

Box River News

Boxford • Edwardstone • Groton • Little Waldingfield • Newton Green



October 2004
Vol 4 No 10

A MARATHON WEEKEND!



Above: Left to Right, Jane Foster, Barbara Riddleston, Pat Smith and Pat Kennedy Scott.
Photo Suffolk Free Press

Groton Flower Festival - A marathon weekend

Groton's Flower Festival, three days plus an evening Preview, took its toll on the feet and legs of the dedicated helpers!

Having said that, the whole effect was stunning, while the theme "Reflections of Faith in Today's World" gave our visitors both food for thought and a feast of colour and inspiration.

Excellent refreshments were available throughout the weekend and Coffee, Lunch and Cream Teas were in great demand.

On Sunday evening the Service was for our Harvest; we prayed for the beleaguered farmers, hoping that the weather would soon improve; the collection of £180 was for "Water Aid", that basic need throughout the developing world.

We must thank Charles and Gladys Partridge for the use of Groton Hall and the field for parking, and also those people who kindly sponsored the cost of the flowers.

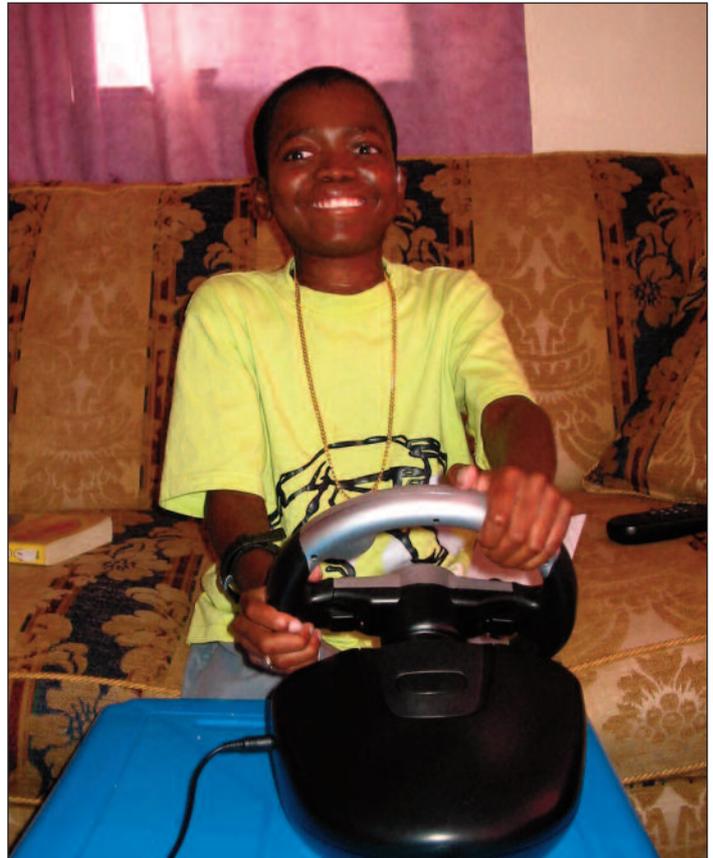
All in all, a very enjoyable weekend, producing over £1000 for Church funds.
Groton P.C.C.

BROADBAND Good news from BT

BT has announced the success of their trials in Milton Keynes and the Scottish Highlands. This means that 512kb/sec will be available at a greater range than the previous 6km and the range for the 1Mb/sec premium service will be increased from 4km to approximately 6km.

Please recheck your telephone number on the BT site if you were previously told that you were outside the limit for the Boxford exchange. I should be grateful if you would let me know if BT advises that you are still out of range. Our 'Ready for Service' date for broadband is 6 April 2005. Daphne Clark (210698). Email address daphne@clark-home.me.uk

HAPPY BIRTHDAY



A belated HAPPY BIRTHDAY to Yibi from the Box River News and all our readers (See letters page)

3PR nominated for Queens Award for Voluntary Service

(See inside pages)

John Moles receives NHS Ambulance Trust Commendation

(See inside)pages

Tim Yeo holds Flight path meeting (see page three)

PPI, Public and Patient Involvement in Health Forums seek new members (See inside pages)

Box River News

Copy delivery points are:

Eddie Kench, Kiln Cottage, Stone Street, Boxford CO10 5NR or left at 'Boxford News' in Broad Street Boxford marked for the 'Box River News' Include pictures together with stamped addressed envelope for their return

Telephone: 01787 211507

e.mail: ed.kench@virgin.net

Closing date for copy for the November 2004 Issue is:

October 18th @ Noon

Box River
News

Delivered Free

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

The Royal British Legion Poppy Appeal

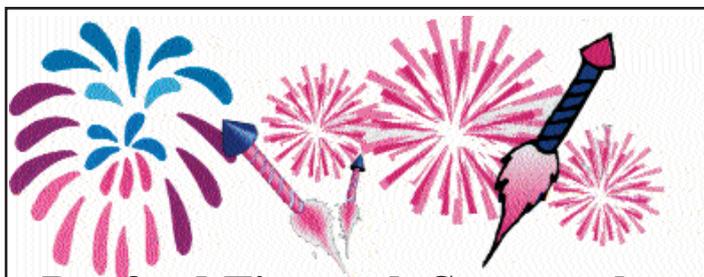
The Royal British Legion Poppy Appeal begins at the end of the month. This is the Nations most important annual appeal and the millions of poppies made every year enables us all to remember with gratitude all those who gave their lives in two world wars for our freedom and the freedom of the whole of Europe. Don't forget to pause for two minutes to remember at 11am on November 11th.

Soldiers Prayer

We do not ask that fate shall mitigate
 Whatever hardship we may have to bear.
 Nor that we shall not suffer in our share,
 Or more, whatever come of wounds and hate:
 We do not ask for any recompense
 Nor for remembrance in the triumph day.
 Our youth is wasted in its defence;
 Not all your laurels can restore us
 The years that are taken away
 With every untouched promise that they bore.
 Only we pray that when the guns cease fire
 We may return, and not find all things changed.
 That then in answer to our hearts desire
 We find love waiting, that we feared estranged

John Jarman

John Jarman was a captain in the 51st Highland Division, anti-tank unit. He chiefly fought in the Western Desert but also in Normandy where he was killed on 26th June 1944



Boxford Firework Spectacular

Saturday 6th November 2004

Now in it's 30th year, Boxford's Firework Spectacular is no ordinary village firework display. In fact those who have been before say its the best for miles around! The evening organised by Boxford Community Council in association with the Parish Council starts at 6:30pm with an atmospheric torchlight procession through the streets of Boxford. The procession leaves the village centre for the playingfield where there will be children's rides etc. and you will be able to purchase refreshments such as hot dogs, burgers, hot and cold drinks, etc as well as sparklers from a well stocked stall and a beer tent . Then at approximately 7.30pm there's the fabulous 25 minute firework display.... well, what can we say, we think you'll be impressed. This is an evening we know you will enjoy. But don't take our word for it, come and find out for yourself and bring your friends. Advance tickets are available from Boxford Newsagents at: £2-50 for school age children (under 4s free) and £5.00 adults (£3.50 and £6-00 respectively at the gate on the night). For further information and any offers of help before, during and after the event please contact Peter Hibben on 01787 210819 or David Gasson on 01787 210796.



Friday, 1 October, 8.30 Ticket £10
Ben Crosland Quartet

Huddersfield bassist Ben Crosland has a jazz player's fast, free flowing Ben Crosland Quartet technique and harmonic awareness together with a rock musician's edge. A highly experienced jazz composer and arranger since the early 80's, with the inspiration and ability to produce some memorable melodies. His quartet is enriched by the virtuosity of trumpet player Steve Waterman, the unique tones of guitarist Stuart McCallum and by Dave Walsh who fills the drum stool with lithe aplomb.

Friday, 8 October, 8.30 Ticket £11
Mark Crooks Quintet

Mark's saxophone playing has a flair for melodic phrasing, which has echoes of Stan Getz. His clarinet playing is thoughtful and sensitive with a warm mellow tone akin to that of Sweden's Putte Wickman. He made his debut at Ronnie Scott's club in December 1996. His return to The Fleece is eagerly awaited. With John Pearce (piano), Colin Oxley (guitar), Matt Miles (bass) and Steve Brown (drums).

Friday, 15 October, 8.30 Ticket £10
Kelly Dickson Quintet

Kelly is a singer who achieves a warm, naturally rich tone that brings joy to swinging, upbeat numbers and beauty to heart-felt

jazz ballads. "Kelly Dickson is sparkling! She is full of life and swing - the very essence of jazz!" (Tina May). With Leon Greening (piano), Steve Fishwick (trumpet), Andy Hamill (bass) and Matt Fishwick (drums).

Friday, 22 October, 8.30 Ticket £14
Avishai Cohen Quartet

Described as one of the best bass players in the world by Jazz Review and is without doubt one of the biggest names in jazz music today, Avishai emerged in the New York jazz consciousness in the late 1990's. He is well known internationally for playing bass with artists such as Herbie Hancock, Roy Hargrove, Wynton Marsalis and Chick Corea. He was Corea's bassist of choice for six years, which served as a launching pad for his own career. His bass sound has a strong rhythmic propulsion, a big sound and an appetite for tricky rhythms and time signatures. With Avishai, who comes from Israel, are Yosvany Terry (saxophone) a leading figure in Cuban jazz, Sam Barsheshet (piano) and Mark Guilliana (drums) who both hail from the USA.

Friday, 29 October, 8.30 Ticket £10
Michael Garrick Quartet

Pianist, prolific composer and national treasure Michael Garrick has been leading bands since the 50's and was active in the jazz and poetry movement in the mid 60's when he worked with bands co-led by Don Rendell and Ian Carr. Described by John Dankworth as "world class", he has recorded over nineteen albums in his illustrious career in a variety of musical genres. With Martin Hathaway (saxophone), Paul Moylan (bass) and Alan Jackson (drums).

