

# THE STOURTON CAUNDLER

ISSUE NO. 93

SEPTEMBER 2011

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A/P

Stourton Caundler

MCK

## Front cover

The lovely woodcut on the front cover is by Mary Rutterford and is from a limited edition of which a small number are for sale. If you are interested in purchasing one, please contact Eric Dummett

### THE STOURTON CAUNDLER team

Eric Dummett	Chairman	Margaret McKay	Production
Jane Colville	Distribution	Richard Miles	Photography
Lorraine Goudge	Youth	Tim Villiers	Editor
Chris Holdstock	Secretary	Marjo Walker	Advertising
Gerry Holdstock	Webmaster		

**Please present all contributions for the next issue to the Editor by 12 noon on 20 Sept. 2011 by e-mail if possible. E-mail address : [thecaundler@hotmail.co.uk](mailto:thecaundler@hotmail.co.uk). Please use only "Word" document format (.doc) when sending contributions.**

I am very grateful to Caroline Hughes and THE STOURTON CAUNDLER team for producing the last issue of the magazine while I was on a journey from Lands End to John O' Groats, the start of which you can read about below. But while village life seems to have slowed slightly over the last few weeks while some took holidays between the showers, others have been planning for the autumn, and how! Much of this edition is therefore taken up by announcements of 'things to come' and less by reports on 'things that have been'. There appears to be much for everyone to take part in and to enjoy; I hope you have the stamina!

*Tim Villiers*

## **"HORSES HELP HEROES"**

Like most of the country's population I am distressed by the loss of life and level of wounds suffered by members of our armed forces in recent and current conflicts (around six are seriously wounded with loss of limbs and so on, for every one killed), I had never been to either Lands End or John O' Groats and I like horses. Therefore the invitation to join an expedition in which horses would play a key part, to help servicemen and to right the two geographical omissions was irresistible! The proposal was to drive a horse-drawn replica World War One ambulance the length of Great Britain, raising awareness and funds as we went.

The money raised will go to four charities that make grants directly to servicemen in need and their families: The British Limbless Ex-Servicemens' Association (BLESMA), whose need is self evident, Combat Stress, which looks after veterans suffering from mental stress ABF The Soldiers Charity, which supports those in more general need and Help for Heroes.

My role was to help recruit and train wounded soldiers to take part in the expedition, as drivers of the horses pulling the ambulance and as riders of escort horses and one of the first things I did was to go to the rehabilitation centre at Headley Court near Epsom to meet some candidates for the trip. Maureen was with me and the number of injured servicemen that we met and the scale of their injuries shocked us both. Not just one or two who had lost a limb, but many who had lost several; all in good heart and well looked after now, but most likely to be in need of long-term assistance. The requirement for fund raising for the future support of these people could not have been clearer!

Three months later the team had been selected, the training done and we had attended a number of horse-focussed national events, such as Badminton Horse Trials, The Grand National and The Derby, to publicise the venture. We, being 20 driving horses (10 pairs), three riding horses, five horse boxes, around 45 people and several run-about vehicles, assembled in rain and low cloud on a farm not far from Lands End on the evening of 20 June for a briefing and a warming BBQ organised by the West Cornwall Pony Club. The horses spent the night in paddocks or stables while the humans slept in a variety of B&Bs, barns and horse boxes as we would do for the next ten days and nights. Early breakfast was served the following morning from a horse trailer equipped with some portable gas stoves; we then moved to Lands End for photos and press interviews before the ambulance and first pair of horses left at 9.00 am to start the long non-stop journey to John O' Groats.

Next month's instalment will tell of the journey itself: such as what happened when a map reading error took the ambulance into the night club area of Wigan at 2.00 am, the beauty of dawn and the misery of midges in the highlands of Scotland and so on.....

But most importantly, a huge thank you to all of you who contributed so generously to my rattling bucket and for coming to see the ambulance when we changed horses at Podimore on the evening of Day 2. It was wonderful to see some friendly, cheerful faces as we were already quite tired (and with another seven days to go)!

