

Box River News

Boxford • Edwardstone • Groton • Little Waldingfield • Newton Green



August 2019
Vol 19 No 8

REV ROB MOVES IN



'Bishop's Move'! Revd Rob standing in front of the removals van outside the rectory in Boxford after he moved from Orpington to Boxford on 10th July. In welcoming Rob and his family to the benefice, we hope that his next 'bishop's move' won't occur for many years yet!

TEAM ITFC CYCLE TO AMSTERDAM FOR PROSTATE CHARITY



Guests at Stoke by Nayland Hotel, were joined by a few familiar faces on Friday 7th June, as former ITFC midfielder Simon Milton and his team of charity cyclists rode in for lunch on their way from Ipswich to Amsterdam.

The annual charity bike ride in aid of Prostate Cancer UK, sees teams of fans and former professional footballers cycle from as far afield as London and Yorkshire to Amsterdam.

Team ITFC, which comprised of 21 riders including Town legends Titus Bramble and Alan Lee, set off from Ipswich on Friday 7th June. Cycling across the East Anglian countryside on Friday, the team stopped at the Hotel to fill up on an energising lunch, before setting off to Harwich where they arrived safely (though a little wet!) on Friday evening. The next morning, they took the ferry to the Hook of Holland and cycled to Amsterdam's Johan Cruyff Arena.

In addition to raising money for Prostate Cancer UK, the ITFC team are also raising awareness for Milton's own charity, Futurestars, which provides children's PE lessons and football coaching for some of the poorest communities in West Africa.

Simon Milton commented: 'Since 2014 the ITFC team has taken part in the Football to Amsterdam event to help fund research that stops prostate cancer from being a killer.

'Taking part in such a high-profile event has also provided us with a platform to raise awareness of Futurestars, an exciting education through sports programme that offers sports coaching to over 4,000 underprivileged children in Ghana and Togo.

'As a result of the work Futurestars are undertaking, more children in West Africa are taking part in sport and benefitting from the motivation, discipline and fun that sport can bring to their lives.'



INSTITUTION AND INDUCTION of THE REVD ROBERT PARKER-McGEE as RECTOR OF THE BOX RIVER BENEFICE

Tuesday 20 August 2019 at 7.30 pm
St Lawrence's Church, Little Waldingfield

ALL ARE WELCOME TO THIS SERVICE
WHEN ROB IS FORMALLY COMMISSIONED
TO START HIS MINISTRY AMONG US

DO COME!

Refreshments will be served after the service.

Box River News

Eddie Kench, Kiln Cottage, Stone Street, Boxford CO10 5NR

Telephone: 01787 211507 e.mail:
ed.kench@btinternet.com

Final date for reserved copy for the
September 2019 Issue is:

August 15th at noon

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



MILDEN SINGERS

Milden Singers started their concerts with a Eurovision theme before moving on to a lovely mix of Songs from the 1960's. The final part of the concert was dedicated to blockbuster movies The Greatest Showman, Bohemian Rhapsody and A Star is Born, with some lovely duets and songs which had the audience singing along. Both concerts raised £863 for Milden Pavilion and £380 for The Children's Appeal at Ipswich Hospital.

The Singers next concerts will be on 15th and 16th November.

Remember

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

Just go to <http://www.boxfordsuffolk.com/box-river-news> and scroll down to the latest BRN icon. The Newsletter is usually available about one day after the published press date.
ed.kench@btinternet.com

FleeceJazz

at Stoke by Nayland Hotel

Friday 26 July 8 £20.00.

Hexagonal

Hexagonal play high energy music with African and Jazz influences John Donaldson Piano, Greg Heath Tenor Sax, Jason Yarde Alto Sax, Graeme Flowers Trumpet/Flugel, Simon Thorpe Bass, Tristan Banks Drums

The Hastings based Hexagonal collective was formed late in 2016, to feature the music of the composer/pianists McCoy Tyler and Bheki Mseleku. The group has performed at major festivals and clubs. Its first album, "McCoy and Mseleku" was released in September.

"The band is impressively hip, with the collective chops to glide through complex rhythms and gentle Latin grooves! - Peter Jones, London Jazz News

Friday 9 August 8 £18;00.

John Etheridge "Blue Spirits

Blue Spirits Trio came about through John's love of the perennially attractive combination of Electric Guitar and Organ

John Etheridge Guitars, Pete Whittaker Organ, George Double Drums. Londoner John was inspired by Joe Pass, Eric Clapton, Jimi Hendrix, Wes Montgomery, and Django Reinhardt. He has toured with Stephan Grappelli. Other he has gigged with include Nigel Kennedy, Keith Tippett, and John Williams as well as jazz greats.

Blyth Spirits came about through John's love of the perennially attractive combination of Electric Guitar and Organ . You will find elements of swing, with soulful ballads and fiery Funk

Friday 16 August 8 £18;00.

Ben Crosland's "Ray Davies Songbook Vol. 2"

Ray Davies songs are rooted in the Blues, Music Hall, Popular, Variety and Music Theatre: the perfect vehicles for Jazz interpretation.

Ben Crosland Electric Bass, Brandon Allen Sax, Jim Watson Keyboards, Chris Allard Guitar, Dylan Howe Drums

Following the success of The Ray Davies Songbook, bassist Ben Crosland has put together a second tribute to the Kinks' iconic singer and composer Ray Davies. Ben has been leading bands for over 25 years. He has recorded a series of critically acclaimed albums with the cream of UK jazz musicians including Alan Skidmore, Jim Mullen, Mark Nightingale, Steve Waterman, John Etheridge, Martin Shaw, Steve Lodder and Barnaby Dickinson.

Friday 30 August 8 £20;00.

Dave Lewis's 1UP Band

About the "Under the Same Sun" album: "Kinda jazzy, kinda bluesy, kinda souly – lots of influences – great singing, great playing ..." - Paul Long, BBC producer

Dave Lewis Tenor Sax, Lizzie Dean Vocals, Al Cherry Guitar, Robin Aspland Piano, Neville Malcolm Bass, Rod Youngs Drums
We were blessed with Dave Lewis's playing in March. He is one amazing player. Dave leads 1UP' with raw, lyrical emotion and a horn full of funk. His sound is steeped in the Blues – his St. Louis roots come through. Amongst others, Dave has performed, recorded or toured with John Martyn, Lamont Dozier, Bryan Ferry, Joan Armatrading, John Mayall and Eric Clapton & The Blockheads.

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

THE AUGUST LETTER BY REV ROB

Dear Friends,

Thank you for inviting me to be your next Rector. My name is Rob, sometimes called Fr Rob, sometimes Revd Rob, often Vicar or Rector, occasionally Padre and a whole host of other things besides. I don't mind what you call me so long as it's nice! I have been a priest in the Church of England for eight years and a deacon for nine. I am a founding member of the Society of the Resurrection - a dispersed order routed in the Community of the Resurrection in Mirfield, West Yorkshire (a monk without a monastery, if you will). It is principally this spiritual calling that lends itself the title Fr. I am married to a wonderful lady, Sarah, and have two pretty unique and remarkable teenage children, Jasmine and Thomas.

My life so far has been a thrilling journey: since leaving school I have worked as an assistant chef (whilst at sixth-form), a fitness instructor and in industry. I have worked on the shop-floor and in middle management. But the best and most remarkable thing I have done is to answer the call to the priesthood. It is far from an easy profession. It can be terribly complex and can lead you in all kinds of directions, but there is something truly life-giving about serving God and his people. Every single person in our villages or our towns are one of God's people – even if they don't know it yet. You may not believe in God, but he still believes in you!

Faith, at its best, frees individuals to live life in an holistic way, outside of the narrow political or sociological divides that we so often see playing out in our society (and often stereotyped and sensationalised in our media). The Church at its best encourages people to attend to their spiritual as well as their physical health and enables them to begin exploring and deepening their inner-self and wellbeing.

Sadly, however, the Church does not always get it right. Throughout the ages there have been moments when the Church has got things badly wrong – times when it has become too inwardly focussed or too obsessed with rules and regulations. Sadly, the Church is only human, even if it is trying to do God's work. But there have been many more occasions when it has got things right and through its ministry individuals and whole societies have become better able to live in deeper and richer ways as a result. Such ways encourage life to be lived for far more valuable things than bland material gain; but for inner spiritual health, building of community, serving our neighbours, finding appreciation in each other and in our beautiful (yet fragile) world...

Central to all this is our families. I used to think that my calling was the most significant in our household, but through a series of hard earned lessons I have come to realise just how arrogant that view was. It is clear that whilst I may have a calling to public ministry, it is actually my family who have the greater and more difficult calling as they so generously support me in mine. I can only pray that I may be as diligent in my other calling to love and support them as a husband and father.

We are all caught in a complex web of callings in our public and private lives. Our callings to love, support and serve our families, friends and communities are by far the most important of all. Modern relationships come in many different shapes and sizes (thank goodness for that!), and that can make them complex to manage. William Temple, onetime Archbishop of Canterbury, once said "the Church is the only society that exists for its non-members". If during my time as your Rector I oversee churches that are understanding, inviting and adaptable to everyone's needs, in a way that brings them health and wellbeing, then I shall be a very happy priest indeed. My prayer is that each of you may be able to find a spiritual home in your local church!

So thank you, I am really looking forward to getting to know you all better. If you feel so inclined, then please do come along to my instalment as your new Rector of the Box River Benefice. The service will take place at 7.30pm on Tuesday 20th August at St Lawrence's Church, Little Waldingfield. You would be most welcome indeed!

Wishing you every blessing,

Rob



THIS MONTH'S GOOD READ

Irreplaceable by Julian Hoffman



When life is uncertain, a search for beauty and the means of survival can become more pressing: for many readers the "new nature writing" offers paths of connection and hope. Julian Hoffman's previous book, the award-winning *The Small Heart of Things*, is an account of perception and the natural world. In *Irreplaceable* he travels to open spaces, many in the UK, which are special for the ways in which natural processes and human intervention have produced something unique. In each case, he immerses himself in the place, and listens with sympathy to what Barry Lopez has called the "testament of minor voices" – the people who seek to protect what they love against despoliation.

The result is a passionate and lyrical work of reportage and advocacy. The care, dignity and grit of the locals shines through, and Hoffman combines close historical knowledge with an eye for detail. The Gwent Levels, for example, saltmarshes reclaimed from the sea in Roman times and described by Gerald of Wales in the 12th century as "glittering with a wonderful brightness", are home today to a huge diversity of birds and other life. But one of the things that catches Hoffman's attention there is the rootless duckweed: "the world's smallest flowering plant and one that's found nowhere else in Wales – so tiny that you could hold thousands of them in your cupped hands".

Hoffman's destinations have all been threatened with severe damage to, or destruction of, their natural and cultural history. The Hoo peninsula in Kent, a marshland between two rivers rich in birdlife, has been proposed – notably by Boris Johnson – as the site of a new airport. Smithy Wood, a fragment of ancient woodland near Sheffield dear to locals of all generations, was threatened with a giant motorway service station, or a "linear economic opportunity". The Mavrovo national park in North Macedonia, a refuge for the critically endangered Balkan lynx, was earmarked for a hydroelectric power scheme that would flood key habitats. Bangka, a small island at the heart of the coral triangle in Indonesia that could prove to be a refuge for marine life as the sea warms, may disappear under a strip mine that would poison its surrounding waters. Lodge Hill in Kent, a former military base that has become a redoubt for Britain's small population of nightingales, was scheduled for new homes, as was the tiny but locally cherished North Kelvin Meadow in Glasgow. Development at Farm Terrace allotments in Watford is to go ahead.