To buy tickets for any gig, obtain further information or add your name to the mailing list please telephone the BOX OFFICE:

01787 211865

All cheques (with S.A.E. please) to:

Jazz at the Fleece, 18 The Causeway, Boxford, Suffolk CO10 5JR

NEWS FROM CLUBS AND ORGANISATIONS

GROTON EDUCATIONAL FOUNDATION

The Trustees will meet on 2nd September, 2004 to consider applications for grant aid from residents living in Groton and those parts of Boxford which are included in the "area of benefit" as laid down by the Charity Commissioners - namely, Homefield, the east side of Swan Street and pockets of land in Stone Street south of Boxford Church, i.e. those parts which were included in the Tithe Map of Groton in 1881!

Details and application forms can be obtained from the Clerk to the Trustees, Mrs Scriven, Malting Lodge, Groton, Boxford, Sudbury, C010 5ER Tel:- 01787 210263 Applications from organisations serving the above area will also be considered.

Boot Sale Cancelled

Newton Green Car Boot - 2 October 2004 - CANCELLED

The Village Hall Committee is sorry to have to cancel the last car boot of the summer but we hope that work will have started on the refurbishment of the hall by then and therefore facilities may not be available. Our very grateful thanks to all who have supported the car boots in a variety of ways - the events have been a great help in boosting our refurbishment fund.

Janet Weavers (Secretary)

Emergency Appeal

For relief for the people of the Darfur region of Sudan

We are all aware of the appalling situation that has arisen in the Darfur Region of Sudan and the plight of a million people who have been driven from their homes in that country. One of the ways in which the Church and Community in our villages can respond to this man-made catastrophe is through an emergency appeal. You may wish to make a donation to help these poor people; collecting boxes will be found at the following locations:

Park Street Stores - Stoke by Nayland

The Crown Inn - Stoke by Nayland

The Angel Inn - Stoke by Nayland

The Stoke by Nayland Golf Club

The Polstead Village Shop

The Cock Inn - Polstead

The Lion Pub - Leavenheath

The Hare and Hounds - Leavenheath

Or you may wish to contact someone more directly about your donation. We know that your gift will be most gratefully received. Thank you for your help.

Contact: the Revd John Fowler - 01206 337 229

or Mr Tony Leigh Pollitt - 01206 262 633

Babergh Events List

At the Tourist Information Centre in Sudbury we are planning to produce a regular events leaflet for the Babergh Area. It will be available free to all residents and visitors to South Suffolk.

To help us to do this we would be very grateful for your help in identifying clubs and societies in your area who would benefit from advertising their events in this way. I would welcome either a list of such groups so that I can contact them myself or if you were able to spread the message, perhaps in your local or parish magazine, for you to pass on our telephone number.

We feel that there is a need for a central collection point for all of this information to enable everyone to be a ware of what is going on in our area. hopefully we will all benefit by promoting more widely with a comprehensive event list.

Shirley Gates, Tourist Information Centre Manager

01787 881320 e.mail sudburytic@babergh.gov.uk

WWW.visit-suffolk.org.uk

COULD YOU HELP?

Are there two friends, or any single volunteers - man or woman! who would like to help just one morning a month to serve coffee at Mary's House?

People drop in for a quick "cuppa" or natter - an enjoyable way to spend a few hours occasionally (9.30-12). We have 20+ volunteers at the moment, and a few more would help. Think about it! and let me know an 210360. Its always good to talk!
Pauline Lamming

Coffee Morning Success

A coffee morning organised by Linda Cutts at Sherwood Croft raised £250 for All Saints Church, Newton

Badminton

Leavenheath 50+ Badminton Club.

Leavenheath Village Hall, Wright Way (off High Road)

Wednesday evenings 8pm to 10pm.

For information please contact Frederick on 01206 263 986

BOXFORD BOUNTY DRAW RESULTS

July - August 2004

The Boxford Bounty would like to thank Members of Boxford Community Council for drawing the following winners during their meeting at The White Hart, Boxford on Wednesday 8 September 2004:

1st Prize £160 ANDY MILLS c/o Sargent Homefield

2nd Prize £75 MRS KENT Groton

3rd Prize £30 MRS CHARVILLE Holbrook Barn Rd

Prize 4th £15 ANDY Sargent Homefield

Tickets for the Boxford Bounty are available from Mark Miller 01787 211596.



Computer Classes at Boxford School

(By arrangement with Anglia Polytechnic University)

Boxford School is now offering
The European Computer Driving Licence (ECDL), and
Advanced European Computer Driving Licence (ECDLA)

The next course runs on Tuesday Evenings

7:00pm – 9:00pm at

Boxford School

Commencing Tue 5th October 2004

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- Practical basics of using a computer
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- Databases
- Presentations
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What does the course offer?

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- Workbooks
- Progress Logbooks
- ECDL Testing

(The ECDL is an assessed course and students will be expected to take an assessment at the end of each module of study)

How Do I Register?

For further information about ECDL and
Advanced ECDL Courses Ring
Mark Miller on 01787 211596



OPEN WEEKEND

SATURDAY 16th & SUNDAY 17th OCTOBER

10am - 4pm

ALL WELCOME!

Come and see our superb facilities - now including our newly extended areas:

LARGE AEROBICS STUDIO

New, air-conditioned, 104 sq.m. aerobics studio with fabulous views across the 9th fairway and the lake. Classes will include: Pilates, Yoga, Karate, Tai Chi, Modern Dance (disco, freestyle etc.) Aerobics, Step, Thai-Bo (kick boxing), Body Balance, Circuit Training and many more.

EXOTIC SPA TREATMENT AREAS

HAMAM

The most amazing body treatments you'll ever experience! Lay on our 'hot stone' bed and enjoy a luxurious warm soap massage, an invigorating, exfoliating treatment or a Chardonnay Wine Wrap to nourish and condition your skin.

RASOUL

Indulge in the totally exotic with a deep cleansing, warm mud treatment. Originally devised by the ancient Egyptians this unbelievably decadent experience of warm, exfoliating muds and herbal steam will leave your skin feeling refreshed, tingly clean and very, very soft!

CONCEPT SHOWER

Follow your exotic mud and steam treatment with a shower ceremony. Our Concept Shower washes away the mud with a tropical rain shower and/or ice jets before a gentle period of relaxation to complete your exfoliating experience.

The Excellent Facilities also include:

- 18m. indoor pool with lifeguard
- Sauna, steam room and jacuzzi
- State-of-the-art air-conditioned gymnasium
- Solarium
- Sports and beauty therapies
- Wide range of fitness classes
- Squash court
- Peake's Bistro

SPA DAYS ARE OUR SPECIALITY!



Please ring us on 01206 265820 for details about membership or call in for a guided tour. (We're on the B1068, off A134 at Leavenheath, between Sudbury & Colchester.)

NO JOINING FEE IF YOU BECOME A MEMBER DURING THE OPEN WEEKEND - A SAVING OF £100!!

Peake Fitness at The Stoke by Nayland Hotel, Keepers Lane, Leavenheath, Colchester, Essex, CO6 4PZ
Telephone: 01206 265820 Fax: 01206 263356 E-Mail: peakefitness@stokebynayland.com

October is a busy month with so many jobs to do before the onset of winter.

Greenhouses and frames should be cleaned out and the glass should be washed thoroughly so as to admit as much light as possible during short, dull days of winter. Disinfect all areas with Jeyes Fluid or Armillotox. Insulate with bubble polythene, the large bubble type is best, it admits more light and gives insulation. Check that heaters are in working order especially if you are using electrical appliances, badly insulated wiring can be lethal in the damp conditions of a greenhouse.

Once this is done you can start to bring in half/hardy plants. Fushias should be cut back so that the pots can be packed close together on the floor of the greenhouse. You do not want them to make new growth until the new year so just give them enough water to prevent them from drying out completely. Never at any time allow them to become dust dry.

Lift and pot up Pelargoniums and bring them indoors. They need a dry atmosphere to survive the winter, a spare room in the house is ideal. Dampness is the enemy of Pelargoniums, the sort of condition which is found in cold or partially heated greenhouse during the months of November, December and January.

Early flowering chrysanthemum will have finished by middle of the month and should be cut down, stools lifted and washed thoroughly before storing them in boxes of peat in a cold frame. Most varieties will survive the average winter outdoors but not if your soil is wet and infested with slugs. Better to lift them and store as described, they will make a much better start next year.

At any time we can expect the first frost. Dahlias are one of the first tender plants to have their foliage blackened. When this happens, cut the foliage down to six inches from the base, and lift the tubers carefully so as not to cause any damage. Tie the

label around the tuber not the stem - these stems become brittle and break off during storage and you are left with a lot of loose labels not knowing where they belong. Store the tubers in a frost free place and examine at intervals for signs of rot.

The beginning of the month is the last chance to plant spring cabbage to get them established before the soil cools down.

Sweet pea seeds can be sown now in five inch pots using soil based rather than peat compost. Sow about six seeds in a pot and water moderately. After germination water only when absolutely necessary. Winter in a cold frame taking steps to protect from mice and slugs. Sweet Peas need to be grown hardy so ventilate well in fine frost free weather, but be prepared to give extra protection in very severe weather.

