

SUTTONS SEASONS

DECEMBER 2019/JANUARY 2020

**HAPPY
CHRISTMAS**

**AND A
PROSPEROUS
2020**



Village Diary

4 December	1.00pm. .	WI: Christmas Lunch	Abingdon Hall.I.M.
11 December	12.45 for 1.00pm.	Village Christmas Lunch	Sutton Village Hall
15 January	2.30pm.	WI: World Memory Champion	Abingdon Hall I.M.
18 January	2.00—4.00pm	SW Grand Annual Jumble Sale	Sutton Village Hall
25 January	7.00 for 7.30pm.	Traditional Burns Night Dinner	Sutton Village Hall

FROM THE EDITOR

After thanking anyone and everyone who has contributed, helped with distribution, read and enjoyed the magazine during my tenure, it only leaves me to wish all villagers, young and old, a happy Christmas and prosperous New Year.

Kp

VILLAGE HALL NEWS

There is not much to report at this time of year as apart from the Christmas Community Lunch in the Village Hall on 11th December there are no further activities planned. It was unfortunate that the Caribbean Evening had to be cancelled as so few people booked that it wasn't viable.

We are pleased to say though, that Glenys Malsher has volunteered to come on our Committee. We always need more willing hands and minds so if you are interested please contact me to discuss.

Jane McNeil 811008

PARISH COUNCIL NEWS

The next Parish Council meeting is on 4th December 2019. The main item up for discussion is the budget for 2020/21. The budget is used to decide what precept to ask for. The precept is the money the Parish Council obtain from the Local Government towards the Parish Council's expenses. This payment is paid for by the residents of the Parish as part of the Council Tax. Last year the Precept was £2400.00 which for a band D property cost £22.47. It is not anticipated that there will be an increase in the Precept this year but this will be decided at the meeting on 4th December 2019. So please come along if you would like to contribute to the discussion on the budget/precept.

Other items on the agenda include the practicality or otherwise of obtaining a speed indicator device for the village and following on from the recent CPR Training the Parish Council will also be discussing the best way of purchasing a defibrillator.

Please do come along to this meeting.

Marianne Wheatley

Sutton Seasons has had a reprieve, a lifeline has been thrown, however the format will change to make it more affordable as will the frequency and initially will be in black and white.

So here is the deal.

We will endeavor to produce your articles quarterly in a printed format for your enjoyment, pleasure and reflection. This will be sponsored by kind individuals, as done in the past.

A donation of £25 will cover the costs of paper, ink and printing and someone has offered to cover our first edition.

We hope to see continuation of all the regular contributors, but why don't you think about writing a restaurant review if you have been somewhere really good, or recommend a good film to hire, know of a good local market or shop that you enjoyed. We look forward to receiving any articles of interest whatever that may be so grab your inspiration and get involved.

Let's make sure Sutton Seasons continues to thrive and survive for many years to come!!

Volunteers and content should be presented to either:

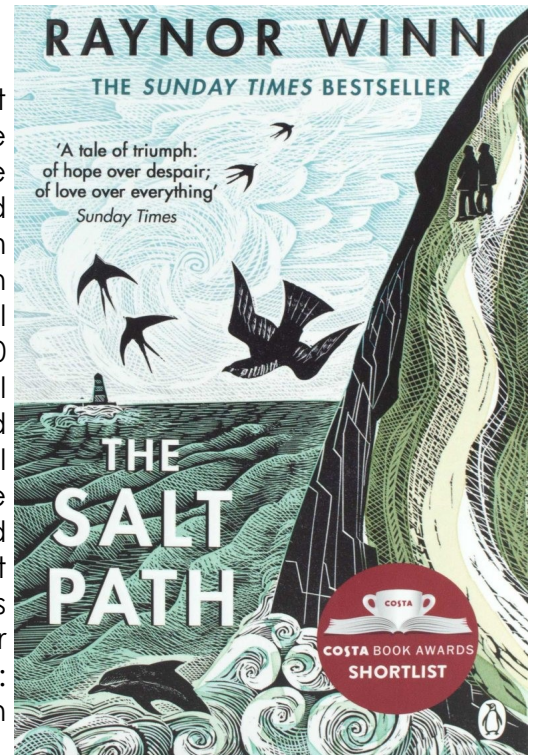
Iain or Jane McNeil iainmcneil2010@gmail.com , 7 Church Lane

or Kate Mabbort katemabbort@aol.com , Dairy Farm Cottage.

The next issue will available the first week of March 2020, all articles must be in by Sunday 16th February 2020.

