmail.com /07547 213992/
Martock Gallery/ Martock Newsagent (CASH ONLY);
£12.00 at door.

Website: www.martockonline.co.uk/events
www.belindaevans.co.uk

Belinda Evans, a coloratura soprano, was born
and raised in Ash, Martock. She performed
at the BBC Sports Personality of the Year; and in
the BBC series 'How do you solve a problem like
Maria?'

Brenda Dor-Groot is a multifaceted harpist with
classical roots and a passion for the blues. She
grew up in The Netherlands and trained as a clas-
sical harpist. Early classical highlights include
harp positions in the European Union Youth Or-
chestra and Schleswig Holstein Musik Festival
Orchestra.

Four Royal Invitations

The last time we were successfully
invaded was 1066. True? What about the four
times we have felt obliged to invite a foreigner
to come and as act as our sovereign? Were
these invasions? Who was really in the driving
seat?

The Friends of Norton Church are delighted to
welcome Dr Sheila Seymour to present her
case that maybe, just maybe, we are kidding
ourselves a bit.... Want to find out more ?

Then come along for an enjoyable and amus-
ing evening to **Norton Village Hall at
7:00pm for 7:30pm on Friday 5th July.**

Tickets at £7 available from Norton Shop and
at the door. Cash Wine and Soft Drinks bar
available.



Stoke sub Hamdon Band

presents
A Summer Concert at
Prince of Wales
on Saturday 31st August,
at 2pm

The Village Artists Group

We are a very friendly group of local artists at all levels of talent with a keen interest in painting and drawing.

We meet at Stoke-sub-Hamdon Memorial Hall on Tuesday evenings 7.30 to 9:30 pm and Friday mornings 10.00 to 12.00 noon during school term time.

Come and join us once or twice a week for a most enjoyable couple of hours of self-development and enjoyment. FREE first visit to see how you get on!

For more information on the group or workshop contact Andrew on (01935) 823691

SSHTheVillageArtistGroup@gmail.com

Facebook: Stoke Sub Hamdon The Village Artists Group

Yoga Class at Odcombe Village Hall

My new class has been going for a year now. I teach a style of yoga that is inclusive with something for everyone at all times. I make sure that there are modifications for postures to allow this. I thread mindfulness into my teaching which is enriching to our yoga practice and our lives outside of the class.

It would be lovely to have you there!

Taster sessions by prior arrangement and pre-booking required.

Thursdays 10am - 11.30am

Caroline Daunt mob 07794 882471

email cardaunt@aol.com

BWY dip 2007; Teaching Mindfulness (CPCAB) 2016

Adult Dance/Exercise Class

Mondays 6-7pm

Norton Sub Hamdon Village Hall

Set to a range of uplifting music and drawing on a variety dance styles, this fun and inclusive dance class is designed to tone, strengthen and mobilise, leaving you feeling refreshed and energised afterwards.

For more details or to sign up, contact Hannah, 0779 445 3329

hlefeuvre@hotmail.co.uk.

Free first class trial, £43 for 6 weeks, or £8.50 pay-as-you-go thereafter.

Medium Health Walk,

Stoke Sub Hamdon

Mondays 8th and 22nd July

approximately 3-4 miles, 1.5 hours

Please join us, a friendly walking group.

We meet outside the Lighthouse Cafe at 9.50 to start walking at 10.00. There

is a trained leader and the walk is free.

Expect a mixture of pavements and foot paths around Stoke.

Stay on for refreshments in the cafe afterwards. Well behaved dogs on

leads are welcome too.