Hoffman and his interlocutors argue that offsetting – the attempt to create or restore equal or larger areas elsewhere to compensate for what would be lost to development – is usually misguided. It can seldom if ever take account of the subtle factors that, over many years, make a given place what it is, still less the lives of those who have lived there. But they are not opposed to economic development of any kind. Their position is rather, to use the conservationist John Muir's phrase, "not blind opposition to progress but opposition to blind progress". Hoffman welcomes wilding projects that can help bring back diversity of life where it was previously absent.

How much do small places really matter? The Intergovernmental Science-Policy Platform on biodiversity and ecosystem services projects that around one in six life forms will be driven to extinction this century, with severe consequences for humanity, while the Intergovernmental Panel on Climate Change warns that hundreds of millions of human lives will be at risk without radical reductions in carbon emissions. As a Greek conservationist tells Hoffman: "You go out and you see something beautiful and you gain strength from it, and you say, OK, it's worth protecting with all your power. Many times I'm tired ... But I can never really say fuck it." Groups such as Rewilding Britain believe their projects can make an important contribution to tackling climate change. In many of the places Hoffman visits campaigners have prevailed – such small interim successes can be a source of hope. A recent decision not to build a relief road for the M4 across the Gwent Levels is one example of success, especially if better transport alternatives can be developed. As Hoffman writes: "Transformative resistance to loss begins with ordinary people ... speaking out."

Advertisement

Irreplaceable: *The Fight to Save Our Wild Places* is published by Hamish Hamilton (£18.99).

Sunscreen... with a difference.

We're all getting pretty good at remembering to wear sunscreen these days and slapping on a high factor all year round is becoming the norm.

All sunscreens were not created equal, however, and our absolute favourite here at Suffolk Medical Clinic is the **Heliocare** sun protection range.

Why? Well, Heliocare is different from other sunscreens. Yes, it's recommended by dermatologists and considered one of the best brands for sun protection, but it has other selling points too:

- *Heliocare comes in a range of shades, so it can be worn as a tinted moisturiser or instead of foundation. The sun-shimmer version is our best seller!*
- *You might associate high factor sunscreen with feeling thick, white and sticky but Heliocare is a light weight lotion and even available in clear liquid form.*
- *Heliocare is available in a matt, non-oily compact and comes in different shades.*
- *It's also available in a larger size for great sun protection all over the body.*
- *Oh, and it smells great, too...*

But should you need any more incentive, how about trying this incredibly brilliant sunscreen for around 30% off when you spend £25 on any beauty treatment or retail product?



August Special



Get any Heliocare product around 30% off when you spend £25 on any beauty treatment or retail product at the clinic.

This offer is valid until 31/08/2019. The £25 spend must be on Beauty Therapy or Retail (not Medical Aesthetics).



Suffolk Medical & Beauty Clinic, 6 Broad Street, Boxford.

Tel: 01787 211 000

www.suffolkmedicalclinic.co.uk

NETHERGATE BREWERY Little Waldingfield History Society Member Outing



For our first outing of the year we visited another local hidden gem we had been pondering for some time, but because we thought it might not interest the ladies as much, it had been placed on the back burner. Happily, following discussions with members it became clear there was a demand, and what a great experience it was, being expertly guided through a very modern reincarnation of a very old trade - some 7,000 years (*) according to our excellent guide.

(*) *On checking, it seems that beer dates back to at least the 5th century BC in Iran.*

On arrival a large jug of Suffolk County traditional best bitter 4% abv, was brought for the group to taste; even though I am a lager drinker, I thought it was good, as did everyone else. Whilst consuming the contents of the surprisingly large jug, we were given a potted history of the brewery.

Two school friends, former Head Brewer Ian Hornsey and Dick Burge, began the brewery in 1986 in Clare, just one year after agreeing to undertake the venture. They established themselves in premises in the High Street, behind the main street through the centre; Nethergate Street was round the corner and became the name, as they believed this was more appropriate than High Street Brewery.

They stayed in Clare for some 20 years, being very popular with locals who could just drop by whenever the fancy took them, but expansion over time increased the number of large lorries coming and going, so the partners decided to move across the border to a more isolated site in Pentlow, Essex, before they became a nuisance to Clare residents. In 2010 they sold the brewery to anonymous buyers, and in 2017 it returned to Suffolk, on the edge of Long Melford.

At this point our group was split into two, with half being guided round the brew house and the other continuing to enjoy the Suffolk County. On arrival back in the tap room, the second group were taken round the brew house with the first group getting to enjoy the second beer on offer - Stour Valley Gold, Hoppy Golden 4.2% abv - another great beer some preferred because of its hoppy and more fruity taste.

The brew house itself seemed surprisingly compact, but on questioning, we discovered it has capacity for three more fermenters - the current bottleneck in capacity - so production can be increased a fair bit, enabling them to brew every day if the demand is there, fingers crossed. We then learned of the various stages of beer making, which I have paraphrased by making use of information freely supplied by SAB Miller Global brewers; Nethergate are a craft beer making operation, continually experimenting in their quest to bring us better beers for different tastes.

1. Milling the grain

Different types of malt (barley or other grain which has been steeped, germinated, and dried) are crushed together to break up the grain kernels to extract fermentable sugars, producing a milled product called grist.

2. Mash Conversion

The grist is then transferred into a mash tun, where it is mixed with heated

water in a process called mash conversion, which uses natural enzymes in the malt to break the starch down into long chain sugars.

3. Lautering

The mash is then pumped into the lauter tun, where a sweet liquid known as wort is separated from the grain husks.

4. The Boil

The wort is then collected in a vessel called a kettle, where it is brought to a controlled boil before hops (*) are added. This also breaks down the sugar from long chains into short chains, which enables better fermentation.

(*) *We were told that hops may be added at three stages of the beer making process:*

a. Bittering hops are added once the wort has been collected in the kettle (and a rolling boil has been achieved. They are usually boiled for 60 minutes, although some recipes may call for as little as 30 minutes.

b. Flavoring hops are generally added with between 15 and 30 minutes remaining in the boil; very little bitterness will be extracted from the hops but a crisp hoppy flavour will be imparted.

c. Hop oils, which are responsible for aroma, are extremely volatile and will be driven off almost immediately in the steam of a boil. So-called Dry Hopping is the adding of aroma hops after the kettle has been removed from heat.

5. Wort Separation and Cooling

After boiling, the wort is transferred into a whirlpool for wort separation stage. During this stage, any malt or hop particles are removed to leave a liquid that is ready to be cooled and fermented.

6. Fermentation

To start fermentation, yeast is added during the filling of the vessel, which converts the sugary wort into beer by producing alcohol, a wide range of flavors, and carbon dioxide.

7. Maturation

After fermentation, the young beer needs to be matured in order to allow both a full development of flavors and a smooth finish.

Our guide was happy to take us all round the brew house, including climbing up to see into and smell the contents of various tuns and fermenters etc., whilst explaining the work of the brew masters in considerable detail, sadly not reproduced here as I wasn't taking notes. There was plenty of time for our questions, which were many and varied, and all carefully explained by our patient guide who was clearly a huge fan of their product.

On returning to the tap room to join the other group, we then got to taste the Stour Valley Gold before the final beer of the day was brought out - the one that is the most popular, and for good reason - Old Growler Porter 5% abv. This is a very dark beer, which I personally thought I would not like, but happily I was wrong - it had a delicious taste and was really smooth.

The group then got to talking, around the benches outside in the sun, with our guide stopping by when her time permitted, when someone enquired whether Nethergate brewed any lager. On hearing yes, my ears picked up immediately, and on enquiring whether we could also taste this product, two lucky punters received a good measure in their own lager glasses. Despite enjoying the 'proper' beers above, I personally have to say that the Nethergate lager was simply wonderful and one that I highly recommend.

To conclude, the brewery staff made us all most welcome, with all more than happy to answer any questions, whilst the tour itself was leisurely, informative and really enjoyable - Nethergate staff are clearly all in jobs they thoroughly enjoy, and if this means talking about their products to members of the public, then so much the better. I personally recommend the tour to anyone interested in the brew making process, and heartily recommend their products, which are so many and various, there are bound to be some that will just hit the right spot.

Our next History Society talks will be at 19.30 in the Parish Room, on: Wednesday 19th June: Sudden Deaths in Early Nineteenth Century Suffolk

Fireside hearths, pantries, village ponds & brewing rooms were dangerous places when death was never far away - sudden deaths & their inquests were the lifeblood of columnists, whose reports fascinated readers with tales of misery and misfortune.

18th September: St Audrey's Workhouse and Mental Hospital - Victorian attitudes Examined

It was believed that people were born to be poor or simply fell onto hard times through their own neglect, so whole families entered the workhouse or faced starvation - this is their story.

Both events are going to be great, and we very much look forward to welcoming guests both new and old to the Parish Room.

Andy Sheppard

EDWARDSTONE WHITE HORSE

Dark Ale Days

3 - 6 May (Bank Holiday)

Nacho Night

Every Tuesday From 5pm!

AUGUST

Open All Day Every Day / Food available Every Day.

- Yoga every Monday from 7pm
- Acoustic Jam Session Weds 14th
- Electric Jam Weds 28th
- EddyFest - Fri 23rd 'till Monday 26th.
- Last few camping pitches available.
- Headline bands finalised.
- Sun 15th Sept - 12 - 4pm
- "End of Summer Car Boot Clear Out"
- Contact the pub to book a pitch

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On Site Brewery
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Kitchen Hours

Weds-Sat: 12pm-2.30pm, 6-9pm
Sunday Lunch 12-4pm
(Roast bookings available)

Contact

01787 211211
edwardstonewhitehorse@gmail.com
www.edwardstonewhitehorse.co.uk
1 Mill Green, Edwardstone, CO10 5PX

FEEDBACK FROM JAMES FINCH

Your Suffolk County Councillor for the Stour Valley

➤ New electric vehicle charging points to be installed in Suffolk

Currently under construction, Suffolk Business Park in Bury St Edmunds has announced that it will explore ways of working with Plug In Suffolk, the UK's first fully open public electric vehicle (EV) fast charging network. Installing EV charging points at the site will be an incentive for potential tenants, customers and visitors.

Plug In Suffolk, launched earlier this year, is a project run in partnership with Suffolk County Council, Stowmarket-based EO Charging, and renewable energy provider, Bulb. It aims to install up to 400 EV charging points across the county at 100 business premises, car parks, hotels and anywhere that EVs could park for a short amount of time. This will make Suffolk a national leader in EV infrastructure.

The fast charging points supplied by Plug In Suffolk do not require any registration, membership or apps - drivers simply park, plug-in and charge using contactless payment.

➤ Suffolk County Council seeks solutions to bus funding challenge

On 19 June, Suffolk County Council met with representatives from Suffolk's bus operators to see whether they can run a number of bus services without public subsidy. This follows a reduction in the amount of public money available. The meeting, involving 11 of Suffolk's biggest bus operating companies, follows decisions taken in February 2019 on how to save £13 million from Suffolk County Council's budget, including £340,000 from the authority's passenger transport budget.

