

FRAMPTON FOCUS



**AUGUST/SEPTEMBER
2018**

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Editor



This July I celebrated my 60th birthday. It wasn't without some worry, I think I was expecting a huge change as the day arrived, but laying in the hammock sipping a cool drink in the shade while my lawn scorched all around me, I realised I didn't feel any different, frequent glances in the mirror as I passed it also confirmed no visible changes.

Later that morning I purchased my senior rail card, and opening my mail discovered a bowel cancer screening kit from the NHS, slightly unpleasant, but having a friend who found she had it at stage 3 with very few symptoms I would urge you all to receive this gift, use and return it gratefully. I'm aware the constant heat we have been basking in has affected my tolerance. When a man blowing dust from the pavement (a very noisy machine - not with his lips...) woke me one Friday morning at 6.45am, when my husband driving home was forced onto the pavement because a large piece of farm machinery failed to slow as it shot round a bend, when a lorry carrying straw bales hit a tree just outside my house on three consecutive trips bringing down branches and doing a fair bit of damage, when I watch people walking their dogs through our lovely village and not picking up after them, and can see a lamp post broken and bent almost in two, again hit by something quite large



travelling at silly speed, its hard to keep silent.

When I started editing this magazine I made a promise to myself not to be controversial, to be non-political, and definitely not to be grumpy!! Normal service will resume next month.

My highlight of the summer so far has been my trip to the Lincolnshire Wildlife Park at Friskney. I went with WI ladies and their friends and partners and I fell in love with the 11 tigers. I'm going to let you find out what is in this edition yourselves, but would

just say that the front cover pic taken by Barry Kyme is of a very special little bird which has been named Joseph Starlin...and has been discovered in Frampton. Jo is a leucistic Starling (having a lower concentration of melanin) and has been seen in several village gardens and also at the RSPB Marsh.

I saw this banner outside our Village Hall, I suspect it will eventually affect all of us to some extent, I realise money is tight, and there is no bottomless pit but closing much needed departments....really?! And lastly a huge thankyou to all of the people who send me articles, adverts, photos, to all the people who hand deliver this magazine to you our readers, you are all amazing!....Grumbles over xx

Vanessa



Photo by Sue Simmons

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RSPB.....Howzat For Crickets

Hi there! Chris from the RSPB reserve here again with a look of what is currently happening with our local wildlife.

It is at this time of year that we start to hear high pitched noises emerging from the long grass. This is often the only chance we get to learn of the presence of two very common creatures, grasshoppers and crickets. Not the same thing, as you may be surprised to learn, but quite different families and then separate species belonging to each. So what is the difference? Well, grasshoppers tend to have short antennae and sing during the day, crickets have long antennae and mostly sing at night.



Photograph by Neil Smith

Ah yes, the 'singing'. How do grasshoppers and crickets make that high-pitched rhythmic sound? Did I hear you say "They rub their legs together"? Well, if this was the TV show QI then klaxons would be going off and you would have just lost ten points. Grasshoppers do rub their legs, but not against each other. Instead they rub them against their wings, which have tiny 'teeth' on the underside, and it is this that makes the noise. Rather like running your finger along a comb. Crickets don't even use their legs, and rub one wing against the other. They do it to attract a mate, rather like the songs of birds. The way they hear each other can be quite extraordinary too. The organs which act like ears for crickets are on their knees, for grasshoppers they are on their bums! Can you imagine hearing with your bottom?

Both crickets and grasshoppers are mostly plant eaters, chewing their way through grass stems with powerful jaws. Though some species don't mind eating insects given half the chance, even turning to cannibalism! Thankfully in this country we don't have to deal with the vast swarms that other countries can get, devouring everything in their path. Most famous of these are, of course the locusts, which can devastate large areas of farmland as they hop and fly across the countryside. Though a patch of long grass can itself produce a remarkable number of animals. Both the adults and also the youngsters, which look like tiny versions of the full grown creature. They are a regular find during the bug hunts

which we hold during the summer holidays at Frampton Marsh. Great fun for the kids as they catch them in sweep nets, then watch them ping away off back into the grass, propelled by their strong hind legs. Come and have a go here, or look out for them in your own garden this summer.



