

Box River News

Boxford • Edwardstone • Groton • Little Waldingfield • Newton Green



February 2016
Vol 16 No2

PARKING IS FREE IN BOXFORD!



KEEP PARKING FREE IN SUDBURY

Sudbury's businesses are proud to be able to offer their customers 3 hours free parking in their District Council Car Parks. However, there is currently a review by Babergh District Council who are considering starting charging for the currently free period and businesses are very concerned by how this will affect their trade. There has been a lot of publicity about how High Streets all over the country are struggling, initially it was the competition from out of town shopping, who not only benefit from being able to offer free parking but also have lower business rates, now it is the growth in online shopping, which again does not have the same high levels of business rates. Reports can be found to show evidence that shopkeepers overestimate the proportion of customers that travel by car. However, these reports relate to metropolitan areas rather than small rural towns where many people have no option but to drive to the shops.

Keeping three hours free parking in Sudbury is important to both businesses, visitors and residents as demonstrated in two recent surveys carried out by the Sudbury Town Team. In a survey of businesses in Sudbury Town Centre in January 2014, free car parking was the main issue raised which was raised as the most important factor to the success of their business in the future. Stephane Chapotot co-owner of The Secret Garden in Friars Street said "business rates are a large proportion of our costs and on top of that as a business we also have to pay for our bins to be emptied, what are these business rates going towards if we are also going to lose free parking for our customers?"

Another survey carried out by the Sudbury Town Team and Gainsborough's House of visitors and residents who visited the town centre which came out in June 2015 showed that 31.7% came into Sudbury because of the free parking and 27.3% would like more free parking available.

Jane Hatton from the Sudbury Town Team said "Local authorities should see free parking as a service for local people not a short term method to raise money and more importantly as a way of supporting their market towns. It has been proven in other towns that when they lose free parking it discourages people from using the town centre, towns where parking charges have been introduced have then had to offer hours when parking is free to increase footfall but the damage to their town centres has already been done".

Chris Storey from Sudbury Chamber of Commerce added "A careful scrutiny of the details surrounding the location of Sudbury, access to the town and other retail centres and the particular challenges of the town centre should make it absolutely clear that three hours free parking is essential if the town centre is not to decline significantly. From a purely economic perspective the council should not have any grounds for bringing in charges. The town is dependent on this for its future prosperity and a more retrograde step is hard to envisage. The Chamber in conjunction with the Town Team remain resolved to fight these proposals and ensure that the town centre can have a long term viable and successful future for the benefit of all, including Babergh District Council. If you have any comments or thoughts on Sudbury losing free parking please leave your comments at <http://seeanddosudbury.co.uk/community-news/10154/> or email info@seeanddosudbury.co.uk

Box River News

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Final date for reserved copy for the March 2016 Issue is:

February 15th at noon

Delivered Free to every home in Boxford, Groton, Edwardstone, Newton, Little Waldingfield, White Street Green and Milden and is available to residents in Assington, Leavenheath, Gt Waldingfield, Polstead, Stoke by Nayland, Nayland, Kersey, and parents of children at Boxford School.

AROUND THE GREEN AT NEWTON IN THE 1960'S



Above: Birchetts is a Grade 2 listed 16th Century timber-framed and plastered house. that was renovated in the in the 20th century. The house has been built out on the south side during the 20th century. The roof is thatched, with 3 dormers on the north side and two on the south. At the east end there is an external chimney stack.



Above: The Deans is a Grade 2 large 16th century and later timber-framed and plastered house refaced in red brick in the 18th century. Wings extend to the north-east at the rear on the north-west and south-east ends. The windows on the front have double-hung sashes and glazing bars, in flush cased frames. A raised brick band extends across the front between the storeys. A 20th century gabled porch projects at the south-east end of the front. The roof is tiled. At the north-west end there is a large external chimney stack with 2 octagonal shafts with moulded caps and bases (restored or partly rebuilt).



Left: Potash is a Grade 2 listed 17th/18th century timber-framed and plastered house. Originally two tenements single storey with attics. The south part of the house is older and was probably extended in the 18th or 19th century when the north tenement was built or refronted. (Now colourwashed). The roof is thatched, with 3 gabled dormers. At the south end there is a large external chimney stack with tabled offsets

Pics Francis Frith

FleeceJazz

at Stoke by Nayland Hotel

Friday 5 February 8.00 £15
David Gordon's Alex Scriabin Ragtime Band

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 Expect a combination of laughter and great musicianship delivering fascinating material

Wednesday 12 February 8.00 £15
Zoe Francis & Jim Mullen

Uber Statesman Jim leads a top notch trio to show case Zoe's stunningly beautiful voice
 Jim Mullen guitar Zoe Francis vocals Stan Sulzman saxophone Mick Hutton bass

Friday 19 February 8.00 £18
Mike Paxton Quintet

"The instrumentation might suggest just another hard bop combo: not so... with the calibre of musicians he has recruited, the playing is exemplary and Paxton's drumming is up there with the best." - Peter Vacher.

Mike Paxton drums Martin Shaw trumpet and flugel, Mornington Lockett sax Robin Aspland piano Alec Dankworth bass

Mike Paxton, drummer, composer and arranger, has worked with many of the top names in British Jazz including Humphrey Littelton, Alan Barnes, Ronnie Scott and Peter King, and several top US visitors. Martin Shaw has a warm and distinctive sound on both horns and is recognised as one of Europe's finest jazz soloists. The power and subtlety of Mornington Lockett's tenor playing has always delighted our audience, and the myriad of stars that he has worked with. We have the gifted and imaginative and very busy Robin Aspland on piano and keys, and the huge sound and precise intonation of Alec Dankworth on bass. With such a great line up, including so man Fleece favourites, this is a gig not to be missed.

Friday 26 February 8.00 £18
Renato D'Aillo Quartet & Deelee Dubé

Hard bop and straight jazz in its most vibrant form.
 Renato D'Aiello sax Deelee Dubé vocals Sean Hargreaves piano Nicola Muresu bass George Esteves drums

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Friday 11 March 8.00 £18
Marlene Ver Planck-

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THE FEBRUARY LETTER FROM REV JUDITH

Dear Friends,

Pigeonholing...?

It should have been me really! As a qualified librarian in a past life, you would think I would be the person in our family to take on the task of organising our collection of books that is in danger of taking



over the rector. But no, it is Rufus who has found the energy and grit to start the task. Typically taking a methodical and logical approach, he has begun to take one subject area at a time, and gathered together in one place the books on that subject that have been dispersed across bookshelves in different rooms. But there lies the problem – or perhaps I should say challenge.

In my former professional life as a librarian, it was a problem I frequently encountered and so fully understood. Some books fall clearly into one subject heading, one category or “class”. When this happens, all is well. But of course some books refuse to be pigeonholed so easily. Authors do not always set out with such tidy boundaries in their mind. They stray from one subject into another. In fact they take delight in making connections between different areas of knowledge. So should I shelve this book under environment, ecology or landscape history...?



This is even more true of people than books and when I was a young Christian, it was one of the things that drove me away from the church for some years. Some people were far too

ready to pigeonhole people, dividing them into believers or non-believers, Christians or non-Christians, good or bad people, on the basis of a very particular interpretation of their faith. As I grew up through my teens and twenties, less and less did this approach seem to fit with the reality of the range of people I knew and met from all different walks of life. Some who called themselves Christians, were far from emanating the love and inclusivity that Jesus showed in his dealings with all kinds of people. On the other hand, there were people who wouldn't have described themselves as Christians, but who, in their lives of humility, service and generosity seemed to be shining examples of living out the very way of Jesus.

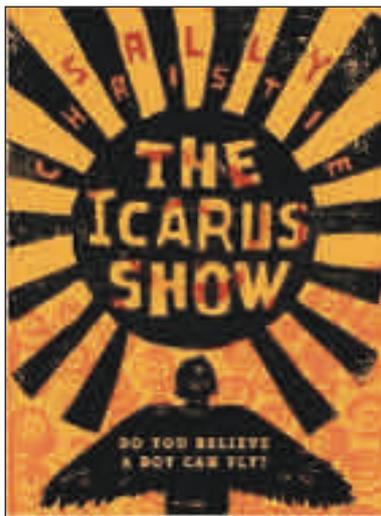
As someone suggested in a church meeting I attended recently, surely we should leave it up to God to decide who is following the way of Jesus and who isn't. Because, after all, only he knows the hearts and minds of us all.

Whether or not you are someone who would call yourself a Christian, whether or not you are sure of where you are on your life's journey, or your journey of faith - and despite my librarian's background - I promise that I will never try to pigeonhole you. And you will always have a warm welcome from me in any of the five churches, on any occasion that you might want to test the water and see if, after all, this man from Galilee might actually have something to say to you that is worth hearing - might actually be able to make a real and lasting difference to your life. Blessings.

Rev. Judith

THIS MONTH'S GOOD READ

The Icarus Show by Sally Christie



Childhood can be extremely difficult. This is something that many of us seem to forget when we grow up, precisely because it can be such a troublesome journey. Those who write books for adolescents have not forgotten this fact, and recognise that while childhood can offer freedom, adventure and fun, it is possible for even children in loving families to find themselves alone, isolated by problems that seem insurmountable.

The Icarus Show is a book that ably dramatises this conundrum, and does so with lightness and grace. Alex Meadows has not found the

move to secondary school an easy one, and has developed a maxim for staying out of trouble: don't react. He has seen what happened to David, the boy next door, who answered back when teased by Alan and now suffers daily abuse. Alex's strategy seems to be serving him well, until he discovers a feather in his school bag, along with a note: "Coming Soon. A boy is going to fly."

What follows is the unravelling of a mystery as Alex discovers that he is not the only one to have received a feather; in fact, everyone in the year has had one. As more notes follow, Alex becomes absorbed by the question of who is sending them: why, and how is a boy going to fly?

Bullying is frequently not a clear-cut issue. Christie's book reminds us of the complexity of negotiating the schoolyard and the classroom, how shifting allegiances and the need to survive can bring out the worst, and the best, in people. It's in such an atmosphere that Alex and David strike up an uneasy friendship, both drawn in by "the Icarus Show" in their own ways, and this is the most successful part of the novel.

The current craze for first-person narrators has a potential pitfall: if your protagonist is an 11- or 12-year-old boy, then they really ought to sound like one. Many novels let themselves down when the young narrator talks as if they've just completed a degree in psychology.

The Icarus Show manages this balance well. Not only are we convincingly presented with Alex's story in his own words, Christie also achieves something else that is a challenge to any writer: she gets us to like an unlikable character. David is gruff, monosyllabic and seemingly not best-friend material, but we are made to perceive the troubles that lie behind his off-putting behaviour. Crucially, we do so through the eyes of our young narrator, Alex. In fact, there are some small sections towards the end of the book that switch to the third person, and which possibly could have been avoided, since it's a shame to leave Alex's view of the world, even for a few lines. For Alex is a boy who, like most of us, struggles to do the right thing at times, but ultimately knows that kindness can make a difference.

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This short update follows on from my article published in the January edition. My aim each time I write an update is to list those men for whom the remembrance of the centennial anniversary of their death will fall in the coming month. I will also report on any new information that has come to light, which has successfully identified one of those servicemen for whom I have been unable to establish a date of death.

As a reminder they are:

Boxford

- Harold Brett
- Charles L Munson
- Charles Smith
- Lionel H Smith

Edwardstone

- Frederick Grainger
- Leslie Williams

Newton

- Henry J Fuller
- George E Peggs
- Alfred Willis

The keen eyed amongst you may notice that this list is now shorter by one name than in my original article and once again I ask that if there are people reading this article who can help fill in these gaps with any

information about these men, please do get in touch.

A villager from within our communities has been able to identify the person appearing as MAC Gardiner on the Newton memorial. He is, in fact, William Ewer Gardiner, who was born and brought up in Little Yeldham just over the border in Essex. His parents were William and Charlotte Gardiner who farmed at Upper Yeldham Hall. William Ewer Gardiner is commemorated on the Little Yeldham war memorial, and there is also a separate brass plaque erected by his parents remembering him in the Church. Another branch of the same Gardiner family farmed at Newton Hall in Church Road. Quite why they felt he should also appear on the Newton memorial we will probably never know, but it is possible he may have worked on the Newton farm at some time prior to the outbreak of the War. This could also explain why his name is not in alphabetical sequence on the memorial and why his name does not appear on the Role of Honour in the Church. Mac was his nickname and that is how he has been recorded on the Newton memorial.

William was killed in action on 13th May 1915; he was 32. He is recorded on contemporary documents as serving in B Squadron of the Essex Yeomanry. The Essex Yeomanry were part of the allied forces engaged in the second Battle of Ypres which took place between 22nd April and the 25th May 1915. William has no known grave, but his name is recorded on the Ypres (Menin Gate) Memorial. The fiercest fighting within this period was in the Battle of Festubert ending on 25th May, by which time over 16,000 British men had lost their lives, and William was probably among them.

Returning to our remembrance of the centennial anniversaries of the death of men from our villages, on January 17th in St Mary's Church Boxford Frederick William Death was in our prayers. He was the son of Mr. and Mrs. William Clarke (presumably his mother had remarried) of Calais Street. He died on 18th January 1915 aged 22. He has no known grave but is commemorated on Panel 8 of the Ploegsteert Memorial. He served in the York and Lancaster Regiment.

On Sunday 14th February at the 09:30 service of Morning Worship in All Saints' Church, Newton we will remember Alfred Siggers whose name appears on the north-west face of the war memorial on the Green. We have no information about his family but he is recorded as having been born in Newton and we know that he died on 14th February 1916 and is commemorated at White House Cemetery, St. Jean-les-Ypres, grave reference I.C.4. He served in the 9th Battalion of the Suffolk Regiment.



