

# Sulgrave News



September 2007

## Summer Arrives at last - well at least the rains stopped!

Roger Cherry recorded the rain for July, at Dial House Farm, at 165.4 mm (about 6½" in old money). The leak in my old car's sun roof nearly drowned me, and as it no longer works I finally sealed it up with mastic. It hasn't rained since!

There are a number of activities coming up this month, not least the Harvest Supper and Harvest Festival Service, so get out there and take part in these events that turn a village into a community.

There are also a couple of requests for assistance this month, the Newsletter needs someone to be responsible for printing the October issue (just for the one month), and the village needs a new bag lady! Thanks for Maureen for trying to do this again after many years of doing it previously, I'm sure she will tell you all the details of this interesting job which allows you to meet all the newcomers before anyone else.

I'm sorry about the very late newsletter this month, but work, feeling under the weather, and life generally got in the way.

Once again a reminder about the email address for the Sulgrave Newsletter. It is

**newsletter@84f.com**

### Deadline for the OCTOBER newsletter - 21st September.

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

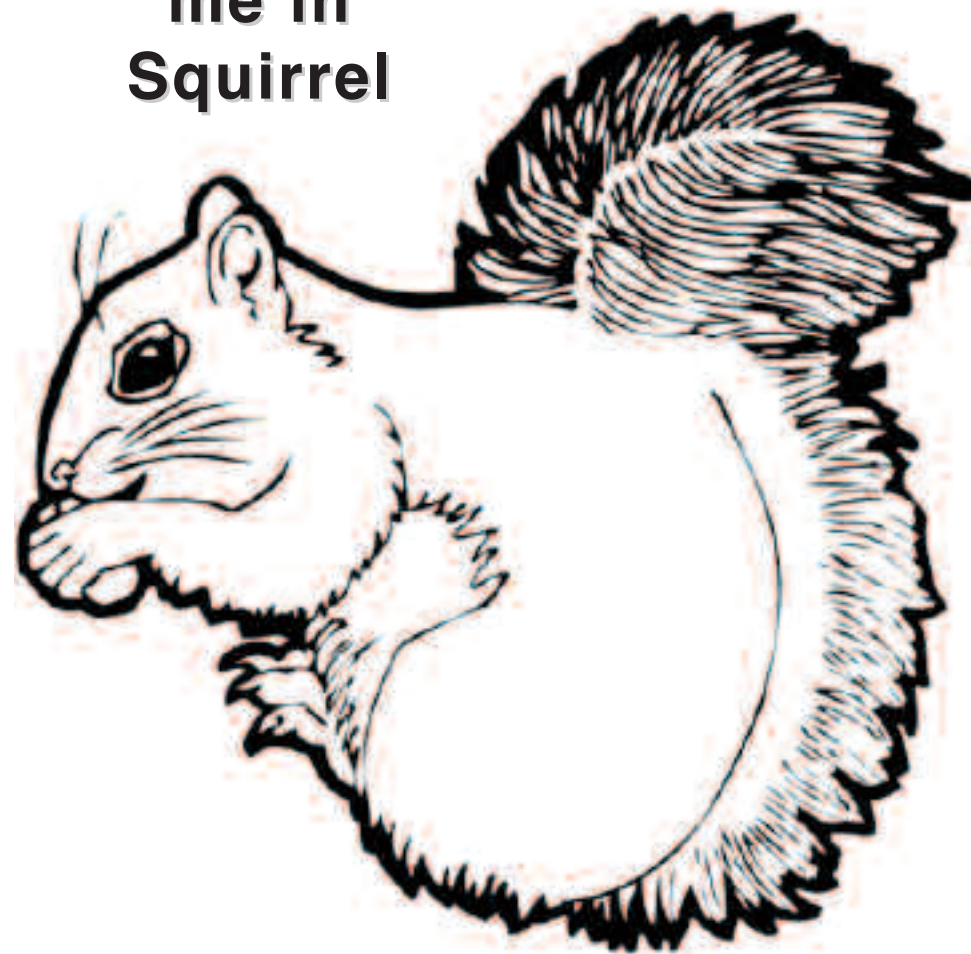
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Telephone 01295 711326, or email newsletter@84f.com