Dr Chris Andrews

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St Marys and St Michaels

St Mary's 100 Club Winners

June £25 Number 1 Ms G. Atkinson

July £25 Number 35 Mr & Mrs R. Pilbeam

Entry for the draw costs only £1 per month and can be paid monthly, yearly or any amount in between and you can join at any time of the year. Half the money received is returned in prizes. If you would like to join the list of members please contact **Joan Deane (01205 722744)**

Frampton and the Great War

In common with many other local churches, St Mary's will be open for the weekend of Sept 8 & 9 (Sat 10-4, Sun 1-4). Last year the display about Frampton School drew a lot of visitors to the church, and this year it seems appropriate to remember Frampton during WW1. The display will not just remember the men who lost their lives, but also those who came back but whose injuries affected the rest of their lives, and those who kept everyday life going in the village. If you, or someone you know, have any information from those years, please do get in touch with me. I have already heard from the family of one soldier whose name is on our War Memorial and they have very kindly given me a photo of him for the display.

There will also be a second-hand bookstall, a tour round the church on the Sunday at 1.30pm, and refreshments both days with home-made soup, sandwiches and cakes. **Joan Deane (01205 722744)**

St Michael's Church, Frampton West.

Sat 8th September and Sun 9th September 10am -4pm.

The church will be open on these two days as part of The Holland Places Of Worship Festival. Last year we had an exhibition, but this year we are having a much more simple event when the church will be welcoming people to look inside this beautiful building, which, sadly is mostly kept locked. There will be free tea, coffee and biscuits, and someone there to answer any questions. Do call in and see us. This is the second year this festival has taken place and if you want to find out where else you can visit look at the website :

www.hollandpowf.org.uk

A Good Read...The Alan Johnson Memoirs



I suppose most people on hearing the name Alan Johnson will think of the member of Parliament for Hull West and Hessle who rose to be Home Secretary in the Labour Government. However after reading his memoirs, put out in three separate books, I have found that he is also a very readable and compelling author.

His first book 'This Boy' tells of his hard childhood in London's Notting Hill in the 1950's. Living in condemned housing, his father having left the family for a local barmaid and his mother in extremely poor health, he was virtually brought up by his older sister. His deep affection for his sister comes through strongly in all of his books. In fact, I so enjoyed and was touched by this book, that I wrote to him to say how much I admired what he had achieved after such a difficult childhood. I received a very nice reply (on House of Commons notepaper, no less).

The second book 'Please Mister Postman', traces his career as a junior postman, through his membership of the Postal Workers Union to eventually end up as General Secretary of the Union.

The last book of this trilogy 'The Long and Winding Road' is the story of his life as a member of Parliament. Following a telephone call from Tony Blair he was persuaded to stand for election as M.P. For Hull West and he was duly elected. The inside stories of his battles in support of the Hull trawler men are most interesting as are those of his climb to Ministerial status. His writing is always honest and authentic, and strangely as a youth all he wanted to be was a member of a Pop Group, and when Home Secretary he had occasion to meet his idol, Sir Paul McCartney, and was so overcome that he couldn't think of anything sensible to say!

These books were all bought for me by my son, Andrew, as stocking fillers at Christmas or birthday gifts and I am ever grateful for the thought and research he puts into his choice.

Graham Rodwell

Cover Photo by Barry Kyme



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Local Family Business

Frampton Gardening Club



It must have been a good few years since we haven't had to cut the grass in the height of summer - though drawing enough water from the well to keep the borders flourishing has been quite taxing. June and July are the Gardening Club outing months, where we take a break and go off to look and wonder what can be achieved in a few acres with an expert gardening team and a mega budget at your disposal.



June saw a few of us venture out to Barnsdale Gardens near Stamford - Geoff Hamiltons BBC Gardeners World location for many years. This is a must-see, the whole area is divided into suburban sized gardens, some of them Show Gardens transferred from Chelsea and adapted to the soils at Barnsdale. We spent a good 4 hours there and thoroughly recommend a visit.

July saw a pleasingly full coach - 51 - in conjunction with WI and Luncheon Club off to visit Houghton Hall in Norfolk. Another day of great weather and a beautiful location, fascinating house and gardens with impossibly green lawns! Don't forget, last Thursday in August (30th) is the Gardening Club Produce Show and we also pay annual subs -£10 - a bargain! Produce show categories as circulated or contact Ray for details (723181). Keep watering your melons, see you there!

Frampton WI



Its not often I get to write this column anymore so Im going to take it slowly and enjoy!

