

WEALD VIEWS In the Three Suttons

Online Version

February 2021



One of the lovely windows at St Michael's Church, Chart Sutton depicting the transformation of water into wine at the Marriage at Cana, and is the first miracle attributed to Jesus, in the Gospel of John.



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CLERGY LETTER

Dear Friends

I made some Blackberry Whisky jam yesterday – I made Blackberry Gin jam the day before. I don't know what they taste like, or even if they have set – they could be completely inedible. To be honest we dont tend to eat jam at all, so you

may wonder why I made it in the first place. The answer is quite

simple. The time had come to decant and bottle the Blackberry Gin and Blackberry Whisky that I made in the Autumn and, because I hate waste, I couldn't bring myself to throw away the fruit that had been sitting in the liquor for the past few months.

Waste is something that we are all being told to cut down on, we are encouraged to re-use and recycle before throwing anything away – and even then, just because we no longer have a use for an item, there is always a chance that someone else does, so perhaps we should be passing it on. This, after all, is the responsible way to behave if we want to care for our planet and I think that we are all coming to sign up to that now.





...between you and me, it's the only way I can remember my PIN number!

However, there is something else, something even more precious that I see being wasted very regularly – indeed I do it myself. Time. Now I appreciate that at the moment we are still in the grips of the pandemic and limited by lockdown restrictions. This means

that many of the things that we used to enjoy spending our time

on are not currently possible. But that doesn't mean to say that we have little alternative but to sit back and do nothing. There really is plenty that we could be doing – indeed, just yesterday a lady from the village told me

how she had used her time to bake some cakes for the first time ever – she showed me a photo and they looked very nice, so she had used her time wisely and learnt a new skill into the bargain.

I'm sure that at the beginning of the first lock down many of us promised ourselves that we would do all sorts of things with the time that we now had to spare – I wonder how many of us actually did. But just because we have got into some lazy habits over the last year doesn't mean that we have an excuse to retain them throughout future lockdowns – it's never too late to learn a new skill, tidy your study or wash the car (I should have done mine ages ago!)

February marks the beginning of Lent. A season when we remember Jesus in the wilderness - a season when, on the surface of it, there was very little he could do to fill his days. But, was this 40 days a waste of time? No of course it wasn't - because he used the time he had available to concentrate on God and strengthen the relationship he had with him. He used the time to prepare himself for the ministry that lay ahead of him and he used the time to make himself more aware of the temptations of this world and therefore more able to resist them. Jesus' wilderness experience was definitely not a waste of time.

As we journey through February, you may well think that you will be encountering yet another miserable month with very little to do. However, I pray that you will all find ways to use your time wisely and that you will summon the enthusiasm to do those things that you promised yourself you would do at the start of the pandemic However I also pray that each one of you will also remember to find time for God in prayer and meditation and through reading the Bible.

We also have a good supply of the Church of England recommended Lent study booklets. These contain a short Bible reading, reflection and prayer for each day throughout Lent. Please let me or one of the churchwardens know if you would like a copy and we will make sure you receive one.

With every Blessing for the month ahead



	WEALD VIE		
Editor	wealdviews@hotmail.co.uk	Graham Haskett	01622 891804
Advertising	ireland.malcolm@gmail.com	Malcolm Ireland	01622 891058
Distribution goverjames50@gmail.com		Mr G James	01622 842681
Subscriptions	goverjames50@gmail.com	Mr G James	01622 842681

The final deadline for the submission of material is the 14th of the preceding month. Acceptable formats for articles are MS Word, MS Publisher or text files. PDF files can sometimes be used, but as their proportions cannot be altered without distortion, they can't always be used. Suitable picture formats include: Jpeg, BMP, PNG, GIF, etc.

St Kew has nothing to do

8th Feb: Kew and the wild boar

immediately slowed down

to a peaceful walk.

with gardens or the 'Q' of James Bond fame. This Kew was a girl who lived in Cornwall in the 5th century, and who should be the patron saint of girls with difficult older brothers.