This led to a cross-party policy development panel being set up to agree how decisions should be made about the funding of services. A new, fair and thorough set of criteria was adopted in May 2019, including passenger numbers, subsidy per single ticket, integration with other services, the number of entitled students using a service, and the percentage of journeys made by concessionary pass holders.

Of the 211 bus routes currently operating throughout Suffolk, 61 are subsidised by public money. 23 of these will have their public funding removed just one in my Division in Mildenhall. This does not mean that these services will necessarily end, just that public funding is no longer affordable. In 2017/18, the 23 services were responsible for 107,624 single journeys out of a total of 14.9million journeys made across the county. This means that the services are responsible for only 0.7% of journeys per year. A full list of the affected routes has been published on Suffolk County Council's website www.suffolkonboard.com and includes services where the council is currently paying a subsidy of £12.64 per single ticket which equates to over £25.00 per round trip.

➤ Applications open soon for museums trainee programme

On 17 June, applications opened to become a trainee at one of five partner museums across Essex and Suffolk. The High Street Museum and Christchurch Mansion, Ipswich, along with partners at Colchester Museums, the Long Shop in Leiston, Palace House in Newmarket, and the Museum of East Anglian Life in Stowmarket are seeking applicants for one-year posts – thanks to a National Lottery Heritage Fund grant.

Transforming People to Transform Museums welcomes applications from local people, aged 18+, with a GCSE grade C in English (or equivalent) and no paid museum experience to join their teams in discovering, interpreting and sharing museum stories and collections.

Nine, one-year placements are available from October across a number of sites. Successful trainees will receive a bursary of £14,400 per year (paid monthly), visit all other partner museums through the extensive training and partner day events, and will be expected to complete a Level 3 Diploma in Cultural Heritage. Those interested must complete the online application form on the Association for Suffolk Museums website by Monday 15th July 2019. Those interested must complete the online application form on the Association for Suffolk Museums website by Monday 15th July 2019.

➤ Suffolk's Health and Wellbeing Board has committed to tackling poor mental health in Suffolk

On 14 June 2019, Suffolk's Health and Wellbeing Board demonstrated their commitment to tackling poor mental health by signing up to the Prevention Concordat for Better Mental Health. Working closely with Public Health England, Suffolk's Health and Wellbeing Board is making significant steps towards promoting good mental health and preventing mental health problems.

One in six adults experiences at least one diagnosable mental health problem in their lifetime. This is influenced by the environment in which we are born, grow, live and work - meaning many of these problems can be prevented. Having good mental health is important because it can help us to be more resilient, feel good and function well, have more positive relationships with those around us, and deal with difficult times now and in the future. The Prevention Concordat marks the first-time agencies across the community and care sectors have come together to make prevention a priority for mental health. So far, 92 organisations

FEEDBACK FROM BRYN HURREN

Your Babergh District Councillor

The saying that you wait ages for a bus and then two come along at once is certainly true for me, firstly I have the cuts in subsidies for the 112 service from Hadleigh to Sudbury via Bildeston, Chelsworth, Monks Leigh, Brent Leigh and the Waldingfields which will put this service in danger along with all the repercussions of isolation, lack of mobility, inability to be able to access vital services both health and social for a section of our rural communities who are unable to drive or afford to run yet another car along our roads.

Secondly I am being approached to help with the horror situation that has been created by our County Council in trying to reform the system whereby our children are transported free of charge if they live over three miles away to their nearest school for their education.

The only way to do this is to allocate each village as a whole to the nearest school using a sensible route that a bus can follow, in the case of Boxford, Edwardstone and most of Groton this has to be Boxford primary school and Thomas Gainsborough High School. T.G.S. has always been the pyramid school for Boxford and all pupils have had their induction days as they always have done at their next allotted school.

Despite this our County Council has devised a way of splitting and separating parts of villages and even individual families, and allocating them transport to a different school from the one they were expecting their young children to go to.

This has caused so much unnecessary anger and will lead to an impossible situation for many families who will have to pay £750.00 per year for their children to get the bus or take them themselves which will mean yet more traffic on our already jammed and clogged roads.

As always in these cases the burden of bad decisions fall on those who are least able to afford it, in the case of the rural bus service those that need it most are those on low incomes who are not able to drive or possess and run a vehicle, in the case of the school families, parents will have siblings in different schools at different times with different uniforms to buy and different pick up times and after school clubs to attend and will be faced with decisions of whether they can continue to live in their present locations.

From the C.C.'s point of view they must review this ridiculous policy quickly and make some sensible decisions as this policy rammed down the throats of their constituents will lead to ever increasing anger, confusion and hardship. It will also have an increased cost to the Council for many years to come as they will have to send multiple buses to our villages to transport our children to at least three different schools with all the environmental and congestion issues and problems this will bring. Whatever happened to us trying to be the Greenest County?

I think the time has come for there to be some serious sanctions which can be brought by constituents to call into account local government officers and Councillors alike who do not act in the best interests of their communities. While it is very easy to blame austerity and shortage of funds some of the local decisions that have been made on our behalf, including this one, have no logic and hurt communities and the fabric of life that we should be able to enjoy and can easily be proved to not save any money either, which was the initial purpose.

At Babergh we continue to strive to get through all that the government throw at us and all our statutory duties as well. I have chaired two meetings of the standards board and will attend my first meeting as Chair of the B.D.C. audit and standards committee at the end of July.

I continue to represent all the views of villagers in the many planning issues across my ward as well as all the other matters that give concern.

If you need my help you can catch me at any of your local P.C. meetings which is a good place to meet your local Parish, District and County Councillors ask questions and express your views. As usual, you can email me at bryn.hurren@babergh.gov.uk or telephone on 01787 210854. Looking forward to catching up. All Best Wishes Bryn.

representing all sectors have signed up and committed to action.

The commitment from Suffolk's Health and Wellbeing Board includes work to improve people's mental health, including preventing suicide, social prescribing initiatives and a pilot for a new online resource supporting young people aged 16-24.

➤ Chairman of Suffolk County Council hits the county "walking" for Suffolk Mind

I am proud to have been the Chairman of your County Council for one month. Having launched the programme at the Suffolk County Show at the end of May, I have attended many events during June representing your county as its Civic Leader.

My Priorities 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

What's On this Autumn...

From family gatherings to nights out with the girls, SbN have the perfect event whatever the occasion.

1st September 11.00am - 3.00pm 	SbN Wedding Show Find everything you need for your big day! Hosted in our beautiful function suites, dressed for a wedding, explore a range of exhibitors & suppliers. FREE	19th October 7.00pm - 10.00pm 	Murder Mystery Evening Get your detective hats on for a fun-filled evening of intrigue! Investigate the murder whilst enjoying a decadent 3-course dinner. £39.95 pp
28th September 7.00pm - 12.00am 	80s and 90s Disco Back by popular demand - it's time to go back to the 80s and 90s! Party the night away & refuel with our delicious bar menu available on the night. £15.00 pp	30th October 7.00pm - 10.00pm 	Ryan Gooding Psychic Medium Join us for a mystical evening with Ryan Gooding, one of the most talked about psychic mediums in the UK. £15.00 pp
5th October 7.00pm - 11.30pm 	Oktoberfest Party Say Auf Wiedersehen to a boring night on the sofa and join us for an evening of Bavarian food, drink and entertainment. £15.00 pp	10th November 12.30pm - 3.30pm 	Poppy Carvery Commemorate Remembrance Sunday with a delicious 3-course carvery lunch surrounded by family & friends. * Children (under 12) £12.50 pp £25.00 pp*

www.stokebynayland.com/events-calendar

To book please call 01206 262 836 or email reservations@stokebynayland.com

Stoke by Nayland Hotel, Golf, Spa & Lodges, Keepers Lane, Leavenheath, Colchester CO6 4PZ

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pool table - open fire - beer garden & patio - play area

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AVAILABLE TO EAT IN OR TAKEAWAY**

BURGER WEDNESDAYS (6 - 9PM)

A pint of your choice plus a choice of homemade burger
with all the trimmings for just £8

**PLEASE SEE OUR WEBSITE FOR OTHER
UPCOMING EVENTS**

OPENING HOURS

**TUESDAY, WEDNESDAY, THURSDAY 12 - 3PM & 5 - 11PM
FRIDAY & SATURDAY 12 - 11PM
SUNDAY 12 - 10PM
CLOSED ALL DAY MONDAY**

FOOD IS AVAILABLE

**TUESDAY - SATURDAY 12 - 2PM & 6 - 9PM
SUNDAY 12 - 3PM**



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LITTLE WALDINGFIELD HISTORY SOCIETY OUTING TO LONG MELFORD

For our second outing this year we visited the northern part of Long Melford and the delightful Heritage Centre, all the while guided by members of the Long Melford Historical & Archaeological Society (LMHAS), which considerably pre-dates LWHS as it was formed in 1969 and celebrates its 50th birthday this year.

Assembling in the car park of the village hall, which also houses the heritage centre, we were met by Julie Thomson, who gave a brief talk before we set off on our tour of just a small part of the Long Melford (whose name derives from Mill and Ford). Time did not permit seeing other than a small part of this large village because, as Julie said, the main street is some two miles from end to end (others claim 2.5 miles), the longest in East Anglia (others claim in England). The through road has five different names as it passes through the village, and seven in total: High St, Hall St, Little St Mary's, Southgate St, Station Rd, Rodbridge Hill and Sudbury Rd - all of which presumably helps delivery and postmen.

Turning left out of the car park, we passed one of Long Melford's finest, the magnificent Grade II* listed Brook House; a former coach house built in 1495 when it was known as The White Hart. It seems the inn closed around 1757 to become a private residence owned by the Plamplin family. In 1843 it was sold for £600 to John Churchyard, who owned a horse-hair factory, and by this time it had been renamed Brook House, from Chad Brook which borders the end of the garden. In 1860 it was sold for £975 to Sir William (Hyde) Parker, who lived in the house before taking residence in Melford Hall a few years later, and was recently sold for something over a £1million.

We carried on up to the village green, with its magnificent views of Holy Trinity Church and Melford Hall, both great places to visit, crossing over Chad Brook and passing the Old Primary School, now a community centre with frequent events. Next we passed a rather lovely detached building, Pound Hall, following which Julie gave us some background to the two stately homes in the village, Kentwell Hall and Melford Hall, virtually opposite one another and both attracting large numbers of visitors throughout the year. Julie then told us that one of the great British pre-war grand prix drivers, Richard Seaman, lived at Kentwell as a child, something I was unaware of despite being a GP enthusiast. We were also told that the rather odd looking small building on the green near the entrance to Melford Hall was part of the its water system.

Carefully crossing the busy road, we made our way past the grounds of Melford Hall to the Mill, which is now an upmarket B&B and not obviously an old mill; this was the last home of Edmund Blunden, our longest serving First World War poet, who died there and is buried in Holy Trinity.

Following the footpath behind the mill, we again crossed Chad Brook, this time with views of it in a completely natural and lovely setting, before re-entering the village where we came upon the Old Courthouse / Police Station, now converted into flats.

Julie advised that during the 1880s wage cuts in the coconut industry in the village caused widespread anger and strike action, culminating in a riot breaking out on polling day in December 1885, during which considerable damage was caused throughout the village from stone throwing and arson, particularly to the Crown public house. Troops were summoned from Bury St Edmunds to restore order, arriving by train, then marching the whole length of the village from Melford station to read the Riot Act from the steps of the Police Station (the Crown Inn website indicates the riot act was read outside there, so perhaps it was read twice). With the troops on hand this stopped the violence, which interestingly affected every shop except one - Ruse the butchers; Julie told us that old man Ruse stayed outside his shop with his shotgun throughout the rioting, threatening to shoot anyone who damaged his property, which clearly did the trick. It is believed that this was the last time the Riot Act was used in Suffolk.