We have had a crop of birthdays this July, 7 in total including mine! I had been a bit miserable about it and was a bit miffed the committee meeting fell on the night before. I grumblingly got my notes together and waited for my lift to Di's house only to be whisked away by the committee for a

surprise dinner in my favourite Italian!! We had a lovely night - we did a little business, drank wine and ate fantastically..thanks ladies xxx
Recent trips out have included a visit to see tigers followed by a cream tea, at Lincolnshire Wildlife Park, a tour of Houghton Hall and Gardens and we took part in the Kirton Church Flower Festival.

Looking forward, we have trips organised to Sheringham and Cromer, Kirton Cottage for a lunch.

This coming Sunday we are doing a treasure hunt followed by afternoon tea in my garden...I really must do some weeding! We will be using our new teapot which has been donated by a past President Lavinia Renshaw, and very useful it will be too! There is a rumour going round that we may organise a day trip to a health spa - lets turn it into reality. We are developing our artistic creative side by having an evening at Pots of Fun 20th September and taking a bring and share supper with us. Don't forget to sign up for all of these ladies!

Our book club has been a great success and has given us a chance to mix in smaller groups and get to know each other better. Our first book Cooking With Fernet Branca got an overall score of 4/10 ..a good beginning, a bit of a fizzle in the middle and an unsatisfactory end...it did make us laugh though. Our next book ..The Marriage Pact has proved unputdownable and I think most of us have finished it already.



There is no WI meeting in August ...apart from the Afternoon tea in the Garden ...and we will be back on 13th September, our speaker will be Chris Carr and the topic ...Crocodile Poo and Bear Fat, Roman Beauty Treatments. I fear this is not to be missed ladies. Our competition will be something beginning with 'L'. There will be cake and drinks, a raffle, a book stall and a room full of suntanned women of all ages. Come and join us you will be very, very welcome. Remember your first visit is totally free. **Vanessa Jameson**

For more information about our WI please call

Vanessa Jameson (President)	07955 763473	vanessajameson@btinternet.com
Carol Patrick (Secretary)	01205 722879	carolpatrick@gmail.com

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Clerk to the Trustees: Louise Bacon
26 Nursery Way, Spalding, Lincolnshire, PE11 1GD
Email: louise@mooret.co.uk

ATTENTION ALL CLUBS, ORGANISATIONS ETC

The Trustees of Frampton United Charities are inviting applications from clubs, organisations etc in Frampton to apply for a grant. Applications should be made in writing to the Clerk and submitted no later than: **31 OCTOBER 2018**. Anyone knowing of an individual case where the Charities may be of benefit may contact the Clerk at any time.

Clerk to the Trustees: Louise Bacon
26 Nursery Way, Spalding, Lincolnshire PE11 1GD
Email: louise@mooret.co.uk

Senior citizens currently living in the Parish of Frampton, who are **65 years or over** and having been in resident in **Frampton for 5 years** at the time of application are invited to apply for assistance with their 2018/19 Winter electricity accounts. Applications must be to the clerk at the address below **by: 31 OCTOBER 2018**. On your application, please quote the following:

- Full name and address
- Contact telephone number
- Date(s) of birth

Further particulars may be required upon request

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Kirton Kids Club



The weeks are just slipping by now the weather is so lovely!
The Club has been involved in many activities including the Church flower festival this term.

The children have made things, coloured things, stuck things and taken things home.

They have played with scooters, skateboards, slides, balls, climbing frame, sport activities, construction, water, sand and bubbles – to name a few.

If you can make, play or do – I think they have done it all this term!

It is with sadness we lose some of our children who have been with us a long time as they go onto their secondary education in September. But it has been a joy to watch them grow into the near teens they are now and we all wish them the best in their new schools.

The club will again be a hive of activity when we open back up in September (same day as the Primary School).

Numbers are good and places limited but if you wish to know anything or enquire about availability please either ring 07583 762072 or email

kkc09@live.co.uk or you can go to our website at

www.kirtonkidsclub.co.uk

Have a great summer J



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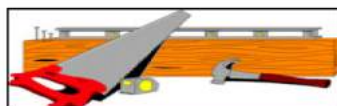
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St. Michaels Hall

Sun 23rd. Sept.

12.30pm

following 11am

harvest festival

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Focus on Faith

We may reflect back on 2018, as a year when we actually had some good summer weather - with the experience of 'June & July'! It produced the highest pollen counts for a decade, which meant hay fever for some! I cannot recall a period when we last experienced such a sustained period without rain in much of the local area, since 1976 (what a contrast to the flash floods of June 2016!) Hundreds gathered for another very successful Framfest, whilst millions experienced a period of 'Football Fever' - not forgetting the rugby, tennis, cricket and athletics!

