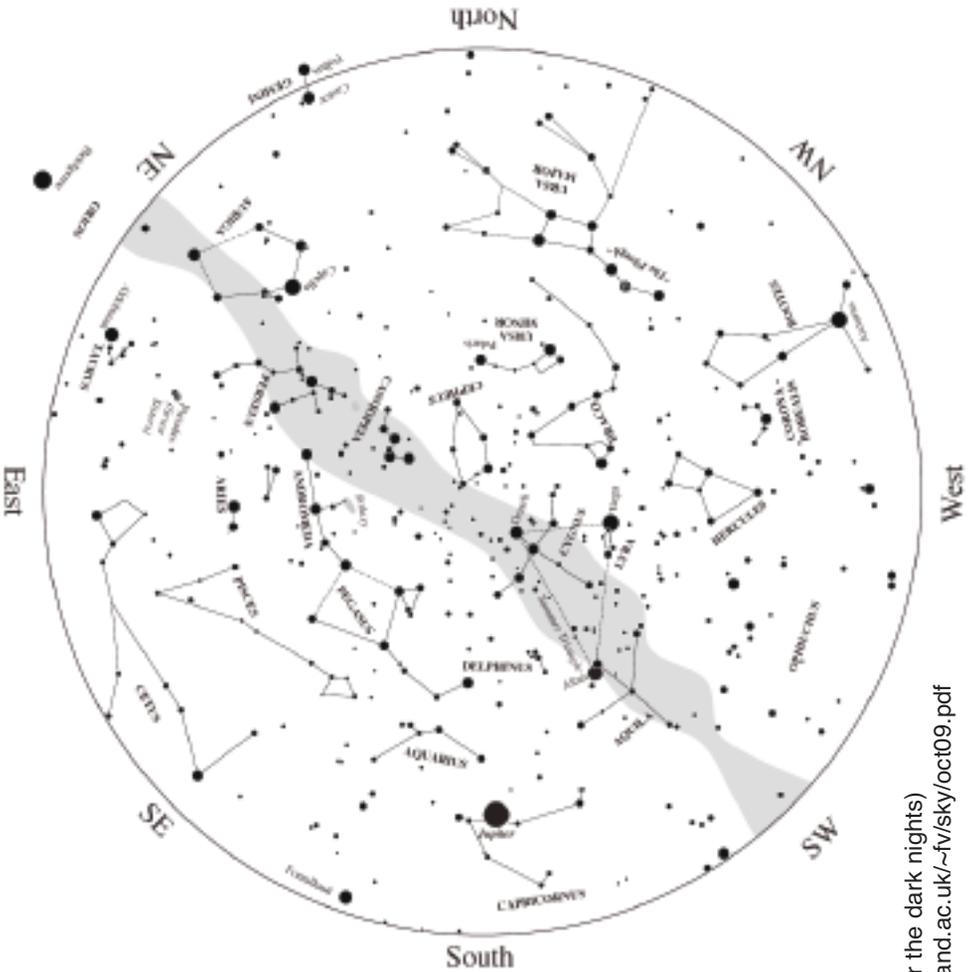


Sulgrave News



October 2009

Getting Fit!

In order to arrest the creeping waistline I have recently reacquainted myself with cycling, and am enjoying traversing new routes from Greatworth. Just today I set off from home, and circled through Helmdon, Weston and Sulgrave, and was horrified when I looked down from the ridge behind Sulgrave into one of the prettiest little vales I have seen, only to realise it could soon be full of Wind Turbines! Please support SWWAG.

I have had a number of items from external bodies this month, and would recommend looking at the new WalkinginNorthants website, which has great potential for those who like/need exercise, or enjoy discovering the countryside.

Finally I received a phone call from an artist asking if he could place a paid advert in the newsletter. I pointed out that as a general policy we only carried the occasional promotional item from residents, but on viewing his website I was so impressed with his project that I felt it was worthy of a small article; I hope you find it interesting.

As usual a reminder about the email address for the Sulgrave Newsletter. It is:-

newsletter@84f.com

Deadline for the November newsletter - 23rd. October.

PLEASE NOTE THAT ARTICLES FOR THE NEWSLETTER CAN BE LEFT AT THE VILLAGE SHOP.

