Silchester Magazine



September 2020 >>
Village and Church News

Volume 61 No 7 Price 50p

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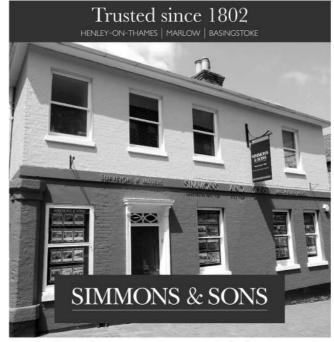
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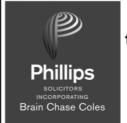
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Tuesdays - 9.30am & Fridays - 11.30am

Burghfield St Mary's Parish Centre

Mondays - 9.30am, 10.30am, 7pm & 8pm Wednesdays - 6pm, 7pm & 8pm & Fridays - 1.30pm Padworth Village Hall Wednesdays & Fridays - 9.30am



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Silchester Magazine September 2020

Given the current situation with COVID-19, all events listed are subject to change.

September				
	Wed	2nd	2pm	Phoenix Club ~ Village Policing ~ in Village Hall
	Sat	5th	10am	Silchester Village Market ~ on playing field
	Sat	12th		Sponsored Ride & Stride ~ calling at St Mary's Church
	Sat	12th		Silchester Association Beer Festival ~ CANCELLED
	Sun	13th	midnight	Magazine Copy Deadline
	Sat	19th		Silchester Village Fete and Dog Show ~ CANCELLED
	Tue	29th	1pm	Silchester Players present "The Litter Picker" on www.hhcr.org.uk
	Octob	or		
	Sat	3rd		Working Party at Flex Ditch ancient monument
	Wed	7th	2pm	Phoenix Club ~ Pete Hughes 'Visiting the Holy Lands' ~ in Village Hall
	Sun	11th	11.30am	Silchester Association Boundary Walk
	Tue	13th	midnight	Magazine Copy Deadline
	Sun	18th	11am	Annual Parochial Church (Zoom) Meeting ~ see page 6
	Sat	24th		Silchester Association Scarecrow Trail ~ Begins

Copy for this magazine should be sent to: editor@silchester.org

PLEASE NOTE: The next deadline for copy for the October issue is

midnight on 13th September

Your choice: The Silchester Magazine in the Future

As you will have noticed, Covid-19 has forced the Magazine Team to make some changes in how the Silchester Magazine is produced and delivered. We are interested in your thoughts about what we should be doing in the future. We would appreciate it if you could spare two minutes to complete a simple survey - only three questions - by following this link:

https://www.silchesterchurch.co.uk/survey

Should you wish to give us more detailed thoughts on the future of the Magazine, ideas for articles, or to give us feedback on what you like or don't like, please email us at:

editor@silchester.org

If you need a paper copy of the survey please phone Revd Rob on 0118 9700884.

Whichever way, we encourage you to have your say about the future of the magazine.



St Mary's House, 10 Romans Field, Silchester, September 2020

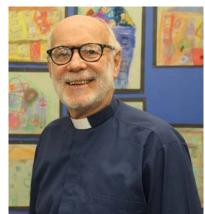




The other Sunday afternoon when the sun was shining, I was sitting quietly in the garden when my peaceful contemplation was disturbed by music and singing from the Calleva. I don't know why I

was quite so irrationally irritated but I think it was a combination of having my peace disturbed and the fact that it was alright for someone to sing in the pub garden on a Sunday afternoon but we still couldn't sing in church! Having thrown my toys out of the pram, I then thought, perhaps I'm annoyed because I'm not round at the Calleva, but more importantly how great it is that people are enjoying themselves again. Well done Keren and Stu!

So I wonder if one more thing we can learn from lock-down, it is to be more generous to one another; not worrying so much about "It's not fair"; or "if they can do it why can't we?"; and as importantly to make allowances for one another, to be understanding. Many are still, perhaps rightly, nervous; others just want to be free; some



have carer's fatigue; some face a bleak future; others mourn. Whatever the situation, can I encourage us all to be both generous and understanding.

I'm also conscious that throughout this period many major events have gone by without proper attention or celebration. I don't just mean sporting events, but special birthdays, weddings, funerals, christenings, as well as national events, in particular this year VJ Day. I'm ashamed to say that VJ Day never got onto my radar. Sadly the "forgotten army" was once again forgotten. As far as I am aware the Church of England didn't even publish a special form of service for the day. My thanks go to Mike Baldock and a few others who commemorated the day in the village. Maybe some of us have become too inward-looking through this pandemic?

In terms of local events, sadly we have had to cancel the Fete for this year. This is due primarily to practical Covid 19 difficulties and concerns. We are exploring, however, the possibility of an on-line church fundraising concert and perhaps nearer to Christmas a modest Covid-safe Art Festival in the church. Please let me know if you would like to be involved in either event. I know many have rediscovered their creative juices during lock-down, please don't let them be wasted.

I think we particularly need to remember at this time schools returning. So far every parent I have met says "Bring it on!" but I know others are anxious, and not only the children and their parents, but teachers and governors especially, need our prayers

So we move towards the Autumn, hopeful, yet uncertain and still a bit nervous, a bit like the disciples in the Bible who were never quite certain about "what next?" when living with Jesus. But also, like the disciples, most of us in Silchester still have a lot to be thankful for, and perhaps not having quite so much to look forward to will make us more appreciative of the present, and feel more generous to others who feel better-able to break out of the Covid lifestyle mould.

God Bless

Rob

Revd Rob Young Resident Vicar St Mary the Virgin Silchester
01189700884 robwyoung101@gmail.com



Services at St Mary the Virgin Church Silchester

We recently conducted an on-line survey of those on our church mailing list to find out how they felt about church services at the present time. We also had a churchwardens meeting to think about future church events etc.

We are still analysing the survey, but initial results show that many want us to continue with our 10.00am Sunday morning on-line Zoom services for the time being; the convenience of the service and the current Covid constraints and concerns about services in church being some of the reasons. So as long as there remains significant support for the Zoom service, I anticipate it continuing probably until Advent (end of November).

Quite how we are going to handle Christmas, I'm not sure at present?

However, in the meantime in addition to the 10.00am Sunday Zoom we will be holding communion services in church at 8.00am on the first and third Sundays in the month and for the last time this summer there is 5.00pm Compline (Night Prayer) on the fourth Sunday.

In September this means:

8.00am	Sunday 6 September in Church	Book of Common Prayer Communion (said)
8.00am	Sunday 20 September in Church	Common Worship Communion (said)
5.00pm	Sunday 27 September in Church	Compline (Night Prayer)
10.00am	Sundays 6, 13, 20, 27 September	Online Zoom Morning Service

If you want to keep in touch with church services and events including Zoom links join our mailing list by going to our website and fill in a subscribe form with your name and email address:-

http://www.silchesterchurch.co.uk/contact-us/receive-news-emails/

Revd Rob Young

In the Benefice of Tadley with Pamber Heath and Silchester





Prayers & Poems

Next to you and lonely

(Matthew 25:40)

Cups of tea and people,
People who do and who know.
People with purposeful expressions,
Their eyes searching beyond her, through her,
The invisible one.
She's next to you and she's lonely.

Smiles and one-way conversations,
With thoughts and eyes elsewhere,
Never noticing the masks of brightness
Hiding hurting children,
The tired ones,
Who are next to you and lonely.