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01449 740252 admissions@obh.co.uk
www.obh.co.uk

MILDEN BALL



The Milden Ball was the best yet! Held at the nostalgic Milden Hall, the evening sold out within weeks. It was a brilliant evening of music and dancing with the opportunity to have a flutter on the casino tables. The evening raised over £2000 and a donation will be made to St Peter's Church Milden. Milden Pavilion and Playingfield Committee would like to thank The Great House Restaurant Lavenham, Pearl Gee, The Morley family, The Edwardstone White Horse, Stoke By Nayland Hotel and Spa, The White Hart Hadleigh and Scott Hurrell, for their support with their donations to the raffle which enabled such a great amount to be achieved. The next Milden Ball is already planned for 2017 we will be in touch!

Remember

The Box River News can be seen in full colour by downloading from the internet.

Just go to boxfordvillagehall.co.uk and click on the BRN icon. The Newsletter is usually available about two days after the published press date below. You can also drag any pics you might like onto your desktop but these will be of low resolution. If you would like a high res pic just email the address below and we will send you a PDF or Jpeg ed.kench@btinternet.com

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Friday & Saturday 12 - 10pm
Sunday 12 - 10pm
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Sunday 12 - 3pm



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BOXFORD BOUNTY

The time of year is with us once again, for the Boxford Bounty collectors to come knocking at your door asking for your continued support.

The local lottery for Boxford Benefice, the Bounty provides financial support for many local groups and interests. The following groups have benefited from direct grants in the past few years:

*1st Boxford Brownies • 1st Boxford Guides • Boxford Fireworks
Carpet Bowls Club • Boxford Village Hall Roof • Bowls Club
Breast Cancer Care • Ladies Bowls Club • Boxford United Charities
Boxford Tennis Club • Boxford Spinney • Edwardstone Mill Green Trust
• Friends Of Boxford School • Sunflower Playgroup • BoxRiver Club •
Boxford Playingfields • Boxford Cycle Club • Boxford Rovers
Over Sixties Club • Boxford Village Hall Floor • 1st Boxford Scouts*

Tickets are available at a cost of £10.00 per year, which guarantees entry to six draws.

The prizes for each draw are:

1st Prize £160 2nd Prize £75
3rd Prize £30 4th Prize £15

If you would like to buy a ticket for the Boxford Bounty and have not been visited by a collector please apply directly by sending a cheque made payable to **Boxford Community Council** to the following address: Boxford Bounty, 39, Daking Ave, Boxford, Suffolk, CO10 5QA

Or ring Mark Miller on 01787 211596

e-mail mark.miller@talktalk.net

and we will arrange a call from your local collector.

COLLECTORS NEEDED

If you have an outgoing personality, love walking, enjoy meeting people and would like to do something to support the community please contact Mark for further details.

The Boxford Bounty is organised on behalf of Boxford Community Council registered charity No 304862

Boxford Bounty Winners

Nov - Dec 2015

The Boxford Bounty would like to thank members of the community for drawing the following numbers at the Box River News Deliverers' and Boxford Bounty Collectors' social evening 15 Dec 15.

£160.00	MR & MRS	B RULE	ELLIS STREET
£75.00	MR	KC WAGLAND	COX HILL
£30.00	MR & MRS	LINDSLEY	COX HILL
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Smooth talking...

Valentines Day is just around the corner. And would we be right to guess there's a pair of unshaven legs or hairy armpits lurking beneath your clothes right now?

You're not alone. For most of us, there is little incentive to keep our bodies hair-free during the winter months. But Spring is on its way, romance is in the air and now is the perfect time to get rid of that unwanted hair.

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www.suffolkmedicalclinic.co.uk

MISS LESLEY'S CHRISTMAS STARS

On Sunday December the 13th Children from the Boxford branch of Miss Lesley's School of Performing Arts presented their second showcase entitled "Christmas Stars". With a very busy time in the run up to Christmas the children aged between 5 and 16 years performed for two hours at 1.30pm and then had to repeat the performance for their next show which was at 5.30pm!

They performed beautifully and the audience consisting mostly of family and friends were thoroughly entertained and given a real Christmas treat! Work has already begun this month with lots of new routines and hard work ahead in preparation for their next show!



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Connecting to the World!

It is with great pleasure and excitement that Boxford Primary School launches its new school website this month. The design of the webpages has a brand-new feel to it and, we hope, navigating to specific information will be a little easier. While the site will remain the place to find information about the school, we hope to use it slightly differently in the future to inform and engage our local community and beyond.

There are two new features that we hope will be of interest to the community.

1) The School Blog

This area of the website is completely new. We hope to build a stream of articles that provide a snapshot of activities happening in school. All year groups and curriculum areas will be covered through short write-ups and accompanying photos. We hope that parents and families will enjoy this 'access-all-areas' insight into their children's learning! As our school now operates a policy of never including children's names alongside photos, these articles are free and safe to share with wider family and community members. Share, share, share!

2) Home-School support materials

We also hope to extend the provision of information that supports parents understanding of how their children are taught in school. Already a part of the old website, this area will be filled with useful information on how our school approaches the teaching of key concepts. Linked with Parent Workshops on Phonics, Reading, Writing & Maths, these materials will give everyone access to support materials that are in line with our pupil's understanding at each stage of their academic development. This area will grow over the coming months, starting with a Parent Workshop on 'How does my child learn maths? A Focus on Calculations'

I look forward to sharing more as our provision grows!

Mr Toby

Remember

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FEEDBACK FROM JAMES FINCH

Your Suffolk County Councillor for the Stour Valley

➤ Access to Superfast Broadband in Boxford

Whilst the majority of Boxford households and businesses have access to Superfast broadband – there will be pockets of houses and other villages that still do not have access.

I am pleased to say Suffolk County Council is now able to offer a package via Satellite to such households as discussed earlier in the year to those who do not have access to Superfast Broadband and where their existing speed of service is less than 2mb per second. More details can be found on the attached web links which include the background to the scheme, options available to you and the application form for applying for the satellite service.

A full guide to the satellite scheme can be found here: <http://www.betterbroadbandsuffolk.com/ApplicationGuide.aspx> and the application form for this service can be found here: <http://www.betterbroadbandsuffolk.com/ApplicationForm.aspx>.

What will the scheme provide?

The Scheme will provide a 'voucher' (actually, a unique code) that you will be able to present to one of a selected number of retail service providers to obtain a satellite broadband service.

You will need to place an order with one of the selected retail service providers, and enter into a contract for satellite broadband services provision for a minimum period of 12 months. The voucher will cover most of the cost of installation and commissioning of your satellite broadband service. You will be responsible for paying any remaining cost of installation and commissioning (if any), for choosing the features of the satellite broadband service you require, and for paying the monthly subscription for the service you have selected, and for paying any VAT on the amounts payable.

The voucher does not have a specific fixed value, but when used to obtain a satellite broadband service from one of the selected retail service providers, the use of the voucher will reduce the total cost (ie installation and commissioning costs plus 12 monthly subscriptions) by around £300. The voucher has no other value, and cannot be redeemed in any other way than through the Scheme

➤ Suffolk Highways Winter Programme

The winter programme for salting and gritting has now started and from 1st October – 31st December there were only 5 nights where salt or brine had been spread in parts of Suffolk. From now until the end of the winter there is a team that can be on 24 hour alert to ensure that the roads in Suffolk are kept safe. December was unusually warm but the team uses Meteorological forecast data together with sensors in the highway to determine what the highway temperature is and thus the need for treatment or not. It is likely that January and February will be different with a very cold spell due (at the time of writing). The Suffolk Highways team is well prepared ready and waiting. Our thanks go to them all.

➤ Rail Franchise renewal

The demand for new trains and more frequent passenger rail services on Suffolk's railway were made directly to franchise bidders competing to run the new East Anglia Rail Franchise at the Suffolk Rail Conference which took place on Friday 4th December 2015 in Ipswich.

The Suffolk Rail Conference saw delegates speaking directly to the three short-listed franchise bidders about the rail improvements that are required to meet passenger and the economic growth needs for the future. Demands included:

- New rolling stock.
- Faster and more frequent rail service between Suffolk and London Liverpool Street.
- An hourly passenger rail service between Ipswich and Peterborough.
- A half-hourly service between Ipswich and Cambridge.
- Faster line speeds and more frequent passenger rail services on East Suffolk Line.
- A more resilient service on the Felixstowe and Sudbury branch lines.
- Improvements to stations.

Conference delegates learned more about the East Anglia Rail Franchise Invitation to Tender and the actions needed to ensure the best possible rail franchise and infrastructure deals. Ben Gummer, MP for Ipswich provided information about the work of the Great Eastern Main Line Taskforce and representatives from Network Rail identified plans for expanding and improving Suffolk's railways.

A series of workshops then took place to draw together discussions and ideas regarding how the county's needs should be addressed by the new rail franchise. The outcomes of these workshops were reported back to the audience at the end of the conference under the four headings of Rolling Stock, Passenger Train frequency, Connectivity and Line Speed and Station Services.

I emphasised that this was important opportunity for us to send a clear and unified message to the franchise bidders about what Suffolk needs from the new 10 year rail franchise. I will be listening carefully to what they propose and will offer challenge to ensure they are fully aware of the need for a clear plan that delivers improvement in the quality and provision of network services and new rolling stock. In my opinion Suffolk has been overlooked for far too long and we needed to use this opportunity of the new franchise to redress the balance."

My priorities for Suffolk

Education - Supporting Vulnerable People - Jobs and Growth
 Localism and the Stour Valley - Building on Suffolk's Strength
 all underpinned by strong financial management and low council tax

James Finch 12th January 2016
 County Councillor Stour Valley Division

POLICING IN SUFFOLK 2016

Policing in Suffolk is to be redesigned to meet the demands of today. The Constabulary is required to deliver savings of £20.5 million by March 2020. Alongside this, the demand facing police has changed, so services need to be realigned to the areas posing the greatest threat, harm and risk.

A series of projects are therefore underway to bridge this funding gap and to better respond to today's challenges.

The Suffolk Local Policing Review (SLPR) is the most significant review of policing in Suffolk for many years and is looking at better ways of structuring resources and delivering key services.

The current phase of the review has looked at the following areas:

Neighbourhood policing

Community contact

Investigations

Emergency response

Community Safety

A number of changes have now been agreed which will result in the re-design of teams and processes and a **reduction in the workforce**.

Key changes include:

Streamlined processes for the investigation of crime.

A redefined remit for Safer Neighbourhood Teams (SNTs) and a reduction in their number from 29 to 18, with a focus on addressing community concerns.

Three revised policing areas in the East, West and South.

Nine policing 'locality' areas, combining emergency response, investigations, SNTs, volunteers and the Special Constabulary.

A revised workforce mix **removing 68 PCSO posts** from the organisation. The **closure of a number of police station front counters**, leaving three public access points in Ipswich, Bury St Edmunds and Lowestoft.*The police stations will remain operational.

Extensive demand analysis and consultation with staff, communities and partners has been undertaken to fully inform the re-design, which has been guided by the fundamental aim of protecting communities and enhancing services whilst achieving savings and delivering the Police and Crime Plan.

Work will now be carried out to implement changes necessary for the new policing model to go live from April 2016. The changes are projected to realise savings of £2.7 million in 2016/17 and £2.3 million in 2017/18. The savings identified as part of the SLPR will contribute towards £15 million of savings that have been identified to meet the £20.5 million required. The next stage of the review will contribute towards the remaining £5.5 million.

The Constabulary has also implemented a range of successful collaborative projects with Norfolk Constabulary. These include the creation of a number of joint departments serving both counties. A number of changes to these departments have been agreed to improve service delivery and to help deliver the savings required. Staff posts have been reviewed and will result in reductions in both organisations in the following areas:

Business Support (ICT, Estates & Facilities, Transport Services)

Protective Services

Justice Services

The changes will achieve savings of approximately £0.42 million in 2016/17 for Suffolk.

A number of staff will be placed 'at risk' as a result of the changes being made. Every effort will be made to redeploy individuals into other posts and will be provided with advice and support throughout the process.

Police and Crime Commissioner Tim Passmore said: "As a constabulary Suffolk provides very good value for money for our communities, it is a fantastic organisation with a real can-do attitude. It's a small and highly effective police force, but because it's small, the effect of continued budget reductions is felt more harshly.

"We are at the stage now where small reductions to departmental budgets are no longer enough. Despite the Chancellor's announcement that there will be no further real-term cuts in police budgets over the spending review period, we still have a reducing budget, but as the workload is not reducing, we'll have to find ways of meeting demand with less resources.

"The pattern of crime is changing, so policing must change too. I am certainly confident that we can do this, and I am working with the temporary Chief Constable to identify the savings required and these changes to local policing are part of this savings plan.

"Whilst this is a challenging time for us, it is also an opportunity to make sure we are making the best of our resources, and crucially, identifying the demand we face and responding in the most appropriate way. We have had to make some difficult choices but I can assure you these decisions

were not made lightly - and have all been made in the best interests of the people of Suffolk.

"All in all, there's no doubt we will continue to make Suffolk a safer place to live, work, travel and invest."

Temporary Chief Constable Gareth Wilson said: "This is a time of unprecedented change for the Constabulary and I am confident that with the skills and professionalism of our teams, we can implement these changes and continue to deliver an excellent policing service.

