

# THE VILLAGE NEWSLETTER



PUBLISHED FOR THE HORTON AND LITTLE SODBURY VILLAGE HALL COMMITTEE

March 2012

Deadline for articles for the next edition 1<sup>st</sup> May 2012

## SUMMARY OF FUTURE EVENTS

23 <sup>rd</sup> Mar	Village Hall Quiz Night *
25 <sup>th</sup> Mar	Hogweeds' Hilly Half Marathon *
31 <sup>st</sup> Mar	Village Hall Wine Tasting
15 <sup>th</sup> Apr	Horton Spring Bull Run 4 mile circuit from Village Hall, start time 11 am
27-29 Apr	Horton Walking Festival *
8th May	Horton Village Hall AGM
26th May	Horse race night, Horton Village Hall

\* More information elsewhere in Newsletter

**Note:** See the Village Hall web site [www.halsvh.org.uk](http://www.halsvh.org.uk) for a full list of future events.

## WI PROGRAMME FOR 2012

The next two events are on 3<sup>rd</sup> April (a willow workshop) and 1<sup>st</sup> May (a talk about running a farm shop)

For more information contact Lynn Edwards on 07973 166692.

## VILLAGE HALL QUIZ NIGHT

It's your last chance this winter to take part in the quiz series at the Village Hall. Doors (and bar) open from 7.30 pm for prompt 8.00 pm start. It's an evening where joy and frivolity abound – at least on Friday 23<sup>rd</sup> March. Don't worry if you don't have a team, as a few of us remain so 'challenging' that we can't find a regular foursome, so simply adhere ourselves to an unsuspecting pair. The cost is £6 per team of four.

## SUCCESS ON KILIMANJARO – “POLE! POLE!”

*Our Rowe Veterinary Group team (Brian Hildick-Smith and Kate James) have successfully ascended (and thankfully descended) Kilimanjaro. Here is Brian's report of the trip.*

For those of you not fluent in Swahili, 'pole pole' means 'slowly slowly' and it is the mantra for all those attempting to climb Africa's highest mountain - Kilimanjaro.

I'm not totally certain why but, in June 2011, I decided to undertake the challenge and so I found myself in Arusha – Tanzania's fourth largest city – on 28th January this year after a fifteen-hour flight from Bristol via Schiphol and Nairobi. I was convinced that my luggage would end up in Ulan Bator or some other far-flung city but, to my total joy, there was my bag on the conveyor belt of the rather hyperbolically named Kilimanjaro International Airport. You can always tell a Kili climber on the flights there as they all wear their climbing boots. You can replace your kit if it gets mislaid but not those all-important well worn-in boots!



Our climb started on Monday 30th with a five-hour bus ride to the start point. There are six ascent routes: five of them start from the south or south west of the mountain and one – the Rongai route – starts from the north-east side near the Kenyan border. This was our chosen route. Even the bus ride was an education in African life: twenty-eight of us crammed into a twenty-seater bus with all the luggage on top. Our team consisted of a chief guide called Nick, two assistant guides – Frank and William, a cook, and 25 assorted porters and helpers whose aim it was to get our group of 8 mzungus (white people) to the summit. We arrived at the start point, had lunch, a group photo, signed the register of those intending to climb and also our climb company's total disclaimer in case we did not make it – permanently. We also had our first experience of a long drop loo!

Following lunch, we began our climb or, more accurately, our trek because Kili is not a mountain climb, but more a trek at the extreme altitude of 5895 metres (Everest base camp is 5000 metres): it is this aspect that accounts for

## **LOST AND FOUND**

A brown flat cap was found in the Village Hall car park after the quiz on Friday 24<sup>th</sup> February. Please phone Emma on 322879 if you wish to reclaim it.

## **CHURCH NEWS**

Services take place as usual at Horton Church and Little Sodbury Church during March and April at 11.15 am and 6pm respectively. In April there will be an additional Good Friday service on 6<sup>th</sup> April at 7pm in Horton Church. This year Palm Sunday falls on 1<sup>st</sup> April and Easter Sunday on 8<sup>th</sup> April.

## **COMINGS AND GOINGS**

### **Our PCSO**

Our local police community support officer, Paul Fortune, will be leaving the area shortly to begin training to become a police officer. We wish him well and thank him for his help and support over the past few years.

### **Mark and Joanna Taylor's Visit**

Joanna and I had a fabulous time visiting the UK recently to catch up with friends and family.

We had a great night at the Horton Social Club (a very nice venue at very reasonable prices and that Codger beer was very pleasant) where it seemed half the village took time to come and see us and on a very cold night. There couldn't have been much on the telly! It was quite a humbling experience and it seemed as if we had never left the village.

I apologise if I didn't get the chance to spend much time with all of you. I must admit when the final order bell rang I thought there must have been a fire or something as I didn't think it was any later than about 9 o'clock!