Could I remind all contributors to provide a name and contact number with their articles- Thanks



Tom Cockeram, editor

Appletree Cottage, The Close, Greatworth, Banbury, OX17 2EB
Telephone 01295 711326, or email newsletter@84f.com

This Newsletter is an independent publication, edited and compiled by Tom Cockeram. It is delivered free of charge to all houses in Sulgrave and Stutchbury by Jill & Anthony Barrett, George Metcalfe and Vera Smith. Costs are met by Sulgrave Parish Council. It is provided as a service to the community and those involved in its production cannot accept responsibility for omissions and errors, or necessarily agree with its contents.

Regular Events

BB&C Service 2nd Sunday of the month at Culworth Church, 11:00 am

Book Club 4th Tuesday of each month at the Star Inn, 8:00 pm (not August)

Circle Dancing 3rd Thursday of the month at Culworth, 7:30 pm

Pilates Most Wednesdays Culworth 7:30 pm

Most Fridays Sulgrave Church Hall. 9:30 am & 10:30 am

W.I. 2nd Wednesday of each month at the Church Hall, 7:30 pm

SULGRAVE PARISH COUNCIL

NOTICE

Could all residents that have bushes and trees overhanging public paths within the village please ensure they are trimmed back for winter. The dark evenings are approaching and paths should be clear, and safe, to walk along.

Thank you.

Sunday 1st November 12 noon - 4:00 pm

Sulgrave Church Hall

You are invited to a sale of Bags, Beads, Baskets and other crafts, an Anything Goes Stall and Teas with Homemade Cakes.

Come and try our Bee Aware Honeycake.

Sponsored by Sulgrave with Culworth Women's Institute

Jean Bates

SULGRAVE PARISH COUNCIL

You are invited to the

PARISH COUNCIL MEETING

Thursday 8th October 2009: 7:30 pm

In Sulgrave Church Hall, Magpie Road

Topics for discussion will include

UPDATES ON CASTLE GREEN & POCKET PARK

We look forward to seeing you there

WANT TO BE SPECIAL?

If so, becoming a Volunteer Police Officer (Special) with Northamptonshire Police might be just the answer.

Special Constables are extremely valuable members of the policing family. **They have the same powers as regular officers** and get involved in all aspects of police work, in particular working alongside regular officers and PCSOs as part of our Safer Community Teams.

So, if you're looking for a new challenge or perhaps want to give something back to your community, you could be exactly the person Northamptonshire is looking for.

If you are over 18, able to volunteer for a minimum of four hours per week, and would like to find out more about becoming a Special, contact Lizzi Betts on **03000 111 222 ext 2098** or e-mail recruitment@northants.police.uk



POCKET PARK

The pond and its surrounding area was created by a large number of Sulgrave residents a number of years ago. Their objective was to make the pond and its surroundings attractive and supportive of wildlife. Good progress was made and Pocket Park soon became a valued village asset as indicated in January 2000 by the Northamptonshire County Council's Pocket Park officer.

The pond and its surrounding area again needs the help and assistance of Sulgrave residents. It is proposed that a general clearing up of the pond and its surroundings takes place on Saturday the 17th October from 9.30 a.m. onwards.

Help would be appreciated with volunteers bringing with them any tools (for example long handled grass rakes, shears etc) which may be useful in making the general clear up successful.



Jo Coverley. (Telephone 768369)

Sulgrave Literary Group

27 October 2009 - The Star

The Clothes on Their Backs – Linda Grant

In a red brick mansion block off the Marylebone Road, Vivien, a sensitive, bookish girl grows up sealed off from both past and present by her timid refugee parents. Through Vivien we discover the colourful characters at Benson Court, who play a part in the development of this at first, timid and unworldly woman. Then, one morning, a glamorous older man appears, dressed in a mohair suit, with a diamond watch on his wrist and a girl in a leopard-skin hat on his arm. He is her Uncle Sándor but why, is he so unwelcome in her parents' home?

The Clothes on Their Backs is a story about concealed pasts, dark subjects, dark places and stark choices and how the clothes we wear define us all.

THE DOORSTEP CRIME ACTION NETWORK

Northamptonshire Police and Northamptonshire County Council Trading Standards have launched a new initiative to look out for and lock up doorstep criminals across the county who target elderly or vulnerable people.

The **Doorstep crime Action Network** (DAN) comprises members of the public together with public, private, charity and community sector organisations.

A range of leaflets, door stickers and posters have been produced and a dedicated section on the Northamptonshire Police website provides details about what to look out for - northants.police.uk/lookout.