And the makers of the cups of tea,
The knowers and the doers,
Those who smile and seem to have so much.
They too wear masks that hide their crying,
The together ones
Sit next to you and are lonely.

Daphne Kitching

A cup of joy!

A tea shop is a wondrous place
Where I for one just love to be!
A place to rest from life's harsh pace
And sit and drink a cup of tea!

Indeed, it's time to take a rest!
From all life's pressures, take a break!
And just today it might be best
To have a slice of home-made cake!

Nigel Beeton

Precious

Help us to put aside preconceptions about other people, because that alters our behaviour, and simply accept that they, like us, are precious in your eyes.

John Birch

Real Wisdom

In our moments of doubt and unbelief. when worldly pressure or circumstance become the distance between us, draw near, we pray. Remind us of the grace that we first knew, your healing touch, the Father's love, the Spirit's breath. Grant us courage, a faith that endures and the sure knowledge that you are with us in our journeying, now and always.

John Birch

Creator God

Creator God, we glimpse your beauty in setting sun, mountain top, eagle's wing. We sense your power in thunder crash, lightning flash and ocean's roar. Creator God we praise you

Precious Jesus, we see your love stretched out upon a cruel cross. We stand in awe at your sacrifice, pure love poured out for humankind. Precious Jesus we praise you

Holy Spirit, we see your power in lives transformed, hearts on fire. We listen for your still, small voice, comforting, guiding, calling. Holy Spirit we praise you

John Birch



People News

If you have any news for the People News, happy or sad, please send details in an e-mail to peoplenews@silchester.org or telephone

Ann-Marie on 9700627 or Irene on 9700996.

Dennis and Nina West who live near the Common are thrilled to announce the arrival of their grandson Harrington Keneric on the 17th July who after a worrying first few weeks is now flourishing and keeping his parents Emily and Matthew Gatehouse Ball and Grandparents on their toes. A few days later Dennis reached his 80th birthday, a glass or two of champagne was enjoyed to celebrate both occasions, but as with so many things this year the planned birthday celebrations have been postponed until next year.

Rod Stone and Joelle Perrin moved into Stable Lodge at Romans in June; we trust they will enjoy living in Silchester.

In mid-July Ben & Nikki Samuels-Brown together with their two children Rory and Hermione have moved from Crockham Heath near Newbury into West Silchester Hall. We hope they will all be very happy in their new home.

We hope all of the students who were waiting for recent exam results have survived the grading chaos, and that those moving on to new schools, colleges or universities are now settled and looking forward to the new term. We hope all new and current students at Silchester School are looking forward to making new friends or seeing old friends after the long summer/Covid break.

Although many restrictions due to Covid 19 have been lifted, some people are still worried about going out and about. If you or anyone you know needs help, support or just a friendly phone call there are several places to contact where help is available:

- Silchester Association by email: secretary@silchester.org or phone Amy: 07877635387 or Steve: 07775547642
- St Mary's Church, Silchester, contact Rev Rob Young 01189700884 or 07818064923, or email: robwyoung101@gmail.com
- If you are struggling to obtain groceries and basic necessities you can also organise help via Spotted Silchester on Facebook.
- Hampshire County Council have a Coronavirus Hampshire Helpline - 'Hantshelp4vulnerable' which can provide information, advice and practical support to frail or vulnerable Hampshire residents- on 0333 370 4000, 9am-5pm Monday-Thursday, 9am-4.30pm Fridays, (Calls charged at local rate).



It was very pleasing to see cricket being played again on the Common due in no small measure to Silchester CC's dedicated and hard-working ground curator, Paul Hearn. Besides preparing an excellent playing square, Paul is the prime mover in getting a team together.

In early August, Silchester played Mortimer West End home and away on consecutive weekends. In their home game they were beaten by 98 runs, scoring 153 all out in reply to their opponents 251 for 3 wickets. They turned the tables on Mortimer in the away game chasing down a score of 170 for the loss of only 5 wickets. In an unbeaten century stand for the 6th wicket, Adam Gough made 71 not out, ably supported by Si Hawkings who was 50 not out at the end.

A series of limited over evening games are planned for the rest of the much reduced playing season. In the first of these, visitors Aldermaston Rugby ran our winners by 29 runs in a 17 over per side match, scoring 133 for 2 wickets and then keeping Silchester down to 104 for 9. Dai Maddocks with 21 and Dave Wolinski with 26 made sure Silchester did not go down without a fight!

Marsden Jones



St Mary the Virgin Silchester Annual Parochial Church (Zoom) Meeting Sunday, 18th of October 2020 at 11 a.m.

Well, it was scheduled for April, but coronavirus put paid to that. So Sunday the 18th of October (at 11.00 a.m.) is the re-scheduled date, and even then it will have to take place via Zoom. Still, it will save all that inconvenience of travelling to and from the meeting – we can all just log in and take part from home. Do, please, come and take part.

There are points to be aware of:

- 1. The Annual Report (covering 2019) for St Mary the Virgin is available on the St Mary the Virgin web site http://www.silchesterchurch.co.uk/ and then follow the links for "Information" and "Annual Meeting 2020 (all links)".
- 2. The Annual Meeting takes place in two parts, the first of which the "Vestry Meeting" is to elect churchwardens for the coming year, second of which covers all other topics (see agenda below for the detail).
- 3. The Zoom link for the Annual Meeting will be:
 - https://us02web.zoom.us/j/81942753615?pwd=ZFRXUnM0QWxqNGpsRTRaT1NGVytwZz09
 - ID 979 752 3460, Passcode 552400

On the day, please click on this link, or copy and paste it into your browser.

- 4. Churchwardens: It is open to the whole village to propose candidates for the post of churchwarden and to take part in the election held within the Vestry Meeting. You are strongly encouraged to give thought to this and to propose whoever you believe would do the job well (or to ask someone else to propose you). A form for nominating a churchwarden candidate must be completed before the meeting and given to me (the Secretary). A blank form can be downloaded from http://www.silchesterchurch.co.uk/ by following the links for "Information" and "Annual Meeting 2020 (all links)"
- 5. Minutes of 2019 meetings: These can be found on the St Mary the Virgin web site http://www.silchesterchurch.co.uk/ via the link in "Annual Meeting 2020 (all links)"
- 6. Elections of:
 - Deanery Synod Representatives St Mary the Virgin is entitled to have 3 of these, and all three positions are open to election or re-election this year. Nomination forms can be found on the St Mary the Virgin web site (http://www.silchesterchurch.co.uk/) via the link in "Annual Meeting 2020 (all links)"
 - Parochial Church Council (PCC) Members These are elected for a 3-year term, and 3 places need to be filled. Nomination forms can be found on the St Mary the Virgin web site (http://www.silchesterchurch.co.uk/) via the link in "Annual Meeting 2020 (all links)"
 - Sidesmen/Sideswomen appointed annually during the Annual Meeting.

Deanery Synod Representatives and PCC Members, as well as Sidesmen/Sideswomen, can be nominated 'from the floor' (or on-air during the Zoom meeting!), but proper nomination forms for DSRs and PCC Members can be found as stated above. If used – and it would be a good idea to do this – please return the forms, duly completed, to the Secretary (Colin Hunt, at 8 Lordswood, Silchester) before the date of the meeting.

Colin Hunt Secretary to the PCC, St Mary the Virgin, Silchester



Music and Memory



Have you ever heard a certain song or tune that immediately takes you back to your youth? It can be a very poignant moment.