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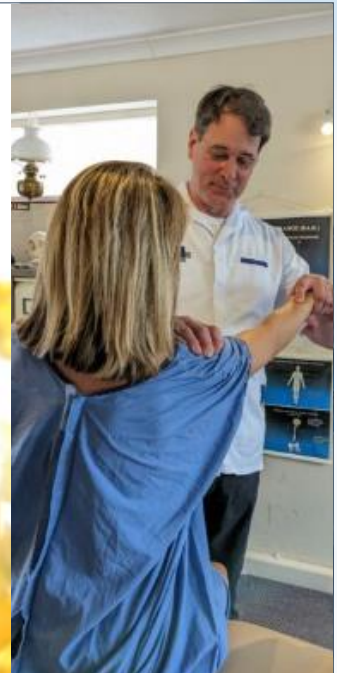
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**A 'Chance to Dance' event.
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 Friday July 5th at 8.00pm £18 - £17 concs.



This band have a reputation for playing rowdy, high-energy shows, and with their infectious feel-good tunes, The Leylines are firm favourites of the festival and independent venue circuit. Supported by Glastonbury based Nick Parker this will be a fantastic night.

JULY EVENTS at The David Hall

JIM CAUSLEY and MIRANDA SYKES
 Present
Ghosts, Werewolves and Countryfolk
Songs and stories of Sabine Baring-Gould

Saturday July 20th at 8.00pm
 £17.50 - £16.50 concs.

We are delighted to bring this fabulous project to The David Hall. Fronted by two of Folk music's most talented and industrious exponents, a night of top quality music will guarantee this will be a much loved and memorable event.



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COFFEE MORNING - Wednesday 31st July 10.00am - 12.00 Coffee, cake, & live music.

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GROW TO EAT

This series is all about using small spaces to grow food to eat.

Using what you have.

Well, I haven't known a growing year quite like 2024 and I've been growing for a while now!

Everything is about a month behind and the low overnight temperatures at the beginning of June were the final straw for many of our poor veggies. But, looking at the positives, late sowings are well worth taking a risk (and let's hope for a long summer!).

So this month is all about using whatever you can lay your hands on to increase your growing space!

Rows of shopping bags are very successful in lieu of "grow bags".

Black buckets and bins melt into the background when planted up, or make a "feature" by repurposing broken suitcases / baskets / watering cans and wheelbarrows. I love seeing old wellies planted up (they are particularly good at supporting single canes and sweet potato plants), and even shoes can support a crop of radishes.

Taking the idea further, nail old denim jeans onto a rail, dig the hems into the ground or tuck into boots and fill with compost and plants!


The general rule of thumb is if your container leaks, add a lining to prevent compost from leaching out, and if the container is watertight, avoid over-watering or make some drainage holes.

Apart from that ... just let your imagination (and your growing space) go wild .





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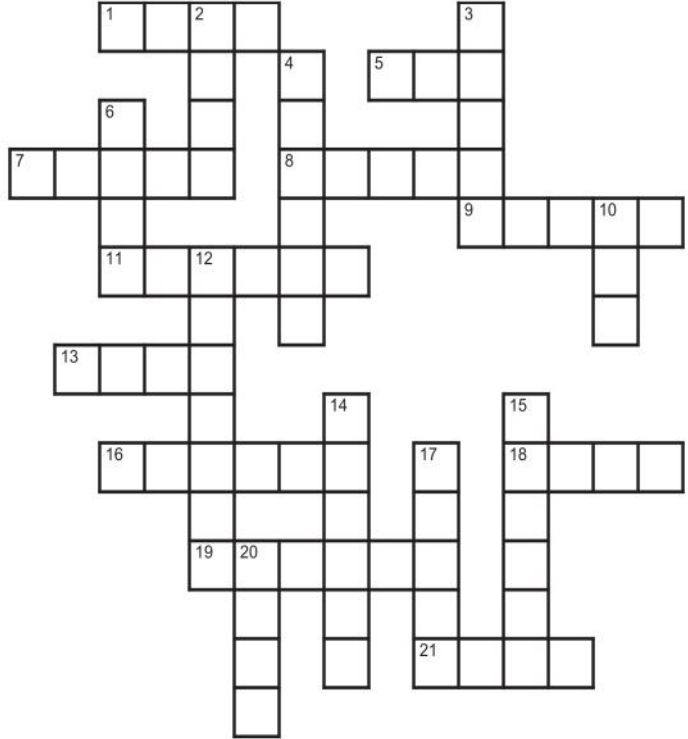
*Discount available online only. Discount code is for an additional 5% off the existing online discount of 10%. Discount code valid until 31 September 2024. Discount available on Museum tickets purchased by midnight day before your planned visit. T&Cs apply.

