Box River News

Boxford • Edwardstone • Groton • Little Waldingfield • Newton Green









LET'S TIDY OUR VILLAGES!

On Saturday 2^{nd} and Sunday 3^{rd} April volunteers from around the Benefice are organising a village litter pick and are calling out for volunteers to come and help. The aim is to try to alleviate some of the eyesores and litter mountain that is created by the less-considerate and to restore our beautiful surroundings back to a litter-free state.



They will be aiming to pick and clear the area from the A1071/A1340 crossroads and tie in with others coming out from Newton Green and volunteers traveling up from Boxford along the A1071 towards the crossroads.

Box Vale Ward Councillor Bryn Hurren and others will pick from the crossroads down to the Siam Hall driveway and then back to the crossroads and along towards Leavenheath. For this area hi-vis jackets will be a must.

It will also be a good opportunity for others to try to clear the easier parts of the villages, possibly on the day or previously during the week or whenever you have time. It would be great to get the villages looking a bit less plagued with rubbish in time for the public holiday to celebrate the Queen's Platinum Jubilee in early June.

200 strong bags are available for use along with litter-picking tongs that any willing helper is welcome to borrow before or on the day. Babergh will pick up anything gathered with the general rubbish or as a special collection.

Sacks of collected rubbish can be left at the concrete pad past Coddenham Hall or at Boxford Village Hall. Bryn will also drive around the Boxford to collect bags of collected rubbish. For more information or to volunteer please text him on 07771 508348.

If other villages in the Benefice wanted to collaborate and join forces that would be amazing. Let's all work together to clear our area of accumulating rubbish and reclaim our fabulous countryside!



BOXFORD SCHOOL NEEDS YOU!

(just for 2 minutes!)

Boxford primary school swimming pool held its last gala 4 years ago. After over 40 years of incredible service to the village and the pupils of the school, the pool and building is now sadly in a state that it is not safe to use. The school governors are currently investigating a number of different options to see if this fabulous village asset can be brought back to life and benefit the wider local area.

Swimming is a vital part of the school curriculum: all children need the opportunity to learn how to swim, increase confidence and be taught how to stay safe around water. Drowning is the third most common cause of accidental death in children.

For some children learning to swim in primary school is the only opportunity they have available to learn these vital lifesaving skills. Over 1 in 3 children leave primary school without meeting the expected standards leaving many children unsafe around water and missing out on the great social opportunities being able to swim offers. 1 in 3 adults also cannot swim but it is a skill you can learn at any age.

Having a school pool could potentially open up opportunities for the wider community to help those without swimming skills to become water-confident and be able to enjoy swimming.

The school is investigating what would be an ambitious project to bring swimming back into our community. We want to see if it is feasible to create a wonderful new pool for the pupils of Boxford and for all local residents of all ages in our surrounding villages.

We need YOUR help in gathering vital data on whether this facility is needed, wanted and how such a brand new pool could be used in the wider community. We would be very grateful if you could take 2 minutes to complete a *short* questionnaire online, regardless of your age, swimming ability or even connection (or lack thereof) to the school.

Please visit www.tinyurl.com/BoxfordPool to complete it.

We also want to know about the history of the original pool. If you know anything about how it got built, if you were involved in any way, or if you know of any information about it, please send us your stories to a.horne@boxford.suffolk.sch.uk



Box River News

Trudi Wild, Twin View, 18 Stone Street, Boxford CO10 5NR
Telephone: 01787 210946
email: editor@boxrivernews.com

Deadline date for the May 2022 Issue is:

April 15th at midday

BOXFORD FOOTPATH WARDEN

Do you enjoy walking? Would you like to help promote and look after our local footpath network?



Our Footpath Warden has been doing a great job looking after our local rights of way and encouraging people to use and enjoy them, but unfortunately he has now had to step down from the role due to other commitments. The role involves walking the Boxford footpaths from time to time to check their condition, organising minor maintenance where possible, reporting problems to Suffolk County Council, liaising with the Rights of Way officers and the Parish Council on issues relating to the local footpaths and generally being a point of contact for anyone who wants to find out more about them.

If you might be interested in becoming our new Footpath Warden, please contact Boxford Parish Clerk, Debbie Hattrell: d.hattrellhatrell@btinternet.com.





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MUSIC FOR A SPRING EVENING

On the evening of 5th March Great Waldingfield Church provided a beautiful setting for a combined concert given by Boxford chamber Choir 'Madrigalia' accompanied by Jill Garret and directed by Sue Price and celtic harp ensemble 'Melody of Harps' directed by



The concert was well attended and everyone enjoyed an evening of beautiful music (and raffle) raising a total of £580 for Ukraine.

The concert was repeated on Sat 12th March in the equally beautiful church of St Mary in Boxford with performers singing and playing to a most appreciative audience with proceeds going to the church.

The harp ensemble alternated with the choir playing a variety of folk music much originating in the British Isles including the Irish traditional song 'The Star of the County Down', Welsh song 'David of the White Rock' and Scottish dance tune 'Mairi's Wedding', with the hypnotic Spanish 'Habanera Gris' taking us to a different musical dimension. All were musically arranged and beautifully played bringing a touch of magic to the evening.

The choir opened each concert with the joyous sound of unaccompanied madrigals appropriately beginning with "Sing We and Chant it". Following the harps their second group of pieces were sacred songs including the ever- popular Ave Verum Corpus by Mozart and Howard Goodall's beautiful setting of Psalm 23, 'The Lord is my Shepherd 'originally composed for 'The Vicar of Diblev'

The choir's three folksong settings from John Rutter's 'Sprig of Thyme' collection blended well with the harp programme & by way of contrast the choir finished their set with popular songs 'Blue Moon' (Rodgers & Hart) and the up-tempo tongue -in- cheek 'Liquid Lunch' by Caro Emerald which follows the after effects of said Liquid Lunch (we've all been there) before joining with the harp ensemble to perform Welsh Lullaby 'Suo Gan' for the finale with the first verse sung in Welsh and appropriately arranged by

The Harp ensemble were deftly led by Anne Chorley who teaches them all and the choir were expertly directed by Sue Price. A great time was had by all!



NEWTON'S NEWS

OUIZ NIGHT REVIEW

Newton Quiz night 19th February. After 2 years of Covid restrictions, it was great to see a full house for the return of the village quiz. There was a friendly but competitive atmosphere with good food / drink and lots of laughs. A huge thank you to Ged Fisher for organising the questions and to Sue Presland who was in charge of catering. Because of people's generosity £500.00 was raised for All Saints Church, Newton.

UKRAINIAN APPEAL

Thank you to everybody from Newton who has donated so generously to the Box River Benefice Ukrainian Appeal. Items that have been left at All Saints Church will be delivered to local distribution centres. With this terrible conflict showing no signs of ending, Boxford, Little Waldingfield and Newton will remain open for donations until further notice.

NEIGHBOURHOOD PLAN

The Newton Neighbourhood Plan Referendum took place on the 24th February and thank you to everybody who exercised their democratic right to vote. An overwhelming majority of residents voted in favour of the Plan and subsequently it has been adopted by Babergh District Council.

ANNUAL PARISH ASSEMBLY

Newton's Annual Parish Assembly meeting will take place in the Village hall on April 22nd at7.30pm. All are welcome and there will be cheese and wine afterwards.

PARTY IN THE PARK

Party in the Park 5th June. A group of village volunteers have started to plan for this event to celebrate the Queen's Platinum Jubilee. It will take place on the recreation ground and it is hoped many villagers, family and friends will join together to enjoy the fun and games. Full details will appear in the BRN next month.

TORCH BEARER WANTED

Newton Parish Council seeks nominations for a Torch Bearer to carry a symbolic torch to celebrate the Platinum Jubilee and the start of the Festival of Suffolk. The Torch Bearer will travel by rickshaw on a date to be confirmed at the end of May.

The Torch Bearer should be a local hero, adult or child, who comes from Newton and has done significant work for charity or for the local community. If you would like to nominate someone or yourself! - please contact clerk Dave Crimmin on 01787 375085, newtonpc2@gmail.com by March 31st.

NEWTON FIRESIDE CLUB

Shrove Tuesday saw us celebrating with our traditional pancake meeting. This year we decided to add some Prosecco which turned out to be a perfect combination.

Everyone had more than enough pancakes and a big thank you to Marilyn, Moira and Teresa for making them. As I write this, on Tuesday 15th March,

we will soon be setting up for an afternoon of games. This too is a favourite activity for the members. Games include traditional ones like bagatelle, bar skittles and shove ha'ppeny as well as cards, dominoes and Connect 4 and many more. There's always lots of laughs and, mostly, healthy competition!

We will be planning next term's events soon, so watch this space for further details.

Please contact Moira on **01787 374652** or Sue on **07881 383 998** if you would like more details.



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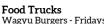
Acoustic Jam Night Little Earth Project On-site mixed Join us April 13th from 7pm Bring your own instrument & join in, or sit back and enjoy with a



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THE STORY BEHIND MARY'S HOUSE

In listing Boxford's facilities, the draft Neighbourhood Plan includes Mary's House, the small, Grade II listed, cottage at 5 Swan Street, as a "quiet centre for reflection, small meetings and refreshments." But why "Mary's House" (the name on the small brass plate by the front door), and what is its history?

To answer the first question, the Mary in the name is not the Mary of St Mary's Church. Rather, the cottage is named after Mary Every, whose generous legacy to Groton church enabled its purchase.

Mary worked for the Church all her life and retired to the Old School House Groton—the house opposite the west end of St Bartholomew's churchyard-where she lived for some 20 years until her death at the age of 88 in July 1999 As former rector, Richard



Titford, wrote back in 2001, Mary's life in retirement became 'something of a legend' and she is remembered fondly by those still living in the benefice who knew her. After some personal legacies, she gave her residuary estate to the rector and churchwardens of Groton "for general ecclesiastical purposes in the parish" later adding that those purposes should embrace "the benefice which includes the parish of Groton."

An early clear understanding was that it would not have been Mary's wish for the money—a very substantial sum for a small parish—to be kept for a rainy day, but to use part to provide a facility that would enhance the life of the people of the benefice now: "a warm venue right in the heart of the benefice for a variety of purposes, most definitely not all Church ones." So it was that on 31 May 2001 Groton PCC became the owner of 5 Swan



Richard Titford receiving the keys from Bob & Pat Bowdidge on 31 May 2001.

Street, Boxford: the picture shows Richard Titford receiving the keys from Bob Bowdidge, with Pat looking on. After obtaining the necessary change of use planning consent and fitting it out, Mary's House formally opened in January 2002. And for the next 18 years, until the pandemic struck, this vision was fulfilled, with volunteers from across the benefice enabling the cottage to be open as a drop-in centre for tea and coffee four mornings a week, with a weekly informal communion service on Wednesdays, a benefice

office upstairs, a place that many local organisations could use for meetings, occasional coffee mornings in aid of charity, art exhibitions and, more recently a bridge group. Happily, with Covid-19 restrictions relaxed, we have been able to resume such uses. So, do drop in for coffee and a chat: at present just on Tuesday mornings.

David Lamming

BOXFORD SCHOOL NEWS

The past few weeks have been very busy within school with lots of things to celebrate! We were all delighted to take part in a Candlemas service led by Father Rob at the church. The children led readings and each class was given a candle.

We also celebrated World Book day! All the children came in dressed as their favourite book character and took part in a wide range of activities during the day.

On Friday 18th March the children also took part in raising money for Comic Relief. They came dressed as superheros, which included superheros of various professions such as doctors, nurses, etc as well as the superheros in their own family.

We also held 'The Great Boxford Bake-Off' where staff, Mabel & Mrs Weyman as Harry Potters



children and families were encouraged to enter. Comic relief prizes were given to the winners and the cakes went up for sale on Friday afternoon in the playground. A great time was had by all!

As we start to rebuild our community after Covid, we will be planning lots of opportunities for parents and families to come into school, to celebrate learning as well as holding community events. I also want to thank the community for being supportive during my first few weeks as headteacher. We are looking forward to working with you in the future.

Mrs Lea



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BOXFORD FARMERS, ARTS & CRAFT MARKET

Sunday 27th February saw our first Boxford market of the year in the Village Hall and we welcomed back lots of our regular stall holders as well as some new ones.

A fabulous array of bakes on offer from our very own Boxford Bakes who brought freshly-made cookies, cinnamon buns andbrownies; to Ai from Indigo's delicate cakes and organic jams and we also saw our youngest entrepreneur join the gourmet food

line-up! Nine year old Oden from Trokey's Treets who has started his own fudge business and who launched a fabulous array of different flavoured fudges from classic chocolate to creamy vanilla and



even a vegan coconut! Esme & Oden of Trokey's Treets display their wares

Mad Mike was there with his famous Mad Mike's Chilli Jams as were Field of Cheese with their mouth-watering selection of Suffolk-made flavoured cheeses.

Salt & Sugar Art were back with their absolutely amazing chocolate truffles and bonbons – these really are bite-sized pieces of art and taste and look out of this world!

Emily White Teas returned with her wonderful range of organic teas - just what we all needed on a very cold day! Perfect for relieving stress and fatigue.

Martha Makes was back with a new collection of recycled vintage denim tote bags and a really cute range of children's

Heart Felt Seasons showcased her range of Easter inspired felt decorations and gorgeous designs for the Jubilee celebrations. We also saw some beautifully crafted gift ideas from Ugandan Crafts as well as the return of their famous Kickstart Coffee.



Louise of LK Renshaw Pottery

Scents of Life returned with a beautiful range of essential oils and gifts as did LK Renshaw Potterv with some wonderful glazed pieces in sea greens and azure blues.

Galloping to Give was back to offer a fabulous selection of corporate event ideas and BoHo & Rose had wonderful new scented hand-poured soy

wax candles, melts and tablets on offer with some gorgeous gift ideas for Mother's Day!

The Little Lime Design Company had some beautiful spring inspired glass designs as did Florals in Equilibrium while Walker Smith and TooTees Creations also had a great array of new gift

Boxford's own resident artist, Elizabeth Martland DeAlwis also had some beautiful paintings and prints on show with a lovely array of cards inspired by her latest artwork.

A great morning was had by both sellers and buyers. We look forward to welcoming everyone back again on 27th March from 10am-1pm for our next Boxford Market with some other new stall holders also joining us. We'll have fresh flowers, plants, fruit, vegetables and Boxford's own Number Eighteen Honey joining in just as soon as the season permits.

THE BUTCHER'S WIFE

When the mini-Leeders were toddlers, I started doing them an Easter egg hunt - hiding eggs all around the house and garden. To make it fair, they each had an allocated colour of eggs to find and they would spend ages searching for them, it was the easiest way to keep them occupied.



