

Box River News



Boxford • Edwardstone • Groton • Little Waldingfield • Newton Green

March 2021

In Memoriam - Edward Alfred Kench

1936 - 2021

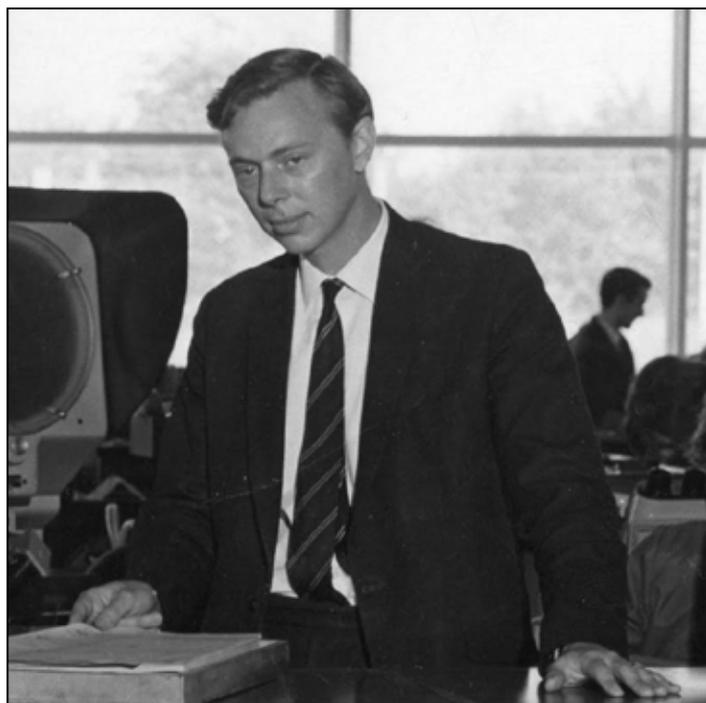


Edward Alfred Kench, stalwart supporter of all of the villages of the Box River Benefice, has sadly passed away from Covid at the age of 84.

He was born in 1936 in the Herne Tavern in East Dulwich. Growing up, Eddie always had a love of aeroplanes and had many Airfix models adorning his bedroom. On leaving school, he joined McCorquodale Printers and soon became their star

apprentice. His love of aeroplanes stood him in good stead for his National Service and in 1954 he joined the RAF as a radio mechanic, serving in Changi in Singapore. It was here he saw action and was later awarded the Pingat Jasa Malaysia medal by the King of Malaysia. After National Service McCorquodale was more than happy to have their star rejoin them and he remained with them for a good few years, building up his skills and industry contacts that would serve him well for the rest of his career.

He met his wife, Janet, in 1956 at the Dulwich Junior Youth Fellowship. In 1958 Eddie won a scholarship to attend the London College of Printing and Graphic Arts. Following his graduation he was offered a job as plant manager of a new company in Nairobi set up by the Aga Khan and Michael Curtis who was then editor of the News Chronicle. Eddie was to establish a new daily newspaper in the East African territories of Kenya, Uganda and Tanganyika.



Janet and Eddie married in 1959. They had a wonderful honeymoon on the SS Uganda, an all-expenses-paid trip of a lifetime, courtesy of the Aga Khan. It was a marriage that would last the test of time as they celebrated their diamond wedding anniversary in 2019!

They remained in Africa for a year, training the local workforce to use the complex new printing machines. They learned some Swahili in this time - a skill that the pair found essential in later years when they didn't want the children to know what they were talking about! It was at this time that Eddie first had the idea of producing a free newspaper solely supported by advertising - unheard of at the time.

On their return to the UK, Eddie worked for many companies, including a stint working with the notorious Robert Maxwell, an experience Eddie struggled to forget. Over this time they moved house around the country nine times before finally falling in love with Boxford in 1996 and remaining here for good.

Eddie quickly became involved in Boxford life, joining the Committee of The Community Council and serving on it for many years. One of his most important contributions to all the villages in the Benefice was his creation of The Box River News in 2000. Although occasionally controversial in his editorial comments, ...

Continued...



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Continued from first page.

Eddie always had the best interests of the benefice at heart, enthusiastically supporting all efforts to promote and improve life in the villages for all inhabitants.

In 2002 Eddie masterminded a very successful two-way American exchange with Boxford, Massachusetts. He organised for the US visitors to stay with families here for the Queen's Jubilee and presented a packed programme of events including a reception at Boxford House. The return trip saw 25 villagers flown out to Boston for the annual Apple Festival in September 2003 where they were treated like royalty! These visits left many happy memories and Eddie felt deservedly pleased, particularly as many of those friendships have been maintained to this day.

Also in 2002 Janet and Eddie joined the newly-formed 3PR as First Responders. He thoroughly enjoyed this until his enforced retirement at the age of 70, although, as a member of the committee, he continued to support them enthusiastically until the time of his death.

A self-effacing man, Eddie will be sorely missed. Until the pandemic he was invariably to be seen with his camera at practically all village events. His unswerving support and encouragement for so many village organisations, from The Community Council and Boxford Drama Group, to Boxford School and The Church, to name but a few, has set up a lasting legacy for which he will not be forgotten.

Eddie is survived by his wife Janet, his children Celia and Mark and his grandchildren, Emily and Sam.

Our thanks to Eddie's family and his friends in the benefice for their help in contributing to this article. Instead of flowers, the Kench family have very kindly set up a GoFundMe page at <http://bit.ly/Eddie-Kench-3PR> for anyone wishing to donate to 3PR in memory of Eddie.



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A thank you and more to do

The steering group working on the Boxford Neighbourhood Plan met recently (by Zoom of course!) to review progress. Despite the restrictions of Covid 19 on movement and face to face meetings, sufficient has been achieved to embark on stage 3 of the project which is drafting the full plan. Looking further ahead, stage 4 which we hope to begin in September will see the preparation of the plan for submission to Babergh District Council whose scrutiny and examination will be the final stage 5 leading to a referendum which we are predicting for a year hence- February/March 2022.

This means that we have completed stages 1 and 2 and we wanted to thank all those we have talked to in the village and especially those who have responded to us as a result of reading the website, picking up the extracts on social media, being interviewed or simply offering views, invariably helpful and positive. It is very encouraging to sense the affection for Boxford, the pride and appreciation in its community spirit (how lucky are we to have it this last year) and the enthusiasm amongst all ages to look after its best characteristics but also to ensure its future.

The two completed stages saw us establish an evidence base and the project plan, developing a vision and objectives and then consulting and seeking input on these early ideas. That input has been invaluable in the areas of housing, education, transport, village businesses, buildings and scenic beauty, green spaces and village infrastructure. We have exchanged and shared views on some of the most important and challenging subjects, affordable housing for the younger, future residents, and the village car parking and safe pedestrian access being top of many people's list. Thanks again to all those who have commented. I also take this opportunity to thank my fellow steering group members, Hugh Phillips (co-chairman), Andrew Good and Roger Loose for bringing their considerable skills to bear on the work thus far. We are guided by a very knowledgeable professional consultant Andrea Long.

There is much to do but we have taken the bold step of booking the village hall for Thursday 8th July in the early evening and Saturday 10th July in the morning. We are hoping to stage an exhibition of the principal components of the draft plan on those two half days. Please put the dates in your diary, hoping like us that current restrictions will have been sufficiently lifted to allow us to stage the event. Who knows, the bar might be open!

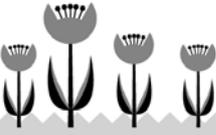
In the meantime, please follow any updates in the Box River News, on the website or social media and please continue to respond to our requests for information, comment and assistance. It's a plan being written for you.

David Burden- Co-chairman, Hugh Phillips – Co-Chairman, Roger Loose, Andrew Good



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THE MARCH LETTER FROM FATHER ROB

Dear Friends,

If you were asked to write your own obituary, what would it say, I wonder? Would it say you were a successful businessperson, a hard worker, an excellent technician or trades person, a family man or woman? I wonder where friendship would feature?

True friendship is perhaps the best gift anyone can give us. True friendship requires loyalty, forbearance, encouragement, forgiveness and perhaps above all, understanding. True friends can feel hard to come by at times. Our voracity towards individualism can lead us to being overly critical of others, too insistent on getting our own way, too focussed on increasing our own material comfort. These can all undermine our ability to be a true friend to others. They are all different forms of defensiveness designed to protect us from the vulnerability of becoming too open. We all fear being hurt or betrayed and so we can be inclined to put up barriers to keep others at a safe and comfortable distance. But a good friend is always willing to make themselves vulnerable in order to walk alongside you in times of joy and challenge.

A really good friend of mine gave me a wonderful book for Christmas. It is called 'The Boy, the Mole, the Fox and the Horse' by Charlie Mackesy. It is a simple book with beautiful illustrations that convey age-old wisdom through simple dialogue between its four main characters alluded to in its title; it reads a little like Winnie the Poo meets the Dalai Lama. Here's an extract:

"Sometimes I feel lost," said the boy.

"Me too," said the mole.

"But we love you and love brings you home."

"I think everyone is just trying to get home."

"Doing nothing with friends is never doing nothing, is it?" asked the boy.

"No," said the mole.

Perhaps, one of the hardest things of lockdown has been our inability to just sit and do nothing with friends; whether it is over a beer, a cuppa or just sitting in the church porch. For some of us, the imposed isolation has been really hard. That is especially true for those who have lost loved ones during this pandemic. Sadly we have seen an increase in the number of funerals these past few months. The words of the burial rite at the committal of the body say, "we have entrusted our brother/sister N to God's mercy and we now commit his/her body to the ground; earth to earth, ashes to ashes, dust to dust." These are also the essence of the words echoed on Ash Wednesday by the priest when he or she inscribes the sign of the Cross in ashes upon our foreheads which remind us of our mortality on this first day of Lent.