### **Village Hall '100' Club monthly draw**

The July Draw took place on 13 July at The Trooper. The winners were:

First Prize:	£15.00	No.159	Holly Smart
Second Prize:	£12.00	No.7	Peter Knott
Third Prize:	£10.00	No.71	Victoria & Emma Moss

The August Draw took place on 17 August at the Trooper. The winners were:

First Prize:	£15.00	No.134	Lawrie Yandell
Second Prize:	£12.00	No.230	Marilyn Johnson
Third Prize:	£10.00	No.78	Fiona Turner

The next monthly Draw will take place on Wednesday 7 September at The Trooper at about 9 pm.

*Anna Oliver*

## Weather report for June & July

Rainfall	2011	2010	18-year average
June	59 mm / 2.32 in	35 mm / 1.38 in	47.5 mm / 1.87 in
July	34 mm / 1.34 in	23 mm / 0.91 in	48.3 mm / 1.90 in

Temperature (°C)	Maximum		Minimum		Average
	High	Low	High	Low	
June 2011	29.2 (27 <sup>th</sup> )	15.2 (12 <sup>th</sup> )	16.6 (27 <sup>th</sup> )	5.6 (1 <sup>st</sup> )	15.4
June 2010	29.0 (26 <sup>th</sup> )	15.4 (1 <sup>st</sup> )	15.1 (29 <sup>th</sup> )	4.8 (20 <sup>th</sup> )	17.2
July 2011	24.6 (3 <sup>rd</sup> )	17.4 (18 <sup>th</sup> )	16.4 (29 <sup>th</sup> )	7.8 (1 <sup>st</sup> )	16.6
July 2010	29.0 (22 <sup>nd</sup> )	19.2 (13 <sup>th</sup> )	16.0 (11 <sup>th</sup> )	8.8 (6 <sup>th</sup> )	18.0

*Anthony Molesworth / Richard Miles*



## Dorset Historic Churches Trust

### RIDE AND STRIDE

The Dorset Historic Churches Trust  
(Registered Charity No 282790)

## ANNUAL SPONSORED CYCLE RIDE

### SATURDAY 10 SEPTEMBER 2011

Why not cycle or walk to Dorset's beautiful Churches and raise money at the same time?

**PLEASE CONTACT OLIVIA BASTABLE (TEL: 363709) IF YOU WOULD LIKE A SPONSOR FORM OR FEEL THAT YOU WOULD BE ABLE TO SPEND AN HOUR AT THE CHURCH, ON THE DAY, TO WELCOME VISITORS**

The Flying Mouse Presents...  
Peter Stockman  
Carolyn Corlett  
in  
**The Secret Lives of Henry and Alice**  
A comedy by David Tristram

Tickets £6.50  
from:-  
[www.theflyingmouse.co.uk](http://www.theflyingmouse.co.uk)  
and The Trooper Inn

Friday 16th, Saturday 17th  
September 2011  
Stourton Caundle Village Hall  
8pm

Parental guidance 12+

## Parish Council

At the meeting on 12 July, the Parish Council recommended for approval a proposal to replace four windows at Brownshall Farmhouse; the windows will have one more vertical glazing bar than the existing frames and are intended to be in a more traditional style, more sympathetic to those on the main farmhouse. The frames will be made of wood and painted white.

Councillors are fully supportive of suggestions for celebrations for the Queen's Diamond Jubilee in June 2012, and the possibility of planting trees to mark the event.

At the well-attended meeting on 1 August, plans for holiday accommodation and a garden room at The Trooper Inn were discussed at length. There were no objections to the garden room, but concerns were expressed about the resulting lack of privacy and potential noise to neighbouring properties from occupants of the proposed holiday lets. Mr. Simon and Mr. Harris declared an interest in the application and did not take part in the vote. It was eventually decided to recommend the plans for approval with the provisos that a noise mitigating fence be erected between the proposed development and the adjoining property to the south, and that parking either be removed (using the rear car park of The Trooper instead) or the gravel track be replaced with tarmac.

It was agreed to pay one third of the cost of the water main repair between the cemetery and the Village Hall.

Potential ways to improve the broadband provision are being investigated.