Music and sport both have the ability to excite and inspire. (I can no longer run - but still enjoy bowls and singing!) In the bible St Paul uses a number of sporting analogies to encourage individuals and communities to show discipline in a similar way to that of an athlete; in order to achieve a right relationship with our Father God.

Philippians 3:14 *'I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.'*

1 Corinthians 9:24-25 *'Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. Everyone who competes in the games goes into strict training. They do it to get a crown that will not last, but we do it to get a crown that will last forever.'*

My prayer on a sporting theme... Thank you God... that you are an active participant in my life and not just a spectator. Even though you may caution me, you never show me the red card. When I score an own goal, you forgive me. If I suffer injury, you send healing. With you on my side, I am already a winner. I lift the cup, in memory of our Lord Jesus Christ. Amen.

As I write this I am also praying for some much needed rain!
Whether at home or on holiday - may the rest of summer be a blessing to you!

John Marshall - Reader

Please check the weekly pew sheet or our * online calendar for details of services - which may vary, especially during our Priest vacancy.

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A Summer Sunrise
By John Marshall

SERVICES		St Leodegar's	St Michael's	St Mary's
August	5	9.30am	8.30am	11am
	12	9.30am	-	11am
	19	9.30am	-	11am
	26	9.30am	9.30am	11am
September	2	9.30am	8.30am	11am
	9	9.30am	-	11am
	16	9.30am	-	11am
	23	9.30am	11am (Harvest) *	*
	30	Group >>	Service >>	11am

Word Search

S	L	W	O	B	N	I	A	R	T
P	U	C	L	W	I	N	N	E	R
N	B	C	O	M	P	E	T	E	S
E	A	R	C	A	R	D	U	S	T
L	C	E	O	E	Z	I	R	P	R
L	K	G	M	D	S	E	E	O	I
O	E	G	M	I	P	S	O	R	C
P	G	N	U	S	E	D	F	T	T
Y	A	I	N	C	C	E	E	U	C
A	R	N	I	I	T	R	T	F	L
D	U	I	T	P	A	E	E	A	A
I	O	A	I	L	T	N	L	T	O
L	C	R	E	I	O	N	H	H	G
O	N	T	S	N	R	I	T	E	O
H	E	A	V	E	N	W	A	R	D

There are at least 32 words to find with one word appearing twice!

Answers on page 31

Jerry Green Dog Rescue

Keep your dog cool on a hot day!

As many of us enjoy the lovely warm weather that many places across the country are experiencing we thought we'd share a few hints and tips with you on keeping our four-legged friends cool on a hot day.

Walk your dog early in the morning or later in the evening when it's cooler.



If the asphalt on the road is too hot for your bare foot to stand on, it's too hot for theirs. If the air temperature is above 77 °F (25 °C) then asphalt will be about 125°F (51 °C), the point at which skin destruction can occur in 60 seconds.

Don't over exercise your dog.

Never leave your dog in a sun trap, in a hot room and never in a car.

Always take drinking water with you for your dog if you go out.

Always make sure that they have drinking water and a cool shady spot be comfortable in.

You could also spray your dog with tepid water. (please don't use very cold water)

Heat stroke - signs to look out for

Your dog may be suffering from heat stroke if;

they are breathing faster and panting heavily,, heavier panting

they are barking or whining with signs of agitation

they have an excessive thirst or are drooling excessively

they have an increased heart rate

you think that their gums or tongue are darker in colour

their eyes are glassy, they are showing signs of weakness or collapse

they start to suffer from seizures or become unconsciousness

Heat stroke is very dangerous for dogs and they can deteriorate very quickly. If you suspect your dog may have heatstroke;

Move your dog to somewhere cool and give them small amounts of tepid water.

Use wet towels to douse the dog in cool water but never use cold water.

If you have a fan that you can place near the dog to cool it, use it.

Contact your vet straight away.

At Jerry Green Dog Rescue we find a lot of our furry friends like to enjoy some time in a paddling pool and really love our frozen Kong fillings made by the wonderful welfare team.

Have a wonderful summer!



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Tickle Your Tastebuds..Peas, peas, peas!!