As they got older (and smarter), it progressed to a treasure hunt with rhyming clues and now it's a full-on hunt with cryptic clues that takes me about five days to set up (okay that's an exaggeration but it feels like five days). It's a family tradition that they love and every year I regret starting. Trying to think of about 30 cryptic clues (10 each) where the answer is a new hiding place makes my head hurt. I've decided we need to move so I can find some new hiding places.

Apart from the stress of the Leeder Easter egg hunt extravaganza, Easter has to be one of my favourite holidays. It's like a mini-Christmas without all the wrapping and it's perfectly acceptable to eat chocolate all day. Not to mention warm hot cross buns with melted butter! We always have a big roast dinner for our Easter lunch. The butcher is in charge of the meat (obviously) and the Yorkshire puddings (mine come out like pancakes, his are the size of my head) and I sort out the rest.

Roast dinners are one of the few meals I can cook where everyone in our house is happy, but prep time and resulting washing up means that they are consigned to just weekend treats only. During the week, I need something easy and reasonably quick to cook and a tray bake is always a firm favourite. Not only is this recipe delicious, it's a super easy, chuck-it-all-in kind of dinner which means you've got extra time to think of Easter egg hiding places!



Chicken & Chorizo Tray Bake

Ingredients

- 8 fresh, free-range chicken portions with skin on drumsticks, thigh, breast
- 100g diced chorizo
- 2 red onions, cut into quarters
- 2 red peppers, seeds removed, cut into quarters
- 4 garlic cloves, bashed
- 2 sprigs of fresh rosemary
- 2 tbsp of olive oil
- 1 tsp of sea salt flakes
- · Pinch of black pepper

Method

- 1. Pre-heat the oven to 180°C (Gas mark 4). Put the diced chorizo, onion, peppers, garlic and rosemary in a large roasting tin (if you don't have a large roasting tin, you can split the ingredients over two tins).
- Place the chicken portions on top, skin-side up (so that the skin will crisp up when roasting) and drizzle with the olive oil. For extra crispiness, rub the oil into the skin.
- Scatter the salt and pepper over the chicken and roast for 1 hour and the skin is golden brown (ensure that the chicken is cooked through and isn't pink in the middle).
- Serve with fresh vegetables.

The added bonus of this recipe is that almost all of the ingredients can be bought from A Leeder Butchers!

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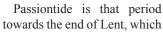


THE APRIL LETTER FROM FATHER ROB

We are a Resurrection People and Alleluia is our Song!

Dear Friends.

At the time of writing we are in the middle of Lent, preparing for Passiontide. We are also witnessing the most appalling aggression being perpetrated by the Russian state in Ukraine. And yet, amidst all this we are looking forward to Easter; to celebrating Jesus' resurrection and all that comes with it (the promise of forgiveness, heaven etc). So, how do we reconcile these?



(Ecclesiastes 1:9)

concludes with Holy Week, when we prepare to walk the path towards Jesus' passion and death. Our readings and services begin to focus on the tragedy of Jesus being betrayed, falsely accused, tortured and murdered. As such Jesus represents for us every person or nation that has to experience the same kind of treatment. As King Solomon stated; sadly, 'there is nothing new under the sun!'

But, by the time you read this we will also be very close to celebrating Easter. Sometimes people ask why we spend so much time and energy on Passiontide and Holy Week? Why don't we just skip the uncomfortable bits and go straight to Easter Day? Well, Christianity doesn't give us a get out of jail free card so that we can avoid the difficult bits of life. Christianity doesn't even promise us an easy life – far from it. Christianity gives us the tools to face up to the difficult bits with courage and resilience – just ask the faithful and courageous people of Ukraine!

Jesus' resurrection is clearly transformative for the disciples. As the resurrected Jesus appears to them at the grave-side, on the country road and in the upper room, he clearly moves them to a whole new understanding of the world and its relationship with eternity. So much so that all of them would later on rather be executed than deny this fact (why would they do that if they weren't convinced by what they had seen?). But the resurrection would not have been nearly so transformative for them, had they first not experienced the fear and anguish of the crucifixion. The same is true for us. Sometimes we have to endure the pain in order to experience new life. Our liturgy through Holy Week and Easter seeks to draw us into that same reality.

When I was serving a church on the edge of a large shanty town in South Africa, I was fortunate enough to make many good friends. Amidst some of the cruellest poverty and inequality imaginable, there was something remarkable about everyone's hope and positivity. Some of these beautiful people were living under indescribable hardships and in the most appalling conditions. So much heartache and pain. And yet it was rare to meet an individual who was sceptical about life. When I asked one of them where their wonderful outlook came from, they were simply puzzled. "What do you mean?" they said. "Jesus gives us our hope. His resurrection is our joy. He shows us that there is so much to be thankful for in every situation. He died so that we might live. It would be a dishonour to him not to rejoice, always!"

The scepticism and cynicism of the Western world can make us apathetic or even aggressive towards the notion of faith, which is ironic considering the extreme levels of comfort so many of us are blessed with in comparison to people living in other parts of the world – one would think we'd be ever more grateful to God for that.

To live under the blessing of resurrection is the greatest gift we

know. Like a fine pair of spectacles, the resurrection transforms everything we see. But to live under the resurrection does not mean that we get to avoid the dark or difficult bits of life. No, the resurrection instead gives us hope during those dark times safe in the knowledge that God is with us. Our world is already filled with enough negativity, scepticism and distrust – our faith in the resurrected Jesus offers a much-needed challenge to all that. As Christians we have a different outlook to bring to bear and it is one that can transform the world around us. The greatest gift we have to offer the world is resurrection joy. This is what we see galvanising the people of Ukraine and this is what I see in the faces of the people I meet in the shanty towns of South Africa. If we let it, it is a joy that radiates from us and illumines everything around us. Because we know that Jesus did not die in vain, but instead that we are being caught up in the winds of an eternally glorious future.

We are a resurrection people and alleluia is our song!

Fr Rol

rparkermcgee@gmail.com

Tel: 01787 210434

JOIN US ON 27TH MARCH AT 9.30AM FOR

MOTHERING SUNDAY! ST MARY'S, BOXFORD

Collect a posy or light a candle if your Mother is no longer with us.



May all Mothers be blessed on this special day

CHURCH CLEANS

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Saturday, 16th April, St Mary's Boxford

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SERVICE SCHEDULE FOR APRIL 2022



Sunday 3 rd April Lent 5 – Passiontide Begins	9:30	Sunday Eucharist	St Lawrence's, Lt Waldingfield	
	11:00	Sunday Eucharist	St Mary's, Boxford	
	11:00	Forest Church (Wrap up & let's get muddy!)	Rectory Woodland*	
	16:00	Evening Service	St Bartholomew's, Groton	
Wednesday 6th April	10:00	Midweek Communion	Mary's House, Boxford	
	17:00	Christian Meditation (Evening Prayer)	St Mary's, Boxford	
Sunday 10 th April Palm Sunday	09:45	Palm Sunday Procession	St Mary the Virgin, Edwardstone (Starting at the Temple Bar)	
	18:30	Palm Sunday Liturgy	St Mary's, Boxford	
Monday 11 th April Monday of Holy Week	9:00	Morning Prayer and Holy Eucharist	St Lawrence's, Lt Waldingfield	
	19:00	Holy Eucharist and Compline	St Bartholomew's, Groton	
Tuesday 12 th April Tuesday of Holy Week	9:00	Morning Prayer and Holy Eucharist	St Mary the Virgin, Edwardstone	
	19:00	Holy Eucharist and Compline	St Mary's, Boxford	
Wednesday 13 th April Wednesday of Holy Week	9:30	Morning Prayer and Holy Eucharist	Mary's House, Boxford	
	19:00	Holy Eucharist and Compline	All Saints', Newton	
Thursday 14th April Maundy Thursday	11:00	Maundy Thursday Chrism Eucharist	St Edmundsbury Cathedral	
	19:00	Maundy Thursday Liturgy and Prayer Vigil	St Bartholomew's, Groton	
	19:00	Maundy Thursday Liturgy and Prayer Vigil	St Mary's, Boxford	
Friday 15 th April Good Friday	10:00	All-Age Service of the Cross	St Lawrence's, Little Waldingfield	
	10:00	Good Friday Workshop (primary-aged children)	St Mary's, Boxford	
	14:00	The Liturgy of Good Friday / Final Communion	St Mary's, Boxford	
Sunday 17th April Easter Day	05:45	Easter Day Dawn Vigil	St Bartholomew's, Groton	
	09:30	Easter Day Family Vigil	St Mary the Virgin, Edwardstone	
	09:30	Easter Day Family Vigil	St Lawrence's, Lt Waldingfield	
	11:00	Easter Day Family Vigil	All Saint's, Newton	
	11:00	Easter Day Family Vigil and Easter Egg Hunt	St Mary's, Boxford	
Wednesday 20th April	10:00	Midweek Communion	Mary's House, Boxford	
Sunday 24th April Easter 2	09:30	Intergenerational Family Service	St Mary's, Boxford	
	11:00	Sunday Eucharist	All Saint's, Newton	
Wednesday 27th And	10:00	Midweek Communion	Mary's House, Boxford	
Wednesday 27th April	17:00	Christian Meditation (Evening Prayer)	St Mary's, Boxford	

^{*} In Church if raining

You can also follow our live streamed services and obtain service material from the following links:

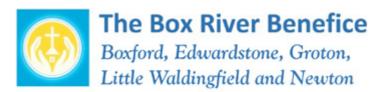
www.facebook.com/boxriverbenefice

www.boxriverbenefice.com/resources-to-use-at-home

IMPORTANT NOTICE:

All our churches across the Benefice are now **OPEN EVERYDAY** for Private Prayer.

If you need support please call Fr. Rob on 01787 210434 or email rparkermcgee@gmail.com or boxriverbenefice@gmail.com or <a href="mailto:boxriverbenefice@gmailto:boxriverb



DATES FOR YOUR DIARY

Sunday 27th March 9:30am Mothering Sunday, St Mary's Boxford

Wednesday 30th March Lent Lunch, The Rectory, Boxford Tuesday 5th April, 10am Open for Coffee, Mary's House Wednesday 6th April, 12-2pm Lent Lunch, The Parish Room, Little Waldingfield

Saturday 9th April, 10am-2pm Church Clean, All Saints' Newton Saturday 9th April, 9am-1pm Coffee Morning, St Mary's Boxford Tuesday 12th April, 10am Open for Coffee, Mary's House Saturday 16th April, 9am-1pm Big Church Clean Coffee Morning, St Mary's Boxford

Tuesday 19th April, 10am *Open for Coffee*, Mary's House Tuesday 26th April, 10am *Open for Coffee*, Mary's House Saturday 30th April, 2pm *Wedding*, St Bartholomew's Groton

Bring and Share Foodbank

'Take what you need, leave what you can' The need for donations to our Foodbank continues to grow, if you are alone or a family in need, please visit the Foodbank in the north porch of St Mary's Boxford for non-perishable goods. All donations gratefully received, thank you.



Ukraine Donations

We have set up collection points in St Mary's Boxford, St Lawrence's Lt Waldingfield and All Saints' Newton. All donated items will be distributed to charities working with refugees. Thank you for all your donations.



The following items are needed:

Wound dressings (plasters, bandages, surgical tape etc.), pain killers, antiseptics, multi-vitamins, female sanitary products, everyday toiletries (toothbrushes, toothpaste, soap etc.) nappies, wet wipes, sleeping bags, blankets

Our Bishop has teamed up with World Vision for his Lent appeal in support of the Ukrainian Crisis, if you would like to donate, please use this link: https://bit.ly/ukraine-crisis-appeal.





WEDNESDAY 6th APRIL 12.00 - 2.00pm

> LITTLE WALDINGFIELD The Parish Room

All welcome!
Suggested donation £5 per head
Proceeds to charity





GROTON VILLAGE HALL MANAGEMENT COMMITTEE PRESENTS





QUIZ AND CURRY EVENING

Groton Village Hall

On Friday 8th April 2022 7.30 for 7.45 Start

£12.50 per head (entry plus choice of curry & dessert)

Teams of four

B.Y.O. Bar

Raffle

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

SESAW EASTER FAIR

We're back at the Old School, Long Melford, CO10 9DX on Sunday 3rd April Open 10am to 3pm.

Gifts, Glass, Crafts, Bargains, Tombola, Raffle, homemade cakes & snacks. Proceeds to SESAW: www.sesaw.co.uk

GREAT ACTON BOOK SALE

Saturday 23rd April in All Saints Church, Acton, near Sudbury. CO10 0BA 10:00 - 2pm Free Entry.

1000s of books at bargain prices. Popular Fiction, Classics, Nonfiction, War, History, Biography, Hobbies, Childrens. Contactless and card payments accepted. All profits to Acton church.

THE LAVENHAM SINFONIA

Your local orchestra, the Lavenham Sinfonia, are back and will be presenting their first concert of 2022 on Sunday 24th April at 7pm.

This will be a concert of string music ranging from 1700s London (by Henry Purcell) through to 2015 with contemporary Latvian composer Peteris Vasks' highly emotional Musica Serena, and taking in Elgar, Holst and Gerald Finzi on the way.

Set in the fabulous Church of St. Peter and St. Paul in Lavenham this promises to be a heart-warming evening of beautiful music. The Sinfonia will be joined by local musician Thomas Duchan as guest director for the first time, and will be led as usual by local violinist Greg Eaton.

Get tickets from www.ticketsource.co.uk/lavenham-sinfonia or in person on the door, the Lavenham Guildhall and the Lavenham Visitor Point in Lady Street.

The Lavenham Sinfonia exists to provide high quality live music locally – no need to travel far to hear amazing sounds!

The Chairman of Boxford Parish Council invites all residents to the

ANNUAL PARISH MEETING

Tuesday 24th May 2022 at

7.30 for 7.45 p.m. start in Boxford Village Hall

VILLAGE ORGANISATIONS ARE INVITED TO ATTEND AND GIVE REPORTS

Please come along and hear from Village organisations and Councillors who all work hard to keep Boxford such a vibrant community. All are encouraged to attend and contribute.

Tea & Coffee will be served at 7.30 p.m.

The May Parish Council Meeting will follow.

The May Bank Holiday Walk STRIDE OUT FOR SHELLEY

RDA

Starting from the Shelley Centre for Therapeutic Riding (IP7 5QY) any time after 10.00 on Sunday 1st May

Please join us for this walk in the Brett valley. Bring the whole family, plus well-behaved dogs. Register and get the map on the day: £5 per head. Children under 16 free. Refreshments on your return.

There is ample parking at The Centre.