"It is with much regret that we have had to reduce the size of our workforce, as every member of the organisation plays a valuable role in keeping our communities safe.

"With around 80% of our budget spent on people, however, it has been necessary to reduce our teams. We have looked to create the right mix of warranted officers, PCSOs and volunteers to make sure our neighbourhood teams continue to deliver the community policing we know is so important.

"Whilst some of the changes have been driven by the savings requirement, it has also been essential that we ensure we are providing policing that is right for today and that is equipped to respond to the challenges of the future. The pattern of crime has changed, but so have the ways in which people contact us and the reasons why they get in touch. Our re-design has taken all of this into account and created a policing model that suits our communities.

"We will now work with staff, partners and communities to implement the new model and will continue to look for further ways to work with our partners to provide the best possible services to Suffolk."

DO YOU REMEMBER WHEN



Police Transport in Boxford 30 years ago

Back in 1986 our local Bobby was P.C. Walker who used a bicycle to cover the villages of Boxford, Groton, Edwardstone and Polstead. He would wear his helmet when walking the beat. When was the last time we saw a local police officer out of his car and wearing a helmet in any of our villages?

With the proposed changes we are never likely to see anything other than a cardboard cut out in our villages.



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IT WAS THIRTY YEARS AGO TODAY

In 1986 the BBC launched an ambitious project to record a snapshot of everyday life across the UK for future generations. A million volunteers took part, the following were Boxfords Contribution

GROTON HALL FARM

Most of the area around Boxford is farming land and we went to see one of the farms. The farm we saw was called Groton Hall Farm. Mr. Partridge is the farmer and he has 250 acres of land.

His crops are sugar beet, barley, wheat, peas and grass. His farm is 500 years old. The farm animals are pigs and sheep which are used for meat. Mr. Partridge has 5 tractors, ploughs, drills, combine rolls and a cultivator. He has two ponds and a reservoir. The farmhouse is called Groton Hall and the land lies to one side of the house. Mr. Partridge said you need lots of patience to be a good farmer and he said that the busiest time of the year is at harvest and immediately after because you have to plant the next crop ready for October.

He works 10 hours a day and at harvest he works from dawn to dark. Mr. Partridge said that the most enjoyable thing is to see the crops grow, 3 people work for Mr. Partridge, the longest that one of Mr. Partridge's workers have worked for him is 12 years. Mr. Partridge has been a farmer for 35 years, he has a cat called Albert. He keeps no cattle at all. He has 70 ewes, they are shorn on the farm by a contractor. The lambs go off to market between 14-30 weeks. He has 500 pigs, a lot being piglets. All his mother pigs have names and they are fed once a day, he keeps them for 3-4 years. The piglets are fed twice a day and they go off to market at about 5 months old. The reservoir was built 25 years ago to irrigate crops. It took 3 months to build. There is a pump to pump the water through the pipes underground to all parts of the farm. There are also a few trout in the reservoir.

LAW AND ORDER IN BOXFORD

Law and order in Boxford is dealt with primarily by one uniformed police constable, (P.C. Walker). P.C. Walker lives with his wife and two daughters in a police house in the centre of the village. Boxford is the main area covered by P.C. Walker but he also has control over the nearby villages of Polstead, Edwardstone and Groton. If officers in the nearby towns of Hadleigh and Sudbury are off sick or on annual leave then P.C. Walker may be called to these areas.

P.C. Walker has a truncheon but it is not on view to the public. The truncheon is in a pocket in his trousers called a pouch. He also has handcuffs, which again are not on general view. The handcuffs are put on prisoners, usually men, although sometimes on women if they are very violent, to transport them from one place to another. The handcuffs are never put on children. P.C. Walker used to have a whistle until 1983. He is not allowed a second job because policemen have to be totally committed officers.

The policehouse was built in 1971 and the police station is actually a room within P.C. Walker's house. To contact police in Boxford you do not dial 999 but the house phone number. There is no cell at the police house and unlike town police, P.C. Walker has just a bicycle. Articles of lost property handed to P.C. Walker include purses, money, watches, umbrellas, dog collars and snooker cues. Most items are claimed by the rightful owners. Items not claimed within one month are returned to the finder. Crime in Boxford includes criminal damage, shoplifting, stealing milk from doorsteps and speeding.

THE OLD FORGE IN BOXFORD

There are still some Tudor houses left in Boxford. This is about the Blacksmith's Forge. The Forge was built around the same time as the church, about 1450 so the Forge is over 500 years old. Lots of people visited the church when it was finally built, but the people who came had to have somewhere to stay so they built an inn which was called "Chequers". People usually came on horseback or on foot so they had to have some stables for the horses to shelter in, they also had to have a Blacksmith's to make shoes for the horses, so the inn and the Blacksmith's was all one property.

The Old Forge, which is now a private residence, has eight rooms, the hall, the parlour, the forge room, the kitchen, a bathroom and three bedrooms. There used to be two forges in the Blacksmith's room, but when Miss Johnson and Miss Osborne moved in one forge was derelict so they took it away. The beams in the house are very strong and very big. The beams could have floated down the river. Miss Johnson and Miss Osborne have lived there for 15 years now. In the hall there is a very old linen press. The forge room just had an earth floor, two wooden doors and a little window. There was an old stone sink in the hall as it used to be the old laundry room but when Miss Johnson and Miss Osborne moved in they moved it out into the garden.



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Feb 14th

Come and celebrate Valentines Night with us and enjoy a romantic 3 course meal, especially designed for lovers!

3 courses are just £20, incl. a glass of Prosecco each.



New Menu - Coming Soon

Our late winter/spring menu is coming soon, with exciting dishes. Our menus are available online at www.boxfordfleece.com/eat

Normal Food Service is:
Mon - Sat: 12 - 3pm & 6 - 9pm
Sunday: 12 - 4pm

Happy New Year to you all!

Don't forget, the Fleece is great for:

- Warming real log fires
- Fantastic homemade food
- Plenty of wines, beer and spirits to choose from
- A friendly welcome, and
- Socialising with friends and family all year round.

Open Mic night -
Every 4th Weds
Everyone welcome to play or just listen.

Fantastic Food
We have fantastic special food nights, including curry night Fridays. See our website for full details or Call us now on 01787 211183 to book.

Weekly Pub Quiz - Every Sunday 8.30pm
Join in our weekly quiz nights. Test your knowledge against the best of Boxford

www.boxfordfleece.com - boxfordfleece@outlook.com - 01787 211183

HAMPTON COURT PALACE, GARDENS AND PARK

A Talk by Dave Steward

aLittle Waldingfield History Society was delighted to welcome Dave Steward to the Parish Room where, on a relatively calm and surprisingly warm winter evening in mid December, 35 members & visitors came to hear about Hampton Court Palace, from its humble medieval beginnings to the “grace and favour” period and then onto when it was opened to the public in 1838 by Queen Victoria.

Dave began his talking picture show with the astonishing fact that Hampton Court comprises some 1,300 rooms based around a number of large courts or very grand courtyards. There are also 60 acres of gardens that run down to the Thames and feature fountains, displays of over 200,000 flowering bulbs, along with 750 acres of royal parkland, originally for hunting.

Dave then briefly ran through the history of the palace, telling us that Wolsey was a man on a mission who soon became cardinal and Lord Chancellor of England; perhaps more significantly he was also a close friend of Henry VIII, serving as his chief minister for over a decade. Through many photos, Dave showed us that Wolsey built a vast palace complex, transforming a great private house into a superb bishop’s palace, adding sumptuous private chambers for his own use and three suites for the new royal family – one each for Henry VIII, Katherine of Aragon and daughter Mary – with a grand processional route leading from these apartments to an imposing double-height chapel.

By the late 1520s, as we all remembered, Henry was desperate to divorce wife Katherine, who had failed to provide a male heir despite many pregnancies; she turned 40 in 1525 and the object of Henry’s desire was now the much younger Anne Boleyn. Despite years of political manoeuvring, Katherine refused to comply with Henry’s wishes, the Pope didn’t grant a divorce and consequently Wolsey lost Hampton Court to Henry in 1528.

Dave then told us that when Henry died in 1547, he owned more than 60 houses, though none were more important to him, nor more sumptuously decorated than Hampton Court. When Henry had finished building works at Hampton Court around 1540, the palace was one of the most modern, sophisticated and magnificent in England, with tennis courts, bowling alleys, recreation gardens, a huge hunting park, kitchens covering 36,000 square feet, a fine chapel, a vast communal dining room (the Great Hall) and a multiple garderobe or loo, known as the Great House of Easement, which could sit 28 people at a time!

All of Henry’s six wives came to the palace and most had new and lavish lodgings whilst he rebuilt his own rooms at least half a dozen times. The palace also provided accommodation for each of the King’s children and for a large number of courtiers, visitors and servants. Henry really used Hampton Court to impress, and in August 1546 he feasted and fêted the French ambassador and his entourage of two hundred gentlemen, along with 1,300 members of his own court, for six days! Dave told us that Peacock would have been a favourite dish, roasted with a number of other birds inside it – the original Turducken – and presented in a lifelike way with wings and tail feathers on display – sounds wonderful.

A year later, Henry was dead, with three surviving children – the 9-year old Prince Edward and his older sisters Mary and Elizabeth. Hampton Court would continue to play an important part in the lives of his heirs. Under James I, Hampton Court’s continuing importance in royal life was assured as he was a keen huntsman; the palace provided excellent hunting in the park and his first English court took place over Christmas and New Year 1603-4. The palace served as a venue for plays, dances, banquets and court masques, and William Shakespeare was booked as one of the newly liveried ‘King’s Men’ to produce his plays in front of a royal audience.

Dave then told us that Hampton Court served as both palace and prison for James’s son Charles, who was a frequent visitor to the palace in the early part of his reign. Charles revamped and updated parts of Hampton Court to ensure its continued popularity as a venue for entertaining visiting dignitaries, building a new tennis court and digging out the Longford River (which still brings water from 11 miles to power the fountains of Hampton Court’s formal gardens). Charles was also an enthusiastic collector of art, the most striking of which was Mantegna’s Triumphs of Caesar, acknowledged as his greatest work; the nine large paintings arrived at the palace in 1630 where they have remained ever since (together form the world’s largest metric area of renaissance paintings outside Italy).

Parliamentary troops seized the palace in 1645, making an inventory of the royal possessions before putting them up for sale, also removing all the fine fittings from the Chapel Royal. When Cromwell became Lord Protector, he reserved the palace and some of its principal treasures, including the Triumphs of Caesar, for his own use and enjoyment, and daughter was married in the Chapel Royal.

In 1660 the monarchy was restored and Charles II became king; he preferred Windsor Castle but sometimes came for the day to attend council meetings; he did however build a set of lodgings at the south-east corner of the palace for one of his mistresses, Barbara Villiers and her illegitimate children. The new rooms were totally different from the Tudor gothic architecture of Henry day, heralding a move towards the style that would be favoured by William III and Mary II and their new Baroque Palace.

Soon after their accession William and Mary commissioned Sir Christopher Wren to rebuild Hampton Court. Wren’s original plan was to demolish the entire Tudor palace, except for the Great Hall, but as neither time nor money was available for such ambitions, Wren had to be content with rebuilding the main apartments on the south and east sides of the palace, on the site of the old Tudor lodgings. Work began in May 1689 and lasted many years, going over budget in the process. Whitehall Palace burned down in 1698 so William stepped up efforts to finish the new palace, appointing William Talman (Wren’s deputy), who had offered a lower price and who completed the new King’s Apartments under budget.

Dave told us that Wren and Talman completely transformed the east and south facades of Hampton Court, replacing Tudor towers and chimneys with the elegant baroque exteriors that dominate the Formal Gardens today. Inside, Grinling Gibbons carved elegant fireplaces and architectural mouldings and Antonio Verrio painted triumphant and colourful ceilings. The gardens were dug up, landscaped and filled with new plants, including Queen Mary’s own collection of exotic plants from around the world, bordered by gilded wrought-iron screens by Jean Tijou with a new Banqueting House by the river.

The King who did more than any other to shape Hampton Court did not live to enjoy his new palace; he died at Kensington Palace from complications after a bad fall from his horse in Hampton Court Park in 1702, so the palace was now enjoyed by Queen Anne, for whom the major attraction was again hunting.

After her death, new king George I was a shy man who disliked ceremony, didn’t speak English, spent much time in his native Hanover and never brought his queen to England. The result was a general decline in the trappings of royalty and in the development of royal palaces. However, the Prince and Princess of Wales (later George II and Queen Caroline) delighted in the magnificence of a royal court and the Queen’s Apartments were finally completed for their use, under the direction of Sir John Vanbrugh. Vanbrugh completed the formal circuit of royal apartments, fulfilling the vision of William and Mary and Sir Christopher Wren.

For a short period during 1718, George I held court at Hampton Court, including assemblies and balls in the tennis court, Cartoon Gallery and Public Dining Room; thereafter Windsor Castle was the main private residence and Hampton Court Palace was little used from 1718 til the death of George I in 1727.

Prince George and Princess Caroline returned to Hampton Court soon after George’s accession to the throne. George II’s reign also produced the last rooms at Hampton Court built for any member of the royal family; he had new lodgings built on the east side of Clock Court in 1732 for his second son. These rooms, today known as the Cumberland Suite, were designed by William Kent and built at a cost of £3,454. George II’s reign also marked the final year, 1737, that the royal family used the entire palace.