When researchers at the University of Westminster examined the choices of 80 different guests on the BBC Radio 4 show Desert Island Discs, they found

that most guests had chosen music which dated back to when they had been between 10 to 30 years old. This time span was identified as a 'self-defining period' in their lives.

The research concluded: "The music we know and love between the ages of 10 to 30 will play a significant role throughout our lives, connecting us as individuals to other people, places and times that become central to our identity."

What songs trigger the big memories for you?



The Rev Dr Gary Bowness continues his tongue-in-cheek letters from 'Uncle Eustace'...

St James the Least of All

On how to survive a weekend away with the young people

The Rectory, St James the Least

My dear Nephew Darren

I think your idea for both our Confirmation groups getting together for a weekend away socially distanced, of course - was excellent and our meeting last week drew most of the plans together. We didn't take any minutes, so let me record the decisions I believe we made.

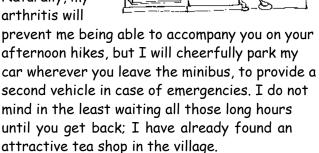
Since all of us have to sleep far apart at the centre, I am prepared to spend the nights at a local hotel. By chance, I have found that there is a four star one only a few miles away, so I have booked myself in.

As the dining area in the youth centre may be cramped, I am also willing to have dinner each evening at the hotel, thereby creating more space for the rest of you. An additional sadness is that, since breakfast at the hotel is not served until 8am, I will not be able to join you for your pre-breakfast dip in the nearby stream either. It would be grossly unfair to expect you to pack lunch for me, so I will arrange for the hotel to provide me with a picnic hamper for one which I can have while you all enjoy your cheese and pickle sandwiches.

I think it will be an excellent learning experience if you prepare all the teaching sessions yourself, but be assured that I will always be on hand to give the advice of experience. That large armchair near the fire in the common room seems to be the best place for me to sit, so I can keep an eye on proceedings, while I take on the responsibilities for stoking the fire. This reminds me; do make

sure that the young people are encouraged to saw enough logs each morning for me to fulfil my obligations.

Naturally, my arthritis will



I am fully aware that not sleeping or dining at the centre, not being responsible for preparing the teaching, nor being involved on the walks will mean that my contributions will be ever so slightly limited, but these are sacrifices I gladly make in order to give you further experience in your ministerial career.

Your loving uncle, Eustace



Silchester Players

We are performing again!

Silchester Players have teamed up with Ann Stonehouse to perform her one act play "The Litter Picker". This play was the winning entry in the Scriptwriting category of the Basingstoke Music and Arts Festival 2020 Creative Writing competition.

Unfortunately we cannot perform the play on stage, but Ann has adapted it for radio. It will be broadcast on HHCR Basingstoke's Community Radio on a Tuesday 29th September as the first

item in the Poems for Pleasure programme at 1.pm. To hear the play, go to www.hhcr.org.uk on your computer, tablet or mobile phone or ask your Alexa or Google hub to find it.

Like all organisations Silchester Players have been required to adapt to changing circumstances as a result of the Covid crisis. It was decided that if possible faceto-face to auditions should be held. These took place in a large local garden with strict social distancing measures being put in place. For those members not able to attend, separate telephone auditions

were arranged. Normally the physical appearance of actors and actresses is a consideration (e.g. it is preferable to choose actors of broadly the same size and appearance if they are to play brother and sister) but on this occasion the prime consideration was the voices. The play has two male characters and it is important that the listening audience is able to distinguish between them.

We are fortunate that we have been experiencing some very fine weather. Any rehearsals have to take place out of doors and of course the recording of the radio play will also have to take place outside.

There are also numerous technical challenges. Sound effects are particularly important to create a sense of location and to indicate the actions which are taking place. Additionally one of our

members is composing some original music to help set the scene and round off the play.

It has been very therapeutic to embark on a different type of production. We are rising to the challenge and are determined to put on a

> performance which listening audiences will enjoy.

Our next committee meeting will take place using 'Zoom' on 2nd September 2020. On that date it will be necessary to take decisions on our programme for the next few months. Unfortunately at the moment it seems unlikely that we will be able to stage our annual pantomime, but watch this

magazine for news.

For more details of the 2021 Basingstoke Music and Arts Festival Creative

Writing competition please contact Tony Corbin (BMAF Section Secretary) via email at BMAFCW@kempshott.plus.com

Full details will also be available on the BMAF website www.basingstokemusicandarts.org.uk when the 2021 Festival is launched in mid-September. The Creative Writing section of the Festival invites entries of poems, short stories and articles as well as plays. If you are successful you could find your play being performed by Silchester Players, in a radio version if we are not able, in the short term, to get back on stage.



Silchester Players socially distanced audition for 'The Litter Picker'



Silchester Methodist Church

Minister Revd Dr Ruth Midcalf (0118 9700139)

We are meeting as a church on Zoom ID 4112933992 Password 146313 every Sunday morning at 10.30am with our friends from the Tadley and Mortimer churches. Anyone is welcome to join. Sadly, all events at the church are cancelled until the end of September.

We are looking into holding two services in October, on Sunday, 4^{th} and 18^{th} October. There will be more information next month.



Your Face Mask and Your Dog

Face masks have been a big adjustment for all of us, but dogs especially may be struggling, warns the animal charity, Dogs Trust.

Dogs use our facial expressions to tell how we are feeling, so if they suddenly encounter people whose faces are covered, they could become confused, stressed, and even feel threatened. Their confusion may lead to a loss of obedience and co-operation with you.

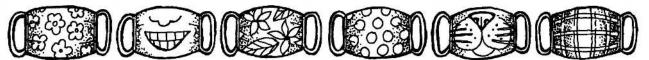
Here is how to get your dog used to you wearing a face mask:

- Hold your hand over your face for a moment, speak reassuringly to your dog, and then reward him.
- Introduce your dog to your face mask, let him sniff it and let him see you put it up to your face, and then down again. Reward him.
- Put it on for a moment. Reassure and reward him.
- Put it on and move about the room, while reassuring him. Reward him.

Gradually build up the length of time that you wear the face mask around him. Keep reassuring him. Reward him.

Expect that he may not be so quick to understand and obey you when you are wearing the mask - be patient.

Don't take him into public places where many people are wearing masks, unless you absolutely have to do so. It could be very stressful for him.





It is more important to know where you are going than to get there quickly. Do not mistake activity for achievement. ~ Mabel Newcomer

Two quick ways to disaster are to take nobody's advice and to take everybody's advice. ~ Anon

I've worked myself up from nothing to a state of extreme poverty. ~ Groucho Marx



Silchester Association

www.silchester.org

Hope everyone is staying safe and enjoying a slightly more normal life again. I know a lot of people are looking forward to schools going back soon.

We are, at last, going to have a couple of events in the village. The Boundary Walk is booked for Sunday 11th October. For those who have never taken part in it, it is a lovely walk around the boundary of Silchester leaving the Village Hall at 11.30am and usually returning at 3.30-4pm. The entire walk is about 8 miles and we break for lunch on the way. Bring a packed lunch and plenty of water. We have a backup vehicle which meets us at each road crossing so you don't have to carry anything with you! This year we might have to stagger the start time to have smaller groups walking together due to Covid restrictions but as it is outside in the countryside, it is a safe event to participate in. There will be final details in next month's magazine but put the date in your diary now.