The Salt Path by Raynor Winn

Of all the books that I read last year, this is the one that moved me the most. Autobiographical, it is written by one half of a couple who, in their 50s, are made homeless at the same time the husband is diagnosed with a rare and incurable degenerative brain disease. Nature loving, farm managers, they set off to walk the South West Coast path from Minehead in Somerset through North Devon, Cornwall and South Devon to Poole, via Land's End. A mere 630 miles in total. Armed with nothing other than minimal money, a light tent and even lighter sleeping bags they wild camp and eek out their meagre existence throughout all weathers. They survive on pasties and pot noodles and the occasional bag of chips. The fresh air, sea spray, and exercise does wonders for the husband, whose illness, whilst not cured, does at least seem to be in abeyance and this time allows both of them to come to terms with their situation, and allows them to hope again. As Ray puts it: "Like the windblown trees along our route, we had been re-formed by the elements."



This is not an easy read. For a start it is hard to believe that a couple of sound financial standing, sensible outgoings with good friends and family can be abandoned so whole heartedly at their time of life. Several book clubs that I am aware of (including mine!) struggled with this. That said, they are a private, proud couple who never relied on others' charity so need to find their own way out of this. Ray is emotional in expressing her worries that by taking away the safety net of the family home for their (nearly) grown up children they have abandoned them. Sad, but unsurprising, is the social stigma that is associated with being homeless. In the chapter "Rogues and Vagabonds" she investigates the reality and proliferation of homeless in contrast to people's perceptions; several times people physically move away from them when learning of how they live.

And yet it is transformative, hugely positive, amusing and inspirational.

By chance, the husband of an old friend of mine, who owns a cider farm in Cornwall, read this book and offered Ray & Moth a job managing his farm, which is where they are now. (I did not know this until after I read it!) I have pleasure in enclosing an extract from a letter from the author herself. Her next book, Wild Silence, is available next April.

"As you probably know this was my first book so every twist and turn in the whole experience has been something new, from actually writing the book to its publication. But possibly the most startling thing has been the book tour. When Penguin published the book I was completely unaware of the huge publicity machine that surrounds publication. So it came as a complete surprise to find myself visiting all ends of the country talking about the book. In the beginning I was terrified. As someone who preferred my own company and had never spoken in public in my life, it came as a complete shock that I had to do it. But a year on from the initial publication and the size of the tour just keeps expanding, and weirdly, unexpectedly I've grown to love it. I've met some wonderful people and shared many of their incredible personal stories, from Penzance to the north of Scotland.

But through all of that we continue to live in Cornwall and walk on the coast path at every opportunity. Always drawn back to the light, the sea spray and the freedom of the open horizon.

Whatever your opinion of The Salt Path, I hope you enjoyed the read and I've love to hear what you think.

Best Wishes, Raynor."

A Book Lover

Chillies

We used to have a discussion at home about what two food items we would opt for if you were to be stranded on a desert island. I bet most of you would be selecting sensible choices such as bread and potatoes, or possibly rice or pasta. I expect you would be thinking of bulking, comfort foods that would keep you going, ensure you had a good fuel of carbohydrates, foods that you can rely on to satisfy hunger and sustain you until you were picked up by that passing boat that would take you to safety. I would have to take chillies. And here follows the reason for my bizarre choice.

Firstly I know that chillies are certainly addictive as they contain capsaicin which causes the body to release endorphins and so the hotter the pepper, the more endorphins which in terms is good for a happy mood! Lost alone on a desert island in the middle of the ocean I would definitely need a little cheering up and if I had a supply of chillies to nibble on, either pickled in a jar or freshly chopped, I could have a little blast of happiness during the darker moments of my solitude!

Chillies have no calories which is usually quite appealing but they actually speed up our metabolic rate by up to 50% which is great generally but not when you are stuck on a desert island and you may wish to maintain your reserves to ride out the lean times. However, they are high in vitamin C meaning they are good for eyes, skin, immunity and this would be important when miles from the nearest doctor and not necessarily getting a fully balanced diet. They are also being high in vitamin K, Iron and possessing anti bacterial properties too would mean a good protection against any unusual tropical diseases! It is reported that green chillies are packed with antioxidants that protect the body against free radicals so offering protection against cancer. Furthermore, they are reported to help to reduce cholesterol, prevent formation of blood clots which may lead to heart attacks or strokes. Capsaicin is beneficial in helping improve the symptoms of a cold or sinus infections as it stimulates the blood flow through the membranes causing mucus to become thinner. So my supply of chillies will not only obliterate any foul tasting foods I may have scavenged but will additionally ward off all the nasties.

Often people feel a hot break out of heat when they eat chillies which sets you to wonder why they eaten in hot countries. Chillies are although hot to taste actually lower the body temperature. So if my desert island is in a hot part of our planet, at least I can pop down chillies and enjoy the release of the punishing heat.



The other ingredient that I find sneaks into virtually every savoury meal I make is garlic and that has many amazing qualities too. However, survival could look pretty precarious if all I packed were those two things so I think I would have to trade garlic for pasta but hide a couple of bulbs in my pocket some of which I could plant out. Until next time when garlic is put in the spot light!