Queen Caroline died soon after and the King never visited the palace again with his full court. From 1760 onwards, the palace was divided up for ‘grace-and-favour’ residents who were granted rent-free accommodation, often living with their own small households of servants above, underneath and around the state apartments. Over the next two hundred years a wide variety of people became Hampton Court residents. Lady Baden-Powell had apartments within Henry VIII’s kitchens and the great experimental scientist Michael Faraday had a house on Hampton Court Green.

In 1838, a young Queen Victoria ordered Hampton Court Palace ‘should be thrown open to all her subjects without restriction’, and ranks of society were now invited to stroll through the palace.

Between 1838 and 1851, about £7,000 a year was spent on restoration. The Great Hall, the Great Gatehouse and the whole of the West Front were ‘re-Tudorised’. Sash windows introduced in the 18th century were removed and new stone casement windows in a Tudor style were inserted. A 2nd phase of restoration between 1875 and 1900 paid more attention to historical precedent than those of the 1840s; before long, Anne Boleyn’s Gateway, the Great Gatehouse, several of the kitchen courtyards, Wolsey’s Closet, the West Front moat and the Chapel windows had all been restored.

Andy Shepherd

NEWS FROM CLUBS AND ORGANISATIONS

The Fleece, Mencap and Karaoke.

It is now 6 months since the idea of providing a safe environment in which people with learning difficulties can enjoy themselves ,was discussed between Mencap and us at the Fleece.

Several people who were living in shared housing and supported by a team of workers from Mencap, had expressed a wish to have a regular venue where they could enjoy a Karaoke evening.

Money was raised by themselves to buy a the machine and our staff team at the Fleece contributed the screen and sound equipment.

We have now been running the Karaoke sessions on the first friday of every month between 6pm and 8pm. The sessions are open to everyone and attendance has been steadily increasing month by month/We now have approximately 25 regular singers.

This has proved to be a very succesful in helping people with learing difficulties to integrate within normal life of the community whilst being safe with people they know.

One gentleman who is in his sixties recently told me that this is the first time in his life that he feels he can stand at a bar and order a drink without being stared at !

I would like to thank our staff and regular customers for their patience and understanding every first friday in the Month and also our mencap friends to show us that difference need not be a problem and should be welcomed

HORSE RIDING ON FOOTPATHS

Edwardstone Parish Council again reminds all horse riders that they must not ride on footpaths. Would anyone who knows who has been riding a large grey horse or a smaller piebald horse on local paths please ask them to stop. Considerable damage has been caused to the paths by the horses' hooves cutting up the wet grass, making it very difficult for pedestrians to pass.

EDWARDSTONE ALMSHOUSES AND OTHER CHARITIES:

In days long gone by, money was left by generous people to help those of us who live in the Parish of Edwardstone. The charities were all amalgamated in 1968, under the Charities Act 1960, into one Charity called "Edwardstone Almshouses and Other Charities".

The Trustees:

There are five Trustees; two are nominated by Edwardstone Parish Council, two are co-opted because of their knowledge of the village and the Priest in Charge is a Trustee ex officio, or in other words just because he/she is the Priest in Charge. The Trustees administer the Charity, in confidence, "on behalf of the Charity Commissioners and cannot benefit from it themselves". They meet on a regular basis and also when occasion demands.

Money and the work of the Charity:

The Charity owns land and has financial investments. The annual income is about £2,500, but this of course varies. The Trustees spend most of the money on helping people in need and in emergencies, also on annual gifts to the elderly at harvest and Christmas, some re-investment and a very small bit on running the Charity. The accounts are presented annually to the Parish Council and the Charity Commissioners.

How the money is spent is dictated by the original trust deed sealed on 22nd March 1968. In effect it can be spent on the "relief of need" or when hardship or distress afflicts people who live in Edwardstone.

We try to help:

- those who are ill, either at home or in hospital;
- those who are disabled, mentally or physically;
- those who care for and visit the sick and the housebound;
- those who need extra funds during severe weather;
- those who are in education or are trying to find a job.

The Trustees do try to provide money quickly when needed.

The Future:

The purpose of this notice is twofold:

- To tell you about your Charity. All applications for assistance should be made, in confidence, to the Clerk to the Trustees.
- To attract new bequests. It is hoped that people who live in Edwardstone now might like to think of helping those who will live here in the future. Could you leave some money in your will? Details of how to give money to the Charity can be obtained from the Clerk.

The Clerk to the Trustees is: Les Clark, Rose Cottage, Edwardstone, Sudbury, Suffolk CO10 5PX

☎ 01787 210698. email: leslie@clark-home.me.uk

The Charity exists to help people who live in Edwardstone

Parish Council Vacancy Little Waldingfield

There is a vacancy for a councillor on Little Waldingfield Parish Council. All residents are welcome to put their name forward for consideration for co-option onto the council and should in the first instance contact our clerk Dave Crimmin 01787 375085.

Community Bus Trips to the Quay Theatre

Our next trip to the theatre will be Friday 4th March to see the Quay drama Shadowlands, a very compelling and thoughtful play.

And on Tuesday 19th April I will run the bus to go and see The Lady in the van a film starring Maggie Smith and Alex Jennings.

As usual the leaving time will be around 6.45 pm from outside the Fleece. If anyone has problem getting there we will run around

With our car to pick people up individually, I hope all regulars can make it and a few new people as well. This offer is open to anyone

Who is without transport and is unable to get out in the evenings. Please phone me and Lisa on 210854 or e-mail me at bryn.hurren@babbergh.gov.uk

Many Thanks Bryn.

DOG WALKERS

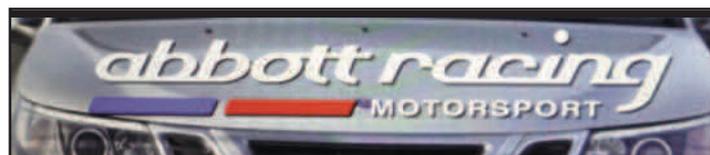
Groton Parish Council would like dog walkers to note that whilst they are welcome to walk their dogs in the parish, they should do so in a responsible manner. Please respect other walkers, with or without dogs, keep to the footpaths and clear up after your dogs.

Remember

The Box River News can be seen in full colour by downloading from the internet.

Just go to boxfordvillagehall.co.uk and click on the BRN icon.

The Newsletter is usually available about two days after the published press date. ed.kench@btinternet.com



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Wot's On

Sounds of the Past OPEN DAYS

The new museum of sound and broadcasting with live performances. Something for all the family, 1st Sunday Every Month all year. 10.30am to 4.00pm at The Old Chapel, Monks Leigh, Refreshments available. Donations to Prostate Action and MacMillan Nurses For more info telephone Paul Goodchild 01787 372478

Newton Village Hall Events REGULAR EVENTS: h REGULAR EVENTS

Monday mornings (term time only): Yoga class (phone Sophia on 313662 for details)

Monday evenings: (6.00 pm) Trayfit high intensity exercise class (call Tracy 07772 575325)

Monday and Thursday evenings: Western Partner Dance Club (call Chris 371006)

Tuesday evenings: JT Steppers Line Dance Club (call Jean on 377434)

Friday afternoons: Art and Craft club (call Anne on 312346)

Friday evenings: Sudbury and District Wargames Club

(call Brian on 312160)

FEBRUARY 2016

Tuesday 2nd 12.30 for 1.00pm Fireside Club – Ivan's lunch

Saturday 6th 10.00 am Newsletter coffee morning

Wednesday 10th 7.30 pm Parish Council

Tuesday 16th 2.00 pm Fireside Club – 10 pin bowling

MARCH 2016

Tuesday 1st 2.00 pm Fireside Club – Animal, Vegetable, Mineral

Saturday 5th 10.00 am Fireside Club coffee morning

Wednesday 9th 7.30 pm Parish Council Meeting

Tuesday 15th 12.30 for 1.00 pm Fireside Club – Fish and Chips

Thursday 17th 11.00am Wendy's Walk

Tuesday 29th 2.30 pm Fireside Club – Easter Quiz and Raffle



BOXFORD DRAMA GROUP PRESENTS

Quartet

at Boxford Village Hall

March 17th, 18th & 19th
at 7.30pm
Tickets £13.00 (including supper)
from Boxford Post Office

LICENCED BAR • RAFFLE

BOXFORD COMMUNITY CENTRE

FUN & GAMES NIGHT

Saturday 30th January 2016
7.30pm for 8.00pm prompt start!

BOXFORD VILLAGE HALL
£60 per team - Max. 8 in a team

Contact Stephanie Atkins 01787 21044
Mark Miller 01787 211596
mark.miller@talktalk.net

BoxfordCommunityCentre@gmail.com
www.boxford.com.uk
Registered Charity No. 104887

Box River Lectures

The Glorious Revolution 1688

A series of five lectures by the historian Roger Cooke

The Glorious Revolution changed the course of English history. Rather than follow the French, Britain pioneered a new, limited form of monarchy that eventually led to world domination. We will explore how this came about and what these momentous changes were.

At Groton Village Hall at 2:30pm on the following Tuesdays:

23 February	The late Stuart monarchy leading up to 1688
1 March	William of Orange
8 March	Re-making the monarchy
15 March	The new fiscal state
22 March	A new power

£8 per single lecture or £35 for all five. Tea and biscuits included
New members are always welcome at Box River Lectures!

GROTON VILLAGE HALL MANAGEMENT COMMITTEE
PRESENTS



QUIZ AND CURRY EVENING

At
Groton Village Hall

On Friday April 8th 2016 7.30 for 8.00 Start

£10.00 per head (entry plus choice of curry & dessert)

Teams of four

B.Y.O. Bar / Raffle

Phone Joanna: 210619 or Jayne: 211360 to book your place

BOXFORD
GARDENING SOCIETY

ROB SHERRIFF THE GLORY OF DAHLIAS



Tuesday 2nd February
at 7.30pm

Wot's On

Monks Eleigh Whist Drives 2016

Come and join a group who play whist every third Monday of the month (apart from December when it's the second!) in Monks Eleigh Village Hall. We play 12 hands, homemade refreshments are provided and we have a raffle. We aim to have a social game of cards and a fun evening so beginners to experienced players are welcome.

Dates: • Monday February 15th • Monday March 21st

Contact Angela Forrest on 01449 740414 for further details.

Little Waldingfield Parish Room

The 13th February 2016 is the date of our next Quiz Night. As always, the cost is £8.50pp for tables of four to include an excellent two course meal and there will be the licenced bar. Please ring Sue on 247173 to book your place and let her know if you have any dietary requirements.

BOXFORD WI

At our January meeting, Cherry organised a Beetle Drive and great fun was had by everyone. We all gave great thought to issues to put forward to the National Federation of Women's Institute, which they can campaign on or raise awareness about. The NWFI take action on a wide range of topics that matter to women and their communities and this Year covers areas such as Ban the micro bead, British fruit, reviving our heritage, First Aid to saves lives and Avoid food waste, address poverty. We have many activities to look forward to this year especially planning our 10th birthday party for the 1st June. Our Craft Club will see us undertake Paper craft and glass painting. Our walking group will include a Sudbury guided walk, visiting a Place for Plants in East Bergholt as well as a walk in Assington. Our Book Club remains popular and meetings are held every other Month at Mary's House. We have many interesting speakers this Year on a diverse range of subjects from Jenny Gibbs talking about a Turkish Wedding to The history of the Theatre Royal in Bury St Edmunds.

Future meetings

3 rd February Fun Dancing with Janet Drake Village Hall 2pm

11 th February Craft Club – paper craft Mary's House 2pm

24th February Book Club Mary's House 3pm

2nd March Talking Textiles with Marie Paddon Village Hall 2pm

10th March Craft Club- Glass painting Kersey Mill

6 th April A Turkish Wedding with Jenny Gibbs Village Hall 2pm

14th April Sudbury guided walk Sudbury 2pm

27 th April Book Club Mary's House 3pm

4th May AGM & resolution meeting Village Hall 2pm

12th May Place for plants guided walk East Bergholt

SHROVE TUESDAY PANCAKE LUNCH

Tuesday, February 9th at Mary's House, Boxford at 12.30

As usual on Shrove Tuesday we will be serving pancakes with a wide variety of fillings, both savoury and sweet, and we would be pleased to see lots of you there sampling our wares, so do please come and bring your friends; all proceeds to St. Bartholomew's church, Groton.

ELIZABETH GARRETT ANDERSON

An Illustrated lecture by Mark Mitchels on Saturday March 5th Groton Village Hall at 7.30pm

We are most fortunate to get Mark Mitchels visiting Groton again, and we look forward to another riveting lecture from him, this is how he describes it on his website:---

Women in the 19th century were expected to say nothing, look decorous and leave decision making to their husbands! But a young girl in Aldeburgh would upset this tradition and begin a revolution which today is taken for granted. Elizabeth Garrett wanted to become a doctor. When she was refused admission to medical school she studied on her own and gradually acquired the qualifications. She completed her course in Paris, and returned to England as the only woman doctor. Then she established a dispensary and hospital for women in London. Next she founded a medical school for the next generation of women doctors and when she retired she was elected Mayor of Aldeburgh - another first! This is an extraordinary story of a wonderful woman.

We know from experience that Mark is an excellent and entertaining lecturer, so do get your tickets soon for £7.50 which will include refreshments, for Pat Kennedy Scott [210319], Jayne foster [211360] or any member of Groton PCC. All proceeds to St. Bartholomew's church.

