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CHRISTMAS FAIR
2019**

**THURSDAY
14TH NOVEMBER
11AM - 6PM**

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Community Market & Brunch

Saturday 30 November 2019 1000-1300

Please come along to the next Community Market and Brunch event at Coronation Hall. This event will have a Christmas theme, so loads of gift ideas as well as being able to catch up with friends and neighbours from the Parish over a delicious freshly cooked Brunch.

We have had tremendous support for our small local businesses who come and fill the Hall with their products at each event, which is greatly appreciated by everyone.

If you would like to book a table at the Market, please contact Natalie at hall@graftonparish.com for further details.

Winter Warmers

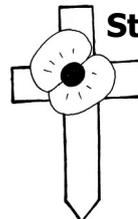
Tuesday 12 November

12.30 at the Coronation Hall

Steak and Guinness Pie
Mashed Potato + Seasonal Vegetables
Bread and Butter Pudding

Everyone is welcome to enjoy this monthly "get together" with delicious food and friendly company.

Please contact Liz Hosier - liz@wexcombefarm.co.uk or **01264 731242** to let her know that you are coming, would like a lift or would appreciate lunch to be delivered to your home.



St Nicholas' Remembrance Service

10 November 10.45am

This traditional act of remembrance will be held firstly at the Parish War Memorial by the Church lych gate and then inside the Church.

The centenary in 2018 was an event to treasure and the Parish will gather together again this year to remember those who made the ultimate sacrifice for us all.

News from St Nicholas' Church

At St Nicholas' we try to hold a spread of services which we hope will appeal to parishioners. Subject to the availability of clergy a service of Holy Communion is held on the 1st and 3rd Sunday at 11am and where possible, a family service on the 4th Sunday in the month at 4pm. This allows for families who may like to attend but whose children enjoy Sunday morning sporting activities.

At our major services such as Easter and Christmas Morning, Carol Service, Harvest Festival, Remembrance Sunday and Mothering Sunday, we have wonderful congregations of between 70 and 200. Sadly, between these times we average a friendly gathering of about 10.

Your Church is beautifully maintained by local volunteers and it would be wonderful if more worshippers could be welcomed. Please come along and enjoy more of our very friendly services.

Dates for your diary

24 November 4pm Stir-up Sunday
15 December 4pm Carol and Crib service
25 December 11am Christmas Day service
Regular services are shown on page 4



Funding for speed control and warning systems in Grafton Parish.

The Parish Council are looking to raise further funds to support our ongoing traffic calming initiatives. As a PC we are looking to purchase 2 Speed Indicator Devices (SID's) that will be used within the Parish with the aim of making people aware of their speeds and if required drawing their attention to slow down.

The PC are also working with Wiltshire highways to explore and invest in other initiatives and by year end we hope that these will become more visible. In order to ensure that we continue to operate within our current precept the PC we would like to ask members of the Parish if they would be interested in making a donation to help fund these activities.

If you are able to make a donation please contact clerk@graftonparish.com for bank account details. Alternatively post a cheque payable to "Grafton Parish Council" and addressed to the Clerk, Grafton PC into the Coronation Hall letterbox.



Youth Activities for half term

30 October - Spooky supper for your family! Coronation Hall from 3.30pm

Fancy doing some cooking for your family during half term? If so, invite them for a Spooky Halloween supper which you'll be cooking. With your help we'll devise a suitably ghoulish menu! How about eye ball soup for starters!

3.30pm – We start cooking and laying the tables – with suitable decorations of course!!

7.00pm – Parents start to arrive and we serve the spooky delights - you'll get to indulge in the spooky feast as well!

To book a place at the table for you and your family please contact Annie by **18 October** either by text on **07802 923344** or by email **youthactivities@graftonparish.com**

Date for your diary: 22 November - Christmas gifts at Coronation Hall at 6.30 pm. An evening of making Christmas candles which will be great presents for your friends, family or you! Come along and find out how it's done!

If you are interested in knowing more about Grafton Youth Activities, email **youthactivities@graftonparish.com** or text Annie on **07802 923344**.

Youth Activities is an initiative started by Grafton Parish Council and is aimed at young people at secondary school or in further education

News in Brief

Does anyone have a fireproof safe which is surplus to requirements?