Big Brother was so shaken by this that he repented of his superior attitude. When he then bothered to spend time talking with young Kew, Big Brother discovered her nature to be of "rare virtue and holiness". Other people

Kew's older brother was a hermit who felt his

thought so too, and after her death they decided Kew had been a saint, and so should have the parish church named after her.

younger sister was not worthy to even visit his cell. But big brothers often underestimate their younger sisters, and he was no exception. One day Big Brother saw a wild boar charge out of the woods towards his sister. Kew spoke to it kindly in tones of such purity and sweetness that it

Perhaps the moral of all this is that if you want to win over a difficult older brother, you should first practise on wild boars.



Beware hand sanitiser!

mistaking the sanitiser for a drink.

Don't let vulnerable members of your family accidentally poison themselves with hand sanitiser. It can kill them.

Pandemic dreams

Poisonings from swallowing alcoholbased hand sanitiser have more than doubled in the past year, to nearly 400. Doctors from the Centre for Evidence Based Medicine at the University of Oxford urge that more needs to be done to protect children, the elderly or anyone with mental health issues, from The pandemic is affecting our dreams. More people are reporting nightmares which relate to 'contamination' and 'cleanness'.

A recent study has found that the more anxious a person is in their waking life, the more vivid will be their dream images. The findings, published in the journal PLUS One, explain that "Pandemic dreams show a higher proportion of anger and sadness words; these features seem to be associated with mental suffering linked to social

If the branches of a neighbour's tree extend over your garden, you are entitled to cut them off, but legally you are obliged to offer



to return them. Before cutting the tree however, talk to your neighbour to avoid misunderstandings!

Fruit

Before starting to prune any fruit trees

ensure all fruits from the previous year have been picked. If left on a bush or tree, they encourage the presence of pests and diseases.

Prune red and white currants from now

until early Spring taking them down to 2 – 3 inches from the ground to prevent the spread of pests and diseases.

Prune Apple trees this month and burn the pruning's to prevent the spread of pests and diseases, providing you are allowed to have a bonfire in your area. If not put them in the green recycling bin and they will be dealt with by the Council.

Vegetables

Continue to harvest your leeks, parsnips and winter cabbages as they mature.

If you have not planted your shallots in December they can still be planted in

February.

ORGANIC GARDENING AND WILDLIFE

Take care in winter when creating a bonfire not to

incinerate hibernating animals etc. If you have previously been making a pile of debris ready for the bonfire check carefully that no one has crawled in before setting it alight! If necessary

build a fresh heap several yards away, moving small amounts at a time from the existing heap.

Some birds are beneficial to our gardens, eating grubs as well as small

rodents. In winter, when natural food is scarce, they need to have their diet supplemented by providing fresh water for both drinking and bathing. Purposebuilt bird baths can be bought, but an alternative is to invert an old metal dustbin lid, support it on bricks and fill this with water. A nightlight placed underneath in winter prevents total freezing. Do not put salt or antifreeze in the water!!

Fortunately, at least half of all households put out food occasionally and about a third regularly. Food to provide includes:

Crumbled bread, moistened if dry. Stale

Continued on next page

cake and biscuits. Bird seed sold in proprietary mixtures. Sunflower seeds appeal to Greenfinches and Chaffinches, while small seeds such as millet attract Finches and Dunnocks (common Hedge Sparrows). Fruit, such as windfalls or bruised apples and pears, appeal to Thrushes, Blackbirds,

Fieldfares and Redwings. Dried fruits, such as sultanas and raisins, can be used but first must be soaked in water.