A few doors down we came to a property called Bridge View, with its unusual Trompe-l'oeil above the door where the bricks have been painted to look like a window - quite effective too.

Next we came to the Bull Hotel, built in 1450 and now a well-known landmark in the village. The original timber-work is unusually well preserved, both inside and out, where the timber was only re-discovered in 1935 when the 100 year old brick work was pulled down. Julie also took us into the hotel to view a beam in the lounge carved with the image of a 'Wildman' or 'Woodwose', a mysterious being included in the decoration throughout the middle ages to ward off evil spirits. The Drew family were landlords for 200 years, leaving their mark carved onto the posts each side of the front door. We were then told that the building was extensively enlarged in the C20th, but as this was done to match the existing, it is not at all obvious - in the picture below everything to the

right of the chimney with the large S (a structural tie beam) is essentially brand new.

Before crossing the road again Julie showed us a fairly normal house called Belmont, which is now famous as a location for the TV comedy drama mystery series Lovejoy, which was based on the novels of John Grant (pen name Jonathan Gash) and featured Ian McShane as a 'roughish antiques dealer'; having never seen a single episode and being a fan of the actor, I feel I must put this omission to rights sometime. A little further down the road was the butcher shop Ruse and Son (still carrying on after many years - refer above), looking rather splendid. A little further on is a splendid three-storey terrace of houses, all of which have boot scrapers built into the brickwork near their doors, all manufactured in the village by Ward and Silver.

Across the road was the Crown Inn, another historic coaching inn built in 1610; this occupies an imposing position near the Mill Ford crossing nearer the centre of the village, and was probably quite a good place to read the Riot Act if that indeed happened here.

Then we came to a series of individual buildings of various styles which add so much to the character of the village; the Ex Service & Social Club, a very nice art gallery with two wonderful busts either side of the door beneath the bay fronts, and then Red House / Coconut House (the name deriving from the historic manufacture of coconut matting in the village).

It was a most interesting and enjoyable tour but there was more to come because next we were split into two groups, one for tea and refreshments and the other to look round the Heritage Centre. This was opened in 2011 following filming of 'The Great British Story', a BBC People's History with presenters Michael Wood and Dr Carenza Lewis. The accompanying community Big Dig of Long Melford revealed many artefacts from its Roman and Medieval past, which inspired amateur archaeologists John Nunn and Rob Simpson to set up the Heritage Centre, maintained by volunteers ever since and well worth a visit next time you visit Long Melford, particularly as it is free admission, though donations in support are always welcome.

There is way too much for me to cover the Heritage Centre contents in any detail, but things of particular interest to me included:

A couple of large and very well preserved Roman oil / wine amphorae; A well stocked glass display cabinet containing various items from the world wars, covering the Royal Flying Corps, the role of women during the war and a mint collection of medals from a resident, interestingly with both the Military Medal, awarded to non commissioned ranks and the Military Cross, which was awarded to officers - presumably he received a significant promotion at some point.

A number of display boards covering all manner of interesting topics: The great Long Melford gun fiasco, Scapa Flow, Peace celebrations, Flu (Spanish) & Funerals, and the Russian Campaign, all covering the year 1919. Question: did you know that a British Mark V tank from the First World War, used in support of the White Russians, was captured by the Red Army in Arkhangelsk, where it remains on display - I didn't and its simply fascinating.

Both groups thoroughly enjoyed the little museum, as well as the tea/coffee, cakes and other nice things; everyone had a brilliant time and I would like to extend the grateful thanks of LWHS to Julie Thomson and all from LMHAS who assisted her for their efforts - it was a really good visit and we hope there maybe could be a follow-up in future years.

Andy Sheppard



NEWS FROM CLUBS AND ORGANISATIONS

3PR Stats for June 2018

In June 2019 our responders covered 297 hours (41%) and attended 16 incidents.

Many thanks to our amazing volunteers who give up their precious time to help our community. We are in urgent need of more responders so that we can provide better coverage for the people of the local villages. If you are interested in joining, or have any questions about responding at all, please call the group's co-ordinator, Rich Wild, on 01787 210 946.

GROTON EDUCATIONAL FOUNDATION

The Trustees will meet on Thursday 5th September, 2019 at Mary's House, Swan Street, Boxford at 4.30pm to consider applications for 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 Anthea Scriven, Malting Lodge, Groton, Sudbury, CO10 5ER Tel:- 01787 210263

Applications from organizations serving the above area will also be considered.

We hope that newcomers to the area will be made aware of this charity by long time residents of Groton and Boxford who have themselves benefited from grants in previous years. Completed applications must be received by the Clerk by 29th August, 2019

Groton Village Hall AGM

Minutes - Groton Village Hall – Annual General Meeting

Wednesday 19 June 2019 – 7.30pm

- 1) Minutes of previous year's AGM: approved
 - 2) Chairman's remarks: Brian Jones highlighted that the hall has had a few challenging maintenance issues over the last 12 months, notably significant electrical problems. These have now been largely resolved. The annual Quiz & Curry, run by the hall's management committee and held in April, was a great success, boosting the hall's funds. There has been a small increase in the hall's letting charges to reflect rising costs, particularly for electricity. A key safe has been installed by the hall's front door and this is working well.
 - 3) Accounts to 31 March 2019: due to electrical repairs of £1,206.53 and electricity bills totalling £576.95, the bank balance now stands at £278.79 (compared with £1,016.05 at the same point in 2018). The quiz and curry raised £720.01. Revenues from hall hire were slightly down to £729.00 (from £892.50 in 2017/18).
 - 4) Trustee appointments: Jayne Foster was reappointed as the PCC representative and Debbie Wills represents the Parish Council. Brian Jones, Joanna Roberts, Pat Smith, David Elliott, Rosie Osborne and Stephen Watkins were all reappointed as trustees. Lisa Hockley was co-opted onto the committee.
 - 5) Any other business: the chairman proposed a vote of thanks to David Elliott for keeping the hedges trimmed and to Debbie and Bruce Payne for keeping the grass cut.
- The meeting closed at 7.40pm

Hadleigh & Boxford Patient Participation Group

Medication - Only Order What You Need

Did you know? Even if you never open them, once you leave a pharmacy your medicines cannot be recycled or used by anyone else. This means that any you return are destroyed. Before heading to the pharmacy, take a look in your medicine cabinet to see what you actually need. You may have ordered extra on a repeat prescription last time and have forgotten. If your GP prescribes medication for you, make sure you are taking it correctly. Unused or misused medications such as antibiotics can lead to worsening health conditions and more treatments. By doing your part and only ordering what you need you are helping to reduce the cost of wasted medicines, which means these savings could be put towards other health services.

Only order the medicines that you need

- When re-ordering your medication, please allow 2 working days for your prescription to be processed before you come to collect or expect delivery. Don't run out by leaving it too late!

- Please let your GP know if you've stopped taking any of your medicines

- Check what medicines you still have at home before re-ordering

- Discuss your medication with your GP or Pharmacist on a regular basis

- Think carefully before ticking all the boxes on your repeat prescription forms and only tick those that you really need. If you don't need the medicine, please don't order it

- If you need to go into hospital, please remember to take all your medicines with you in a clearly marked bag

- Please also remember that your medicines are prescribed only for you.

It's not safe to share them with anyone else

Remember that unused medicines cannot be recycled

- Even if you never open them, once medicines have left the Pharmacy, they cannot be recycled or used by anyone else.

- Before you leave the Pharmacy, check that you have been given the medication you require.

- Please return all unused or out of date medicines to your Pharmacy for safe disposal

- NEVER dispose of your unused or unwanted medicines down the toilet
Unused medicines are a safety risk

- If your medicines change – return your old medicines to the Pharmacy to avoid mixing them up with your new medicines

- Don't stockpile medication – it is a safety risk for children and others who might take them

- Store medicines in an appropriate place out of reach of children

Wasted medicines waste money

Unused prescription medicines cost the NHS across the UK over £300 million every year

Great plants for great prices for a great cause.



Jo Marchant would like to say a big thank you to all those who have bought plants or who have donated to Great Ormond Street Hospital at her plant stall in Groton Street. So far it has raised just over £300! The plant stall at 4 Groton Place will be added to regularly and will remain open for several more weeks. All the plants have been grown by Jo from seed, or from cuttings or division of her plants in her garden.



Boxford Study Centre Literature Group
An 8 week course on Monday afternoons 4.30-6.30pm
Meeting in Groton Village Hall, CO10 5EL
Starting on Monday 7th October 2019

Tutor: Hugh Black – Hawkins

The Sea has many Voices

An exploration of the Sea in several works of literature

- Monday 7th October. T.S. Eliot: The Dry Salvages (from Four Quartets) and Marina
Monday 14th October. Joseph Conrad: Typhoon and The Nigger of the 'Narcissus'.
Monday 21st October. Joseph Conrad: The Shadow Line and The Secret Sharer
Monday 28th October. No Class
Monday 4th November. William Shakespeare: Pericles
Monday 11th November. S.T. Coleridge: The Ancient Mariner
Monday 18th November. Byron: Don Juan Canto the Second
Monday 25th November. No Class
Monday 2nd December. Virginia Woolf: To the Lighthouse.
Monday 9th December: A Sea miscellany – poems and prose
Course Fee: £75 for the complete course, payable on the first or second meeting.
£10 for each single class.
Newcomers very welcome.

Please contact Mrs Etain Todds for further information and if you are interested in attending. Telephone 01787 210344

MELFORD MUSIC
presents

LUNCHTIME RECITALS WEDNESDAY 1.10pm ADMISSION FREE

Retiring Collection to aid restoration of an Historic Building
Light Refreshments
AUGUST

7th NEIL HILGROVE COLLEDGE (piano)

14th YALDA DAVIS (cello) 
JAMES RECKNELL (piano)

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21st ALTHENA WIND ENSEMBLE

SPONSORED BY MAPLE BUILDING 
www.mblbc.co.uk **SERVICES**

28th KINGFISHER TRIO
(violin, cello & piano)

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HOLY TRINITY CHURCH LONG MELFORD

For details of the individual programmes
Visit Village Website/Whats On at
www.visitlongmelford.co.uk



**Muscular
Dystrophy UK**

Fighting muscle-wasting conditions



On 4th August this old man will be

CYCLING 100 MILES

in the London Prudential 100,
to raise money for

MUSCULAR DYSTROPHY UK.

You can donate by visiting my Justgiving page:

www.justgiving.org/simonsmarchant

or through Richard, in Boxford Post Office.

Any small donation will make a difference.

Thank you for your support.

Simon Marchant, Groton

PS. I'm 73 and a half!

FUN DOG SHOW

A great family day out
Hosted by Allbreeds Dog Grooming
**Sunday 1st September
2019**

12pm—5pm

Newton Green Village Hall
Newton, CO10 0QS

Dog Classes 2-4pm £1 per entry
(Registration from 12.30pm)

Stalls selling local crafts,
photographer, face painter, & raffle
amongst much more.
Refreshments in village hall.

All proceeds to the
Cancer Research Shop, Sudbury.

