

---

# TOWER AND TOWN

---



Walking

# A niche firm of Lawyers focusing on Private Wealth

Providing advice on:

Wills  
Powers of Attorney  
Estate Administration  
Trusts/Succession Planning  
Elderly Client Work  
Court of Protection  
Tax Planning

At **DUNCAN MORRIS SOLICITORS**, we combine up-to-the-minute knowledge of all the latest legal issues with a down-to-earth approach to advise private clients on a broad range of issues relating to estate and succession planning.

Our wide range of individual clients highly regard our service based on our legal expertise and the close relationships we have built up over a number of years. We pride ourselves on our ability to seek clear and simple solutions to complex challenges, guiding our clients using sound and practical advice.

Our clients include businessmen, entrepreneurs, professionals, landowners and farmers.



TELEPHONE: 01672 515193 or 07917 177647  
EMAIL: [info@duncanmorrisolicitors.co.uk](mailto:info@duncanmorrisolicitors.co.uk)  
29 HIGH STREET, MARLBOROUGH, WILTSHIRE SN8 1LW  
[www.duncanmorrisolicitors.co.uk](http://www.duncanmorrisolicitors.co.uk)

**DUNCAN  
MORRIS  
SOLICITORS**

# TOWER AND TOWN

THE MAGAZINE OF MARLBOROUGH'S COMMUNITY AND CHURCHES

NUMBER 673 AUGUST 2017



## Walking

Walking on two legs is an almost uniquely human activity (Wikipedia tells me that gibbons and large birds are the only other animals which also walk by raising one foot at a time). However, as most of us do it every day, it is unremarkable and therefore perhaps a surprising, not to say unpromising, choice of theme for this month's issue of Tower and Town. Yet, when you look into it, a wide variety of experience emerges.

Bruce Hayllar's journey to Ladakh in Northern India and Trevor and Karen Dobie's guided tour round the island of Lundy (with its, to me, surprising Marlborough connexion) take us to otherwise inaccessible places. Closer to home, Laura Mynott describes the joys of bird-watching while Ella Holmes reveals walking the dog to be a far-from-mundane activity. You may even be inspired by Ashley Sandy (as I was) to take up Nordic walking.

Not everyone enjoys walking; my son, James, tells of the torture of walks with the family. Others would love to go out rambling but cannot; Gill Morgan writes with honesty and humour about losing the ability to walk. By way of contrast, you may enjoy the first of a series of interviews with ex-St John's students. Where better to start than with Pete Baldrey who has never really left?

My thanks to everyone who contributed so willingly and entertainingly. I hope you enjoy walking alongside them for a while.

**Sarah Bumphrey, Editor**

### Front Cover::

*Red-flanked Bluetail* – possibly the first sighting in Wiltshire, 7th February 2014

*Likir Gompa Monastery*, Ladakh, Northern India

*Jenny's Cove*, Lundy

*Nordic Walking* by Victoria Horwood ©Fox and Hare Photography

# Walking in Ladakh Bruce Hayllar

---

An hour north of Delhi the clouds clear to reveal a rugged mountainous land, bisected by the upper reaches of the mighty Indus river, that was once the ancient kingdom of Ladakh. Soon the plane weaves uncomfortably close to barren mountainsides as we descend into Leh; at almost 11,000 feet above sea level, it is one of the world's highest commercial airports. The rarified air makes for a fast and hard landing, violent enough to make several passengers shriek. Soon we are walking across the tarmac under a blazing sun, feeling the thinness of the air and excitedly looking around at the khaki-coloured landscape, dominated by a white and terracotta coloured 15th century temple-fortress, the Namgyal Tsemo Gompa, with the grey monolithic Leh Palace nearby. Five of us have arrived for an eight day walking tour of this magical place, which looks and feels like Tibet and is almost cut off by snow for six months a year.

After a day to acclimatise in the capital Leh, we set off for our first easy walk along the valley floor. Bright green areas near rivers stand out from the harsh rocky and sandy desert landscape. Farmers make the most of the short growing season but there is little sign of mechanisation. We pass a couple of women tending a few dairy cattle, then a man making the sun-dried mud bricks still widely used for building, his only tools a shovel and wooden mould. A short, stiff climb brings us breathless to the gleaming Thiksey monastery, the goal of today's walk, and we admire the tumult of colour inside and views of the 20,000ft peak Stok Kangri across the valley.

On subsequent days we walk higher and further, often from one hotel, up to a ridge or pass and on to our next night's stay, while our luggage goes the long way round by road. We see amazing rock formations, beautiful mountain views and revel in the few flowering plants or shrubs that manage to survive this harsh environment. We visit Stok Palace, the home of the Royal Family who were overthrown and exiled by Sikh invaders in the 1830s. Many of the temples and monasteries we visit date from the 15th and 16th centuries when Ladakh was on an important trading route.

All too soon it is time to say our farewells, but the pull of the Himalaya is strong - we plan to see more later this year.





# Walking and Birdwatching Laura Mynott

---

It was in the late 1970s that I started walking to strengthen my back muscles after a bad bout of glandular fever and it was and about 22 years ago that birdwatching took over after knee problems. I regularly go on field trips with Wiltshire Ornithological Society (W.O.S.) which are usually 3-6 miles long and can be on good paths or rough ground. Some areas have hides to sit in and some not.

The person leading a W.O.S trip normally does a recce within the week before to suss out the facilities, terrain and birds present. One of the intrigues of birdwatching is that an expected bird does not show or an unexpected one does. Those with access to a computer have an advantage over me in that they can check last minute to see if any unusual sightings have been recorded. Each of the four seasons is anticipated with delight as different birds are present or passing through.

I enjoy going out with W.O.S. because there is a lot of knowledge within the group and many pairs of eyes which always increase the day's total of species seen. I also like walks with a friend and it can be good working at identifying a certain bird. Going out on my own is pleasurable too as it is easier to hear birds and perhaps get quite close or stop to observe. Mind you, all birdwatchers stop to observe so warmer clothes may be needed than just for a walk. We tend to spot butterflies, deer and other wildlife and we love views which look different with every season and weather situation.