Cheese, crumbled or grated is tempting for

Robins and Wrens. Fat from bacon rinds or chops can be hung from the branch of a tree. Fresh coconut appeals to Tits, put out pieces of it, perhaps hung from branches. However, please do not offer birds desiccated coconut. Peanuts, rich in fat, attract Greenfinches, Tits, House Sparrows, Nuthatches, Siskins and Great Spotted Woodpeckers. We are lucky enough to back on to woodland containing a variety of trees and quite often spot Woodpeckers. It is always useful to have a bird book handy so that if an unusual bird appears, it will be a real treat to be able to identify it during late January / early February when the Royal Society for the Protection of Birds like us to spend an hour making a note of these birds and you can then put them on the RSPB list. Hopefully we will be able to encourage some new 'bird spotters' in our families. This will give

the children as well as adults something different to do!

FOR FAMILIES WHO ENJOY DIGGING AND PREPARING FOR RUNNER BEANS:

You will not be able to put the runner bean seeds in yet unless you have a greenhouse and can prepare the runner

bean seeds in pots before attempting the trench! Keep an eye on the beans you had planted in pots in the greenhouse as they will need to be watered occasionally.

Next on a good day there is nothing more rewarding than to get out into the garden and prepare a double dig trench ready for the runner beans to be accommodated. When prepared you might like to scatter some grit if you have clay soil, forking the bottom to allow excess moisture to escape. You will need to have two spade depths to accommodate the cut up stalks and leaves from your vegetables as well as torn up newspapers and well rotted farmyard manure if available to give the beans something to feed on in the trench at a later stage. Gradually add some earth in the trench which will allow it to gradually rot down the layer underneath until by April you should

Happy Gardening with best wishes from *Keith and Jean*.

have incorporated a generous mix ready

for your runner beans.

Shrove Tuesday: Who's for pancakes? by David Winter

Why do we have pancakes on Shrove Tuesday, or Pancake Day, as we call it today? And what is Shrove Tuesday? And why do thousands of people feel it rewarding to race along a street somewhere tossing pancakes from their frying pans as they go?

Well, the answer to the first question is that it is the day before Lent begins and for well over a thousand years that has meant it was the last chance to enjoy meat, fat and other tasty dishes until Easter Day. The 'Lent Fast' was widely and strictly observed. The food in the larder wouldn't keep for six weeks so it had to be eaten. With all these rich foods no wonder the French call it 'Fatty Tuesday' – Mardi Gras.

So, what have pancake races got to do with all this solemnity? 'Shrove' is an old



word for 'forgiven' and in those days to prepare for the rigours of Lent people would want to confess and seek forgiveness – not quite what you want at a party. The answer is quite simply enjoying yourself while you can! So, on Shrove Tuesday

this year let's have some fun and make it last as long as possible.

The most convincing (and amusing) of the explanations of pancake races is of outwitting the Sexton who rang the curfew bell that marked the start of Lent. He was reluctant to do it while the race was unfinished. So, the revelry caused by dropped pancakes, postponed the inevitable.

Since the Reformation it has not been so rigorously observed in Britain, but still people will resolve to 'give up something for Lent'. Six weeks is about right as a duration and Sunday has always been exempt but make the most of those pancakes. They may well not reappear until April 12th!

What happened to your New Year's resolution?

If you are already struggling to keep it,

here is something that might help you.

Psychologists advise that it is useless to say you are going to quit anything. Instead, make your resolution to change into something positive. For example, instead of "I will give up sweets," say "I will eat fruit twice a day."



It seems that people with an 'approach goal' score greater success than those who see themselves quitting something they still like. As one Swedish doctor explained: "You cannot

erase a behaviour, but you can replace it with something else."

The most popular resolutions regard physical health, weight loss and change of eating habits. The research was done at Stockholm University.

Due to the increase in covid-19 cases in Kent we walk leaders decided to suspend our walk in Smarden on the 9th of December and to review early in the New Year the January walks.

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a place on each walk on a first come first served basis and although this is a nuisance it is working well.

For further information on any of our walks, contact Barry:

barry@watersideoast.com or to book your place contact Paula 07525 260539 or try paulasmale@btinternet.com

Barry Walker

January 2021 Dates

Wednesday 13th Wednesday 27th

There are

two

Don't forget, it is now necessary to book

14th Feb: Valentine's Day

confusing things about this day of romance and anonymous lovecards strewn with lace, cupids and ribbon: firstly, there seems to have been two

different Valentines in the 4th century one a priest martyred on the Flaminian Way, under the emperor Claudius, the other a bishop of Terni martyred at Rome. And neither seems to have had any clear connection with lovers or courting couples.

