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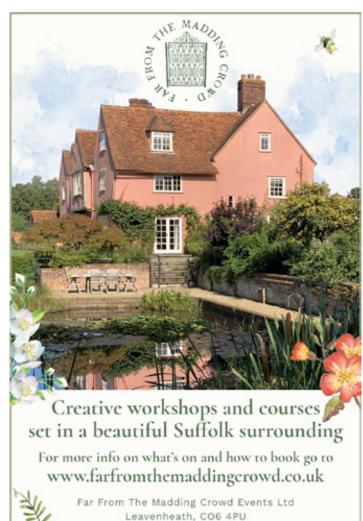
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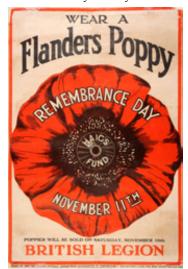
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THE STORY OF THE POPPY

Every year, the 11th November marks Remembrance Day, or 'Armistice Day' - a day on which we remember all those who have



been killed during past wars whilst serving their country. It is a solemn time in which we remember them and we offer condolence to their families' grief at their loss. In the runup to Remembrance Day we are invited to wear poppies as a symbol of our support; they serve as a visual reminder of the terrible effect of wars and of how we should strive for peace around the world.

How is it that the humble poppy became such a potent symbol for a collective outpouring of grief?

On May 2nd 1915, at the second Battle of Ypres in Flanders, Belgium, Lieutenant-Colonel John McRae, a gunner and medical officer, was injured when a cannon shell exploded near the 8-by-8ft bunker he and his friend Lieutenant Alexis Helmer had hastily dug to take cover from fire. Helmer was killed instantly. During a lull in the fighting, McRae buried his friend in a makeshift grave and noticed that poppies had started to spring up between the graves of all the other soldiers also killed. The next day, whilst sitting in the back of a field ambulance, McRae wrote his now-famous war poem, *In Flanders Fields*. The first verse reads:

'In Flanders Fields, the poppies blow Between the crosses, row on row, That mark our place; and in the sky The larks, still bravely singing, fly Scarce heard amid the guns below.'

Taken from 'In Flanders Fields', John McRae, 1915

Dissatisfied by the poem, McRae crumpled it up and threw it away, but it was retrieved by fellow soldiers and published in Punch in London, December 1915. It went on to become the most quoted poem of WWI, and one which was used extensively in fund-raising for the war effort. Sadly, McRae, who went on to command field hospitals for the rest of the war, died of pneumonia whilst still in service in December 1918 - barely a month after the war finished.



John McCrae in uniform circa 1914

In November 1918, American Professor Moina Michael was so inspired by McRae's poem that she vowed to always wear a poppy as a mark of respect to the dead. She began making silk poppies to sell as a way of raising funds to help injured war veterans. The idea quickly caught on, aided by the popularity of McRae's poem and in 1920 the National American Legion adopted the poppy as its symbol of remembrance. A year later, French-born lecturer and internationally-respected public-speaker Anna Guérin (who became known worldwide as 'Madame E. Guérin') took the idea international - travelling to Canada and Britain to promote the concept of 'Poppy Day'. She organised for millions of poppies

to be handmade by the French widows and orphans of fallen soldiers, to whom the proceeds were then distributed.

Separately, Armistice Day had been recognised and observed in Britain since 1919. Edward Honey, an Australian journalist and WWI veteran working in London and writ-



Madame E. Guérin

ing for the *Evening News* was saddened to see people celebrating the end of the war joyously and without respect for the war-casualties. He suggested a solemn period of respect and reflection:

'Five little minutes only. Five silent minutes of national remembrance. Communion with the Glorious Dead who won us peace [...]. Church services, too, if you will, but in the street, the home, the theatre, anywhere, indeed, where Englishmen and their women chance to be, surely in this five minutes of bitter-sweet silence there will be service enough.'

The idea was quickly taken up by South African statesman Sir Percy Fitzpatrick and caught the attention of King George V. After trialling the idea five minutes was deemed too long and a two minute silence on the 11th hour of the 11th day of the 11th month was

settled upon as a suitably respectful and reflective event.

Guérin arrived Anna in London 2 years later in September 1921 and quickly arranged a meeting with the then-President of the Royal British Legion Field-Marshall Earl Haig. She convinced Haig to adopt the poppy as the British Legion's symbol and just 6 weeks later 9 million poppies were distributed throughout the country in time for the Armistice Day remembrance event (Editor's note: see p.21 of this issue for coverage of how the day went in Boxford in 1921). The campaign raised a huge £106,000 (equivalent to £5.77 million today) and quickly caught on throughout the



Field Marshal Douglas Haig, 1st Earl Haig



Field Marshal Douglas Haig's 1921 Poppy. Courtesy/© Green Howards Museum.

Commonwealth and beyond.

