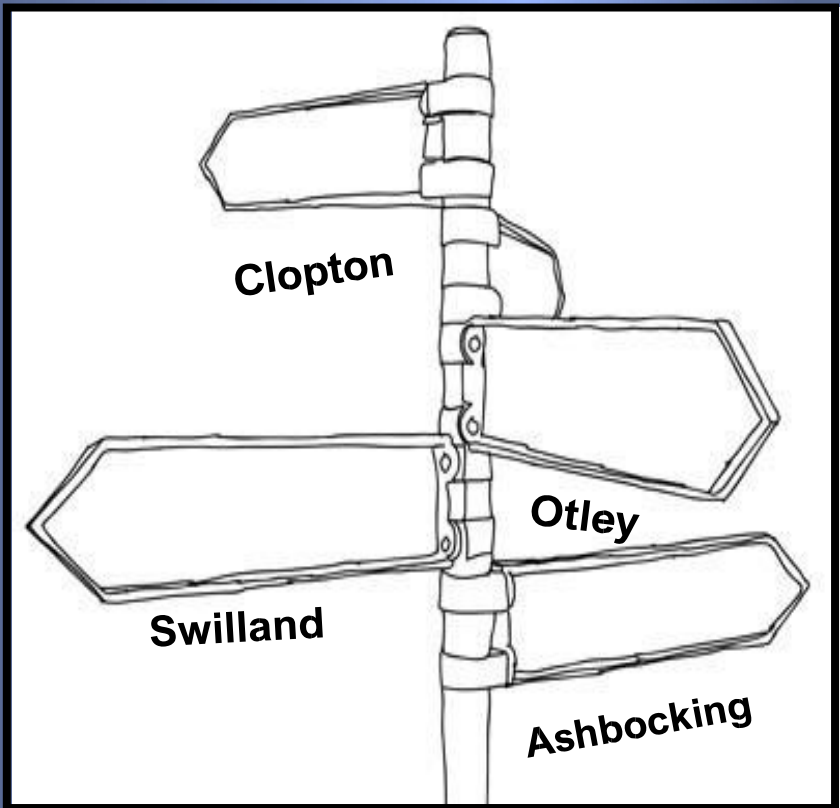


The Signpost



News from the Parishes

A Word from The Editors.....

Welcome to the **February Signpost**, the first of the new year, which I think we had all hoped would start off better than we ended last year. We are all back in Lockdown, but we hope very much that short term pain now, means we can have a brighter and hopefully, a better summer. We have come so far now and with the incredible hard work by everyone involved in the vaccination programme, hopefully we will overcome this virus.

Maybe now that we have all had a quieter Christmas than normal, and more time around the home and with our children, you have something you would like to share with the magazine. This could be from funny things that have happened whilst home schooling your children, a new piece of poetry that you have read, jokes or even new recipes that you may have had time to try out. Whatever it may be, we would gratefully receive it for inclusion in our upcoming editions. If you would like any family or friends birthdays or anniversaries celebrated, then please do let us know and we will include in next month's magazine. Our next magazine will be the **March** issue with a deadline **of the 24th February.**

To register to receive The Signpost via email each month, please email Amy bakergirl174@gmail.com and Angela amtreloar@btinternet.com

News of the Carlford Churches and details of online Worship can be found on the website carlfordchurches.org and within the Mini Grapevine. If you would like to receive the Mini-Grapevine weekly via email, please register via the website carlfordchurches.org or with Mark Cresswell – mark@cresswell.onl. There are links on the Carlford Churches website to the Facebook page, Mini-Grapevine and The Signpost. The Carlford Churches Facebook page can be accessed directly <http://facebook.com/carlfordchurches>.

***Happy New Year
Keep safe and take care, Amy and Angela***



Every Heart



Every heart's a hurricane,
Each soul a starlit sea,
Every mind's a meteor
Unbound by Gravity.
And everybody's wishing
They could learn to tame their tides,
When nothing more than nature
Is what's echoing inside.

Every life's a lightning bolt,
Yet everyone's told no;
Bite back all your thunder
And don't let the wild things show.
Every heart's a hurricane,
Everyone a world within,
Every life too short for loathing
Any storms beneath your skin.