POLSTEAD GARDENING CLUB

Next meeting Tuesday 19th April at 7pm at Polstead Village Hall, CO6 5AL. Women of Influence in Gardening with Frances Mount



Frances will explore the history of gardening, from the perspective of the key women who help shape and build the gardens we

Members free, non-members welcome (£5).

POLSTEAD FILM NIGHT

POLSTEAD VILLAGE HALL

Friday 22nd April - Doors open 7pm THE ELECTRICAL LIFE OF LOUIS WAIN Starring: Benedict Cumberbatch, Claire Foy,

Toby Jones

The extraordinary true story of eccentric British artist Louis Wain. Tickets £4.50 each

To reserve email: polsteadfilms@gmail.com Or buy in advance at Polstead Community Shop Wine, ice cream, tea, coffee All proceeds in aid of Polstead Village Hall

BXFORD GARDENING SOCIETY

KRISTOPHER HARPER

English Victorian Fuchsia Growing & Showing, with a modern Revival



Tuesday 5th April 7.30pm at Boxford Village Hall



Fleece Jazz at

Stoke-by-Nayland Hotel presents

Elaine Delmar and her Trio

Wednesday 13th April 2022 8pm - Tickets: £22/£18*



Long-established as a singer of the very highest calibre, Elaine Delmar's voice has captivated audiences the world over.

> Elaine Delmar - Vocals Barry Green - Piano Simon Thorpe - Bass Bobby Worth - Drums

Julian Costello Quartet: Connections

Wednesday 27th April 2022 8pm - Tickets: £18/£14*



Julian's playing has a sense of graceful lyricism which is beautifully structured

> Julian Costello - Saxes Maciek Pysz - Guitar Dave Jones - Bass Eric Ford - Drums

Stoke by Nayland Hotel, Keepers Lane, Leavenheath CO6 4PZ Ample parking; fully accessible. Directions: www.fleecejazz.org.uk Tickets: 01787 211865 or via WeGotTickets (booking fee applies); or on the door (cash or cheque only; sorry no debit/credit cards) *Friends of Fleece Jazz discount

SPECIAL OFFER: A double room at the hotel (01206 262836) with breakfast + 2 tickets from £109! (subject to availability)

BOXFORD FRIENDSHIP GROUP

JOIN US at our first meeting on Monday 25th April for some fun and companionship

2pm - 4pm Playing Fields Pavilion, Boxford



£3 entry Coffee/tea and Cake included

For more info call Wendy Hills 210342 or Alison Warren 211067



Little Waldingfield Quiz Time

WE ARE BACK!

Come and enjoy an evening of quizy fun in Little Waldingfield Parish Room

April 9th 2022

7.30pm

Teams of four at £10 per person including a two course

supper and nibbles

BYOB

Tickets from Sue Bowen sd.bowen@btopenworld.com 01787-249473

OPEN GARDENS

Sunday 12 June 2022

11am to 5pm

Admission £5 per Adult

Includes programme with map from Parish Room, Church Road

Children under 16 Free

Refreshments
Plant and Produce Stalls
Parking on Playing Fields

Proceeds go to our St. Lawrence Church



LITTLE WALDINGFIELD OPEN GARDENS

Sunday 12th June, 11am - 5pm

Calling all gardeners! We are really looking forward to being able to open our gardens again, and welcoming visitors to our friendly village. Proceeds will benefit our beautiful St. Lawrence church. Please see our advertisement for further details.

If you have opened your garden in the past, you will know what a wonderful experience it is. Many thanks to the people who have already agreed to open their gardens. For those of you in the village who'd like to join us, please give me a call on **(01787) 248239**, or email me on Frances_g_s@yahoo.co.uk. I look forward to hearing from you.

Fran Gregor-Smith

BOXFORD DRAMA GROUP

Boxford Drama Group will be presenting The Farndale Avenue Housing Estate Townswomen's Guild Society's Production of A Christmas Carol from Thursday 16th to Saturday 18th June at the village hall. This will be BDG's fourth production featuring the wonderfully inept Townswomen's Guild for whom their plays simply won't go right! This time the ladies stage Dickens' "A Christmas Carol" in the middle of summer, and a right Dickens of a comedy they make of it as lines get forgotten - or just misplaced - the wrong props appear, sound effects often produce anything other than the correct sound, the set is likely to malfunction at any moment, and yet those game ladies of the Guild battle on to the final curtain. What can go wrong? There will be more information about tickets and this chaotic comedy in next month's issue.











CALLING ALL CRAFTERS!

We are hoping to hold an ARTS & CRAFTS exhibition in MARY'S HOUSE over the JUBILEE WEEKEND.

Please get in touch if you would like to exhibit your talents - it is always interesting and inspiring to be able to see what many people do in their spare time. Please contact Alison 211067 or Pauline 210360

BOXFORD'S JUBILEE EVENTS

THE QUEEN'S PLATINUM JUBILEE WEEKEND Thursday 2nd June – Sunday 5th June 2022

Programme of Boxford events so far:

THURSDAY 2nd JUNE BANK HOLIDAY

7:00pm – Live Music in The White Hart Car Park until late

9:09pm – Piper plays 'Diu Regnare [Long to Reign]' (National Event)

9:15pm – Lighting of the Village Beacon (National Event)

FRIDAY 3rd JUNE BANK HOLIDAY

10:00am - 4:00pm – Arts and Crafts Exhibition (Mary's House)

SATURDAY 4th JUNE

10:00am – 4:00pm – Arts and Crafts Exhibition (Mary's House)

11:00am - 4:00pm - Boxford Gardens Open

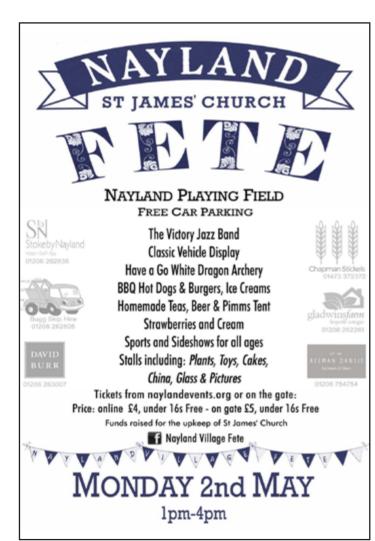
4:00pm – The Keld Ensemble Concert (St. Mary's Church)

SUNDAY 5th JUNE

12:00pm - 4:00pm THE BIG JUBILEE LUNCH (National Event)

Bring a picnic up to the Playing Fields where there will be live music, a beer tent and games for a community get-together.

12:00pm – 5:00pm – Arts and Crafts Exhibition (Mary's House) 4:30pm – Special Evensong (St. Mary's church)





1st BOXFORD GUIDES

Here at 1st Boxford Guides we pride ourselves in giving girls an opportunity to try new things. You'll never be stuck for something to do in Guides. Whether you want to dedicate your time to exploring the outdoors, really focus on your hob-



bies, or challenge yourself with something new, you'll find something at Guides that suits you. We encourage a range of girls to come to Guides - they won't be your average friends. They'll be the girls who want to go on adventures with you, who encourage you to try new things and who celebrate when you've pushed yourself to achieve something special. Some members of 1st Boxford Guides said that they think Guides allows them to 'show off their creativity' and 'develop their leadership skills'

On the 4th April, 1st Boxford Guides would like to invite all girls from ages 10-14, to join us for an evening of Easter fun at Boxford Spinney (1 Fen Street, CO10 5HL).

All we ask is for an email to boxfordguides@gmail.com if you would like to join us on this evening or have any questions, and we will send you all the information you need. Tell all your friends!

We look forward to seeing everyone!

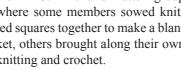
BOXFORD WIUPDATE

Our speaker for the March meeting was Lucy Lewis who was the first woman to become a Bomb Disposal Officer. She gave a highly amusing account of her experiences at INSPIRING WOMEN Sandhurst and later at Bomb Disposal train-



ing. She is now the University Marshall at Cambridge University.

During March the WI also held their first knit and natter group where some members sowed knitted squares together to make a blanket, others brought along their own knitting and crochet.



Other interest groups within the WI are:

Dining Divas (lunch group) Book Club (reading group)

Woman who wander (walking group) New members are always welcome, so if you are interested in

joining please contact our secretary. Annie Phillips, Secretary, Boxford WI

01787 211729 annie-phillips@hotmail.co.uk

AFTERNOON TEA THRIFTY CHINA RENTAL



MIXED BONE CHINA PLACE SETTINGS WITH TIERED CAKE PLATES ETC £10.00 PLUS £10 REFUNDABLE DEPOSIT Interested?

Contact Jan Devey 01473 827 091 deveys@btinternet.com

All proceeds to local charities via the Hadleigh Thrift Shop

DESIGN YOUR GARDEN

Angela Tolputt of Zinnia Garden Design offers us some Spring design tips for the garden.

Spring is a great time to take a cold hard look at your garden and to decide on either some amendments or even a radical overhaul. A wishlist is a good place to start, but it needs to be prioritised with your budget in mind. Here's a list of my clients' most requested features:-

A dining area for a table, chairs and a barbecue. Think about where you want to sit – close to the house and kitchen is always good but not necessarily if the back of your house faces North. A better place would be in the middle or at the bottom of the garden with a good path leading to it.

A West-facing location is great to take advantage of the setting sun by adding a lounging area with firepit. Sometimes a dining and lounging area can be separate if space allows but often a multi-purpose area is just as good, although the outdoor furniture in this case needs careful thought.

Shade structures are always a sought-after feature. If you prefer a pergola, you can have a traditional timber structure with crossbeams - great for growing Wisteria or rambling roses, although you'll need to wait the climbers grow up over the top before your shade is supplied. Alternatively, contemporary metal pergolas are becoming very popular - they have louvered roofs that can be adjusted according to the amount of shade required. These aren't suitable for climbing plants however. Shade sails are another option but you'll need to have very sturdy supporting posts installed to withstand our often windy weather.

Water features can add wonderful movement and sound to a garden scene. There are many and varied water features and the type and size are really a matter of personal taste. Recirculating features with water reservoirs work well but they are best located next to a seating area to be fully appreciated and need a source of power for

Lighting your garden, if done thoughtfully and subtly, can give your garden an extra dimension at night in all seasons. Spike spotlights are useful - they can be positioned to uplight interesting trees and architectural plants and grasses.

Once you've decided on the features you would like in your garden, it's time to think about the look and feel you would like your outdoor space to have. If your interior is contemporary then you may want a contemporary garden, the design for which would probably be based on squares, rectangles and straight lines. Good paving for contemporary gardens is porcelain and grey is very on trend at the moment. If you want a more informal, cottagey feel then you may opt for mellow-coloured sandstone or limestone and the design is commonly based on circles and curves.

Traditional Design

Contemporary Design



The two designs shown here were proposed for the same garden Which one would you have chosen?

So what about the plants? Whilst it's important to choose plants that you like, it's equally important to choose plants that will thrive in the different aspects of your garden - sun, shade and dry-shade which is particularly difficult. The wrong plant in the wrong place will not thrive. The following are some examples of my favourite reliable plants for different aspects:-

Penstemon 'Andenken an Friedrich Hahn' - a deep pink penstemon which will make a sizeable clump in a sunny area and will flower all summer if dead-headed

Salvia nemorosa 'Caradonna' - a blue salvia with black stems which doesn't need staking and looks great planted en masse in a sunny area. Loved by bees.

Geranium 'Rozanne' - a hardy geranium for sun or shade which flowers continuously from June to November

Geum 'Totally Tangerine' - starts flowering in May before many other perennials have got going. Orange flowers on tall stems above foliage which stay evergreen through winter. Enjoys as sunny spot and the bees love it

Anemanthele lessoniana - a beautiful evergreen grass which makes a large clump in sun or part shade. It turns shades of red, orange and vellow in autumn

Verbena bonariensis - small lavender-purple flowers on top of narrow but sturdy stems make this plant great for all parts of a sunny border. It associates well with grasses and is loved by butterflies

Brunnera macrophylla 'Jack Frost' - lovely ground cover for shade and also dry shade. Large heart-shaped leaves with silver markings and blue forget-me-not like flowers in spring

Tellima grandiflora – from evergreen leaves are produced spikes of tiny bell-shaped flowers in spring. Makes good groundcover in shade and looks fabulous with hostas and ferns

If you need help designing your garden, contact Angela Tolputt, Zinnia Garden Design www.zinniadesign.co.uk on 07974 375254 or 01787 212264

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READERS' LETTERS

Derek Butler

Many people will have been saddened to hear of the death of Boxford's Derek Butler who was a muchloved larger than life character in the village. Derek loved performing with the Boxford Drama Group and his hilarious appearances in the yearly Christmas



Pantomimes were always eagerly anticipated by all.

Everyone who knew Derek will be keen to pay their respects. Derek left quite detailed instructions for his send-off, one of which was that he didn't want a funeral as such as he didn't want people to be sad, but would love for people to wave him off from his home in Homefield, Boxford.

Anyone wishing to do so on Tuesday April 12th should make their way to Homefield for 12:15pm to follow the procession down Swan Street to the village hall where there will be a celebration of his life. Donations made in Derek's memory will be going towards the upkeep of the Groton Croft where he enjoyed walking his dogs. Our thoughts are with Di and family.

Dear Editor,

It was fascinating to read Chloris's article about mulberry trees ('Here We Go Round the Mulberry Bush') on page 34 of the March BRN. It was enhanced by the photographs being in colour in both the print and online editions, and the picture of a mulberrystained hand provided an additional meaning to the idiom 'caught red-handed'.



I must, though, take issue with Chloris's comment that John Winthrop (who is commemorated in the east window of Groton church) "presumably... went [to New England] for financial reasons, as well as for the freedom to practise his joyless Puritanism and persecute those who didn't come up to his harsh standards."

I doubt that Winthrop's direct descendants (who still visit Groton regularly) would recognise this distorted view of his 'great commission'. It is noteworthy that these words from his shipboard sermon to the company of pilgrims on the Arbella, while en route to America in 1630, have been oft-quoted down the years, including in speeches by US presidents John F Kennedy, Ronald Reagan and Barack Obama: "Consider that we shall be as a City upon a Hill, the eyes of all people are upon us."

Yours sincerely, David Lamming Dear Editor,

I would like to say thank you and well done to whoever put the 'twinned with Ukraine' notice underneath Newton Green's sign showing solidarity with the poor Ukrainian victims of Russia's terrible invasion. I would implore them not to be disillusioned by the subsequent defacing of it, presumably by a couple of bored cowards who think it hilarious to deface things with messages of hatred. Please know that the original sign well reflected the views of the rest of us and was widely praised by many people I talked

A related issue - I would also like to add that I am slightly concerned to see so many people rushing to donate physical items to unofficial collection points. Whilst the sentiment is well-meaning, many of the items will not end up in the arms of those that need it, apparently much fails to pass through multiple barriers of bureaucracy at country borders, with the rest taken by light fingers at each stage in the journey. Unsolicited donations of goods can even obstruct official supply chains, causing more problems than they're intended to solve.