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Food served 12.00 to 2.00pm and 7.00 to 9.00pm Tuesday to Sunday

Why not book your table to avoid disappointment Telephone: 01787 210247

Forthcoming Events Diary

October

1 Barn Dance	Elmsett Methodist Church	Elmsett Village Hall	7.30pm
2 Harvest Supper	Groton PCC	WI Hall	7.30pm
2 Boot Sale	Newton Green Village Hall	Newton Green Playing Fields	9.00-noon
2 Diocesan Choral Festival	Bury St Edmunds Cathedral		5.30pm
7 Boxford Over 60's	Outing to Buxhall	Fleece	1.00pm
9 FOBS Race Night	FOBS	Boxford Village Hall	7.30pm
9 Barn Dance	Nayland Village Hall		7.30pm
10 Great Fabric Sale	Old School, Long Melford		10am 4pm
11 Boxford Over 60's	Air Ambulance Talk	Village Hall	2.30pm
16 Fun Evening	Little Waldingfield Parish Room		7.30pm
16 Wish Upon A Star	Quiz Night	Village Hall	7.30pm
20 Little Waldingfield Luncheon Club		Mrs Octavia Long	12 noon
20 Halloween Bonfire Special	Babies and Toddlers at Boxford		
23 Edwardstone & Boxford CC	Dinner Dance	Stoke Club	
23/24 Craft and Food Fair	Polstead Village Hall		10am-4.30pm
25 Boxford Over 60's	Village Hall Meeting		2.30pm
27 Ltl Waldingfield Over 60's Friendship Club	Birthday Tea	Stoke Club	3.30pm

November

6 Boxford Fireworks Display	Boxford Community Council	Playing Fields	6.30 on
10 Boxford Community Council	Meeting White Hart Boxford		8.00pm
18/20 Fair Trade stall	Mary's House		9am-4.30pm

December

4 Cheese and Wine Part	Groton PCC	WI Hall	7.30pm
15 Babies and Toddlers at Boxford	Christmas Party		

January

13 Boxford Carpet Bowls Club	World Indoor Championships	Gt Yarmouth	
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Second Monday each month **Boxford Parish Council Meetings** in Bell House, Stone Street St, Boxford 7.30pm

TIME FOR A CHANGE? HYPNOTHERAPY AND HYPNOHEALING

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Wat's On

F.O.B.S. Race Night

F.O.B.S are organising a Race Night at Boxford Village Hall on Saturday 9th October. Doors will open at 7.30pm and the first race is at 8pm. Tickets priced at £5 will be available from early September from both Boxford News and the School Office

HOLY TRINITY CHURCH, LONG MELFORD SATURDAY, 23rd OCTOBER

Registration 10.00am Rehearse 10.30am

Performance 4.00pm Audience FREE

CHORAL WORKSHOP with JOHN RUTTER

MASS for the CHILDREN

A Latin Missa Brevis with English Poetry

FEEL THE SPIRIT seven Gospel Songs

**Soloists Julie Roberts soprano, Elaine Henson mezzo soprano
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Bring your lunch, Scores available. Hot & Cold Drinks provided

TICKETS: Singers £6.00, Participating Schoolchildren £1

Available from: LANDERS BOOKSHOP, LONG MELFORD TOURIST INFORMATION CENTRE, LAVENHAM and CLASSIC SOUNDS, NORTH STREET, SUDBURY or BOX OFFICE: 01787-311165

Full Details www.melfordmusic.org.uk

Nayland Village Hall Barn Dance

Barn Dance, 7.30pm Saturday 9th October at Nayland Village Hall to the music of The Last Resort. Hot dogs 'n' Do'nuts. Bring your own drinks, glasses and nibbles. Raffle. Funds will go towards running costs at the Shelley Centre for Therapeutic Riding. Tickets £7.50 from Patricia 01206 337334.

FAIR TRADE

There will be a "Fair Trade" stall in Mary's House Thurs.18th to Sat. 20th November from 9am - 4.30pm.

Further details next month.

PUT THE DATE IN YOUR DIARY

BROWSE FOR FAIRLY TRADED PRESSIES FOR CHRISTMAS!

POLSTEAD VILLAGE HALL CRAFT & FOOD FAIR

SATURDAY 23 OCT. 10am - 4-30pm & SUNDAY 24 OCT. 12noon - 4-30pm. Admission free. Raffle.

Locally made furniture, upholstery, wood-turning, jewellery, pottery, plants, cakes, smoked delicacies and preserves. All of high quality.

Boxford Over 60's

October notes

Occasionally club fixtures may occur too late for inclusion in the forthcoming Box River News. September brought one unavoidable change to the published schedule when our speaker, Patsy Johnson of the Air Ambulance had to make a last minute cancellation owing to an attack of acute laryngitis. We now look forward to her postponed talk on **October 11th**.

October 7th Half day outing to Granary Crafts. At the time of going to press it's fingers crossed for fine weather! In view of the inclement year however, the club has been fortunate on the whole, for garden meetings and outings.

October 25th A Local Speaker who is well known and liked will be at our meeting 2.30 in the Village Hall
Secretary *Thelma Williams* 01787 210118

Diocesan Choral Festival 2004

The Diocesan Choral Festival will be held in the Cathedral, Bury St Edmunds, on Saturday October 2nd and will take the form of Choral Evensong. The service commences at 5.30pm and will last approximately one and a quarter hours.

This year the choir of St Mary's are taking part and it is expected that the new extension will be complete. This is an annual festival incorporating choirs from all over the Diocese and will usually number in excess of 400 voices.

Those who have experienced these occasions will, I am sure, remember such thrilling events. Why not come along and share in this wonderful evening.

Make a note in your diary

Stuart Potts

THE GREAT FABRIC SALE!

Do you need, dress fabric, trimmings, braids, upholstery or curtain fabrics? Then look no further!

On Sunday 10 October, The Old School in Long Melford will be full to bursting with quality fabrics and trimmings all available at reasonable prices.

The event is being organised by Rowena Lee and Jenny Watt who held their first fabric event in 2002.

This year's sale is in aid of Cancer Research UK and runs between 10am - 4pm. As well as a whole host of fabrics and materials, visitors can also enjoy light refreshments.

Admission to the event is £2.50, with free car parking available. If anyone has any fabric or material they feel able to donate for the event, Jenny and Rowena would be delighted to hear from you. For more information on the event please call *Nicki* at Cancer Research UK on 01284 766311.

Little Waldingfield Over 60'S Friendship Club

The Club's Birthday Teaparty will take place this year at the Stoke-by-Nayland Golf Club on Wednesday, October 27th at 3.30pm. A coach is being laid on to pick up members and friends at the usual places in the villages. For further information please ring Mrs Peggy Pell on 01787 247 238 *Shirley Hobson*

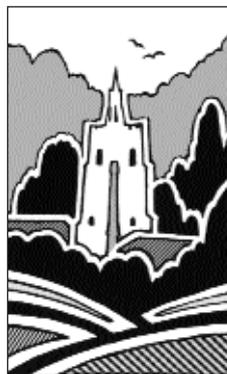
WORLD INDOOR BOWLS CHAMPIONSHIPS

Boxford Carpet Bowls Club is again organising a trip to the World Indoor Bowls Championships at Potters Leisure Resort near Great Yarmouth and we have some seats available on the coach.

The trip includes the coach to and from Potters to watch morning and afternoon matches with a two course lunch in between.

The date is Thursday 13th January 2005 and the all-inclusive cost is £24.00 per person. To book or for further details please call *Jean Saunders* on 01787 210725.

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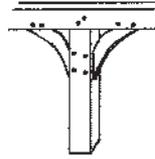
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Felix Oliver

e.mail: suffolkframes@aol.com
Tel: 07712 649860 Fax: 01787 248239

Babies & Toddlers at
Boxford

We meet every Wednesday morning from 10-12noon during term time at Boxford Village Hall. Parents, Nannies & Carers all welcome, only £1.50 per family and refreshments free. We cater for children from 0 - 5 years

FIREWOOD



Mixed Seasoned Logs
Cut to your Requirements
Loads £50, £80 and £100 & bags £3.50
Contact Carol Abbott on:-
Tel 01787 211256 or 07768 795981
Tree work and Garden clearance undertaken



Jane Woodward
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Tel: 01787 210883

BRAINDRAIN

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Contact CL Denman
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Mobile: 07810 741063

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The Box River Parishes Church News

Boxford • Edwardstone • Groton • Little Waldingfield • Newton

Rector: The Reverend David Matthews, The Rectory, School Hill, Boxford CO10 5JT
Tel 210752 e.mail: David.Matthews@stedmundsbury.anglican.org

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

Please let one of them or a Churchwarden or a Lay Elder know of any cases of sickness or otherwise where they might be of use. Thank You

Benefice House Mary's House 5 Swan Street, Boxford CO10 5NZ Tel & Fax 210026

To the Box River Saints

As you are probably aware from the advertising and the invitations, which hopefully have gone out to every household, ALPHA begins in the benefice on October 1st. We begin with a supper followed by a short but very entertaining video entitled, 'Christianity: Boring, Untrue & Irrelevant'. Following the supper there will be an invitation to attend the ten-week course to learn more.

There is absolutely no obligation, no cost implication and nobody will hassle you or even follow up on you if you only attend just the invitation supper. If you decide after the invitation supper to attend the course and only come to the first evening, no one will follow up on you. ALPHA treats people as adults and assumes that they can make their own decisions with regard to their lives. During the course you will have the opportunity in a small group to question anything and everything. To quote the advertising, "Some want to investigate whether God exists and if there is any point to life; others are concerned about what happens after death. Still others may have attended church on and off all their lives but feel they have never really understood the basics of the Christian faith. People come from many different backgrounds, holding many different viewpoints – but all have come with the same objective: to establish whether Jesus Christ has any real relevance in their lives."

