

STAYING IN

My favourite things

Fresh from a two-month tour of the USA, Cornwall-based folk singer/songwriter Sarah McQuaid is touring Devon during November at Barnstaple, Topsham, Totnes and South Pool

The last book you enjoyed?

It's taken well over a year of reading a few pages in bed every night before falling asleep, but just before I headed away on my current tour I finally managed to finish J.B. Priestley's English Journey.

It's a wonderfully written book, and part of the reason it took me so long to get through it is that I kept pausing to read particularly witty passages aloud to my long-suffering husband!

The TV show you loved?

We haven't had television since before my son was born, and he's 12 years old now, so I'm a bit behind the times when it comes to TV!

I do feel lucky to have grown up in the

USA in the classic sitcom era. I was particularly fond of a very funny, but sometimes politically and socially hard-hitting show about a radio station called WKRP In Cincinnati.

The film you could watch over and over again?

Neil Jordan's The Company Of Wolves. I have it on DVD and have watched it many times over! I also never get tired of re-watching Rob Reiner's This Is Spinal Tap. Both immensely enjoyable films for completely different reasons.

The song that means the most to you?

Oooh, that's a tough one! But if I had to choose one ... When I was little, the song I'd always ask my mother to sing me to sleep with was an old spiritual called All My Trials Soon Be Over.

It's the song I associate most closely with her, and it made me cry then and still does now.

Your top travel destination?

As a touring musician, I travel a lot for a living, but family holidays are pretty much limited to camping trips around the UK as that's what we can afford!

I'd love for us to go to Italy sometime, though, if we can ever manage it. Years ago, before I met my husband and had the kids, I spent three weeks in Venice and Tuscany, and I've always longed to go back there; gorgeous food and so many beautiful frescos to see.



Sarah Patterson in The Company Of Wolves



The prized possession you value above all others?

My custom-made guitar by Andy Manson. I have nightmares on a regular basis in which it gets damaged, and always wake up in a panic – even once I've realised that it was only a dream, I still take a while to calm down.

Your favourite recipe to cook?

For return on investment of time and energy, you can't beat a casserole-roasted chicken. I use an oval Le Creuset pot that perfectly fits a chicken and can go on top of the cooker for the initial browning, then straight into the oven. With carrots, onions, a whole head of garlic separated into

cloves and a sprinkling of tarragon on top, it's pretty much impossible to get wrong.

Your happiest memory?

There's a memory that I like to replay in my head whenever I'm feeling down or frazzled, from when I was a child and used to spend my summers on my grandmother's farm in Indiana. I remember walking down to the vegetable garden on a hot sunny day, picking a ripe tomato and eating it while standing right there in the garden, my bare feet crunching down through the sun-baked top layer of earth to the darker, moister soil underneath. It never fails to relax and cheer me.

If you could have one superpower, what would it be?

The ability to be in two places at the same time. I love touring and performing, but I miss my family terribly when I'm away.

The best piece of advice you've been given?

My grandmother taught me to always write thank-you notes, and to make sure to thank every single person who helps you in any way, regardless of whether you think you'll ever see them again. I've made a point of drumming the same lesson into my children.

Favourite places to visit in the South West?

I feel very lucky to be able to live in West Penwith. It's not the most convenient base for a touring musician, but it's a beautiful part of the world to come home to.

I'm particularly fond of the cliff paths and old mining buildings around Botallack, especially at sunset, when there's a gorgeous golden light that seems to light up the old engine houses. So lovely. I can't wait to get back there again!



Old engine house at Botallack

Your favourites

Top 10 DVD rental

1. Mad Max – Fury Road
2. Marvel Avengers: Age of Ultron
3. John Wick
4. Hotel Transylvania
5. Spooks: The Greater Good
6. Tomorrowland – A World Beyond
7. Cinderella
8. Kingsman – The Secret Service
9. The Second Best Exotic Marigold Hotel
10. Home

(Chart supplied by Amazon.co.uk/DVD)

Top 10 film streaming

1. Ratatouille
2. Monsters University
3. We're The Millers
4. Shaun the Sheep The Movie
5. The Heat
6. Paddington
7. Nightcrawler
8. Toy Story 3
9. Paul
10. Despicable Me

(Supplied by Amazon.co.uk/DVD)

Game chart all formats

1. FIFA 16
 2. Uncharted: The Nathan Drake Collection
 3. Destiny: The Taken King
 4. LEGO Dimensions
 5. Grand Theft Auto V
 6. Forza Motorsport 6
 7. Metal Gear Solid V: The Phantom Pain
 8. Tales of Zestiria
 9. LEGO Jurassic World
 10. Minecraft: Xbox Edition
- (Supplied by Chart Track, (c) 2015 UKIE Ltd)

Top 10 best selling iPhone apps

1. Minecraft: Story Mode by Telltale Inc
 2. Plague Inc. by Ndemic Creations
 3. Minecraft: Pocket Edition by Mojang
 4. The Official DVSA Theory Test Kit for Car Drivers by TSO (The Stationery Office)
 5. PAUSE – Relaxation at your fingertip by ustwo(TM)
 6. Heads Up! by Warner Bros.
 7. Storage Hunters UK : The Game by UKTV Interactive Ltd
 8. Facetune by Lightricks Ltd.
 9. Theory Test for Car Drivers UK – Driving Test Success by Focus Multimedia
 10. MONOPOLY Game by Electronic Arts
- (Supplied by iTunes App Store)

Bestselling ebooks

1. The Runaway Family by Diney Costeloe
 2. Career Of Evil by Robert Galbraith
 3. Perfect Daughter (No Greater Courage) by Amanda Prowse
 4. The Photographer's Wife by Nick Alexander
 5. The Cherry Tree Cafe by Heidi Swain
 6. The Girl On The Train by Paula Hawkins
 7. Diana – A Closely Guarded Secret by Ken Wharfe
 8. Four Waifs On Our Doorstep by Trisha Merry
 9. The Tea Planter's Wife by Dinah Jefferies
 10. In Cold Blood by Mark Dawson
- (Compiled by Amazon.co.uk)