Monks Eleigh Bygone Collectors Club



Bygone Exhibition

14th February 2016
10:30a.m. to 5:00p.m.
Long Melford Village Hall

- Refreshments
- Raffle

For more information telephone Paul Goodchild: 01787 372478



LEAVENHEATH CINEMA SATURDAY 9TH FEBRUARY

Tickets Telephone: Lesley (01206 262505) or Ken (01206 263266)

£3.50 per adult and £2.00 per young person

Polstead Digital Cinema Friday 26th February

Tickets £3.50 from the Polstead Community Shop or 01787 210029

All films start at 7.30pm, doors open at 7.00pm

Wot's On

Little Waldingfield History Society

Programme of Events - 2016

All talks will be at the Parish Room in Church Road, Little Waldingfield, commencing at 7.30 pm sharp.

Please book & pay in advance to guarantee your place, as seats are limited.

Booking Secretary: Diana Langford, Pitt Cottage

Phone: 01787 248298

Tickets, Members £2.00 Non Members £4.00

17th February, Robert Leader *In search of Secret Suffolk*

Illustrated with over 100 images it covers the heritage and history of Suffolk. Focusing on abbeys, castles, guildhalls & stately homes, the talk follows the course of major rivers to build a comprehensive picture of Suffolk as a whole.

16th March, John Newman *Recent excavations at Sutton Hoo.*

20th April, Pip Wright *Plague in the 17th century.*

Plague was the most feared disease of the 17th century since its reappearance in western Europe in the 1340s - the Black Death. Come and hear Pip give an impression of the effects on the population of the time - grim but fascinating.

18th May, Marcia Whiting

The life of Sir Alfred James Munnings KCVO PRA, one of England's finest painter of horses, first world war artist and an outspoken critic of Modernism, including his associations with Sudbury and the Gainsborough Museum.

22nd June, Jenny Antill

The Bronze Horseman, a tale of St. Petersburg.

This extensively illustrated talk tells the history of the city as reflected in two iconic artworks - a bronze statue of Peter in Senate Square & the poem about the statue 'The Bronze Horseman' by Alexander Pushkin, the 19th C 'Russian Shakespeare'. We will all learn about madness, obsession, murder, exile, revolution and floods.

All talks will be at the Parish Room in Church Road, Little Waldingfield, commencing at 7.30 pm sharp.

Please book & pay in advance to guarantee your place, as seats are limited.

Booking Secretary: Diana Langford, Pitt Cottage

Phone: 01787 248298

Tickets, Members £2.00 Non Members £4.00

Membership of LWHS costs £10.00 per person pa and entitles each member to the following benefits:

- Reduced price entry to LWHS events;
- Access to exclusive LWHS member events;
- Access to Suffolk Local history and other local events; and
- Access to the Suffolk Review.

QUARTET

17, 18, 19th March 2016

This March, Boxford Drama Group are staging Ronald Harwood's wonderfully poignant and very funny play Quartet.

We may not have the services of Maggie Smith and the other stars of 2012's film but our actors are all of an age to be residents of the retirement home, in which the play is set!

Performances are on Friday 18th and on Saturday 19th of March. Local caterers, Food Glorious Food will be serving a 2 course supper in the interval and there will be a bar each evening.

TICKETS ON SALE IN BOXFORD POST OFFICE from Saturday 6th February and cost £13.00 each

BOXFORD GARDENING SOCIETY

Unless otherwise stated, meetings take place on the FIRST Tuesday of the month at 7.30 pm in Boxford Village Hall and guests (£5 each) are very welcome. See this months ad. Just turn up.

Bargains Galore at the Edwardstone Table Top Sale

Come and bag yourselves a bargain at our table top sale, which will take place at Edwardstone Village Hall on Saturday February 27th, between 10-1pm. Lots of clothes (including ski wear), books, toys, children's bikes, household items, pictures - come and have a rummage! There will also be a cake stall full of tempting treats for the family. If you are interested in having a table at the sale (a £10 donation is required per table), please contact Liz Henderson on 01787 211417. All the money raised by the table hire and the cake stall will go to St Mary's Church, Edwardstone.

The Suffolk Villages Festival

Artistic Director: Peter Holman MBE

OH! THE SWEET DELIGHTS OF LOVE

Sunday 14 February 2016 • 6pm • Nayland Village Hall

Claire Tomlin & Emma Bishton soprano Louise Jameson bass violin Peter Holman harpsichord

CHARPENTIER Spring from The Four Seasons

BLOW Paratum cor meum

PURCELL O dive custos (Elegy on the Death of Queen Mary)

DUMONT Pavane in D minor

COUPERIN Magnificat in D minor

PURCELL Now that the sun has veiled his light (The Evening Hymn)

MONTEVERDI Io son pur vezzosetta

Ohimè ch'io cado

CHARPENTIER Superbo amore, al mondo imperi

COUPERIN A l'ombre d'un ormeau

DRAGHI The Italian Ground

PURCELL Two daughters of this aged stream (from King Arthur)

PURCELL Oh, the sweet delights of love (from Dioclesian)

We celebrate St Valentine's Day with a delightful programme on the theme of love in its various aspects, sacred and secular and from first rapture to profound grief. Baroque composers revelled in the bright and sensuous sonorities of two sopranos with continuo, producing masterpieces such as Marc-Antoine Charpentier's sensuous 'Spring' motet setting lines from the Song of Solomon, Henry Purcell's Elegy on the Death of Queen Mary and François Couperin's superb setting of the Magnificat.

In the second half we lower the tone with frank and witty explorations of secular love, by Monteverdi, Charpentier and Couperin, ending with duets from Purcell's King Arthur and Dioclesian.

Tickets: £18 (reserved), £12 (unreserved), with half-price tickets available to full-time students

Box office via the National Centre for Early Music, 01904 651485, www.ncem.co.uk



Quiz Night



EDWARDSTONE

PARISH HALL

SATURDAY 5TH MARCH

7.00 p.m. for 7.30 p.m.

Tickets £6.00 per person

(To include light refreshments)

Tables of up to 6 people

Licensed Bar & Raffle

Tickets available from Daphne Clark 01787 210698

By aid of Edwardstone Parish Hall Trustees

Forthcoming Events Diary

January

30 Fun and Games Night Boxford Community Council Boxford Village Hall 7.30pm

February

2 The Glory of Dhalias Boxford Gardening Society Boxford Village Hall 7.30pm
 3 Boxford WI Fun Dancing Village Hall 2pm
 9 Pancake Lunch Groto PCC Mary's House 12.30pm
 11 Boxford WI Craft Club – Paper craft Mary's House 2pm
 13 Quiz Night Little Waldingfield Parish Room 7.30pm
 17 In Search of Secret Suffolk Little Waldingfield History Society Parish Rooms 7.30pm
 23 Box River Lectures The Stuart Monarchy heading up to 1688 Groton Village Hall 2.30pm
 24 Boxford WI Book Club Mary's House 3 pm
 27 Table Top Sale St Mary's Edwardstone Edwardstone Village Hall 10 - 1.00pm

March

1 Hardey Exotics Boxford Gardening Society Boxford Village Hall 7.30pm
 1 Box River Lectures William of Orange Groton Village Hall 2.30pm
 2 Boxford WI Talking Textiles Village Hall 2pm
 5 Elizabeth Garrett Anderson Lecture Mark Mitchels Groton Village Hall 7.30pm
 5 Quiz Night Edwardstone Village Hll Committee Village Hall 7.00pm
 8 Box River Lectures Re-Making the Monarchy Groton Village Hall 2.30pm
 10 Boxford WI Craft Club – Glass painting Kersey Mill 2pm
 15 Box River Lectures The New Fiscal State Groton Village Hall 2.30pm
 16 John Newman Recent excavations at Sutton Hoo., LtI Waldingfield Hist Soc Parish Room 7.30pm
 17/18/19 Quartet Boxford Drama Group Boxford Village Hall 7.30pm
 22 Box River Lectures A New Power Groton Village Hall 2.30pm

April

6 Boxford WI A Turkish wedding Village Hall 2pm
 8 Quiz and Curry Evening Groton Village Hall Mgt Committee Village Hall 7.30
 29 Pip Wright Plague in the 17th century LtI Waldingfield Hist Soc Parish Room 7.30pm
 First and Third Monday each month Boxford Parish Council Meetings in Bell House, Stone Street St, Boxford 7.30pm

www.itworxnow.co.uk itworxnow@hotmail.com



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The Box River Parishes Church News

Boxford • Edwardstone • Groton • Little Waldingfield • Newton

Priest in Charge:

The Revd Judith Sweetman
The Rectory, School Hill, Boxford CO10 5JT
Tel: 01787 210091; e-mail: rvdjudithboxriver@btinternet.com

The Revd Judith's day off is normally Friday but this may vary according to circumstances

NSM:

The Revd David Abel, 13 Church Street, Boxford CO10 5DU
Tel: 211765; e-mail: davidabel19@hotmail.com

Reader:

Christopher Kingsbury, Rose Cottage, Sherbourne Street, Edwardstone CO10 5PD
Tel: 211236; Fax: 211238; e-mail: ChrisKingsC@aol.com

Lay Elder:

David Lamming, 20 Holbrook Barn Road, Boxford CO10 5HU
Tel: 210360; Fax: 329770; 07968 791135; e-mail: djlamming@hotmail.com

Please let any of the above or a Churchwarden know if you would like a home visit, home communion or a hospital visit, or of any cases of sickness or otherwise where they might be of assistance.

Benefice house:

Mary's House, 5 Swan Street, Boxford CO10 5NZ.

GENERAL CHURCH NEWS

BISHOP OF DUNWICH: Just before Christmas it was announced that the next Bishop of Dunwich (to succeed the late Bishop Clive Young) is to be the Revd Canon Mike Harrison, currently Director of Mission and Ministry in the Diocese of Leicester. In that role Canon Mike has championed Fresh Expressions of church and has led the diocesan growth agenda. Prior to that, he was the vicar of a growing rural parish in the Diocese of Southwark, and he has also served as a university chaplain in Yorkshire. Mike is married to Rachel (an occupational therapist) and they have four children, aged 13 to 21. Please pray for Mike and the family as they prepare to move to Suffolk. Canon Mike will be



consecrated as a bishop in a service at Westminster Abbey at 11.00 am on 24 February, before being installed as Bishop of Dunwich at St Edmundsbury Cathedral three days later on Saturday 27 February.

GENERAL SYNOD: The Church of England's General Synod meets in London over three days from 15th to 17th February 2016. Full details of the agenda will be available shortly on the Church of England website: www.churchofengland.org. The business will include a 'take note' debate on a report from the Evangelism Task Group; a presentation from the Moderator of the General Assembly of the Church of Scotland and a debate on the report of the Church of England /Church of Scotland joint study group; a debate on a motion from Leeds diocesan synod on the impact of sanctions on benefit claimants; and two debates on reports from the Archbishops' Council on aspects of the Reform and Renewal Agenda. In addition, there will be a presidential address from Archbishop Justin when, no doubt, he will focus on the outcome of the recent meeting of 38 Anglican archbishops in Canterbury, and a "Questions" session, similar to Parliamentary question time, when Synod members can ask questions on a whole range of topics. If you would like to know more, do get in touch with David Lamming, who is one of the three diocesan lay members of the synod.

WEEK OF PRAYER FOR CHRISTIAN UNITY

The annual Week of Prayer each January offers opportunities to meet and pray with fellow Christians of different denominations. The theme this year is "Salt of the Earth."

The dates and venues of the services/events in Sudbury & District this year are:

Sunday 17 January, 6.30 pm: United Service at All Saints Church, Sudbury.

Monday 18 January, 12.30 pm at St John's Methodist Church, Sudbury.

Tuesday 19 January, 12.30 pm at St Catherine's Church, Long Melford.

Wednesday 20 January, 12.30 pm at Cornard Christian Fellowship.

Thursday 21 January, 12.30 pm at the Salvation Army Hall, Sudbury.

Friday 22 January, 12.30 pm at Sudbury Baptist Church.

Saturday 23 January, 8.00 am – 9.30 am: prayer breakfast at All Saints Church Hall, Church Street, Sudbury.

Refreshments will be provided after most services

Please look at the Churches Together website for details of other forthcoming events: www.churchestogetherinsudbury.org.uk.



THE PARISH OF ST MARY, BOXFORD

Churchwardens:

Ruth Kingsbury, Rose Cottage,
Sherbourne Street, Edwardstone tel.211236
Peter Patrick, Amberley,
White Street Green. tel 210346



Café Church is usually held in St. Mary's Church on 1st Sunday of each month – All are most welcome to our Café Church on **Sunday 7th February at 11.00 am**. We have plenty of good coffee, pastries & a warm welcome for everyone to this time of informal worship (well behaved pets are also welcome!)



Lent comes early this year, beginning on Ash Wednesday, February 10th. We'll have a 7:30 p.m. worship service with imposition of ashes and Holy Communion. Being marked with the sign of the cross in ashes on our foreheads reminds us of our human frailty and our need to be cleansed by God's mercy and forgiveness. We journey during Lent with Jesus to Jerusalem, preparing for his passion and death on the cross, followed by the joy of the resurrection.



The Bible Study Group meets at Russets, 47 Swan Street on 2nd & 4th Monday each month by kind invitation of Margaret & Peter Holden. We are presently looking at St. Mark's gospel. All are welcome to this hour of fellowship.

The Christmas Tree Festival held at St Mary's in December raised over £1800.00 towards the costs of the church. Very many thanks to all who decorated their trees, who provided the refreshments and helped in any way.

The Carol Service on Sunday 20th December was attended by over 300 adults and children. The Boxford School children sang some wonderful songs and the service gave a fantastic start to our Christmas celebrations.

Church Christmas Tree Many thanks to **Boxford Parish Council** for providing the lovely tree outside the church for all to enjoy.