Not only will you laugh a lot and meet people, you will also be able to ask the questions that have been bugging you and needed answering the whole of your adult life. Alpha is a place where no question is regarded as too simple or too hostile. This is a non-threatening opportunity for committed Christians to find out what it is that they are committed to and those who are not committed to investigate the claims of Christianity. The only commitment you will be asked to make is to yourself and your need to find out the truth for yourself.

Somebody once said to me that the Bible was a load of nonsense and a collection of fairytales. I asked him if he had read it and he said he had not. He was selling himself short because he hadn't even looked at the very thing he was condemning. Isn't it worth spending a few hours of your life to establish the truth of what you believe one way or another?

On another note, Yibi has asked me to express his thanks to all those who made his fifteenth birthday so very special. God's richest blessings

David



THE PARISH OF ST MARY, BOXFORD

Churchwarden:

Ruth Kingsbury: as Christopher above

THOUGHT FOR THE MONTH:

Eternal Lord of life, we rejoice that all our times are in your gracious hands. Thank you that in Jesus Christ we can make peace with our yesterdays, face our tomorrows with hope, and know your love in each today. *Christopher Kingsbury*

BOX RIVER CLUB NEWS:

Meets in the school hall on Sundays in term time from 10.30 a.m. - 12.00 noon.

Dates October 10th, October 24th, November 28th and December 12th. New members are most welcome. *Janet Daniels*

BIBLE STUDY GROUP:

Meets Mondays - 11th and 25th October at 8.00 p.m. at the home of Peter and Margaret Holden, 47 Swan Street - studying St. John's gospel - please do come. *Christopher Kingsbury*

CATHEDRAL CHOIRS:

St.Mary's Church Choir joins with choirs from around the Diocese to sing choral evensong on Saturday October 2nd at 5.00 p.m. All welcome. If you would like a lift please let me know. *Christopher Kingsbury*

GRAHAM BROOK:

We are delighted that Graham's renewed Readers licence has arrived and was presented to him by the Rector, the Reverend David Matthews at the Edwardstone Benefice Service on 5th September. We also welcome Helen Mitchell in October as a trainee Reader completing her placement course work, and will see her licenced and admitted as a Reader to the Diocese at the Readers Day Service at the Cathedral on Saturday 23rd October at 11.00 a.m. All are welcome to attend. *Christopher Kingsbury*

CHURCH RESTORATION:

Further urgent work to the church roof was highlighted during the heavy August rains. If you would like to contribute to the cost of this vital work to our lovely Grade 1 listed building please pick up a Building Trust leaflet in church.

A further £65000.00 of urgent work to the chancel roof and windows is also planned. *CK*

SMILE LINES:

"Too bad that all the people who know how to run the country are either busy driving taxis or cutting hair". *George Burns*



THE PARISH OF ST MARY THE VIRGIN, EDWARDSTONE

Churchwarden:

Antony Dodd: Mill Green End, 210397

Lay Elder:

Antony Dodd 210397

CLEANER/CARETAKER FOR EDWARDSTONE PARISH HALL:

We are seeking a cleaner/caretaker for Edwardstone Parish Hall for one hour per week. Please contact Daphne Clark on 210698 if you are interested.

Our present young lady is leaving us to study in Australia; we send our best wish to her for the future and also our thanks for all she has done over the past year. DC

ROTAS – SIDESMAN/CLEANING:

Oct 3: United Benefice Service (New)/Mr & Mrs Dodd;

Oct 10: Mr Saddleton (Harvest Matins)/Mr & Mrs Dodd;

Oct 17: Mrs Tregear/Mrs Morris & Mrs Kennett;

Oct 24: Combine with Groton/Mrs Morris & Mrs Kennett;

Oct 31: Mr Currey/Mrs Clarke & Mrs Clark.



THE PARISH OF ST BARTHOLOMEW, GROTON

Churchwardens: *Barbara Riddleston:
Poplar Farm, Goslings Green, 210261
David Lamming Lodge Farmhouse 210360*

Lay Elders: *Pauline Lamming 210360
Joy Sellers 378009*

REFLECTIONS OF FAITH:

Please see the Report and Photo in the main part of the Box River News, but very many thanks must go to all those who helped to make it such a success, through all their hard work and generosity.

Groton PCC Fund-Raising Team

HARVEST SUPPER - Saturday October 2nd, 7.30 p.m. Groton W.I. Hall:

Time for our popular Harvest Supper once more! The Fund-Raising Team of St. Bartholomew's Church will be cooking up a delicious hot meal for you to enjoy, the famous 'Pat and Gerald' bar will be serving your drinks, and George Thaw is thinking up some clever and devious questions to fox you all in the legendary Quiz. So all-in-all, an evening to be looked forward to, and still amazing value at £6 a head; so get your tickets now from Pat Kennedy Scott (210319) Pat/Bob Bowdidge (211553), or any member of Groton PCC. *Pat Kennedy Scott*

ROTAS:	October	November
Flowers:	Mrs M Bloys	Mrs S Block
Cleaning:	Mrs Debbie Payne	Mrs S Block
Sidesman with Sacristan:	Mr & Mrs G Smith	
	Mr D Lammin	



THE PARISH OF ST LAWRENCE, LITTLE WALDINGFIELD

Churchwarden:

Sandra Harbord, 55 The Street; tel 247034

Lay Elder:

Tim Harbord 247034

ROTAS – SIDESMAN/FLOWERS:

Oct 3: United Benefice Service (New)/Mrs Fernando-Martin;

Oct 10: Mrs Pell & Mr Bowden/Mrs Ewen;

Oct 17: Mrs Rattee/Mrs Squirrell;

Oct 24: Benefice Visiting Sunday/Mrs Pell;

Oct 31: Mrs Miller & Mrs Carse/Mrs Storar.



THE PARISH OF ALL SAINTS, NEWTON

Churchwardens:

Diana Stock: 12 Links View, 312828

John Turner, Severn, Church Rd 372677

Lay Elders: *Jean Green 373383*

& Diana Stock 312828

A QUIZ EVENING:

Please join us at Newton Village Hall on Wednesday 27th October for a Quiz Evening.

Light Refreshments and Raffle. Tickets £4 on the door. *Diana Stock*

CONGRATULATIONS

Congratulations to Richard and Marianne Anthony who took part in the Suffolk Historic Churches' Bike Ride on behalf of All Saints Church, Newton. They travelled 37 miles and visited 35 churches. What a wonderful achievement. *Diana Stock*

NEWTONEERS: 4th and 18th October. Meetings in Village Hall 4.30 p.m. to 6.00 p.m.

Copy Date for Church News section in the November 2004 Box River News:

Please, NO LATER THAN 15th October 2004. Thank you.

Daphne Clark 210698.

New email address – daphne@clark-home.me.uk

OPEN WEEKEND



Picture of the new exotic Hamam treatment room at Peake Spa featuring the luxurious hot stone massage bed.

There is to be an open day for the newly extended Peake Fitness Health Club and Spa

The exciting new expansion of Peake Fitness Health Club and Spa at The Stoke by Nayland Club has just been completed after several months of construction work. The new extension includes a large, 104 sq.m. air-conditioned aerobics studio overlooking the lake and 9th fairway which will offer an extensive range of fitness classes such as dance, pilates, yoga, body balance, karate, Thai-bo and many more.

There are also new, exotic Spa treatment areas: a Rasoul for a unique, relaxing mud detox in aromatherapy steam and a Hamam room with a hot stone massage bed for the most luxurious body treatments imaginable. The indoor pool relaxation area has also been extended out towards the sun terrace and features an amazing "Concept Shower" giving a tropical or ice cold deluge of water.

Existing facilities include an 18m indoor pool, sauna, Jacuzzi and steam room, air-conditioned Technogym gymnasium, solarium, sports and beauty therapies, and one-to-one fitness training.

There will be an OPEN WEEKEND for Peake Fitness at The Stoke by Nayland Club (on the B1068 just off the A134 at Leavenheath between Sudbury and Colchester) on Saturday 16th and Sunday 17th October and everyone is welcome to come and see our superb facilities, whether you are interested in joining the Club or booking Spa days or treatments.

If you join Peake Fitness at the Open Weekend there would be no joining fee - you would save £100!

For further information about Peake Fitness please contact Peake Reception on 01206 265820 or email peakefitness@stokebynayland.com www.stokebynaylandclub.co.uk

Wish Upon a Star
(children's Charity)

Quiz Night

Music Quiz 2004
Saturday 16th October,
7.30 for 8.00 start.

Teams of eight (max) £4.50 per head. To book a team

BOXFORD & DISTRICT BOWLS CLUB

'100 CLUB' WINNERS FOR SEPTEMBER:

£45 – Mr Platten; £18 – Mrs Josh; £7 – Mr Adams.

Local Walks

WORMINGFORD - Walks every third Sunday afternoon of the month. Please telephone Trevor or Ellen Nicholas on 01206 241991 for details.

LAVENHAM RAMBLING CLUB

3 October. Shimpling. Meet at Alpheton, Alpheton Tye 9garage) (GR TL 883508).

Leader Judith 01787247861

17 October. Wattisham & Norton. Meet at Bildeston, Market Place. (GR TL 992495)

Leader Babs 01787 310269

31st October. Around the Waldingfields. Meet at Little Waldingfield Church. (GR TL 924452)

Leaders Barbara & Caroline 01787 372603

All these walks start at 2 pm and last for about two hours.

Please wear suitable clothes and footwear.

For general enquiries please telephone Graham 01787 248128

RAMBLERS ASSOCIATION WALKS

Sunday 10th October. Lavenham circular. Meet for a 10.30am start at 'The Cock Inn' car park (GR TL 914490). A 5 mile circular walk.

Leader Beryl Duncan 01284 828592

Sunday 10th October at 10.30am. Clare Castle park. Meet at Clare Castle car park explorer map 210 (GR 770452). Use public Pay Nad Display car park. A circular walk amid Autumn scenery. Bring a picnic lunch and drinks. 8-9 miles.