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 Ann & Peter Mackness, 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

Mums & Tots	Every Friday in the Church Hall, 1:30 pm - 3:00 pm
BB&C Service	2nd Sunday of the month at Culworth Church, 11:00 am
Book Club	4th Monday of each month at the Star Inn, 8:00 pm
Circle Dancing	3rd Thursday of the month at Culworth, 7:30 pm
W.I.	2nd Wednesday of each month at the Church Hall, 7:30 pm

## Colour me in Squirrel



### Village Walk

There will be a village walk on the 9th September, meeting at the Village Shop at 11 a.m. and walking on footpaths to a local pub for lunch and returning to Sulgrave afterwards.

Further details posted outside the village shop nearer the time.



## Disability Living Allowance

Disability Living Allowance is a tax free benefit for children and adults who need help with personal care or have walking difficulties because they are physically or mentally disabled.

You may be entitled to Disability Living Allowance if:

- You have a physical or mental disability, or both
- Your disability is severe enough for you to need help caring for yourself, or you have walking difficulties, or both
- You are under 65 when you claim

If you are aged 65 or over, you may be entitled to a different benefit called attendance allowance.

You can get Disability Living Allowance whether or not you work, and it is not usually affected by any savings or income you may have.

Disability Living Allowance has two parts called “components”:

- A care component – if you need care looking after yourself, or supervision to keep you safe.
- A mobility component – if you can't walk or need help getting around.

Some people will be entitled to receive just one component, others may get both. They are paid at different rates depending on how your disability affects you.

It is normally paid directly into your bank account, although it can be received by someone else if you wish. If you start to get Disability Living Allowance, it might increase the amount of other benefits or credits you are entitled to, for example, housing benefit, council tax benefit, working tax credit and child tax credit.

To order a claim pack to find out if you are entitled to Disability Living Allowance, phone the Benefits Enquiry Line on 0800 88 22 00.

Alternatively, contact the Welfare Rights Service on 01604 636112 for further details, or to make an appointment at Towcester or Brackley Volunteer Centres.



Thanks to Anthony and Jacquelin Todd for the photo

**Morris Men**  
celebrating  
the shop's  
birthday!

## Confessions of a Bag Lady (failed)

Anyone who has moved in to Sulgrave since early spring this year will probably be thinking “bag lady – what’s a bag lady” and perhaps more particularly, having discovered what Sulgrave’s definition of one is “well, who on earth is ours then?”

Hands up – for most of this year I have failed miserably and haven’t got round to seeing people as they arrived. Sometimes because I just didn’t know they had, but sometimes because I just didn’t get round to it, then thought I’d left it too late, then – oh, you know how it is .....

So, a million apologies to all those who have been missed – not least because you therefore haven’t been mentioned in this Newsletter. By now, you’ll doubtless have learned the hard way things such as when the dustbins are emptied, when the shop is open, and so on – luckily most village information can be gleaned from this very Newsletter.

What you may not know is that Sulgrave residents have free entrance to Sulgrave Manor during public opening hours upon presentation of a Manor pass. This should have been included in your “welcome pack” so any household who does not have one should call in at the ticket office at the Manor, (again, during open hours) with written proof of residency and they will issue you with your pass

I am hoping there is someone in the village who would like to take over as Bag Lady (or Bag Man of course) and make a much better job of it than I have. If YOU would be able to take it on, please phone or e-mail and we’ll arrange for the handover of the paperwork. I’m not exactly a hard act to follow so this is a chance for someone – maybe you – to shine!

Maureen Jeffery, Tel. 768268, maureen.jeffery1@btopenworld.com

## YOUR NEWSLETTER NEEDS YOU!

Work and family commitments will mean that I cannot print the village newsletter for October, on time. Is there anyone else in the village who would be willing to do this? The task entails either photocopying the newsletter at the Manor (210 copies), or if you have a charitable employer like mine, printing or copying them at work.