Silchester will be hosting its second Halloween themed Scarecrow Trail during the October halfterm - Saturday 24th October to Saturday 31st October.

We are encouraging residents, businesses and clubs in the village to create and display a Halloween or Jim Henson themed scarecrow on their property - locations must be within a reasonable walking distance of the village centre and visible without having to enter any private properties. Each entry will be given a letter to clearly display which will create an anagram once all collected.

People will be asked to score each scarecrow with a prize for the best scarecrow.

Entrance fee is £5 - proceeds go to the Silchester Association which supports local groups and events in the village.

Participants can purchase a map for £2 showing all the locations. Once they have visited all the locations they need to submit their completed entry with anagram and a score. Maps will be on sale at The Calleva, the Pop Up Café, School grounds and other locations to be announced. To enter please visit our Facebook page

Sunday 11th October 24th - 31st October

Boundary Walk Silchester Scarecrow Trail

The Silchester Association



@silchesterassociation

@silchester_org

Privacy and Refund Policies

If you attend any of our events, you may appear in a photo which may be published on our website or Facebook page. However, if you are unhappy about any photographs that are published, please let us know and we will remove them. For our pre-event ticket sales refund policy please read the information available on our website.

Are Politicians the Oldest Profession?

A surgeon, an architect and a politician were arguing as to whose profession was the oldest.

Said the surgeon: "Eve was made from Adam's rib, and that surely was a surgical operation."

"Maybe," admitted the architect, "but prior to that, order was created out of chaos, and that was an architectural job."

"But," the politician pointed out in triumph, "somebody had to have created the chaos in the first place!"





SILCHESTER 1939 - 1945

1917 - 1943

Norman Arthur Hunt was born on 15^{th} April 1917, in Silchester, to Arthur and Ellen (known as Nell), a little over a year after their marriage. Arthur had been born in Silchester, as had his father and grandfather before him. Arthur worked as a hay binder - along with Norman's grandfather and uncle - and later, as a thatcher.

From what we know, in 1939 the family were living in Flexditch Cottage (later called Hyde's Cottage) on Little London Road, near the corner of what became Hyde's Platt. By now, Norman was 22 and he is listed in the 1939 Register as a lorry driver. He had two younger sisters - Eileen (born 1926) and May (born 1929).

We are currently unclear when he joined up as we have so far not been able to obtain a copy of his service record from the Army. We know he joined the Royal Army Service Corps, serving as a Driver. With the RASC he was part of the 18th Infantry Division and deployed to Singapore. He took part on the Battle of Singapore from 8 to 15 February 1942, which led to the defeat of the British and the fall of Singapore, with some 80,000 British, Australian and Indian troops becoming prisoners of war.

Norman was held in the series of POW camps on the Changi peninsula for some 14 months. Records show that in April 1943, the Japanese authorities advised that given the difficult food situation in Singapore a new camp was to be established, which would have much better facilities for the sick and unfit men, many of whom suffered from dysentery, and they were promised it would not be a working camp. They would be transported there and there would be no marching involved.

A party of 7,000 prisoners named "F Force" was formed, of which some 30% were sick or unfit. This party included Norman and three other RASC drivers, They were loaded into steel rice railway trucks and shipped with very little food or water to Bam Pong, in Thailand. They were then subjected to a 200 mile forced march, much of it at night, in the monsoon, along jungle tracks, which took almost 3 weeks. Many literally fell by the wayside. They arrived at one of five camps, from where they were required to carry out heavy labour on what became known as the Death Railway - the Burma railway - as featured in the film "Bridge on the River Kwai". They were working on a 50km stretch of the railway through hilly and flooded jungle near Three Pagoda Pass, 200 miles north-east of Bangkok.

Cholera was endemic in the camps, with dysentery, aggravated by malnutrition and complicated by malaria and beri beri. By 20^{th} June - two months after leaving Changi - only 700 of the original 3,400 British members of F Force were able to work. Somehow, Norman struggled on but two months later, on 23^{rd} August 1943, he died aged 26.

Norman is remembered in the Kanchanaburi War Cemetery in Thailand along with 6,981 other victims of Japanese imprisonment whilst building the Burma Railway. His sister May and his parents are buried in Silchester churchyard.



If you have any further information on Norman, or corrections to the above, do please let us know.

Mike Baldock <u>ww2@silchester.org</u>

Mental Health and Covid-19

It is important to be as kind and patient as possible with other people this autumn. Covid-19 has turned many millions of lives upside-down, and the resulting distress, anxiety, fear, grief and economic meltdown means that now widespread mental illness is inevitable. So says the new president of the Royal College of Psychiatrists.

Dr Adrian James warns of 'multiple layers' to the fallout from the pandemic, both for people with pre-existing mental health conditions and also for those who have never suffered before. NHS front-line staff will need support, while those who have had a serious case of Covid-19 may suffer anything from post-traumatic stress disorder to a full-blown psychosis.

Dr James says: "There will be very significant mental illness consequences of Covid, and we need to be ready."

Meanwhile, up to one in five Britons may have contemplated self-harming during lockdown, according to some separate research by University College London.



Phoenix Club

After an extended break due to Covid 19, it was lovely to see 10 members of the Phoenix Club at Suzi and Jane's Pop-up Café on the green on 5^{th} August. It was an extremely windy day, and

having a conversation whilst maintaining the required social distance from each other proved challenging, but everyone seemed to enjoy meeting up and also the lovely coffee and cakes, even if a number of hats blew off and the odd empty chair turned upside-down!

Our 2nd September meeting will be back in the Village Hall, but in the Main Hall to allow enough space to comply with current regulations. PCSO Emma Page, together with a new PCSO, will be joining us to talk about local policing and to answer your questions. So please come along to learn what is going on in and around Silchester and how the police are dealing with any 'issues'.

In October Pete Hughes will be joining us to talk about Visiting the Holy Lands and there are sure to be lots of great photos too, so put the date in your diary.

Our meetings are held in the Silchester Village Hall on the first Wednesday of the month and start at 2pm, tea and biscuits are included in the £2 meeting charge.

Ann-Marie and Jan



75th Anniversary VJ Day Commemoration

A small number of Silchester residents gathered in the rain at the War Memorial for a two minute silence at 11.00 on Saturday 15^{th} August.

The event was led by local historian and Parish Councillor Mike Baldock who laid a poppy wreath.



An Art Exhibition

for all ages

'Art from the lock-down: coming out of the desert' 26th - 31st October, 2020 at St Mary's Church, Tadley

The full Tadley Autumn Arts Festival will sadly not be happening in 2020 but we are pleased to announce a Community Art Exhibition sponsored by the Festival inviting all kinds of creative responses to the pandemic (paint, clay, 3D, film...). The subject of the collection is two-fold: art made during and since the lock-down period, and art which helps us imagine a new future.



Full entry details will be on the CTAT and Tadley Autumn Arts Festival
Facebook pages from September 1st.
In the meantime continue creating!

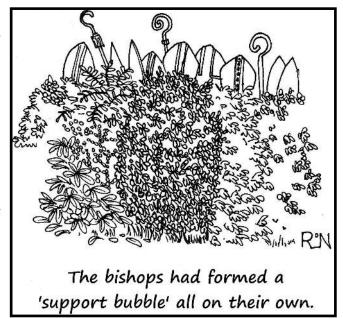
All in the month of September

It was:

400 years ago, on 6^{th} September 1620, that 102 English Puritans (now known as the Pilgrims) set sail aboard the Mayflower from Plymouth, for a new life in America. After a perilous journey they landed in what is now Provincetown Harbour, Cape Cod, Massachusetts on 11^{th} November. They had intended landing in Virginia, but were unable to reach it because of heavy seas.