Contact Ted W 01255 812724

Sunday 31st October. Fordham Heath / The Horkeslys. Meet free car park Fordham Heath (GR TL 943264) for a 10am start to walk to the Horkesly. Distance 12 miles.

Leaders Judy and John 01206 855244

Sunday 31st October. Stour Valley Walk. Meet for a 10am start at Bures Village Hall car park (GR 909339) for a walk in the Stour Valley. No pub stop so please bring a picnic lunch and drinks. 10 miles Leader Janet Penfold 01787 227929

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Parish Council Matters

Little Waldingfield Parish Council

The meeting on 7th September was attended by 6 Councillors and 3 villagers.

The minutes of the previous meeting were approved and signed
Police Matters. We received a report from our PC. SID turned up at last on 2nd September and one non-resident was recorded at 44mph.

Financial Matters. We have received £470 from the locality budget and this has been put into the Churchyard Wall Fund. We also received £24.34 from the Bottle Bank.

Correspondence. Planning consent has been granted for the conservatory at Churchside and the new house at Hostlers but the extension at Boston Cottage has been refused.

Any other business. The prospective purchaser of the plot at Paisley House outlined his plans.

Concerns were expressed regarding the size of the house and the re-siting of the main sewer pipes. Our BT Phone Box is "Listed" so should not be in danger of being removed, but please keep an eye on it.

Quantities of Doggie Poo are reappearing in Church Road. Please remember that this is an offence.

The next meeting will be on 5th October at 7.30pm in the Parish Room.

NOTES of the MEETING of BOXFORD PARISH COUNCIL

held on Monday 13 September 2004 at 7.30 pm at Bell House, Boxford

QUESTIONS FROM THE PUBLIC: Mr Roger Loose (of Clubs Lane) circulated a report in connection with the refurbishment of Clubs Lane (attached). He then proceeded to explain how the twelve users of the Lane were prepared to give money towards the repair costs and Suffolk County Council (SCC) had also committed £1500; there was a small deficit of £295.76 and the council were asked to consider giving such a sum. Proposed by councillor Impett and seconded by councillor Fraser and agreed by a majority on the strict understanding that this was a one-off payment to reinstate a strip of "road" that no-one appeared to own, part of which was a RUPP, but was used by many Boxford residents as a cut through. Mr Loose was asked to submit an invoice to the clerk in due course.

CLERK'S REPORT AND CORRESPONDENCE Letters of thanks for contributions had been received from The Winged Fellowship Trust, Groton Parochial Church Council (D Day celebrations), and St Nicholas Hospice. Babergh District Council (BDC) had written to inform us that Peter Hibben had been chosen to be one of the Community Achievement Awards Judges for 2005. BDC were holding a seminar to share the results of their Housing Needs Survey, which had recently been completed. Councillors were unable to attend such meetings in the middle of the day. However BDC could confirm that a session would be included in the Parish meetings being held on the 4th and 18th November.

Notice of a seminar, organised by the Conservation Foundation on "Community Action for Sustainability" had been forwarded to the clerk and whilst the council would like information on the subject, they were unable to attend the meeting.

Both the clerk and the chairman (DH) had attended a Planning day organised by the Suffolk Preservation Society and had been impressed by the proactive nature of the organisation. Their director, Richard Ward, wished to emphasise that the society was available for guidance on planning and would readily help parish councils. It was thought a good idea for the council to become members.

An e-mail was then read out regarding the resolutions to some of the traffic problems in the village: it had been sent to Jeremy Pembroke, county councillor. The council was pleased that matters were going ahead. A letter had been sent to the clerk from a resident in Swan Street regarding further damage to her property in July and she suggested that bollards would help protect her home. The council wished to convey they had every sympathy with her situation but felt that such a measure would be inappropriate for the

road. Clerk to write.

Whilst Mr Ian Lindsley was grateful for the council agreeing to erect a sign in the middle of the village directing people towards Primrose Wood, he felt it would be even more helpful to have a further sign in Daking Avenue. After some discussion, the council instructed the clerk to arrange for the sign in the centre of the village to read, "Primrose Wood via Daking Avenue"; this was to be the only sign.

POLICE REPORT: The clerk reported that PC Warren had retired and PC Paul Wren would be taking over (9 villages) with effect from 11 October. He lived in Cornard and knew the area well. (There had been no crime reported for the month of July.)

BABERGH DISTRICT COUNCIL REPORT: Councillor Bryn Hurren confirmed that the housing project was well on its way and making progress. There would be allocations before Christmas. He had been approached by a resident concerning the trees in Ash Street and BDC would monitor vigorously. He reported that various action groups had been set up concerning the air traffic developments and the council stressed that they would be pleased to know of progress and asked the clerk to arrange a 15-minute presentation from one of the groups. On the matter of car parking charges in the Babergh area, he confirmed that there would be consultations and the council instructed the clerk to inform the appropriate representative in BDC of its objection to charges being levied, as it was felt this would affect local trade in the area. He and councillor Gates would be attending a meeting shortly on the provision of digital cinema locally.

SUFFOLK COUNTY COUNCIL REPORT: Councillor Jeremy Pembroke informed the meeting that The Boundary Committee for England recommendations had been published and Boxford, Edwardstone and Groton would form part of the Bures, Stour Valley division. He was very disappointed with the recommendations, which were based on people and not on workload. He confirmed the proposals for the traffic problems in Boxford would be implemented imminently.

SALC AGM: Councillor Fraser submitted his report. The three main topics were the regionalisation of the administration of the area; a regional police force and the promotion of quality parish status.

BELL HOUSE: The council confirmed that plans for a disabled access to Bell House could go ahead and asked the clerk to acquire three quotes from local builders.

BOXFORD GRAVEYARD: A topographical survey had been received by the clerk but unfortunately did not contain the graves detail. She had been in touch with the company concerned to ensure this was done asap. The chairman expressed his concern that the subject was not moving forward and needed more input. He suggested a further meeting be held when the Rules and Regulations would be available for all members of the council to study, queries from the clerk would be discussed, as well as the provision of a noticeboard and a site meeting held to confirm the specific area where only lawn-type memorials and grave plots would be allowed.

LITTER IN THE VILLAGE: This subject was addressed in the latest issue of the "Local Councillor" and DH thought it appropriate that we discuss this at the next meeting; perhaps involve the school children (creating posters) and generally making people aware.

REPORTS AND QUESTIONS FROM MEMBERS: The chairman (DH) had written to Mrs Baxter in response to her letter in the Box River News concerning her husband's burial. DH confirmed that the OneSuffolk website was now up and running and a training pack was on its way. He would be looking for a volunteer to input our information and details at the next meeting. We were all aware that Licensing regulations were being administered at local level and he wished to send copies of the information to the other organisations in the village. (Clerk would deal.)

VH mentioned that the hedge at the bottom of Sand Hill was overgrown so the council asked the clerk to write to the owner of the cottage. She informed the council that the residents of Homefield were being asked to deposit their wheelie bins at the entrance to the road on the collection days. Had collection of waste for the two new rubbish bins – Sand Hill and Boxford Lane been organised? The clerk would deal. DF reported sewerage leaking from the disused toilet outside Bell House – clerk. CH reported a build up of weeds and vegetation in the river opposite the Fleece.

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Box River Soap Box

It is said that an Englishman's home is his castle. This appears to be borne out by the crazy prices at which houses change hands these days. Not so very long ago you could have built the odd castle or two for the money you need to lay out to buy a relatively modest dwelling today. Bricks and mortar are much in demand, whatever the price.

Nowhere was this more evident to me than in Cornwall, where I spent a relaxing, if windswept, few days last month. Whenever I travel around the country, I always find the allure of estate agents' windows irresistible. But discovering that a building containing two rather tatty looking flats - one with two bedrooms, one with three - would cost me a cool £1.3 million left me speechless.

True, these flats were on the waterfront at Polruan, opposite Fowey, but could they really be worth £1.3 million? Actually, this property was not unique. On the north side of the Cornish peninsula, a glimpse of the sea can easily drive a property's price into seven figures. This appeared particularly true of the Camel Estuary, where Padstow - a beneficiary of the Rick Stein factor - and Rock, opposite and known locally as Kensington-on-sea, are notably prosperous.

Indeed, one local remarked that the area was becoming populated by retired City high-flyers. The inference was these were the only people capable of affording the sky-high prices that houses by the sea commanded. As it happens, this is a most agreeable part of the country and you can hardly blame people for choosing to live there.

While the exercise of choice can distort prices within the overall market, the fact remains that residential property has been enjoying boom conditions. In part this is due to the popularity of "buy-to-let" - a relatively recent phenomenon given a boost by investors seeking an alternative to the stock market. Share prices

did, after all, halve during the bear market that ushered in the new Millennium. This is not the whole story, though.

Second home ownership is also on the increase. Make a winter visit to an old Cornish fishing village like Port Isaac (now featuring as Port Wenn in the Martin Clunes TV vehicle, "Doc Martin"), and you realise how much of the community is now dedicated to serving the holiday industry.

And, amazingly, we do not have enough houses in this country. More correctly, we do not have enough of the right type of house. With more people choosing to live alone and families, by and large, becoming smaller, the demands on the property market are very different today compared with a generation or two ago.

But there are other differences that go some way to explain the strength of the residential market and lead me to believe we are not in a property bubble about to burst. While the cost of the average house is now six times the average national wage - an all time high - interest rates are historically low, so servicing the debt needed to own a home is less of a problem. If interest rates remain relatively low, as seems likely, the pressure on house prices will remain in the upward direction.