By Erin Hanson

A Prayer for the Nation

Lord Jesus Christ,

In these dark and difficult days we turn our hearts to you.

In ages past you have delivered our nation from disaster.

Do it again we pray.

Give wisdom beyond human wisdom to our leaders.

Give strength beyond human strength to the NHS and all our frontline workers.

Give comfort beyond human comfort to children and the elderly and all who grieve.

Lord, Jesus Christ. In these dark and difficult days, turn you face towards us,

Have mercy upon us, and heal our land we pray.

Amen



TO GET THE WORLD RIGHT, START WITH YOURSELF. - ANON

Rainfall summary for the year 2020



January began with being mild and some sunny days turning colder during the second half but no hard frosts.

February was beset with strong winds and gales plus some heavy rain. The rainfall was the highest recorded in the country.

March was similar to February but in the last week there were blue skies and strong winds which dried the land.

April continued being dry until the end of the month when there was an inch of rain.

May was recorded as being the driest month for 176 years without any rain.

June continued being dry with only a small quantity of rain which culminated in a heat wave reaching 80 degrees F.

July began unsettled but the second half was dry.

August began with another heatwave until the 16th of the month when there were some high winds and intermittent rain.

September continued to be hot and dry until the last week when it turned cold and wet.

October rainfall this month exceeded the amount that has been recorded since records began nationwide and Otley was no exception with 4.35 inches.

November and December were both very wet and the year ended with a total rainfall of 24.5 inches which is about the yearly average.

There is no doubt that there is a climate change, as not only have we had two heatwaves this year but have also broken two records. Also, the autumn and winter months are now when we get the most rainfall.

Russell Ling

3rd February Blaise, the cure for sore throats



St Blaise is the saint for you if you have a sore throat, or a pet who is ill. He was born in Sebastea, ancient Armenia, (now Sivas, in Turkey) sometime during the late 3rd century, and became a

physician. But his compassion did not stop there: he went on to become bishop of Sebastea, and thus a physician of souls. Known for his dedication to prayer, Blaise taught by his own example of virtue and sanctity, as much as by his words. His ministry was accompanied by many miracles of healing, and people (and animals) came flocking to him from near and far.

When in 316 the governor of Cappadocia and Lesser Armenia began a persecution of Christians, Blaise was arrested. As he was being led to prison, a distraught mother, whose only child was choking to death on a fishbone, threw herself at his feet and begged for help. Blaise prayed, and immediately the child was cured. Regardless, the governor had him beaten and beheaded. But the miracle was not forgotten by the people who loved him, and Blaise became the patron saint of illnesses of the throat, and of wild beasts.

Blaise was one of the most popular saints of the Middle Ages. There are several churches named after him in England, from Cornwall to Oxfordshire.



Otley and District Gardening Club

Dear Readers,

It has been sometime since we last came together over an edition of The Signpost, but unfortunately not much has changed. All we've seen in the garden so far is nature shutting down, but soon we'll see things starting to shoot ready for the spring's flowering season. As gardeners we can see this as a positive move forward. This and so many things in our lifetimes are seasonal. Whether it's in terms of friendships and relationships or jobs and our endeavours, it never seems permanent and it can seem like a long time waiting for it. We are all waiting for things to start breathing a lung full (or pore full) of spring air.

Not everything needs the warmth and light to start growing though. Bulbs for instance start growing their roots a long time before the greenery starts to show. If you thought it was too late to get your bulbs in, you are wrong. You can still get them in up until March so get them in the ground or pot. Admittedly the ones

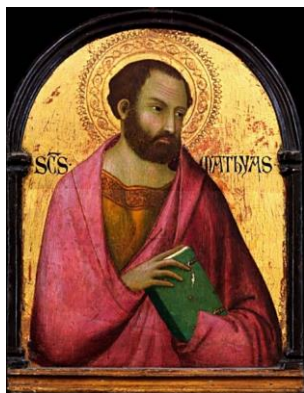
planted earlier in the season tend to be stronger plants in comparison, but they will still perform for you and provide a marvellous display.

So get on out there in the garden and plant, dig, sow and scatter to your hearts content. Soon it will be spring, and your efforts will start to show.