The words spoken by God to Adam and Eve after the fall highlight the magnitude of their disobedience: "You are but dust, and to dust you shall return". But the story of God's interaction with us doesn't end there. Lent and Easter remind us that we are not resigned to the decaying dust heap. That is why the burial rite does not end with "earth to earth, ashes to ashes, dust to dust", but continues on; "in sure and certain hope of the resurrection to eternal life through Jesus Christ".

Lent and Easter take us on a journey from ashes to resurrection; from the desert to streams of eternal living water. It is a season when we think and learn about our mortality; our relationship with God and each other; the personal crosses we are all called to bear



and how we might help others to bear theirs too. Then, on Easter Day, we finish by recognising life in all its eternal fullness. It is a season when we are called to reflect and recognise our true selves for possibly the first time. We remind ourselves not only of what we are but also of who God is, as we gaze at the person of Jesus Christ and the remarkable events this season commemorates.

To those outside of the Church, Lent can seem like an austere and dismal season of self-denial. But as the secular world is fast discovering; fasting, self-discipline, praying regularly (or meditating) and being generous, are all important in various ways if we are to stay healthy. Really Lent and its disciplines are about learning to be kind to yourself and others.

"Being kind to yourself is one of the greatest kindnesses" said the mole.

"We often wait for kindness... but being kind to yourself can start now."

"Often the hardest person to forgive is yourself."

When you think about it, without the promise of heaven, eternal life, we are nothing but dust. And "to the dust you shall return". But the life and resurrection of Jesus adds a different perspective, a heavenly perspective. The biblical narrative culminating in the story of Jesus shows us that God is not only our closest friend, but also holds each of us to be of infinite value. No longer does life have to be overshadowed with the darkness of the prospect of the dust heap. Lent is about learning to be kind to yourself; learning that you are of infinite worth and giving yourself permission to believe in and work towards something better, something more.

St Francis de Sales puts it this way: 'God is not only with me but in me and I in him. Do not wish to be anything but what you are, and try to be that perfectly'.

Once we learn to love ourselves, we can then start to love others. Lent forces us to look deep inside and see what God sees. It can be tough, but once we begin to love what we see, warts-n-all, then we are in a place where we can properly love others.

"Isn't it odd," said the boy. "We can see our outsides, but nearly everything happens on the inside."

"We are all a little scared," said the Horse. "but we are less scared together".

All the comforts in the world, all the wealth, all the possessions will not make us feel better. Friends, companions, the people we need and who need us, in whose eyes we can see God, these are what make it better. I wonder what success might look like to you over the next year? Might it be that learning to love yourself and freeing yourself to love others will be high on your list?

"Do you have a favourite saying?" asked the boy.

"Yes," said the mole.

"What is it?"

"If at first you don't succeed, have some cake."

"I see, does it work?" said the boy.

"Every time!" said the mole.



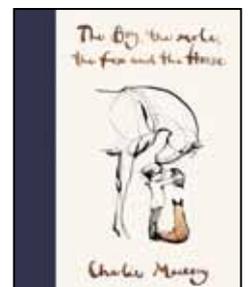
Copious Blessings this Lent and Easter,

Fr Rob

rparkermcgee@gmail.com

Tel: 01787 210434

*Extracts taken from 'The Boy, The Mole, The Fox and the Horse' by Charlie Mackesy (Ebury Press: London, 2019)





The Box River Benefice
*Boxford, Edwardstone, Groton,
 Little Waldingfield and Newton*

We are still here for you!

IMPORTANT NOTICE: We are still here for you and doing all we can to provide spiritual nurture and support at this really difficult time. Given the current situation regarding Covid-19, Fr Rob, Fr James and the Benefice Standing Committees have taken the joint decision not to hold public worship until further notice. Our churches remain open for individual private prayer on their designated days.

If you need support please call Fr. Rob on **01787 210434** or email rparkermcgee@gmail.com

We look forward to you joining us online and the time when we can again gather safely in devotion, worship and praise. May God bless you richly.

Open For Private Prayer

- St Mary's Boxford - Tuesdays and Saturdays
- St Bartholomew's Groton - Monday and Fridays
- St Mary the Virgin Edwardstone - Saturdays
- St Lawrence's Little Waldingfield - Fridays
- All Saints' Newton Green - Sundays

Lent Course - The Way of Julian of Norwich

Lent courses are a great way to deepen your sense of journeying no matter how skilled you may or may not be at the religious stuff. This year we are going to be exploring the insights of Julian of Norwich through the inspiring book: 'The Way of Julian of Norwich' by Sheila Upjohn. It will run for six Monday evenings, but don't be put off if you can't make them all; just join in those you can and you will easily be able to follow.



It will take place over Zoom. Interest in Julian's spirituality has increased during pandemic, and for good reason. Julian of Norwich was a medieval hermit who suffered from terrible illness. It was during one of these bouts, unable to leave her home, she was treated to visions of the loving nature of God. She recorded these in her book 'Revelations of Divine Love'. They not only transformed her own outlook on life, but millions of others after her.

In order to prepare for the course you will need to purchase the book, which is [available from Amazon](#).

Our Online Lent course is available on Mondays from 15th February to 22nd March 2021 at 19.00.

For the Zoom links to join please email – boxriverbenefice@gmail.com

Sunday Zoom Coffee

Why not join us for Sunday Zoom Coffee from 12.30 to 13.00? Every Sunday from 21st February – 21st March 2021. It'll be good to have a natter and meet up with people old and new!

To receive the Zoom links to join, please email boxriverbenefice@gmail.com

We were really sad to hear about the death of our dear friend Eddie Kench. He was a dear friend to many of us and a real support to so many individuals and institutions across our villages. He will be sadly missed by us all.

'The eternal God is our refuge and underneath are the everlasting arms'

(Deut 33:27).

May he rest in peace! Fr Rob

SERVICE SCHEDULE FOR LENT 2021

The Services are available to live-stream from our Facebook page: www.facebook/boxriverbenefice as are our regular Morning Prayer, Evening Prayer and other daily events during the week. For Zoom links please email us in advance: boxriverbenefice@gmail.com

Sunday 21st February

1st Sunday of Lent

11:00 to 12:00 *Sunday Eucharist + Homily*
 12:30 to 13:00 *Zoom Coffee*

Monday 22nd February

19:30 to 20:30 *Lent Zoom Study Group*

Wednesday 24th February

10:30 to 11:00 *Simple Eucharist*
 11:30 to 12:00 *Stations of the Cross*

Sunday 28th February

2nd Sunday of Lent

11:00 to 12:00 *Teaching Eucharist*
 12:30 to 13:00 *Zoom Coffee*

Monday 1st March

19:30 to 20:30 *Lent Zoom Study Group*

Wednesday 3rd March

10:30 to 11:00 *Simple Eucharist*
 11:30 to 12:00 *Stations of the Cross*

Sunday 7th March

3rd Sunday of Lent

11:00 to 12:00 *Sunday Eucharist + Homily*
 12:30 to 13:00 *Zoom Coffee*

Monday 8th March

19:30 to 20:30 *Lent Zoom Study Group*

Wednesday 10th March

10.30 to 11.00 *Simple Eucharist*
 11.30 to 12.00 *Stations of the Cross*

Sunday 14th March

Mothering Sunday, (Laetare) 4th of Lent
 11:00 to 12:00 *Mothering Sunday Eucharist*
 12:30 to 13:00 *Zoom Coffee*

Monday 15th March

19:30 to 20:30 *Lent Study Group*

Wednesday 17th March

10:30 to 11:00 *Simple Eucharist*
 11:30 to 12:00 *Stations of the Cross*

Sunday 21st March

Passiontide Begins; 5th Sunday of Lent
 11:00 to 12:00 *Sunday Eucharist*
 12:30 to 13:00 *Zoom Coffee*

Box River Benefice Vacancies

Treasurer - St Mary's Church Boxford is looking for a new PCC Treasurer. If you feel that you might be able to help fill this voluntary role, please do get in touch with either Rob our Rector on rparkermcgee@gmail.com or Audrey our Churchwarden on audrey@a2zrisksservices.com

PCC Secretary - St Mary's Church Boxford You do not have to be a frequent attendee at church to serve in one of these important capacities. Could this be your way of giving a little back to the community? If you feel that you might be able to help fill one of these voluntary roles, please do get in touch with either Rob our Rector on rparkermcgee@gmail.com or Audrey our Churchwarden on audrey@a2zrisksservices.com

Organist and Director of Music St Mary's Boxford is looking for someone to help lead our music and, together with our young Rector, help bring joy to our community as we develop the role of music in our church-life. For more information see www.boxriverbenefice.com or email rparkermcgee@gmail.com

Bring and Share Foodbank

'Take what you need, leave what you can'

As we have now entered yet another national lockdown, just a reminder that the Food Bank in the north porch of St Mary's Boxford is still offering non-perishable items for those in need. Please take what you need if you find yourself in a pickle. This free service is for food items only and not for second-hand household items or toys.



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CITIZENS ADVICE BUREAU

Coronavirus Scams

"I'm really worried about my elderly relatives being targeted by coronavirus scams - are there any warning signs that I can tell them to look out for? What should they do if they think that something is a scam?"



Unfortunately, we've seen an increase in scams since the beginning of the pandemic, so it's good to be thinking about the steps you can take to help protect friends and family.

Common scams we're seeing are about bogus testing kits, coronavirus vaccinations and government refunds or fines. You should watch out for messages about coronavirus from unusual email addresses or phone numbers and shouldn't click on any links. Be aware that you won't be asked to pay for coronavirus vaccinations - they are provided for free by the NHS.