New arrangements for digital planning are on the way; plans will be available for all to view providing they have access to a computer, bringing an end to paper plans. The Parish Council will have to obtain a projector, and will make sure plans continue to be accessible to all parishioners when required.

Date of next meeting: Monday 5 September at 8 pm in the Village Hall.

*Sue Harris, Clerk*

## Welcome

We welcome to the village:

Jo Melvin and Rosemary Kirkpatrick, at 1 Stalbridge Road

Cicely Diack, at Court Barton

Amelia and Jake Perkins, and Florence, Tom, Will and George, at Gwyers

## Sports news

**Golf.** The village golf day was held at Wareham on 25 July. Among the winners were Steve Spicer, Malcolm Slarke, Eric Williams, Andrew Conduit, Alban Harris and Roger Paull. A full report will appear next month.

## Thurs 18 August - Rain, rain, rain and more rain



Why oh why did I pick that day for the village outing to Paultons Park? Rain all day with no let up. Whilst the children had smiles on their faces their parents were not so sure that they were having such a great time. The one good thing to come out of this trip was that there was no queuing for the rides, not too many other people stayed to brave the weather, so lots of turns on all the rides were available. Wading through ankle-deep puddles the children seemed to have a good time. I think hot baths and hot food were the order of the day when we arrived home, earlier than planned. Thank you to those who participated in the trip.

*Margaret McKay*

## Homewatch

**The Steam Fair brings many visitors to north Dorset. All villagers are reminded of the need to ensure that their houses, outhouses and vehicles remain well secured.**

*Keith Murphy*

## Naturally thinking

I had reason to lie in bed rather a lot during part of July and August but there were compensations, like watching dawn come up a little later each day, gazing at cloud formations and fragile colours melting into more fragile colours. On two consecutive nights, a vixen, that had been screaming on and off for several hours, quietened down as soon as it began to get light. I had always thought they screamed only when mating or marking their territory in late autumn or early winter, but I expect that one had some good reason of its own.

No dawn choruses by now of course, but as the sky lightened three cockerels crowed triumphantly from three different places and a couple of times a chicken told the world it had laid an egg. Can anyone tell me please if chickens are the only birds to announce to all and sundry when they have laid an egg? And why? It seems such a remarkably stupid thing to do. Surely any egg predators would be able to make a bee line for them.

I read something rather extraordinary in a Sunday paper the other month about buzzards and other birds of prey. Look them up in most books and you will see that they feed on carrion and worms. However, worms were hard to come by during that long, dry spell in early summer and a lot of the carrion they used to rely on, such as dead animals, are whisked away and incinerated almost before they have drawn their last breath in accordance with EU regulations, so they're off the menu. Buzzards are relying more and more on road kills (which I have always thought of as carrion anyway), even hedgehogs if there are any about. And it's not just the buzzards. It's even been suggested that relatively recently introduced birds of prey such as red kites and sea eagles are being forced to add road kills to their menus. Such birds seem to be changing their dietary habits altogether, even going after squirrels and other quite large birds. There has even been a report that a sparrow hawk that had just caught a pigeon, was itself killed by a buzzard as it dived in and stole the pigeon from it.

One of our neighbours had a grass snake swimming around in her small pond one day in late July. I quite understood her thrill at seeing such a sight. There was a large pond on the moor near our home in Devon, and one hot day I watched what I thought was a leaf floating around the edge of it. I was mystified because it actually seemed to be moving quite purposefully when there was no breath of wind. Then I saw it get out of the pond, disappear up the bank for a moment or two and then return to the water. I raced round to look at it more closely, but by the time I reached the place where I had last seen it, it had gone round in the opposite direction. Eventually I paused, looking carefully for any signs of it, and suddenly there was a movement in the pond right beside me and there it was. The water was glass clear and I could see quite distinctly that it was almost standing on its tail, with just its head out of the water, its yellowish nape, which I had mistaken for a leaf, quite distinctive. It could have been on the hunt for small fish, newts or frogs, but at that moment I think it was just cooling off and enjoying the water. Never having seen one so close-up and personal before, I too experienced that sense of wonder that you get when you share a rare moment with nature.