Birdwatchers are a friendly lot and help each other along. Once one starts getting into birdwatching it is such a pleasant pastime: looking out of the kitchen window, at a bus stop or on a journey; observing birds in the sky or on the ground and, of course, on any walk. Once one has identified a bird on one's own or with a friend of similar experience it is never forgotten.

For any birdwatcher a good book like the Collins Bird Guide is extremely useful. Alternatively, download an appropriate App to your mobile phone, which is easier to carry in the field.



CHARLES S. WINCHCOMBE & SON LTD. Est. 1932  
THOMAS FREE & SONS Est. 1875



FOURTH GENERATION INDEPENDENT FAMILY



FUNERAL DIRECTORS  
& MEMORIAL CRAFTSMEN



[www.wiltshirefunerals.co.uk](http://www.wiltshirefunerals.co.uk)  
[wiltshirefunerals@gmail.com](mailto:wiltshirefunerals@gmail.com)

01672 512110

01380 722500

Albert House,  
The Parade, Marlborough, SN8 1NE.

Registered Office: Winchcombe House,  
37, New Park Street, Devizes, SN10 1DT.

...RISING ABOVE THE REST.

Marlborough 01672 512 2997	Cirencester 01285 651 651	Malmesbury 01666 823 623	Swindon 01793 534 534	Lettings 01793 497 498
-------------------------------	------------------------------	-----------------------------	--------------------------	---------------------------

Apartments and houses are now available to buy in four well designed, purpose-built developments for the over-55's, Town Mill in Marlborough and three in or around London.



Each property is equipped with 24-hour emergency systems and every development benefits from beautiful landscaped gardens, communal facilities such as lounge, guest suites, resident house/estate managers and on-site parking.

Availability and more information about each development - Osprey Court (NW3 7AA) near West Hampstead, Heathside (NW11 7SB) near Golders Green, Challoner Court (BR2 0AB) in Bromley and Town Mill (SN8 1NS) in Marlborough - can be viewed on the website

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



For further enquiries, please contact Lorraine Wash on (020) 8569 8364 or email [lorraine.wash@ospreymc.co.uk](mailto:lorraine.wash@ospreymc.co.uk)





# Walking for pleasure? James Bumphrey

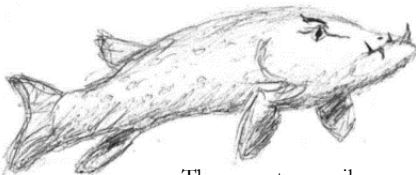
---

Walking for pleasure..... as a young lad this was a concept that was almost impossible to fathom. Yet up until the age of about 12, along with my equally unimpressed siblings, I was forced to endure this mysterious pastime on a near-weekly basis.

Sunday was generally the day that the punishment would be handed out, primarily orchestrated by my usually kind and caring father. Living in a country town such as Marlborough he had a plethora of routes down which he could drag his unwilling subjects, each with its own set of dangers and trials. The paths through Savernake Forest for example were lined with thick mud and scattered with camouflaged dog discharge, blending in with the leaf litter, waiting to hitch a ride on an unwary foot. There was also the mountainous terrain of Fyfield Down, populated by over confident sheep and the occasional impossibly gigantic cow. On occasion we would venture further afield trudging beside the Kennet and Avon canal, sidestepping cyclists and joggers, with a constant fear of being plunged into the pungent stagnant water, the domain of the monstrous pike. Of course, all of these hazards would be tackled with the assistance of a pair of ill-fitting Wellington boots, a magnet for spiders and small, pin-sharp stones.

Despite all of the aforementioned perils, I am pleased to say I survived relatively unscathed, and have recently been coming around to the idea of a recreational walk. Indeed, when I was travelling in Australia and New Zealand a few years ago, pretty much all I did was go on walks around the various different breathtaking landscapes those countries had to offer. It obviously helps when the surrounding scenery is essentially one big film set, with a lack of money meaning there were few other activities available to us. Still, some of the best experiences I had on that trip were on foot.

A short time after returning from my travels I moved from the land of the white horse and the great bustard to London. Whilst there are plenty of parks and green spaces dotted across the capital in which to go for a wander, these are generally at the other end of a hideous bus or tube journey. I now somewhat regret my hostility towards those family hikes during my childhood.



The monstrous pike



A magnet for spiders

# Walking with dogs Ella Holmes

---

It was 7:15 last Saturday morning; mentally I was still cocooned in my warm duvet. However, I seemed to find myself fumbling bleary-eyed for the handle of the door, a bundle of variously shaped dogs yipping and jumping around my legs. They had gotten into this frenzy as soon as I had foolishly uttered the word 'walk', forgetting, of course, that dogs hold this word in the same reverence that I would hold clean toilet at a motorway station.

The leads tangled around me as if they had become the technicoloured swirl of Maypole dancers' ribbons. I had fully awoken by then, a side-effect of brisk morning air, and was feeling a sense of energised fulfilment that one can only get from an early morning walk. I was pulled through the mossy gate of Treacle Bolly and began hastily releasing my posse of over-excited dogs. One of my charges, of course, did not tear away into the undergrowth to cause havoc among the squirrels but looked up at me dolefully. Oscar may have had the appearance of a lean German pointer but he was in fact a cat. The logic which has led me to this decision is as follows: Oscar hates walks and rain and anywhere that's not his bed; even getting him here was like flossing a camel's teeth. Where the logic in this argument fails is that Oscar, like any dog, is full of unconditional love and devotion that sets his species aside from any other. He continued to trudge along at my heels glancing woefully back in the direction of home every so often.

It had rained the night before leaving the smell of the surrounding woodland crisper. I closed my eyes and inhaled the smell of grass and moss-covered trees, allowing the scent to untangle the knotted thoughts of the week before. I found as I opened my eyes that a sense of serenity had settled in my bones. Ebony (a huggable black cocker spaniel) was watching me quizzically with her head tilted so that one of her long soft ears was drooping on the ground. She had come back for a treat. She did this every time she either realised she wasn't getting my full attention or decided that she deserved a reward for gracing the Earth with her presence.