Here are some general warning signs to look out for:

- You suspect you're not dealing with a real company - for example, if there's no postal address
- You've been asked to transfer money quickly or to pay in an unusual way - for example, by iTunes vouchers or through a transfer service like MoneyGram or Western Union
- You've been asked to give away personal information like passwords or PINs
- You haven't had written confirmation of what's been agreed

If you think something is a scam you should hang up the phone, close the website, or shut the front door. Never feel pressured to make a decision straight away, and don't give out personal details or money unless you're certain that they can trust the person. If you feel threatened or unsafe you can ring 999.

For help with online scams, contact a Citizens Advice Scams Action adviser by calling **0808 250 5050**.

For more information about other types of scams, visit the Citizens Advice website.

Please note we are no longer seeing clients face to face until further notice.

We are providing advice by telephone and email, Monday - Thursday, 10am - 1pm. Please phone **01787 321400** if you need advice and leave a message and someone will call you back when available. We will attempt three times to call you back, so please expect a call from a withheld number.

You can also ring our Advice line on **0808 278 7868** or **0800 144 88 48**.

Alternatively, contact us via email at advice@sudburycab.org.uk or by using the contact facility on our website: www.sudburycab.org.uk.

VACCINATIONS

The advice has **CHANGED** locally:

IF YOU ARE OVER 75 AND HAVE NOT BEEN CALLED FOR YOUR VACCINATION, PLEASE CALL YOUR LOCAL SURGERY.

East Bergholt (Constable Country Medical Practice),
Hadleigh (Hadleigh Health Centre),
Sudbury & Gt. Cornard (Hardwicke House Surgery, Cornard Branch)
& Lavenham (Lavenham Branch of Long Melford Practice).

COVID-19 VACCINATIONS

Help stop the spread of COVID-19

- Who will receive the vaccines first?**
Adults aged 80+, frontline health and social care workers, care home residents and staff, and those with clinical conditions which would make them extremely vulnerable if they contracted the virus.
- Will the vaccine protect me?**
The vaccination will reduce the chance of you developing Covid-19 from 2-3 weeks after you have had the first dose. The first dose will give you a high level of protection but it's essential to have the second dose within the next 12 weeks to receive the full benefit of the vaccine. Some people may still get Covid-19, but it should be much less severe.
- Is the vaccine safe?**
The NHS will not offer any Covid-19 vaccinations to the public until independent experts have signed off that it is safe to do so. The vaccines have been tested on tens of thousands of volunteers from all over the world. Funding and scientific resources allowed all of the usual steps for testing vaccines to be done more quickly than usual.
- What are the common side effects?**
Tenderness in the arm where you had your injection, usually worst around 1 to 2 days after the vaccine; feeling tired; headache; general aches, or mild flu like symptoms. These symptoms normally last only a few days. No significant side effects have been observed in the tens of thousands of people involved in the trials. If any symptoms seem to get worse or if you are concerned, call NHS 111.
- Will the vaccine alter my DNA?**
There is no evidence to suggest that individual genetic material will undergo an alteration after receiving the vaccine. The vaccine works by making a protein from the virus that is important for creating protection. The protein works in the same way it does for other vaccines by stimulating the immune system to make antibodies and cells to fight the infection.
- Will the vaccine include a trackable microchip?**
This technology does not exist. The vaccine does not include any means of tracking people or having any remote influence over them in the future.

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Good things come...



...to those who wait.

We're sorry to say that, within current restrictions, we are still unable to open for beauty treatments.

We hope these restrictions will be lifted again soon – we are missing everyone very much!

The clinic is, however, allowed to open for certain Medical Aesthetic appointments. These are the treatments done by our medical team - Dr. Anthony and Jenny O'Neill - and also include medical consultations on any lumps and bumps that may be worrying you. If you are unsure whether the Medical Aesthetic treatment you require is permitted, please phone for clarification.

Our main priority continues to be keeping clients and staff safe and we do this through the COVID secure process and procedures that we introduced back in the summer:

We send a consent form before all appointments, so clients can confirm they are well. We take every client's temperature on arrival and provide everyone with hand-sanitiser, a mask and over-shoes. We have a one-way system in place and ask that clients bring their own refreshments and pay, if possible, using Contactless.

If you would like to make an appointment for a Medical Aesthetic treatment or would like to book a consultation with Dr. O'Neill for a lump or bump that is bothering you, please don't hesitate to give us a call.

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

Tel: 01787 211 000 www.suffolkmedicalclinic.co.uk



SUNDAY ROASTS TO YOUR DOOR!

Pippin Store at Stoke by Nayland Hotel is now open for take-aways and delivered hot Sunday Lunches

Once again, the team at the family-owned Stoke by Nayland Hotel has adapted to meet the challenges of a third lockdown. A great new takeaway food service from the Hotel's Pippin Store has been launched, offering delicious, ready-to-eat hot dishes created by the venue's award-winning chefs.

And from 21st February residents of Boxford, Stoke by Nayland, Assington, Nayland and Leavenheath can order delicious 3-course hot roast lunches every Sunday to be delivered to your door!

For Easter weekend succulent roast lamb will be on the Sunday Lunch menu, and there will also be a special themed Easter Afternoon Tea on offer. Orders for roast lunches will just need to be placed by noon on Thursday before a Sunday delivery or collection.



Above: The SbN Hot Sunday Roast delivered to your door.

Pippin Store is open 7 days a week from 7am to 9pm. The varied takeaway menu regularly includes fish and chips, stir

fries, pizzas, home-made burgers and salads, to suit all dietary preferences. A popular speciality for takeaway is the mouth-watering SbN Afternoon Tea in a box, complete with freshly made sandwiches, homemade scones, clotted cream, jam and cakes – a great treat to brighten up the duller of lockdown winter afternoons.

Some essential food items, fruit and vegetables are also available to buy from the store from 7am to 9pm, plus Copella and Cawston Press juices, beers, ales, wines and spirits.

SbN Community Discount Card holders will benefit from discounts off Pippin Store items, as well as food and drink purchases throughout the Stoke by Nayland resort – once open again! More details on how to register free of charge for your card can be found at www.stokebynayland.com/community

Group Managing Director, Susanna Rendall said, "Our family farming business has been established here and supplying produce for over 80 years, and Stoke by Nayland Hotel, Golf & Spa since 1999, and we understand the importance of supporting the local community. So we are using our resources at the hotel in any way we can to provide a helpful service to the area, and at the same time to keep our key staff in employment during this very challenging period. We really look forward to welcoming local residents to use our Pippin Store services during the next few weeks."

Orders for takeaway items can be placed 7 days a week between 11am and 7pm by calling 01206 264265 and the store is open every day for collections from 11am until 9pm.

Full details of takeaway menus and prices are available on the Hotel's website at www.stokebynayland.com/takeaway.



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HADLEIGH & BOXFORD PATIENT PARTICIPATION GROUP

A USEFUL DIRECTORY

The implications of the Covid restrictions and the recent high profile work of Prince William and others have done much to raise the awareness of mental health issues within the population. Not before time this challenging topic has been openly discussed and addressed. Sadly, the mental well-being of all ages can be threatened by lack of social contact, self-esteem and bleak future prospects. However, the PPG decided to focus on the youngsters in our midst and investigate the resources available to them and their families should any such problems arise. The group compiled a comprehensive directory of all known organisations, both local and national, that can offer specialist help in a wide field of mental and physical health issues. The accuracy of the list has been meticulously checked and it is now readily available on line to all age groups. It was encouraging to discover that there are over 45 groups covering every aspect of youngsters' wellbeing from eating disorders to bullying. We hope that the directory will provide a useful source of appropriate help for families, individuals and anyone working with young people in need of professional help.



The PPG group is still looking for a Boxford representative. If you are interested or would like to know more please contact me, Jan Devey, either by Email or telephone. Details below:
 PPG Youth Groups' Directory:
www.hadleighhealth.co.uk/youth-support-groups
 Hadleigh and Boxford PPG: hadleighboxfordppg@gmail.com
 Group Contact 01473 827 091

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MESSAGE CASCADERS
LOCKDOWN RULES
 Help stop the spread of COVID-19

- Stay at home** – only leave for work, essential shopping, exercise or medical appointments. No household mixing indoors or outdoors, unless in your support or childcare bubble (if you are legally permitted to form one). This is the law. If you break lockdown rules you could be fined by the police.
- Schools and colleges are closed except for vulnerable pupils and children of critical workers. All other children will learn remotely. Higher education provision is online, with some course exceptions.
- Hospitality, e.g. pubs and restaurants are **closed**, but takeaway food is permitted. Non-essential shops, leisure and entertainment venues are **closed**. Essential shops, e.g. supermarkets, food shops and pharmacies can **open**. Banks, post offices, places of worship, petrol stations, laundrettes and vets are **open**.
- Exercise is allowed outdoors once a day, in your local area. You can exercise on your own, with your household, support bubble, or with one other person.
- Get tested if you have symptoms:** a high temperature; a new continuous cough; a loss of, or change to, your sense of smell and taste. If you or anyone you have been in close contact with has symptoms, follow the guidance on self-isolation.
- You must only travel** for work, education, medical treatment, or caring responsibilities. If you must travel, stay local and reduce the number of journeys. **You must not leave your local area** or stay overnight away from home.

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Reader's Letters

We would like to thank everyone who attended, our father Michael Mattock's funeral, also for all the cards, flowers and donations.