Anyone in the community can join DAN by keeping a look out and passing on gentle reminders to help prevent vulnerable persons from falling victim to doorstep crime.

Above all, the message to pass on is, if anyone has suspicions or concerns that distraction burglars or rogue doorstep traders are operating in your neighbourhood or targeting someone you know, call the dedicated doorstep crime number on **0345 23 07 702**



Put in the Boot!

More than 130

Northamptonshire walks to
download and print FREE!

There's no doubt about it, walking is good for you. It's good for your heart, it's good for your lungs, it's good for the muscle and bone growth of your children and it's good for your feeling of wellbeing! Strong scientific evidence now supports the many benefits to health of regular walking – it is recommended that we take at least 10,000 steps a day.

Studies show that walking can:

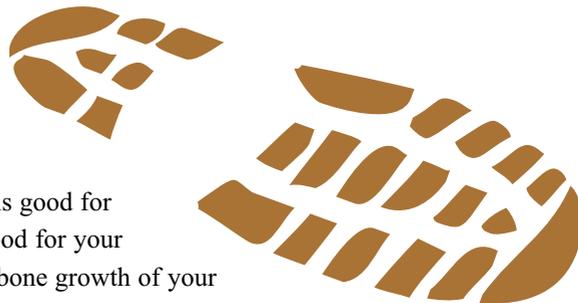
- Reduce the risk of coronary heart disease and stroke
- Lower blood pressure
- Reduce high cholesterol
- Reduce body fat
- Enhance mental well being

Walking offers a great way to help kids get the active habit. If parents express excitement about the prospect of a walk in the countryside, they are more likely to transmit this feeling to their children. It's important to treat the walk as an exploration or adventure and to go at the child's pace, no matter how often they want to stop and look at things; take treats to eat and plenty to drink; and head for some landmark that will appeal to them such as a castle, a playground, an ice cream van or a boating pond. If children experience walking as part of a fun activity they are more likely to want to go again.

So, how do you find out what is on offer? John Harris, a keen walker, got fed up with the lack of information on walks in the County. So, he decided that if he couldn't find what he was looking for – he had better create it! So www.walkinginnorthants.co.uk came into being.

www.walkinginnorthants.co.uk gives you all the information you need for the best walking in the County. Details of more than 120 walks to download and print free, details of all the Northamptonshire walking groups, maps and walk books – plus loads more information.

So check out the website and get walking!



NORTHAMPTONSHIRE ASSOCIATION FOR THE BLIND

MOBILE INFORMATION UNIT

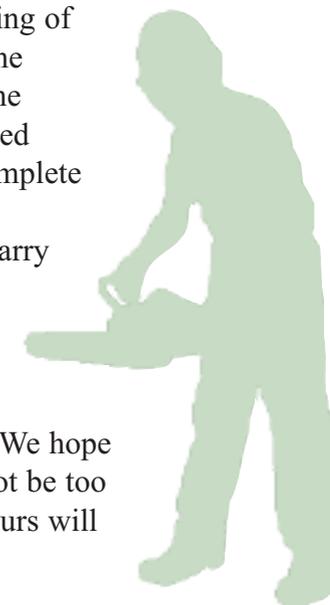
The Mobile Unit Service first began in 1994 and over the years has been hugely successful. It allows us to provide information and support to the many visually impaired people and their carers within the community. We visit numerous locations throughout Northamptonshire on a regular basis, parking up in Town Centres, supermarket car parks and outside medical centres.

The vehicle is run by Fred Cannon and is fitted out to display a wide range of everyday living aids and gadgets specifically designed to help make life easier for visually impaired people. All manner of devices are available such as talking clocks and watches, kitchen equipment, reading and writing aids, big button telephones etc. Fred can also provide information and advice on all manner of sight loss concerns.

The unit will be in Brackley on 7 October 2009 between 10.30am and 1pm near the Town Hall, Market Place and in Byfield on 15 October between 10am and 11.15am near the Village Hall. If you know of any visually impaired person or their carer who might benefit by attending, please notify them.

Further information can be obtained by telephoning 01604 716044.