Pod the peas, open a cool white wine, clean and roughly chop your spring onions, pour a glass of wine, snip some fresh mint, gently wash then totally dry your baby gem lettuce ...or what ever you have a glut of...melt one veggie stock-cube in a pan with a little water....sip some wine...pour in the peas, just before they are tender add the spring onions and sip the wine again..check your glass ..pour another ..use this second glass to pour into the peas stock and onions still simmering throw in your mint and your firm lettuce leaves add a knob of butter lightly stir...locate first glass of wine... Remove crusty bread from the packet it came in, grab the butter a dish and a knife and possibly a fork..retire to the garden to sip the rest of the wine and eat your supper as you watch the sunset.



SUMMER TIME TABLE 2018

Weds 1st Aug	9.00am - 9.45am 9.45am - 10.30am 6.30pm - 7.15pm 7.15pm - 8.00pm	Kirton Leisure Kirton Leisure Kirton Leisure Kirton Leisure	PILATES ABS STRETCH IT'S ALL ABOUT THE BASE! 15/15/15 LBT CIRCUIT BOX FITT
Thurs 2nd Aug	9.00am - 9.45am 9.45am - 10.30am 6.00pm - 6.45pm 6.45pm - 7.30pm	Kirton Leisure Kirton Leisure Kirton Leisure Kirton Leisure	BOX FITT + BALL PILATES AND RELAX PILATES AND SWISS BALL LBT MIX PILATES STYLE
Fri 3rd Aug	9.00am - 9.45am 9.45am - 10.30am	Kirton Leisure Kirton Leisure	PILATES BAND + BALL BOX + SLIDE
Mon 13th Aug	6.30pm - 7.15pm 7.15pm - 8.00pm	Kirton Leisure Kirton Leisure	AEROBICS REVISITED BOX FITT
Tues 14th Aug	9.00am - 9.45am 9.45am - 10.30am 6.00pm - 6.45pm 6.45pm - 7.30pm	Kirton Leisure Kirton Leisure Kirton Leisure Kirton Leisure	DAILY PILATES IT'S ALL BALLS! MAT PILATES IT'S ALL BALLS!
Weds 15th Aug	9.00am - 9.45am 9.45am - 10.30am 6.30pm - 7.15pm 7.15pm - 8.00pm	Kirton Leisure Kirton Leisure Kirton Leisure Kirton Leisure	PILATES ON A ROLL BIG BALLS + ABS LBT + BIT MORE BOX FITT
Fri 17th Aug	9.00am - 9.45am 9.45am - 10.30am	Kirton Leisure Kirton Leisure	PILATES BACK TO BASICS <small>Brilliant for beginners. Fantastic as a refresher</small> BIG BAND W/O
Mon 20th Aug	6.30pm - 7.15pm 7.15pm - 8.00pm	Kirton Leisure Kirton Leisure	DOUBLE UP PILATES + STRETCH 15/15/15 AEROBICS/BOX FITT/SLIDE
Tues 21st Aug	9.00am - 9.45am 9.45am - 10.30am 6.00pm - 6.45pm 6.45pm - 7.30pm	Kirton Leisure Kirton Leisure Kirton Leisure Kirton Leisure	PILATES TOP TO BOTTOM WORKOUT BOX FITT PILATES 15/15/15 SLIDE/CORE/TONE
Weds 22nd Aug	9.00am - 9.45am 9.45am - 10.30am 6.30pm - 7.15pm 7.15pm - 8.00pm	Kirton Leisure Kirton Leisure Kirton Leisure Kirton Leisure	PILATES THAT'S ALL! SWITCH OFF AND UNWIND LBT CIRCUIT WITH VIBRO PLATES BOX FITT
Thurs 23rd Aug	9.00am - 9.45am 9.45am - 10.30am 6.00pm - 6.45pm 6.45pm - 7.30pm	Kirton Leisure Kirton Leisure Sportsman, Boston Sportsman, Boston	TOTAL BODY W/O WITH LIGHT WEIGHTS PILATES + LIGHT WEIGHTS PILATES AEROBICS REVISITED
Fri 24th Aug	9.00am - 9.45am 9.45am - 10.30am 6.30pm - 7.30pm	Kirton Leisure Kirton Leisure Kirton Leisure	BACK PILATES FIT IN FITNESS (Fitness for anywhere) AEROBICS REVISITED 80's STYLE

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Needles, nappies, mouldy bread in the blue bin! Seriously?

No one would argue that a loaf of mouldy bread is suitable for the RECYCLING bin. No one would argue that used hypodermic needles are suitable for the RECYCLING bin. No one would argue that used nappies and food waste are suitable for the RECYCLING bin. Would They? Seriously? But all these items have been found in [the borough's](#) blue bins.