150 years ago, on 20th September 1870 that Rome was captured. Italian forces defeated the Papal States and captured the city of Rome at the end of the wars of Italian Unification. The Papal States were dissolved. Rome was annexed, and it became the capital of Italy in 1871.

125 years ago, on 28th September 1895 that Louis Pasteur died. This French biologist, microbiologist and chemist was one of the main founders of the field of medical microbiology. Best known for originating the pasteurization of foodstuffs to eliminate micro-organisms that cause disease. Pasteur saved the French beer, wine and silk industries and developed vaccines against anthrax and rabies.



65 years ago, on 22nd September 1955 that

Britain's first independent television channel, ITV, was launched. It ended the BBC's monopoly. Regional franchises were rolled out across the whole country by 1965.

60 years ago, on 27th September 1960 that Sylvia Pankhurst, suffragette leader, died.

50 years ago, on 19th September 1970 that the first Glastonbury Festival was held, at Worthy Farm near Pilton, Somerset. About 1,500 people attended (compared to 135,000 today). It became an annual event from 1981 and is now the world's largest greenfield festival. The first festival was billed as the Pilton Pop, Blues & Folk Festival.

40 years ago, on 22nd September 1980 that the Solidarity movement was created in Poland, with Lech Walesa as its leader. It was the first independent trade union in the Soviet bloc.

25 years ago, on 3rd September 1995 that the auction site eBay was founded (as AuctionWeb).

20 years ago, on 4^{th} September 2000, England claimed the first series (3-1) over West Indies since 1969 and win the 5^{th} Test by 158 runs at The Oval, London; this was Windies captain Courtney Walsh's 132^{nd} and final Test.

15 years ago, on 24th September 2005 that the IRA decommissioned its last remaining weapons in front of independent inspectors.

10 years ago, on 4th September 2010 - Canterbury earthquake: a 7.1 magnitude earthquake which struck the South Island of New Zealand at 4:35 am causing widespread damage and several power outages. A further earthquake six months later was far more destructive and caused 185 fatalities.

5 years ago, on 9^{th} September 2015: Queen Elizabeth II becomes Great Britain's longest-reigning monarch at 63 years and seven months, beating the previous record set by her great-grandmother, Queen Victoria.



Our Lockdown Story

Our story began when we returned from a holiday in Rome the day before a 14-day isolation period was imposed upon anyone returning from Italy to the UK in response to their Covid-19 spike in March 2020.

We were unable to open our Café in Silchester and all our jobs for that period had to be cancelled. We suddenly realised that we had no income and our bills were still going to remain and before too long we would be in a dire situation financially. Before our 14 days was over, Boris announced the lockdown for the whole country and then we really knew we were in trouble. Panic set in. "What can we do?" The whole country was in a state of emergency and life, as we had all known it, had changed... some of it forever.

We spent a Sunday brain storming and we came up with a plan. Jane asked the Wellers fruit shop if they needed extra help as their business had gone to delivering fruit boxes to people's homes. Jane was suddenly working 3 days a week, packing up hundreds of fruit and veg orders in the shop ready for delivery.

We then decided to offer a meal delivery service which included fruit and veg from the fruit shop. I looked at our recipe file, chose a list of classic family favourites and put a post on Facebook. Bingo!!

The orders came flying in and suddenly we were a meal delivery service.

Our time was spent replying to email orders, Facebook requests, sending out invoices, shopping in the early morning to avoid queues, finding suppliers of food containers and putting in numerous orders to our local Wyatts butcher and the fruit shop. We even asked friends who had online shops booked to add on items we couldn't get in the shops. Flour, icing sugar and eggs were suddenly in short supply and we begged and borrowed when we had to from friends and customers.

Luckily for us, lockdown had many celebratory dates including Mother's Day, Easter, VE Day and Father's Day. Our solution, to help people celebrate, was to deliver afternoon tea boxes which we delivered throughout Hampshire and West Berks. We employed two drivers and with ice packs and lots of old fruit boxes, we packed our air-conditioned car with the lockdown treats. Thanks to two cash donations from loyal customers who wanted to help us and the NHS, we baked hundreds of brownies and cupcakes that we delivered at various times to the local hospitals, ambulance station and maternity unit. This was a wonderful experience as we really felt we were making a difference and helping in a simple way to give thanks to all the NHS workers.

June soon arrived and Boris announced that cafés and restaurants could open with a Takeaway service only. We immediately liaised with the Silchester Pavilion Committee to find the safest Covid friendly way to operate the Silchester Community Popup Café. We created a detailed Covid-19 risk assessment, signs were made and laminated, limited takeaway menus were printed, bottles of hand sanitiser and a Perspex screen were sourced along with a large supply of paper cups, bags and food wrappers. A large area outside the Pavilion was cordoned off with ropes and tape and a one-way system was created with signs. We introduced an order station at the door and a serving hatch though the window. There was no access to the main pavilion whatsoever as the main room had to be for three staff members only.

We relished the space as usually the pavilion is crammed full of three staff and up to twenty five customers. Unthinkable now!!!!

Initially, we opened every Friday and Saturday throughout June and the customers came and it was lovely that for so many it was their first outing and proper coffee since lockdown had started. Before long we were back to pre-lockdown covers and the field was full of children, families and couples enjoying a toastie, coffee and ice cream.

We are now in August and we have returned to Wednesday and Friday openings as the village cricket season has begun. We still have the one-way system but we now have tables, chairs and parasols out and there is no cordoned off area directly outside the pavilion. It seems as though life is slowly returning to normal although the masks do remind you that we are still in the pandemic and that anything can change very quickly. For now, let's just enjoy the sunshine with an iced coffee and slice of cake and take each week as it comes.

P.S. We were over the moon to have been nominated for a 'Big Basingstoke and Deane Thank You' for supporting those shielding in Tadley by providing hot meals and fresh fruit and veg box deliveries. A wonderful accolade in these Covid times.

Suzi and Jane Catering www.suziandjanecatering.co.uk 0118 9820539





Hampshire Historic Churches Trust Sponsored Ride & Stride

Saturday, 12th September 2020

This event will follow similar guidelines which applied in previous years.

The objective of the event is to visit churches and chapels, raising funds via sponsorship. Half the money received goes to the church of your choice, whilst the balance is devoted to the Trust, which makes grants for church maintenance and repairs. You can cycle, walk, travel by car or move around on horseback.

Covid has meant changes to the usual routine, this time; for example, please follow the specific hygiene and safety requirements for each church. The County Co-ordinators, rideandstride@hihct.org.uk will be worth contacting and the emphasis throughout will be to have everything online.

Silchester Parish Church will be open, subject to Covid, of course.

Ralph Atton (0118 970 0825)

Church Representative

PS Donations and online funding can be made via www.hihct.org.uk/VMG.php



Back to School

Mother to young daughter after first day at school: "Well, dear, what did they teach you today?"

Daughter: "Not much. I've got to go back again tomorrow."