Instead I would suggest that anyone wishing to support the Ukrainian people do so by donating money to official charities such as DEC - The Disasters Emergency Committee.

Many Thanks, Lesley Bowman

Editor's note - Box River Benefice churches are collecting specific items on behalf of the Disasters Emergency Committee. Please see P13 for more details.

ANNE ROBSON HELPLINE

Introducing the Anne Robson Helpline - if you or someone close to you is dying, you can talk to us.

At the Anne Robson Trust we aim to be there to listen to anyone who is struggling with the imminent death of someone they care about. We know that facing the end of life can leave you isolated and alone.

Calls are free and confidential - Call us on 0808 801 0688

Being able to access support whilst a loved one is dying is really important for a number of reasons. Gaining knowledge of what may happen towards the end and having a sense of 'preparedness' helps both the person dying and their family gain as much control as possible.

Please visit www.annerobsontrust.org.uk/helpline-service to find out more.

time to | FREE NATIONAL HELPLINE Talk | 0808 801 0688



BRAND NEW GARDEN CENTRE AT PERRYWOOD SUDBURY

In June 2021, we were awarded planning permission to build an inspirational new garden centre at our Newton Road site You



may have seen that we have been clear- SUDBURY ing the derelict plant production nursery

in preparation for building work to commence later this year. In other areas we have been planting trees and hedges, and building wildlife habitats including a bat maternity roost and a reptile hibernaculum (or hotel!).



The new development will offer a fabulous range of facilities, including a new restaurant, event spaces and leisure opportunities for local people to enjoy. The new building will be located just to the east of our existing garden centre, in a stunning landscaped environment with many new plants, trees, and wildlife areas.

As a family-run business, we know the importance of community. We look forward to growing Perrywood Sudbury to create a special place among the plants that our customers, our team and local people will enjoy.

Our mission at Perrywood is to offer a memorable garden centre shopping experience, delivering amazing 'wow' customer service and giving employees, customers and the wider community as a whole a reason to smile. Much to our disappointment, the current garden centre building isn't of the high standard our customers and team would normally expect from us, so we are therefore heavily investing in this site to build an inspirational garden centre similar to what we have already achieved at our hugely popular Tiptree

In line with our vision and values; our brand new centre at Perrywood Sudbury will:

- · Be a modern purpose-built garden centre where we can look after our customers and inspire more people to bring plants into their lives.
- Improve the site to be the best it can be with a fabulous range of facilities including an exciting new restaurant.
- Create a space where our team enjoy coming to work, with new job opportunities for local people.
- Put Perrywood Sudbury at the heart of the local community.
- Teach visitors about and protect the sites' flora and fauna.

We hope to open the new garden centre in 2023. We are very much looking forward to getting started and sharing updates as we progress over the coming months. Be the first to hear what's going on by signing up to our newsletter at www.perrywoodsudbury.co.uk

In the meantime, please do call in and see us at Perrywood Sudbury.











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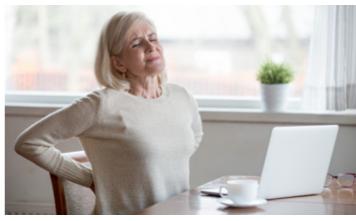
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BALANCE AWAY YOUR BACK PAIN

80% of my clinical time in London and Suffolk is spent treating low back and neck pain.

Research tells us that 4 out of 5 adults will experience low back pain at some time in their lives. Whilst I focus on, and treat the cause of pain, I find the addition of exercises (including simple balancing exercises), can go a long way to help improve overall health. Balancing exercises work your core muscles, lower back and legs.



When low back pain strikes, the first thing we do is alter our posture. We usually adopt what's called an antalgic posture or gait, meaning our posture and physical movements are affected and altered by pain. This posture can be worsened, or become more permanent, if the muscles supporting our spine, hips and legs are weak or under developed and our balancing skills are not good.

Why are good balance skills important?

- They help to improve coordination, reduce the risk of injury and falls, increase strength and allow you to move more steadily and freely.
- They help make everyday tasks easier and helps reduce pain by enhancing your stability, mobility, and flexibility.
- Focusing on your balance whilst performing a cognitive exercise (such as counting backwards from 100 in 3s) can also improve your mental agility.

Begin with simple balancing exercises:

You can modify the exercises to increase or decrease the challenge. Once you feel ready to move on there are plenty of exercises available online.

When confident with the exercises, try doing them with one or both eyes closed and count backwards, recite a poem, or give yourself a mental exercise that challenges your brain at the same time.

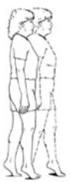
1. Toothbrushing challenge

Whilst brushing your teeth:

- Raise one leg and hold for 20 seconds, repeat on the other for 20 seconds
- Hold yourself upright and hold onto the basin if required.

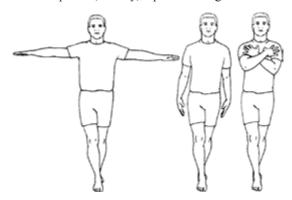
2. Walk on your heels then walk on your toes





3. Tightrope walk

- Draw a chalk line or follow a line on the floor.
- Hold your arms out wide to the side if unsteady.
- Look ahead and walk on the line without stepping off to the side
- Walk at least 15 steps.
- Turn and repeat or, if easy, repeat walking backwards.



4. Heel-toe tightrope walking

- · Repeat the above, but make it harder by walking 'heel to toe'.
- Move slowly and with control.
- Continue for 5 to 20 steps

5. Stand on one leg - "Rock the boat" or "Flamingo"

- Stand upright with your feet hip-width apart.
- Press your weight into both feet, firmly and evenly.
- · Move your weight onto your left foot.
- Raise the right leg straight out to the side, to 'Rock the Boat'.
- Or bend the knee and raise knee keeping leg by your side for 'Flamingo'.
- Try to maintain your upright posture and not lean forward, backwards or to one side by engaging your core and buttock muscles.
- Aim to hold for up to 30 seconds. Repeat each side three times.

5. Rock the boat with resistance band

- Put a resistance band around your lower thighs or lower calves.
- Use a chair or wall for support.
- Stand upright, look ahead, engage core and buttocks.
- Using the resistance of the band, slowly raise the leg out to the side a small distance and remain upright (no leaning).
- Hold for 3 -10 seconds, then slowly return the leg to your side but keep weight through the standing leg. Repeat 10 times on each leg.
- Ensure you feel the stabilising tension in the buttock muscle of the leg you are standing on.

Balance exercises are incredibly rewarding as you can improve and master the skill quite quickly. Pilates, Yoga, Tai Chi and Qi Gong are just a few great ways to master the skill. Alternatively, if you want to start with something 'super-simple' - just remember to brush your teeth standing on one leg!

This article is not intended for therapeutic advice. Always consult your health practitioner if you have an injury.

23

Elaine Everitt,
BSc(Hons) DO LicAc MBMAS GOSC MCPP MNIMH
Osteopath . Acupuncturist . Medical Herbalist
Pippettes Farm, Stone Street, Boxford.
07587 743 850

BRIAN TORA'S SOAP BOX

It is impossible not to be moved by the harrowing images coming out of Ukraine as the Russian invasion progresses. The humanitarian cost of this conflict is truly terrible. Unfortunately, there is a financial and economic price to be paid too. Clearly, the Ukrainian people will be hard hit, while the Russian nation and its people will be suffering as sanctions bite ever harder into their economic wellbeing. With the Russian currency under severe pressure following the Kremlin's actions and more and more Western companies withdrawing from the country, the contraction in the economy will be major.

But the rest of the world is now having to cope with rapidly escalating fuel and energy costs. It is not just oil and gas that is going up in price. Wheat has experienced a big jump, reflecting the potential loss of production from Ukraine, which has often been referred to as the bread basket of the world. Russia is also a significant exporter, so the loss to wheat production could be massive, which in turn will lead to severe hardship in the poorer nations of the world.

The trouble is that many of the price rises we are seeing as a result of this war will have a knock-on effect elsewhere amongst manufactured goods. Some metals, like nickel of which Russia is a big producer, have seen sharp increases as users attempt to stockpile supplies as a protection against delivery disruption in the future. Many items require a significant energy input for their manufacture, while transportation costs, already higher because of Covid, look set to increase further. It all adds up to massive upward pressure on the cost of living all over the world.

In the end we will all be paying for Putin's gamble on establishing a greater Russian empire. We can only hope that the Russian people see through his lies and disinformation and remove him as their leader. Given the Kremlin's tight grip on the media and with his popularity amongst the general public apparently rising as a

consequence of this "special military operation", I am not holding my breath, though the bravery of that female journalist who interrupted a live television news broadcast brandishing a banner denouncing the war shows not all believe what they are being told.

In the meantime, there is a huge humanitarian crisis unfolding which will require a considerable effort from the West to contain. So far the response has been remarkable, with vast sums donated and many giving up their time to help. And the offer of accommodation all over Europe shows the extent of the sympathy felt for the people of Ukraine displaced by the conflict. The fact that this huge surge of refugees is taking place on Europe's doorstep makes it all feel that little bit more personal.

While I do not know any Ukrainians in this country, it happens that I know several in the Algarve. Apparently, Portugal has quite a significant Ukrainian population, though they mainly live in the north of the country. In the western Algarve, where we are fortunate enough to own a house, one of the most successful local restaurants is owned and run by a Ukrainian called Vladimir - or Vlad for short. He was married some years ago in our local church to another Ukrainian, with the service being conducted according to the Orthodox Church. There was a lot of chanting, as I recall.

Another restaurant close to our house is run by a couple - him Portuguese, her Ukrainian, though she's lived in the Algarve for many years. But the saddest story I heard comes from a Ukrainian friend from London who we met in the Algarve last year as she was trying to find a house to buy. She had returned to Ukraine before Christmas to visit her mother who suffered from dementia and was in a care home. We contacted her after hostilities commenced to be told her mother was sheltering with the other inhabitants of the home in a cold basement. This is a sad business indeed.

Brian Tora

FRENCH'S CARE HAVEN

Hello to our readers. This month's news comes with a mixed bag of ups and downs, as it has been a very trying month for me and my helpers.

The storms created chaos up at the farm with fencing being blown down and the donkeys' large shelter being ripped off the ground and blown over into the trees. From my call for help previously in the BRN we



Our Donkey shelter in ruins after the storm

have had two locals Alan and Steve contact me to say they would help one morning a week in their spare time, which was good news. They are both now starting the rebuild of the donkeys' shelter, as that is now a priority over the shed. We just need to raise the money needed for the repairs, as there was a lot of damage. If you have a spare pound or more you can donate that would be wonderful, either go to our website or contact me, details are below. I know our donkeys would be grateful for your help in getting their shelter back up and repaired, I certainly will, as it is one less worry for me.

While on the bad news note, we have sad news of the loss this month of two beautiful members of our animal family, Costa, one of our donkeys and Dollymix one of our horses. Losing them was sudden and unexpected and has brought many tears and sadness to our team, they both brought much joy to us daily and Dollymix was one of the sweetest, kindest, gentle animals I have ever met. Her horsey friends are feeling the loss along with cheeky Costa's donkey friends missing him. They had both been with us for many years now and Dollymix had just celebrated her 31st birthday.

Let's look at some positive news or I will start crying again, seems like the last couple of months more tears have run down my face than I can remember. I was contacted by a lovely kind lady

Pamela, she is a cat lover who wanted to help, Thank you Pamela for your kind words and for your much appreciated donation. With all the huge vet bills pouring through my door, Pamela's donation will certainly be of help. This kind of generosity from a stranger gives me hope and keeps my faith, at a time when it feels like one blow after another is coming our charity's way.

It is heart warming when you hear

and read about people who go above and beyond to help others, like we are hearing at the moment in the world

and here at home for a charity like French's, it still takes me back when someone comes forward to help.

For Alan our new shelter-building helper, he said he wanted to help us because of the work we do to help people who have mental health or learning difficulty problems. That was touching to hear, as we are not just a local animal rescue, we are a charity that has always helped people of all ages that need that extra help in life. By working alongside animals in a natural environment it is the thing that works for many a soul.

I would also like to thank Boxford and Groton Charities for their

If you can spare a morning in the week or at the weekend for you to volunteer and help us, either caring for the animals or helping with repairs and fencing, then please do contact me, we still need more hands on deck.

French's is a charity on your doorstep: can you help, either with time, donations, or sponsorship. You are welcome to come along and meet our animals - Call Jann for an appointment on: 07747 755556 or email: jann.turner@hotmail.co.uk

Website: www.frenchscarehaven.org.uk

HADLEIGH & BOXFORD PATIENT **PARTICIPATION GROUP**

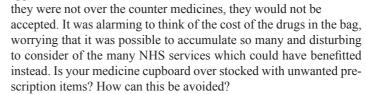
The PPG's sub working groups are pursuing their activities and will give progress reports at the group's next meeting.

The Health Centre has agreed to participate in the Spring Covid boosters for the over 75 year olds. They are still waiting to hear details when this will commence. Once this has been confirmed, patients in the cohort will be notified. Please do not call the surgery but wait to hear from them. The Town Council has provided much needed mobility equipment from their Welcome Back Fund to help with this booster exercise.

The sum of £49.30 has been submitted to the Hadleigh and Boxford Medical Practice Charitable Trust to support their work in the community. This represents a percentage of the takings from the sale of local artists' pictures while on display in the Practice.

MEDICINE WASTAGE

Recently an enormous number of unopened blister packs of tablets was left in one of Hadleigh's charity shops. They may have been a response to the many appeals for medicines for the Ukraine but as



- Please let your GP or Pharmacist know if you've stopped taking any of your medicines
- · Check what medicines you still have at home before re-ordering
- · Think carefully before ticking all the boxes on your repeat prescription forms and only tick those you really need
- If you don't need the medicine please don't order it! If you need the medicine in the future you can still request it.
- · Check your medicines before you leave the chemist and return any unwanted items.
- · Once you leave the premises the medicines become 'waste' and cannot be recycled or used by anyone else.
- There is also the safety aspect:-
- Old medicines may become mixed up with your new medicines.
- It is a safety risk for children and others who might take them
- Store medicines in an appropriate place out of reach of children
- Never flush tablets down the toilet or put in the rubbish bin.
- The only safe way to dispose of unwanted drugs is to return them to any pharmacy.
- Please also remember that your medicines are prescribed only for you; it's not safe to share them with anyone else.
- If you need to go into hospital, please remember to take all your medicines with you in a clearly marked bag.