Comforting as this may be for those already on the property ladder, the fact remains that first time buyers are finding climbing on board ferociously difficult. Young locals, too, face difficulties in remaining in the communities in which they were brought up as demand from second home owners and rental buyers drive prices out of their reach. Quite how to solve this problem eludes me, but the longer this goes on, the more the homes we live in are likely to be attacked by the Chancellor. In the end, a period of consolidation in house prices may be just what we need, whether we own property or not.

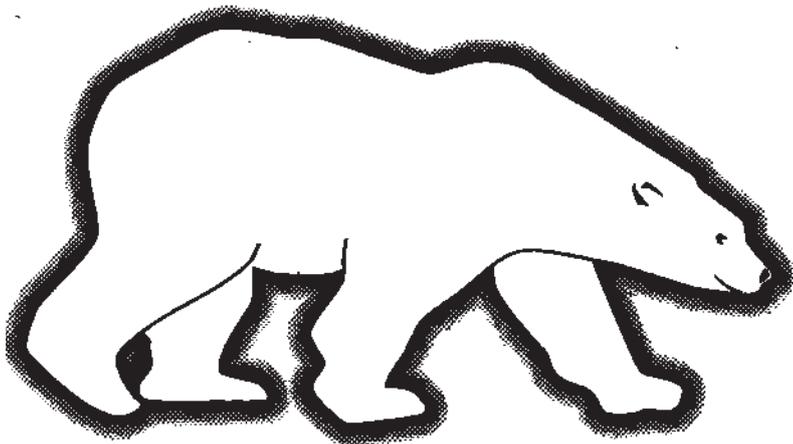
Brian Tora is Chairman of the Little Waldingfield Parish Council and a regular writer and broadcaster on investment and financial matters

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Wat's On

Wish Upon a Star (children's Charity)

Quiz Night

Music Quiz 2004 Saturday 16th October, 7.30 for 8.00 start.
Teams of eight (max) £4.50 per head. To book a team telephone
Veronica on 01787 211529 or Peter on 01787 210564.

FITNESS IN BOXFORD

30 min Aerobic Workout Plus 20 mins tone & Strength (apples & pears) Wednesdays 7.00 - 8.00pm

BOXFORD PRIMARY SCHOOL

The Gentle Way Tuesday's 9.00 - 10.00am

The BOXFORD SPINNEY

ALL CLASSES START 1st WEEK in SEPTEMBER

Maureen Cooling 01787 211822

Boxford Scouts

As from the beginning of the September term the Scout Troop will meet on Thursdays and the Cub Pack will meet on Tuesday's.

As ever the Scouts Groups still need leaders and helpers so if you think you might like to help please ring Richard Gates on 210432.

St. Bartholomew's Harvest Supper

Saturday October 2nd 7.30pm Groton W.I. Hal!

Time for our popular Harvest Supper once more! The Fund-Raising Team of St. Bartholomew's Church will be cooking up a delicious hot meal for you to enjoy, the famous 'Pat and Gerald' bar will be serving your drinks, and George Thaw is thinking up some clever and devious questions to fox you all in the legendary Quiz. So all-in-all, an evening to be looked forward to, and still amazing value at £6 a head; so get get your tickets now from Pat Kennedy Scott [210319] Pat/Bob Bowdidge [211553], or any member of Groton PCC.

Pat Kennedy Scott

Little Waldingfield Luncheon Club

The next lunch will be held on Wednesday 20th October (note change of Wednesday) at the home of Mrs Octavia Long, The Long Barn Little Waldingfield from 12-2 pm. Please phone Mrs Long (do not phone me) on 01787 248337 to confirm your attendance at least 4 days prior to the lunch.

In December the lunch will be held on Wednesday 1st December (again note change of Wednesday) at the home of Mrs Rita Baker, "Hostlers", The Street, Little Waldingfield. Please phone Mrs Baker on 01787 247931 to confirm attendance.

Babies and Toddlers at Boxford

October 6th Usbourne Books for Children. Cass White will be displaying a selection of books available for sale. Anyone interested in a gift for a child whether a regular to our Babes & Tots group or not are welcome to come and look what's on offer. Payment is required upon ordering & can be delivered to your door usually within a couple of weeks. Our Group benefits from 10% commission.

We will be having a **committee meeting** also on 6th October, 9:30am. We don't have many members and desperately need some more. Anyone interested in helping running our group or with our special events

please do come along to our meeting. You would be most welcome.

October 20th HALLOWEEN/BONFIRE SPECIAL We'd love to see everyone, including adults, in fancy dress. We will have themed cakes, pumpkin soup for you to buy & try for a small price. Plus a lucky dip for the children (free for those who dress up!). As well as other activities.

October 27th NO BABIES & TODDLERS AT BOXFORD - HALF TERM

Public and Patient Involvement in Health Health, Do You Care About It?

Over 700 people across the east of England have proved that they do care, and they have done this by coming forward to become a member of one of the new Commission for Public and Patient Involvement forums (CPPIH)

CPPIH is a national public body set up by the government with the sole purpose of making a difference to local health care. Local forums have been formed which are made up of volunteers and the forums are independent of, but attached to all the different NHS Trusts throughout Britain. Forum members are enthusiastic and committed to helping members of the public, through the forums, to influence the way that local healthcare is managed and delivered. So they want to hear from you.

Many of the Suffolk forums still need more PPI forum members to ensure there is diverse representation of membership and to help to share the workload to make sure that the public is given a voice. The forums that particularly need more members are those attached to the rural Primary Care Trusts and the Suffolk Mental Health Trust which cover large areas and have specific issues connected to their rural nature.

PPI Forums will give the public more of a voice on health matters in their local area and the Suffolk PPI Forums have started to hold meetings in public to start to give people this opportunity and also to raise awareness of the forums. These meetings in public are being held in a variety of different venues throughout Suffolk to ensure that everyone can have the chance to meet forum members and is given the opportunity to be heard. PPI forums have taken on the NHS Watchdog role previously carried out by the Community Health Councils and they have the power to influence NHS decisions. The forums will monitor the quality of health service provided and consult the community about their health concerns or experiences of good practice. Already PPI forums are pursuing issues such as children's dietary habits, the future Out of Hours Service provision and the local consultation on specialist cancer centres. Recently it has been decided that trained teams from the forums will carry out quarterly inspections of hospitals following the recent public concern about the dramatic increase in MRSA which has become known as 'The Hospital Disease' But to further their aims the forums need to know what is important to you, what your priorities are and what issues concern you.

Do you feel you have a voice, or that anyone will listen to you? This is your chance to have your say about how health care impacts on you and your family; we are waiting to hear from you. The Box River Benefice is part of the Central Suffolk PPI Forum. To contact your local PPI forum or to find out more about becoming a member, Contact Suffolk ACRE Tel 01473 242531 Email ppiforums@suffolkacre.org.uk

The Boxford Art Group
invite you to their
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Pastiles and Oils
at
The Boxford Fleece
Saturday 13th and Sunday 14th
November

Box River Sports

Got a sports story? Telephone: 01787 211507 or e-mail ed.kench@virgin.net

BOXFORD NETBALL CLUB

Another season has finished and although we played as well as we could, owing to various injuries and holiday commitments we are not too happy with the results of the Summer League. I am afraid that being in the first division came as a bit of a shock to us and we had to sharpen up our game quite a bit. We decided that we had little hope of winning all the matches so we treated each game as a training session, and although we lost quite a few we didn't make it easy for the opposition at all. At the end of the Summer league at the end of July we found that it had been a good learning curve for us and that although we had lost we had given the opposition some good games and a good account of ourselves, and of course we had all enjoyed it which is what it is all about in the end.

As we do not start our winter league till almost the third week in October we have been using our Monday nights to train and discuss the future Winter league ahead of us. We have voted in new captains and we have planned fund raising, events for next year. The club is only small just enough to field two teams, one in the Sudbury league and one in the Ipswich league. This gives everyone a chance to play a match and only leaves substitutes standing on the line watching. Because we are such a small club our funds at the moment are extremely low. We have to pay court fees and affiliation fees and for the past few years have relied on funding ourselves for everything from first aid equipment to playing kit ie track suits and sweat shirts and skirts and position bibs, the older players helping out the younger non working ones. We desperately need help, so if there is anyone out there who would like to sponsor us or knows of a firm or organisation who would like their logo spread across our ample bosoms or blazoned all over our position bibs, front and back, we would be only too willing to do so. With most of the team married with children and the rest at school or college, we find it hard to kit everyone out in the same colours, and it often happens that kit gets shared around with one person wearing a skirt for one match and then passing it on to another player to play in her match! This being the case, we now need to replace some things and so if anyone would care to help us we would be very grateful.

The Boxford Netball Club has been in existence for over twenty five years, longer than some people have lived Boxford. We have always supported the various events and fundraising schemes either physically or with monetary donations throughout that time, now its our turn to ask for help. If you can think of anything, or anyone who can help us in anyway, please get in touch with us.

Sylvia Boxford 210908
Yvonne Sudbury 371121
Lolly Boxford 210104
Chris Sudbury 375703
Yvonne Boxford 210151

BOXFORD & DISTRICT BOWLS CLUB

Finals Day, on the 19th September, signals the end of the outdoor season, which has been particularly successful for Boxford & District Bowls Club.

We are affiliated to the English Bowling Association (EBA) where we play for Suffolk. We are also affiliated to the English Bowling Federation (EBF), but for this we play for North Essex. Because of the shortage of Clubs in North Essex, part of Suffolk comes within the County! of North Essex.

Eight teams from Boxford took part in the EBF National Bowling Championships at Skegness between 24th and 28th August. George Bullett, Gerald Rice and Gordon Williams, playing in the 2 Bowls Rinks, were knocked out after an extra end in the quarterfinals and Les Clark reached the semi-final of the Veterans' singles.