The world had begun to slowly wake up with a dull, whirring hum that promised a cacophony of sound once the day was in full swing. Ebony was still looking at me indignantly as I had refused to treat her for her continued existence. She now displayed her contempt by huffily waddling in every direction she wasn't supposed to. I glanced at her sideways and gave her a treat. She knew just as well as I did that I completely adored her and would always give in. I grinned as I let the tumble of dogs pull me towards the house and, more importantly, the hot breakfast that would greet me.

# When Walking is Difficult Gill Morgan

---

For most of my life I thoroughly enjoyed walking. I was brought up in a walking family and holidays in Scotland and Cornwall were mostly spent on our feet. Later with our own family we walked in Cornwall and North Wales; we must have climbed Snowdon at least ten times!

After moving to Marlborough we used to explore the Ridgeway and other local footpaths on summer evenings and I walked from home to work at the College every day.

We had always enjoyed holidays at home and abroad and we walked around the cities and the countryside whenever possible. However, it was when walking at the Victoria Falls when disaster struck. I seized up completely and my husband, Peter, managed to get me back to the hotel and, by putting the airconditioning to its coldest setting, got me moving again.

We had known that my walking was getting difficult and so when we came home I had many tests and multiple sclerosis was diagnosed. This happened when I was about sixty years old and just before Peter retired. We had been planning an expedition on the Southwest Coastal Path but obviously this was not possible as I could only walk very slowly, eventually using one stick, then two and later electric buggies when walking finally became impossible.

However, although my 'walking' now has to be in a wheelchair, this has given me a completely different view of the environment. Marlborough has steep slopes and many steps that I had never noticed before; buildings are difficult to enter and to manoeuvre once inside is well nigh impossible. The pavements are some of the worst in the world and even the Town Hall is certainly not wheelchair-friendly. Nevertheless, we still manage to get around the town for all our needs.

Further afield we have thrown the wheelchair onto aeroplanes and ships and have visited many parts of this wonderful world. On these trips we have had nothing but kindness and offers of help from all races, creeds and colours. This restores our faith in human nature and we feel that we are 'walking' with them wherever we are.

Our family still walk regularly and seven of our direct descendants and some of their friends recently completed the 26.2 mile Moonwalk around London.

P.S. I was recently at a friend's house and her three-year-old walked up and looked at me very seriously and said "I am only three and I have learnt to walk" We all fell about laughing!

# Churches' Letter Miri Keen

---

*God saw everything that he had made, and indeed it was very good.*

*On the seventh day God finished the work that he had done, and he rested.*

Genesis 1: 32; 2: 2

I was looking for a holiday-time prayer that would inspire us all to pray for our friends and neighbours as they go on holiday. But instead I found this poem by Neil Paynter. It reminded me of the simple joy of standing on a beach, watching the waves and taking time to see my life as part of a bigger picture: God's picture.

God bless days off  
with no one to call back but  
          oystercatchers and herring gulls

Nothing to pick up but  
          messages left in the landscape ...

No one to get in touch with but  
          myself again

No deliveries to pick up but  
          what the waves leave at my feet ...

No details to get lost in but  
          the business of a rock pool

Nothing to follow up but  
          the path of a shore-crab ...

Nothing to note but the taste and texture  
          and salty, sharp smell of the day.

God bless days off  
          and time to retreat into

Time to discover new energy to  
          take back into work ...

Your idea of a perfect 'holy day', a day off that will recharge your batteries, and give you perspective on your daily life, may well be very different. But whether it's a day's shopping, a round of golf, or a BBQ in the garden, I pray that you will be blessed with at least one during the holiday season. Why not pray the same for your friends and neighbours, colleagues and family?

Poem adapted from 'God Bless Days Off' by Neil Paynter  
in *A Book of Blessings* Ruth Burgess (2001, Wild Goose Publications)



## CHRIS WHEELER CONSTRUCTION

For fencing and associated work  
Contact the specialists  
All types of fencing supplied and erected  
Driveways and road construction  
Site clearance  
Quality assured to ISO 9001:2000  
Tel: 01672 810315  
Email: cw.cw@btinternet.com

## Leathercraft of Marlborough

Roger & Jean Upton  
Fine Quality Leather Goods  
& Country Clothing  
Old Hughenden Yard, High Street  
Marlborough SN8 1LT  
Tel (01672) 512 065

## ANDREW BUMPHREY Chartered Architect

2/3 Silverless Street  
Marlborough, Wiltshire SN8 1JQ  
Telephone & Fax: (01672) 512465

**N. V. SPREADBURY LTD**  
AUDIO VIDEO CENTRE  
SALES · INSTALL · SERVICE

CONNECT TO  
YOUR ONLINE  
WORLD

A SIMPLE WAY  
TO GET  
HI DEFINITION  
DIGITAL TV

SMART TV | IEFA | Panasonic | Freeview | HD

104 HIGH STREET · BURBAGE, WILTS SN8 3AB  
TEL: (01672) 810212



## The Hair and Trichology Clinic

Hair & scalp consultant who can treat and advise you about  
scalp disorders, psoriasis, dermatitis, itching, hair loss etc.  
Wigs, Hair Design, Affordable hairdressing.  
7 High Street, Chiseldon only 7 miles from Marlborough  
01793 740147  
[www.hairandtrichology.co.uk](http://www.hairandtrichology.co.uk)

## A.D. Draughting

Plans Drawn for :  
Extensions | Conversions  
Planning Permission & Building Regulations

T: 01672 511412 | M: 07791 341698

email: [alex@addraughting.co.uk](mailto:alex@addraughting.co.uk)  
[www.addraughting.co.uk](http://www.addraughting.co.uk) Contact: Alex Dawson

## MARLBOROUGH Podiatry Clinic

10 The Parade, Marlborough SN8 1NE

Christine M J Stiles

DPodM, MChS, SRCh - HCPC & BUPA reg.