Just in case you feel none of the above will make any difference here are some recent NHS statistics on the subject.

Unused prescription medicines cost the NHS across the UK over £300 million every year. This could pay for:-

- 80,906 MORE hip replacements*
- 101,351 MORE knee replacements*
- 19,799 MORE drug treatment courses for breast cancer*
- 11.778 MORE community nurses*
- 300,000 MORE drug treatment courses for Alzheimer's* *Based on average costs.

Please remember to only order what medicines you need.

Facebook: http://bit.ly/Hadleigh-Group-Facebook Email: hadleighboxfordppg@gmail.com **PPG:** Chair Jan Devey 01473 827091

CITIZENS ADVICE

citizens I love live music and now that restrictions have advice lifted, I'm keen to start going to events again. I've booked tickets for some gigs over the next few months, but I'm still a little worried. I can't quite believe things are fully back to normal. What will happen if restrictions come back in?

It's understandable to be feeling apprehensive when there's been so much change, and knowing your rights will help you deal with anything unexpected.

If you've got tickets to an event which goes ahead, but you change your mind about going or realise you're no longer able to go, you have no legal right to a refund. However, if the event is cancelled, your right to a refund will depend on how you bought

If you booked through an official seller and the organiser cancels, moves, reschedules, or makes the event behind closed doors, you should get a refund. This is true even if it's cancelled due to a government ban on large events. If this happens, contact the official seller to find out how you can get a refund.

If you bought your ticket from a ticket-reselling website, your refund will depend on the site's terms and conditions. If you're worried about the event being cancelled, it's a good idea to look at the terms and conditions before booking.

If you bought from a private seller, unfortunately it's unlikely you'll be able to recover your money, even if the event is cancelled or rescheduled. We recommend contacting the seller to see what they can do.

Ahead of any events you've booked, keep checking the information from the official seller or organiser to make sure you know straight away about any updates, like changes to the date or cancellations.

Another thing to be aware of is that scammers exploit these situations for their own benefit. If your event is cancelled and anyone - whether it's a person or a company - offers their services to try to recover money on your behalf, be suspicious. Make sure that you're aware of the signs of a potential scam and always be on

If you need more information on how to get a refund, take a look at the Citizens Advice website.

Or contact Sudbury & District Citizen Advice. We are providing advice by telephone and email Monday - Thursday, 10am - 1pm. Please phone 01787 321400 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. Alternatively, contact us by email at advice@sudburycab.org.uk or by using the contact facility on our website www.sudburycab.org.uk/contact

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EBONY'S DIARY

Babs and I missed all the drama of two severe storms this Spring. Safely shut in our room under the spanking new roof, we listened to Storm



Eunice having fun outside. The loudest crash was from the field shelter in Parys's and Tilly's field which took to the air, flipped onto its roof and landed on the other side of the driveway. Luckily the trees and the hedge stopped it going further but it managed to destroy the fence as it went. Altogether we lost 450 meters of fencing, all on the girls' side of the property. The two friendship groups of mares thus became mixed, but with no fencing they had enough room to roam and avoid arguments. Luckily they stayed close to the centre waiting for Lyn to rescue them. Nobody wandered down onto the road.



Evie and Rebecca with Ebony

We send lots of sympathy to those friends who suffered more damage than we did.

The Easter term has been busy with our old riders returning and the new ones learning the ropes. Here am I pictured enjoying a rare gossip with my lady riders, Evie and Rebecca, one Friday in March, and in the arena we have both Squidgy and Camilla, the Shetland sisters, working together with Buddy and

Rex (respectively) on their sheepskins. Lovely to see such happy faces all round.





Rex on Camilla with helpers

We still operate some Covid restrictions at the moment, mainly to keep parents and carers out of the centre due to overcrowding that can happen at the pinch points. However, guests and supporters will be welcomed on **SUNDAY MAY 1**st in the stable yard to start their **STRIDE OUT FOR SHELLY** walk. Beginning at 10:00, walkers can register with a fiver, collect the route map and enjoy the morning in this lovely bit of Suffolk. I shall ask to have my door open so that we can meet.

A happy Easter to you all and may you stay safe and healthy this Spring.

The Shelley Centre for Therapeutic Riding, Shelley, IP7 5QY Reg. Charity No. 1113636

Tel: **01473 824172** www.shelleyrda.com

VISIT THE POND AND TAKE IN THE COASTLINE

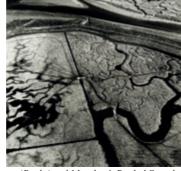
A new exhibition inspired by the coasts of Essex and Suffolk opens at Sudbury's Mill Tye Gallery on Saturday 9th April.

While the gallery may seem a little off the beaten track, it lies in an area of natural beauty and is worth visiting for the views and walks alone. It sits beside an enchanting pond, brimming with wildlife, and is steps away from a stunning stretch of the River Stour. There's an easy-to-walk footpath leading to the historic market town of Sudbury.

Owner, Peter Rumsey says, "For anyone who's not yet discovered the Mill Tye Gallery, the new exhibition is the perfect introduction. Visit the mill pond, stroll along the riverbank and feast your eyes on really striking creations of, or inspired by, the region's coastline."

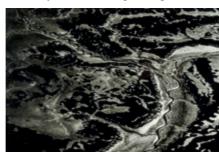
Black and white aerial photography by Rachel Spender focuses on the Essex Salt Marshes with their astonishing ecosystems. She says,

"Saltmarsh is one of the few truly natural, untouched wild places we have left. It is a fragile, living, breathing landscape which feeds and nourishes plant life, sea creatures and bird life."



Reclaimed Marshes', Rachel Spende

Extraordinary patterns are captured in pictures she took flying in a light aircraft across the inaccessible land and waterscapes. These she interprets and accentuates by skilful hand printing in her dark room.



Oily Ooze', Rachel Spender

"This makes for a powerful collection of images," says Peter. "Rachel captures both the wonders and fragilities of these extraordinary salt marshes. She also references features of nature from beyond the salt marshes themselves. This gives

plenty of food for thought - and delight for the eye."

The second part of the exhibition is by woodworker Jon Warnes. Walking along the shores of the Suffolk Coast with its great, grey expanses of sea and beguiling beaches, inspired his handmade books and series of vessels.

Says Peter, "Jon's exquisite pieces also draw on the boundaries of water and land. He uses wood from different tree species in Suffolk, showcasing the natural grain and using any imperfections to create works of beauty. Again, the intricacy and marvel of patterns in nature abound."

Saltmarsh

The Saltmarsh exhibition begins with a Preview day on Saturday 9th April where the gallery will be open until 7pm

The exhibition continues to Sunday 29 May 2022

For info or to RSVP go to: www.milltyegallery.co.uk/exhibitions The Mill Tye Gallery can be found at 3, Cornard Mills, Mill Tye, Great Cornard, Sudbury CO10 0GW.

It opens on Friday, Saturday and Sundays from 11:00 am to 4:00 pm and admission is free.

There is a shop selling locally handcrafted gifts and works of art. Call **01787 376796** or visit www.milltyegallery.co.uk for further information.



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Open Every Day 07:00 - 21:00hrs including Bank Holidays



The Saltmarsh exhibition begins with a Preview day on **Saturday 9th April** where the gallery will be open until 7pm.

MILL TYE GALLERY

ARTS CENTRE

Mill Tye Gallery & Arts Centre 3 Cornard Mills, Mill Tye Great Cornard, Sudbury Suffolk CO10 0GW

Opening Times: Friday, Saturday and Sunday 11am to 4pm Free entry, everyone welcom

Mill Tye is sign posted off the Bures Ro in Great Cornard, approximately a mile of Sudbury Town Centre. The turning opposite the King's Head Pub. Parkin in the care park before the level cross The gallery is a short walk opposite the Mill Pond, before the river, in the old Balvars Mill Building.

Saltmash Exhibition @ www.milltyegallery.co.uk





STORIES FROM BOXFORD **SOCIETY VILLAGE ARCHIVE**

Grain milling & windmills

This month we will look in detail at the other forms of milling recorded in the Boxford Society Archive and "Boxford through the Ages" by Roger Loose. Our windmills were extensively researched in the 1970s by Peter Dolman. This article relies to some

extent on his findings. However, before and after windmills came to Britain around 1185, people were grinding grain with hand mills. Evidence of this in Boxford was confirmed when an upper half of a Romano-British millstone (quern) was found close to Hagmore



Half of a top stone of a Late Iron Age Early Roman Quern found near Hagmore Green.

Green and other fragments west of the village in the Box valley.

A quern, often called a "beehive" quern because of its shape, is a simple mill for hand grinding corn. It consists of two stones, the upper of which is rotated by hand fully to produce flour, or half

turned to crush malted barley. They were first used in Neolithic times when humans settled in village groups for the first time. Various types of hard rock have been used over time, but, during the early Roman occupation of Puddingstone was most

Britain, Hertfordshire favoured, (see photo of that found at Hagmore Green). This 55m. year old rock was quarried by the Romans and shaped near the A10 in Hertfordshire. Later the Roman Legions brought lava stones from Germany which were even better and these have been found in other parts of

The Boxford guern in the photo was made between AD 50 to AD 100. It is the upper stone of a pair and has been broken at some time. The side of the vertical hole or "hopper" can be clearly seen, as can the flat grinding surface beneath. The Romans produced coarse flour (plus a bit of grit) for their bread. The rotary quern was a revo-

lution in milling technology and hand turning one circular stone above another was to remain little changed even after much larger



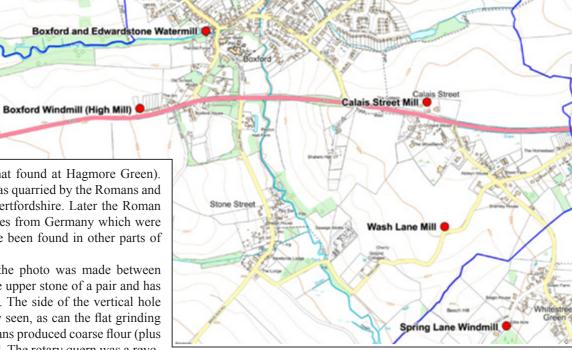
Upper stone of hand operated quern stones found at Ancient House

stones could be turned using water, wind or animal power.

Boxford household inventories and wills of the 14^{th} , 15^{th} and 17^{th} centuries frequently list querns and handmills, showing they were in scale everyday small use for making flour and small malting businesses grinding malted barley. These should not be confused with the large community commercial water or windmills. A pair of limestone quern stones were found at Ancient House, in Ellis Street (see photo). They are thought to have been used by the maltster, a Mr Ayres, who lived there in the 1800s. A malting is shown next to Ancient House on the 1840 Tithe Map. Over the years 22 maltsters have been recorded in Boxford and many wills and invoices indicate family milling of wheat for bread and malted barley for beer making.

Windmills were becoming more common in Britain from the mid 1300s with the technology probably coming back with the Crusaders, who will have seen something similar in the Middle East. There was a time in Anglo-Saxon and early English law when the duty of the tenants of land was to bring their grain to be ground at the local mill. This was the customary law of "Mill Soke". Mills were normally built at the expense of the Lord of the Manor, which was probably not the case in 'independent' Boxford with its absentee landlords. The Lord's miller retained a percentage of the flour in payment. Millers were entitled to break the querns of those trying to grind their own grain. It is not known if any landlords in Boxford were powerful enough to exercise this right at the early water and windmills. Millers were rarely popular figures, often being accused of adulterating the flour and taking more than they were entitled to, especially as they usually had the fattest pigs in the village!

By 1750, Mill Soke was disappearing, being replaced by a system whereby the miller bought grain direct from the farmer and sold flour direct to consumers. This resulted in millers needing



Location of the Boxford mills

more storage space. Thus mills were enlarged and the tall tower windmill began to appear.

Water shortage in Suffolk rivers made watermills unreliable and they began to be supplemented or replaced by windmills. Boxford has records for four such windmills in the 19th century and a fifth one in the 18th century was located on an unknown site to the west of Boxford. These may not have been the first mills on their sites as they were prone to collapse. A postmill in Boxford on an unknown site was blown down on 5th March 1604 resulting in one fatal and two serious casualties.

Boxford had two types of windmill, the Smock Mill, so called because of its shape, and the Post Mill. The Post Mill is the earliest type of windmill, having been introduced soon after the Norman conquest. In these mills, the whole body containing the grinding machineryandgrain storage was supported on a large central vertical post. These mills were of necessity relatively small as the miller would have to turn the entire body of the mill by hand so that the sails faced into the wind. The sails were made of a lattice construction over which canvas



A surviving post mill at Saxstead, Suffolk

was spread to catch the wind, similar to a sailing ship, hence the name "sails". Later, "fantails" were fitted so that the sails would generally face into the wind.

In a Smock Mill the main body of the mill remains static. Only the cap rotates with the sails and fantail. The lower half of the body is constructed of brick and the upper half of stout timber framing clad in lapped wooden boards, known as weatherboards. As towers became taller and sails larger to catch more wind, they were further from the ground and staging had to be constructed to enable the miller to gain access to the sails.



Boxford smock windmill with annular circular sail before 1881

The chief and longest lived Boxford flour mill was the Smock Mill on Boxford Lane, beside what is now the A1071. Hodskinson's map of 1778-82 indicates an early form of the mill on the site. A new smock mill building was built around 1788 and was the work of one of the Ballingdon millwrights. When it was first built it had a low brick base, or possibly no more than a low plinth. In 1791 Jeremiah Stannard was miller. When advertised for sale in 1802, because the proprietor was retiring, it was described as a "capital bricked smock windmill erected about 14 years ago, on the most substantial and improved modern principle;"

In 1807 it was again for sale, the proprietor being James Mayer. By this time a third pair of stones of around 4 feet in diameter had been added. In 1820 it was offered for let. Mr. Boreham was on the premises though we are not sure if he was the miller or the agent.

In 1830 John Gosling was the miller. At some point the mill was actually raised up by 16 feet. It consequently ended up nearly 60 feet high and was approximately 28 feet in diameter at the base. An account of an accident in 1836 refers to the "stage about 20 feet" above the ground. Thomas Foster, an employee of Mr. Gosling, was blown off the stage to his death during a particularly strong gale. This was a year of severe gales and storms which caused much damage and great difficulties on land and sea.