Frances and Barry

A big thank you to everyone who helped Di and myself so much through our Covid illness. To our very dear friends from Winthrop Cottage, Groton who have supported us over the two lockdowns with a will & love that will never be forgotten. To Robert and Veronica a huge thank you for all they did for us. To Liz, Neal and Kathy our neighbours who fed us from the doorstep with meals and cake. Also to Mort & Joan our neighbours always on call. To Boxford Drama Group and of course to Vic and Betty Rice on the phone and we all know how he can natter away! A huge thank you to everyone. Hopefully we are on the way to good health again.

Derek & Di Butler

Eddie was a real gentleman and part of the fabric of the village. He worked tirelessly for many different causes. His passing will leave a huge void in Boxford. Every year at Christmas time he would publish a photo of the Queen Bee Boxford Christmas card with a write up and information as to where to buy them. This year not only did he do the same, but the December edition and now what will prove to be his final Newsletter, the front page was a colour photo of a previous Queen Bee Christmas card along with a beautiful tribute to Bill. We had no idea he was going to do that, and it was indeed a poignant surprise. My biggest regret is that we never got the opportunity to say 'thank you' to him.

*Elaine Horne and family
Queen Bee Designs*

Boxford Drama Group would like to say how sorry we were to hear of the sad news of Eddie's passing, and send condolences to his family.

Eddie was a great supporter of the drama group, he and Janet never missed a show. He appreciated all the work, design and flair that is needed to put a show on, and acknowledged all aspects of a production, the scenery, music, lights, writing, directing and catering, he understood what was needed. His reports in the newsletter were much appreciated.

Eddie, we would like to thank you, you will be missed.

Boxford Drama Group

A big thank you to all the residents of Boxford and surrounding villages that kindly save their used postage stamps and leave them at the Post Office. We are very grateful to you all and it enabled us last year to send three boxes of stamps to Clic Sargeant Cancer Fund raising £90 (£30 a box). The donations were much appreciated by the charity and in these most dire times were much needed. By kind permission of Richard we will still be able to have our box at the Post Office and would appreciate if you would still keep collecting your used stamps in aid of charity.

Best wishes to you all and please stay safe.

The Richardson Family

A Tribute to Eddie Kench - 1936-2021

I knew Eddie for twenty six years. In 1995 we had a small, start-up publishing company which had suddenly found itself with a major contract with one of Europe's largest financial institutions. We desperately needed help. Fortunately for us, Eddie was on our doorstep and very quickly we discovered that his expertise and knowledge of both the technical and commercial aspects of printing were second to none. Over the next five years Eddie worked closely with us to deliver on both the initial contract and others that followed. Over those years we got to know him and Janet well and indeed it was they who persuaded us to move, eighteen years ago, to the beautiful village of Boxford.

Eddie loved the smell of printers' ink. To him it was a perfume that transported him back to his time working in Fleet Street, to his sojourn in East Africa with his new wife, working I believe, on The East African Standard and later, back in the UK, to his dealings with the Robert Maxwell organisations. We got an inkling of Eddie's grit and determination when he told his stories of negotiating with the notorious Fleet Street printing unions who eventually forced the actual Fleet Street to its new home in Wapping and the Isle of Dogs. Eddie could be stubborn, gruff, even 'difficult' with some people. He certainly didn't suffer fools gladly. It was as if the Maxwell years had left an indelible mark on his character. Yet, beneath his occasional abrupt communication style, was a man who was as honest as the day is long, generous to a tee, loyal to those with whom he worked and a great friend to those who became close to him.

Eddie was never still. In addition to editing the Box River News, he always had projects on the go and when he was not working at his keyboard or improving his house, he was either developing his archive of Beatles memorabilia or adding to his collection of small cameras. He claimed that his Beatles collection, including all their published recordings and most of their informal recordings not known to the general public, was second to none. As for his cameras, he was particularly proud of his pre-war Leica.

But if you want the best epitaph for Eddie, look no further than his own story in recent editions of the BRN. It is clear that he loved not only the business of printing and publishing, but also the beginning and end of those businesses, the profession of writing itself. 'Boy Teddy' describes his childhood growing up during the war, above his father's pub in Dulwich. Eddie - although not known for his attention to those pesky typos, wandering apostrophes or sentence endings that went AWOL - clearly yearned to write and, punctuation aside, he did it well. 'Boy Teddy' is almost Dickensian in its rich colour and detail of those times seen through the eyes of a young child. How many of us can remember pubs divided into Public Bar, Saloon Bar and Lounge Bar? It's all there. Read it. You will get a sense of the time and the man!

Eddie's main passion in his later years was, of course, Boxford and the Box River News. He and Janet moved to Stone Street in 1996 and quickly merged into village life taking over the single sheet BRN on the way. He developed it into its current multi-page format covering news from across the benefice. With the BRN he was finally into journalism, combining writing and publishing and delivering to the villages, articles and information of relevance and interest to his readers. In his final years of poor health he used to say the BRN 'kept him going'. It is certainly very reassuring to know that he bequeaths our favourite local newspaper into very capable hands.

Yours was a great life Eddie. You will be greatly missed.

*Brian Howe
Boxford*

FRENCH'S CARE HAVEN

The rain has caused constant floods for us at French's. Our feed room, rug room, hay room and a couple of our animal shelters have flooded time after time. This has given us real problems, plus working in the fields has been a hard slog. One of the things I am hoping for in 2021 is less rain and definitely not the constant heavy kind.

I have a couple of people to talk about this month. One is a local retired doctor who has become a valued and committed member of our team.

Dr. John Flather says:

"I have been helping at French's Care Haven for the last year as part of the team of volunteers. I have assisted in shaping their new home. We have worked weekly to build the new areas for the horses, donkeys and ponies. The land is beautiful and now we have secure fencing and large homely field shelters. Initially I was very apprehensive with the horses, but now I am more confident with them and enjoy their company. The animals receive excellent care from Jann and her helpers and want for nothing. The Sanctuary is first class but expensive to run.

The pandemic has made it virtually impossible to raise funds. It needs and deserves our support."

John has been a rock for our Charity and he now plays and feels a big part of what we do and the nice thing is he doesn't mind getting covered in mud while lugging around bales of haylage and hay, along with fixing whatever needs fixing on the day. A real trooper I would say.

We also have the help of Colin and David, two locals who have retired from their daily jobs and come along to help once or twice a week. On our ladies side a big thank you must go out to Jasmine and June for their help.



In this photo is a young lad called Lewis, Lewis has been with us for 4 years now and he has Global Development Delay. This does not stop him in any way doing a great job on any of the tasks he is given, or working as part of our team. Lewis loves being with Lucy our therapy dog and he is very good at manual jobs, which is something he enjoys doing. His mother gives French's a donation each month for our animals on our Care Farm and for the work we do with Lewis, which has helped him to develop and gain confidence over the last 4 years.

For us it is not hard to keep a distance while working in the fields, as everyone is given individual jobs to do and when you are working in the 25 acres, there is some serious distance between us all. It has been challenging as an animal rescue where animals need feeding, animal care, visits from the farrier and vet, along with field maintenance. The few helpers we have are essential.

Some fund raising news over December: Sharon and Emilie, a couple of local ladies, put together our first online raffle and what

a success that was. We had good prizes and raised a much needed £500. The £500 is being split between a farrier visit and a vet visit. Now we need to raise a further £1,750 for last month's hay and haylage delivery. To help with our daily outgoings we must secure more sponsors of our animals. Please feel free to call me and come and visit to pick an animal that you would like to sponsor each month.

We are still crying out for a big sponsor/investor (with a big heart) to come on board with us, so if you know of anyone who may be able to help, please ask them to get in touch with me, my details are below.

Make this your good deed for 2021 and help us at our Charity.

VOLUNTEERS AND SPONSORS NEEDED

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Soap Box

Before Christmas Eddie Kench contacted me to point out that the February edition would mark the twentieth anniversary of the Box River News. My initial reaction was to think that it really couldn't be twenty years since I commenced my column. Regrettably this edition never appeared, thanks to Covid. Eddie and his wife contracted this dreadful disease early in the New Year. Sadly, Eddie did not pull through and, although Janet recovered, her dementia has worsened and she is now in a care home. Celebrating Eddie's undoubted success in producing such a fine publication for the benefice is something we need to consider for the future. I will miss him.

When I started out sharing my views with the good folks of the benefice, my focus was on matters financial. Hardly surprising as my entire career has been spent in the financial services industry. Much has changed since then – and I don't just mean because of coronavirus or Brexit, though these have made their mark. Technology has become a crucial part of our everyday lives. While not all welcome the insidious way it has entered into our lives, the fact remains that without it, surviving the lockdowns that are becoming a regular feature would have been altogether more difficult.

Technology enables remote working, an important element in my line of activity. It has allowed me to spend more time in the Algarve at the house we bought some years ago, not that the past year has allowed us to take much advantage of this opportunity. As it happens, this time last year we were in Portugal, having driven down through Spain in mid-January. It's just as well we weren't able to attempt the same trip this year. Northern Spain was paralysed by snow storms, with sub zero temperatures and hazardous driving conditions, while rapidly rising coronavirus infections have brought much tighter restrictions, particularly in Portugal.

Our return trip was fraught with difficulties, starting with the cancellation of the ferry from Santander. As we drove back through France, borders closed behind us and we arrived in Suffolk just

in time to enjoy a brief catch up with friends before lockdown restricted our ability to socialise. Like most of us, we have had a quiet year in terms of social interaction, with little opportunity to eat or drink in convivial surroundings. I feel for the hospitality sector. While some have turned to take-aways to help maintain some sort of presence in their local market, this option is not appropriate for all and will hardly replace the revenue lost by needing to stay closed.