The Annual Parochial Church Meeting this year is to be held on Sunday 3rd April. Our present Churchwardens Ruth Kingsbury & Peter Patrick are retiring this year & new wardens are needed to fill these positions. Also we will need a PCC treasurer & PCC Secretary. If you feel able to offer yourself for these vital roles or assist in any other way with the many other tasks that are vital to the work of the church, please do let the Revd Judith know.

Copy Date for Church News in the March 2016 Box River News:

Please, NO LATER THAN 13th February 2016

Failure to meet the date will mean your copy may not be included

Thank you. Rev'd Judith. 01787 211507

email address: rvdjudithboxriver@btinternet.com



THE PARISH OF ST MARY THE VIRGIN, EDWARDSTONE

Churchwarden:
Vacant

The Church was full for our **Christmas Eve Carol Service**, taken by Revd Judith. The children gathered round the crib and were told the Christmas story. After they sang 'Little Donkey', they made their way to the Altar to collect their candle in an orange, which they took back to their places. Thanks to all who worked so hard to decorate the Church and to everyone who joined us, took part and helped to raise the magnificent total of £900 for the church. Special thanks to Jim and Liz for all they did by organising the choir rehearsals and to Patrick for his encouragement and expertise. Well done everyone! It was a very special evening.

PCC MEETING: The PCC will meet at 7.30 in Mary's House on Tuesday 9th February.

February 21st 9.30 Holy Communion

Sidesman/Coffees

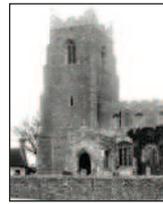
Pam Dodd/Marlene Clarke

Flowers

Anne Suckling

Cleaners

Anthea Tribe/Liz Henderson



THE PARISH OF ST LAWRENCE, LITTLE WALDINGFIELD

Churchwardens
Vacant

17th December: Our carols round the village were most successful. Reverend Judith led us, friends from Humble Green and Long Melford came to help us and a new family who have recently moved into the village also joined us. The children proved to be excellent collectors. We were treated with hot punch and mince pies half way round and our three sopranos even managed some creditable descants. Our collection raised £167 for Crisis.

22nd December: Reverend Judith presided over our Carol Service which was very well attended. The church was beautifully decorated and lit by many candles. The Benefice Choir was in excellent voice, the readings well done and the mulled wine and mince pies appreciated by all. The collection of £244 was shared between the Bridge Project and the Salvation Army.

24th December: Another large congregation gathered for our Christmas Eve communion led by Reverend Judith. The Nativity scene with its stars on a dark blue sky, a shining pale blue drape signifying the Virgin and white flowers for the Christ child in the manger surrounded by hay, looked beautiful in the Chancel. It was a lovely and peaceful service in preparation for Christmas and the coming year.

Rota:

Sidesman

Mr & Mrs Simpson

Flowers

Mrs Roser

Feb 7

Visiting

No Flowers - Lent

Feb 14

Visiting

No Flowers - Lent

Feb 21

Visiting

No Flowers - Lent

Feb 28

Visiting

No Flowers - Lent



THE PARISH OF ST BARTHOLOMEW, GROTON

Churchwardens: Jayne Foster:
Poplar Farm, Goslings Green.. 211360
Sue Knight:
Tel 07914883161
email sedwards1946@btinternet.com

FROM THE REGISTERS:

FUNERAL AND BURIAL IN THE CHURCHYARD: On 23rd December 2015 – Primrose Alice Elliott, aged 72 years.

FUNERAL: On 20th January 2016: Gwendoline Wild, aged 101 years.

BAPTISM: On Sunday 17th January 2016 Adelaide Anne Heath was baptised by the Revd Judith in St Bartholomew's church.

SHROVE TUESDAY PANCAKE LUNCH

Tuesday, February 9th at Mary's House, Boxford at 12.30

As usual on Shrove Tuesday we will be serving pancakes with a wide variety of fillings, both savoury and sweet, and we would be pleased to see lots of you there sampling our wares, so do please come and bring your friends; all proceeds to St. Bartholomew's church, Groton.

ELIZABETH GARRETT ANDERSON

An Illustrated lecture by Mark Mitchels on Saturday March 5th Groton Village Hall at 7.30pm. We are most fortunate to get Mark Mitchels visiting Groton again, and we look forward to another riveting lecture from him, this is how he describes it on his website:

See entry in general news

We know from experience that Mark is an excellent and entertaining lecturer, so do get your tickets soon for £7.50 which will include refreshments, for Pat Kennedy Scott [210319], Jayne Foster [211360] or any member of Groton PCC. All proceeds to St. Bartholomew's church.

SUDBURY FOOD BANK: The collection at the Carol Service on 21st December raised £188 for the Sudbury Food Bank. Many thanks to all who contributed.

ELECTORAL ROLL REVISION: The annual revision of the church electoral roll is shortly to take place prior to the Annual Parochial Church Meeting (APCM) on 12th April 2016. The revision period will be from 3rd March to 24th March (Maundy Thursday). The revised roll will then be published by being exhibited on the church noticeboard from Easter Day until the date of the APCM. Formal notice of the revision period will be posted shortly.

The roll is important as it is those whose names are on the roll who are entitled to attend the APCM and stand for election to the PCC. If your name is not currently on the roll but you would like to be on the roll and think you qualify for enrolment, please get in touch and ask me for an application form. Likewise, get in touch if you are unsure whether or not your name is on the roll and/or whether you qualify for enrolment. David Lamming (Tel: 210360; e-mail: djlamming@hotmail.com).

PCC MEETING: Tuesday 1 March 2016, 7.00 pm at Mary's House. Items for the agenda should be notified to the secretary, David Lamming, by Sunday 21st February. [E-mail djlamming@hotmail.com]

Rota:

Sidesman: Mrs Lamming, **Cleaning:** Mrs Foster **Flowers:** Mrs Foster



THE PARISH OF ALL SAINTS, NEWTON

Churchwarden:
Christine Cornell,
"Opus", Sudbury Road, Newton, Tel: 370331

24th December: We ended 2015 with our church packed with adults and children attending a wonderful Crib Service. With the background of candles, Christmas foliage, a beautiful tree and the Crib, the Revd Judith led us through the Christmas Story. A knitted sheep had been hidden in the Nave and the children searched for it and then brought it to the Altar. The children gathered around the Crib while it was blessed. After the service a home made biscuit with a ribbon through it was offered to everyone to hang on their Christmas tree or to be eaten on the way home. Thank you to Nancy Roser for playing the organ and to many people for all their help to make the service really special.

10th January: Plough Sunday was taken by Revd Judith and we thought of the work that was carried out in rural parishes like ours and still does, if maybe in a different way. We are fortunate to have an old plough in the church and we gathered round it for the Blessing of the Plough. There were old horse brasses and photos of ploughing over 80 years ago. We were asked to take a moment to think of ways we could help to look after our environment. This is something not just for a New Year resolution but for our future. Thank you to Nancy Roser who played the organ and to all who helped.

BENEFICE NEWS

MINISTRY TEAM: The next two meetings of the ministry team are on Wednesday 17th February and Wednesday 16th March 2016, both at 7.30 pm at Mary's House.

MARY'S HOUSE BOOKINGS

There is now a new 2016 diary in Mary's House for making bookings.

When making a booking, please ensure that a contact name and telephone number is entered clearly in the diary in respect of every booking (including church and PCC bookings), as we need to know who to contact in the event of any query over, or the need to change, a booking.

Please note that the suggested donation is £1.00 per head for a two-hour booking for all meetings. For inquiries about new bookings, please contact Pauline or David Lamming: telephone 01787 210360.

Box River Benefice The Church At Worship February 2016

SPECIAL SERVICES THIS MONTH

**** Café Church Sunday 7th February – come and celebrate Candlemas! ****

****Ash Wednesday – Holy Communion and anointing with ashes****

Village Daily Prayers In the five churches, or in homes where shown: informal, friendly service, about 40 minutes, with Revd Judith. We pray for those who are ill, concerns of the villages, and for the wider world. Do join us! Please let Revd Judith know of any people or situations for prayer: confidential messages can be left on tel. 210091 or emailed to her on: rvdjudithboxriver@btinternet.com. The winter months' rota is: Tuesday 9.00 Edwardstone, Wednesday 9.00 Groton; 16.00 Little Waldingfield (*check with Revd Judith for venues this month*); Thursday 9.00 Newton (Lowes, Church Road), 17.00 Boxford.

Wednesday 3rd		Boxford	10.30	Holy Communion Mary's House		Revd David Abel
Thursday 4th		Lt Waldingfield	19.00	Holy Communion – Newmans Hall (Reserved Sacrament)		Lay Team

Sunday 7th		Next before Lent, Quinquagesima, Transfiguration Sunday				(G)
Boxford	8.00	Holy Communion				Revd Judith
Lt Waldingfield	9.30	Morning Worship				Revd Judith
Boxford	11.00	Café Church: Celebrating Candlemas				Revd Judith
Boxford	18.30	Evensong				Christopher Kingsbury

Wednesday 10th		Ash Wednesday				(P)
Boxford	10.30	Holy Communion Mary's House				Revd Judith
Boxford	19.30	Holy Communion with Imposition of Ashes				Revd Judith

Sunday 14th		Lent 1				(P)
Newton	9.30	Morning Worship				Revd Judith
Boxford	11.00	Holy Communion				Revd Judith

Wednesday 17th		Boxford	10.30	Holy Communion Mary's House		Revd Judith
		Lt. Waldingfield	19.00	Compline		Lay Team

Sunday 21st		Lent 2				(P)
Edwardstone	09.30	Holy Communion				Revd Judith
Boxford	11.00	Holy Communion				Revd Judith

Wednesday 24th		Boxford	10.30	Holy Communion Mary's House		Revd Judith
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Sunday 28th		Lent 3				(P)
Groton	09.30	Morning Worship				Revd Judith
Newton	11.00	Holy Communion				Revd Judith
Boxford	11.00	Matins				Christopher Kingsbury

St Lawrence's Church, Little Waldingfield at Christmas



Soap Box

Winter has been a long time coming, but when it arrived it certainly made its mark. It also came as something of a shock, given that December had been one of the warmest on record. Cold weather I can cope with, providing the sun is shining. It is the grey dampness that can be characteristic of an English winter that I find so depressing. Anyway, I had spent the two weeks before Christmas in the positively balmy climate of Madeira and wearing shorts and tee shirts, while listening to Christmas carols, became the standard approach to life.

So the return to a Suffolk climate required a bit of an adjustment, even if the temperature was more April than December. But in mid January winter decided to put in an appearance, which gave me cause to reflect upon the vagaries of English weather. Driving from Little Waldingfield to Boxford one crisp, bright January morning, I was struck by how much water had accumulated in the ditches and on the roads – an indication that our weather patterns could be changing.

Of course, our problems have been nothing compared with what has been going on in the north of the country and in Scotland. But is the weather that much different from all those years ago when climate change simply meant the shift between the seasons and El Nino and the Jet Stream never received a mention on weather forecasts and were known only to a handful of academic meteorologists.

Back in the 1960s, when I was still living with my parents on the eastern fringes of London, I recall a winter when snow fell late on Christmas day and remained covering the pavements and making the daily trudge to the tube station a challenge until well into March. A decade or so later we had the positive King of summers, with temperatures regularly in the 80s, no rain, a hosepipe ban (of course) and lawns a delicate shade of brown. Extremes happen. The question should be, are they happening more often or are they more extreme?

I don't know the answer to these questions, but there are some aspects of the way in which life has changed that suggest some of the consequences of recent events may at least have been exacerbated by the influence of man. I had cause recently to revisit the house in which I was brought up from the age of eight until I left home in my early twenties. It was a new house then, back at the beginning of the 1950s, with proud first time home owners anxious to display their

horticultural skills through maintaining flourishing front gardens. Today these have largely been paved or concreted over to allow for the several cars owned by the family in residence to park off the street.

Our house did not have a garage, though the local council had the presence of mind to build a small block of them for local residents – half a dozen or so as I recall to cope with more than thirty houses. Owning a car then was a luxury. My father bought our first – a second hand Ford Popular – in the early 1960s, fully ten years after we moved in. And we never owned more than one car. Contrast that with today when most families have two or more cars which need to be parked somewhere.

What has this to do with the weather, I hear you ask. Nothing, really, except than when it rains, instead of front gardens resplendent with lawns and flower beds able to absorb the water thrown down from above, we have non absorbent surfaces that channel the water into a drainage system never designed to cope with such volumes. Little wonder that urban districts are now more liable to flooding than was ever the case in the past.

The situation is little different in rural communities. We have our fair share of extra paving and concrete in our village to help accommodate a growing car population, but the real difference has been in the way in which farming has become industrialized. Fields have become considerably larger, with hedgerows and ditches being grubbed out to allow for larger agricultural equipment to be deployed and to increase the efficiency of food production.

This is not a criticism of our farmers. They need to compete properly in a global market place and, while their assets might be increasing in value, their revenues have seldom been as much under challenge as they are today. We are where we are and life demands change. It is just a shame that our policy makers do not seem to have grasped the concept that things are different today. Our infrastructure needs upgrading to allow for these changes, but this costs money. At a time of continuing austerity, it is hard to see the necessary cash being forthcoming. I fear a sticking plaster solution may be the best we can hope for.

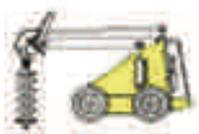
Brian Tora is a local writer and broadcaster.