In the Garden Crossword



ACROSS

1. Top layer of soil.
5. Tool with a flat blade used for turning soil.
7. To trim or remove parts of a plant for better growth.
8. Small insect that feeds on plants.
9. We put these in the ground and plants grow from them.
11. Container used for carrying water or soil.
13. Long, slender invertebrate that lives in soil.
16. Tool used to dig holes.
18. Area of grass.
19. Small handheld tool used for digging.
21. Flexible tube used for watering plants.



DOWN

2. Tool with teeth used for collecting leaves.
3. Unwanted plants that compete with desired plants.
4. Green, flat structures of a plant.
6. Underground storage organ of some plants, such as a tulip.
10. Break up and turn over soil with a tool.
12. Decomposed organic matter used to enrich soil.
14. Colorful and fragrant part of a plant.
15. Protective gear worn on the hands while gardening.
17. Organic material used to cover the soil surface.
20. Precipitation from the sky.



Answers on page 28

It's a Puzzle

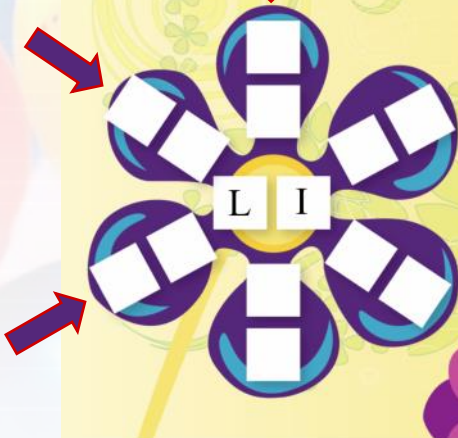
JIGSAW SUDOKU

1	9	3					5	6
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6		5		3		9		
2			1					8
3	1					2	9	4

BIRTHDAY ANAGRAMS

- OOLBLNA _____
- NSIOE _____
- CKEA _____
- SURREPIS _____
- REIDSFN _____
- SGMEA _____
- GTIF _____
- GGINSIN _____
- WGNRAPI _____

Flower Power



C	E	F	E
E	F	M	A
L	I	N	E
B	E		

There are three 6 letter words to work out using the letter pairs. They all have the middle two letters in common.



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Ham Hill Update



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Rangers update

With the arrival of the new tractor, the rangers have been busily cutting back spring growth and mowing paths to ensure access for visitors. Volunteers have provided the paths with a 'walking haircut', ensuring that paths are clear of overhanging vegetation. The volunteers have also been out in force in Witcombe Valley; this time cutting thistles to prevent them from dominating the grassland and to allow other flowering species a chance to establish. The rangers and volunteers have also been busy trimming back encroaching undergrowth in the woodlands to increase the light levels reaching the ground, encouraging flowering species like Wood Aven, Wood Anemone and Lesser Celandine to establish.

Great work continues from the dry stone walling team. The last of the coping stones have been put in place on the T junction between Strouds' East and Strouds' West. This completes this wall and restores the 400 year old parish boundary wall between Montacute and Stoke-sub-Hamdon.

The South West branch of the Dry Stone Walling Association (SWEDSWA) organised a walling course in collaboration with the rangers. During the rebuild of the wall, the wallers discovered a rare intact belemnite fossil. This fossil is actually the internal 'guard' of an extinct squid-like organism, and a reminder of the fascinating geological history of Ham Hill.