But of more concern must be the strain the spike in the infection rate has placed on the NHS. While I fully recognise and applaud the sterling work the front-line troops are undertaking in our increasingly pressured hospitals, it is the effect the pandemic is having on other aspects of health care that makes me worried. With supposedly non-urgent operations postponed and routine hospital appointments cancelled, is it any surprise that deaths from other conditions, such as cancer, are believed to be on the up, though concealed beneath the rising tide of Covid casualties.

Then there is the discomfort faced by those whose operations or treatment have been delayed by the effects of the pandemic. I particularly sympathise with those who are suffering as a result as I have had a number of hospital appointments cancelled and find myself in discomfort as a consequence. At least I have a supportive wife in these difficult circumstances and sitting out this crisis in a small village must be preferable to having to do so in a town or city.

For many these strange times have been particularly challenging, with loneliness and mental health issues adding to the burden already generated by the economic recession which the pandemic has created. It will come to an end at some stage, but in the intervening period we will all have to accept some disruption to our normal lives. And what the post-coronavirus new normal will look like is anybody's guess. It would be nice to round off with a more upbeat message, but we are where we are. RIP Eddie. Keep safe everyone and stay as cheerful as possible. At least the vaccine roll-out appears to be on target.

Brian Tora



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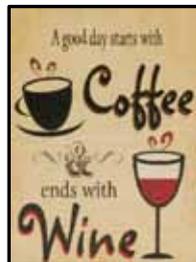


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'BOY TEDDY'

Part 4 - 1943

The new year brought some big changes for me. I was now 7 years old and became a member of the local Cub pack. This also meant that I was allowed out after dark on my own armed only with a torch. The Cubs were based at Barry Road Methodist Church and no one bothered to advise me that I was an Anglican, anyway who cared. Barry Road Methodist Church was the nearest church to us and was about half a mile away. It was then a big church with two halls besides the church itself. The smaller hall was used by the Cubs and the Scouts met in the bigger hall which also had a gallery and stage. It was in this larger hall that the annual Christmas fair was held and I have no doubt that this was the source of many of the Christmas toys I received.

I was very proud to be a wartime cub, at last I was wearing a uniform that actually meant something and was not just a cut down soldier's uniform. I had a dark blue roll-neck sweater covered in badges, a soft red scarf, (the texture of which I can still feel today), a woggle made from a dried-out bone, hollowed out and carved with a wolf head on the front (one of John's) and a green cap with yellow braid down the seams and a cubs badge at the front. Each year a star would be added to the cap to show length of service. I really enjoyed my time as a Cub, especially the parades we did on special occasions with the big event being the St David's Day parade. On this day all the Cubs, Scouts, Brownies, Guides, Sea Cadets, and Boys life Brigades from Camberwell would assemble at their various Head Quarters and led by the Scout Band from Barry Road with John on trumpet they would link up and parade for a service at the church near Camberwell Green. I was always so proud on these occasions, especially when I had been promoted to Sixer with two yellow stripes on my arm and carried the flag. I was at the front of the pack, just behind the Scout Band where I could see John or "Snowball" as he was known to his friends, blowing his trumpet. The parade would be almost half a mile long and the streets would be lined with people, cheering and waving flags. Patriotism mattered during the war years and you did not need planning permission from a loony left council to fly the flag.

Our pack with John's Scouts the 'First Camberwell' troop would put on a Christmas Panto each year and I played a devil in one scene wearing swimming trunks and nothing else other than horns on my head and my ribs painted in luminous paint. On another occasion, much to my disgust, I had to play the part of a girl and wore a wig and one of Sylvia's old party dresses. I remember it was blue, full length with a full skirt trimmed with black lace, a little like a can-can outfit. With rouge and lipstick etc I made a very pretty girl, or so mum said, but I had grave doubts. One of the great events of the year was the Cub and Scout Christmas Dinner. This always consisted of mashed potatoes, sausages, onions and tinned peas. Party hats, sing-songs round an artificial fire and noisy games were the order of the day and boy was it fun? The Scout troop leader would dress up as Father Christmas and small gifts were distributed. Gallons of Tizer and orange squash were consumed and christmas cake served before we went home. I was in the Cubs for two and a half years but for some reason or other never graduated to the Scouts, I suppose John did not want me to cramp his style!

By July Mussolini had been overthrown and September saw the Italians surrendering to the allies followed in October by them declaring war on the Germans. As an aid towards the war effort, a small Italian prisoner of war camp was set up on Peckham Rye near the old band stand. It consisted of about six huts with a very low wire fence, certainly not designed to keep the Italian prisoners in, more to protect them from us kids. The whole of the Rye was turned over to growing vegetables and the work was carried out by the prisoners. They worked at it with great enthusiasm and planted a super garden around their huts with the centrepiece being the crossed flags of Italy and the Union Jack. They kept themselves

clean and tidy, were issued with bicycles and wore POW uniforms with the letters POW sewn on to the back of their jackets. They were allowed out of the camp and many of them had girlfriends in the area. We used to go to the camp fence to talk to them and occasionally get sweets. There were of course rumours that the sweets had been poisoned and that they ate little boys for breakfast but it still did not stop us. There was a small Italian community in Dulwich and one of the best known members was Guiliano the ice cream man. He was so Italian it was unbelievable and he had a super ice cream barrow with brass and chrome fittings. He would wheel this barrow to a point fairly close to the camp and did a brisk business, The ice cream was of course water-ice due to the shortages but it was great and we could buy one-penny cornets or wafers which were mouth-wateringly refreshing. At one time there were rumours that his ice cream had been filled with old razor blades and at another that it had been poisoned but this did not stop us for long. He had a shop near Lordship lane and en-route was another shop where we were able to buy Tizer, Orangeade, Lemonade made with crystals and lots of other multi-coloured concoctions. This shop we treated as our pub and at times it would be full of cubs. Also in this row of shops close to Barry Road Methodist Church was a Grocers, friends of dad's and a member of his lodge, Nethercots the greengrocers, where I had a friend. His father, who owned the shop, raced motorcycle combinations before the war and was the British sidecar champion. On the corner was a toy shop which also sold prams and next to that was a sweet shop and newsagent. On the other side of the road and on an opposite corner was a model shop and this is where Dad would get kits for airplanes and boats he used to build. I loved to browse around these shops and was known at most of them as "Teddy Kench from the Herne" which helped and avoided me being thrown out

There was of course still a war on and whilst the bombing was less frequent we still had to take precautions whatever we were doing. Daylight raids were very rare and it was possible to carry on a fairly normal life during daylight hours. The Americans had entered the war and were over here in great numbers and during my summer holidays in Caister my cousin Stanley and I would chat to the American Airmen based nearby. Our conversations would always start with "Got any gum chum?" which invariably got the retort "You got a sister, Blister?" after which out would come packets of gum or candies with which we would stuff our pockets. Towards the end of the war, by which time I had taken up smoking, we would get packets of Marlborough or Lucky Strike cigarettes from the winkle stall outside the Green Gate. The stall holder did a black market in cigarettes, traded for winkles and other local sea food delicacies and Stanley used to blackmail him into keeping us supplied.

We would stand on Uncle's bowling green at the back of the Green Gate and watch the American B17 Superfortresses flying out on their daylight raids - they would be flying very low over the garden and we would wave to them yelling at them to do the nastiest things we could do to the Germans and Hitler most of all. We would sing songs like :

'Hitler has only got one ball, Himler has something similar and Goering has no balls at all'

and

'Whistle while you work, Hitler is a twerp, Goering's barmy, And so's his army, so whistle while you work!'

When the bombers began to return after the raid we knew we had some time to wait. The unscathed ones would arrive flying low over the houses and we would cheer, Some time later the stragglers would begin to arrive, the early ones of these perhaps with

an engine or two feathered and a gun turret shot away, then would follow some amazing sights, lumbering low over the Green Gate would come the most severely damaged aircraft, on one engine with the others on fire, turrets, tail plane and parts of the wing missing, they had to be seen to believe and only God knows how they managed to fly them home. We would hear them coming over the sea where as they got close to the coast they would drop or try to drop any bombs that might be stuck in their bomb bays and also fired off their guns and threw surplus ammunition overboard. This was not a waste of materials, it was to avoid explosions on landing and crews were more valuable than planes. Occasionally we would hear an explosion and huge plume of smoke inland signaling a bomber that had blown up on landing or that had not quite made it back to its airfield. We might have been very young and got a strange pleasure out of the excitement of the war but there were times when we were saddened specially since we might have been talking to the crews of the B17's who were so brave on these daylight raids.

That Summer I had been to Caister with Mum: this was fairly rare since normally I was dropped there by Mum who would return home after a few days to help with the running of the Herne but on this occasion she remained for longer. I did not see very much of her and spent my days playing with Stanley and Derek and their friends, scrumping in the orchard, playing soldiers, getting as close to the mine fields as we could, spotting aircraft, playing bowls and sneaking Uncle's train set out when he was in Yarmouth. Uncle had a very big Trix Twin model railway with miles of track, stations, electric points and signals etc. It was his toy and we were not to use it under pain of death. However it always came out whenever he was away for any reason such as being called up into the army. I don't think he went abroad but he was not often at home. We would set up the tracks so that more than one train could be run at a time and either raced them or set up some most spectacular crashes. I suppose Stanley would get into trouble but I never hung around to find out.