Treatment of all foot problems  
for

Children and Adults

01672 514581

07910 525376

Professional advice .Routine & Specialist Care  
Nail Surgery .Orthotics

## See For Miles Ltd

Counselling & Psychotherapy Services

### IT'S GOOD TO TALK ...

The Affects Of Trauma | Forced Changes in Lifestyle  
Bereavement | Managing Pain  
Depression | Difficulties With Relationships | Stress  
Sleep | Hidden-Recurring Issues  
Resolving Presenting Issues | Anxiety | Phobia  
Overcoming Obstacles

### APPOINTMENTS & ENQUIRIES

01672 511043

07885 201972

[seeformilesltd@gmail.com](mailto:seeformilesltd@gmail.com)

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

2 Old Hughenden Yard, Marlborough, Wilts, SN10 3QD

# Walking on Lundy Trevor and Karen Dobie

---

*Lundy, Fastnet, Irish Sea.* Sound familiar? Lundy is not just a British sea area. At the point where the Atlantic meets the Bristol Channel, 12 miles off the coast of North Devon, proudly stands magical, unspoilt Lundy. With nothing between it and America, *West Side* is stunningly rugged and craggy with rock-stacks, caves and inlets. By contrast, *East Side* has gentle, grassy sidelands.

Lundy (old Norse for Puffin Island) is an enchanting granite outcrop, 3 miles long and ½ mile wide, rising 400 feet above sea level. You would be mistaken if you thought it would not take long to walk and discover the island! Without signposts or any real designated routes, the walker is free to roam at will. Every season holds fascination for the amateur or avid ornithologist, naturalist, historian, geologist, archaeologist or anyone wanting to enjoy peace and tranquillity away from the hurly-burly of modern day living.

*The Village*, comprising a tavern, shop, unique cottages (Landmark Trust), church, and working farm, is located towards the south of the island. It is from here your walking experiences begin. A cliff top ramble will reveal many island secrets. On a clear day it is possible to experience an all-round channel panorama from St. Anne's Head, Pembrokeshire to Trevoze Head, Cornwall. However, on days of haze or mist you get a wonderful feeling of total isolation. Walking anticlockwise, north along East Side, you will pass the ruins of *Belle Vue Cottages* and *Old Hospital*, built by the short-lived Lundy Granite Company in the 1860s; evidence of quarrying is still visible.

Continuing on past notable outcrops, the old Admiralty lookout at *Tibbetts Point* is the most remote Landmark property on Lundy. With several opportunities to reach sea level, the steep, grassy descent to *Brazen Ward* is one not to be missed – a perfect place to observe seals at close quarters. Further on, at *Gannets' Bay*, you will hear seals' calls and see them swimming in the clear, turquoise sea or hauled out on rocks.

Approaching *North End*, Bronze Age archaeological features can still be seen amongst the 'wave-formed' heath that dominates this end of Lundy. The more daring walker may find a route to sea level, via *North Light*, where inquisitive seals soon appear before plunging playfully back into the waves. Leaving *North End*, heading south, the cliffs, sculpted by the powerful and relentless Atlantic waves, are visually spectacular. A prime position at Squire's View offers an excellent vista of the dramatic coastline. *Devil's Slide*, the largest single slab of granite in Europe, slips into the sea - a challenge for many intrepid climbers.

Named after a shipwreck in 1797, *Jenny's Cove*, a large sweeping bay, provides

ideal viewing of puffins, razorbills, guillemots and a variety of gulls during nesting season. Passing deep fissures known as *The Earthquake* you discover the granite-walled pathway down to *The Battery* with derelict cottages and cannon - fired to warn ships in fog during the 1800s.

Heading towards Lundy's highest point, *Old Light* rises 567 feet above sea level. The lighthouse proved too high to be useable in fog and operation ceased in 1897. Ascending its 147 steps affords the most spectacular 360° panoramic view. Admire and explore the significant *St. Helen's Church* (currently undergoing restoration), with 10 ringable bells, before heading further south to *The Castle*, a smuggler's cave and *Landing Bay*.

Lundy is an important stop-over for migrating birds, often with national rarities being recorded. Sea birds colonise Lundy's cliffs with the ground nesting Puffin and Manx Shearwater numbers increasing after rat eradication. The island boasts the endemic Lundy Cabbage with its endemic insect pollinators and its own breed of pony.

Volunteering with Lundy Field Society helps conserve its wildlife and antiquities. Several Marlborough people regularly visit to carry out conservation work. The last private joint owner of Lundy (before ownership passed to National Trust in 1969), Diana Keast, lives in Marlborough. Many of her local friends have been enriched by a 'Lundy experience'. Diana maintains many links with Lundy and is President of the Lundy Field Society.

Walk on Lundy and fall under its magical spell.

*Lundy*: Wind; yes. Sea state; wet. Weather; plenty. Visibility; very good!



# What's on in August

---

## Regular events

---

### **Every Monday**

7.30pm: Christchurch. Marlborough Choral Society.

7.45-9pm: Bell-ringing practice at St George's, Preshute.

### **Every Tuesday**

10-11.30am: Christchurch. Friendship Club.

2.45pm: The Parlour, Christchurch. Women's Fellowship.

7.30-9pm: Bell-ringing practice at St Mary's, Marlborough.

### **Every Wednesday**

10am: Jubilee Centre. Drop-in, Tea/Coffee. 12.30 Lunch.

1.30-3.30pm: Town Hall. Sunshine Club for the over 55s.

7.30-9pm: St Peter's Church. Marlborough Community Choir.

7.30-9pm: Bell-ringing practice at St John's. Mildenhall.

2-3pm: St George's, Preshute (every 2<sup>nd</sup> & 4<sup>th</sup> Wed) Teddy Prayers & Picnic. A service with tea & cakes for U5s & their carers.

### **Every Thursday (or some Thursdays)**

10am: Jubilee Centre. Drop-in, Tea/Coffee. 12.30 Lunch.

10:30-12 noon: Kennet Valley Hall, Lockeridge. Singing for the Brain. Alzheimer's Support. 01225 776481. (Every Thursday during term-time.)

1.30-3.30pm: Wesley Hall, Christchurch. Macular Society (last Thursday in the month)

2pm Mildenhall Village Hall. Marlborough Floral Club. £30 a year membership. £5 guest. 520129. (1st Thursday in the month).

### **Every Friday**

10-12 noon: Christchurch Crush Hall. Food bank and coffee morning.