Belemnite fossil



Wood Aven



Wood Anemone



Wildlife

As we move into the summer months, the yellows that were awash in the park through spring turn to pinks and purples as we welcome back the incredible display of orchids. This year, the first Bee Orchid was spotted by a couple of our wildlife surveyors in the plateau fields. Look out for these fascinating flowers around the field margins and on the Northern Spur. This clever mimic tricks male bees into pollinating the flower by imitating a female bee. However, the right bee species does not live in the UK, so the orchid self-pollinates here.

The plateau fields are also alive with swifts and swallows at the moment. These summer visitors to the UK can be spotted displaying their aerial acrobatics over the grassland. Swallows (*Hirundo rustica*) can be identified from their forked tail with long streamers, and a red patch under the throat. Swifts (*Apus apus*) have shorter tails and proportionately longer wings. If you hear a screeching bird call overhead, look to the skies to see a superb flying display from the swifts.

‘Uncovering Ham Hill’s past for its future’ project update

Our amazing team of wildlife surveying volunteers have made a great start surveying the plateau fields for bumblebees and butterflies. Bumblebee numbers have been strong, particularly for the Early bumblebee (*Bombus pratorum*), so-called because it is typically one of the first bumblebees to emerge in spring. There has, however, been a lack of butterflies so far. This is likely due to the recent cooler temperatures. The team also completed early season vegetation surveys. This will form part of the baseline data prior to the work that the rangers will begin in autumn to diversify the field margins.



We successfully trialled a potential new waymarking system in June. This new system was designed to make the site easier to navigate. Thank you to our consultation group and members of the public who took part. We're grateful for all the feedback we received, which we will be looking at with our interpretation designer as we move forward with developing site signage.

Remember to follow us on Facebook to get all the latest news including upcoming events! Join us on Thursday 11th July for a mosaics workshop under the expert guidance of local mosaic artist Dawn Handy.

[See the poster on page 22 for further details.](#)

THE ART OF RECYCLED MOSAICS

An introduction to contemporary, sustainable mosaic making, using recycled materials.

Thursday 11th July
10am - 12pm

Join us at Ham Hill for this workshop celebrating the Hill's Roman heritage.

Under the expert guidance of local mosaic artist, Dawn Handy, you will learn how to create a beautiful and unique mosaic using a plethora of materials, such as: stained glass, tiles, beads, found objects, crockery and more.

Cost - £35 per person

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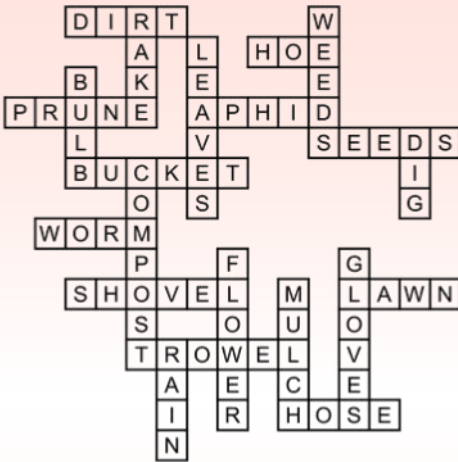
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Answers from page 17

In the Garden



Birthday Anagrams

OOLBLNA	BALLOON
NSIOE	NOISE
CKEA	CAKE
SURREPIS	SURPRISE
REIDSFN	FRIENDS
SGMEA	GAMES
GTIF	GIFT
GGINSIN	SINGING
WGNRAPIP	WRAPPING

Jigsaw Sudoku

1	9	3	1	4	7	8	5	6
5	6	4	3	8	1	7	2	9
7	8	9	5	2	3	4	6	1
8	2	1	6	7	9	5	4	3
4	7	6	9	1	5	3	8	2
9	3	2	4	6	8	1	7	5
6	4	5	8	3	2	9	1	7
2	5	7	1	9	4	6	3	8
3	1	8	7	5	6	2	9	4

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into the **UNKNOWN**

Exhibition of New Watercolours by
Moish Sokal



Into the Unknown

Watercolour 12" x 16"

The Malthouse Gallery

East Lambrook Manor Gardens, Silver Street, Somerset TA13 5HH

Saturday 1st June - Saturday 20th July

Tues to Sat • 10am to 5pm • moishsokal.co.uk • 07940 506757

Travelling artist Moish Sokal has returned from his extended personal journey to Israel and Australia. His newly inspired watercolours will go on show celebrating 30 years of showing in the Malthouse Gallery of East Lambrook Manor Gardens on Saturday 1st June in his exhibition 'Into the Unknown'.