The time came for Mum to go home and I remember her being very quiet on the journey back. It was a long slow journey home followed by the 78 bus from Liverpool Street Station and then the 63 from the Kings Arms which had been destroyed in recent bombing. We crossed the road from the Barrage Balloon site where the bus stopped and as we approached the front door of the Herne Dad came to the door and had a piece of paper in his hand. I got a hug and a kiss and Dad put his arm round Mum as we went in and up to the Lounge. By the time we got there Mum was in tears, I had never seen her cry before, that kind of emotion had been kept behind her bedroom door, but the tears were pouring down her face. To my constant concerned question "why are you crying Mum" I was eventually tearfully told "My mother has died dear". It seems that the time we had spent there was for Mum to spend time with Grandmother who had been ill for some time. Her condition had seemed to be stable so Mum had returned home. During our journey back Grandma had caught Pneumonia and being so weak, had died. I do not even remember if Mum unpacked because she was on her way back to Caister very quickly to prepare for the funeral. I have to say that I knew very little about my Grandparents. Grandpa Stone had died shortly after I was born and I was given his second name 'Edward' Grandma Kench also died before I could get to know her and Grandad Kench moved to Whitstable eventually returning to die at the Herne after the war. I can not remember Grandma Stone at all and there are very few people I can talk to to find out about my Grandparents. That is why I am penning this missive.

It was about this time that there was a great drive to increase National Savings and to encourage everyone to buy National Savings Stamps, the funds raised being put towards the war effort.. I had National Savings Stamps bought for me and these were stuck on a card which you gradually filled up, the idea being that after the war you could cash them in. There was a move to get people to buy the stamps with a view to buying say a Spitfire or a Tank

or a Bomb and to promote this, armaments were displayed around the country and one of the biggest was held in Trafalgar Square London. The centrepiece of this big display was a Wellington Bomber and around it were 1000-pounder bombs (disarmed of course) on which we could stick our stamps. Dad and Mum took me to the Square and the place was absolutely packed. We queued to go into the Wellington and spent lots of money on stamps that I was allowed to stick on the bombs. There were messages chalked on the bombs like 'Have this one from us, Adolf' or 'Here is one from Trafalgar Square, Adolf'. There were tanks and armoured cars and a Spitfire and we made it a day out ending up at the Lyon's Corner House after a visit to a News Theatre.

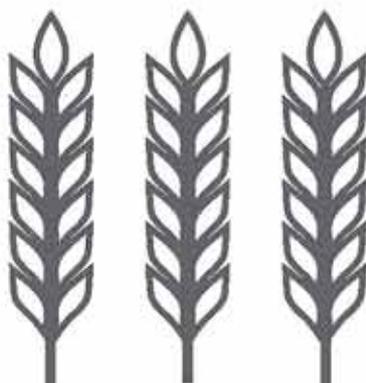
By now Sylvia was a teenager and had a number of male friends of her age and older. She would get invited to parties and I was actually invited to go to one of the parties at the Cranfield's, our butchers whose two sons had organised a dance over the shop. They managed to get a band together with a massive set of drums and we danced to Glen Miller music and big band stuff played by a very small band. I remember it was good fun and we got home quite late. She had lots of boyfriends, some of whom were in the forces and I soon got to know how to make a nuisance of myself in order to get paid off by the boyfriend so that I would go into the dining room to play instead. One of her boyfriends was in the navy and got me a complete set of aircraft identification papers and I was able to clue up and further improve my knowledge. She also had a good collection of 78rpm records mostly big band stuff Glenn Miller, Tommy Dorsey, and of course Bing Crosby, the Andrews Sisters and Vera Lynn. I was quick to learn the words of popular songs and would join in with almost anything that was played on the Radio or our Gramophone. My favourite songs were Flanigan and Allen's 'Run Rabbit Run' and 'Any Umbrellas', Bing's 'White Christmas' of course and the usual Vera Lynn 'White Cliffs' 'We'll Meet Again' with 'Chattanooga Choo Choo' 'Deep in the Heart of Texas' and 'Boogie Woogie Bugle Boy' being belted out at every opportunity. Glenn Miller was based in the UK then so this was probably the most played music on the air.

At that time and for some years after the war, the crates that bottled beers were delivered in were made of wood and when we had stacked the bottles on the shelf they would be put out in the garden near the back gate until they were needed to put the empties in. There was always a big pile available and these provided the best building blocks a kid could have. Houses, some two stories high, Forts, Castles Boats, Submarines, Tanks, you name it, I built it. They would be fitted with old carpet, battery lighting, food and Dad's Air-raid Wardens hat. I would spend hours in the gardens in my various constructions and friends and customer's children were invited to join me in our fun. A Machine-gun post, armed with a very noisy wooden machine-gun and other toy guns would be set up and customers entering the garden would be shot. I was always riddled with splinters, some rather long, because due to a manpower shortage, the crates were not often repaired and of course the seat of my pants would frequently disappear.

John and I had Crystal sets, incredible little wireless sets that would pick up radio signals via a crystal. The sets needed aerials that looked like a cats whiskers and hours would be spent getting the aerial in the right place. Lots and lots of knob twiddling would go on and reception had to be through earphones and since we only had one pair these were shared with one ear piece each (when John was in a good mood). The fun we had with these primitive sets compared with for example the trannie of the sixties or the walkman of the 80's can not be explained, it was magic. It did not matter what we picked up, be it the BBC, morse code, short wave or more important, signals from France or even Germany, it was exciting and many was the time I would fall asleep with half a headset on my ear.

Next month: The Doodlebugs! And Eddie falls into (and out of!) love for the first time.

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BY THE WAY Nicholas Bristow

Round Polstead and back.

This is a walk consisting of a mixture of bridle path, road and footpath. Like some other walks in the series there is higher percentage of road walking than I would like. There are places for rest and refreshments but also stiles and possible farm animals to negotiate.

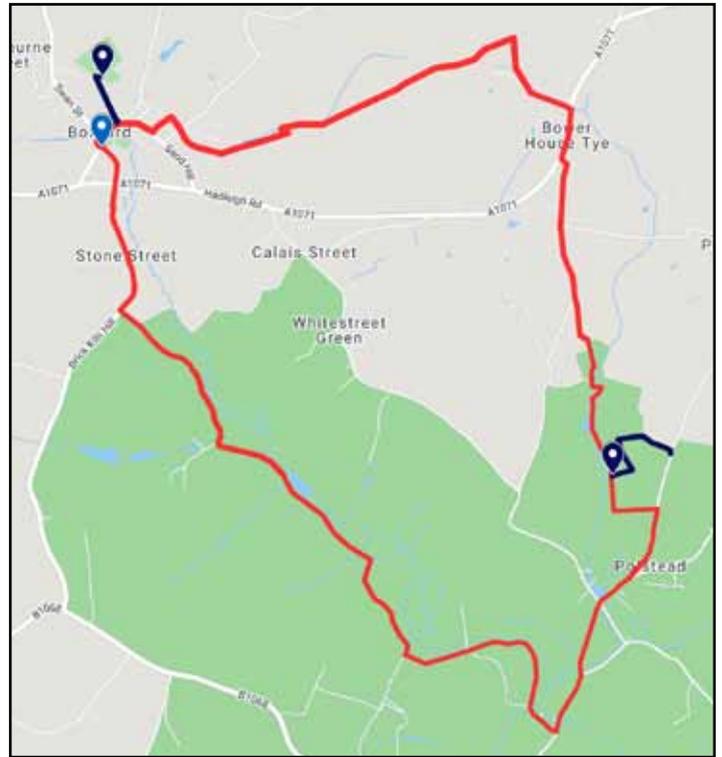
The two Parishes of Boxford and Polstead being neighbours accounts for the absence of a direct footpath as traffic between the two quickly evolved into the development of a road. In total the walk to Polstead and back is about seven miles long over rolling countryside which, like Kersey, Stoke by Nayland and Boxford itself, has terrain more suitable for sheep than the medieval plough. No doubt the common economic base of wool production and related occupations resulted in promotion of relationships both business and personal that created and sustained an informal path network which, post-Enclosure Acts, became our footpaths. The 1827 murder of a village girl in Polstead highlights another inter-relationship between parishes: the accused's legal hearing before trial was heard in the panelled rooms of the Fleece in Boxford.

I haven't walked some sections of this walk for nearly twenty years so was pleased to find the useful Polstead footpath map on the internet to identify some changes to the route we are taking.

Beginning in Boxford, walk along Broad Street with The Fleece on your left and follow round to the right up to Clubs Lane on your left. Along the lane, straight ahead across a roadway and up a path to access a path on the right which runs alongside a narrow brook to a road. Cross the road to a footpath and with the brook on your left continue to, and through, a spinney shortly after which you enter a field. Sharp left and then right on to a path which as you walk straight ahead becomes a well defined vehicle track as you climb the slope. Continue straight along this track ignoring side tracks and walk onto a final grassy section that leads to a T junction. Turn right here and follow the path through trees. Leaving the trees you arrive at a metalled roadway which, at its junction with another roadway you turn right to walk along the side of the A1071. Choose a crossing point to enter Holt Road located opposite at the bend.

Walk directly down Holt Road until a footpath and sign indicate you to walk ahead at a sharp right bend in the road. Follow this footpath ahead, crossing a drive and turning to your left and right to continue past some farm buildings on your left. Once past the buildings turn left and then turn right and after a short walk left and right again where you continue walking down the valley under a woodland canopy. Continue down to where you are compelled to turn left up out of woodland to a path at a field edge, which you follow to turn right at a road.

After a short walk, you enter Polstead and keeping to the right



side of the grassy area, you will see a footpath at the right end of the buildings leading down to the road. Walk down the path and down the road noticing Corder's (the perpetrator of the 1827 red barn murder) farmhouse on your left.