### **Every 2nd Saturday**

10-12 noon: Library. Marlborough & District Dyslexia Association. Drop-in advice. Help line: 07729 452143

---

## August calendar

---

### **31st July (Monday) - 4th August (Friday)**

Marlborough College. Last week of Summer School

### **1st (Tuesday)**

8-10pm Marlborough College Chapel. Concert: Ensemble Plus Ultra. £15.



**2nd (Wednesday)**

7.30pm Old Cemetery, Rockley Road. WI. Visit to Marlborough Victorian Cemetery with Kim Wakeham. (If wet in Wesley Hall.)

**4th (Friday)**

8-10pm Marlborough College Ellis Theatre. Concert: The Overtures. £20.

---

**9th (Wednesday)**

12:30pm 40 St Martins. Widows' Friendship Group Lunch. 514030.

7.45pm Wesley Hall, Oxford St. Gardening Association. Talk by Roger Turner: 'Grasses & Ferns'.

**11th (Friday)**

9.30pm Stonebridge Meadow. ARK Moth Night. 511028.

**12th (Saturday) and 13th (Sunday)**

1pm onwards. Stonebridge Wild River Reserve. ARK: 'Stonebridge Get Involved!' for 13 to 19 year olds. Booking essential. 512700 or 07780381709.

---

**20th (Sunday)**

8am The Common. Car Boot Sale. Cars £8, Vans £10. In aid of Wilts Air Ambulance Appeal.

**21st (Monday)**

7.30pm Kennet Valley Hall, Lockeridge. National Trust Association Summer Social.

**24th (Thursday) – 4th September (Monday)**

Marlborough Common. Gifford's Circus: 'Any Port in a Storm'. 0845 4597469.

**26th (Saturday) – 28th (Monday)**

Crofton SN8 3DN. Crofton Beam Engines in Steam. Multi-day event. 870300.

# Nordic Walking Ashley Sandy

---

Nordic walking was invented in Finland in the 1930s as a summer training regime for cross country skiers. They wanted to find an activity which enabled them to exercise their upper body as well as their legs and keep in shape for the winter season. Nordic walking uses special lightweight poles (similar to ski poles) which are placed behind you to propel you forward in a movement much like a cross-trainer in the gym.

But why is Nordic walking better than ordinary walking or just walking with walking poles?

When you walk with Nordic walking poles correctly, you are utilising up to 90% of your muscles including your core, your back, arms and shoulders. This results in more power, more propulsion and more speed. You can maintain a faster pace, even going up hills, for longer than fitness-walking alone; you can go further in less time and burn more calories.

Using the poles re-distributes some of the force from your lower body to your upper body. This results in much less pressure on your knees and hips and is great for people who find it hard to run or walk due to joint pain. Even going downhill, which can be harder on your knees, using poles can provide stability and support. The poles, used in the right position, naturally put you in an optimal upright posture, helping you increase mobility in your upper body and improve spinal and shoulder rotation. Anyone who spends lots of time behind a computer will feel an immediate benefit from Nordic walking.

In addition to the obvious physical benefits Nordic walking is a very sociable activity. Exercise can be a solitary affair when running on your own or in an exercise class as you can't really chat to your neighbour. With Nordic walking, even at fitness speeds, you can still carry on a conversation so you can walk and talk making the most of walking together outside.

## **How do I Get Started?**

Ashley Sandy offers lessons (including short taster sessions to see if Nordic Walking will suit your fitness goals). Once you have completed your lessons you can still hire poles or purchase your own and off you go! You can also join Ashley's group fitness or adventure walks, which vary in level and length and have something to suit all needs. We walk in the beautiful Marlborough Downs, Pewsey Vale, along Kennet & Avon canal and around the ancient site around Avebury so you can come and get fitter, see some great views and enjoy a chat while exercising.

For more information on lessons and walks in the Marlborough and Swindon areas please go to [wessexnordicwalking.com](http://wessexnordicwalking.com)

## FROM THE REGISTERS

---

### Baptism

16 July Jessica and James Rolfe at St George's

### Weddings

8 July Gemma Hood and Jonathan Scott at St George's

### Departed

21 June Martin John Harrison (83) of 30 Stonebridge Close, Marlborough  
*St Mary's and Kingsdown Crematorium*

25 June Gerald Robin John Smith (76) of Ellesmere, Forest Dale Road,  
Marlborough  
*St Mary's and Marlborough Cemetery*

### Corrigendum

Last month's Tower and Town Family News contained information about Sylvia Stroud's online book. Unfortunately, there was some inaccuracy which we are happy to correct and for which we apologise.

Sylvia Stroud has written an online book *Born at Chopping Knife* about her life in Minal before, during and after WW2. She was born at Chopping Knife Lane but moved to Minal at the age of five where she lived until after she was married. She spent an hour each evening for many months writing about her memories of rationing, evacuees, American soldiers and the slow recovery after the war. The book can be found at <https://itunes.apple.com/gb/book/born-at-chopping-knife/id1233374365?mt=11>

**Chairman**

# Marlborough Churches Together

---

*Please check pages 26 and 27 for special services and events.*

## **Usual Sunday Service times**

---

### **Christchurch, New Road (Methodist - URC)**

- 9.00am Worship
- 10.30am Morning Service with Junior Church and crèche

### **Society of Friends, Friends Meeting House, The Parade**

- 10.30am Meeting for Worship

### **St George's, Preshute (C of E)**

- 8.00am Holy Communion (1st and 3rd Sunday)
- 10.00am All Age Service (1st Sunday)  
Parish Communion (other Sundays)

### **St John the Baptist, Minal (C of E)**

- 8.00am Holy Communion BCP (2nd Sunday)
- 9.30am Parish Communion (1st and 3rd Sunday)

### **St Mary's, behind the Town Hall (C of E)**

- 8.00am Holy Communion (BCP on 4th Sunday)
- 10.00am All Age Worship (1st Sunday); Parish Communion and Junior Church and crèche on all other Sundays
- (5.30pm Informal service except on 1st Sunday. **But** not in August)

### **St Thomas More, George Lane (Roman Catholic)**

- 11.00am Sung Mass (See also below)