*Margaret Waddingham*

## Sunflower competition

It has been a delight and joy to both see and hear of so many taking part to grow the tallest plants in the village.

The seeds of the Russian Giant (*Helianthus Annuus*) were purchased by the Garden Club and distributed in April.

Special thanks go to Mark Paull, aka Jack in the Beanstalk, for his seamless energy and enthusiasm.

The judging of the competition will take place between now and 5 September.

Please measure the height of your plants in feet and inches using an imperial tape measure.

Email your measurements and your contact details to [thegardenclub@hotmail.co.uk](mailto:thegardenclub@hotmail.co.uk) alternatively 'phone me on 01963 363135 by the 5<sup>th</sup>.

Photos will be welcome. Home visits to verify details submitted may be made to ensure fair play.

In addition to the right to brag that mine's bigger than yours, three cash prizes of £10 are up for grabs, one being reserved for entrants under 16.

The prizes and the Roll of Honour of all those taking part are being presented at the Garden Club Show on the 10 September.

For those you know who do not have internet, please let the jungle drums roll!

Thank you for participating in the 'Mine's bigger than yours Sunflower competition'.

*Roger Gransden - Tel; 01963 363135*

## Garden Club outing

An outing to the wonderful garden, designed by Harold Peto, at Wayford Manor, south of Crewkerne, has been arranged for the Garden Club on the afternoon of 29 September; price £6 including tea. Those wishing to go must notify Howard ffitich on 01963 250120 or at [h.ffitch@btinternet.com](mailto:h.ffitch@btinternet.com)

## A day in the life of ..... 'a student teacher'

Up at 6am is a tremendous shock to my system – as an undergraduate the day didn't start until 11am. A short drive takes me to my placement in a Roman Catholic Primary School at Whitchurch near Bristol to arrive at 8am. An early start allows me to prepare for the day's teaching. At 8.50 I collect the children from the playground attempting to bring them in in an orderly fashion, amongst the chitter chatter and the discarding of coats and lunchboxes.



Registration and dinner numbers are taken online and sent to the Reception then prayers are said. About 9.20am we are all ready to commence the Literacy hour. The Year 4 children in the class vie for position on the small carpet. Once they have found a space and stopped fidgeting we can begin. Together we share our learning outcome for the session, today it is 'We are learning to (WALT) write a persuasive letter.' Using the interactive white board I give them a starting point which they develop with a partner and then share it with the class. I then direct the children to an activity in groups at tables. After this we have a plenary session to assess and check their work.

At 10.15-10.30 there is assembly which is attended by all. At break time 10.30-10.45 I have an opportunity to prepare resources for the Maths hour to follow. Maths hour is a similar routine to the Literacy hour. However this subject lends itself to outdoor activities and we are going into the playground to use robots to track coordinates. This can bring problems but good control makes these sessions worthwhile and fun.

Lunchtime brings no respite but more preparation for the afternoon. The hour goes quickly and I try to grab a sandwich, unlike the other staff who seem to be able to spend time in the staff room. Reading time after lunch can be boring for the children so we are going to sit outside under the trees in the shade.

At 1.30 much to the children's relief, we finish reading and change for PE. To speed up the changing we have a race against the clock, which causes great excitement, and reaps rewards at the end of the week. A game of rounders is on the agenda this afternoon.

At 2.30 having changed we start Science with a practical experiment followed by an unpopular write-up.

Prayers end the pupils' day. Chairs up and home at 3.30 pm.

But this is when my day begins again with marking and preparation for tomorrow. As a student teacher a reflection of the day with my mentor is a key part of my training. Home at 5pm thinking that my day had been stressful but rewarding, I then turn my attention to cooking for my housemates.

After supper I start working again on preparation for tomorrow and some university work with just a short break for Eastenders. A Bailey's hot chocolate to help me sleep and off to bed at 11pm. Roll on Sunday for a nice lie in.

*Holli Bastable*

### Garden tip

When buying new or replacement perennials, look for larger pots where you may be able to split the contents into 2, 3 or even 4 smaller plants.