Wot's On

Keep Fit For All Abilities in Little Waldingfield

Little Waldingfield Keep Fit will take a break during August, whilst the Parish Room is being re-decorated, but it will be back on Tuesday evenings, from 18:30 to 19:30, commencing on 3rd September.

Stoke-by-Nayland WEA presents its Annual Day School at Stoke-by-Nayland Village Hall

Saturday, 6th July 2019 at 10 am Christchurch Mansion, Ipswich

Talk and guided tour by Erica Burrows, Friends of the Ipswich Museums

The main body of the talk will be about Christchurch Mansion and of the three families who lived in it from 1549 until it became a museum in 1894. We shall be shown a number of portraits and hear some fascinating stories. There will be brief accounts of the Priory that preceded Christchurch Mansion on this site and of the early origins of the Ipswich Museum and Ipswich Art School. Erica will end by showing us important items in the collections, many of which have been funded by the Friends, and picking out her favourites.

Join us for what should be a fascinating day.

Total cost is £20 for coffee on arrival, morning lecture, buffet lunch and afternoon coach trip to Ipswich. The afternoon guided tour of Christchurch Mansion will cost £4 — please bring along your payment in cash.

There is also a cafe at the Mansion where people can buy their own tea and biscuits after the tour.

Places on the coach are limited so early booking is recommended.

For details of booking please contact Sue Whiteley on 01787 210945

or email whiteleysa@hotmail.co.uk.

Little Waldingfield Flower Festival

7 & 8 September, 10am - 6pm

"A Garland of Song" is our theme this year, which gives our talented flower arrangers plenty of scope to show their creativity. Mark the date in your diary, and come along to see all the inspired floral creations!

We will also be serving our usual delicious refreshments in the church, and there will be stalls, a tombola and a raffle with superb prizes.

Stoke by Nayland Bridge Club

Are you and your partner looking for an afternoon game of Bridge? We play Duplicate Bridge every Thursday in a comfortable and friendly atmosphere at Stoke by Nayland Village Hall. If you are already Bridge players, you would be most welcome to join us. Previous experience of Duplicate is not necessary, but you and your partner will soon discover that this is the most enjoyable way to play. It provides a proper competition where everyone plays the same hands and this enables you to improve your play. We meet by 1.45 for a prompt 1.50 start with a short break for tea and always finish by 5.0 pm. Why not give us a try? There is no joining fee. Please contact Roger Loose on 01787-210538 for further details

"Bloomin' Shakespeare"

This is going to be Groton Church's theme for this year's Flower Festival. Please keep a note of the dates Friday 23rd to Monday 26th of August. We will be arranging flowers using England's greatest bard's plays as inspiration — from *Midsummer Night's Dream* to *Macbeth*. Come and see! Friday night will be review night with Pimms and nibbles, all for a small fee. There will be a Saturday Morning Market with Bric-a-Brac, Cakes and Produce, Books, Treasure Hunt etc. Coffee and Tea will be available in the mornings, Lunches and Cream Teas with Sandwiches available each afternoon. The Festival will be open from 10am to 6pm on Saturday, Sunday and Monday. Songs of Praise on Sunday evening at 6.30pm. A Guided Walk and Talk will take place on each afternoon for those interested in the history of the church and the Winthrop connection. If any one would like to help over the weekend please get in touch with any Church member or call Jayne 211360 or Sheila 210494. Also any items for the stalls would be gratefully received. Please leave donations in the back of the Church or ring Steve 211360 for Books, Anthea 210263 for Bric-a-Brac and Sheila for Cakes. Anyone wishing to have their own stall on Saturday morning please ring one of the aforementioned.

Drop in for Coffee in Little Waldingfield Church

We have had to change the date of our September 'Drop in for Coffee' as on the 6th the church will be filled with flower arrangers preparing for our Flower Festival on 7 and 8 September. We look forward to welcoming you on Friday 13 September.

Little Waldingfield FLOWER FESTIVAL

ST. LAWRENCE CHURCH

(On B1115 Sudbury to Stowmarket Road)



Saturday 7 & Sunday 8 September
10am – 6pm both days

FREE ADMISSION – Donations Welcome

Refreshments in the Church

Stalls Tombola Raffle

Songs of Praise Sunday 6.30pm



You are invited to

"DROP IN FOR COFFEE"

in the Church
Little Waldingfield

FRIDAY 2 AUGUST
10.30 – 12.00

Join us for a coffee,
a little music and
friendly conversation.
Children's area.
All welcome!

Voluntary £1 donation to church funds

What's On

REVOLUTIONARY BRITANNIA BRITAIN IN THE AGE OF THE FRENCH REVOLUTION c.1788-1832 - by Simon Doney

Stoke-by-Nayland WEA presents a series of 10 weekly lectures starting on Thursday 19th September 2019 in Stoke-by-Nayland Village Hall at 7.30 pm.

Study the political and cultural impact of the French Revolution on Britain, focussing on the political and popular response to the revolution, the defence of Britain against Napoleon and the struggles of post-war Britain.

Simon Doney is a local lecturer in Further and Higher Education and has taught classes for the WEA over a number of years.

Fees: Adult £58.

Enrolment for the course should be done directly with the WEA either online at www.wea.org.uk or by telephone at 0300 303 3464. Course Reference: C2226720

Fee payment can be made with a credit/debit card.

Advance booking for the course is recommended but you can enrol after the first, free 'taster' session on 19th September if preferred.

For further information you may contact Sue Whiteley on: 01787 210945 or email: whiteleysa@hotmail.co.uk

Trinity Singers

Trinity Singers are pleased to invite you to their summer concert.

Music by Vivaldi and Hummel.

Saturday July 27th at 7.30pm

Long Melford URC

Featuring their new organ.



St. Bartholomew's Church
Gorton

is holding a
Flower Festival
"Bloomin' Shakespeare"

on the
24th 25th & 26th August

Preview Evening Friday 23th
6.30 to 8.00

Saturday Morning Market
Books, Bric-A-Brac, Cakes,
Treasure Hunt Etc
Guided Walks.

Coffee, Lunches & Teas available all 3 days

Do come and view the wonderful flowers and see
our new Kitchen and Toilet !!

Free Entry

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Everyone Is Welcome To All Events and Into The Clubhouse Day to Day So Please Pop in for a Tea or Coffee, or A Light Lunch Today!

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Why not contact us if you have a special event coming up?

Our Clubhouse, Bar and function area can be used for any event you may have from Parties to Meetings, we can cater to your every needs.

Please contact or email to find out more!

BOXFORD GARDENING SOCIETY

ROB PARKER OF SUFFOLK WILDLIFE TRUST **BUTTERFLIES IN YOUR GARDEN**



Tuesday 6th August 7.30pm
at Boxford Village Hall

Wot's On

Little Waldingfield Parish Room

Quiz Night

Saturday 21st September at 7.30 Prompt

£10 to include two course meal

& pre dinner nibbles

Raffle

Max 5 persons per team

Tickets : Sue Sheppard (01787) 247980

Sheppard.susanm@gmail.com

Please bring your own drinks

Little Waldingfield Parish Room

Race Night

Saturday 23rd November at 7.30 Prompt

£10 to include two course meal

& pre dinner nibbles

Raffle

Max 5 persons per team

Tickets : Sue Sheppard (01787) 247980

Sheppard.susanm@gmail.com

Please bring your own drinks

NEWTON VILLAGE HALL

DIARY DATES

AUGUST 2019

Tuesday 6th 2.00 pm

Tuesday 6th 7.00 pm

Tuesday 13th 7.00 pm

Tuesday 20th 2.00 pm

Tuesday 20th 7.00 pm

Sunday 25th 12 noon

Tuesday 27th 7.00 pm

SEPTEMBER 2019

Sunday 1st 10.00 am

Tuesday 3rd 2.00 pm

Wednesday 4th 7.30 pm

Tuesday 10th 7.30 pm

Wednesday 11th 7.30 pm

Saturday 14th 10.30 am meeting

Tuesday 17th 2.00 pm

Sunday 22nd tba

Tuesday 23rd 2.00 pm

Wednesday 24th 3.00 pm

Tuesday 30th 7.00 pm

Saturday 28th 10.00 am

REGULAR EVENTS

Monday mornings (term time only): Yoga class

(phone Sophia on 313662 for details)

Monday and Thursday evenings: Western Partner Dance Club

(call Chris 371006)

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

Friday evenings: Sudbury and District Wargames Club

(call Brian on 312160)

Fireside Club – your favourite holiday

Fit Villages

Fit Villages

Fireside Club – Petanque and tea at Old Joe's

Fit Villages

Nation's Biggest Sportsday

Fit Villages

Dog Show and stalls for charity

Fireside Club – Talk on Birds

Village Hall committee

Newton Green Trust meeting

Parish Council Meeting

Newton Neighbourhood Plan briefing

Fireside Club – Talk re Arger Fen

Harvest Tea

Fireside Club – Strawberry Tea

Rural Housing Assn. – Public Consultation

Fit Villages

McMillan coffee morning

The Red House

— RESIDENTIAL HOME —

A fine Georgian building set within a beautiful garden, offering a sanctuary of peace and security within the centre of Sudbury, offering all the necessary care and attention for those who wish to spend their retirement and later years in a warm and caring atmosphere.

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Autumn Series of 10 Lectures
Stoke-by-Nayland Village Hall
Thursday 19th September 2019,
7.30 pm



REVOLUTIONARY BRITANNIA

BRITAIN IN THE AGE OF THE
FRENCH REVOLUTION c.1788-1832



Study the political and cultural impact of the French Revolution on Britain, focussing on the political and popular response to the revolution, the defence of Britain against Napoleon and the struggles of post-war Britain.

Our tutor **Simon Doney** is a local lecturer in Further and Higher Education and has taught classes for the WEA over a number of years.

Fee for the term: £58

Enrolment for the course should be done directly with the WEA either online at www.wea.org.uk or by telephone at 0300 303 3464

Course Reference: C2226720

Fee payment can be made with a credit/debit card. Advance booking for the course is recommended, but you can enrol after the first, free 'taster' session on 19th September if preferred.

For further information you may contact Sue Whiteley on: 01787 210945 or email: whiteleysa@hotmail.co.uk

Future Event : Spring course

'History on Film' - with James Clarke

10 week course from Thursday

16th January 2020, 7-30 pm

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ELEMENT"
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Colette

Polstead Digital Cinema Friday 30 August

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

Forthcoming Events Diary

August

2 Drop in for Coffee	Little Waldingfield	St. Lawrence Church	10.30 - 12.00
6 Boxford Gardening Society	Butterflies in your garden	Boxford Village Hall	7.30pm
24/25/26 Bloomin Shakespear Flower Festival	Groton PCC	St Bartholemews Church	

September

1 Fun Dog Show	Newton Green Village Hall		10.30 - 12.00
7/8 Little Waldingfield Flower Festival	Ltl W PCC	St Lawrences Church	10am-6pm
13 Drop in for Coffee	Little Waldingfield	St. Lawrence Church	10.30 - 12.00
18 Little W Hist Soc	St Audry's Workhouse and Mental Hospital -		
	Victorian attitudes Examined	The Parish Room	7.30pm
21 Quiz Night	Little Waldingfield Parish Room		7.30pm

October

7/9 December Boxford Study Centre	The Sea has many Voices	Groton Village Hall	4.30pm
16 Little Waldingfield Hist Soc	Goldingham Hall Archaeology and Manorial Records	Parish Room	7.30pm
26 Boxford Fireworks	Boxford Community Council		

November

23 Race Night	Little Waldingfield Parish Room		7.30pm
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First and Third Monday each month Boxford Parish Council Meetings in Bell House, Stone Street St, Boxford 7.30pm

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The Box River Parishes Church News

Boxford • Edwardstone • Groton • Little Waldingfield • Newton

Rector: (as from 20 August 2019): The Revd Robert Parker-McGee, MA, SR
The Rectory, School Hill, Boxford, CO10 5JT
E-mail: rparkermcgee@gmail.com

Rob's day off is normally Friday, but this may vary according to circumstances

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; (Mobile) 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.