So why has Valentine become the patron saint of romantic love? By Chaucer's time the link was assumed to be because on these saints' day -14th February - the birds are supposed to pair. Or perhaps the custom of seeking a partner on St Valentine's Day is a

surviving scrap of the old Roman

Lupercalia festival, which took place in the middle of February. One of the Roman gods honoured during this Festival was Pan, the god of nature. Another was Juno, the

goddess of women and marriage. During the Lupercalia it was a popular custom for young men to draw the name of a young unmarried woman from a name-box. The two would then be partners or 'sweethearts' during the time of the celebrations. Even modern Valentine decorations bear an ancient symbol of love - Roman cupids with their bows and love-arrows.

There are no churches in England dedicated to Valentine, but since 1835 his relics have been claimed by the Carmelite church in Dublin.

Want to feel better? Cuddle your pet



If you think you feel better after cuddling your dog or cat, there is a good reason: you really do feel better.

After only three minutes of cuddling your pet, your levels of oxytocin, the 'love' hormone, increase, according to a recent study from Australia's Monash University. And just five minutes of cuddling will also raise

your levels of the two wellbeing and happiness hormones, endorphin and dopamine. So says a recent report in the Journal of Psychosomatic Research.

In her recent book, Your Pet, Your Pill, vet Margit Gabriele Muller says that caressing a dog or other pet provides exactly the same health benefits as skinon-skin contact with another human. The hormones that are released "are the same as when you're breastfeeding or cuddling a partner."

Furthermore, a study at Liverpool University last year found that dog owners are four times more likely to be fit than other people.

National Nestbox Week - time to help your garden birds



Our birds are short of nesting holes, and no wonder: gardens, parks and woodland are much neater than they used to be, and modern homes offer few crannies for nest building.

National Nestbox Week, which is celebrated from 14th February each year, aims to encourage us to put up more nestboxes, and to consider planting shrubs or trees with fruit that birds eat. These can make all the difference to birds struggling to survive,

especially blue tits, great tits, house sparrows, robins and starlings.

The British Trust for Ornithologiy (BTO) offers a variety of ideas for building and placing nestboxes. Go to: https://www.nestboxweek.com

Smile Lines

Dressed



During my surgical residency I was called out of a sound sleep to the emergency room. Unshaven and with tousled hair, I showed up with an equally unpresentable medical student. In A&E we encountered the on-call medical resident and his student, both neatly attired in clean white lab coats. The resident said to his student, "You can

always tell the surgeons by their absolute disregard for appearance."

Two evenings later, I was at a banquet when called to A&E for another emergency.

I was stitching away, wearing my dinner jacket, when I encountered that same medical resident. He looked at me, then said to his student, "Sure is sensitive to criticism, isn't he?"

Diabetic

A fellow nurse at my hospital received a call from an anxious young woman. "I'm diabetic and I'm afraid I've had too much sugar today," she said.

"Are you light-headed?" my colleague asked.

"No," the caller answered, "No, I'm brunette."

Fox

I called the RSPCA today to report I had just found a suitcase in the woods containing a fox and four cubs. "That's terrible," she said. "Are they moving?"

"I'm not sure, to be honest," I replied, "But that would explain the suitcase."

Eyesight

A man went to his doctor to say that his eyesight was getting worse. The doctor asked the man to look out the window and to tell him what he saw. "I see the sun," the man replied.

The doctor replied: "Just how much farther do you want to see?"



Chart Sutton has a small but successful shop in the heart of the village on The Green run entirely by volunteers for the benefit of the community.