The Tithe Award of 1840 names Mrs. Edith Gosling (possibly the widow of John Gosling) as owner and occupier and she remained there until at least 1853. Amos Tiffen was in occupation by 1858 and in 1860 it was offered for sale with him as tenant and described as "the High Mill". It is likely that Tiffen bought the mill still equipped with simple sails at this time. In the following year, 1861, he employed the millwright Alfred Clubb, of Colchester, to modernise the mill, and it is then that the Boxford mill gained fame as one of only four British mills fitted with an annular sail This wheel-like sail with mechanically adjustable shutters enabled speed adjustments to be made without stopping the mill.

The other English mills with annular sails were at Haverhill Suffolk, Feltwell Norfolk and Roxwell Essex. Mr Clubb studied the Haverhill mill before starting work. He was told not to infringe the copyright so made modifications which in the end were inadequate. Mr Gowing, who worked at the mill, said, however, that the new sail was effective, turning in a light wind and driving three stones. It turned out that the annular sails were almost uncontrollable in gusty winds and had to be further modified, losing the inner row of vanes and gaining four double shuttered patent sails which projected beyond the outer rim. These steadied it, and gave a lot of extra power, but were still high risk. It was insured by the owner Mr King in 1874.

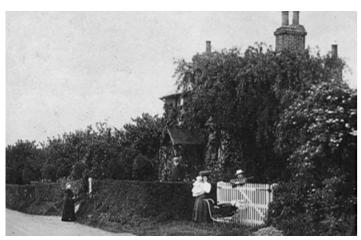


Boxford smock windmill after 1881 with its simplified sails

On "Black Tuesday", 18th January 1881 the annular sails were blown off completely. This was one of the most severe snow blizzards ever to hit the southern part of the United Kingdom. The annular sails were replaced during reconstruction by normal shuttered sails by H.Collins of Melford and the mill continued to function for at least the next thirty years. Steven Scarfe appears to have worked it from 1870s through to at least 1908, finally owning it. It was probably demolished between 1910-1915. The mill house survived until the early 1970s when two new houses were built on



Boxford's Smock Mill by Monks Eleigh artist John Habart, 1840. Inset: the stage platform from which Thomas Foster fell to his death in 1836.



The Ardley family outside Rose Villa (The Hazels on the A1071) site of a postmill & home of two John Ardley's, one headteacher one millwright.

The two men may be the two Johns, father and son.

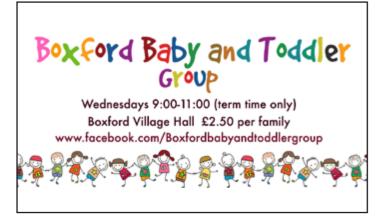
Far less is known of the other Boxford windmills. Three of these can however be identified in the Tithe Award of 1840. Calais Street Mill or Smith's Mill on Sand Hill (now part of A1071) was behind Rose Cottage (today called The Hazels). In 1840 it was a post mill and pightle (a small field) owned by John Ardley, Millwright, and worked by Thomas Sowman the miller. It may have been moved there from another previous mill site in Boxford. Calais Street Mill was sadly demolished around 1885. In that same location today is an simple, old, red-brick building which may have served the mill. Millwrights carried out every type of engineering operation in the construction of mills. They designed the patterns for the wheel and cog systems, carved the wooden gear mechanisms, and finally erected the mill machinery. This makes it a possibility that Mr Ardley himself moved it from elsewhere.

Another postmill was located beside Wash Lane south west of Calais Street. It definitely existed in 1783, but again was demolished by 1910. It was built for Jonathan Boutell, a miller, and was insured by him in 1800. The Tithe Award forty years later on shows Jonathan Boutell is still the owner and the miller was then William Smith. Small bits of red Boxford brick can still be seen at ploughing time on the site.

The postmill south west of Whitestreet Green on Spring Lane was certainly there in the early 19th century. (Whitestreet Green was part of Boxford until the 1970s). The Tithe Award of 1840 shows Thomas Newman owned and worked the mill.

As time passed and new technologies were developed, wind and water powered mills were gradually phased out, first by steam-driven machinery and eventually by electric power. The small local grain mills gave way to large national steel rolling mills catering for entire regions of the country. Just a few beautiful windmills survive thanks to the efforts of enthusiasts and a few are still working for us to enjoy their flour.

Tina Loose







KENNY'S NEWS FROM SESAW

If you are reading this in time and can get there, do treat yourself to a cuppa and cake at our Easter Fair on Sunday 3rd April. Open 10-3pm at the Old School in Long Melford, CO10 9DX with our usual

wide selection of stalls, crafts, plants, Tombola, Raffle and our volunteer, Frank Payne, signing copies of his autobiography.

Looking ahead, the Nayland 10K family-friendly run takes place on Sunday 10th July, starting at Little Garth

School, Nayland, CO6 4JR. The event raises money for local charities including SESAW, there are routes to suit all ages and abilities through Areas of Outstanding Natural Beauty. Book your place at www.nayland10k.co.uk

Now Spring is here, keep a look out for hedgehogs as they emerge from hibernation, sleepy, very thirsty and heading for the nearest source of water. Hedgehogs are good swimmers BUT many die in garden ponds as the



sides are too steep for them to climb out. Please make your pond hedgehog-proof by creating a sloping edge and a ramp or green thick coated wire anchored at the top and bottom of the pond to provide an escape ladder.

If you are pulling down old sheds or buildings, you may find a hedgehog under there so keep a look out. Finally, when using a strimmer make sure there are no hogs in the vicinity, so many suffer serious injuries every year from strimming accidents. In fact, I'll check the garden for our prickly friends before Mum calls all the dogs for dinner, including me,

Kenny (the Boss) Chihuahua. Suffolk & Essex Small Animal Welfare, Reg. Charity No.1124029, Stoke Road, Leavenheath, CO6 4PP. Tel: 01787 210888 www.sesaw.co.uk

SESAW VOLUNTEERS

Having managed, for the last two years, with fewer people who have done a magnificent job, we now seek reliable adult animal care volunteers for the following tasks:

Cleaning dog, cat and chicken pens, feeding the cats, chickens and rabbits, walking the dogs and grooming the cats. There are sometimes other jobs about the site to be done on an ad-hoc basis.

Whichever area you choose to work in, we ask that you commit to the same morning each week and let us know if you are unable to come in.

We ask for adults as we already have plenty of young people at the weekends.

We particularly need people interested in chickens

If you would like to help care for the animals, please ring **01787 210888** and leave your name and number or email your interest and contact details to: <u>info@sesaw.co.uk</u>

Suffolk & Essex Small Animal Welfare, Reg.Charity No.1124029, Stoke Road, Leavenheath, CO6 4PP.

MY WISH CHARITY

Spring clean your future!

Have you got your affairs in order? Is your Will up to date? Or is it on a list of things you really must do?

What better time as springtime arrives than to 'spring clean' that part of your life that we tend to put on the back burner. After all, no one likes to think about what might be after we die but it's a discussion that's so important to try and make things a little easier for those left behind

At My WiSH Charity we offer a free will writing service through wills specialists, Guardian Angel. It only takes 15 minutes and you are under no obligation to leave a gift to the charity. Every Will is double checked by an expert and you can either complete it on line or over the phone or with a face to face appointment.

The important thing for us is that you get your affairs in order, however, leaving a gift in your Will to My WiSH Charity means you could make a difference to, not only your family, but their family too in the future should they need the care of West Suffolk NHS Foundation Trust.

Past legacies have allowed us to buy an echo cardiology machine, a portable chest drainage system and a specialist chair that lifts a patient off the floor should they fall. It has allowed us to provide staff with enhanced training and a twin cot so twin babies can be nursed together.



The impact these generous gifts have is just incredible and we can't thank the people enough who were kind enough to think of others.

To find out more go to www.mywishcharity.co.uk/legacies

Or contact us by email: fundraising@wsh.nhs.uk

Or by phone **01284 713466**





for ages 6-13yrs, Saturday mornings in Boxford 9.30-11.00am



Coaching starts: Saturday April 23rd 2022

Sessions will be held at Homefield in Boxford

We welcome beginners (boys and girls) as well as those who have played the game before and we provide ECB Level training to suit the differing levels of skill of our players.

> For information go to: www.edwardstonecricketclub.com

Contact: Tim Beven for further information on 01787 211841

BOXFORD BOWLS CLUB

The green opens for the season on **Sunday 24** April at 2.30 pm

Anyone who would like to try out game now is the time to come along. We have bowls for you to use and fully qualified coaches to help you. All we ask is you wear a pair of flat soled shoes.

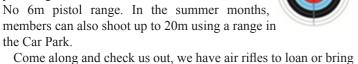


We are a very friendly club and you will be made very welcome. For more information contact Lea Blackham on 01787 210313 or Malcolm Grimwood on 01787 210682

SEMER AIRGUN SOCIETY

Tuesdays 5.30-8.30 in Semer Village Hall

Semer Airgun Society began meeting 12 years ago and have 5 No 10m lanes and 1 No 6m pistol range. In the summer months, members can also shoot up to 20m using a range in



your own. Tuesdays from 5.30pm in Semer Village Hall. Phone Bill on 01473 658009 for more information.

Remember!

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

EDWARDSTONE CRICKET CLUB

Edwardstone Cricket Club gets ready for the New Season

Edwardstone CC All-age side will be playing in Hunts County Division 1 this year. Players have been training

in the indoor nets to be ready for the games following our promotion as champions. The

team has a lot of previous experience in Division 1 and with some new players recruited we hope for an enjoyable and successful

If you would be interested in playing for us or getting some practice in the nets, please make contact through the website. We are friendly club who play our matches in the right spirit and enjoy the social side of the game as well. You do not have to play every game and we would welcome you to our club.

Edwardstone CC Juniors will once again be running training sessions on Saturday mornings in 2022 led by our ECB level Coach, Chris Philbedge. We will start on the 23rd April. If your child would like to join the sessions we will have the details of the training on our website. We offer a great environment to boys and girls looking to start learning the game of cricket and also for those who have played the game before.

We look forward to hearing from you! www.edwardstonecricketclub.com

SbN ST PATRICK'S DAY GOLF

The St Patrick's Day team Stableford was played at Stoke-by-Nayland GC Saturday 12th March on The Gainsborough course.

The format was best 3 scores from 4. Nearly 150 members turned out in an event that can include men & ladies teams or mixed. Saturday was dry with a slight breeze and reasonably mild for the time of year.

The winners were Katie Clark, Clare Nixon, Mark Clark & David Nixon with a very impressive team score of 125 points.

2nd place was Roger Toone, Steve Clark, Cyril Williams & Gerard Hughes with 124 points.

3rd place ocb went to Carl Matthews, Steve Evans, Michael Smyth & Adrian Dent also on 124 points.



Winners L-R Mark Clark, Clare Nixon, Captain Cyril Williams, Lady Captain Sue Gregory, Katie Clark and David Nixon.

Stoke-by-Nayland Ladies played an 18 hole Stableford on the Constable course on Thursday 17th March, St. Patrick's Day. It was a beautiful day and the course was much dryer than it had been for a long time which the ladies enjoyed, especially Corinne Jackson who came in with the winning score of 36 points to win the day. Clare Nixon came second with an equally impressive 33 points and Katie Clark was 3rd with 30 points. Lady Captain Sue Gregory met the ladies off the 18th green with a complimentary glass of Guinness. Sláinte!

TIM'S TOP TIPS

Hello again all. Hopefully by now returning golfers will have had a chance for a few postwinter shakedowns, especially with the few crisp Spring days we've had.

Last month I focused on the Takeaway part of the backswing - an easy part of the swing to get wrong and where a large proportion of swing errors creep in that are hard to correct later on. If you've practiced this part of the swing with a few drills then you can be confident leading into the second part -

The Backswing

As you recall in the Takeaway article (check the March 2022 BRN if you need a refresher) we've reached the point where the golf club is at waist height heading backwards and up. Once you have checked this position you can now start to feel the shoulder turn and the wrists hinge to get the club 'on plane'. This is when the club shaft points down in the same direction as the ball-totarget line (as pictured). Some golfers tend to swing the club more upright (which raises the chance of a slice), and some tend to end up too shallow and below plane (which can result in a hook). Both of these will raise the chance of an off-target shot.





Once the on-plane position has been achieved, make the turn and complete the backswing. You need to feel like the left shoulder is pointing at the golf ball and the middle of your back is facing the

In the next issue we'll be completing the whole move by looking at the downswing and impact position.

If you would like any help with your golf swing for the season I am offering readers of the Box River News a **one hour golf lesson** for £30 (usual price £40). Contact PGA Advanced Professional Tim Cooper, tcoopergolf@aol.com

Tim Cooper PGA Advanced Professional Newton Green Golf Club Old Joes Golf Range & The Golfing Hub.





PGA Professional GOLF COACHING

PGA Advanced Golf Professional Tim Cooper

Newton Green Golf Club Old Joe's Golf Range The Golfing Hub, Sudbury.

Non-members welcome, all equipment provided. Teaching Golf for all ages and abilities. To book your GOLF LESSON - contact

Tim Cooper – tcoopergolf@aol.com

07495 766 151

www.facebook.com/Timcoopergolf



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ONE CALL AWAY

PARISH COUNCIL UPDATES

BOXFORD

Summary of Council Meeting 22nd February 2022

Vacancies – Please note we have 3 Councillor Vacancies on the Parish Council. Applications would be welcomed. Debbie Hattrell continues as Clerk to Council.

Meetings – Meetings on the 4th Tuesday each month at 7:30pm except Aug and Dec. Meetings are in the Village Hall (video link available). The Annual Parish Meeting will be held on 24th May ahead of the Parish Council Meeting in the Village Hall.

Public Forum – Community Council Chairman Ward Baker gave an update of the plans for the Platinum Jubilee which are largely in line with National Events. The celebrations start on the Thursday evening and end on the Sunday with a picnic, beer tent and live music on the Playing Fields. He asked whether the Parish Council would be planting a tree for the Jubilee or had any arrangements for the torch relay on 19th May. Community heroes can be nominated to take a turn with the torch. It was suggested that details could be passed to Box River News to publicise. A resident then raised the ongoing items of Bus Shelter, telephone kiosk and cemetery gates. He wanted to raise further issues with the County Cllr and District Cllr including hatched lines in front of the bus shelter and dog fouling notices. He confirmed the Playing Field Management Committee were arranging notices for the playground reminding about dogs.