For much more information about the five parishes in our Benefice please go to our Church Near You web site at www.achurchnearyou.com.

Rob becomes our rector when he is 'instituted' (by the Bishop of Dunwich, Mike Harrison) and 'inducted' (by the Archdeacon of Sudbury, David Jenkins) at a service at St Lawrence's Church, Little Waldingfield, on Tuesday 20 August, to which everyone is welcome (see the notice on the front page.) Until then, please continue to direct all initial inquiries about baptisms, weddings and funerals to the rural dean, the Revd Stephen Morley: Tel 01787 227407; e-mail steve.morley@btinternet.com. Rob's landline telephone number will be published as soon as it is known.

Until 20 August, please respect the privacy of Rob and his family as they settle into their new home in Boxford.



THE PARISH OF ST MARY, BOXFORD

Churchwarden:

Peter Patrick

*Amberley, White Street Green, Boxford,
CO10 5JN Tel: 01787 210346*

E-mail: ppat@btinternet.com

Assistant Churchwarden:

Michael Gray 07931043926

boxford.warden@btinternet.com



The next **Cafe Church Service** is on **Sunday 4th August at 11.00** in St. Mary's Boxford. All are welcome to this informal service with good coffee, pastries & children's craft activities

The Suffolk Villages Festival are holding a concert at St. Mary's Church Boxford on **Sunday 25th August at 6.30 pm** **THE CLASSICAL CLARINET** by Ensemble DeNOTE, Jane Booth Clarinet, John Irving forte piano. Tickets tel: 01206 366603 or email: box@suffolkvillagesfestival.com

Suffolk Churches Ride & Stride 2019

The 2019 Ride & Stride will be on **Saturday 14th September 9.00 am-5.00pm**. The Annual Sponsored Ride & Stride is a National event and every second Saturday in September cyclists all round the country are out making money for their local county Churches Trust. (Here the Suffolk Historic Churches Trust) The idea started in Suffolk, and consistently Suffolk has headed the table of funds raised. The Ride & Stride is the main source of income to Suffolk Historic Churches Trust to enable it to make grants to churches and chapels of all denominations towards repair and restoration costs. Visit shct.org.uk for more information, or for sponsorship forms (which are also available in church) contact local organiser Michael Gray boxford.warden@btinternet.com

Boxford Calendar 2020-We are hoping to produce a calendar for 2020. We need lots of photos of Boxford & surroundings. Please do send to ChrisKingsC@aol.com or on a memory stick by mid September. All proceeds to St. Mary's Parish Church.



This stunning **new book**, published by Peter Newble, with lots of colour photographs & fine details of all the monuments at St. Mary's Church, Boxford. A must for all who love this fine Suffolk Church. Available at Boxford Post Office @ £12.00 Proceeds to St. Mary's Church, Boxford.

Food Bank Collections: We now have regular collections of food items (plus useful things such as toothpaste, deodorants etc) at St. Mary's Church Boxford, which we take to the Storehouse Food Bank, Sudbury. Please kindly bring these gifts to our church services where a collection point will be available. (items well in date please!) Tinned vegetables are needed & less beans & soup! We've already taken 12 very full boxes to the food bank this year.

HELP NEEDED: St. Mary's Boxford urgently needs people willing to join the church cleaning rota. If you can spare some time helping with keeping our church looking at its best we would be most grateful. Please contact Shirley Bloomfield with offers of help.

The Bible Study Group meets at Russets, 47 Swan Street on 2nd & 4th Mondays each month by kind permission of Margaret & Peter Holden.

We are saddened to report that David Jessop passed away peacefully at home on Sunday 23rd June. David & Ann Jessop were very much leading the project for the restoration of the bells of Boxford Church, which were rededicated in 1997. David was a committed member of the church in Boxford and assisted the churchwardens in several of the restoration projects at that time.

Those who may wish to contact Ann - her address is 21 Whitefield Road, Bishops Cleeve, Cheltenham Gloucestershire GL52 8RR
Tel: 01242 672872 email: ann.jessop@bopenworld.com

Copy Date for Church News in the September Box River News:

Please, NO LATER THAN 12th August
Failure to meet the date will mean your copy may not be included

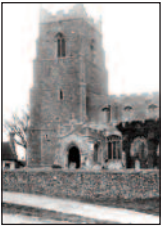
Thank you. Eddie Kench 01787 211507
email address: ed.kench@btinternet.com

MARY'S HOUSE BOOKINGS

There is now a new 2019 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 regular 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. (Not everyone is complying with this requirement.)

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. Please contact one of them before making any booking



THE PARISH OF ST LAWRENCE, LITTLE WALDINGFIELD

Churchwardens

Sandra Harbord and Timothy Harbord
2 Rivish Lane, Long Melford, CO10 9TH
Tel: 01787 311707
E-mail: t.harbord@btinternet.com

Rotas

	Sidesmen	Flowers
4 Aug	Mrs. Gardiner and TBA	Mrs. Duffy
11 Aug	No service	Mrs. Eddington
18 Aug	No service	Mrs. Roser
20 Aug	Mrs. Eddington and Mrs. Martin	Flower Team
25 Aug	No service	Mrs. Gregor-Smith

On 7 July the Revd. Liz Law came to our church to celebrate Holy Communion for us. It was her first visit, and we were glad to welcome her and to receive her ministry.

This month, on **20 August**, we look forward to a special service to be held in our church at **7.30pm**. It is for the Induction of our new Vicar, the Revd. Robert Parker-McGee, to be Rector of the Box River Benefice. All are welcome to attend this service.

Our 'Drop in for Coffee' morning this month is on **Friday 2 August**. Come and join us.

Advance notice of our **Flower Festival - 7 and 8 September**.

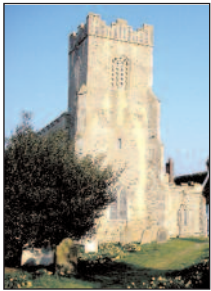


THE PARISH OF ST MARY THE VIRGIN, EDWARDSTONE

Churchwarden:
Vacant

Sunday 18 August service at Edwardstone Church

Sidesman, Maureen Cooling,
Coffee duty, Ineke Morris
Cleaning for the month, Debbie Lewis and Jan Paul
Flowers, Jan Paul



THE PARISH OF ST BARTHOLOMEW, GROTON

Churchwarden:
Diana McCorkell

Primrose Cottage, Parliament Heath, Groton,
CO10 5ER Tel: 01787 210927
E-mail: dianah.mccorkell@btinternet.com

"Bloomin' Shakespeare"

This is going to be Groton Church's theme for this year's Flower Festival. Please keep a note of the dates Friday 23rd to Monday 26th of August. We will be arranging flowers using England's greatest bard's plays as inspiration – from *Midsummer Night's Dream* to *Macbeth*. Come and see! Friday night will be review night with Pimms and nibbles, all for a small fee. There will be a Saturday Morning Market with Bric-a-Brac, Cakes and Produce, Books, Treasure Hunt etc. Coffee and Tea will be available in the mornings, Lunches and Cream Teas with Sandwiches available each afternoon. The Festival will be open from 10am to 6pm on Saturday, Sunday and Monday. Songs of Praise on Sunday evening at 6.30pm. A Guided Walk and Talk will take place on each afternoon for those interested in the history of the church and the Winthrop connection. If any one would like to help over the weekend please get in touch with any Church member or call Jayne 211360 or Sheila 210494. Also any items for the stalls would be gratefully received. Please leave donations in the back of the Church or ring Steve 211360 for Books, Anthea 210263 for Bric-a-Brac and Sheila for Cakes. Anyone wishing to have their own stall on Saturday morning please ring one of the aforementioned.

ROTAS FOR AUGUST

Sidesmen Pat and Gerald Smith
Flowers Mrs D Payne
Cleaning Mrs Diana McCorkell

NEW RECTOR: All are welcome to the service at St Lawrence's Church, Little Waldingfield, on **Tuesday 20 August 2019**, when the Revd Rob Parker-McGee is formally instituted as our new rector: see the notice on the front page of this issue.

RE-ORDERING UPDATE: The new WC was used for the first time on 14 July 2019. There are a few outstanding items to complete (such as installing the new ladder to access the tower) but the kitchen/servery and the loo will be ready for the celebratory Flower Festival over the Bartholomewtide weekend, 23-25 August. (St Bartholomew's Day is 24th August.) This will mark the culmination of an 18-years' project to provide facilities to make Groton church 'user-friendly,' and which will enable the building to be made available for use as a community asset. A formal opening (and 'christening' of the new loo) will be announced in due course, when we will again give thanks for the generosity of the late Mary Every, whose legacy has made possible this enhancement of our church building.



THE PARISH OF ALL SAINTS, NEWTON

Churchwarden:
Vacant

Benefice News

INSTITUTION AND INDUCTION OF OUR NEW RECTOR:

See the notice on the front page. Rob and his family moved into the rectory in Boxford on 10 July (see photo) but, as mentioned last month, his ministry does not start until the service on **20th August** and he and the family will be on holiday for part of this intervening period. So, as stated last month, please respect this, and give time for Rob, Sarah, Jasmine and Thomas to settle into their new home.

August 2019

Church Services in the Box River Benefice

Sunday 4th	Seventh Sunday after Trinity	(G)
Lt Waldingfield	09.30 Holy Communion	Revd Richard Tifford
Boxford	11.00 Café Church	Revd Liz Law
Boxford	18.30 Evensong	Christopher Kingsbury

Saturday 10th
Boxford 14.30 Wedding of Lauren Wilson and Lee Hayward Revd Jane Lloyd

Sunday 11th	Eighth Sunday after Trinity	(G)
Groton	09.30 Holy Communion	TBA
Boxford	11.00 Morning Worship	Christopher Kingsbury

Sunday 18th	Fifth Sunday after Trinity	(G)
Edwardstone	09.30 Morning Worship	TBA
Boxford	11.00 Holy Communion	Revd Henry Heath

Tuesday 20th
Lt Waldingfield 19.30 **INSTITUTION AND INDUCTION OF THE REVD ROBERT PARKER-McGEE AS RECTOR OF THE BOX RIVER BENEFICE**
Rt Revd Dr Mike Harrison and Ven Dr David Jenkins

Wednesday 21st
Boxford 10.30 Informal Holy Communion, Mary's House Revd Rob Parker-McGee

Sunday 25th	Sixth Sunday after Trinity	(G)
Boxford	11.00 Matins	Christopher Kingsbury
Newton	11.00 Holy Communion	Revd Rob Parker-McGee
Groton	18.30 Patronal Festival Songs of Praise	Revd Rob Parker-McGee

Wednesday 28th
Boxford 10.30 Informal Holy Communion, Mary's House Revd Rob Parker-McGee

Soap Box

Last month's shenanigans in Washington that led to the resignation of our ambassador to the United States put me in mind of how much American culture has come to infiltrate our own. Halloween was never a big thing in Britain, but it has been in America for some time and now it sees the largest spend by families here after the Christmas festivities. I don't recall as a child going out at the end of October, knocking on people's doors to ask "Trick or treat?" and nor did my sons when they were of that age. As for dressing up in ghoulish costumes, that was unheard of. But where America goes, it seems we follow.