St Nicholas' Church is looking for a safe in which to store valuable and important information regarding births, deaths and marriages. If you have a safe which is no longer required please email **graftontres@savernaketeam.com** collection can be arranged.

Paths and roadways in the Grafton Parish

There have been several reports to the Parish Council regarding verges, potholes and restricted pathways in recent weeks. Please contact **www.wiltshire.gov.uk/mywiltshire-online-reporting** to ensure that any concerns are placed as a priority for the Parish Steward program which is in place to rectify such concerns. You can also copy **clerk@graftonparish.com** to help the Parish Council to follow-up such concerns.

Wiltshire Police use an email alert system called Community Messaging at www.wiltsmessaging.co.uk

To get real-time information about crime in our area or to report incidents, including fly tipping, to the police then click on the 'Sign up' button for your free subscription. You can change your preference or unsubscribe to the system at any time by logging in to your account or by emailing: **communitymessaging@wiltshire.pnn.police.uk**

Your Local Area Priorities 2019/20

The needs of our local community are at the heart of what we do.

We want to make it easy for everyone in Wiltshire to participate and engage in their community and influence decisions that will affect their local areas. Please help us to get a positive response so we can be sure we understand your views and those of your friends, families, clients and colleagues. Follow this link and complete the short survey **www.surveys.wiltshire.gov.uk/snapwebhost**

The results from this survey will be used to help inform local priorities for the next 3 years through the Joint Strategic Needs Assessment and the Wiltshire Area Boards. The survey ends on 13 October.



Our Farmer writes ...

Farting cows!?

There has been a bit of a lull on the farm recently as we have been waiting for some rain so as to continue with planting next year's crop. So here's something a little different from me for this month!

Over the last few years ruminant animals have received rather a lot of bad press, this has mainly revolved around "cow farts" but more accurately it's enteric methane, exhaled from fermentation in the rumen (so burps, not farts!). Methane (CH₄) is a greenhouse gas which has a much greater effect than carbon dioxide. What is really important to remember when cattle exhale the carbon dioxide (CO₂) and CH₄ the carbon is completely cyclical. Growing plants take CO₂ out of the atmosphere as part of photosynthesis to produce sugars, lignin and starches. Cows consume these products and turn most of them into protein (for human consumption) and respire the rest as CO₂.

The Carbon cycle, partially described above is often not fully understood as up to 40% of the carbon that plants capture through photosynthesis is actually passed through the roots into the soil, as root exudates, in a symbiotic relationship with microbes in the soil. These root exudates can remain in the soil for hundreds or thousands of years as humus. Humus is the building block of soil but although there is a limit to the amount of carbon a soil can hold, there is no limit to the amount of soil that root exudates and humus can create (just look at the depths of the soils found under the American Prairies, up to 6 feet deep).

The fossil records show that grasses and ruminant animals co-evolved around 55 million years ago. The act of grazing a grass plant triggers an increase in photosynthesis as the plant recovers. In many dry parts of the world, properly managed grazing animals are essential for maintaining effective grass growth.

Managing pastures to replicate how grasslands around the world (such as the Prairies) were formed can go a long way to sequester carbon from our atmosphere. These ancient grasslands were formed in conjunction with huge herds of ruminant animals, bison, buffalo, elk, elephants, kudu, etc. roaming the ancient grasslands of Africa, America, Europe and Asia, bunched tightly together to protect themselves from Predators and moving on regularly to avoid eating grasses tainted by the herd's excrement. It was this symbiotic relationship between the moving herds and the grasses which produced such deep rich soils, full of carbon in the form of humus. That is on a very small scale what we are trying to replicate on the Downs at Wexcombe. We try to act as the Predator with the aid of electric fences to bunch the animals onto a small area of land and we move them regularly. This allows the grasses to be grazed as they evolved to be grazed, with a single bite followed by a long Rest Period. The crucial part of this grazing system for the carbon sequestration is this Rest Period, as it allows the plants to fully recover before being grazed again.

We are certainly still learning with this System, which requires much planning and monitoring of the grass to decide when to graze and how much to give the herd at anytime. However, the results so far seem to be good for the animals, grass, wildlife and the soil.

George Hosier

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Our Doctor writes



It is time for flu jabs. The 65 and over flu jabs are now available at your surgery or local pharmacy. There has been a delay in the vaccines for children aged 2 to 17 and for adults 18 to 64, but they should be available soon.