On-going items – In relation to the Reclaim the Rain project, it was delegated to Cllr Munson to take the lead on behalf of the Parish Council. Cllr Wooderson knew people in the Village with expertise in this field and he was to put them in touch with Cllr Munson. This is a project where substantial funding is available to both collect water for future use and also protect the Village from flooding. Members agreed in principle to investigate this further. Cllr Edwards had tried to make contact with the contractor in relation to the clearance of the ditch along Stone Street Road and it was agreed for the Clerk to chase up matters. A tree from the Churchyard had come down and landed on the school premises. The Clerk explained Suffolk Tree Services have been instructed to investigate. Members agreed as this is urgent to delegate to the Clerk between meetings to try to get it resolved ahead of the School re-opening. It was delegated to Cllr Edwards and the Clerk to resolve the gate restoration between meetings so it can be completed ahead of the Jubilee Celebrations. Cllr Wortley confirmed that our Footpath Warden resigned between meetings. She agreed to advertise the vacancy.

Neighbourhood Planning – It was confirmed that following the Parish Council approval at the last meeting, the Plan was submitted to Babergh District Council.

Finance – In addition to the usual business, annual grants were agreed for the Village Hall and towards the insurance costs of the Church. An uplift of 10% was agreed based on the amounts 2 years ago. The Parish Council also resolved to pay the Boxford Friendship Group £175 for their set up costs and until their bank account is set up, the Parish Council could make payments such as hall hire from this amount. The Clerk had checked between meetings whether the Parish Council was permitted to support the costs of professional fees for a community swimming pool at the School. The Clerk confirmed that the Parish Council could assist if they resolved to and it was agreed once we have a request in writing to put this on the agenda for members to consider a contribution.

Planning – A number of planning applications were discussed, details on which can be found in the full minutes found online

Next meeting: Tuesday 22nd March

Full minutes can be found at:

https://boxfordsuffolk.com/BoxfordParishCouncil/minutes

Debbie Hattrell

<u>d.hattrellhattrell@btinternet.com</u>

GROTON

Summary of Council Meeting 2nd March 2022

Co-Option of Councillors – N Chapman and J Long were co-opted as members of the Council

Planning Matters: DC/22/00121 Willows, Daisy Green. Erection of front extension with pitched roof to continue over existing flat roof, installation of cladding to walls, alterations and change of roof covering to existing garage/carport. – No objection.

The Forge, Church Street. Appeal against refusal of Full Planning Application - Erection of a single storey detached dwelling. – The Council had previously supported the original application and saw no reason to change this decision.

Other Planning Matters - Neighbourhood Plan - Councillor Hurren had arranged for Paul Bryant to attend the next meeting on 4th May. It was agreed that he would attend to brief Councillors prior to the Annual Parish Meeting

Queen's Platinum Jubilee: It was agreed to support events held nearby rather than to hold a 'Groton specific' event.

Replacement and Re-siting of Noticeboard outside Fox & Hounds Pub: It was agreed to use some funding from the Community
Infrastructure Payment to purchase a new noticeboard, mad of wood
with toughened glass, to be sited on the green by the war memorial.
Tenders to be sought by the clerk.

Highway and Footpath Matters: Footpath Cutting – It was agreed to continue using Andy Adams to cut the footpaths in the Parish. Other Highway or Footpath Matters – Concerns were raised over the condition of road signs locally.

Park Corner – Drain collapsed causing flooding and verge disappearing due to commercial vehicles driving back and forth to a property being developed

Financial Matters: Statement of Finances & Orders for Payment were approved.

Charitable Donations for 2021/22 – One application had been received from Boxford Playing Fields. It was agreed to donate the requested sum of £300.00

Future Agenda Items: Neighbourhood Plan

Next meeting: Wednesday 4th May 2022 at 7pm (Annual General Meeting)

Full minutes can be found at:

http://groton.onesuffolk.net/parish-council/documents/

Richard Jones

grotonclerk@yahoo.com

NEWTON GREEN

Summary of Council Meeting 9th March 2022

22/042 Public Participation

A resident raised the issue of holes in the track to Rotten Row and the damage caused to her tyre. Cllr Taylor explained that the issue of the tyre is being handled and both issues will be discussed at the Trust Meeting in April. Brett Baldwin handed out plans for a further 9 bungalows to be developed at the back of Blacksmith Close which was currently being submitted to Babergh. The Chairman asked whether any affordable housing was being proposed in the scheme and the answer was no. The Chairman concluded that the application, when submitted, would be judged by councillors against the recently adopted Newton Neighbourhood Plan (NNP), which had received the overwhelming support of Newton residents at the referendum.

22/047 Neighbourhood Plan

The councillors noted the 88% YES vote to the NNP referendum on a 34% turnout and that Babergh has now adopted the NNP as part of its planning policies framework.

22/049 Bramford to Twinstead consultation

The councillors resolved to support the key principles of James Finch's speech given to the SCC Cabinet on the subject of the Bramford to Twinstead consultation. The Clerk will send NPC's response by the 21st March 2022 deadline.

21/051 Defibrillators

The councillors reviewed the quotation provided by Community Heartbeat Trust (CHT) and reviewed it against the cost of the defibrillator from other suppliers. The councillors resolved to order the three defibrillators, cabinets and posts from CHT as well as a CPR training course for £7,195 + VAT. Permission will now be sought from landowners for permission to site the defibrillators on verges.

21/052 Forthcoming Events

The councillors agreed to defer the official opening of the recreation ground facilities on Saturday 16th April 2022 at 2.30 pm. With the Fireside Club's Midsummer Brunch event now being moved to July, the councillors resolved to hold a picnic in the recreation ground on Sunday 5th June 2022 as part of the celebrations for the Queen's Platinum Jubilee. It was agreed that a subcommittee with Lee Parker as Chair and Cllr Smith as Vice-Chair, will now plan the event with a budget of £750. Cllr Schwenk to book the Village Hall for the day.

21/053 Litter Pick

The councillors reviewed the risk assessment for the litter pick taking place on Saturday 2nd April 2022 at 8.30 pm and resolved that Cllr Presland will co-ordinate the event on behalf of NPC.

21/055 Lord Lieutenant's Torch Relay

Cllr Smith will place an article in the Box River News to seek nominations to be the torchbearer for Newton in the Lord Lieutenants Torch Relay in May.

Full minutes can be found at www.newton.onesuffolk.net

Dave Crimmin

newtonpc2@gmail.com

LITTLE WALDINGFIELD

Summary of Council Meeting 10th March 2022

Reports from the County and District Councillors.

These were reviewed and members thanked Margaret Maybury for supporting the cost of replacing the public bench at the entrance to Croft Lea. The were no contributions by members of the public.

Neighbourhood Plan

The Little Waldingfield Neighbourhood plan, started in July 2017, passed the final Public Referendum with 95% of the votes cast in favour. It has now been formally adopted by Babergh District Council.

Governance.

Cllrs Sheppard and Foster agreed to carry out the closed church-yard safety checks on 12th March 2022 and report their findings at the next meeting. This has since been put back to another date.

There was extensive discussion on the best way of maintaining a functioning Council until a new Clerk can be recruited. Accepting it was not best practice, it was resolved that the Chair would take on the roles of Proper Officer and Responsible Financial Officer in the short term.

Members agreed that the Annual Parish Meeting should be held separately from the May AGM and that it should take place on Tuesday 26th April 2022 at 7:00pm in the Parish Room.

Platinum Jubilee Celebrations

The Clerk reported that there had been an initial meeting of representatives of the Village organisations where ideas for village events were discussed. At that meeting it was agreed there should be a main event on the playing field, probably on Friday 3rd June 2022.

The possibility of taking part in the National Beacon lighting event on Thursday 2nd June was discussed, as well as potentially planting a small commemorative area of trees at the back of the Playing Field.

It was agreed that a commemorative mug would be commissioned and presented to the children of the Village by the PC and that Villagers would also be able to purchase additional mugs.

Footpaths & Highways.

Cllr Wheeler reported that another fact-finding walk along footpaths 1,11 & 8 (Hole Farm area) and 9 up to Archers Farm had been completed.

2 additional signs would help where footpaths intersect, and the landowner is being contacted in regard to improving the waterlogged area at the start of footpath 1 near the Village sign.

The Clerk reported that the original contractor cannot complete the hedge and verge cutting along the B1115 as agreed. An alternative contractor had been found and would carry out the work in the next week for the same cost.

Members agreed to discuss the long term maintenance of roadside verges and hedges at the next meeting.

The date of the next meetings are: Annual Parish Meeting -26^{th} April 2022, Parish Council AGM -3^{rd} May 2022.

Full minutes can be found at: https://bit.ly/LW-parish-minutes

Chris White, Acting Clerk

clerk.littlewaldingfieldpc@hotmail.co.uk

EDWARDSTONE PARISH COUNCIL

Edwardstone parish council didn't meet until after the BRN publication date but their minutes can be found at:

http://edwardstonepc.onesuffolk.net/parish-council/minutes





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FEEDBACK FROM JAMES FINCH

Your County Councillor for the Stour Valley

Council welcomes renewed Government efforts to reduce impact of offshore wind on Suffolk Communities

It was announced on the 8th February that the Government recognises Suffolk's communities need to see tangible and substantive benefits from the Offshore Transmission Network Review.

Suffolk County Council and East Suffolk Council have both welcomed the renewed effort, announced by the Department of Business Energy and Industrial Strategy (BEIS) on 31 January, to try to ensure that Suffolk communities benefit from coordinated connections of offshore wind before 2030.

As part of a webinar on the Offshore Transmission Network Review, it was announced that BEIS officials would be initiating a programme of activity working with offshore wind developers, inter-connectors, and the onshore transmission owner, facilitated by the trade body Renewable UK, to explore more ambitious regional coordination with a specific focus on East Anglia.

It was acknowledged during the webinar, that proposals currently put forward by developers identifying early opportunities for coordination, particularly in East Anglia, could go further.

This work will run in parallel with the Holistic Network Design (HND), expected to be published in June 2022, which will set out the required onshore network reinforcements and how the connections of future offshore wind projects coming through the seabed leasing process will be coordinated.

Good news for Suffolk - Government gives the green light to negotiate a County Deal

In August last year Suffolk's Public Sector Leaders of all the Suffolk local authorities made efforts to secure from the Government a devolution deal for Suffolk. At the same time as the publication of the Levelling Up White Paper, we heard the news that Suffolk was successfully chosen as one of nine areas across the whole of the country to have been given the opportunity of negotiating a new County Deal.

One of the questions still to be answered is "What would a deal mean for Suffolk?" Our commitment is that this deal will mean more local decision making led by the County Council in conjunction with all the authorities in the interests of Suffolk residents. But, to clarify, we do not have a deal yet, and we have many more months of negotiations and discussions with Government ahead of us before we can look to finalise an actual deal.

Residents urged to support Suffolk spectacular

Suffolk is set to stage a host of exciting Jubilee celebrations during 2022 – bringing the county's communities together to mark this momentous milestone.

Her Majesty The Queen will become the first ever British Monarch to celebrate a Platinum Jubilee, on Sunday 6 February, after 70 years of service.

The unprecedented anniversary will be celebrated throughout the year, with a four-day UK bank holiday taking place from Thursday 2 to Sunday 5 June to enable people to commemorate this auspicious occasion.

Plans are already in place for a Festival of Suffolk – the county's biggest ever community event to take place. This year-long spectacular festival will incorporate much-loved existing events, such as the Suffolk Show, alongside dedicated Jubilee celebrations, including a race day and torch relay.



Details on the latest line-up can be found at www.festivalofsuffolk.org/

Public Street Parties

The general public are encouraged to organise street parties and other social events to celebrate the Jubilee and to help facilitate this, Suffolk County Council has set up a dedicated webpage: www.suffolk.gov.uk/PlatinumJubileeEvent and will waive its fees for any road closures for events on this day, as well as providing free assistance with traffic management for all applications received before 11pm on Sunday 27 March.

The COVID-19 rates in Suffolk and the Stour Valley

I have decided to stop regular monitoring and circulating the COVID19 / Omicron incidence and severity in the County and locally as this is now falling. Please note it has not gone away even though statutory control measures have been reduced. However we are all encouraged to take appropriate measures for protection of ourselves and others as we personally think appropriate. For those who would like access to data which is still being updated

this is available on the Suffolk Coronawatch website here - www.healthysuffolk.org.uk/jsna/coronawatch

Suffolk Fostering and Adoption Service swoops into "The Big Hoot"

Suffolk Fostering and Adoption Service has been announced as a proud sponsor for Suffolk's biggest ever mass

participation public art event – 'The Big Hoot' 2022. This is the third art trail brought to Ipswich by St Elizabeth Hospice in partnership with creative producers Wild in Art, following the success of Pigs Gone Wild 2016 and Elmer's Big Parade Suffolk 2019.

As part of the Big Hoot 2022, 50 ornately decorated owl sculptures, featuring designs celebrating all things Suffolk, will be scattered throughout Ipswich showcasing the wealth of artistic talent of the county and beyond, as part of the biggest free art event in Suffolk which attracts hundreds of thousands of visitors to the town.

Suffolk Fostering and Adoption's owl, named 'Big Hoot-Little Hoot' will represent the care that foster carers and adopters provide to children in the local community. The owl which features a baby owl nestling safely under the wings of its parent, will be painted by artist, Sandra Reynolds and perfectly depicts the loving and nurturing nature of foster carers and adoptive parents caring for Suffolk children.

For me I am delighted that this is being sponsored by Suffolk County Council Fostering and Adoption Service as it will provide another very visual way in Ipswich of highlighting the importance of fostering and adopting throughout the county.

Virtual Fostering and Adoption Sessions for the Stour Valley

A Foster Carer Recruitment Event is held the 1st Wednesday of every month, and an Adoption Event is on the 1st Thursday all 7:00pm in your home.

To book a place please email Claire.Gwatkin@suffolk.gov.uk.

My Priorities

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

james.finch@suffolk.gov.uk

Tel: 01206 263649 Mobile: 07545 423796

FEEDBACK FROM BRYN HURREN

Your Babergh District Councillor

As I write this contribution to the BRN, it is now day 18 of Putin's horrific invasion of the free nation and people of Ukraine. We can only wonder at the daily brutality upon the people and bravery of this nation and the seemingly inadequacy of all other nations to help them against this brutal aggressor. I did wonder at the point of our leaving the EU if this would be a watershed moment and bring an end to the 70 odd years of peace that we had enjoyed as a result of Europe working together as one. While not being perfect I do feel that this amalgamation of many nations' ideas and ideals is responsible for such a long stretch of peace in our time that has now been shattered. While the huge financial benefits of the single market and the ability of the free moving labour market was an obvious benefit that has now been lost to us at such a great expense to our pockets and general wellbeing, the safety and peace of our nation along with others as well was paramount in my mind when casting my vote in the referendum.

I do also feel that our present government has some serious questions to answer and much blood on its hands, the mass invasion of some very dubious Russian business folk into the plush areas of our capital and some dubious investments with less than sincere intentions, should not have been encouraged, this along with the flood of money and donations into one of our political parties was a recipe for disaster.