It is looking for more volunteers to help run it. It is open between 7am-5pm Mon-Fri and 8am-12noon at the weekend and Bank Holidays. Hours to suit, most volunteers do 2 hour stints. There are some permanent slots available but if you would rather be available for ad hoc covering that is fine as there are times when last minute cover is required.

The volunteers are a great bunch who very much enjoy being part of the community, meeting a wide variety of people. If you are interested in becoming part of this team please call either Valerie on 843232 or Jane on 843743 for an informal chat

Sutton Strollers



Join us and enjoy the glorious countryside around The Three Suttons on the 3rd Sunday of the month.

Contact:

Chris......01622 842629

Graham.....01622 745484

Truth at risk of being auctioned to the highest bidder – Archbishop



Editor: The Revd Peter Crumpler, a Church of England priest in St Albans, Herts, and a former communications director for the CofE, considers the growing problem of fake news.

Truth is becoming a commodity, up for auction to the highest bidder, says Archbishop of York Stephen Cottrell in a

recent article published in Radio Times.

Lamenting the decline of truth in public life, the Archbishop explains "The echo chambers of social media and the fake news that often goes with it have led us to mistrust and cynicism.

"In other parts of the world, even news channels seem to be mouthpieces of certain political parties or vested interests."

Commenting on the US Presidential election, Archbishop Cottrell says "Look at how divided and mistrustful of each other the people of that nation have become. Most alarming of all, there seems to be no common understanding

of what is true or who can be trusted. Truth itself seems to have become a

commodity, bought by the highest bidder."

The Archbishop's words echo those of former President Barack Obama, who told the BBC that the US was more sharply divided now

than when Donald Trump won election four years ago.

Using the term 'truth decay' to describe a rise in conspiracy theories and disinformation in the US, Barack Obama said, "I think at some point it's going to require a combination of regulation and standards within industries to get us back to the point where we at least recognise a common set of facts before we start arguing about what we should do about those facts."

The Archbishop of York, who took up the post last July, is warning that the divisions in the US could come to the UK. He believes that the BBC and other UK 'public service broadcasting' channels like Channel 4 have a vital role in holding the country together.

He says "I know that there are many across the country who feel that during this terrible pandemic year, others have been favoured at their expense. The vision of the united but diverse nation that we see on TV programmes such as

'Gogglebox' is not always what we see around us."



The Archbishop is worried that the rise and spending power of US broadcasting giants Netflix and Amazon places "our British way of doing broadcasting under threat. A voracious,

unchecked market may just sweep it away. Even some of our own politicians don't always see this."

He adds: "Along with the NHS, and even the Church of England, the BBC and other public service broadcasters are a precious part of our cultural ecology. They help us to see ourselves clearly. They can be trusted."

Meanwhile, a project running in the CofE's St Albans diocese has brought together journalists, scientists, representatives of Big Tech and authors with people from a range of faiths to consider how the rising tide of disinformation and fake news can be stemmed.

Grove Books has published 'Responding to Post Truth', showing how churches and Christians could fight back against fake news and disinformation. You can order a copy at: https:// grovebooks.co.uk/products/e-197-

responding-to-post-truth

Noticeboard



St Mary's Monthly Draw

Winners of the January 2021 draw

First Prize - Miss Charlotte Parkes

Second Prize - Mr Brian Jones

Congratulations!!!



Once again it is time for me to collect in the Children's Society Boxes for emptying. If, like me, during this strange year, you have not acquired much in the way of loose change, do not worry. However small, all donations are much needed and appreciated by the Children's Society.

I need to collect the boxes in by the end of February. Once opened I will return them to you. If you would like me to collect your box, please call me **01622 843748** and I will happily do so.

Last year we raised £338.31p for this worthy cause. If you are not currently part of this scheme and would like to help us raise money for the Children's Society by donating your loose change, I would be happy to provide you with a collecting box.



Hello.

Well, Christmas came and went very quietly, didn't it?