Phil Pollard, The Green Chairman

Matthias The Apostle, The Chosen One



Have you ever been in the position where someone is desperately needed – and you fit the bill perfectly? It is almost as if all your miscellaneous qualifications that never made much sense before now make PERFECT sense. And you sense that you have been chosen by God for the task....

If so, then Matthias is definitely the patron saint for you! Matthias came into the picture shortly after the suicide of Judas. The early Church was missing an apostle, and so the remaining 11 apostles prayed for guidance on who to choose as a replacement for this key role.

The qualifications for the job were specialised: the person had to have been a follower of Christ from His Baptism to His Ascension, and a witness of the Resurrection. There were two possibilities: Joseph Barsabas and Matthias. How to choose?

Again, Matthias' experience may mirror yours: the decision was out of his hands, and up to others. In this case, the apostles drew straws – and the 'lot' fell to Matthias. He had been chosen to replace Judas! The tragedy of Judas' betrayal

had led to an opportunity for service by Matthias – and he was well prepared for the task. Are you prepared for any task that God might suddenly open before you?

Like the other apostles, Matthias had been in Jerusalem and had received the gift of the Holy Spirit at Pentecost, and he went on to do a good job. It is said he preached the Good News first in Judea, and then maybe in Cappadocia and by the Caspian Sea. It is thought he was martyred by the axe or halberd, and his relics eventually ended up being taken to Rome by the empress Helen.

Matthias is an encouragement to us to be faithful in small things - because you never know what the future might hold!

NEWS FROM OUR CHURCHES

ASHBOCKING

A Happy New Year from Ashbocking.

I know for many of you this must seem an empty wish with our lives upside down in another lockdown, but a new year brings new hope, hope that this year will bring about change to how we are living now, with more freedom and a reduction in numbers with coronavirus.

At the moment it is a job to see the wood from the trees, but I for one, have learnt to live more in the present moment.

It is easy to get carried away thinking about the next holiday, or socialising again with family and friends, but I am trying to go with the flow, living from day to day as I wait for the vaccine to arrive.

This winter has made this lockdown feel worse than the first, but spring is only a few weeks away. Already bulbs are popping through the ground full of hope for another season.



I was reading in the gardening magazine about what we should all be doing in our gardens at this time of year. Trimming the edges of the lawn, planting early crops where possible and turning compost to name a few. However, it is very difficult to feel motivated when it is so cold and wet, but actually I feel much better if I

have managed to get out there, even only for an hour at a time. I don't do cold I'm afraid!



It is with sadness that we have had to keep the doors to Ashbocking Church closed. With continuing restrictions, we are missing the coffee mornings in people's homes, Bible group which is now by Zoom and not quite the same. We miss welcoming people into the church for worship but are tremendously grateful for the online services on the Carlford Benefice website.

We did manage the Harvest Festival and Christmas day service in the church, especially with the bell ringers too.

Our Carol service did not happen in the end, but we did take Andrew Gaught up on his invitation to join Fields Church on his front lawn at Manor farm. There was live music, and everyone stood at socially distanced placings. It was cold but fortunately stayed dry and was appreciated by all who attended. Thank you to Andrew and The Fields Church for asking us to join them.

Hopefully it will be back in Ashbocking Church next time.

I expect there are a number of post-Christmas dieters, including myself, so I have not managed to have a recipe ready this time.

Has anyone had any good reads over the last few weeks. Please let me know so I can pass on recommendations.

I have been reading the Shardlake books by C.J. Samsom. They are historical books and have been most enjoyable. I believe one of them was featured on morning radio a few months back. Shardlake is a lawyer in the time Henry Tudor.



I have enjoyed them all apart from the present one, Tombland. The developing plot is proving quite a challenge. If anyone has read it, I would love to hear if it is worth continuing. I rarely give up on a book but....

I would love to give dates of things going on in the church but for now we will have to be patient. Best wishes to all, stay safe, keep to the rules and get vaccinated. Don't forget to forward any recipes or book titles.

Linda Pollard
(linda.pollard3@btinternet.com)

CLOPTON

Unfortunately, it was impossible to hold our Candlelight Carol Service on Christmas Eve.

