

The Stutton Standard

Summer 2016

Edition no 5

We raised £2065!

In February, the social committee organised a charity auction in aid of the flood appeal. With some fantastic lots, a wonderfully entertaining auctioneer and some very generous bidders we had a great evening and managed to raise **£2065!**



A big thank you to everyone that generously donated items, and to all those that attended the event.

All money raised is going directly to the flood appeal to help and support those affected in the Tadcaster area.



Easter Event

On Easter Sunday the social committee held a treasure hunt and Easter bonnet competition at St Aidan's church. We were overwhelmed by the numbers of children that took part and amazed at the effort that went into making bonnets, crowns and other headpieces! Again thank you to all the families that attended, it was so much fun, and we can't wait until next year!



Merit Award for Stutton Resident

Stutton resident Andrew (Charlie) Charlesworth was awarded a merit award by Tadcaster Town Council for his service to the community. This was because of his more than 10 years' commitment to children's football and all of his work for the Tadcaster Albion Junior Football Club. Charlie has had many roles in the club over the years. Starting out as an enthusiastic parent, he then completed his coaching qualification, was also secretary of the club and is now chairman.



Charlie receiving his award from the mayor

Would you like to be involved?

Tadcaster Albion Juniors is a charter standard football club which aims to be inclusive for children of all abilities with teams from kindergarten to under 19's. If you would like to get involved in junior football or have a child who loves to play please contact Charlie for more details

tad.albionifc sec@btinternet.com



Junior Rifle Shoot

Following our many clay pigeon shoots, some of our younger family members had been asking when they could have a go. To meet demand, on 15th May we organised our first 'Junior Air Rifle Shooting Event' (open to adults too!). We met at the Hare & Hounds with 6 eager children aged 6 to 16, along with their adult guests. We went to Park Lodge Shooting School where, equipped with a selection of air rifles and pistols we settled into the shooting range. Mike Grayson gave a very clear and easy to understand briefing and under close supervision target shooting began. The older children had a bit of a competition and the younger children enjoying the pistol shooting. With pleas from all to 'do it again', we will be on Sunday 7th August, so sign up at the pub or Social Committee email if interested.



Granny P's recipe corner – Strawberry Jam and scones

Strawberries for me are the essence of summer. Growing up we would spend long days outside playing then coming in to mum's amazing baking. What I remember most was the big pots of bubbling jam on the cooker and her shouting "don't put your fingers in those pans you'll burn yourselves" as we simply couldn't resist having a nibble before anything was ready.

And you can't have jam without scones and these simply are so indulgent, calorific and divine!

Jam – Ingredients

600g of Preserving Sugar

The zest and juice of one lemon

1kg of strawberries, hulled and cut in half if they are large



Jam - Method

First sterilise the jars. You don't need to buy jars just use old ones, as long as they have lids it'll be fine. Wash the jars thoroughly then whilst they are still wet put them in a hot oven until they dry. Turn the oven off and leave them to cool.

Put the sugar, lemon juice and zest in a preserving pan or a large heavy bottom based saucepan. Heat very slowly until the sugar has melted.

Add the strawberries and stir gently, don't turn the heat up, but bring them to the boil and cook for 3-4 minutes or longer if you prefer a thicker jam (which I do)

Allow the pan to cool, skim off any froth from the top and spoon the jam in to the jars and seal. Remember to date the jars but as long as they have been sealed tightly they should last around a year; obviously not that long in my house!

St Aidan's Update

St Aidan's has undergone some extensive renovation work both on the structure and within its grounds, and we are pleased it can be used once again to host the annual art exhibition which starts on Saturday 2nd July for one week.

Granny P's recipe corner – Strawberry jam and scones

Scones - Ingredients

450g self-raising flour, plus a little extra for dusting

¼ tsp salt

100g of cold butter diced

85g golden caster sugar (or white caster sugar)

285 ml of butter milk

2tsp vanilla extract

Splash of milk

If you like fruit in your scones then always use sultanas and soak them in a little bit of the buttermilk. Use 50g of sultanas and you only need to soak them for around 15 minutes.