We should also not forget that the alleged Russian interference into our national 2016 referendum has still not been settled and reported upon.

As I remember, although many don't, an enquiry was held into this matter and given to 10 Downing St for PM and Government scrutiny and has not seen the light of day since, it is probably gathering dust along with Sue Gray's report on lawbreaking and miss goings on, in the now plush and newly-refurbished living quarters of the present PM and the current Mrs Boris J.

I just pray that some far-sighted civil servant has kept a copy of these documents for us all to see in the fullness of time and that those in the press who are not of such a right-wing persuasion along with our much valued BBC can be allowed access to these documents to give a fair appraisal sooner rather than later.

Amidst all this horror from abroad and political incompetence and scandal nearer home, it seems almost irrelevant and mundane to report things at the District Council. But here goes.

We have finally agreed a budget at Babergh that shows an increase of 2% which is just 29p per month, this sounds quite small, but when it is considered that BDC is only responsible for about 9% of the total Council Tax and the county and Police and Crime Commissioner are looking for bigger rises, it will all mount up to a yearly increase of about £60.00 on a band D property.

Gone are the days when national government funded the local part of government as well, we now must pay for local services as well as contributing to all the national stuff.

But never mind, Gavin Williamson, who was deemed as the most incompetent minister ever and that must take some doing in this current regime, has just been awarded a knighthood, for what I might ask??? Maybe for services to keeping quiet into the future. Disgraceful.

We are all I hope aware at the council that our housing stock is going to be stretched to beyond breaking point with yet another influx and demand for refugees that need to be housed. We have already stepped successfully up to the plate to house some Afghan refugees and I am sure that we can and will do the same for the lovely bewildered and scathed women and children from Ukraine. I have already been very moved by three genuine offers of help from householders within my Box Vale ward and I am sure this

will be repeated across Babergh.

This has very much restored my faith in my fellow man across this area of my beloved Suffolk and beyond and to the future of mankind and that we can somehow get through all this hate.

I just hope that we can somehow continue to help all our local residents as well.

Very difficult times ahead I am afraid, but I and the local District Council will help where we can. There is also the Sudbury CAB, who are part-funded by Babergh, who have a magnificent team of volunteers and some full-time staff to assist those in need of help with any financial or legal matter. Also, local radio can help with local matters, and we are fortunate in having BBC Radio Suffolk who will answer queries and mount a crusade for local folk. Long may that continue.

Please keep as well as you can and please try to attend your local village Annual Parish Meeting.

The dates will be in this magazine or on the local Parish Noticeboard.

All Very Best Wishes.

Bryn

bryn.hurren@babergh.gov.uk

Tel: 01787 210854 Mobile: 07771 508348

COVID CASES IN BABERGH

Data correct as at March 21st relating to 11 Mar - 17 Mar Sourch: NHS England and Gov.uk dashboard.

Infection Rate (cases per 100,000 people)

1,162 cases. The average area in England had 850.

New Infections

1,078 (+413 compared to the previous week)

How the case rate has changed in your area

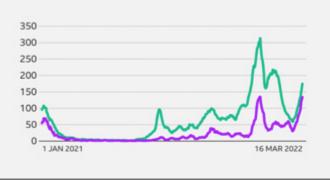
- Daily cases per 100,000 people
- Seven-day average of daily cases per 100,000 people



Case rate by age in your area

Seven-day average of daily cases per 100,000

O-59 years 60+



The Blooming Garden

'The Flowers that bloom in the Spring. Tra la...'

Some years spring comes sneaking in stealthily and because it is windy or wet we hardly notice and we get a shock on

looking out of the window to see that there is a haze of green on the trees and a sudden eruption of blossom. Other years, spring makes a more dramatic appearance with the sudden cessation of cold winds the sun has real warmth in it, the light dazzles, the dawn chorus is deafening and we emerge like white eyed- troglodytes from hibernation. The excitement of such a day is magical and like Nanki-Poo in The Mikado, I always feel like dancing and singing. I can't remember who said that 'Every spring is the only spring, a perpetual astonishment. But it is true, no matter how old we are, it never ceases to amaze and delight us

This is not the time for a tasteful, restrained palette in the garden. To match the excitement of spring we need a Botticelli *Primavera* garden sprinkled with fairy dust and spangled with flowers in every colour of the rainbow. Of course we have tender, fresh leaves on the trees and foaming blossom, but the really exciting plants for the keen gardener are the spring treasures such as little bulbs, and especially the woodlanders like North American trilliums and Dog's Tooth Violets.



Enimedium ruhra

Epimediums need to have their leaves removed in the early winter to reveal the dainty flowers which are called Elf flowers in Germany. They come in a range of colours. Then we have elusively fragrant violets; my favourites are the pink 'Coeur d'Alsace' and apricot Viola sulphurea. Primroses are the very essence of spring and apart from the lovely pale yellow wild ones there are double, ones or hose-in-hose and they come in every shade.

Blue is provided by the little daisy flowers of Anemone blanda or electric blue Pulmonaria angustifolia. The flowers of Brunnera macrophylla are forget-me-not blue. I like the ones with white variegated leaves such as 'Jack Frost' or 'Looking Glass' Blue is the perfect match

Fritillaria meleagris 'Aphrodite

for little daffodils. The bigger, coarser daffs like 'King Alfred' are useful for mass display and picking, but they don't make the heart beat faster like little clumps of dwarf narcissus do. It is difficult to pick favourites but I love 'Elka', 'Baby Moon', 'Pipit'. or shaggy 'Rip Van Winkle'. 'Jetfire' with orange trumpets has recurved petals, as does lovely 'Jack Snipe' or 'Toto'. The daintiest is pretty little Narcissus cyclamineus.

Snakes Head Fritillary or Fritillaria meleagris to give it its Latin name, appeals to everyone with its curious checkerboard bells. There are so many lovely fritillaries; they deserve an article of their own. But I love white flowers and there is a white form of Fritillaria meleagris called 'Aphrodite' which is very eye-catching. Also in white we have daf-



Sanguinaria canadensis f. Multiples

fodils like pretty 'Jenny' or Thalia' or Anemone 'White Splendour'. And looking very expensive and recherché, the double form of the Bloodroot, Sanguinaria Canadensis f. Multiplex 'Plena' doesn't have a name which trips off the tongue, but it is very beautiful. Its name comes from its bloodred, toxic sap. The flow-

ers are set off by pretty scalloped leaves. When it finishes flowering, it disappears completely.

Corydalis solida also disappears after flowering. It is a tuberous plant with feathery foliage. But when in bloom it seeds around

to make carpets of sweety-coloured flowers. I started off with red 'George Baker' and pink 'Beth Evans' and now I have all different colours.

Early spring tulips vibrant provide colours to our palette. I love the Emperors which come in white, orange or red. Bright scarlet 'Red Emperor'



Corydalis solida

looks fabulous with white daffodils. A little later we have Tulipa kaufmannia which comes in gorgeous colours and has starry-shaped flowers close to the ground. Some of them are striped. I love 'Heart's Delight' in carmine and white. And sulphur-yellow tulip 'Franz Lehar' looks wonderful with blue Grape Hyacinths. One of the prettiest Grape Hyacinths is the powder-blue Muscari 'Jenny Robinson' which was found by Jenny in Crete. It stays in neat clumps whilst some of the blue forms can be invasive.

I nearly forgot to mention *Pulsatilla* or Pasque Flower which has mauve- lilac chalice-like flowers. Some varieties have frilly edges. It is a rare native flower here which grows in chalk and limestone grasslands. I think the nearest place you can find it growing wild is the Barnack Hills Nature Reserve in Cambridgeshire. In the garden it needs an open position in the sun.

But it is the little woodlanders which are the particular joys of name changes keep us on our toes.

I have mentioned just a few of the many spring flowers which you can use to create your own living version of the Primavera. There is no excuse for a boring, monotone garden in April, now is the time to splash out with a bit of colour.

For more from Chloris follow: www.bloominggarden.wordpress.com

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spring. Wood anemones such as the lovely white one which makes carpets in a corner of Groton Wood comes in a double form or primrose-yellow, Anemone lipsiensis or even flushed with pink as in 'Wyatt's Pink'. Anemone nemorosa 'Robinsoniana' is sky - blue. Native celandines are a nuisance but double ones such as Ranunculus ficaria 'Flore Pleno' are better behaved. The bronze-leaved one found by Christopher Lloyd and named 'Brazen Hussey' is also well worth looking out for, but each year there seem to be more cultivars. I am currently looking for 'Coffee Cream'. Incidentally, for pedants like me, it is worth remembering that celandines are no longer called 'Ranunculus', they have been reclassified as Ficaria verna. These

STOKE BY NAYLAND RESORT CELEBRATES 50TH ANNIVERSARY

Champagne corks will be popping this year as the team and family directors at the award-winning Stoke by Nayland Resort will be celebrating a fantastic milestone - the 50th anniversary of its Golf Club.



Bill and Devora Peake on the new Constable Course

Entrepreneurial couple, Bill and Devora Peake, created Stoke by Nayland Golf Club on their undulating arable land in 1972 as a diversification from fruit farming and their Copella fruit juice enterprise, as there was a shortage of golf courses in the region. Now run by the second and third generations of their family, the business has been impressively developed over the years, complimenting the stunning Constable Country landscape surrounding the Resort. This landscape became part of the Dedham Vale Area of Outstanding Natural Beauty in the 1980s, after both courses had been established.



Bill Peake & Lol Tricker creating the golf courses 1971

What started as a dream has blossomed into the successful Resort we see today, boasting two spectacular, mature championship golf courses, an 80-bedroom hotel, five contemporary ecolodges, beautiful function rooms, a fabulous Spa, Technogym, a choice of restaurants showcasing locally-sourced ingredients and suppliers, and a host of other facilities.

The Resort has also won a number of Green Awards in recognition of its environmental sustainability – all of the power required by the venue is generated from its own green energy sources.

SbN Resort will be celebrating its Golden Anniversary with an array of events, activities and offers for the local community, guests, team and members to enjoy. From gala dinners to a golf week, family fun day and 70s night, there'll be something for everyone.





Susanna Rendall, Group MD of The Boxford Group said, "Our family is incredibly proud of what we've achieved over the last 50 years. My parents actually had a 50-year plan, but when they started on their journey to create one of the premier golf clubs in East Anglia, I'm sure they didn't imagine it would become the Resort that it is today.



The family directors of Stoke by Nayland Resort

We couldn't have done any of it without the invaluable support of our brilliant team, guests, local community and the members, for which we are incredibly grateful, and we're excited to celebrate this special year with them all."

In addition to all the festivities, and linking to its heritage, the Golf Club has created a line of limited-edition 50th Anniversary clothing and merchandise featuring the Club's very first logo, now available from their onsite Pippin shop, as well as online.

If you'd like to find out more about the inspirational story behind the Stoke by Nayland Golf Club, or the events taking place this year, and watch the celebratory video, you can visit their website www.stokebynayland.com/50th-anniversary

And if you fancy joining in with the celebrations with a trip back in time, tickets are now available online for the fabulous 70s night being held on Friday 29th April at www.stokebynayland.com/events-calendar/70s-night

EVENTS CALENDAR

MARCH 2022			MAY 2022		
27 SUN	Boxford Farmers, Art & Craft Market Boxford Village Hall	10:00-1:00	1 SUN	Stride Out For Shelley Shelley Centre for Therapeutic Riding	10:00am+
29 TUE	Fireside Club - Guest Speaker Newton Green Village Hall	2:00pm	2 Mon	Nayland Fete Nayland Playing Field	1:00-4:00
APRIL	_2022		3 Tue	Happy Healthy Roses Boxford Gardening Society - Village Hall	7:30pm
2-3 SAT-SUN	Village Litter Pick Various - Contact Bryn 07771 508348	TBC	3 Tue	Little Waldingfield PC AGM Parish Rooms	TBC
4 MON	1st Boxford Guides Easter Fun Boxford Spinney	TBC	4 WED	Groton PC AGM Groton Village Hall	7:00pm
5 Tue	Victorian Fuchsias Boxford Gardening Society - Village Hall	7:30pm	5 Thu	Boxford WI - Quiz Afternoon Boxford Village Hall	2:00pm
3 SUN	SESAW Easter Fair The Old School, Long Melford	10:00-3:00	24 Tue	Boxford PC Annual Parish Meeting Boxford Village Hall	7:30pm
6 WED	Lent Lunch Little Waldingfield, Parish Room	12:00-2:00	29 SUN	Boxford Farmers, Art & Craft Market Boxford Village Hall	10:00-1:00
7 Thu	Boxford WI - Ballroom Dancing Boxford Village Hall	2:00pm	JUNE	2022	
8 FRI	Charlie & 'The Dig' Milden Pavilion	7:00pm	2 THU	Boxford WI - Games Afternoon Boxford Pavilion	2:00pm
8 FRI	Quiz & Curry Evening Groton Village Hall	7:30pm	2 Thurs	Live Music & Lighting the Beacon White Hart Car Park, Boxford	7:00pm
9 SAT	Quiz Time Little Waldingfield, Parish Room	7:30pm	3-5 FRI-SUN	Arts & Crafts Exhibition Mary's House, Boxford	10:00 - 4:00
22 FRI	Polstead Film Night Polstead Village Hall	7:00pm	4 SAT	Boxford Gardens Open Boxford & Edwardstone	11:00 - 4:00
22 FRI	Newton Green Annual Parish Assembly Newton Green Village Hall	7:30pm	4 SAT	The Keld Ensemble Concert St Mary's, Boxford	4:00pm
23 SAT	Great Acton Book Sale All Saints Church, Acton	10:00-2:00	5 SUN	The Big Jubilee Lunch Boxford Playing Fields	12:00-4:00
23 SAT	Art & Craft Exhibition Newton Green Village Hall	10:00-3:00	5 Sun	Party In The Park Newton Green Playing Fields	TBC
24 SUN	The Boxford Tornado Boxford Playing Fields	9:00am	7 TUE	Wildflowers Boxford Gardening Society - Village Hall	7:30pm
24 SUN	Boxford Farmers, Art & Craft Market Boxford Village Hall	10:00-1:00	12 SUN	Little Waldingfield Open Gardens Little Waldingfield	11:00-5:00
25 MON	Boxford Friendship Group First Meeting Boxford Pavilion	2:00-4:00	16-18 THU-SAT	Boxford Drama Group Production Boxford Village Hall	TBC
29 FRI	Boxford Society Spring Talk & AGM Boxford Village Hall	7:30pm	26 SUN	Boxford Farmers, Art & Craft Market Boxford Village Hall	10:00-1:00

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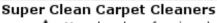
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