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GARDENING IN FEBRUARY HARRY BUCKLEDEE

Complete the pruning of fruit and ornamental trees, climbers and shrubs. Wisterias should have last seasons growth cut back to two buds from the base. Wall fruit trees and shrubs should be given a dressing of bone meal and general fertilizer. Cut back all the shoots that have just flowered of Jasminium nudiflorus (winter jasmine) and Chimonanthus (winter sweet) to one or two buds from the old wood.

If you can maintain a temperature of 50°F, a start can be made in the greenhouse. An electric propagator is ideal but an oil heater under the staging will provide sufficient bottom heat to get plants moving. It should be remembered that plants are attacked in the seedling stage by diseases which affect them at soil level. Whole trays of seedlings may collapse caused by a disease known as "dampening off" which is caused by various fungi. Best control is to water the compost with Cheshunt Compound at sowing time, and at two week intervals after germination until the plants are established. Avoid overwatering.

Brussel Sprouts need a long season of growth to produce a good crop of firm sprouts. Seeds of FI varieties are best and should be sown individually in Cell trays and potted on when large enough to grow on ready for planting out in the garden during April,

Shallots need to be brought into early growth to produce good results. The old saying was plant shallots on the shortest day and harvest on the longest. Soil conditions are never favourable for planting at that time or at anytime near then. Excellent results can be had by planting in seed trays, 15 to a tray, this will produce good, well rotted sets for planting out in March when soil conditions are favourable.

Try a sowing of carrots in pots. The variety Amsterdam forcing is quick maturing and will produce a crop of tender finger size carrots of good flavour.

Dormant fuchsia should be cut back to three inches from the base, and have all the old compost shaken from the roots and repotted in fresh compost and down potted to a size smaller pot. As well as rejuvenating the plant it will ensure that any grubs of the dreaded vine weevil that may have been lurking in the old compost are removed.

Dahlia tubers can be removed from store and placed in shallow boxes on the greenhouse bench. Work in enough compost to cover the tuber but do not cover the stem. Water thoroughly and the warmth of the greenhouse should soon produce many cuttings from the base of the stem. The Dahlia is not a true tuber like a potato and shoots will only come from the short

stem and not from the swollen roots.

Where lime is necessary it should be applied now. Lime helps by neutralising soil acidity, providing calcium which is an essential plant food, by helping to break up heavy clay soils and by releasing certain trace elements which are locked up in the soil. It should not of course, be applied to ericaceous subjects such as Rhododendrons.

This month there are signs of the approaching spring, with bulbs appearing and wildlife waking up as light levels and temperatures increase. There's plenty to do indoors this month to prepare for the season ahead. Outdoors, as the garden comes to life again, it's time to prune shrubs and climbers, such as Wisteria as well as evergreen hedges.

Top 10 jobs this month

- 1 Prepare vegetable seed beds, and sow some vegetables under cover
 - 2 Chit potato tubers
 - 3 Protect blossom on apricots, nectarines and peaches
 - 4 Net fruit and vegetable crops to keep the birds off
 - 5 Prune winter-flowering shrubs that have finished flowering
 - 6 Divide bulbs such as snowdrops, and plant those that need planting 'in the green'
 - 7 Prune Wisteria
 - 8 Prune hardy evergreen hedges and renovate overgrown deciduous hedges
 - 9 Prune conservatory climbers
 - 10 Cut back deciduous grasses left uncut over the winter
- Lawns: If the weather is warm, you may need to start mow. Set the cutting height at its maximum, and only mow when the grass is dry.

Re-cut lawn edges to crisp up the appearance of the garden and save work later in the season.

Turf can be laid, provided the soil is not too wet or frosty. Work from planks, to avoid compacting the soil. Do not walk on the newly laid turf and leave undisturbed for several weeks to allow new roots to establish.

Prepare seed beds for new lawns to be seeded later in the spring, but only attempt this if the ground is not too wet.

Continue to look out for moles. Their activity increases in February, as this is the mating and nest (fortress) building season. Remove the largest hills and re-firm the ground before overseeding with grass seed in spring. Keep brushing away worm casts, as they can be troublesome at this time of year.

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Parish Council Matters

Little Waldingfield Parish Council

Meeting Tuesday 1st December 2015

Present: Councillors Andy Sheppard (Chairman), Stewart Braybrook, Barbara Campbell and Jeremy Coomber.

Attending: Colin Spence (Suffolk County Councillor), Frank Lawrenson (Babergh District Councillor), Dave Crimmin (Clerk) and 5 members of public.

Apologies for Absence Cllrs Foster and T Sheppard (both work commitments) sent their apologies as well as Margaret Maybury (Babergh District Councillor).

Declaration of Interest and Requests for Dispensation

No interests were declared and no requests for dispensation had been received.

Minutes of Meeting held on 27th October 2015: The minutes of the meeting were approved and signed by the Chairman as a correct record.

Public Forum: Colin Spence updated councillors on the impact of the Autumn Statement on SCC, the £70m cut in the SCC budget for the next year, the Fire & Rescue Services consultation and the meeting for residents at Great Waldingfield Village Hall on Monday 25th January 2016 at 6.30pm to hear from service chiefs on the proposals. Frank Lawrenson gave an update on the briefing regarding the proposed Chilton Woods Outline Planning Application which is expected to be passed to BDC in December 2015.

Residents gave their views on the Spinney Cottage planning application (15/111a) and suggested that Little Waldingfield should have a Christmas Tree in 2016. Councillors asked for the Christmas Tree to be on the agenda for the March meeting.

Routine Correspondence (Appendix A): After the councillors reviewed the correspondence and the emails circulated by the Clerk it was agreed that no further action was required from the Clerk.

Clerk's Report (Appendix B): Following a review of the Clerk's report there were no further actions requested of the Clerk.

Finance

a. All cheques signed and due for signing, as itemised in Appendix C, were authorised by the councillors. The councillors also noted the income received since the last meeting, the reconciliation of bank accounts against the bank statements, and the Statement of Accounts against the Budget.

b. The councillors reviewed the Budget Proposal (Appendix D) and resolved to set an Expenditure Budget of £7,385 for 2016 / 2017.

c. After hearing that the red kiosk was in fact listed and had a replacement value of £3,000 the councillors resolved to add the asset to the item to its insurance cover at a cost of £21.87

d. The councillors noted the use of the Clerk's delegated authority in the purchase of a poppy wreath.

Planning

a. The councillors reviewed Planning Application B/15/01545 Spinney Cottage, Humble Green - Application for Certificate of Lawfulness of an Existing Use - Residential occupation of Spinney Cottage as a single dwelling house in non-compliance with condition 2 of planning permission no. S/72/1394/M (agricultural occupancy condition). After due consideration to the statements submitted with the application the councillors resolved that application added nothing to the previous application (B/15/00701) in terms of the planning merits and as a result the contended for breach of condition 2 for the necessary continuous period of 10 years had not been made out.

b. The councillors reviewed Planning Application B/15/01556 Bell House, Humble Green - Erection of 3 No holiday lodges and resolved that they had no comment.

c. No further planning application had been received since the agenda was posted.

d. The status of planning applications, enforcement and appeals previously reviewed by LWPC are as follows:

e. The councillors agreed that a meeting with BDC to review the merits of developing a Neighbourhood Plan should take place at a mutually convenient date at the Parish Room in January starting at 6.30pm.

Highways and Footpaths : The councillors noted that the missing chevrons on the B1115 are due for replacement in 2016.

Assets: No issues raised on the condition of the council's assets. The Clerk to check with Cllr Foster on the review with local home owners for placing 2 further dog bins near their dwellings.

Welcome Card: The councillors have agreed the wording for Welcome Card and the Clerk to check with Cllr Foster on the costs for the print run.

Councillor Vacancy: The Clerk reported that no application had been received for the vacancy on the council.

Questions to the Chair: No issues raised.

Next Meeting : The date of the next scheduled meeting will be Tuesday 19th January 2016.

Meeting of Boxford Parish Council

Report of the Meeting held on 4th January

The next full meeting of Boxford Parish Council is scheduled for Monday 1st February at 7.30 pm.

Public Forum: The owner of the Post Office Stores attended the public forum and thanked everyone particularly the District Councillor for support since he came to the village. He confirmed that he welcomed any comments and was pleased to be part of the village community.

County Council Report: County Cllr. James Finch attended and advised that whilst the majority of Boxford households and businesses should have access to Superfast broadband – there will be pockets that still do not have access. He advised that Suffolk County Council is now able to offer a package via Satellite to such households where their existing speed of service is less than 2mb per second. More details can be found on the following links:

<http://www.betterbroadsuffolk.com/ApplicationGuide.aspx> and <http://www.betterbroadsuffolk.com/ApplicationForm.aspx>.

In relation to the long term prevention of flooding in Boxford, Cllr Finch had been chasing Jane Burch - the Suffolk County Council Flood & Coastal Policy Manager for measures due in the first quarter this year. It is envisaged that the scheme will involve holding water up on farm land up the valley and thus require the collaboration of the landowners concerned to facilitate the schemes. On other matters Cllr Finch agreed to continue to attend Mary's House every two months and Cllr Moles is to contact Cllr Finch separately regarding any potential help with Emergency Planning Expenses.

District Council Report: Cllr Bryn Hurren attended the meeting and confirmed the District Council is currently working on next years' budget. He is not part of these discussions at this stage, however, it is likely to be set with an increase of just below 2%. He thanked Cllr Talbot Clarke for attending the Development Committee Meeting where the Cygnet Court plans were approved. Along with the Parish Council, Cllr Hurren was strongly opposed to the application, however, now approved we can only keep an eye on developments on site. The Sand Hill Development is proceeding slightly ahead of schedule at present and he would encourage residents who would like to be considered for one of the properties to register on-line. He is following up potential signage for the village shops to be displayed on the by-pass.

Finance: In addition to the usual business, the Precept amount was agreed resulting in a 1% increase to residents. The Parish Council will stay in the collective audit arrangements.

Correspondence: The correspondence report had been circulated ahead of the meeting and members had noted the on-going progress of each item. Cllr Green agreed to attend a Fire & Rescue Service Meeting on 3rd February.

Community Website: It was noted the Parish Council has an important but narrow need for a website, which could be set up and built upon as a village site. It was agreed for some ideas to be put together and emailed to the Clerk. Members made the point that a consistent person would need to maintain the website. However, the Agenda, Minutes and other important documents would need to be uploaded together with links to other sites. Other ideas that could be included were Neighbourhood Planning, places to stay, footpath networks, events, village history, local organisations and businesses. It was suggested that there is liaison with the Community Council in this regard.

LED Upgrades to Street Lighting: Some initial views were exchanged, however, it was agreed to consider further between meetings. Cllr Talbot Clarke was concerned about the visual impact of upgrading heritage lights in the centre of the village. Cllr Waspe agreed to consult residents in Stone Street and potentially Boxford Society for views.

Bus Shelter for Cox Hill: Cllr Hughes explained that he felt a bus shelter was necessary at this location for school children waiting for their buses and also in anticipation of residents in the new Sand Hill Development. The principle of looking to purchase and install a bus shelter was agreed.

Traffic Calming at Cygnet Court, Swan Street: Cllr Green explained the issues and members sympathised with the problem and, as it is private land, were interested in what the residents were proposing. Additionally, it was agreed to write to the District Council following their decision to pass the Cygnet Court plans in addition to the Goodlands development which will add to traffic concerns on this private access. It was agreed to suggest they have a moral responsibility to explore traffic calming measures with the County Council to ease the predictable consequences of their planning decisions.

Cemetery: A contractor had been authorised to treat the paths with moss killer.

Reports from Chairman and Members: Cllr Waspe was concerned about the condition of the pavement up School Hill. It was agreed to instruct our Street Cleaning Contractors to clear and dispose of mud and leaves. It was noted that the phone box near the White Hart had been cleaned by BT. Cllr Moles advised that he managed to get a meeting with UK power at Cox Hill and was pleased to report that all the obstructing tree branches had been cut away from the wires.

Debbie Hattrell, Clerk to Boxford Parish Council

ARE YOU PREPARED FOR THE WINTER WEATHER WHEN DRIVING

Driving conditions are more challenging in the winter, whether it's high winds, driving rain or even snow.

It's always good to be prepared, so here is a list of things to remember to make sure you and your car are ready.

Driving safely:

In both rain and fog the advice is to slow down. You need to drive steadily and smoothly to stay in control and be prepared for the unexpected.

Braking distances increase dramatically in the rain so increase your distance from the vehicle in front. This will also help you to avoid being in range of the spray that is thrown up from the wet road surface by lorries and other large vehicles.

Rain particularly can make road surfaces treacherous from oil deposits, especially after a long, dry spell. This can increase the risk of aquaplaning and skidding. In either case, stamping on the brakes is not the way to deal with the loss of control. It's better to decelerate slowly and steadily.

Tyres and windscreen wipers:

At the start of the autumn it's good idea to check the condition of wiper blades and tyres. Tyre treads need to be at least 1.6mm deep and tyres should show no uneven wear or bulges as well as being inflated to the correct pressure for the conditions.

If wiper blades are a bit worn or the wipers are not clearing the surface of the windscreen evenly it may be necessary to replace the rubber blades, or get the wipers adjusted so that they work effectively.

Headlights:

Before the onset of winter weather make sure that all vehicle lights are working properly.

Both fog and rain can reduce drivers' ability to see other vehicles as well as making it difficult to see ahead.

Rule 226 of the Highway Code says that you MUST use headlights when visibility is seriously reduced, generally when you cannot see for more than 100 metres (328 feet). Also if you use rear or front fog lights you must switch them off once you are clear of the fog.