We managed to recreate the service by decorating the church in November before the third lockdown. Jenny Schurr made a great film which was released just before Christmas. It was a difficult task as social distancing meant the film had to be made in lots of separate parts and then edited into the final film. We would like to thank the readers, the singers, the organist Andrew Schurr, the people who provided the pictures taken in the snow and all the other people who helped to make it such a success.



Jenny spent hours filming and editing and as it was her first attempt at doing anything like this, she did a wonderful job! I am sure that now we know how proficient she is, there will be more projects for her... thank you Jenny! We had lots of lovely comments about the film. If you missed it, you could still view it on You Tube ... [‘Clopton Carols by Candlelight 2020’](#) (you can click on the blue text link to be taken there directly).

We were able to have a service on Christmas Day and we thank you James for an enjoyable service.

We are not able to hold services at the present time, but people are still able to enjoy them online. Thank you to those who plan and make these possible. Keep safe everyone.

Doris Main

OTLEY

Last year was extremely tough for everyone and Christmas in lockdown was vastly different to what we had all imagined, but we should not complain about our own circumstances especially when we remember friends who have lost loved ones and all of those who have suffered in 2020.

There has been a tremendous amount of love and charity around. Caring and sharing for those who have suffered with illness, poverty and mental issues. I am sure we will not lose that this year. COVID-19 has made us all a little different in our attitude, we no longer take things for granted and we appreciate what we have. We were able to hold two services over Christmas, the Advent service and the Communion service on Christmas Day. We thank Sally Gaze and James Hall for organising these, also Karin Upson for setting up and cleaning the church before the services.

The Church is closed again for the time being with services held online. If you need any more information, please telephone Karin Upson on 01473 890539 or refer online to the Carlford Churches website at www.carlfordchurches.org

We are fortunate that three strong applications have been received for the post of Rector to replace Clare Sanders. Interviews are being held on 27th January and we hope and pray that a new priest will be selected and then installed in the spring or early summer.

Please remember how important it is that we all keep following the Covid regulations. They are in place for others safety as much as your own. Take good care, but more importantly take good care of those in your care.

A Happy New Year to you all - hope is now here with the vaccination programme!

Angela Treloar



FOODBANK DONATIONS

There are now foodbanks in most towns, and it is wonderfully encouraging to see how local people are supporting them.

Our donations are taken to 'Families in Need' (FIND), which is based in Ipswich. Unfortunately, all food banks are experiencing an increase in requests for help as the national lockdown starts to take its toll on families. Job losses are the main reason for the increased demand. In extreme cases, there is a choice between eating, or heating. Every day, to FIND alone, there are over 30 referrals from Social services, police, and doctors.

Amidst this crisis, it is a true testament of human kindness and generosity that people still find time to donate food items in the collection box placed in our village shop.



Help has also come from other sources:

A group of volunteers delivered Christmas cards around Otley for a charge of 25p per card. A total of £110 was donated to FIND.

Another donation of £100, was made by a group of ladies from the village, who had planned to go out for a Christmas meal together. Their plans had to be cancelled and they kindly decided to donate their deposit money.

Finally, Chloe Flint won a huge Christmas hamper in the draw at Otley school and the family generously decided to donate their prize to FIND.

Life is a challenge at the moment, but support of charities, such as FIND, makes a real difference to those in our society who really do need our help.

Nigel Crowley

SWILLAND



I am writing this on a lovely bright January day. Signs of spring are appearing with lots of aconites, snowdrops and even a few daffodils coming out. Masses of birds on my feeders, mainly goldfinches, great tits, blue tits and the occasional spotted woodpecker. The chaffinches and pheasants glean the dropped seeds underneath. A robin appears from time to time.

It was lovely to be able to log in to Bishop John's funeral online - a very uplifting service for a wonderful man. He will be greatly missed. I am sure, like me, you will have your favourite memories of him. We send our best wishes to Pat and the family.

It is sad to not to have our services in church for the time being, but I am sure it is safer not to meet together. We are very grateful to Mark and the Ministry Team for the online services. Let's hope by Easter we will be able to meet in Church again.