**Marlborough College Services** are shown at the College Chapel

## **Weekday Services**

---

**St Mary's** Holy Communion: 10.30am Wednesday

**St Thomas More** Mass: 10.00am Mon, Tues, Wed and Sat  
Holy Days: 10.00am

**St George's** Tea Time followed by Evening Prayer: 4.30pm Weds.



# Marlborough Church Contacts

---

**Fr John Blacker**

513267; marlborough@catholicweb.org.uk  
*Parish Priest, St Thomas More RC Church*

**The Revd Dr Janneke Blokland**

515970; jblokland@gmail.com  
*Assistant Chaplain Marlborough College*

**The Revd Dr David Campbell** *has left  
Marlborough College.*

**The Revd Dr Tim Novis** *joins as Chaplain  
next term*

**The Revd Heather Cooper**

512457; heather.cooper432@btinternet.com  
*Minister, Christchurch Methodist*

**The Revd Miri Keen**

513408; miri.marlboughteam@gmail.com  
*Team Vicar, Marlborough Anglican Team*

**The Revd Dr David Maurice**

514119; david\_maurice2000@yahoo.com  
*Associate Minister, Marlborough Anglican  
Team*

**Rachel Rosedale**

512205; rachelrosed1@gmail.com  
*Member, The Religious Society of Friends*

**The Revd Canon Andrew Studdert-  
Kennedy**

514357; andrewsk1959@btinternet.com  
*Team Rector, Marlborough Anglican Team*

---

**Andrew Trowbridge**

513701; office@christchurchmarlborough.org.uk  
*Christchurch Office, New Road, SN8 1AH*

**Laura Willis**

512357; marlb.anglicanteam@tiscali.co.uk  
*Anglican Team Office, Church Cottage,  
Silverless Street, SN8 1JQ*

# St. John's Students - Where Are They Now?

Peter Baldrey (1984-91, History teacher 1996 to present day)

## **What do you remember of your time as a student at St John's?**

The teachers were very good, stricter than teachers are today. They had a reputation and you didn't mess with them but they were fair, you knew where you stood. The students were naughtier than they are today, without a doubt. There was quite a bit of play-fighting in the playground, not anarchy though, and it was well controlled in the classroom. Boys and girls mingled but not as much as today. I sat next to girls in GCSE History. The buildings were okay but there were no carpets and the desks were old with inkwells and covered in graffiti. If you opened them you would find the rubbish of thirty years but they were usually stuck down with chewing gum.

## **Why did you study History at University?**

I always liked it and my parents impressed the importance of it on me. My primary school teacher was a big fan as were my St John's teachers and I lived in Avebury!

## **Why did you return to teach at St John's?**

I applied to cover a maternity leave and have been there ever since; it just happened. When discussing during teacher training if I would work in my old school I said I wouldn't but I've been there for twenty years. Working with people who taught me was very novel to begin with but not any more.

## **How has teaching changed?**

I like to tell a story and have lots of discussion and debate, as there was when I was at school, but now there is more analysis of exams and how to pass them. The facilities are much better; interactive white boards in particular mean that you can show documentaries and sources in a large size. This enhances the learning experience. In addition, the use of artefacts help students to remember them.

## **Has the subject of History affected your political career?**

*(Pete was the Labour candidate for North Wiltshire in the 2015 and 2017 elections)*

History is all about opinion and how to justify it. Being in education I also have a commitment to public service.

# Volunteering with Samaritans Maggie Gill

---

Along with the first human heart transplant and the launch of ‘Sgt Pepper’, 1967 saw Swindon & District Samaritans take its first phone calls.

Throughout the last 50 years we have offered confidential emotional support to anyone struggling to cope, 24 hours per day, 365 days per year, by phone, email, letter, text or face to face.

We are appealing now for your help, please. In this special year, we are looking for people to join us either as volunteers offering emotional support or in a variety of other roles. There are 130 volunteers based in the branch at 6 Curtis Street, Swindon, the majority providing emotional support.

Listening volunteers come from all walks of life. People can talk to Samaritans at any time and in their own way about whatever’s getting to them. They don’t have to be suicidal.

Recently-trained Swindon and District volunteer Fiona Cowlam said: “The training is very thorough: you need to support people at a very vulnerable time in their lives and you need to protect your own mental health whilst doing so. Coupled with the branch mentoring scheme, which allows you to ‘train on the job’ with an experienced volunteer, I felt I had all I needed to start taking calls on my own.”

Together with the Salisbury branch, Swindon and District volunteers also help to run the Prison Listener scheme at Erlstoke prison near Devizes. They also provide outreach in schools, community groups and Job Centres and provide support to the Mental Health Liaison Team where people leaving their care welcome additional support from Samaritans.

Find out more: come along to one of the following Information Events at 6 Curtis Street in Swindon:

Tuesday 8 August: 19-21:00

Saturday 2 September: 10-12:00

Please book: email [swindon@samaritans.org](mailto:swindon@samaritans.org), phone 01793 512490 or call into the Samaritans shop at 6 Curtis Street in Swindon.

Anyone can contact Samaritans, any time from any phone on 116 123 (this number is FREE to call and will not appear on the phone bill); email [jo@samaritans.org](mailto:jo@samaritans.org), or visit Swindon & District Samaritans at 6 Curtis Street, Swindon.

# Family News compiled by Audrey Peck

---

**Kim Mary Gray and Max Francis**, both from Marlborough families, were married in St. Mary's. Kim was given away by her grandfather Tony Gray, and her sister Jo and cousins Mollie and Harriet Philpott were bridesmaids alongside the Groom's sister Holly and friends Izzi Hazeldene and Sophie Randall. The wedding celebrations were held in the Town Hall and they honeymooned in Thailand. They will live in Kim's great grandmother, Sylvia's, former home in the High Street.

**Pat Goldsmith** died peacefully on June 9<sup>th</sup>. Our sympathy to Colin and their children, Paul, Bridget, Madeleine, Jill and Celia. She had been ill for some time but was well enough to enjoy a party for their Diamond Wedding two years ago. She trained as an artist at the Royal Academy in London and loved her painting, pottery and printing. Some oil paintings of Marlborough rooftops (including some from the top of the tower of St Peter's church) were made into postcards and are very popular.