A Socially Distanced Village Market

Saturday 1st August 2020

Photos by Pete Hughes





On Red Sea crossing:

WETLANDS TRAMPLED IN LABOUR STRIKE Pursuing Environmentalists Killed

On David vs. Goliath:

HATE CRIME KILLS BELOVED CHAMPION Psychologist Questions Influence of Rock

On Elijah on Mt. Carmel:

FIRE SENDS RELIGIOUS RIGHT **EXTREMIST INTO FRENZY** 400 Killed

On the birth of Christ:

HOTELS FULL, ANIMALS LEFT HOMELESS Animal Rights Activists Enraged by Insensitive Couple



On feeding the 5,000:

PREACHER STEALS CHILD'S LUNCH Disciples Mystified Over Behaviour

On healing the 10 lepers:

LOCAL DOCTOR'S PRACTICE RUINED

"Faith Healer" Causes Bankruptcy

On healing of the Gadarene demoniac:

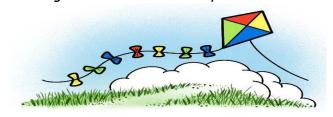
MADMAN'S FRIEND CAUSES STAMPEDE

Local Farmer's Investment Lost

On raising Lazarus from the dead:

FUNDAMENTALIST PREACHER RAISES A STINK

Reading of Will now to be Delayed





Save the Date:

Saturday 5th September 10.00am to 12.30pm

Thank you Silchester neighbours for making our first outdoor market such a success. You can imagine the nervousness of putting this on. New rules for COVID-19, the weather, being outside, would customers come, but everything came together beautifully. Thank you so much for your support.

All stallholders reported excellent sales and were so happy to be back selling their wares. Many stalls sold out and the Gourmet Goat Farmer who were making their debut at Silchester and had a queue of interested customers from the beginning to the end of the market. I am delighted to say we have even more new stalls for September also. Dare I say it - a good time to consider starting your Christmas shopping!

I'd like to thank the Pavilion Committee for allowing us to hold the Market on the playing fields; Silchester Association for the supply of gazebos to help some of our stallholders; Suzi and Jane for adding their Pop up Café to the attraction; and our immense gratitude to Paul Hearn, Stephen Langstaff, Andy Hartley and Ryan Flood for their help on the day setting up and taking down.

At the time of writing, it seems that, we will be able, again with sensible and appropriate precautions, to hold the Market outdoors once more in September. Again, plenty of space between stalls to practice social distancing, so you can view and buy your purchases safely. Plenty of car parking also.

The Market is a place to come for provisions and is a valuable source of income for these small businesses, perhaps even more important in these unprecedented times. If you can safely attend the Market on the 5^{th} September and

spend your money, this will really help keep these businesses going and keep our £s local. Those attending, at the time of writing, are:

- Indigo Bakes bread and bakery
- · Cherry Me dried fruit snacks
- Fernworth Farm locally bred meat
- The Cheese Agent artisan cheeses
- The Coffee House Arabica coffee beans and ground coffee
- David Meadows fresh fish
- The Gourmet Goat Farmer goat meat and other goat products
- Rural Pie sweet and savoury pies
- Village Preserves marmalades, preserves, jellies, chutneys and curds
- Judy's Cakes, Quiches and fruit pies
- Olga's plants and preserves
- Beechwood Farm eggs
- Neil's mustards, condiments and preserves
- Red Kite Glass
- Elaine Parlour Cards
- Flamingo Papier cards and wrapping paper
- Jammy Thing stamped cutlery
- Jane Brind Cherished ceramics
- Holly Marks Face masks and head scarves
- St Crispin's Apple Juice
- Tropic Skincare
- Chalk and Cheese Wax melt and candles
- Wilson Wonders Potatoes (Heritage and local potatoes)
- Brian Bicknell's local honey and bee products
- NEW The Little Hedgehog handmade fabric items, wash and make up bags, reusable kitchen roll, sandwich wraps
- **NEW** Love my Cake gorgeous cup cakes
- NEW The Purity Company natural handmade products for face, body, bath, baby and home
- NEW Hornet Chilli chilli, sauces
- NEW Ethel's Pies sausage rolls, pork pies, pasties and vegan and vegetarian pies
- NEW Sustainable Way Hand made soaps

Suzi and Jane will also be opening up the Pop-up Café for take-away refreshments, for the duration of the Market.

Keep safe and well and look forward to seeing you at the Market on 5th September.

Paula Gibbons - Market Organiser Telephone: 079565 33471 Email: info@silchestervillagemarket.org.uk **Website:** www.silchestervillagemarket.org.uk **FaceBook**: Silchester Village Market



Life in the Arab World 1978-1984

Two very different countries, Somalia and Libya

Somalia, which had a population of some 5 million with over half of them being children under 15, had many problems with sickness and starvation which we can all see on our TV screens. For every 1000 babies born at least 100 will die before they are 5 years old.

There was a tribal war with much cruelty on both sides and restrictions on how food aid was distributed. Somalis are a nomadic people and rely on their camels, in a good year crops are planted and grow quickly, camels can graze and the people live on their meat and their milk which is full of vitamins. Camel dung fuels their fires.

There was only one completely tarred road in the country, running N-S so what aid could be distributed was done with difficulty. City life was also hard. Gas, Electricity and Water were stretched to the limit, with many breakdowns and few repairs made - no spares and few mechanics. The Somalis on the whole are a kind people, the ladies quite beautiful and the men tall, scrawny and slow starters on work projects!

In our home in Mogadishu, over almost 3 years we only had water through the taps for 2 hours in 24 - our area, known as K4, had our supply from midnight to 2am! We got up and filled our bath and all our containers too. The water had to be used many times over and lastly on the pitiful plants in the garden. We did have a gas cooker but very often no gas!

Marsden's job was to look for underground water for village projects and supervise Government drillers to make the wells.

There was a large hospital, built by the Chinese, but very few drugs and no X-ray film for the machines. The hospital had no kitchens and so food was brought to patients by their families. Dental treatment for our family entailed a flight to Nairobi. We did have church in a flat and one visit from a Bishop. There was a cathedral in Mogadishu and we had occasional multi-faith services using 3 languages at once for the hymns. Sadly, we hear that the wooden roof has been removed for firewood and the whole place is now in disrepair.

Claire and Alison attended the American school and I also ran a Brownie Pack there.

Our next posting was to Libya. We arrived by road, having made the journey from Silchester, through France to Marseilles and across to Tunis by ferry and along the coast, crossing into Libya on the 4^{th} day of travel. This was caused by Marsden having travelled ahead of us. I tried to get visas from the embassy in London to be told "your husband has to get these" - our Laissez Passer from United Nations was not good enough.

In contrast to our poor house in Somalia, we had a beautiful flat: water actually came out of the taps and lights came "on" when pressing the switch! Our neighbour in the flat below had bodyguards - we all walked past AK47s every day. Venturing out in a car was a great adventure and really was "the quick and the dead". Non-Libyans followed the rules of the road but to most locals, traffic lights, road lanes, one ways etc., were not for them!! Cars carried everything and it was quite usual to see a live sheep on the back seat!! We had to carry ID cards, all with photos and we were regularly stopped and asked to show them. The roads were good all over the country and medical services were free for all the Libyan people. TV reception was good, a lot of propaganda, but of course this was under Colonel Gaddafi at the time we were there. There were modern hotels, many business people but few tourists. Those interested in archaeology were in for a real treat: Sabratha and Leptis Magna were both fantastic to visit and were very well looked after. I think we had to pay about 10p to look around.