Ann Kent

Leek And Ham Hock Gratin With Rösti Topping

This leek and ham hock gratin recipe is comforting, creamy and super-easy to make. A particularly lovely thing to eat in the dark winter evenings.

Prep Time 35 Mins, Cook Time 50 Mins

Ingredients:

- 100g unsalted butter, plus extra if needed
- 6 leeks, cut into thirds
- 2 garlic cloves, crushed
- ¼ whole nutmeg, grated
- 50g plain flour
- 500ml good quality fresh chicken stock
- 300ml whole milk
- 2 bay leaves
- 300g shredded British free-range ham hock (available ready prepared, or use shredded cooked ham)
- 25g parmesan, grated
- 800g floury potatoes (about 4 medium baking potatoes)



Method:

1. Melt 50g of the butter in a large sauté pan and add the leeks. Cook over a medium heat for 5-6 minutes, turning occasionally, until the leeks are lightly browned and golden all over. Remove the leeks, leaving the butter in the pan. Heat the oven to 200°C/fan180°C/gas 6.
2. Add the garlic to the butter and cook gently for a few minutes until fragrant. Grate in the nutmeg, then stir through the flour. Increase the heat to medium and cook, stirring, for 2-3 minutes – the mixture should be thick and paste-like. Gradually, in a thin stream, pour in the chicken stock, stirring constantly – the mixture should thicken quickly, then gradually thin out, but always stay thick enough to coat the back of a spoon. If it becomes too thin, stop adding liquid and let it bubble for a minute. Once you've added all the stock, pour in the milk in the same way, but a little

more quickly. You should end up with a glossy sauce with the consistency of double cream. Add the bay leaves and bubble for 2-3 minutes.

3. Put the leeks in a 1.5 litre ovenproof gratin dish and scatter with the ham. Pour over the sauce and top with the parmesan. Give it a gentle stir, then taste and season.
4. Melt the remaining butter in a pan and set aside (see know-how). Peel the potatoes, grate coarsely, then put in the centre of a double layer of muslin or clean J-Cloth. Gather the cloth around and squeeze firmly to remove any excess water.
5. Tip the potatoes into a bowl, pour over the melted butter and some sea salt, then toss with your hands. Scatter over the top of the cheesy leeks and top with a bit more salt. Roast in the oven for 50 minutes. If the rösti browns unevenly, melt a bit more butter and brush it over.
6. When golden and bubbling, remove the dish from the oven, leave for 5 minutes, then serve with leaves.

Test your brain with this short riddle:

What 8 letter word can have a letter taken away and it still makes a word. Take another letter away and it still makes a word. Keep on doing that until you have one letter left. What is the word?

Answer found on Page 17



The sun is a daily reminder that we too can rise again from the darkness, that we too can shine our own light.

-s. ajna



RUSSELL LING REPORTS



Rearing poultry before WW1 was very different to how it is managed today. Most farmers at that time kept a few laying hens which were very often looked after by the farmer's wife and whatever she made from the sale of eggs was regarded as her pin money which she kept.

Not many farmers had an electricity supply and the only form of keeping baby chicks alive was by an oil lamp. Often farmers just relied on the natural method which was allowing hens to go broody and rear their own chicks. Hens would lay a clutch of 12 eggs and sit on them for three weeks before they hatched out. The mother hen would then be put in a coop to prevent her roaming so that the baby chicks could be fed and not get lost or eaten by the farm cat.

In order to rear a larger number, one of the methods was to buy a hundred-day old chicks and rear them in a hoover (*this is **not** a vacuum cleaner*). The hoover was made of galvanised tin about two foot six inches square with a hinged domed lid and stood on short legs six inches high at each corner. Around the outside there were curtains which could be removed as the chicks grew larger. The heating was two round oil lamps which had two burners in each one, as the chicks grew the heat would be lowered by reducing the number that were kept alight.

The rearing shed was often on wheels with a glass roof on one side, this was to give the chicks light without being exposed to the elements. When they had grown large enough, they would be allowed outside via a pop hole when the weather was fine. A wire netting run would be fixed to the shed to prevent them straying. As soon as the birds had grown to a sufficient size they would be moved



to their final laying quarters which had perches and nesting boxes. The advantage of buying day old chicks to rear yourself was that you could order the breed of bird that suited your requirements. There were heavy breeds such as the Rhode Island Red which was a very hardy bird and laid a large egg. The white Leghorn was a lighter breed and when crossed with the Rhode Island Red the progeny gave a good all round laying hen.