### The Grass snake

In the sun bedazzled waters of a still, wild pond,  
a grass snake slowly circled banks of clay,  
now and then he slithered out to check  
his world beyond,  
then slithered back and swam upon his way.

Scarce a ripple on the water  
in the shining noon-day heat,  
scarce a movement, scarce the smallest breath escaped,  
just a throbbing, jewelled dragonfly attending to his beat  
and that tiny full-sailed schooner of the snake's pale nape

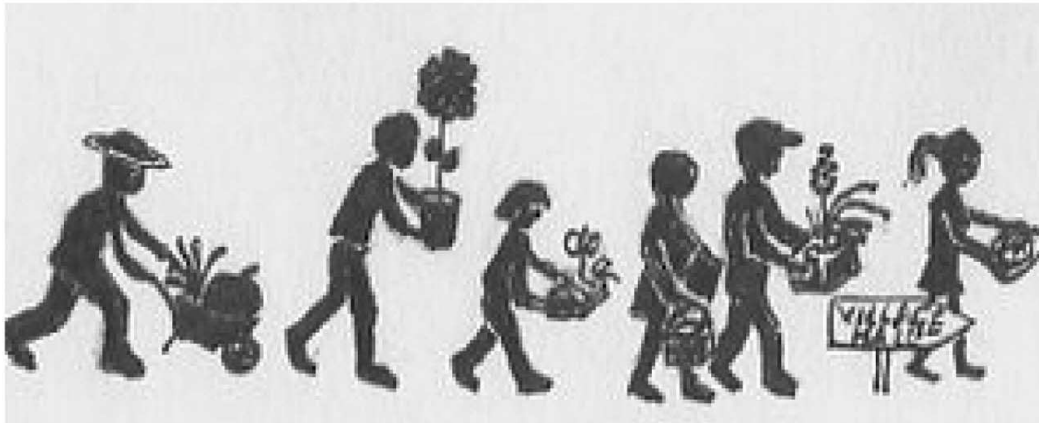
*Margaret Waddingham*

Stourton Caundle Garden Club

# Summer Show

Saturday 10th September 2011

Bring your exhibits to Village Hall 9-10.30  
Village Hall Opens for viewing 1.30pm  
Closing with an auction of produce 3pm



Raffle- Refreshments- Plants and Produce  
Open to village residents &  
Garden Club members

Entry forms are not required  
More than one entry in a class is encouraged

Spare copies of the schedule are available in the church porch or from Win Gillard (7 Brimble Cottages)

## Church news - Pilgrim study

### **Philosophy of Religion... for beginners. Chapter 3: Proving that God Exists.**

Two meetings will be held on Wednesdays, 28 September and 12 October 2011, at 7.30pm at the parish room of St. Mary's Parish Church, Stalbridge, led by John Worth (01258 817606, johnworth@aol.com).

Here's a chance to join in a bit of philosophical discussion (no previous experience necessary!), and better equip yourself to play a part in current controversies about whether or not God exists. We'll be looking at some of the classic arguments for the existence of God, and discussing how convincing they are (or not), as logical arguments and as evidence. Why are some arguments valid, and others not? And why do people believe in God anyway?

Join the intellectuals! Do some (more) philosophy!

*John Worth*

## Sky at night

This time last year I suggested we hold a *Sky at Night* 'observing session' outside The Trooper and, lo and behold, on October 10, we came up trumps on our first attempt as the evening proved to be warm and clear – perfect for the job in hand. Well as you know this was sheer luck on our part given the vagaries of the British weather so I would be rather loath to try our luck a second time soon, especially after the kind of 'summer' weather we've been experiencing of late. As an amateur astronomer, during the spring (March to May) I managed 32 observing sessions when the late evening skies were nice and clear – amazing! In contrast, so far this summer (June to August) I've notched up a mere 7 nights with only a couple of those remaining clear throughout. Maybe we're owed an Indian summer this year?