At the junction at the bottom, to return to Boxford, cross the road to a footpath which leads up to a field which you cross diagonally to the left corner to join Mill Street. Walk along the road until you can turn right down Mill Lane. On the right, just past the mill, enter the meadow at the foot path sign and cross over to the stile at the far end where you follow the edge of the field and the banks of The Box until you get to a road junction. Straight over the junction, walk down the lane and, at the corner, step onto a footpath which you follow beside a field to a small copse. Then, staying close to the right hand field edge and beside the river, go through 5 kissing gates, until you reach Peyton Hall drive which you walk along until, having walked up a short stretch of public road, you turn right to continue into the (once self-contained) hamlet of Stone Street. Leave this for the short walk into Boxford crossing the A1071 and back to the starting point.

See all the walks on the Boxford Website under Favourite Walks - www.boxfordsuffolk.com/favouriteWalks. Enjoy walking!

Nicholas Bristow

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FEEDBACK FROM JAMES FINCH

Your County Councillor for the Stour Valley

COVID 19 infection rates over Christmas

I regret to say that this subject is still very much the focus for the Suffolk County Council team. **More than one third of Suffolk's total confirmed coronavirus cases were recorded in the last two weeks.**

A cumulative total of 15,643 people have tested positive for the virus in the county as of January 2 – with 5,321 people testing positive from December 20 to January 2, making up 34% of all cases recorded in Suffolk by that point. The highest number of cases was on 749 on Dec 29 (n.b. this is possibly affected by the lag in test results due to Christmas day). There have been 64 cases in my Area in the last 7 days (as at 11th January). Updated data for our local area can be found in the Suffolk Coronawatch website - <http://bit.ly/SuffolkCoronawatch> and scroll to the Suffolk Data Dashboard and go to page 6.

Message from Stuart Keeble, Director of public health for Suffolk County Council, said:

“Suffolk is seeing a similar, sharp increase in positive cases in line with the regional picture, which is making more people ill and putting our hospitals under even more pressure. The new variant of the virus spreads more easily, we must all limit contact with others wherever possible. Even though you may not have any symptoms, you may be giving Covid-19 to someone else without realising it.”

Do not forget though another reason for the greater number of positive cases is the significant increase in the quantity of testing throughout the county and the country.

Let's stick to this guidance rigidly NOT LEAST NOW to protect ourselves and our accident and emergency teams in our hospitals.

Vaccination centres and Hubs in Suffolk

NHS Management aim to reach a point where everybody lives less than a half an hour away from a vaccination centre in Suffolk and north Essex. Gainsborough Sports Centre and Trinity Park are now live as major vaccination hubs. Eventually, it is hoped there will be 16 vaccination centres and 20 GP surgery hubs, sites alongside the three hospital site in Ipswich Colchester and Bury St Edmunds within our area of Suffolk. At the time of writing, the following GP practices in South Suffolk will be offering COVID Vaccinations - East Bergholt (Constable Country Medical Practice), Hadleigh (Hadleigh Health Centre), Sudbury & Great Cornard (Hardwicke House Surgery, Cornard Branch) & Lavenham (Lavenham Branch of Long Melford Practice). If you are over 75 and have not yet received your vaccination, please give them a call. For under-75's the advice is please do not call them – they will call you when your slot becomes available.

I have had discussions with the Directors of the Stoke by Nayland Hotel Golf and Spa and put forward their site for use as a vaccination centre. This is being considered by Dr Ed Garrett, CEO of the Clinical Commissioning Group. The advantages for this area of South Suffolk are easy access, plenty of parking and because of the present lockdown the large conference rooms and the banqueting suite are otherwise not being used.

Suffolk Police proposals for April 2021 -2022

Suffolk's Police and Crime Commissioner, Tim Passmore has just published his proposals for the policing element of the council tax precept for the next financial year which includes a proposal for more officers for the county through the policing precept. He is asking Suffolk residents are asked for their thoughts on his proposals via the website: <http://bit.ly/SuffolkPCCPolicingPrecept> The survey is open until 9am on Thursday 28th January.

Primary School application deadline approaches

Parents and carers **have until Friday 15 January 2021** to submit an

application to secure their child's place at a Primary, Infant, Junior or Middle school for September 2021. Applications should be made for children born between 1 September 2016 and 31 August 2017 who are due to start primary school from September 2021.

An application for a full-time school place must be made even if a child is already attending a nursery class in an infant or primary school, a pre-school or a children's centre next to a school site.

Before making a school application, parents and carers need to consider how they will get their child to and from school. School Travel eligibility is based on a child attending the nearest suitable school that would have had a place available. This might not be the catchment area school. To find out more about SCC's school travel policy please visit www.suffolkonboard.com/schooltravel.

Supporting the Vulnerable during the pandemic.

Over and above what the County Council is supporting directly, I have this month allocated funds to each of my three Benefices in my division to support in particular the local food banks that the local churches are running. If you do know any person or family in particular need, please let me know or your local priest.

Virtual Fostering and Adoption Sessions.



Since the incidence of COVID 19 sadly the demand for this service has increased significantly. Therefore, those who would like to find out more refer to the website -

www.fosterandadopt.suffolk.gov.uk/

or join one of the following online virtual events.

For those wanting more information on Fostering only:-

Wednesdays at 7pm - 6th Jan, 3rd Feb, 3rd Mar and 7th Apr.

For those wanting more information on Adoption only:-

Thursdays at 7pm - 7th Jan, 4th Feb, 4th Mar and 8th Apr.

To book a place please email Claire.Gwatkin@suffolk.gov.uk. As always, our team will be happy to answer any questions you have about fostering or adoption! They normally will have a foster carer or adoptive parent available to help you too at these events.

Please continue to spread the word.

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FEEDBACK FROM BRYN HURREN

Your Babergh District Councillor

As I speak to people across my ward and district it is becoming very apparent that this third lockdown is weighing very heavy on some shoulders and it is difficult to keep spirits up and positive. This is especially true of parents who are thrown into more home schooling and the young who in some cases are becoming more than a little bewildered.

We must now all hope that the new vaccines bring hope and safety to our vulnerable and frontline workers who have been the real heroes in keeping us safe, also to the many thousands of volunteers who have done so much to see that everybody has an adequate supply of food and medicines to pull them through this frightening time.

I am sorry that my last month's bulletin, which was quite a departure from the norm, was rather cut down in size due to space and time constraints, not because, I am assured, of the angry things that I said. The full report can be read on the Babergh/South Suffolk Lib Dem website along with many other interesting reports and 184 very interesting commentary letters written by another Boxford resident who is much cleverer than I am.

This is also a good time for all who care about the direction this country is taking to make their voices heard. We will be having County Council and Police and Crime commissioner elections this year on May 6th despite concerns for the safety of voters and those who have to man polling stations and count the votes.

The elections will take place at all the usual Village Hall locations as in previous Local Elections. The government have decreed that no candidate will be allowed to personally deliver leaflets or meet with electors due to the current lockdown rules which will make it very difficult for any but established councillors to have a chance to introduce themselves or run any sort of meaningful campaign or to hear the views of the electorate. While I fully understand the need for safety restrictions, if it is not safe to campaign and meet the electorate then maybe we should not be holding these elections at this time, especially in such a restricted manner. Is this the beginning of a very downward slippery slope?

If you care about your country, the place you live, the future of our next generation, environmental issues and protection of our wildlife, how we care for our senior citizens and frontline workers and how we are seen by the rest of Europe and indeed the world, then now is a good time to get involved and demand a fairer deal for so many who work so hard for so little reward. Maybe we should all cast our votes for a candidate who represents those views.

A fairer tax system without waste and favouring associates and colleagues would be a very good start with more responsibility and less evasion. We need a democracy not a "chumocracy."

In my view this current government of so little talent is turning our lovely country into a shameless haven for the very rich who are getting richer at the expense of the rest of us who just want a fair deal, a job, good schooling and a nice home to be safe in with our loved ones.

At this time I should also remind everybody that the ten year census is to be held on 21st March. By the time you read this the awareness campaign will be in full flow with television ads etc. The first of these will be a postcard through every household door followed by an invitation letter with a unique code sent out in early in March, this will invite every citizen to fill in the census via the internet or use the form to post back a paper version.

The census has been carried out periodically since it was first instigated by William 1st in 1086. His findings went on to form the basis of the doomsday Book and was used for tax, housing and welfare purposes much as it is today. The findings are strictly confidential and are used by the office of National Statistics to formulate policy and are not shared with any other agency at all and only released into the public domain after 100yrs have passed by.

We also at this time have some quite serious issues at my own

council and we seem to be making the press headlines for all the wrong reasons much to this councillor's embarrassment. Why do some elected councillors get above their station and look for a high horse to ride on.

I refer to the local planning issues and the annual furore over the proposed car parking charges which I have always been opposed to. While car parking in our two major towns has to be managed it should not be used as a revenue source. I feel that modest charges for long time parking above two hours is reasonable to cover the cost of maintenance, upkeep and the horrendous business rates of £193,000 inflicted on us by the government is acceptable, but our car parks are there to help shops and businesses to trade and facilitate ease for customers to pick up goods and shop. Not as a cash cow to go to for additional revenue.

On a very positive note the refurbishments to our leisure centers and swimming pools in Hadleigh and Sudbury are either complete or nearing so and they will both be open for public participation as soon as restrictions allow. Both are brilliant facilities and local enough for everyone to get to without traveling long distances. Let us hope that we can all enjoy them for many years to come. It has been a struggle to keep them open during lockdown without paying customers, but worthwhile I hope. Please try to support them when allowed, they make a strong contribution to our fitness and mental health, so important to us all as we come through and out of this horrible pandemic.

Finally I would like to express my shock and sympathy to the Kench family for the loss of Dear Eddie, to whose newsletter I am contributing to. Since its conception to its present format just over 20 yrs ago, it has been one of the best local magazines around, largely to his drive and initiative. It has kept us all informed and has been vital in our local economy with it's business ads and directory and also in times of crisis such as now. Long may it continue and go from strength to strength as I am sure it will. Watch this Space.