Marsden had very many long journeys into the desert, at times near the Chad border. He also worked on the "Man Made River Project" which carried fossil water from deep wells in the desert in a huge pipeline to Tripoli.

Claire and Alison attended the Oil Companies School and enjoyed their time there. The school had around 400 children from Nursery (5 years) to Grade 12 (15 years). There were 57 nationalities - all had to earn basic Arabic and there were many TEFL classes for the children to learn English. Multi-racial classes taught the children so much; we had very many "National Days" - learning about so many different countries and their ways. It was truly a multi-racial and multi-cultural learning environment. There were good sporting facilities too and many books. However, these had to be vetted and the word "Israel" and any Jewish references had to be removed. Any videos brought in to the country had to be left for vetting and returned after a couple of weeks (we often wondered how many free copies had been made). Classes were usually 20 students and when the 21st child came the teacher automatically had an "aide" (that was how I became one!) and I worked with the wife of the American Ambassador who was very pregnant, had her baby and brought him to school as she was breastfeeding. There was a unit of American Marines who were on duty for the Ambassador. They taught a lot of kids to swim in the large pool near their accommodation - painted green - Libyan colours and known by all as "The Jolly Green Giant".

So much has changed now in these countries and we feel sad to think what has been lost. Marsden wonders if his wells are being looked after; myself what has happened to the superb schools. Our little church in a flat, all the congregation must have left the country.

Nancy Jones

Short Story Challenge

Our short story challenge is still open to all readers of this Magazine, whatever their age, children to seniors. The challenge is to write a short story - fiction or non-fiction - of up to 1000 words to be submitted electronically to silchesterstory@gmail.com by the closing date for the next Magazine and for a selection of the stories to be published in the Magazine over the coming months. Please do consider sending something in to us.

Above are some reminiscences by Nancy Jones - sharing her experiences of living in Somalia and Libya. Thanks very much to Nancy for sending this in to us.



Boundary Walk 2020

Join us on our annual walk around the boundary of Silchester

On Sunday 11th October at 11.30am Meet in the carpark at the Village Hall

This is a relaxed walk around the parish boundary. Bring your own lunch and we will provide a glass of wine at the lunch stop.

A driver will transport anything you do not wish to carry.

Silchester Association in conjunction with St Mary the Virgin

The Labours of Heracles

The Fourth Labour - The Erymantian Boar

King Eurystheus was shocked to discover that Heracles had found the Ceryneian Hind. He was even more shocked to discover he had brought it back uninjured.

He now thought up an even greater challenge. For his fourth Labour King Eurystheus required Heracles to capture alive an enormous, fierce wild boar which lived on the slopes of Mount Erymanthus.

Yet again Heracles set off, this time to travel to the mountain. On the way he visited an old friend, the centaur Pholus. Centaurs were strange creatures, having the head, chest and arms of men but the body and legs of horses.

Pholus set roast meat in front of Heracles although he himself ate everything raw. He was reluctant to offer Heracles wine because it was held in one large pitcher which belonged to all the centaurs who lived nearby. However, Heracles persuaded him that it would be enjoyable to drink wine with the meat. Pholus, wishing to be a good host to his visitor, reached for the pitcher, removed the large lid and filled a drinking goblet.

The wine was very strong and the rich smell of it quickly wafted across the mountainside. All the other centaurs came rushing to the cave and they too demanded wine. They guzzled it down rapidly and soon became very drunk. Staggering about unsteadily, they started shouting and arguing. Then a huge fight broke out. The centaurs all began attacking Heracles saying he had no right to drink wine which was their property. Heracles was forced to defend himself and shot several centaurs with his poisoned arrows.

The rest ran off and hid in a cave which was the home of a centaur called Cheiron. Unfortunately in the fighting Cheiron was accidentally wounded by one of the arrows. He was in terrible pain but he did not die because he was immortal and so there was no release from his suffering.

Cheiron realised that his injury was an accident. He looked kindly upon Heracles and wanted to help him. Even though his wound gave him agony, he managed to explain to Heracles the only possible way to capture the Erymantian Boar.

Following Cheiron's advice, Heracles travelled onwards to Mount Erymanthus. It was the middle of winter and no leaves were on the trees. But the boar could still hide and concealed itself in a dense thicket. Heracles yelled at it loudly so that the beast became alarmed. It ran out of its hiding place and into a very deep snowdrift. It was so huge and heavy that it sank down into the great bank of cold, soft whiteness. It used all its energy to flee from Heracles but on four legs it could not move quickly through the snow and struggled unsuccessfully to escape.

Heracles chased after it. With an enormous leap into the snowdrift, he came down heavily onto the boar's rough back, pinning it to the ground.

Heracles was so strong that he was able to carry with him large coils of stout chains. He wrapped these around the legs of the boar so it could move no more. With an almighty heave, he lifted the hobbled creature and slung it over his shoulders.

Heracles could now return to King Eurystheus. He made the long journey on foot, carrying upon his broad back the Erymantian Boar, alive, uninjured and bound with chains.

King Eurystheus was warned by his courtiers that Heracles was returning. Afraid of coming face-to-face with a vicious beast, he hid himself inside his bronze urn. From there this timid king shouted out an echoing command. Although he had ordered that the boar be brought back alive, he was so afraid that he now commanded that it should immediately be put to death.

The Fifth Labour -The Augean Stables

King Eurystheus took a secret pleasure in planning tasks which he thought Heracles would find impossible. Having been terrified at the appearance of the Erymantian Boar, he now decided that Heracles should be given a task which was quite disgusting.

He sent him to visit King Augeias who was the owner of a huge herd of cattle. More than 1,000 magnificent bulls, cows and calves lived in the king's huge stable block. For over 30 years the stables had never been cleaned out. There was hardly room to move inside them because of the heaps of stinking animal dung that were growing

ever taller and wider. It was difficult for anyone to go near the stables because the stench was overpowering.

The task set by King Eurystheus was for Heracles to clean the stables in a single day.

Again Heracles travelled with his nephew, Iolaus, for company. Reaching the kingdom of Augeias, Heracles could smell for himself the terrible, sickening stink coming from the stables. Knowing he had only one day in which to carry out his task, he devised a clever plan.

He arranged to meet King Augeias in a place where they could talk without being overcome by the foul smell. They stood on a spot overlooking the stables, mid way between two rivers.

"I am prepared to do some important work for you," said Heracles. "Would you like me to clean out these filthy stables?"

"Of course," replied the king.

"Very well," responded Heracles. "But as you see, it is a huge job. If I can complete the work in one day will you reward me by giving me one tenth of the cattle?"

"Complete the work in one day!" King Augeias laughed loudly. "If you do that you shall certainly have your tenth."

But Augeias thought to himself that there was no possibility of that happening.

Heracles rose very early the next morning and went to the stables, taking Iolaus with him. Helped by his nephew, he made a large gap in each end wall.

After this, he marched firstly to the bank of one nearby river and then another. He dug with all his might and by late afternoon had made channels from each of the rivers leading directly to the fresh gaps in the wall of the stables. Just as the day was ending and night was beginning to fall, Heracles dug out the final clods of earth between channel and river. The water came rushing down the canals he had created and into the stables.

A huge wall of raging river water poured through the middle of the stables. Such was its force that in an instant it swept away the huge mounds of stinking cow dung. The stables were completely clean.