Donald and Paul Taylor apologise to everyone who was inconvenienced by the recent felling of the Willow Tree at No 3 Towrise. During the recent high winds a huge bough fell onto the unusually empty drive, proving the suspected unsafe nature of the tree and making its complete removal necessary. By asking everyone to remain at a safe distance we were able to carry out a very tricky operation with minimal damage and thankfully no injury. Several people offered assistance with clearing the massive debris pile, we are most grateful for all the help and support given. We hope that the loss of a beautiful landmark will not be too keenly felt and that our immediate neighbours will benefit from the increased daylight and the removal of any safety worries.



Sulgrave Women's Institute

At our September meeting the cups were presented for the Sulgrave Front Garden Competition, by the judge Mr Payne. This year the winners were first Mrs Stalabrax; second Mr & Mrs Dow; and third Mr & Mrs Baigent.

Mrs Ann Mackness was then presented with the Sulgrave W.I. cup for the most points gained during the year in our 'Bloom of the Month' competition.

A local vet, Mr. John Taylor gave a very interesting talk on the history of the veterinary profession.

Our next meeting will be our Annual General Meeting, on Wednesday 14th October.

Margaret Watts

St James the Less, Church News

The Parochial Church Council are very grateful for the donation received from the Robbie Oakley Trust. The trust was set up after the death of Robbie Oakley in 1993 to provide funds for the day-to-day upkeep and repairs to the church.

Robbie played a very active role in the church and was always at the forefront of any fundraising.

The donation received has gone towards the clearing of gutters and down-pipes.

If anyone would like to contribute to this fund please contact the Churchwardens, or the trustees of the Robbie Oakley Trust – Ken Christy or Jim Oakley.



Tony of AWP Fencing would like to thank those who kindly sponsored them for the Avon Dasset Soap Box Derby. AWP Fencing raised £3,065 for the Warwickshire & Northamptonshire Air Ambulance.



On behalf of the Banbury Red Cross, could I please ask if any one has any bric-a-brac they would be willing to donate for us to sell at our car boot sales, or on our charity day at Banbury Town Hall on the 7th November.

The Red Cross do so much in this country as well as abroad so your help is very much needed and appreciated. I can collect.

Pat Thomas, The Blades, Helmdon Road, Sulgrave - 760432

PHOENIX TRADING

You are invited to a **Phoenix Trading Open House** on
Monday 19th October
Between 10.30am and 5.30pm.

Drop in for a coffee, a chat and to see the Autumn and Christmas range. I stock a great range of multi-purpose, greeting cards, invitations, thank you notes & gift wrap and sell direct to the public.

WHY CHOOSE YOUR CARDS FROM PHOENIX?

- our cards and envelopes are **top quality**.
- our prices are up to **50% less** than the equivalent product in the shops.
- the majority of our cards are blank for **your own message**.

If you are unable to make it on the 5th but would like to come at another time or have a catalogue please give me a call or E-mail me:

Lis Stuart — Eagles Court, Helmdon Road, Sulgrave
(01295) 768840: lis.stuart@tiscali.co.uk

The Cotswold Sketchbook

This is a daily painting exercise that has been running since May 2009. I will endeavour to paint a small oil painting about 7.5" x 5.5" every working day and upload them to members of my mailing list and the website. Once the new painting has been sent out via email it is available for sale for only £99, the first person to send me a request to buy it gets it! Its that simple. The painting once dry is placed in a small box and posted to the new owner.

Each painting will usually be made outside in the Cotswold Landscape where I live, and will be photographed and emailed immediately it's finished. My intention is to keep doing this until at least May 2010 and will be keen to look back and see how the seasons have been recorded throughout the year.

Nigel Fletcher

To view Nigel's excellent work and, if you wish, join his mailing list, visit
<http://www.cotswoldsketchbook.co.uk/>

(Ed.)



October 2009

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3	4 Benefice H.Com. 10:00 am Culworth
5	6	7	8 Parish Council 7:30 pm Church Hall	9	10	11 Holy Communion 8:15 am Sulgrave
12	13	14 W.I. Meeting 7:30 pm Church Hall	15 Circle Dancing 7:30 pm Culworth	16	17 Pond Clearing 9:30 am Pocket Park	18 Evensong 6:00 pm Sulgrave
19 Pheonix Open Day	20	21	22	23	24	25 Mattins 10:00 am Sulgrave
26	27 Book Club 8:00 pm The Star The Clothes on their Bake by Linda Grant	28	29	30	31	1 November WI Bag, Bead & Basket Sale, etc. 12:00 Noon till 4:00 Church Hall