**William Presley** was nearly 98 when he died. He grew up near Radstock and worked in the mines for 15 years. He came here in about 1950 and married Caroline Light, becoming step-father to her six children. He worked for the Town Council, as a porter at Savernake Hospital, and for the County Council. He was a keen walker and he enjoyed day trips and short breaks, especially to see the Blackpool illuminations. Our sympathy to his son, Brian, and his family.

**Gerald Smith** was probably one of the best known Marlborough residents. He ran Smiths Greengrocers, first with his father, Jack, and many years later his son, Tim, joined him. His late wife, Dot, helped them on busy days. In retirement he volunteered for LINK, driving people to appointments, etc. He was a quiet man but always willing to join in the fun. He sang with the Kennet Singers and, with his partner, Maureen, enjoyed trips with Lockeridge Over 60's. He had recently offered to take on being secretary to the club. St. Mary's was full for the Service in his memory. We send our condolences to Tim and Julie and families and to his brothers Colin and Richard and to his sister, Pat, who was not able to come from her home in Canada.

In my family **Laura Clarkson-Cowles** and her partner **Lewis Richards** had a beautiful, very sleepy baby girl, Harper Elizabeth, in June. She is a second grandchild for Caroline (Carrie) and another great grandchild for me. They have just moved in to their new home in Didcot.

My apologies to **Sylvia Stroud** for my misunderstandings last month about her book. The corrections are on page 17.



refurbishing furniture  
reviving communities



The Furniture and White Goods  
Charity

To buy, donate or volunteer  
Tel 01380 720722

Find us on Facebook

Unit 6B(5), Hopton Industrial Estate,  
Devizes, SN10 2EU

[www.kfr.org.uk](http://www.kfr.org.uk)



- LETTER HEADINGS
- MAGAZINE ADS
- BUSINESS CARDS
- BOOKLETS
- MENUS
- CARBONATED SETS
- SIGNS

T: **01672 512617**

F: **01672 512617**

[sales@qualitystationers.co.uk](mailto:sales@qualitystationers.co.uk)  
[www.qualitystationers.co.uk](http://www.qualitystationers.co.uk)

8 OLD HUGHENDEN YARD, MARLBOROUGH



*Furniture Restorer, Upholsterer  
& Cabinet Maker*

*Established 1992*

*Andrew Brennan*

*Narepath Farm, Barbury, Marlborough SN8 3BT*

*M: 07769 833 939*



*"Moving at the highest standard"*

You can be sure of Armishaws:

- **UK - Local and long distance**
- Full **European** service – **France, Spain and Portugal**
- Full and **part-loads**
- Full **packing** service
- Containerised **storage**
- Friendly, **personal** service
- **Local business, family owned** and run since 1973



For a survey and **FREE** same day quote please call us on:

Swindon **01793 849 315** Andover **01264 363 314**

Visit our website at: [www.armishaws.com](http://www.armishaws.com)  
or email us at [enquiries@armishaws.com](mailto:enquiries@armishaws.com)



## Dianne Mackinder Funeral Service



On Call Day & Night  
01672 512444 or 810727

Wagon Yard, London Road,  
Marlborough, Wiltshire SN8 1LH

Tay Adams is a professional  
massage therapist and  
reflexologist, with a  
background in nursing.



Tel: 07789 529884

tayadams@massage2health.co.uk  
www.massage2health.co.uk

## CARPET CLEAN

Ricky Flint (est 1997)

Friendly local service based at Great Bedwyn  
Professional work at sensible prices

*Call for no obligation quote*

**07799 215837 or 01672 871414**

**fixthebike**  
.co.uk



Mobile Cycle repairs  
and Servicing

Visit the website  
or call Chris on:

**07785 926021**

[vokins.c@btinternet.com](mailto:vokins.c@btinternet.com)

## Audley Care Ltd (Wiltshire & West Berkshire)



**01488 687020**

Perhaps you find it easier to speak to someone face to face? We are happy to visit you in the comfort of your own home, please call us to arrange a time.

Email: [claireh@audleycare.co.uk](mailto:claireh@audleycare.co.uk)  
[www.audleycare.co.uk](http://www.audleycare.co.uk)





**KempsonRosedale**  
ENTERPRISE TRUST

Lecture  
James Lam

# SPITZBERGEN RETRACED



**Theatre on the Hill, Marlborough**

Friday, 22<sup>nd</sup> September 7.30pm

Doors and bar open 6.30pm

Tickets £10.00 Adults (School students free)

Available from White Horse Bookshop, Sound Knowledge or on the door



# NEWS from the Churches

---

## **Pub Theology**

---

on Thursday 3<sup>rd</sup> August at 7.30pm in the Green Dragon, Marlborough... *God, beer and discussion about current affairs*. Contact Andrew S-K for more information [andrewsk1959@btinternet.com](mailto:andrewsk1959@btinternet.com) 514357.

## **MEGA Get There! Holiday Club, 23<sup>rd</sup> to 25<sup>th</sup> August**

---

Get There is aimed at children aged 7-11 and everything, from assault course to water games and starry skies, will be *big*. It will take place at the Marlburian Centre and the College Playing Fields from Weds 23<sup>rd</sup> to Friday 25<sup>th</sup> August, 9am to 1pm. The cost for children is £7.50 per day, £20 for three days and financial support is available. On Friday there will be a closing act of worship at St Mary's Church followed by a barbecue for the whole family. It is supported by Marlborough Churches Together. If you know anyone who would like to come or would like to be involved in any way, please contact Janneke: [jblokland@gmail.com](mailto:jblokland@gmail.com) 515970.

## **devotion**

---

We would like to continue to run Hangout @ Devotion over the summer holidays, but we desperately need more volunteers. We currently run a rota system so if anyone is interested, even one Thursday a month would be a great help.

## **Women's Fellowship**

---

No meetings in August. The next meeting will be 2.45pm Tuesday 5th September in Christchurch; Holiday reminiscences.

## **Sunday Lunch Club**

---

No lunch club on 6th August. All enquiries to Christchurch Office 513701.