Celia Myth

Altered-Ego

The temperature is falling fast. It's windy and cold in the East End of London. It was the seventeenth century. The wind and rain violently splatters against the crumbled worn out roof tiles. The wooden, damp houses huddled around the street, as if they were a group of school-boys and girls in a playground, pushing and shoving. You could hear loud men shouting and laughing and stumbling around drunk in the pubs, you could see their big bushy beards getting soaked by their frothy beers. Their wet coats knock over people's drinks as they flapped and this started many fights. Smoke poured out of the old wooden three-story building as if they were suffering from some illness which burnt up their insides.

Then came Del Boy, Del Boy had wet, greasy, long black hair which touched his shoulders. He had dark green, evil eyes which would make any man shiver, his chin was pointed and mean, on which he had a small amount of stubble which grew out every once in awhile. Del Boy was tall, handsome, some would say. He wore a western leather cowboy hat that never left his side; he also wore a long leather coat which waved in the cold winter's night air. But his pride and joy were his steel caped leather brown boots.

Two Queens' soldiers came walking up the street, they were complaining that it stunk of faeces, and they avoid every puddle in the lane. Del Boy quickly ran at them hitting them both on the head knocking them down to the wet and brown looking street floor. He started to look through the guards' pockets and as he took out two big bags of money, he muttered "too easy" with a dark voice which penetrated the night air. The two men were now being harassed by some of the men from the pub, Si said, "get off him he's mine" and "if you don't leave him I will knock your block off".

Del Boy found this funny and walked off, He saw an old man sitting by the street with barely any clothes on. Del Boy threw the bags of money at the man and didn't hesitate to look back.

His long, brown coat flapped in the dark night sky and he was gone.

George Mabbort

Notes From A Country Church

Remembrance Sunday:- On Sunday 10th November, 40 people (including four young children) attended the Remembrance Sunday service in our church.

Rev'd Jeff Waring:- Jeff is retiring at the end of this year. His final Service at which he will be officiating is the Benefice Service on Sunday 29th December 10 a.m. at St. Mary's, Iwerne Minster. His final service with us at St. Bartholomew's is on the previous Sunday 22nd December at 9.30 a.m.

The "must have" Christmas Gift for 2019 - The First Ever St. Bartholomew's Calendar

Don't miss the opportunity to buy this "must have" 2020 calendar with, amongst others, some amazing inside and outside aerial shots of our church. Available from December 1st onwards. Order through Rod Swift 01747 811755 or Ian Pinder 01747 811253.

Countdown to Christmas – Key Events in December:-

Sunday 8th December 9.30 a.m. - Breakfast Church in the Village Hall led by Rod Swift

Friday 13th and Monday 16th December – Gift Wrapping in the church – If you would like help with, or some company whilst wrapping your Christmas gifts, bring your gift to the church. Paper, tags, ribbons etc. will be provided. You can bring your own. You can enjoy a cuppa and light refreshment whilst you wrap or someone else will wrap for you. Further details available from Yvonne Pinder, 01747 811253.

Sunday 15th December 5 p.m. - Carol Service – Last year saw a record attendance for the past 20 years at least. Come and join in again, well known carols to sing and readings to listen to, plus enjoy Sherlock and Dr Watson as they unravel a timeless mystery!

Wednesday 18th December – Carol Singing around the village - Meet on "The Green" at 5.30 p.m. with warm clothing and torch or lantern. Song sheets will be provided. The final stop will be at 5, Napiers Way where we will enjoy a warming drink and a mince pie or two! Further details available from Dick Hood, 01747 811659.

Sunday 22nd December 9.30 a.m. Holy Communion service led by Rev'd Jeff Waring. After this service refreshments will be served at 5, Napiers Way with Christmas cake and mince pies.

Wednesday 25th December 9.30 a.m. Christmas Day Communion service with Rev'd David John.

Further Dates for your Diary:-

Saturday 18th January 2 p.m. - 4 p.m. - The Sutton Waldron Grand Annual Jumble Sale in the Village Hall. Bric-a-brac, toys, books, DVDs, clothes, materials wanted. We will take large items. We will collect. This is a key fund raising event for our church. All help welcomed. For further details and offers of help please contact Ian Pinder 01747 811253.

Saturday 25th January 7.00 for 7.30 p.m. - Traditional Burns Night Dinner in the Village Hall

Back by popular demand! This Burns Night celebration will involve traditional celebrations including Burns Night dinner with piper and address. Entertainment and merriment will be enjoyed accompanied by Burns celebration in word and song, optional competitions including a short quiz and a raffle. Scottish costume encouraged.

Tuesday 24th March 7.30 p.m. The Annual Parochial Church Meeting in the Village Hall – Reports on the past year and the election of Churchwardens and P.C.C. members. - Open to all parishioners. **As Always** thanks is offered to all those villagers who support the life and activities of our church.

Ian Pinder Churchwarden