This year, Boxford are winners of both the EBF and EBA Leagues. With a team of twelve players we also won the final of the Durham Trophy against Clare. With this win we will enter a knockout competition against other EBF counties next season.

Next season commences at the end of April 2005 and will be advertised in this magazine nearer the time. New members are always welcome. *Les Clark*

EDWARDSTONE AND BOXFORD C C

The autumn is nearly upon us and of course that means the end of another year in the life of Edwardstone and Boxford Cricket Club. 2004 has been a cracking year for us - with many regular players (young and not so young) finding that extra little bit of skill and confidence.

Nearly every player bettered his own personal average from last season and it is no coincidence that we performed better as a team. We scored runs for fun this year with both Chris Towell and Richard Gooderham achieving their maiden half centuries for the club. This allowed the bowling attack to relax and play a natural game and with Gregory Hayton as the leagues' top bowler the opposition batsmen often didn't argue and we bowled teams out for very little on many an occasion.

As you can surmise from the league table below we had an extremely good year and were very competitive even in defeat as our league position shows. Finishing second in a league where many a strong team can arise is no mean feat and this is enhanced by the fact that champions Lakenheath cannot be promoted due to league regulations.

Obviously we are happy to be going up in the world once more and hope to continue talking to you about Division Two and beyond in the next few seasons.

Harpers Sports League Div III

	P	W	L	C	PTS	AVG
Lakenheath III	12	11	1	4	225	18.75
Edwardstone	13	9	4	3	206	15.85
Thurston II	14	9	5	2	197	14.07
Walsham II	12	6	6	4	143	11.92
Mildenhall III	14	8	5	2	158	11.29
Mellis	14	7	7	2	158	11.29
Nowton II	14	9	5	2	149	10.64
Brandon	15	5	10	1	128	8.53
Hartest	14	1	13	2	47	3.36

Now down to the best part of the autumn. Our annual end of season Dinner/Dance is looming and tickets are being snapped up fast. It is once again being hosted by the Stoke-by-Nay land Club and will be on Saturday 23rd of October. The price of the whole evening will be £19 per head and this will include the meal and disco. To purchase your tickets please phone Sally Gooderham on 211805. There will be a bus to escort locals to and from the White Hart at around 6.30-7pm on the evening and will return when we have drunk to bar dry and not before! Edwardstone rules. See you there.

James Williams - Vice-captain and Press Officer

THE CHURCH AT WORSHIP

OCTOBER 2004

Sunday 3 October, Seventeenth Sunday after Trinity			
New	0930	<i>United Benefice Service</i>	The Revd. David Matthews
Box	1830	Evensong	Graham Brook/Christopher Kingsbury

Wednesday 6 October

Box/MH	1030	Holy Communion	The Revd. David Matthews
LtW	1900	Home Communion*	Tim Harbord

Sunday 10 October, Eighteenth Sunday after Trinity			
Gro	0800	Holy Communion BCP	The Revd. David Matthews
LtW	0930	Holy Communion BCP*	Graham Brook
Edw	11.30	Harvest Matins with Morden College	The Revds. David Matthews & Robert Norton
Box	1100	Family Service	Christopher Kingsbury
New		<i>Benefice Visiting Sunday</i>	

Wednesday 13 October

Box/MH	1030	Holy Communion	The Revd. David Matthews
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Sunday 17 October, Nineteenth Sunday after Trinity			
LtW	0800	Holy Communion BCP	The Revd. David Matthews
New	0930	Matins	The Revd. Brian Watling
Box	1100	Holy Communion CW	The Revd. David Matthews
		Guest Preacher	Mrs Helen Mitchell
Edw	1100	Matins	Joy Sellers/ Pauline Lamming
Gro		<i>Combines with Edwardstone</i>	

Wednesday 20 October

Box/MH	1030	Holy Communion	The Revd. David Matthews
LtW	1900	Compline	Tim Harbord

Sunday 24 October, Last Sunday after Trinity			
New	0800	Holy Communion BCP	The Revd. David Matthews
Gro	0930	Holy Communion*	Christopher Kingsbury
Edw		<i>Combines with Groton</i>	
Box	1100	Holy Communion CW	The Revd. David Matthews
LtW		<i>Benefice Visiting Sunday</i>	

Wednesday 27 October

Box/MH	1030	Holy Communion	The Revd. David Matthews
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Sunday 31 October, All Saints Day, Fourth Sunday before Advent			
Edw	0800	Holy Communion BCP	The Revd. Brian Watling
Gro		<i>Combines with Edwardstone</i>	
New	0930	Holy Communion CW	The Revd. David Matthews
Box	1100	Matins	Mrs Helen Mitchell & The Revd. David Matthews
LtW	1100	Family Service	Christopher Kingsbury

* *Public Worship with Communion by Extension*

Boxford/MH: Mary's House, 5 Swan Street, Boxford

GREAT START TO ROVERS NEW SEASON



The new Under 8s team: From left to right: Top: Joseph Archer, Liam Hazell, Daniel Ashby, Alex Drew, Richard Abbott, Sebastian Marshall, Bottom: Finlay Craig, Christopher Jarvis, Adam Hayter, Isaac Wagland.

One of the biggest youth football club's in the area is situated in the heart of the Box Valley - Boxford Rovers. With over 120 boys competing in the Colchester & District Youth League ranging from under 8s to under 18s the football club is going from strength to strength and this season will be no exception.

Already many of the Boxford teams have kicked off the new campaign. The Under 8s, Boxford's youngest-ever league team, made their first appearance away at Stanway Villa; the Under 9s

(Reds) ran out convincing winners against St Edmunds (5-0) and a rampant Under 11s put ten past Regents Park to go top of the table. Elsewhere goals from Waugh, Hawke and Seabourne (2) edged out Colchester Villa 4-2 in the Under 12s encounter and the Under 16s, managed by Club Chairman Mark Lane, started the season on a high beating Oyster 5-2 with Cornell (2), King, Fisher and Wilde scoring the goals.

The Under 18s, buoyed recently by their 2-0 win against league favourites Long Melford, made a disappointing start losing 5-4 away to Clacton United. They had conceded early and had to battle back from a 5-2 scoreline but just could not find that equaliser.

The rest of the teams at Boxford will start their season on 19th September and the club will be looking to repeat the successes of last season when the boys brought home silverware in two age groups and were promoted in another two.

Log on to www.intheteam.com/boxfordrovers for more information about the club.

Boxford Rovers set for FA Charter Status

Boxford Rovers will join an elite band of local clubs when their application to become an FA Charter Club is agreed over the coming weeks.

To be awarded such a status highlights the commitment of the club in organisational, coaching and management excellence and also provides a launch pad for a range of other footballing possibilities.

Thanks is due to Greg Deeks who has spearheaded the club's application and is also working towards grant funding for an improved playing surface at Homefields.

COMPUTER CARE

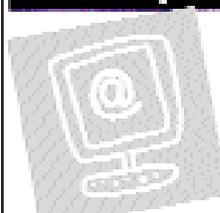
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Box River Benefice, Parish Councillors

Boxford Parish Council

David House (Chairman)	14 Holbrook Barn Road	
Veronica Hobbs (Vice Chairman)		211529
David Gasson	18 The Causeway	210796
Richard Gates	2 Brick Kiln Hill	210432
David Fraser	23 Daking Avenue	211103
Paula Stacey		211488
Cecil Hughes	Kiln Place, Cox Hill	210685
Keith Paxman	The Causeway	210104

Groton Parish Council

Carey Baldwin	Groton Manor Castlings Heath Groton CO 10 SET	210391
David Elliott	9 Gunary Close Boxford C010 5QB	210802
Robert Mares	3 Groton Place Groton C010 5EE	211318
Jeremy Osborne	Waterside Barn Groton Place, Groton C010 5EE	211960
Gerald Smith	7 Castlings Heath Groton C010 5EU	210958
Roger Vipond	Cloptons Groton Street Groton C010 5EE	210491
Brian Waghorn	Smalls Farm Groton C010 5EG	210231

Little Waldingfield Parish Council

Brian Tora (Chairman)	Enniskillen Lodge The Street, Little Waldingfield C010 0SU	247783
Terry Western (Vice Chairman)	20 Croft Lea Little Waldingfield C010 0SL	247874
Peter Baker	Hostlers, The Street Little Waldingfield C010 0SQ	247931
Bob Berry	Pitt Cottage, The Street Little Waldingfield C010 0SU	248298
Mike Ewen	Cobweb Cottage, High St Farm Little Waldingfield C010 0SS	210466
Richard Mitchell	Larks Mead, Church Road Little Waldingfield C010 0SP	247173
Phil Scott	Scott House, 3 The Street Little Waldingfield C010 0SQ	247632

Edwardstone Parish Council

John Paul (Chairman)	Willows Farm	210972
Ted Rides		
Matthew Glason		
Sharon Silverthom		
Paul Clarke	Hazel Cottage	210689
James Rodger-Brown		
James Powel		
David Tolhurst	Parish Clerk	

Newton Green

Brian James <i>Parish Clerk</i>		372732
John Taylor	Chairman	
Janet Crimmin	Vice Chairman	
Harry Buckledee		
Alan Vince		
Colin Poole		
David Smalley		
Rita Schwenk		

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Nomination for Queen's Award

3PR have been nominated for 'The Queen's Award for Voluntary Service 2005

To celebrate her Golden Jubilee in 2002, the Queen announced a new annual Award to recognise outstanding voluntary activities by groups in the community. Boxford Parish Council have nominated 3PR for the award which, even if not granted, has given the members a feeling of great warmth at this recognition of the voluntary work they do.