A special thanks to Caroline for organising the evening - although it is the best way to see everyone when we visit, the thought of it is a little overwhelming but any fears were soon allayed when we got there. Horton is a very special place.

Thank you also to Barbera and Paul for putting us up on an ad-hoc

the fact that about one-third of those who attempt it do not make the summit due to Acute Mountain Sickness or AMS. AMS takes many forms, from moderately mild symptoms of nausea, loss of appetite and thumping headaches to the more serious forms encompassing pulmonary oedema, cerebral oedema and, if one ignores these symptoms and does not descend immediately, death.

The key to success is good acclimatisation and our route was chosen to maximise this aspect of the trek. On three of the days, we arrived at our overnight camp at midday and after lunch our guides climbed us higher to gain altitude before descending back to our camp, thus fulfilling the mountaineers' maxim of 'climb high and sleep low'. Another factor was the amount of fluid you could drink and I would try to imbibe five to six litres a day – with obvious consequences for a bad night's sleep!

The day would start with a 6-6.30am wake-up followed by breakfast to ensure that we were walking by 7.30am. We trekked in single file with one of our guides in the lead ensuring that we all went 'pole pole', as a slow pace also aided good acclimatisation. It was all very gentle as we started in tropical forest and slowly climbed through decreasing vegetation until we were trekking through a lunar-type landscape.

The final ascent started at 11.30pm at 4717 metres, which left us 1178 metres to climb in order to hopefully arrive at the summit as dawn broke. We climbed in single file with head torches lighting our path, getting ever slower as we ascended higher and higher. By now, four of the group of seven (we had lost one member on the second day) were struggling badly with the altitude but Nick was immense in shepherding us ever higher. Kilimanjaro is an extinct volcano so you arrive at the crater rim at Gilman's Point, a height of 5719 metres. You then have to trek round the rim to Stella Point (5745m) and, finally, the true summit: Uhuru Peak at 5895 metres, which we reached at 8.50am and where you stand on the top of Africa – literally. This part of the climb – Gilman's to Uhuru – took about one and a half hours and was the most testing part as I was aware that at any time AMS could strike and prevent us from reaching our goal. There was time for a few pictures and then the guides rushed us down as quickly as possible. We travelled a total of twenty kilometres that day and had been walking for eighteen and a half hours when we reached camp – mentally and physically exhausted – but we had all made it.

We climbed Kili as a challenge, but also to raise money for Macmillan Cancer Care and Pet Blood Bank. Our target had been to raise £5895: the height of Kili in metres. We have been overwhelmed by everyone's generosity and we believe that our total will be over £10,000 – so a massive thank-you to all those who have so kindly supported us. I would also like to add a big thank-you to the family who have put up with my desire to climb Kili.

Any advice to would-be climbers – go for it. It is a fantastic experience but I will only do it once!

Brian Hildick-Smith

basis.

We always speak of you all and the village and can't wait to visit again.

Thank you again,

Mark and Joanna

## NEW FITNESS CLASSES



**The Latin-inspired, easy-to-follow, calorie-burning, dance fitness-party™.**

**Feel the music and let loose!!!**

**New Class! Starting on 17<sup>th</sup> April  
Horton & Little Sodbury Village  
Hall**

**Tuesday 6.30 - 7.15 pm**

**For more details contact Andrea  
on 07970125353 or on email  
andrea.benson1@btinternet.com**

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*Fitness League – Movement is Life  
Ladies!!*

**Do you want to improve your  
posture,  
strength, mobility and stamina?**

**New 50+ Exercise Class!**

**Starting on Tuesday 17<sup>th</sup> April  
7.30 – 8.45 pm**

**Horton & Little Sodbury Village  
Hall**

**For more details contact Andrea  
on 07970125353 or on email  
andrea.benson1@btinternet.com**

## SMALL ADVERTISEMENTS

**R Elliott**

**Jobbing Builder, Painter and  
Decorator**

**Stone Walling, Gardening**

**Old Sodbury – Local Area**

**Phone for Free Estimate**

**01454 323521 after 7pm**

## HORTON WALKING FESTIVAL 27-29 APRIL 2012

We have a wide programme for this event with something to interest everyone; there are walks for all abilities and interests, a talk and a Pub Quiz as well as an opportunity to look around Horton Court. If walking isn't for you then why not come along and enjoy some convivial company and scrumptious refreshments at the village hall – they will be available all weekend. There will also be displays by the organisations taking part and various stalls plying their wares.

Book early so you don't miss out as the festival is being widely advertised. Caroline Bannister has kindly agreed to take bookings; she can be contacted by email on [boxoffice@halsvh.org.uk](mailto:boxoffice@halsvh.org.uk) or telephone 01454 312277

As you will see from the published programme we already have several people and organisations committed to participation in the festival. However, as always with events of this kind there is a need for additional support.