The needles were incredibly dangerous and their disposal in such a way was totally reckless. The loaf of bread, used nappies and food waste... recycled into what exactly?

Recycling levels nationally have been in freefall for some time and reflected in Boston borough. An incredible 25 per cent of all household rubbish collected in the borough could have actually gone into the recycling collection.

On one recycling collection round 160 contaminated blue bins were recorded. No one is pretending that knowing what to put in the blue bin and what to put in the green bin is always straightforward. But some items are pretty obvious. Efforts have been made to educate and inform – all households received a leaflet with their council tax bills to help and Boston Borough Council is now engaged with all councils in Lincolnshire to come up with a waste strategy common to all.

A contaminated blue bin, spotted by the bin men, will not be emptied into the bin lorry. They will leave a notice on the bin informing the occupier that it has not been emptied because it has been contaminated with items which cannot be recycled, advising them to take those items out and re-present the bin if they wish it to be emptied at the next collection.

But sometimes residents hide the nasties in their blue bin. Then, if it's not spotted and it's tipped into the lorry the entire load is contaminated. And that ends up costing everyone money.

But now the time is coming when the council will be taking firmer action to stop those who seriously and persistently contaminate the recycling stream.

From July 1 those who persistently and seriously contaminate their blue bins will risk a £75 fine. Offenders will first receive advice and then a warning for a second offence before a "three strikes" fine of £75.

This is not to penalise people who make an honest mistake but to penalise those who just don't care and wilfully continue to contaminate the collection.

The fixed penalties will be served by the council's third-party enforcement agency 3GS, but they will only be served with authority from the council. The council will not make any money from the new enforcement measures.

A recently updated guide to what can be recycled can be found on the council website at <http://bit.ly/2rQdtfB>





Wow, what an event! This was the sixth one organised by Friends of Frampton Churches and we really had a good one this year, the music was fabulous, the food and drink delicious, the sun shone all day, people came in droves and we raised around £4,000. Well done Jo and team.

Thank you so much to everyone who supported Framfest in any way, we have received lots of praise for the event, which catered for all tastes and ages, from babies to octogenarians. Some people have attended all 6, others came for the first time, but everyone left with a smile having thoroughly enjoyed themselves. An event like Framfest takes a great deal of planning, patience, arm-twisting, blood, sweat and tears to come to fruition on the day. This year, for various reasons, the FoFC committee have been depleted in number and found it a great strain to pull everything together, even though they all enjoyed the day. As a result, we have decided to set up a Framfest Planning sub-committee so that people who can help with Framfest, but do not want to commit to sitting on the main FoFC committee, can join us. Planning for next year will start in January. Please think about whether you could offer us some assistance in planning the biggest party in Frampton.

Again, many thanks to everyone for making it such a superb event, and if you can help us please contact

Jo jo-annefitness@hotmail.co.uk or Carol carolpatrick@gmail.com 07971761205



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Belly Pork £5.00/kg



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Top Ten Garden Tips for the next Two Months

1. Prune your Wisteria its not too late.
2. Lightly prune and shape your espalier fruits.
3. Dead head flowering plants daily.
4. Water regularly especially containers and new plants, use grey water if at all possible or recycled water. Group your pots and containers together in a shady spot while the daily temperatures soar.
5. Start to collect seeds from your plants for next year.
6. Harvest Sweet Corn and other vegetables as soon as they are ready.
7. Continue to cut out the old fruited canes from Raspberries and Tays.
8. Lift and pot up rooted strawberry runners.
9. Top up your ponds and water features regularly.
10. Find a shady spot, sit, sip a cool beverage and enjoy!



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Wednesday's

St Thomas's Church Hall
5.30pm & 7.30pm
with Danni - 07917 897292

Swineshead Village Hall
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Thank You

Two little words, thank you, don't seem enough to express our gratitude to **Rex and Val Halgarth**, who for many years have delivered Focus and The Spires to residents of Middlegate Road. They have decided that the time has come to stop pounding the paths and risking losing fingers in letterboxes (only joking!). Best wishes from all at Focus.

Alan and Chris Holliday have also delivered Focus for us and are now moving to pastures new. Many thanks and good luck in your new home.

ARTICLES AND LETTERS :

Copy deadline: 19th September 2018 for the next October/November edition

Email: focusonframpton@outlook.com

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These prices are for 6 editions for the year.

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