Russell Ling

An American in Otley - Spin, Span, Spun: An American Learns to Spin

When the cold winds blew off the North Sea, early Britons knew that clothes made of wool fibres would keep them warm in winter and cool in summer. The sheep that offered up their fleeces annually arrived in Britain around 4000 B.C. and were probably similar to the horned brown Soay sheep still found today. Gradually other invaders (Romans and Danes) brought their own favored breeds and interbred them with the ancient Soay. A local sheep industry grew.

When I arrived in Otley, what I knew about sheep would fill a pill bottle! Like most non-farm people, I thought they were alike – woolly, white (except for the proverbial black ones), prone to follow each other blindly, and not very bright. By the time I left, I had close-up appreciation for many breeds of sheep found in the U.K., having cleaned, combed, and spun their fleeces. I had also sheared a few, helped birth several lambs and raised a lamb in my kitchen for two weeks.



While waiting for Laura to come out of school in the autumn of 1981, I met Carole Kemp. How we got to talking about sheep and wool spinning I have no idea, but the minute I found out that she spun, I was hooked. I had always wanted to learn to spin because it looked impossible. Why should a spinning wheel make a useable thread? Carole taught me. She had ready access to fleece. Her husband, Henry was the shepherd at the Agricultural College and taught practical courses in sheep husbandry. He managed a flock of about 50 Suffolk sheep.

It was on Suffolk fleece that I learned to spin. The breed is not known for its fleeces – they are short stapled (length of fibre from tip to follicle), light in sheared weight and often have black hairs (kemp) in them which can make their wool a bad candidate for dying. Suffolks are a relatively new breed, developed in the mid-1800s from crosses between the old breed of Southdown rams and the Norfolk horned ewes. Primarily, Suffolks were raised for their meat. They are reliable breeders, their lambs are early maturing, and the lambs produce excellent mutton. With their white bodies, hornless black heads and faces, and black feet and legs, they are easily identifiable. Flocks still swarm across local fields today and are one of the most popular breeds of sheep worldwide. There is a flock of

50 Suffolks just down the road from me in suburban Utah! Every spring their frolicking lambs bring me joy.

While I love to eat lamb (unlike many Americans), for me, the Suffolk provided masses of woolly fiber. True, it was smelly, filled with burrs, hay, the occasional insect, and variable in its softness but it was easy to spin once washed and combed. Carole taught me to spin using both drop spindle and wheel, helped me buy a locally manufactured spinning wheel and enticed me to join the local Otley Spinning Group that met monthly at the College. By the spring of 1982, I had spun enough wool into yarn to knit a jumper. More importantly, I learned a skill that has given me pleasure even unto today.



With Carole and Henry, my husband and I went out on several shearing trips. Happily, the sheep survived and we did not nick any vital parts of animals! I helped in the lambing shed and saw, for the first time, animals born. I even gave Henry some help when one ewe gave birth to multiple lambs and would only nurse one. I gathered up the wee thing and took her home to the warmth of our kitchen. For two weeks Charlotte bleated and nursed on her bottle with gusto. Finally, when she could jump out of the large appliance box that was her home, I took her back to rejoin the flock.

As I learned to spin with more confidence and competence, I began exploring other remarkable sheep fleeces available in the England. I spun Corriedale, Leicester, Lincoln long wool, Jacob, and Shetland fleeces. I fell in love with the multi-coloured fleece of the semi-wild, four-horned Jacob sheep and was amazed at the 12inch long ringlets that the Wensleydale sheep produced. I have continued to spin for the last 40 years, tackling a variety of fibers but always returning to sheep's fleece. I love its feel, pliability and usefulness. On old arthritic hands it adds warmth and the lanolin softens my skin.