Scones - Method

Heat the oven to 200°C or gas mark 7, put the flour, salt and butter in a bowl and rub them together to make a breadcrumb consistency (or use a food processor but don't over process).

In a pan gently warm the buttermilk and vanilla extract. In a separate bowl, put in some of the buttermilk followed by the flour mixture; keep doing this until everything is in the bowl. Use a pallet knife and mix it together until it forms dough; again don't over mix it. Don't wash the pan yet!

Tip on to a floured surface and lightly bring the mixture together. Pat the mixture out to make a base around 2 inches thick. Then cut out with a large round pastry cutter, place them on a baking sheet with grease proof paper or baking parchment.

Add a splash of milk to the buttermilk pan, give it a good mix round and glaze the scones with this.

Bake them for around 10-12 minutes until well risen and golden brown.

Serve slightly warm with your homemade jam and a dollop of cream.

If you have any family favourite recipes and you would like to share them with us all, please email them to me at

wrigglesworth291@btinternet.com

Lynsay Wigglesworth

Mindfulness

Mindfulness
Starts Here



The Stutton Mindfulness group is now in action and meeting most Tuesdays. It is a small but select group and there seems to be a preference for coming as a family. There are 2 mother and daughter combinations but, in the spirit of mindfulness, we try to keep the competition to a minimum! More seriously, although the class is currently small in numbers, the work that we do in the class and the benefit to those who come is impressive. The cards delivered throughout the village said that Mindfulness could help with stress, difficulty adjusting to change or feeling stuck. The group found very quickly that they did get help with these challenges that face us all at some time or another in our lives.

Each person who comes to the class brings an impressive commitment to settling into the practice and this is why they experience the benefits. There is always a feeling of peace that comes over the group as we practice and everyone leaves feeling more relaxed. This happens even when people have had a busy, challenging day and are tempted not to come! Sleep has become more peaceful after we have met and some are feeling stronger in themselves, less likely to feel defeated by chronic illness. There is also a realisation dawning that stress is something that we create in ourselves and we have a choice in how we react.

It is early days for this challenge and do not think that we spend time talking about problems; we simply get on with standing and seated exercises to help us relax and become more mindful.

Here is a quick tip that the group have used:

If you are setting out for a walk in the lovely countryside around here but your mind is still busy then do this. Count the number of steps that you take as you inhale, count the number of steps that you take as you exhale. Keep doing this and feel the calming rhythm. Don't be tempted to change your breathing or your walking in any way. This is simply an exercise in settling into what happens naturally. After a while, you can let the counting stop and notice that you feel at ease in your body as you continue walking.

Anyone wishing to join the class or come for a 1 to 1 taster session with me (cost £5) will be very welcome. I am really sorry that the class time, Tuesday night from 6.45 to 7.45pm, does not suit some that are interested.

Sue - 07729 617471, 01937 831449 www.littleyin.co.uk

Stutton SEW n' so's.



Do you like to natter while you knit?

Chat while you crochet?

Enjoy sewing, patchwork, needlepoint?

I am thinking of starting a group for fellow stitchers. If you would be interested in joining me, to share our skills and enjoy conversation, please contact

Julie: 01937 918584 or email j.cully@hollybushprimary.org

Your village needs..... Your Bulbs

Community Village Bulb Planting Scheme In Partnership with the Parish Council

We are looking for donations of Daffodils, Crocuses, Snowdrops or whatever you can offer.

We plan to plant them on Sunday 2nd October from 10am, so next spring our village will look bright and colourful.

So keep the day free and bring everyone along for this wonderful village event, and after all that work we'll all have tea and cake!

Don't forget next time you're at the garden centre.....remember bulbs!

You can drop them off at the railway arch at the bottom of Green Lane or please call Lynsay on 01937835039/07771613177 and I will collect them.



DOG FOULING

First a big thank you to dog owners who pick up after your dogs while walking. It makes a huge difference to our community in keeping it clean and safe.