The next day Heracles went to King Augeais and demanded one tenth of all the cattle, as had been agreed. But, unknown to Heracles, during the night a messenger had arrived. From him King Augeais learnt that Heracles had been commanded to carry out the unpleasant cleaning work as one of the tasks set by King Eurystheus. He needed to do it whether or not he was rewarded. King Augeais therefore refused to give Heracles what had been agreed and sent him back to Eurystheus.

When Heracles returned, King Eurystheus considered that yet again a Labour had not been properly carried out. This was both because Heracles had tried to obtain payment and because he had not done the work alone, having received some help from Iolaus.

Stephen Bibby

To be continued ... Next issue we will have

The Sixth Labour - The Stymphalian Birds

along with The Seventh Labour
The Cretan Bull.

Has Lockdown Damaged Your Eyesight?

Are you suffering from 'coronavision'? It is perfectly possible.

Lockdown led to many of us staring at our television or computer screens for long periods of time. And that could have strained our eyes, warns the College of Optometrists.

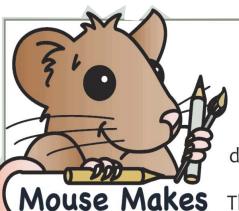
By this summer one in five adults in Britain had reported a deterioration in their eyesight. Symptoms include blurred vision, difficulty in focussing, and red or painful eyes.

As one optometrist explained: "Working from home, video calls with friends and family, watching more TV, time spent looking at your phone - all that screen time adds up.

The good news is that this is unlikely to cause any permanent harm to your vision."

Nevertheless, the College urges people to get their eyes checked if they feel on-going discomfort. They also advise that when you are looking at a screen, you rest your eyes every 20 minutes, blink regularly, use eye drops, position your screen below eye level and increase the size of the text.





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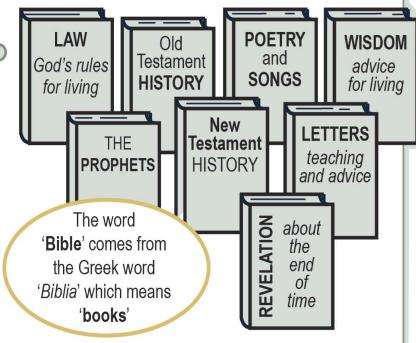
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God speaks to us today as we read the Bible.
The Bible encourages us, corrects us and shows us how to live, it also describes itself as:



...but most of all The Bible teaches us about **God** and how we can be friends with Him.

The Great British Snake Off

When you think of snakes, you might picture a fat boa constrictor basking beside a Brazilian river, or a king cobra rearing up from the dust of an Indian plain. Snakes seem too exotic for the often cold, wet and windy weather of the UK. But snakes are adaptable creatures, found on every continent but Antarctica.

Here are the UK's three species of snake.

The Biggest: Grass Snakes

The Grass snake is our longest snake, growing to well over a metre. They're usually a grey-green colour and most easily recognised by the black and yellow collar behind the head. They have

dark eyes with round pupils, whereas adders have elliptical pupils in their bright red eyes.

Grass snakes can be found in areas with long grass often near water, including garden ponds. They're excellent swimmers and regularly feed on fish, frogs, toads and newts. Grass snakes are our only egglaying native snake.

Grass snakes are not venomous. They're very

shy creatures and will quickly slither away if they are disturbed. If they don't have an escape route, they may play dead and roll onto their back with their tongue hanging out. As a last resort, if they're handled, they can also release a foul-smelling liquid from their vent.

The Most Misunderstood: Adder

Our only venomous native snake, the Adder has picked up a bad reputation and often inspires fear. Bites can occasionally be serious (and should always be immediately checked at a hospital), but they aren't aggressive and rarely bite people. Most bites happen when a snake is handled or stood on.

Adders prefer wilder habitats than grass snakes, like heaths, woodland rides, and coastal

dunes. They are rarely found in gardens.

They're shorter but stockier than a Grass snake, and are usually grey-brown with a distinctive zig-zag pattern along the back. Male Adders



'dance' to fight over females, entwining with each other and trying to wrestle the other male to the ground. Instead of laying eggs, females incubate them internally and 'give birth' to up to 20 live young.

The Rarest: Smooth Snake

Snakes are secretive and hard to see at the best of times, but Smooth snakes are so rare that very few people in the UK are likely to have seen one. They're found across mainland Europe, but in Great Britain are only found on a few sandy heaths in southern England: in Dorset, Hampshire, Surrey, West Sussex and



Grass snake © Danny Green 2020VISION

Smooth snakes grow up to about 70cm long, are slender and usually grey or dark brown, with dark markings along the back. The dark markings aren't as distinct as an Adder's zigzags, and they have round pupils (compared to the Adder's elliptical pupils).

Devon.

Smooth snakes aren't venomous. They catch their prey with their teeth and coil their body around it like a constrictor, most often feeding on lizards and small mammals.

Alice Ashcroft Hampshire & Isle of Wight Wildlife Trust



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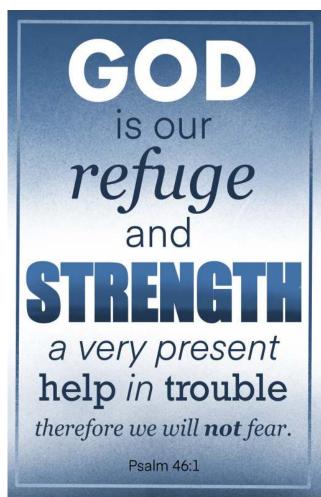
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The deadline for submissions is the 13th of each month and should be carefully adhered to.

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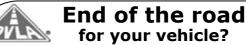
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EA Laming (Flat Roofing)	
ELD Construction (Building & Renovations)	
F James & Sons (Building Contractors)	F
Forever Treasure (Silver Keepsakes)	
G.P. Vets	I Fron
Garden Maintenance & Machinery Repairs (MJ Whit	ford)
Hall Rental (Silchester Methodist Church)	
Home & Garden Property Maintenance - Allan Watso	
Honeysuckle Interiors	
JCM Construction & Maintenance	
La Capanna - Italian Restaurant	I
M&M Printers	
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McGee's Mutts - Dog Care Services	G
Monumental Sculptor - M.J. Sly	
Music Tuition - Robin Scott	
Oakey Tree Services	
Orchard Plumbing & Heating	C
P. Cooper (Plumbing & Heating)	
Painter & Decorator (Graham Lemm)	
Painter & Decorator (Jacki Whitehouse)	D
PC Help To You (Computer Support)	F
Phillips Solicitors	
Pilates Classes	
Plastering (GW Sievewright)	
PVR (Vehicle Recycling)	
Radiance Hair & Beauty	
Rainbow Double Glazing	
Reading Warehouses	
Residential Lettings - Simmons & Sons	
Roofing Services - P.J. Smith	
Rowberry Morris Solicitors	
Silchester Village Hall (For Hire)	
Spencer & Peyton (Funeral Directors)	
Spratley's of Mortimer (Vehicle Servicing & Autocar	
T.G. Turner (Plumbing & Heating)	F
T.P. Monger (Tree Surgeon)	I Front
Tadley Cars - Private Hire	F
The Home Chef	
Tidy Time Services (Cleaning & Housekeeping)	B
Tranquil Beauty Clinic	
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Window Cleaning - Clean & Easy	I.
Window Cleaning Services (Basingstoke)	

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