As to things to watch out for this month, Full Moon is on Monday 12<sup>th</sup> so especially dark skies will be with us at the start and end of the month, when you may need a torch to get around the village on foot. In contrast, between about the 7<sup>th</sup> and the 18<sup>th</sup>, the Harvest Moon will keep us company lighting our streets and fields through much of the night. Do have a look for the planet Jupiter which is coming into view in the late evenings rising in the east (as do all celestial bodies). It will be the brightest object in the sky – after the moon that is. Keep a look out especially on the evening of Friday 16<sup>th</sup> when soon after 9 pm you can see Jupiter looking like a brilliant yellow star rising soon after the gibbous moon has come into view. The two are just 5 degrees apart so should make for a fine sight. Finally, summer officially ends on Friday 23<sup>rd</sup> which is the day of the Autumnal Equinox.

*Richard Miles*

## Nine-Eleven remembered

The recent atrocity in Norway is a reminder, should we need it, that this September marks the tenth anniversary of the horrendous event known as 'nine-eleven'. For me personally it proved to be a desperately anxious day. My American stepson and his wife were visiting me, and early that morning I drove them to Wincanton for the Berry's bus to London. As a U.S. naval officer, Hillar spent some time in the seventies at our Royal Naval College in Greenwich, and he wanted to take Mary there, on a river boat from Westminster. After a pub lunch, they were in a shop when their accents indicated their nationality and they were told the information which was on our own news by then.

I had been alerted by my friend John Milburn to switch on my TV, in time to see the second plane crash into the building. What I did not know then was that Mary's Air Force son Scott was stationed at the Pentagon and that her son-in-law flew 'planes from Boston. I had a desperate 'phone call from her, begging me to ring her eldest daughter for news. I spent the rest of that afternoon trying unsuccessfully to do just that. Eventually, out of earshot for a short time, I came back to a message on my answering machine: "Mom, Scott's OK and Sean's OK - please call us".

In London by that time, people were getting anxious that something similar might happen there, and travel became congested and difficult, so that Hillar and Mary only just made the 6.15 bus from Hammersmith, with no time to telephone me again - and no mobiles. It was not until the bus reached Wincanton around 8.30 and I rushed towards them with my thumbs up, shouting "It's ALL RIGHT!" that Mary realised her beloved son was not dead. He should have been in that wing of the Pentagon struck by the last plane, but his wife, who also worked for the air force, had asked him to take the day off in order to look after the children - and it was also what could have been his last birthday. We had a subdued but thankful evening after a day none of us will ever forget.

*Prue Seddon*

## CAR BOOT SALE

*A wonderful chance to clear out attics and garages !!*

**Sunday 18 September**

in the field behind the Village Hall (courtesy of Alban Harris)

Sellers @ £6.00 per car from 09.00 am

Buyers @£1.00 per car from 10.00am

Close : MIDDAY

Refreshments

Further information from Tim Villiers (364384)

*Proceeds in aid of St Peter's Church*

## **Tribute to Edward (Ted) Foxwell**

***former Head Master of Stourton Caundle Primary School***

Ted Foxwell passed away on the 28 July just 26 days after celebrating his 92<sup>nd</sup> birthday. He was interred in the cemetery, next to his late wife Joy on the 8 August, following a funeral service at St Peter's Church.

Ted Foxwell was appointed as the Head Teacher at Stourton Caundle Primary School following the retirement of Miss Dutton in 1953, after the fire at Corner Cottage which had left her homeless. He taught pupils, ranging in age from seven to eleven years old, in a single classroom without any support. In the classroom the emphasis was very much on numeracy and literacy, spelling tests were set every week and tables recited by all the class, leaving them imprinted on the pupils' minds.

Christmas nativity plays were produced, and as the years progressed they became more ambitious, culminating in a production of Charles Dickens' Christmas Carol, with the Village Hall being hired on that occasion. Pupils were divided into mixed age groups for outdoor activities, such as team sports and gardening. School visits were also organised based on educational need, these included visits to the Swannery at Abbotsbury, and to the Bath and West Show.

In the summer of 1954 Ted organised the first Flower Show. At first it was intended to be a children's show, but very early on it became evident, that there was a need for a full scale flower show under R.H.S. rules. In the early years, competition amongst the cottage gardeners was fierce, cups were awarded to the winners of the various sections, and a cup was also presented to the person who overall gained most points. After the shows, Mr Vernon Guy auctioned all the unclaimed exhibits, to raise money for the school funds. Various sideshows and attractions were organised, including skittles and a coconut shy.