The Parish Council has installed a number of dog poo bins around the area. These are located:

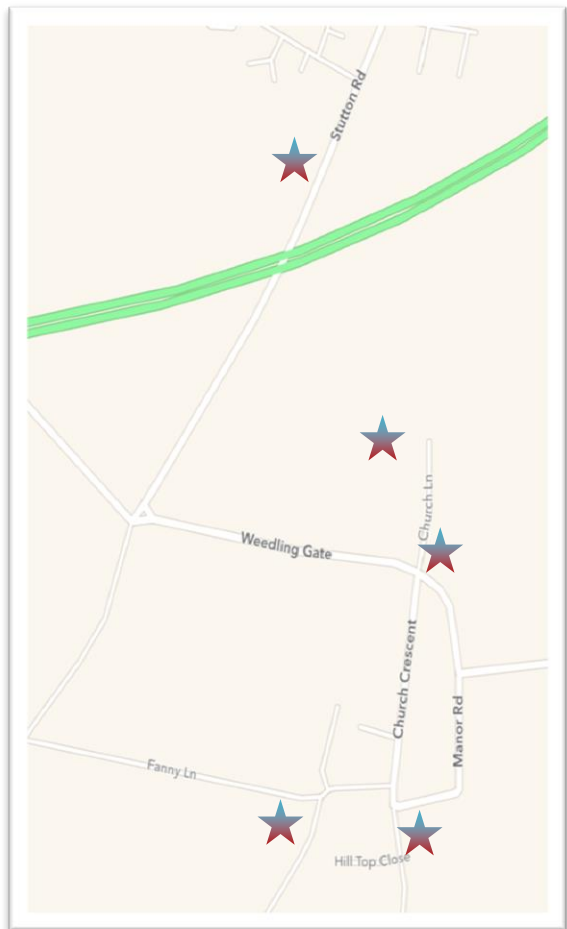
- on Manor Road in front of the Village Hall;
- at the junction of Fanny Lane and Brant Lane;
- at the junction of Church Lane and Weedling Gate;
- at the village end of the footpath from Church Lane to the A64 underpass;
- on Stutton Road between the A64 and the Woodlands Estate.

If an additional bin or bins would be useful for you, please suggest the location(s) to the Parish Council.

Unfortunately there are still a few dog owners who are not taking advantage of the bins provided and so there are some areas where dog fouling is becoming an issue. Of particular concern is the area outside Stutton Village Hall, which is used by many small children attending the Stutton Playgroup. Other hot spots include Fanny Lane, Brant Lane and Green Lane. If you are a dog owner, please help to keep our verges and feet clean by using the bins provided.

A final plea. Obviously, if you are around the housing areas, please pick up any of your dog's poo and put it one of the dog poo bins provided. But if you are further afield and pick up a poo, please do not leave it in a plastic bag beside the path or lane. If so wrapped it will not degrade and will remain for some considerable time as a horrible mess for its ultimate finder.

Thank you for your cooperation, The Parish Council



Location of Dog poo bins

Upcoming Events

Date	Event	Venue
2-9 July	Art exhibition	St Aidan's Church
16 July	Karting	York Motorsports Village, Monks Cross
23 July	York Races	York Racecourse
7 August	Rifle shooting	Park Lodge Shooting club
21 August	Clay pigeon shooting	Park Lodge Shooting club
TBC	Gliding session	York Gliding club, Rufforth
2 October	Bulb planting	Village hall / village

Please pop into the Hare and Hounds for further details and to book places or email the social committee either at the email address below or through Facebook.

Electronic copies of the Stutton Standard and notes from the social committee meetings can be found on the Parish council website.

Diary of regular events

- *Sing for fun (Ladies only) – Every third Monday of the month 8-9:30pm St Aidans*
- *Bridge club – Every other Thursday at the Hare and Hounds*
- *Mindfulness- Tuesdays from 6:45-7:45pm*
- *Quiz night at the Hare and Hounds every Sunday from 8:30pm*
- *Stutton Social Committee meetings – every third Thursday of the month*
- *Parish Council meetings – every second Thursday of the month*

Local links

Stutton Parish Council website – <http://www.stuttonpc.org.uk/parish-council/>
Facebook pages for Stutton Community and Hare and Hounds

Contact details

Stutton social committee – stuttonsocialcommittee@gmail.com