You are eligible for the flu vaccination if you are:

- aged 65 or over on 31st March 2020
- aged 18 to 64 and either pregnant, or at increased risk from flu because of a long-term health condition eg. diabetes, heart and respiratory problems
- a child aged 2 and 3 on 31st August 2019
- a child in primary school
- a child aged from 6 months to 17 years at increased risk of flu due to a long term health condition
- a frontline health or social care worker

Flu can make you feel unwell with symptoms, which often start suddenly, such as fever, headache, sore throat, lethargy, loss of appetite, aching muscles and a cough. However, if you are usually healthy, it should resolve over one to two weeks on its own without the need to see a doctor. It can be more severe and more likely to result in potentially serious complications in the groups listed above, except for health care workers - we simply cannot be unwell so we can continue to do our jobs!

This year's flu vaccines are effective against four types of flu. All vaccines contain two influenza A strains, swine (H1N1) and variant H3N2 swine flu, which was nick-named Aussie flu last year. Type A is the more serious type and can cause flu pandemics. Type A is also more likely to mutate into a new version that people are not resistant to, hence the need for an annual injection. Two influenza B strains are in vaccines for high risk groups and children, but only one B strain is in the vaccine for 65 and over. Type B flu viruses generally cause a less severe illness and are responsible for smaller outbreaks. They mainly affect young children. Type C viruses cause a mild illness similar to the common cold. No cure for that yet!

So, vaccinations will not stop all flu viruses, just these four viruses which The World Health Organisation have predicted will be most prevalent this year. The level of protection may vary, so it is not a 100% guarantee that you'll be flu-free, but if you do get flu after having the vaccination, it is likely to be milder and shorter-lived than it would otherwise have been.

The flu vaccines have a good safety record and the best time to have your vaccination is from now until the end of November. For those registered at The Old School Surgery flu clinics are available from now so book your place. Our big Saturday morning clinic is on 19th October (for vaccinations only). People in high risk groups are being contacted and invited to come in.

I highly recommend you have your flu vaccination. I have mine every year.

Be well, have your flu jab.

Best wishes Dr Angela Paddon

Dates for your diary

All events take place in the Coronation Hall unless otherwise specified. *St N* refers to St Nicholas' Church.

OCTOBER

06	11.00	Holy Communion	<i>St N</i>
08	12.30	Winter Warmers	
20	11.00	Holy Communion	<i>St N</i>
30	15.30	Youth Activities	

NOVEMBER

03	11.00	Holy Communion	<i>St N</i>
10	10.45	Remembrance Service	<i>St N</i>
12	12.30	Winter Warmers	
17	11.00	Holy Communion	<i>St N</i>
22	18.30	Youth Activities	
24	10.00	Creative Christmas with Sunflowers	
24	16.00	Stir Up Sunday service	
30	10.00	Community Market & Brunch	

DECEMBER

15	16.00	Carol and crib service	<i>St N</i>
25	11.00	Christmas Day Communion	<i>St N</i>

Like our Facebook page www.facebook.com/GraftonParishCommunityNews or follow us on Twitter www.twitter.com/graftonparish.

See www.graftonparish.com for Coronation Hall booking information and details of gazebo hire.

MONDAY

YOGA



11:00 to 12:30
01672 841553 Lizzy Hawnt

TUESDAY



ZUMBA
fitness

09:30 to 10:30
07710 115324 Joanna Bury

YOGA



19:00 to 20:30
01672 841553 Lizzy Hawnt

WEDNESDAY

Mobile library at the Coronation Hall
22 October 11.40am to 12pm

THURSDAY



Baby and toddler group
10:00 to 11:30
graftongoslings@yahoo.co.uk

FRIDAY



09:30 to 10:30
10:45 to 11:45
Beginners and gentle work
07769 580148 Tracey Rich



07746 479345
Charlotte Price

Monday	17.00 - 19.00	West End (Group Show Dances), Bronze Jazz, Pre-Pointe
Wednesday	15.30 - 19.00	Baby Ballet, Pre-Primary Ballet, Primary & Grade 1/2 Ballet, Grade 3 Modern
Thursday	16.45 - 18.45	Grade 4/5 Ballet, Grade 4/5 Modern

Deadline for the next issue Friday 25 October

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