Another tip when driving in fog is to use dipped headlights. Main beam can actually make it harder to see ahead because the light reflects off the fog.

We wish you safe driving this winter

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SESAW



Someone's getting a bit too bit for his boots, me thinks! Kenneth is still prancing around in his smart new jacket from Betty's Knitting Group so I've slipped into the office to meet Ed's deadline. This gives me the opportunity to ask if you can help my dear friends, Baby and Julian.

These handsome long haired, black and white cats are looking for a special, child free home where they would be the only animals. Baby is extremely nervous and prefers to stay indoors except on really sunny days. Julian is an affectionate boy, quite nervous but loves being outside whatever the weather. If you are the special person they need, please leave a phone message or email Mother.

I must add that once again, my fellow black cats and kittens have been overlooked while the pretty ones are snapped up. Please give us darkies a chance to prove you couldn't wish for a better feline companion. After all, as the Bard might have written, if he were penning this article, a cat of any other colour would be as sweet.

Don't forget we are always glad of any saleable items for our fundraising events. On the other paw, you may want to hire a table for £10 at our Spring Fair in Long Melford on 10th April. Call 01206 263269 or email sesawchraity@gmail.com for a booking form. You would not have known about that, had I not stepped into the breach once more! Perhaps Lucky should be the middle name of me, Ollie (the Black) Cat Suffolk & Essex Small Animal Welfare, Reg. Charity No.1124029, Stoke <http://www.sesaw.co.uk/>, email: info@sesaw.co.uk

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Saturday 6th February 7.30pm - Orson Welles: The Night We Scared America. World premiere of this new play recreating the broadcast of War of the Worlds which sent America into a panic.

Sunday 7th February 7.30pm - History Sundays: Talk 1: Peter Minter: The Brickmaker's Secrets. Talk 2: David Burnett: Death from the Sky

Tuesday 9th February 2.00pm - Florence & the Uffizi Gallery - A one-off special from Discover Arts, this film takes you on a guided tour using cutting edge technology and expert guides

Friday 12th February 7.30pm - Sound of the 60s (with The Revolvers) - all your 60s classics are here!

Saturday 13th February 7.30pm - The Martin Weavers Show - The very entertaining Martin Weavers will be singing a mix of country and pop hits

Friday 19th February 7.30pm - Absolute Bowie: The Ziggy Stardust Years - a 2-night special from Bowie's greatest tribute act

Saturday 20th February 7.30pm - Absolute Bowie: 1974 onwards

Sunday 21st February 7.30pm - History Sundays: Talk 1: Robin Drury 'Slugs, Keros and Quins' Talk 2: Roger Green: 'Brass - The Post Man's Symphony Orchestra'

Thursday 25th February 6.45pm - As You Like It - Live Broadcast from the National Theatre

Friday 26th February 7.30pm - Quay Bar Acoustic Night

Sunday 28th February 7.30pm - Open Music Night in the Bar

Readers Letters

Sir

Flora Johnson



I would like to thank everyone who came to Flora's 100th birthday party on the 6th December and made it such a memorable occasion for her. My grateful thanks goes to all the family and friends who helped with the preparation, set up and clearing up in the hall, The Drama group who sang for her, Miss Lesley's School of Performing Arts, who sang and danced for her. Rhona and her team who served such lovely food and kept us supplied with cups of tea. Richard and Holly from Waitrose who came laden with gifts and champagne. To Mike who played music tirelessly all afternoon and made the whole event so pleasurable. For all the flowers, cards and gifts you so kindly gave and the donations to her chosen charity The British Red Cross. We are able to send them £400. It was a lovely afternoon which we as a family and especially my Mum will never forget.

Elaine Horne

Sir



I would like to express my thanks to the Community Council for their generous donation to a charity of my choosing, The Samaritans, and also thank the Parish Council for their equally generous cheque these being in acknowledgement of my twenty three years of service at the Post Office.

I would further like to thank the many people in the village who have shown their support for me in many different ways.

It is very much appreciated and I offer my sincere thanks. Thank you.

Richard Gates

Sir

The cake stall held in Mary's House on Saturday 28th November raised a grand total of £732.70 in aid of the Early Learning Orphanage and school in Entebbe Uganda.

A big thank you to everyone who helped in any way. It was a most enjoyable morning

Joan Smith and Alison Brain

Sir

To All Our Wonderful CoffeeBox Customers,

Just a little note to say Happy New Year and most importantly a..... VERY BIG THANK YOU to you all for supporting us since our opening in August.

We are so thrilled that everyone seems to like the 'CoffeeBox' and just wanted to say thank you to you all for your support and patronage. We couldn't have done it without you all and are so pleased that everyone seems to enjoy coming in.

Best wishes to the whole of Boxford and the surrounding village communities for 2016,

Will & Myalee Chaytor and all the team at the CoffeeBox

Sir

Many thank's to all who bought the Boxford Christmas cards this year. We have rounded the total profit up to £300 and this will be given to the Boxford Playing Field committee where, I'm sure, it will be put to good use.

For Queen Bee Designs Ltd.

Sir

It was lovely to see so many people at the Memorial Service for Peter on Tuesday. I am sure you will be pleased to know that there was over £700 in the plate which will go to help refurbish the Church fabric.

We should like to thank Ward Baker for playing the piano so beautifully and the two Judiths for making it such a memorable occasion

Judy Kendrick and Family

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MAKE UP OF PARISH COUNCILS 2015 – 2019

following the elections on Thursday 7 May 2015

[All members elected unopposed, except in Newton]

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Roger Balls	19 Daking Avenue	210136
Julian Fincham-Jacques	42 Homefield	210376
Sue Green	34 Swan Street	210603
Cecil Hughes	Kiln Place, Cox Hill	210685
John Moles	40 Homefield	210203
Andrew Sargeant	39 Homefield	211048
David Waspe	22 Stone Street	828953
Suzanne Impett.	Amberly, The Causeway.	210035.
David Talbot Clarke.	18-22 Broad Street.	211976.
Clerk	Debbie Hattrell	210943
District Councillor	Bryn Hurren	210854
County Councillor	James Finch	01206 263649

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Melanie Childs	Edwardstone Lodge	07952 956417
Paul Clarke	Hazel Cottage, Mill Green	210689
Shirley Flack	Mill Cottage, Mill Green	210050
Sharon Norman	Dormers, Sherbourne Street	210386
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County Councillor	James Finch	01206 263649

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Nick Cox	3 Groton Place, Groton Street	210339
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Rona Kelsey	Winthrop Cottage, Church Street	211799
Jeremy Osborne	Waterside Barn, Groton Street	211960
Piers Roberts	Brook House	210619
Clerk	Anita Robinson	211673
District Councillor	Bryn Hurren	210854
County Councillor	James Finch	01206 263649

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Barbara Campbell	Appleton House, Church Road	
Jeremy Coomber	Gatehouse, Holbrook Hall Park	
Matt Foster	Surprise Cottage, Church Road	07779
003635		
Vicky Mound	Surprise Cottage, Church Road	
Andrew Sheppard	The School House, Church Road	247980
Clerk. David Crimmin		375085
District Councillors	Frank Lawrenson	
	Margaret Maybury	
County Councillor	Colin Spence	

NEWTON PARISH COUNCIL

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Sue Crawte	South Hill, Church Road	
Jonathan Parker	2 Hall Cottages, Church Road	
Colin Poole	Stow Cottage, Sudbury Road	
Paul Presland	Redwoods, Church Road	379204
Rita Schwenk	1 Assington Road	210838

TEN MINUTES TO CHANGE YOUR LIFE!

Peake Fitness at Stoke by Nayland Hotel, Golf & Spa is proud to support The British Heart Foundation, and is staging a "Love your Heart" Open Evening on Thursday 25th February from 7.00 pm – 9.00 pm. The event is free to attend.

The British Heart Foundation encourages us all to consider taking control of our own heart health, and this is a great time of year to decide to make even the smallest of changes that can have an impact. The following is just a small section of the vast range of advice they offer.

Being active helps keep your heart healthy. If you are active every day you'll be less likely to develop coronary heart disease. You are in control – by taking ten minutes a few times a day to get active, you could change your life. Being active helps lower your risk of coronary heart disease because it exercises your heart, helping to keep it strong; helps lower your cholesterol and helps lower your blood pressure, which means your arteries are less likely to clog up. It can also help you feel more relaxed, have more energy and give you a sense of achievement.

However, being active doesn't have to mean running a marathon, or swimming like an Olympic champion – gentle, everyday activities like walking, and climbing stairs are great ways to get started, and will help to lead you on to more structured and challenging exercises, which you can build into a routine.

What can I do?

Make small changes like walking rather than driving, and taking the stairs instead of the lift or escalator. Take a walk every day – to work, to the shop, or to see a friend; set a date and take your kids, grandchildren, pets or friends to the park.

Time to push it!

The type of activity that helps your heart the most will make you feel warmer, breathe harder and make your heart beat faster than usual.

What can I do?

– Set aside some time in your week for activities like brisk walking, jogging, cycling, swimming, exercise classes or team sports like football or netball.

– Aim to work up to at least 150 minutes of this type of activity a week. You can spread this out over the week however you like.

Remember – every ten minutes counts.

These are suggestions for generally healthy adults. If you have any health issues please talk to your doctor before you start any new activities.

Next steps

If you'd like to find out more about being active, download and print an A4 activity tracker, and/or further BHF publications, and gain more British Heart Foundation advice, go online to bhf.org.uk [please section the below info out with a box in publication to draw attention to event]

The Peake Fitness "Love Your Heart" Open Evening Event: Thursday 25th February 7.00 pm – 9.00 pm.

This is a free event offering:

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BOXFORD ROVERS SATURDAY TEAM DISBAND



We Regrettably announce that through a lack of players, commitment and communication, Boxford Rovers Saturday team has withdrawn from SIL division 2 with immediate effect, its sad news for everyone involved and Boxford as a village. A massive thanks to everyone that helped the team become what they did, the players past and present, volunteers and especially Richard Robinson.

THE BOXFORD TORNADO CYCLING SPORTIVE

This years Boxford Tornado Cycling Sportive will be held on Sunday April 10th 2016 starting at the Pavilion on Boxford Playingfields, There are two routes, a 40mile and 60 mile. The routes use predominantly quiet rural roads and travel through the beautiful rolling, tranquil Suffolk countryside and take in many picturesque Suffolk villages including Boxford, Kersey, Chelsworth and Woolpit.

Tickets for the event went on sale on the first of January and within five days over 500 of the 550 tickets available had been sold. It is expected that by the time this edition of the Box River News is published all the tickets will have been sold



Above: Members of the Boxford Bike Club at the Lee Valley Velopark and Below: At the Velothon in Wales



BOXFORD CARPET BOWLS CLUB

Boxford Carpet Bowls Club was formed at a public meeting in The Village Hall on January 22 1987

They meet at the Village Hall every Thursday throughout the year with just a few exceptions, when the hall is needed for other events. In the winter months, November to March, we get together in the afternoons from 2pm, but in the summer we meet in the evenings at 7.30pm when we have a mix of Club nights and friendly matches against other local clubs in Suffolk and Essex.

Our annual membership is £4.00 and Green Fees are £1.50. Carpet Bowls is a game almost everyone can play and as we are a very friendly and sociable group, we welcome all who would like to join us.

If you are interested in joining or would just like to have a try please contact:

Brian Porter Chairman 01787 210 581

Jean Saunders Secretary 01787 210 725

SUCCESSFUL YEAR FOR NEWTON GREEN SENIORS

The seniors at Newton Green Golf Club wound up their year with a Texas Scramble competition, following by a Christmas lunch and presentations of annual awards.

The presentations were made by retiring captain Mike Barnes, whose predecessor, warbling Mike Norton, brought proceedings to a close with his guitar as he crooned a selection of ballads aimed at rousing the spirits of the maturely aged audience.

Texas scramble: 1 Andrew Johnson, Kevin Smith and Nigel Gerrans. 2 Chris Williams, Roger Leonard and Alan Cocksedge, 3 Mick Barlow, John Barry and Jamie Walter, 4 Alan Cunningham, Richard Lilley and Trevor Byham. Nearest pin winners, Tony Scurr, Mike Mills, Dave Foster and Phil Barlow.

Annual awards: Singles, Jim Devereux; plate Chris Williams; Doubles, Nigel Gerrans and Bernie Pooley, runners-up Roger O'Brien-Hill and Paul Hughes; Bess Trophy, Jim Devereux; Thursday League, Jim Devereux; Pairs, Tony Matthews and Mick Mills; Bogey/Par, Tony Adams; Eclectic, Tony Mitchell. Birch Grove Shield, Newton Green.



Above: Mike Barnes with the winning team in the Texas Scramble competition.

NEWTON GREEN APPOINTS NEW MANAGER

The new manager of Newton Green Golf Club will be 27-year-old Ben Tawell. A six handicap golfer, he has performed a number of administrative roles at Rushmere Golf Club, Ipswich, where he has played in the Stenson and Hambro teams.

His father Bob is club manager at Rushmere, and Ben takes up his place at Newton in the New Year. He succeeds the retired Carole List.

Ben has been at Rushmere for nine years, after gaining A levels at Copleston High School, and his move to Newton means he will have to give up his part-time role as a coach at the Ipswich Town Youth Academy. With his partner Rachel, he has two young children, and has recently been looking to develop his career by attending golf management training.

He said: "At Rushmere I have been able to achieve a solid grounding in all roles of the sport, from working with the green keepers, bar management and administration.

"Newton Green is a club which has been moving forward impressively in recent years and the appointment gives me the chance to help the club continue on that path."