On the evening of the 1955 show, a comic football match took place in the orchard at the rear of the School between the fathers of school pupils. The funds raised were intended to be used for the purchase of sports equipment, but such was the enthusiasm and support shown, that a 16mm cine camera and projector were purchased. In the mid-1960s a learners swimming pool was purchased which meant that during the last five years of the school's life every leaver was awarded a proficiency badge for swimming.

Following the announcement of the proposed closure of the school in 1974, there was much protest and discussion. Numbers attending the school had dropped to below thirty, with no prospect of any increase resulting in its inevitable closure. The school continued to operate as an annex for the newly constructed All Saints Primary School at Bishops Caundle, finally closing in 1976, just eight years short of its centenary.

During his years as Headmaster Mr Foxwell made a significant contribution to other areas of village life serving as a Church Warden and bell ringer at St Peter's Church for several years and organising the traditional Harvest Suppers which took place in the village hut, memorable for the farmhouse cider from Brunsells Farm.

Following the school's closure, the building, the sole remaining property in the village in the ownership of the Stourton Estate, was purchased by Mr Foxwell and converted to a domestic residence where he lived with his second wife Janet until they moved to Sherborne.

Mr Foxwell continued as the Head Master at All Saints Primary School until 1977. During his final years as a teacher he became frustrated with his hearing difficulties caused by his years in the Royal Tank Regiment, finally leading to his decision to retire.

Mr Foxwell was a strong disciplinarian and commanded the respect of all of his pupils. During his leadership the school provided an excellent standard of education, especially when measured against the resources available at the time and his pupils can now look back with a sense of gratitude for having the opportunity to receive a good basic standard of elementary education leaving them well prepared for the transition to either secondary or grammar school.

He enjoyed a full retirement with continuing sporting interests in archery and bowls, and times of travel leading to his Janet's purchase of a cottage in France in a village with many similarities in lifestyle and activities to Stourton Caundle as it was during his time as Headmaster.

Ted used his red marking pen for the last time in 2001, to proof read, and correct, the chapter on education in the *'The Book of Stourton Caundle'*.

*Phil Knott*

## Welcome Club

At the July meeting members enjoyed an interesting illustrated talk on the history of cider making, from its early days of production on farms, for agricultural workers working in the hayfields and at harvest time, through to present day mass production by specialist producers.

The final outing for this year will be to Portsmouth Dockyard on Friday, 16 September. Cost: members £25-50p and non-members £27-50p. Any cancellations must be made at least seven days prior to outing, unless due to illness. The price includes admission to the Mary Rose exhibition, HMS Warrior and HMS Victory.

The topic for the talk at the September meeting will be Willow Basketry.



*Phil Knott*

## Welcome Club Trip to Portsmouth to include a visit to the **Mary Rose** Friday 16 September

For time and to book a place call Helen on 362929

## Recipe

**Saag Aloo** - With lots of potatoes and spinach from the allotment, I find this is a great way to incorporate a lot of healthy green leaves in one's diet.

Serves 4: Prep Time: 10 mins, Total Time: 30 mins

1 large onion, chopped	1/4 tsp cumin seed
8 small potatoes	1 tsp turmeric
400g spinach or 400g chard leaves, stalks removed, roughly chopped	1 tsp garam masala (a mix of other spices)
1/2 tsp garlic clove, coarsley chopped	olive oil, butter, salt

1. Parboil the potatoes for 6-8 mins.
2. Fry the cumin seeds in a heavy bottomed pan in a bit of oil and butter until just starting to brown.
3. Add the onion and fry until it too starts to brown.
4. Add the potato, garlic, turmeric, ginger and garam masala and fry until the potato starts to soften.
5. Unless you are using a non-stick pan, you may need to add water and cover to keep the potato from sticking and to help it cook.
6. Add the spinach or chard and cook until it collapses over the potato.
7. Salt to taste.