John Moles receives Commendation

John Moles, a member of 3PR who does more than his fair share of duties, has received a commendation from the Director of the East Anglian NHS Ambulance Trust for outstanding and selfless service at a recent, near tragic, call out in Boxford Village.

John attended a call out to the Old Grammar School in Boxford where an 18 month old boy had been found under the cover of an above ground swimming pool. John worked on the child for 20 minutes before a paramedic arrived from Ipswich. With oxygen carried by responders and CPR (Cardio Pulmonary Resuscitation). John was able to keep the child alive until it was taken to hospital in the Essex Air Ambulance.

3PR need more volunteers to receive training before join their happy band of responders. If you are between 18 and 70 plus why not contact Vic Rice on 01787 210504. The training you receive will serve you well for the rest of your lives.

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A spray-bake oven enables an entire vehicles' paintwork to be carried out on site. They also have the paint matching technology to reproduce virtually any manufacturers' colour.

The owner, Lawrence, developed his extensive knowledge through formal examinations while working for some of the best-known bodywork shops in East Anglia. He puts Motts' success down to their high standard of workmanship coupled an old fashioned code of always acting in the customers best interests. They are an independent business with competitive pricing and a "no job too small" policy.

They give free, comprehensive quotations without obligation and all their work is guaranteed.

The Motts team is comprised of Lawrence, Alex, Dan, Dean and James with Margaret in the office. So if you want a quote call :- Lawrence or Margaret on 1206 264111 or pop in between 8.30am and 6pm Monday to Friday or 9am to 1pm on Saturday.

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Readers Letters

Sir

LOST MAIL

Thank you to the many local residents who contacted me following my note in the May Box River News concerning lost or missing mail. I was able to provide the Postal Authorities with a detailed list of missing items which they have used in their investigations. I have not been made aware of any recent losses in our area but if you have lost any items in the last few weeks please contact me with full details so that I can forward them to the correct postal authorities.

Again I would stress that it is obviously not a good idea to send cash or valuable items through the post, although it may seem easier at the time. If you must send valuable items it is better to use the Royal Mail Special Delivery Service, which although more expensive does offer compensation in the event of a loss. Sadly all of the items lost in Spring this year did not warrant any form of compensation despite the fact that many involved children.

Stephanie Atkins. Tel 01787 210444.

Sir

We totally agree with the two letters of complaint and one anonymous telephone call complaining of the noise level in our garden last Saturday evening (4th September).

This is a sincere apology to all residents of Boxford, Groton and Edwardstone who according to the two letters we received, had been kept from sleeping on Saturday night. This is not an excuse but we would like to explain to everyone who was upset what happened.

Our niece asked if she could have her wedding reception in our garden. We agreed and the original plan was that they would leave the wedding reception at 10.30pm. At the beginning of the reception they announced that they would be staying to party with everyone until 12. For various reasons the young couple were financing their own wedding and along with their student debts felt they wanted to enjoy the evening to the end.

We were so exhausted that we went to bed at 11pm feeling (mistakenly) that we did not need to babysit two thirty year olds on their wedding night. However, we are embarrassed to admit that we actually slept and were horrified to hear that the party had continued until 1.15pm with so much noise. There were actually quite a few people invited from Boxford and all I can say is these thirty year olds must know how to party!

The following evening a different event was held which we were in charge of and I made sure that the instructions to the DJ were to turn the music down at 12.1 stayed up as I was in charge of the event and can only apologise as he finally obeyed me at 12.12am.

If anyone would like to voice their anger at the newly wedded

couple I will give you their names and address and they will receive your letters on their return from honeymoon.

We have learnt that if anyone asks to use our garden for an event that we must have in writing that they will turn the music right down or off not later than 12pm and that everyone participating understands this rule. Again our sincere apologies to all residents in Boxford, Groton and Edwardstone.

Yours sincerely
Patrick Galvin

Dear Friends

Di, Derek and family would like to thank all the people who sent letters, cards and donations on the death of Di's mother. We were deeply moved by all these tributes. Please accept this as the only acknowledgment as the cards and tribute were too numerous to answer

Di and Family

Dear Editor

Yibi would like to express his thanks to all those in the benefice who made his fifteenth birthday so very special.

Rev David Matthews
The Rectory, Boxford

CLEANER / CARETAKER

FOR EDWARDSTONE PARISH HALL:

We are seeking a cleaner/caretaker for Edwardstone Parish Hall for one hour per week. Please contact Daphne Clark on 210698 if you are interested. Our present young lady is leaving us to study in Australia; we send our best wish to her for the future and also our thanks for all she has done over the past year.

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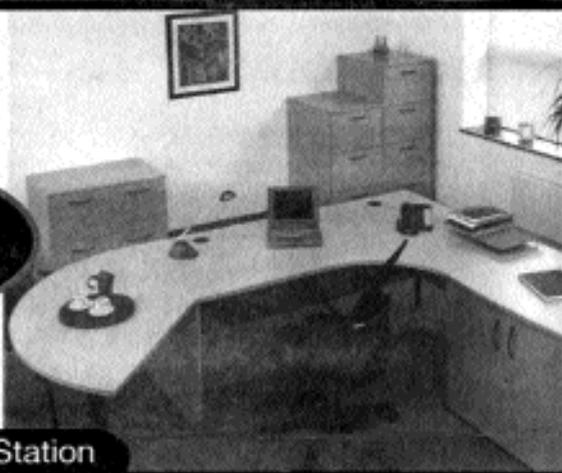
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The Village Hall Christmas Card

The first village hall was built on its current site in 1927, over the years many changes and alterations have been made to improve the facilities for the community.

Together with the School and the Pubs the hall is one of the most used facility in our village with Quiz Nights, Dances, Over Sixties, Mother and Toddler Club, Youth Club, Indoor Carpet bowls, Darts Tournaments, Bingo, Pantomimes and plays, etc.

It has taken a lot of time and dedication from a series of committee members over the years to maintain the fabric of the building, the current incumbents have the added burden of dealing with the raft of legal requirements from the Health and Safety legislation.

All of this takes a constant input of money, therefore this year we have decided to donate the proceeds of the Boxford Christmas card to the Village Hall Fund.

Please support the Village Hall, just think, what would all these organisations do without it? , *Queen Bee Designs Ltd*

**Friends of Boxford School
(F.O.B.S.) PRESENT**

BOXFORD RACE NIGHT

Saturday 9th October in Boxford

Grandstand (Village Hall)

Doors 7.30pm First Race 8.00pm

Come along and have a flutter
Admission is only £5.00 and you
could walk away a winner!

At this first meeting of the Boxford Season we are
also looking for horse owners, £10.00 will buy you
a horse to name and you could be heading for the
winner's enclosure! Prizes for all winning owners.

This promises to be a fun packed evening with
videos of horse races, tote tickets and some serious
excitement: this could be the race night you're glad
you booked for. A buffet and bar will be open to
toast your wins or drown your sorrows.

Tickets on sale at the school office or
from "Boxford News", book early,
limited places.

All funds raised will go towards school projects.



**FREE
ENTRY
6-30PM
DON'T
MISS**



**SAT 6th Nov
FIREWORKS**

@LT WALDINGFIELD

PLAYINGFIELD

B-B-Q & BAR

MARQUEES

FREE PARKING

STAINLESS STEEL 9 Litre MASLIN PAN

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Above right: Tim Yeo, South Suffolk MP and Shadow Transport Minister together with Left: County Councillor Jeremy Pembroke, leader of the Conservative Group in Suffolk County Council.

TIM YEO HOLDS FLIGHT PATH MEETING

South Suffolk MP, Tim Yeo together with County Councillor Jeremy Pembroke, was on the platform in the Sudbury Town Hall on Friday 3rd September to discuss the dramatic increase in flights over the area since March of this year.

The Town Hall was packed with over 200 residents from Sudbury and villages in the new flight path. The meeting was called following lobbying from the newly formed South Suffolk Air Traffic Action Group (SSATAG) and other interested organisations in the area. Flight paths between Stanstead and Clacton have had their minimum height passing between Ipswich reduced from 13,500 ft to 8,500 ft but as many of us are aware, pilots ignore the minimum height on a regular basis dropping to 5,500ft and frequently even lower.

More than 140 aircraft a day are passing over the Box River Benefice and this is due to drastically increase to upwards of 400 if plans for the expansion of Stanstead go ahead.

Mr Yeo said that action Groups and Local Authorities needed to work closely together to gather data and prepare a case to put before the Department for Transport. He said "Any campaign to have heights increased or paths to be altered will only succeed if enough accurate information is gathered". "The key is to have a unanimity of views. The closer together you work the better the chance of success." "Clearly, further discussion is needed".

The South Suffolk Air Traffic Action Group was delighted at the response to the meeting which had been called at very short notice. After the meeting most of those present completed forms indicating their interest in supporting the action group and a public meeting is due to be held in October together with the Sudbury Town Council and other interested groups. Keep an eye on the EADT, Sudbury Free Press and an ear to BBC Radio Suffolk for more information about this important event.



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ENJOY THE THRILL AS YOUR PILOT IGNORES TRAFFIC CONTROL AND RISKS GOING OFF COURSE ON A SHORT CUT TO SAVE FUEL!

EXCITE YOURSELVES BY THE THOUGHT OF POLLUTING THE ATMOSPHERE AND RUINING OUR CHILDREN'S HEALTH. YOU KNOW IT DOES NOT MAKE SENSE!

CONAIR - FLY CHEAPER



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at Leavenheath

"All that a village pub should be"

Evening Gazette, November 8, 2000.

Join us for Sea Food Week

1st to 8th October

Don't be disappointed, book now for your

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(book with payment of deposit by 1st December and receive a bottle of House Wine for multiples of 4 people. This does not apply to lunch time bookings)

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