Then they are passed to George Metcalfe to arrange delivery. The newsletter is usually ready around the last week of the month, so from 26th. September onwards.

If you are able to do this, please contact Chris Kellett 01295 768255.



## Happy Birthday to Sulgrave Village Shop

On 24th September our shop celebrates its third birthday.

Not only is it an amazing place to shop, but also it is a great meeting place. Visitors from other villages are truly envious. It is both a wonderful service and asset to our community.

Our thanks are due to the many dedicated and constant volunteers and to David Bolton for creating and maintaining such a high quality enterprise.

We need to continue to support our shop and the management committee in their efforts to improve the choice, quality and value offered. Your ideas, input and comments, good or bad, are always welcomed.



## GREAT ROBBERIES

**CROWN JEWELS** - On May 9th 1671, Colonel Thomas Blood entered the Tower of London disguised as a priest and stole the Crown Jewels. He was captured, but pardoned by Charles I, who admired his daring.

**MONA LISA** - Leonardo da Vinci's famous painting was stolen from the Louvre Museum, Paris, on 21 August 1911 by Vincenzo Peruggia. He kept it for 2 years, but when he tried to sell it he was caught and jailed.

**GREAT TRAIN ROBBERY** - 12 robbers stole 2.6 million from the Glasgow to London mail train on 8 August 1963. They were caught and jailed, but one, Ronald Biggs, escaped and lived for many years in Brazil.

**ART THEFT** - On 18 March 1990 two thieves disguised as policemen stole 12 works of art by Rembrandt, Degas, Vermeer and others from the Isabella Stewart Gardner Museum, Boston. The paintings were valued at \$300 million and have never been recovered.

**SECURITAS DEPOT ROBBERY** - On 22 February 2006 Britain's biggest ever robbery took place at the Securitas depot, Tonbridge. The gang kidnapped the family of the depot manager and got away with £53,116,760 in cash. Following a series of police raids, some of the cash was recovered and several people were arrested.

## Front Garden Awards

I would like to thank village so much for inviting me to judge the front gardens of Sulgrave at the beginning of July. It was a shame that the weather was a bit miserable but nevertheless it was an enjoyable afternoon.

The gardens in Sulgrave varied considerably in style and form, from cottage gardens to formal gardens with a huge variety of style of planting. It was quite difficult to decide on the final three gardens which in my opinion were the most pleasing. If there were categories to this competition, it would be very easy to fulfil each one. However, the three that I have decided on are:-

- First Hillcrest, along the Helmdon Road, I have to say this garden was immaculate and well worth a stroll to go and have a look at it. The most striking impact were the red roses just behind the fence, they are stunning with a beautiful lawn behind and then a blaze of colour in a border against the house consisting of Dahlias, California poppies and other herbaceous plants. The large border along the left hand side of the lawn was also full of colour and very tidy and attended to. Well done, really inspirational.
- Second Combe Cottage also on the Helmdon Road. I particularly liked it, as the property has not got a front garden as such but the Euonymus that is trained against the house wall has a bright and cheerful appearance to it and with the containers on the steps and the beautiful hanging basket I felt it has a really nice ambiance to it and it can show you that space isn't everything.
- Third Blyth House. It's a shame that the front garden cannot be seen from the road but as soon as I walked up the drive and saw the garden it gave an instant feeling of relaxation. There are quite a few foliage shrubs in the garden border but attention to detail of different leaf forms and colours has obviously been taken into consideration and creates a lovely space. The hanging baskets along the drive wall are also cheerful and inviting.

I would like to mention the containers on the front of Bell Cottage. It was really nice to see a range of colours a bit different to usual, they contained large orange begonias as the centre piece with colours to tone in around them, they were stunning as you came around

the corner. Other gardens looked really nice, again some formal and some cottage garden styles. Two in particular were Eagle House, a well presented front garden, and Mayfield, with lots of colour in the form of hanging baskets and containers.