We need volunteers to help serve refreshments (coffees, lunches, teas and bar), make cakes (preferably tray bakes) and act as emergency drivers; if you are a trained First Aider and are willing to be on stand-by that would also be appreciated. Because this will be going on for three days we will be putting a rota together so that the burden isn't too much on any one person and everyone gets a chance to have some fun too; any help even for a short period would be welcomed. Please contact either Lynn Edwards on [office@lenergy-assessor.co.uk](mailto:office@lenergy-assessor.co.uk) or 01454 323848 if you would like to volunteer.

Likewise if you would like to have a stall at the event or know someone who would then please contact Carol Brodie on [cbrosecottage@gmail.com](mailto:cbrosecottage@gmail.com) 01454 317471 or 07732649979. The only limitation we have on this is that we cannot have stalls serving food for immediate consumption.

### **The full programme of events is in an attachment to this newsletter**

In summary the programme includes: walks each day from 2 miles to 8 miles in length, in the vale, on the escarpment and in Lower Woods; photographic skills workshops on Friday and Sunday; a talk on trekking in Nepal on Friday evening and a pub quiz for teams of 4 on the Saturday evening.

Refreshments will be available each day so you can set yourself up before your activity with a high energy snack and treat yourself at the end with a bowl of soup, a walker's platter or a delicious cake. In addition the bar will be open from 11am until 2pm on Saturday and Sunday.

## HORTON COURT – OPEN DAYS AND VOLUNTEER GUIDES

The house and grounds will be open three days per week (Tuesday, Friday and Sunday) for the summer months of June, July and August from 1pm to 3.30pm each day.

In addition Horton Court will be open for one day only (Sunday 29<sup>th</sup> April) during the Horton Walking Festival from 1pm to 3.30pm. This will be an opportunity to see the gardens in springtime and explore the historical roots of Horton.

Note: The National Trust needs more volunteers to act as room and garden guides at Horton Court. If you are interested why not contact Katy Smith or John Collin of the National Trust, both of whom will be present when the Court is open on 29<sup>th</sup> April? They would be very pleased to talk with you and give an insight into the role of a volunteer in a NT setting. Alternatively you can contact Katy by email [katy.smith@nationaltrust.org.uk](mailto:katy.smith@nationaltrust.org.uk).

## **FOR SALE**

### **Delicious Dorset Down Lamb**

Our half lamb packs are now available at £70.00. The meat is fully jointed and labelled. Packs include shoulder and leg joints, loin chops, chump chops, breast, kidney, liver and mince. The lambs are reared completely naturally – as near to organic as you can get! For more details or to order, please contact us on 318002 or email

[pearce@widdenhill.freeserve.co.uk](mailto:pearce@widdenhill.freeserve.co.uk).

Jenny & Simon Pearce

### **Hog Roast and BBQs**

Thinking of having a party, wedding or celebration? Why not consider a locally reared hog roast or BBQ? All our meat has been reared in your village, which we believe is the secret to producing top quality meat. You can feed approximately 100-120 people for just £600. For more information please contact Phillip Dolman 07866 910447 or via

[www.dolmanscatering.co.uk](http://www.dolmanscatering.co.uk).

## **DISTRIBUTION OF THE NEWSLETTER**

In future the primary mechanism for distributing the newsletter will be by email. The newsletter is also available on the Village Hall website. To be sure of getting future issues please forward your email address to the Newsletter Editor.

## **CONTACTS**

Contact details for members of the Village Hall Committee are available on the website [halsvh.org.uk](http://halsvh.org.uk).

For Village Hall bookings contact Emma Cordy-Rugman on 322879 or via the email address given on the website.

## **NEWSLETTER ITEMS**

Contributions to the newsletter are welcome. The Editor reserves the right to edit contributions. News items should be sent to: [newsletter@halsvh.org.uk](mailto:newsletter@halsvh.org.uk) or call 324356.

Richard Winsborrow

Note: Unless explicitly indicated the contents of the newsletter do not necessarily represent the views of the Village Hall Committee, the Editor of the Village Newsletter or anyone else associated with its production.

## **HOGWEEDS HILLY HALF MARATHON**

The Hogweed Trotters Road Running Club hold their annual half marathon road race on Sunday 25 March 2012.

Race HQ is at Horton Village Hall and around 250 runners start from Mapleridge Lane at 10.30am. Their route includes Little Sodbury, Horton, Hawkesbury Common, Orange End, Hillesley, Kilcott and Hawkesbury Upton finishing at Horton via Hawkesbury at approximately 1.30pm

This is the eighth year we have organised the event. If you would like to run then visit the web site for registration and a booking form. The cost is £14 for affiliated club runners or £16 for unattached runners. Visit [www.hogweedtrotters.co.uk](http://www.hogweedtrotters.co.uk) for more information or call me on 01454 325 886 if you have any queries.

Bob Bell