## **The Mustard Seed Book Group**

---

will meet on Monday 21st August when we will be discussing *Direct Hit* by Mike Hollow. It is the first volume in the Blitz Detective series (as the name suggests - a detective during Second World War). Mike Hollow is coming to speak at Mustard Seed on Thursday September 28th about the latest volume, *Enemy Action*. Do put the date in your diaries.



## **The Marlborough Passion Play**

---

The DVD is now available from The White Horse Book Shop or The Mustard Seed, both in Marlborough. The cost is £4 per copy.

## **Historic Churches Ride and Stride**

---

is a sponsored bike/horse ride or walk between churches, exploring and enjoying your local area. This year, Ride+Stride is on Saturday 9th September. Half the money raised is used for the preservation of the UK's historic churches, chapels and meeting houses; the other half is returned to your nominated church. For sponsorship forms to participate or to sponsor participants please contact Charles Graham [ctg100@hotmail.com](mailto:ctg100@hotmail.com) or Ann Yates [a123yates@gmail.com](mailto:a123yates@gmail.com)

## **Christian Aid Week in May**

---

The grand total came to £5,443 in collections around Marlborough, including The College. The local committee sends a huge thank you to the MCT churches.

## **Marlborough Churches Together**

---

At the recent AGM of MCT officers were elected as follows. Chair: Heather Cooper (until Feb 2018), Treasurer: Martin Hamer, Secretary: Rachel Rosedale (until Feb 2018). A vote of thanks was given to Michael Dain for his long and dedicated service as treasurer.



In future the AGM will be held in February where full reports will be received. Fraternal meetings will continue to be held monthly (except Aug and Jan) and will be open meetings advertised in church newsletters and on the MCT website.

The membership of MCT consists of clergy of Christchurch, St. George's Preshute, St. Mary's Marlborough, St John the Baptist Mildenhall, Marlborough College Chapel, St Thomas More, a representative of the Society of Friends, and a nominated member of each church. We continue with a light structure and mission statement 'We exist to enable and facilitate the work of the churches in Marlborough, Manton and Mildenhall.

## **The Ark**

---

A new Mums and Toddler group starts in September 2017. The Ark will be based in St Mary's Church Hall, term time on Mondays from 9.30 to 11.00am.

If anyone would like to help with refreshments and chatting to the mums and dads and carers, please email Caroline Philips; [cphilps2@gmail.com](mailto:cphilps2@gmail.com).

## **St Non's Retreat, 12th to 15th September**

---

Now is the time to book for our annual retreat on the glorious Pembrokeshire coast, led by Sarah Musgrave on the theme of 'Travelling Light'. This a good choice for those who have not been on retreat before, as well as the old hands. Details from Barney Rosedale 521105.

# Tower and Town staff

---

<b>Chairman</b>	Hugh de Saram	chairman@towerandtown.org.uk 18 Kelham Gardens SN8 1PW	516830
<b>Vice Chairman</b>	Andrew Unwin	operations@towerandtown.org.uk (Operations) Sarsen House, The Street, All Cannings, Devizes, SN10 3PA	01380 860120
<b>Advertising</b>	Andrew Unwin	advertising@towerandtown.org.uk	
<b>Distribution</b>	Sue Tulloh	distribution@towerandtown.org.uk	288912
<b>Subscriptions</b>	Norma Dobie	112a Five Stiles Road, SN8 4BG	513461
<b>Treasurer</b>	Peter Astle	treasurer@towerandtown.org.uk	515395

## Production Teams

### *September*

Editor	Nick Maurice	sep.editor@towerandtown.org.uk	512524
Compiler	Peter Noble	sep.compiler@towerandtown.org.uk	519034

### *October*

Editor	Andrew Unwin	oct.editor@towerandtown.org.uk	01380 860120
Compiler	Peter Noble	oct.compiler@towerandtown.org.uk	519034

## Every Month

<i>What's On</i>	Karen Osborne	whats.on@towerandtown.org.uk	514364
<i>News from the Churches</i>	Alison Selby	church.news@towerandtown.org.uk Crossmead, Kingsbury St, SN8 1HU	511128
<i>Family News</i>	Audrey Peck	family.news@towerandtown.org.uk 7 Castle Court, Marlborough SN8 1XG	289065

**Website, online edition** [www.towerandtown.org.uk](http://www.towerandtown.org.uk); [info@towerandtown.org.uk](mailto:info@towerandtown.org.uk)

**Contributions and comments** from readers are welcome. Please send articles and letters to the Monthly Editor or the Editorial Coordinator, other notices or announcements to the compiler. All items for the September issue by 8th August please.

**Our Advertisers** support us. Contact Andrew Unwin if you would like to join them.

Tower and Town is available at St Mary's, Christchurch, St Peter's, Mustard Seed, and at St George's, Preshute.

**Annual subscription** £5 for 11 copies a year delivered to your address. Please ring Sue Tulloh (288912) or use [www.towerandtown.org.uk](http://www.towerandtown.org.uk)

# ENGAGE

*with your* AUDIENCE

WE OFFER GREAT QUALITY DESIGN  
FOR DIGITAL AND PRINT



ORIGINZONE.CO.UK

**Origin** DESIGN  
PRINT  
DIGITAL

SWINDON  
T. 01793 430006

CHELTENHAM  
T. 01242 514238

THE  
MERRIMAN  
PARTNERSHIP  
SOLICITORS EST. 1738

- 
- Property ○ Wills ○ Probate ○ Family  
○ Employment ○ Litigation ○ Mediation
- 

HUGHENDEN HOUSE, 107 HIGH STREET  
MARLBOROUGH, WILTSHIRE SN8 1LN

Tel: +44 (0) 1672 512244  
Fax: +44 (0) 1672 515871

[www.merriman-partnership.co.uk](http://www.merriman-partnership.co.uk)



HARRISON AUCTIONS LTD

JUBILEE AUCTION ROOMS

Phillips Yard, Marlborough Road, Pewsey, SN9 5NU

Opposite Pewsey train station  
Regular monthly auction sales

For more information please contact  
David Harrison or Sue Owen 01672 562012  
[www.jubileeauctions.com](http://www.jubileeauctions.com)