Thank you once again for giving me this opportunity; I hope you all have a lovely summer.

Sue McNally (Sulgrave Manor)



DID YOU KNOW:  
PETEM  
POOCLO  
OVERPA  
TIENCE

## Women's Institute

Our August meeting was an evening arranged by the members as a surprise for the committee. What a super evening it was! We sincerely thank all the members for their contributions. The W.I. can always be relied upon to do good food and the buffet refreshments were enjoyed by all. Particular thanks to Valerie Henn who arranged the excellent entertainment by "Impromptu", who sang popular numbers accompanied by Wendy Green on an electronic keyboard.

Now for something completely different! This month Sulgrave's own Hywel Lloyd will be giving an illustrated talk about his trek "in the footsteps of Lord Curzon" who reached the Kuari Pass in 1905 and which is noted for imposing views of the eastern peaks of Garhwal Himalayas.

As usual a welcome is extended to non-members in the village. *Ann Mackness*

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## Church

Our Harvest Festival Service takes place at 6 pm on Sunday September 9th. Will all those who decorate the church do so this weekend and not as indicated on the Flower Rota. If you wish to donate flowers, fruit and vegetables please bring them to the church so that we can incorporate them in our decorations.

If you wish to attend the Harvest Supper on September 8th in the Church Hall please ring Shrimp on 760214 as soon as possible to secure a place. Note that the time has moved to 6:30 pm as there is another event in the hall during the afternoon. *Shrimp Christie*

Please note the time of our usual 8:15 Holy Communion Service on the 9th September has been changed to 9:30 am. The Holy Communion Service (1662) will be celebrated by the Reverend Peter Shaw to mark his 90th birthday which will also mark his 39th year in the Priesthood. There will be a choir and hopefully our Church Bells will be rung as well.

Peter has given us much needed help and inspiration during inter regnums and particularly on Remembrance Sundays. We are honoured that he wishes to hold his Celebratory Service with us, and extend our congratulations. The Churchwardens very much hope that you will be able to attend as well as joining us at 6:00 pm for our Harvest Festival Service. *Chris Beck*

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## Safari Supper

Put the date in your diary and book your place for the Safari Supper. This will take place on Saturday, October 27th and for all of you who have never taken part — shame on you! It's a fantastic way to meet people and enjoy wining and dining without worrying about who is designated driver!! If you've moved into the village in the last 18 months what a better way to forge new friendships. More details next month, but if you wish to reserve a place, or can offer your home as a venue for either a starter or main course then please ring Shrimp on 760214. We are grateful to Pete and Moo Morduant for offering their home for the final course and look forward to seeing you there!! *Shrimp Christie*

## WHAT IS PILATES

Pilates is a body conditioning technique developed in the early 20th century by German born Joseph Pilates. It is different to other methods of exercise and focuses on strengthening weak muscles whilst stretching stronger ones, to create a balanced integrated body. Pilates works both the body and mind.

## WHO IS PILATES SUITABLE FOR?

Pilates is suitable for men and women of all ages and abilities. Participants can be first time exercisers, those looking to enhance general fitness or enhance your current fitness plan. It is of great benefit for those wanting to help prevent injury, especially for those who suffer with lower back pain, neck problems and recurrent injuries.

## BENEFITS OF PILATES

Pilates improves 'core stability' by concentrating on strengthening the muscles of the trunk. This increases the support of the spine, which in turn improves posture, co-ordination and balance. The body becomes strong and flexible without overdeveloping major muscle groups. Stomach muscles are flattened and arms and legs are streamlined.

If any of the exercises are too difficult due to a previous injury, exercises can be adapted to suit your specific needs.