Then there is this new phenomenon – here at any rate – of the High School Prom. A friend's children who are pupils at Ipswich boy's School – where my sons went – showed me photographs of their Prom night, which included pre and post Prom parties, as well as the dance event itself. Neither I nor my children had the dubious pleasure of celebrating the end of exams in this way, but in the US it is big business. It looks as though it's getting that way here as well, if the photos are a guide.

Then I came across something I had never heard of before – the Baby Shower. According to Wikipedia, a baby shower is a party of gift giving to celebrate the expected birth or delivery of a child and the transformation of a woman into a mother. How did I find out about this? Because people arrived a neighbour's house to deliver gifts in anticipation of a birth yet to take place, with the expectant mother, who lived abroad, being a niece of the person who lived in the house. Again, I cannot recall any similar event to mark the expected arrival of my sons. Yet putting baby shower into an internet search engine revealed a vast array of online retailers eager to sell baby goods to those planning to attend such a party. It smacked a little of clever and aggressive marketing, but who am I to be a killjoy when it comes to finding excuses to celebrate the birth of a child. However, these three imports from the good old United States of America do have a common theme – commercialisation.

Other areas where US practices seem to dominate relate to technology. It annoys me that my spellcheck facility on my computer defaults to American spelling, meaning I have to be vigilant and ensure that, where English spelling is different, I correct the American

version and add it to my dictionary. On Facebook I often find that UK English is not available, so that I have to accept the American interpretation. It worries me that, with the internet now so embedded into our culture, our spelling will eventually drift towards the US.

And don't get me going on the subject of fast food outlets or coffee shops. While not all are American owned, this approach to our current lifestyle originated in America. Indeed, the growing trend towards eating out or buying ready meals owes much to the approach to life of our American cousins. I am reminded of a story told to me by an investment banker friend who had a colleague posted to their New York office. After living in the Big Apple for the best part of two years, the wife of the banker who had moved from London decided to throw a dinner party. Having bought the ingredients for the meal, she turned on the oven, only to find strange smells emerging from it. Apparently, the cleaning lady for their apartment kept her cleaning materials in the oven because it had never before been used.

Brian Tora

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GARDENING IN AUGUST INSPIRED BY THE LATE HARRY BUCKLEDEE

During the first week in the month, make the main sowing of spring cabbage on a seed bed. This sowing will not so readily run to seed as earlier ones. Thin out the seedlings to about 6 inches apart to ensure good sturdy plants for planting out in October. Onions should be harvested early in the month no need to leave them in the ground until the tops have died down completely - they may gain a little extra weight but it is usually at the expense of good keeping qualities. About the 25th August, seed of the Japanese onion can be sown in rows for over wintering in the open ground to produce an early crop in June next year. Tomatoes should be watered regularly and fed twice weekly with a high potash liquid feed.

Slugs are a problem in most gardens especially on potatoes. To avoid too much damage, lift all potatoes by the middle of the month. The longer they are left in the ground the more damage you will get. Rhododendrons, azaleas and camelias set next years flower buds now and should not be allowed to become short of water for the rest of the season. Dryness at the roots can cause the failure of bud formation resulting in few flowers next year. Feeding twice weekly with a liquid ericaceous fertiliser will promote healthy growth and strong flower buds.

It is time to think of planting bulbs for Christmas. Prepared bulbs will soon be on sale and these have been specially treated to make them flower early for Christmas given the right conditions. They need to be placed in a dark cool place for about twelve weeks after planting and this should be done as soon as the bulbs are available. If you are planting in bowls with no drainage holes you must use bulb fibre, which contains charcoal and crushed shell to prevent the compost becoming sour. Make sure that all the bulbs in each bowl are of the same variety to ensure that they all flower at the same time,

If you have room in the flower garden, sowings of hardy annuals such as clarkia, godetia, candytuft, escholtzias can be made outdoors and they will come through most winters, flowering better and longer than spring sown.

Cuttings should be taken now to produce a standard fuchsia for next year. Choose a strong cutting preferably with three leaves at each leaf node. Root cuttings in peat compost with sharp sand added, and when rooted

pot up into a three inch pot placing a supporting cane in each pot. Tie the stem to the cane leaving enough room to allow for growth, yet making sure the stem is well supported throughout the winter and they will do so in a temperature of 40-45° F. Remove side shoots as they develop but leave the leaves on as these are needed for the development of the stem. If you grow dhalias you will already know that they must be immaculately groomed - i.e. allowed a maximum of six main stems and constantly disbudded (even the tiny "pompoms") in order to get good blooms. Nothing stains the fingers more than the disbudding of dahlias and chrysanthemums so keep half a lemon by you, and rub it well into your disgusting-looking nails after this operation; then, wash your hands in rain-water from the butts. Keep a vigilant eye out for fly on all plants and spray accordingly. Test out all sweet-corn plants - pluck and eat as they come ready (if there is a flux, fear not, they freeze perfectly).

Collect any small empty pottery jar (French mustard pots are splendid) and set it aside. The "everlastings" you have gathered and are still gathering and drying will make terrific mini Christmas presents if arranged with love and care in such pots as these. N.B. If you are passing a wheat field and see "wild oats" on the very edge, pluck a few to add airiness to your dried "arrangements". Do not go into the field - the farmer would not appreciate it if you did.

Top 10 jobs this month

1. Prune Wisteria
2. Don't delay summer pruning fruits trained as restricted forms
3. Deadhead flowering plants regularly
4. Watering! - particularly containers, and new plants, preferably with grey recycled water or stored rainwater
5. Collect seed from garden plants
6. Harvest sweetcorn and other vegetables as they become ready
7. Continue cutting out old fruited canes on raspberries
8. Lift and pot up rooted strawberry runners
9. Keep ponds and water features topped up
10. Feed the soil with green manures



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We attend sessions around the County throughout the year either holding informal Information Events, or attending events such as County Shows. We are working with Councillor James Finch, to highlight this opportunity to the residents of his division in the Stour Valley.

Following the interest in the "one to one" drop in sessions locally during February & March, we are now planning further ones throughout the coming year. The second group have been booked for early evenings, but if you would like to attend at a different time, then please email Jade.Cuckow@suffolk.gov.uk or Emma.Whitten@suffolk.gov.uk





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BY THE WAY NS BRISTOW

In the future I hope to explore some of the walks along, or near, the Box Valley which are detailed on some of the excellent web sites available to us. Some mention Constable or Gainsborough as their artistic works have drawn attention to the countryside around us and which the River Box runs through. I think someone worthy of inclusion in any collection of walks, and of those who may have walked them, is John Winthrop, who was born in Edwardstone and became Lord of the Manor of Groton and Justice of the Peace there. In the 52 years he spent in England, John Winthrop with his landowning interests and involvement in the legal and religious issues of the day, together with connections with friends, fellow minded acquaintances and colleagues in Lavenham, Bury, Cambridge and London knew the ways in and out of the Box Valley as well as the ways within it. Of those we know, assuredly some parts, particularly the churches, he would recognise. What is less easy to visualise now is the ideological and religious environment that prompted him, and others, to leave these villages and travel to the New World.

This walk is going to be around Edwardstone and Groton and begins by travelling up Swan Street towards The Fox along the footpath paralleling the road. Approaching The Fox, turn left through the gap in the hedge about half way along the path. Cross over the road and continue along and up the path ahead to join a road (Sherbourne Street) where you turn right. Walk along about 300 meters until you turn left onto a footpath, between a house and a bungalow, which you follow down and up two fields to turn right and then continue ahead with hedges on your left and over two foot bridges. After crossing the second bridge, turn right and walk along a broad track to the field's end where you cross a track to enter a wood ahead. At the end of the woodland bear left along another broad track until you can turn right at a large tree to enter a meadow which you cross to join a track past a house on your left adjoining Edwardstone Church. If you can, visit the church, certainly known to Winthrop and probably containing the font where he was baptized. It also contains a wonderful and telling brass relating to the Brand family who he probably knew. No time? You can read a transcription of the brass on the Edwardstone entry of the East Anglian Churches web site.

After leaving the church, go through the kissing gate opposite and then cross to the right diagonally down to a stile at the right corner of the grassy parkland. Go over the stile, cross the road and into a small plantation. Once through the plantation, up some steps and then left along the field bottom. Keeping the hedge on your left continue ahead, climbing when necessary and crossing a sunken path until you go up to, and through, a hedge to a T junction where you turn left.

Follow the path round to the right and at a corner turn left, go through a hedge and follow the path, with a hedge now on your right, until you reach a road. Cross the road and go through a gate unto a path ahead passing a small wood on your right. Before you begin, immediately on your right is a public space, with benches, which provides the opportunity for a break.

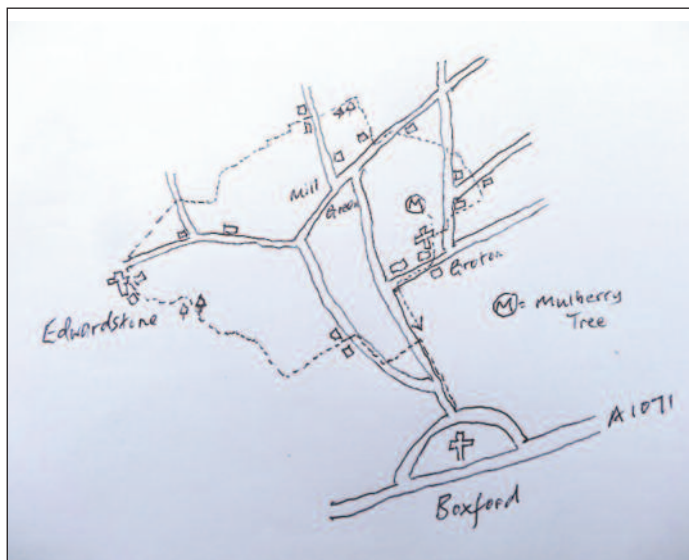
Once past the wood, cross a small bridge and turn right, with the wood still on your right, to cross a field to a road by some buildings. Turn left, walk 150m down the road and then turn right on to a footpath before a house on the right. Walk along this footpath with a hedge and ditch on your right until you get to a road, which you cross, to a footpath continuing along the valley bottom, with hedge and ditch now to your left. You will now reach another road, which you also cross, with a house on your left and another within a 100m, to continue along a wide path to the field corner in the valley bottom. Go through the hedge, up a grassy track to the road, turn left and then right into the churchyard which you cross to the gate on your left to return to the road.

Before doing so, however, you may wish to look into Groton church (also available on the East Anglian Churches web site) which was a significant place in Winthrop's life containing the remains of his first two wives and other family members as well as being somewhere where he heard ideas and opinions which influenced his world view. Just as you enter the churchyard, from the road, a footpath leads off to the right and through a small plantation and through a gate to a grassy field where a mulberry tree stands. Is this the mulberry tree described in *The Life and Letters of John Winthrop*? If you Google this title, and you are interested in the life of this important local individual, you can read the book online and get a fuller understanding of him. You may also find material that you may want to challenge, contradict or refute - the dialectic of our modern world. Some of what I have written here reflects what I have read in the book but I would welcome corroboration from other sources.