Sadly we were unable to celebrate it at our carol service in the village hall or in church on Christmas Day, but we did manage some carol singing on the village green. This was the first

St Michael's Church, Chart Sutton



time we have done this, and it was a bit "ad hoc" but around 30 people showed up with their best singing voices and we all chose our favourite carols as the moon came up. It was quite magical!

Thank you to everyone who came along, and thank you for your donations - £160 was raised for Demelza Hospice.

In due course we will hope to reinstate our service rota and return to our service of Evening Prayer on the $\mathbf{1}^{st}$ and $\mathbf{3}^{rd}$ Sundays of the month. We will try and let people know once restrictions are eased.

Looking further ahead, I do hope we will be able to have a few fund raising events, maybe a jumble sale and our history/cream tea afternoon. Of course we will advertise events as we make plans.

Do remember, the Vicar is still contactable if you need to talk to her (01622 - 891804) and services continue to be streamed on the website and Facebook.

Heather St Michael's PCC

The challenge to some over-60s

Last year saw a steep rise in redundances among the over-60s, and a lack of proficiency with digital work tools such as Zoom helped contribute to the problem.

The number of workers over 60 who were made redundant increased from 8,000 between April and June to 31,000 between July and September – twice the percentage increase of any other groups.

According to research by Rest Less, a jobs site for older people, older workers are less likely to receive workplace training than their younger counterparts, and once made redundant are significantly more likely to find themselves in long-term unemployment. "Contrary to popular belief, most 60-somethings are not revelling in their gold-plated final salary pensions — a long lost preserve of their parents' generation."

Last year we had two very wet and windy storms in February – the first over the weekend before Valentine's Day and the second the following weekend just as the half term holiday was beginning. Both storms brought

February Jottings



these days because many front gardens have been paved over to enable second and third cars to be parked – but it is in the rural areas of the catchment basins that more should and could be done to slow the passage of rainwater into the

streams and rivers. I remember reading papers on that subject 30+ years ago when I was in New Zealand which suggests that plenty of research has been done, so one wonders why so little action is being taken. As for the rivers themselves, regular dredging of the channels would be a good start.

Also by the end of last February the Covid-19 virus was beginning to make its presence felt in every continent except Antarctica. Sensible precautions that individuals could take to limit the number of new cases were widely publicised but we were told that there was no need to panic! Ever since then we have been playing catch-up but let's hope that there is some light at the end of the tunnel now that the vaccination programme is under way.

As for the weather, there is nothing we can do about that except hope that nothing too extreme is thrown at us this month.

Michael Beaman

excessive amounts of rainfall to some parts of the country – rainfall that wouldn't have been able to soak in quickly enough even if the ground had been relatively dry but, because the ground was already very wet, most of the rain ended up pretty quickly in the rivers causing many of them to overflow their banks. As the second storm passed through there were more than 150 flood warnings and houses and business premises in many parts of the country had water flowing through them; and things only got worse as there was yet more rainfall the following week. Many of those affected blame the government for not spending enough money on flood defences but I think it would be impossible to protect many settlements when river levels rise as they did last February. Rather than trying to contain the rivers within their banks the powers that be should be doing more to stop the flood water getting into the rivers so rapidly. The roads and buildings in large urban areas generate enormous amounts of quick run-off - even more so

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!	SUTTON SAINTS FOOTBALL CLUB	Janet Burnett	01622 844135
!	SUTTON VALENCE CHORAL SOCIETY	Mr A Hutchinson	01622 843325
:	SUTTON VALENCE GARDENERS ASSOCIATION	Mr D.Gallafant	01622 842439
	SUTTON VALENCE HOCKEY CLUB	Mr L Davies	01622 844046
i	SUTTON VALENCE KARATE CLUB	Mr S Pereira	07768 388163
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CLERKS TO THE PARISH COUNCILS		
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East Sutton	Mrs J. Burnett	01622 844135
	eastsuttonparishcouncil@gmail.com	
Sutton Valence	Mrs J. Burnett	01622 844135
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DOCTORS		
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Chart Sutton - Mrs V Underdown	valerie95@outlook.com	01622 843232
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