**Starting on Friday 7th September 2007**

## BEGINNERS PILATES

Sulgrave Village Hall

10am to 11am

£5 per session

Everybody Welcome

If you require any further details, contact Julie Russell on 07778 673677

One for the  
Petrol Heads

## Ford Pilates

*with apologies to  
Julie*



*Rural Reach... supporting activity  
in the voluntary and community sector*

## “Rural Reach at the Racecourse”

**Empress Suite**

**Towcester Racecourse**

**Wednesday 17<sup>th</sup> October 2007**

**2.00pm to 8.00 pm**

More than 25 voluntary and community sector support organisations will be available to give information, advice and guidance to local community and village groups.

Don't miss out on this important opportunity to find out what help and support your organisation can receive to make it even better!

For further information contact:

**SNVB**  
**Volunteer Centre - Towcester**  
**Moat Lane**  
**Towcester**  
**Northants NN12 5AD**

☎ 01327 358264 [info@snvb.org.uk](mailto:info@snvb.org.uk)

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**Brackley Police Station  
is now open  
08:00 to 13:00 (8:00 am till 1:00 pm)  
Monday to Friday**

In an emergency, people should continue to call 999. At all other times, call Northamptonshire Police on 08453 700700 or contact the Force via [www.northants.police.uk](http://www.northants.police.uk). If you want to report a crime or pass on some information, and want to remain anonymous, please call Crimestoppers on 0800 555111.

### Attendance Allowance

Attendance Allowance is a tax-free benefit for people aged 65 or over, who need help with personal care because they are physically or mentally disabled. It is not usually affected by any savings or income you may have. How much you get depends on how much your disability affects you. There are two rates of Attendance Allowance:

Higher rate = £64.50 per week (if you need help or supervision throughout the day and during the night.)

Lower rate = £43.15 per week (if you need help or supervision frequently throughout the day only, or during the night only, or someone with you when you are on dialysis.)

It is normally paid directly into your bank account, although it can be received by someone else if you wish. If you start to get Attendance Allowance, it might increase the amount of other benefits or credits you are entitled to, for example, housing benefit, council tax benefit or pension credit. It is not taken as income for working out income-related benefits and credits.

Your disability must require you to need:

- Help with things such as washing, getting in or out of the bath or shower, dressing, eating, getting to and using the toilet, or communicating your needs, or
- Supervision to avoid putting yourself or others in substantial danger, for example, needing someone to keep an eye on our medical condition or diet, or
- Someone with you when you are on dialysis

You can get Attendance Allowance even if no-one is even actually giving you the care you need – even if you live alone. You will not usually need a medical examination when you claim for Attendance Allowance.

To order a claim pack to find out if you are entitled to Attendance Allowance, phone the Benefits Enquiry Line on 0800 88 22 00

Alternatively, contact the Welfare Rights Service on 01604 636112 for further details, or to make an appointment at Towcester or Brackley Volunteer Centres.

September 2007

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2 <b>Benefice Holy Communion</b> 10:00 am Sulgrave
3	4	5	6	7 <b>Mums &amp; Tots</b> 1:30 pm Church Hall	8 Harvest Supper 6:30 pm Church Hall	9 <b>Holy Communion</b> by Rev. Peter 9:30 am Sulgrave <b>Village Walk</b> 11:00 am at Shop <b>Harvest Festival</b> 6:00 pm Church
10	11	12 <b>W.I. Meeting</b> 7:30pm Church Hall	13 <b>Parish Council</b> 7:30 pm Church Hall	14 <b>Mums &amp; Tots</b> 1:30 pm Church Hall	15	16 <b>Evensong</b> 6:00 pm Sulgrave
17	18	19	20 <b>Circle Dancing</b> 7:30 pm Culworth	21 <b>Mums &amp; Tots</b> 1:30pm Church Hall <b>DEADLINE</b> October Newsletter	22	23 <b>Evensong</b> 10:00 am Sulgrave
24 <b>Happy Birthday to the Village Shop</b>  <b>Book Club</b> 8:00pm Star Inn	25	26	27	28 <b>Mums &amp; Tots</b> 1:30pm Church Hall	29	30 <b>Benefice H.Comm</b> 10:00 Sulgrave