Please all stay well and look forward to the better times that can come if we initiate them.

bryn.hurren@babergh.gov.uk

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PRESENTS FROM THE PAST

Your monthly Antiques and Art column from Art Expert, Iain Brunt.

Welcome to the first of I hope many monthly columns I'll be writing about the antiques and art industry for the Box River News. Having worked in the antiques world for over 35 years I am becoming an antique myself, so I know what I'm talking about!



Antiques and art collecting have become intensely popular over the last year as lockdowners scour the internet for hidden treasures. The internet has changed the industry beyond recognition - these days search engines can find what we're looking for in milliseconds and couriers are now well practiced in safely delivering these treasures to our homes, so it looks like the days of scouring dingy warehouses for forgotten artifacts that are otherwise just gathering dust is a thing of the past.

Back in the days when I would be dispatched across the globe to source new antiques for rich clients, armed only with a whacking great mobile phone bigger and heavier than than my luggage - a friend of mine approached me and furtively whispered that I should invest in this new technology called the 'internet'. He told me that mobile phones would soon allow you to find antiques from anywhere on the planet, airline ticket not required. Scoffing, I rudely dismissed it. Well, it's hard to believe such whimsy when your arm is in agony from lugging around a phone basically attached to a huge car battery. I have since come to realise this was a big mistake.

A few years later I was in working in New York for one of the greatest art dealers of the 20th Century: Daniel Wildenstein, when one of my colleagues showed me this strange 'internet' again. It was transformed. I saw how easily it was for art collectors to communicate with art dealers, for artists to showcase new work, and

for (shock!) people to actually pay for things online. The scales fell from my eyes.

On my next return to the UK I ranted and raved about this new phenomenon and of course everyone laughed and told me not to be so stupid. I wrote to a startup company called Demon.co.uk, not by 'email', but with an envelope and a stamp asking to buy the web name www.antiques.co.uk. They let me buy it for the princely sum of £1.

Learning from my previous mistake I made sure this time I was in with a chance.

That was 20 years ago now, I am told about the same time that this remarkable publication you're reading now was first launched. How times change. We now find that these days we can't live without the internet and I with my great team have created one of the largest sites for antiques, design and art in the United Kingdom.

Next month I will tell you some of the tales from the time I have been in this fascinating world full of history, discovery and intrigue.

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GARDENING IN MARCH

Many of us are itching to get back into the garden after the long, never-ending rain and subsequent blizzard that we had this winter. Good news: from mid-March Spring is arriving and everything warms up a bit so you can get out and start tackling the very, *very* long list of jobs you have.

For the allotment, if you like to chit your potatoes to give your first earlies a head start, do so in early March with an aim to plant them from mid-March which should avoid *most* frost damage. With winter beating a hasty retreat the ground should be thawing out enough to break it up and mix in whatever soil improver you intend to use (well-rotted manure, chicken pellets or compost). Weeding now is absolutely key and can save a lot of backache and moaning later on. Dig out the perennial weed roots before they can establish further and keep a hoe to hand to savage any annual weedlings that dare poke their heads out of the soil given the slightest encouragement. If we do get some sun then broad beans and beetroot are the heavies of the potting shed arsenal and can be sown directly into prepared soil. Slightly less-confident crops such as carrots and peas might need cloches or being under glass to protect them from the worst frosts.

Garden-wise: poppies, sweet peas and cornflowers can all be sown now, after weeding, into unimproved soil as they don't like the 'good' stuff, the ascetics. Save it for the demanding roses, which must be planted out now at the latest if received as bare roots! Mulching when the ground is wet discourages weeds and protects plant roots from frost. A good depth of mulch is 3 inches (7.5cm). Ensure no direct contact between mulch and plant stems as touching will make the plant stem soften and encourage disease.

Lawn fans: excavate the mower from the shed and give it a good once-over to ensure it has adequate oil levels and sharp cutting blades. On a dry day, if required, mow the lawn with a high cut-height. If cut too short at this time of year then you'll stress the grass out when it's already recovering from the ravages of winter. Nobody wants a stressed lawn.

Ten Things to do in the garden in March

1. Weed like a demon. Trust me on this.
2. Plant summer bulbs. You'll have forgotten about them come summer, and they'll be a nice surprise.
3. Show some support. Plants that need supporting later on in the year will benefit from canes/hazel sticks being dug in now so they can grow up them, saving energy. Lazy blighters.
4. Trees. It's the best time to move/plant trees as their roots are starting to become active. Pick a day that's as frost and rain free as possible to be digging holes in though.
5. Slugs are busy hatching evil plans of annual slaughter of your Hostas. Protect your herbaceous plants!
6. Think about a Pimms in June and cover your strawberries with a cloche to encourage an earlier harvest.
7. Practice tough love on your Buddleia – hack it back to 6 inches (15 cms). It'll look like you've killed it, but you haven't. You can't kill a Buddleia unless you're *really* trying.
8. On warm sunny days a greenhouse will start to get hot, even in March. Open up some windows and more importantly don't forget to close them again in the evening.
9. Paths and patios suffer somewhat over winter. Scrub/jet-wash off algae and remove dead plant material before bordering plants get too big and bossy to prevent you doing it later.
10. Sow bee-friendly flowers such as Borage, Poppies, Phacelia or Lavender to help bridge the June gap. Save the bees!

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LOCAL ORGANIC FERTILISER

Boxford Farms launches new organic “Gro” Fertiliser with a special offer.

Local family business, Boxford (Suffolk) Farms, has won a number of international environmental awards for its sustainable energy production. An Anaerobic Digester, biomass boilers and solar panels together produce more green energy than is actually required by both the fruit growing business and its sister company, Stoke by Nayland Hotel, Golf, Spa & Lodges.

The AD plant at Boxford Farms uses organic bi products from fruit growing, fruit processing and maize and the fermentation process produces a biogas which is converted into heat and power for the farms and hotel. The residual “digestate” contains essential macro and micro nutrients which are immensely beneficial to soil, and has been used for several years as a rich, sustainable feed for the company’s fruit orchards and golf courses.

“Gro” has now been launched by Boxford Farms as a 100% natural, chemical-free fertiliser and soil improver which has been developed from this rich digestate, and dried into easy-to-use granules. The product has been awarded Organic-Approved status by the Soil Association and is 100% plant-based and vegan friendly.

Peter Osborne, Commercial Director of Boxford Farms said, “We are really excited about the future of Gro as we believe it is fulfilling an increasing demand for the use of natural, chemical-free products that don’t harm the planet. It is also very much a project that reflects our commitment as a business to develop sustainable products that are kind to the environment - and we have had the advantage of seeing the huge benefits of Gro first hand by using it on our own crops.”

“Gro” can be used either as a base or top dressing and ensures healthy growth for all shrubs, flowers, fruits, vegetables and lawns.

For the month of March “Gro” is being offered at an introductory price of £9.99 per 5kg bag in Pippin Store at Stoke by Nayland Hotel. Now is the perfect time to give your seedlings, shrubs and lawns a big spring boost with this fantastic 100% natural, locally-produced, nutritious fertiliser – so just call in to Pippin any day of the week and pick up a bag.

Pippin is open 7 days a week from 7am to 9pm.
Telephone **01206 264265**.

For more details on Gro please visit the website at www.buygro.co.uk
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KENNY’S NEWS FROM SESAW

Everyone seems to be in a reflective mood as we mark the changes in our lives over the last year so here are a few words from Mum – better known to you as Maggie.

“Many of us have come to acknowledge the truth of that old adage, ‘You don’t know what you’ll miss until it’s gone’, be it a person, a pet or the disrupted rhythm of life.

The current situation has brought home to us at SESAW, how much we miss the help and commitment received from firms in the past. It’s very apparent just how much hard work and effort they put into helping us maintain the kennels and catteries on site, thus giving us more time for the animals. That said we are still here, a bit scruffier, up to our ears in mud but never the less the animals are clean, warm in their heated kennels, well fed and loved,

So what’s to moan about? Spring is on its way, it will get dryer and we look forward to releasing a Buzzard that was bought into us starving. It is now eating well and waiting for the better weather to go back to its territory. It is a similar scenario for a Barn Owl which will be taking wing in the near future. So don’t forget, if we can help we are here, operating nearly thirty years and facing the future with hope and compassion.”

That’s enough for now, Mum. It’s time for you to feed all the animals, including me, your usual correspondent,

Kenny (the Boss) Chihuahua.

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From the Editor

Although Eddie and I had been preparing for me to take over the post of Editor of the BRN from him for some time, neither he nor I ever thought that it would be so soon, sudden, jarring and tainted with sadness. As we all know, the BRN was what kept Eddie going, and because he loved it so, there was so much left unfinished when he left us so tragically.

But if there was one thing that Eddie would have hated more than anything it would have been a second missed issue of the BRN. I really cannot thank enough our amazing community of advertisers, contributors and distributors for all pulling together to help get this month's issue out of the drafts, through the presses and into your letterboxes. In particular we really couldn't have gotten even a single page of this issue out of the door without a hugely generous starting grant from The Boxford Community Council to cover the printing costs. Thank you again to all of you.

To all our readers across the benefice, please don't forget this is your magazine - please do keep sending in your letters, questions, contributions and ideas and we'll do our utmost to get them in the next issue.

Take care,
Trudi

Box River News

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Remember!

The Box River News can be seen in full colour each month by downloading from the website.

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Deadline date for the April 2021 Issue is:

March 13th at midday

We regret that copy received after this time might not be included in the published issue.