Following his wife's sudden death, Moish set off to his native Israel "I had to touch base with where I grew up, see my family and my old friends". Finding moments of peace in painting the familiar sights of his neighbourhood in the old city. Moish left the country only hours before trouble erupted. "The Israel I have just left has changed forever".

In this personal journey, Australia was his next destination. "I have spent the best years of my life in Oz and I am sure that my time here will be most productive and health giving".

The Sunrise swims, feeling the oceans energy go through his body and soul, then painting all day off old photos from the many years of travelling. Then venturing out into the bush and beaches to paint some more, resulted in a handsome portfolio of new and exciting work.

Moish tackled a new subject matter – Flowers. "I never saw myself as a flower painter but I thought its time!" Included in his new work are the many painted scenes of his favourite countryside in Somerset, the seasons marking the passing of time.

"I look forward to being back in the beautiful surroundings of East Lambrook Manor Gardens once again and share my personal journey with you."



 **EAST LAMBROOK MANOR
GARDENS**

Where To Look

Art Centre		Fencing		Oven Cleaning	
The David Hall	12	The Fencing & Gate Co.	27	Oven Gleaners	12
Bathrooms		Flooring		Pest Control	
Beales	18	Steve Deane	12	Pegasus	25
Boiler Servicing		Financial Services		Plumbing & Heating	
Sureheat Solutions	25	Roff Financial	9	Beales	18
Builders		Simply Advice	2	Sureheat Solutions	25
Beales	18	Funeral Directors		Ponds	
Bowring Building Contractors	23	Stoodley & Son	13	SGW	24
Building Supplies		Stuart Foster Funeral Services	19	Printing Services	
CRS	1	Furniture Makers		Wincanton Print	31
Carpenter		DRA Woodwork	23	Pubs	
DRA Woodwork	23	Gardener		The Prince of Wales	28
Tree Bespoke Woodwork	18	Chris Kemp	19	Removals	
Carpet Cleaning		Ted Lowe	13	Back2Market	9
WillClean	27	Hairdresser		Roofing	
Carpet Fitting		Lisa Smith Hair	24	Bowring Building Contractors	23
Steve Deane	12	The Hair Loft	9	Parks Roofing	27
Chiropractor		Handyman Services		Social Club	
Chiropractic Care Clinics	8	Chris Kemp	19	Stoke Club	18
Cleaning Services		Holiday Cottage		Soft Furnishings	
CGServices SW Ltd.	13	Bluebell Cottage	5	The Little Curtain Workshop	5
Computer Help		Hot Tubs		Sports Massage	
GEM Home Computing	5	SGW	24	Chiropractic Care Clinics	8
Computer Repairs		House Clearance		Taxi	
GEM Home Computing	5	Back2Market	9	Freeway Taxis	11
Curtains and Blinds		Kitchens		Upholstery Cleaning	
Drapes Direct	23	Kitchen Kind	15	WillClean	27
The Little Curtain Workshop	5	Tree Bespoke Woodwork	18	Vets	
Electricians		Landscaping		Isle Valley Vets	8
KS Electric	24	Ted Lowe	13	Minster Veterinary Surgery	11
Events		Logs		Village Shop	
Haynes Motor Museum	15	Kevin England	11	Stoke Community Shop	10
National Trust	32			Windows & Conservatories	
The David Hall	12			Tree Bespoke Woodwork	18

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