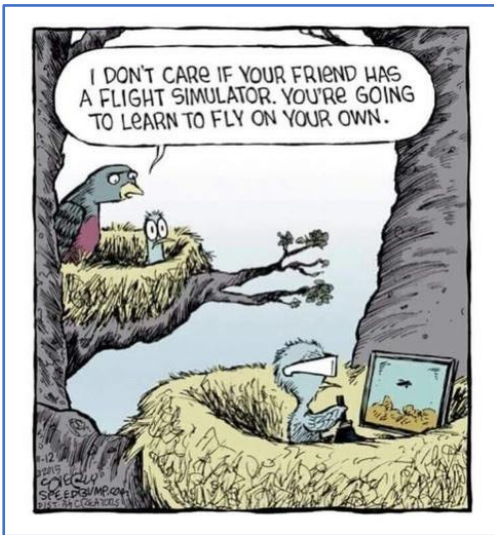
Susie Miner susiespinner36@msn.com

Below is a poem written by Hilary Pepler (1848 – 1951), an English poet and printer.

God loveth sinners,
Dyers and spinners,
Weavers even
May hope for Heaven.
When naught is left
Of warp and weft,
They will meet their Doom;
The Lamb's white fleece
Has bought their peace.”

SMILE LINES

As any member of a church committee will tell you, after all is said and done, there's a lot more said than done!



**The answer to the riddle on Page 13:
The word is Starting! Starting, Staring, String, Sting, Sing, Sin, In, I.**

I used to eat a lot of natural foods until I learned that most people die of natural causes.

If I wanted to hear the pitter-patter of little feet, I'd put shoes on my cat.

If you tell the truth, you don't have to remember anything.

Good judgment comes from bad experience, and a lot of that comes from bad judgment.

I really don't mind getting older, but my body is taking it badly!

Cleaning is just putting stuff in less obvious places.

Portrait

A primary teacher was observing her classroom of children while they were drawing. As she got to one little girl who was working diligently, she asked what the drawing was.

The girl replied, "I'm drawing God."

The teacher blinked: "But no one knows what God looks like."

Without missing a beat, or looking up from her drawing, the girl replied, "They will in a minute."





CHILDREN'S CORNER



What does a cloud wear under his raincoat?
Thunderwear.

What is a computer's favourite snack?
Computer chips.

What animal is always at a
A bat.



baseball game?



What kind of tree fits in your hand?
A palm tree.

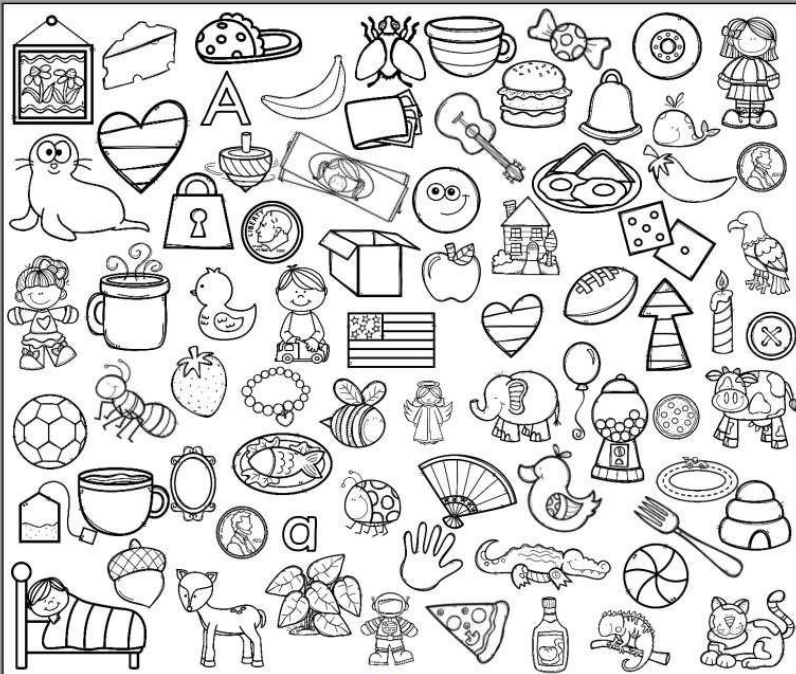
How do you talk to a giant?
Use big words.









Aa

LOOK & Find

Find the pictures and color them in. Check off each picture as you find it.



	A
	a
	
	
	
	
	
	

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