Once you return to the road, follow it round to the right and just before the junction, in front of The Fox, enter the field on your left to walk down the footpath to Boxford along the path you followed some two and a half hours before. As you do think of how John Winthrop, his son and others were involved in their carriage losing their coachman and running out of control approaching Boxford church where it finally came to a stop in pieces. Boxford traffic in January 1620 was as fraught then as it can be today it appears!

By the Way, it strikes me many will know far more about Winthrop than I do. If you would like to contribute your Winthrop walk please get in touch with Eddie and you are welcome to this space to publish it. If you have a favourite walk elsewhere in the Box Valley (focussed on another village for example) likewise submit it for publication as it will be a welcome addition to our walking opportunities.

Nicholas Bristow



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LITTLE GREY FERGIES



It was more than 50 years ago that Margaret Newman's father, a farmer Polstead, proudly took delivery of the sturdy little tractor that had helped to transform the English landscape.

More than half a million of the "little grey Fergies" as they became known, were built and became a familiar sight in farm fields long after production was halted in 1956.

Maggie, now 82, always enjoyed using the Ferguson to help at harvest time and with the year-round tasks on Suffolk's arable farms and now after being stored in a bar for decades she has handed it over to a local garage that specialises in classic vehicles - who have now put it back on the road.

Restorer Howard Watts who appropriately runs Europe's oldest garage, Riddesdells in Boxford, has spent a month getting Maggie - named in honour of its first owner - back on the road.

It needed new tyres, an engine overhaul and a few new mechanical pieces and it is now ready to drive - complete with its original registration number PV 5268..

Maggie, who still lives in Polstead, said: "I remember my father Gilbert getting the tractor in the 1950s and he loved tinkering with it. I used to drive it all the time it was sad to see it deteriorating.

"But now it is lovely to see it back on the road and Howard has done a wonderful job - he has even painted my name on the bonnet."

Howard said: "I was delighted to have the opportunity to help save a classic vehicle that was once such a common sight in the fields around Boxford. Margaret has such a clear memory of the days when she was helping out on the farm and driving the tractor.

"I think she was pretty thrilled to get back onto the driving seat after a quarter of a century. I have really enjoyed restoring the Fergie. They started making them just after the war in 1946 when just over 300 were built but by the time production stopped a decade later more 500,000 had been made."

There are now active "little grey Fergie" clubs all over the world and there are 38 branches in the UK including Suffolk, where secretary John Selley said: "It's good to hear of another Fergie being saved and restored. It costs just £20 a year to join the club and we try and meet monthly through the closed season when there are no shows to support - and we also have a quiz night, a film night and an annual dinner.

The Ferguson Club contact: Suffolk Branch area rep John Selley john_selley@btinternet.com or 01359-271032. (that's john underscore selley) ENDS

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FEEDBACK FROM YORK

Reflections on the July 2019 meeting of the General Synod

Looking back at the Box River News for August 2018 I see that it was exactly a year ago—on St Swithun's Day—that I wrote my reflections on the July 2018 group of sessions of the General Synod. As I wrote then, the synod, to which I was elected in October 2015 as one of three lay representatives of our diocese (St Edmundsbury and Ipswich – or 'St Eds & Ips' as it's usually abbreviated), generally meets twice a year, in London in February and in York in July, when we take over the university campus for five days, meeting there over a long weekend. This was my fourth York synod, so by now I've got to know and made friendships with many representatives, both clergy and lay, from other dioceses across the country. For me, Synod was in some way 'book-ended' by cricket. I travelled to Yorkshire a day early and watched the Cricket World Cup match at Headingley (just 30 miles from York) between Afghanistan and the West Indies on the day before Synod began. The ground at Leeds may not have been as full as Lord's for that pulsating and nail-biting final on 14th July between England and New Zealand, but there was a real carnival atmosphere. I was in part of a stand surrounded by Afghan supporters, who waved their country's flags enthusiastically to celebrate the fall of every Windies wicket or the scoring of an Afghanistan boundary—incidents that were also marked by a burst of loud music over the PA system!

Synod met in the middle of the two-weeks IICSA hearing in London, the final public hearing of its investigation into the Anglican church's responses to child sexual abuse. IICSA's interim report, following the Diocese of Chichester and Bishop Peter Ball case studies last year, was published in May. The three bishops in Blackburn diocese had responded by writing a letter in June to their diocesan clergy (an 'ad clerum' letter), saying that "what cries out most clearly is the desperate suffering of those who have been victims of sexual abuse by clergy and church leaders and the lifelong impact it has had on them," and stating that the report showed that "again and again we have placed the reputation of the institution above the needs of the vulnerable." Martin Sewell (a lay member of Synod representing Rochester diocese) and I attempted to get a motion debated by Synod welcoming the Blackburn letter and commending its victim-centred approach, but we were rebuffed by the two archbishops (Canterbury and York) who, as presidents of the synod, refused our request to add it to the agenda for reasons that, I have to say, do not withstand scrutiny. Synod did receive a 'presentation' on safeguarding on the Sunday, giving an update on developments, with an opportunity for questions, but we were denied the opportunity to send a positive message back to IICSA with Bishop Peter Hancock (the lead bishop on safeguarding) when he returned to the inquiry the next day. However, one survivor of abuse, Phil, addressed the Synod and received a standing ovation. IICSA hopes to publish its final report on the Anglican church next summer, so it is unlikely that Synod will have the opportunity to debate it before late 2020. That will be regrettable.

What else did we decide or talk about? We debated serious youth violence, hearing moving stories of its impact on various communities. We discussed a further report on moves towards Anglican-Methodist union. Various items of legislative business were agreed, and two new draft measures were sent for revision in committee: one to update the rules about diocesan boards of education and the other (controversial in part and likely to be amended) to reform the law on the governance of cathedrals. Under a new simplified process for easing burdens imposed by ecclesiastical law, we approved an Order simplifying the rules for choosing new vicars and rectors: changes that would have been welcome in our benefice had they been in force when the Revd Judith retired last year. Other rule changes we approved included enlarging the lists (known as Lists A and B) of matters that can be undertaken in a church without the need to obtain a faculty: some without the need for any form of consultation and others requiring only the archdeacon's approval. We discussed the role of the laity ("setting God's people free") in a debate during which Bishop Martin made his maiden speech, and we welcomed the growth of "fresh expressions" (FX) – a movement, we were told, that is growing the church numerically more firmly than any other initiative. Or, as the Bishop of Guildford put it, there is the Heineken effect of FX: reaching the parts that traditional church cannot do.

And the cricket? At the end, before the Archbishop of York prorogued the Synod (now where else have we heard that term recently?!), we said farewell to the Bishop of Hereford, Richard Frith, who will retire before Synod meets next in February 2020. In an amusing tribute, Archbishop Justin referred to Richard's love of cricket and that he was always looking at the score. After we had given Bishop Richard a standing ovation I spoke to him and said that New Zealand were 121 for 2 in their World Cup semi-final, only for Richard to respond, "Do you think I didn't know that?!" If the final had been held a week earlier, I suspect I would not have been the only Synod member to be found watching it!

David Lamming.

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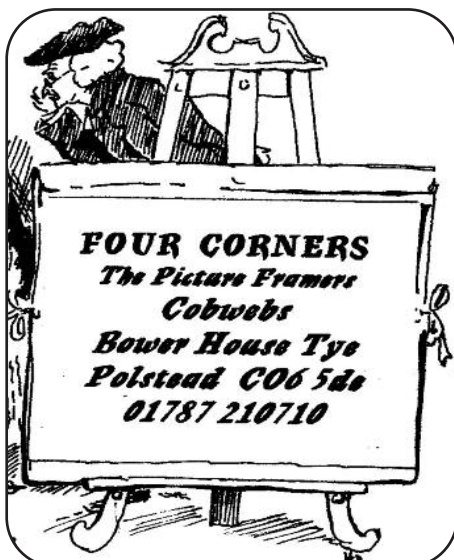
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NEWTON GREEN'S POPULAR GOLF FESTIVAL FEATURES NEW INNOVATIONS

A NUMBER of significant changes are in the pipeline for Newton Green Golf Club's highly successful annual golf week – including a new main trophy and sponsor.

Three of the six days of non-stop golf from August 5 – 10 will feature important changes to re-inforce the week's desire to provide inclusive golf for members across the club.

This year's event will open on the Monday with an 18-hole, par three tournament organised by advanced coach Tim Cooper, who is celebrating his 25th anniversary with the club as professional.

There will also be a new look to the Wednesday, 18-hole Stableford, which is incorporating a yellow peril golf ball wildcard to the proceedings.

A different section organises each event at the festival, and this day is now in the hands of the Saturday Morning Ultimate Golf Society, which has made a number of donations to the club over the years.

Finally, the 18-hole Saturday proceedings, which traditionally attract around 130 players for Stableford golf and a stroke play element for single handicappers, will have new features. Prizes for the best nine holes will be introduced.

Brewers Greene King are the new sponsor of the week, and will be supplying prizes on various days.

Additionally, a donor has presented the Golf Festival Trophy for the main Saturday event, which will be handed to the winner at the evening golf party being staged in the club's marquee. The marquee has been re-roofed at a cost of £3,000 with money mainly raised from festival activities.

Entry forms for all events are now on display in the club house.

THE UNDER 12'S PICK UP THEIR TROPHIES



Above: Boxford Rovers under 12 Reds picking up their winning trophies for winning the league coached by Matt Gardiner and Adam Fuller. Photo was taken on a wet but successful presentation day.

Remember

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SBN WIN JOHN DAY TROPHY QUARTER FINAL



Above: The victorious S byN team, left to right - Peter Jay, Brian Castle, Howard Emerson, Dick Lumsden, Adrian Cherry, Bob Filer, Steve Tree, Tony Denmead, Peter Garnett & Malcolm Norton

With the SbN Jubilee Cup team having recently beaten Clacton 9 – 0 at home on the Constable Course, Clacton's John Day Captain Terry Hewitt feared the worst when drawn against the SbN Seniors' away at SbN - the match played on the 11th July.

The match commenced in beautiful weather on the Constable course presented in excellent condition.

Strong early performances from Peter Jay, Bob Filer & Steve Tree set the tone for the day with early wins on the board.

One of the matches of the day was surely the dog-fight between Peter Garnett and Clacton's John Stuck - a nervy start from Peter saw him 3 down after 3 holes but he managed to regain his composure and get back on level terms. A late birdie from Peter was enough to clinch the point winning 1 up.

Tony Denmead and Malcolm Norton always looked in control, both hitting the ball really well and bringing home further wins.

Adrian Cherry's opponent did not have the best of days, but this must not detract from the clinical display of golf from Adrian, who had the match sewn up by the 12th winning by a dog licence, 7 & 6.

Brian Castle stuck to his game plan and was not overwhelmed by the youthfulness of his opponent and after a dogged display managed an admirable half.

Dick Lumsden was our last man out and, complete with new clubs, came in having won 2 & 1.

The final outcome, a win 8½ - ½

Acting Captain, Norman Davidson, was given a rousing chorus of 'You're getting sacked in the morning' as Lionel Hatch will be back in charge for the semi-final - the draw to be made very shortly.



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