These days, over 40 million poppies are distributed every year in the UK. In Scotland, 3 million poppies are still hand-made each year by disabled ex-service veterans in Lady Haig's original factory.

Box River News

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email: editor@boxrivernews.com

www.facebook.com/BoxRiverNews

www.instagram.com/boxrivernews

Deadline date for the December 2022 Issue is:

November 15th at midday

NEWTON FIRESIDE CLUB

On Tuesday 20th September we held what we hope will be the first of our many cookery competitions. There were 20 sweet and savoury entries so a big thank you to all of you who contributed. It was a big challenge for the 16 folk who attended, as we had to try a bit of everything and mark it out of 10. The overall winner



was Anita's lemon meringue pie. Nothing was wasted as the remnants were eagerly taken home for future consumption.





The session on October was scheduled as quiz. Following the sad loss of Queen Elizabeth, a royal quiz was devised. Teams of 3 or 4 exercised their brains trying to answer 80 questions on various themes. I think learnt everybody something.

the colder weather approaches, we will soon be lighting the fire for our meetings and the sessions will take on a more autumnal feel.

the On November we will meet at 1pm for our



We will always keep members updated of any changes via our WhatsApp group or by phone.

On 15th November there is a talk by the Royal British Legion who will tell us about the history of the organisation and the work they undertake helping past and present service men and women and their families. We are sure this will be extremely interesting and is most relevant as it is close to Remembrance Day. Nonmembers are very welcome to attend this fascinating and no-doubt popular talk. Entrance will be £5 and include tea or coffee and cakes.

Autumn 2022 Programme of Events:

Tues 1st November Hallowe'en Soup and Dessert

Tues 15th November Armistice Day: A Talk by the Royal British

Legion

Tues 29th November Art Club Demo: Add a Little Colour by

Heather DeRoy

Tues 13th December Christmas Decorations

Fri 16th December Christmas Lunch at Newton Green Golf

Club

All meetings are held in the Village Hall and start at 2pm unless otherwise stated and anyone is welcome. Subs for this term are £3 a session or, if possible, £25 for the term. This includes refreshments and activities.

Please contact Moira on 01787 374652 or Sue on 07881 383998 if you would like more details.

HARVEST CREAM TEA

Many thanks to everyone for supporting our Harvest Cream Tea on 25th September. An enjoyable time was had by all and in the process the sum of £320 was raised which enabled us to buy a dehumidifier for our very damp vestry.

All Saints' Church, Newton PCC



LITTLE WALDINGFIELD CHARITIES

Also known as John Wincoll - 209981

If you are over sixty-five, retired and have lived in Little Waldingfield for a year or more you may be eligible for the Christmas gift.

> Please apply by 30th November to Sue Mitchell on 01787 247173.

BOXFORD & GROTON UNITED CHARITIES

Registered Charity Number: 207861

The trustees of Boxford and Groton United Charities invite applications for grant aid from residents living in the three parishes of Boxford, Groton and Edwardstone, for educational, medical and general charitable purposes. Applications from organisations serving the above area are also invited and should be made in writing to: Guy Godfray, Clerk to the Trustees, 17 Swan Street, Boxford, Sudbury CO10 5NZ.

Closing date for applications 25th November.

Would you like to be the Local Recorder for:

BOXFORD?



The Suffolk Local History Council

runs a Recorders Scheme throughout Suffolk. We administer a network of volunteers to ensure that the 'present' is adequately recorded at local level for the 'future'.

A Recorder will note significant happenings in their parish and collect their local parish magazines, leaflets, election pamphlets and newspaper cuttings. At the end of each year, they are asked to submit a short report summarising the activities of their parish. The reports are deposited at the Suffolk Record Office and available to future researchers together with the collected items.

If you are interested, please look at the Recorders Pack by visiting www.slhc.org.uk to acquaint yourself with the guidelines of the scheme. You do not need to be a historian; you do not need any qualifications other than an interest in your parish. In return you will receive a copy of the SLHC Newsletter and be invited to the annual conference specifically for Local Recorders. To volunteer to help in this important work, please contact recorders@slhc.org.uk

THANK YOU YVONNE!

After serving as a tireless member for the last 40 years (!) Yvonne Woodfield made her last appearance at a Playing Fields Committee meeting on Tuesday 20th September. Yvonne has fulfilled every capacity on that body, taking the chair often and also having been vice-chair and treasurer for many years.

She has a depth of knowledge about that priceless space, its facilities and its users that remains invaluable. She was an



enormous help to me when I became the chairman as she was to all my predecessors and former committee members.

However the committee work is but nothing when set alongside Yvonne's amazing contribution to the enjoyment of all the footballers, cricketers, tennis and netball players, children and parents in the playground, dog walkers, picnickers, those organising and attending events, indeed everyone continuing to make use of the legacy of that visionary group who set up the Community Council and raised the money to acquire the space in the 1960s. It would be wrong to ignore the dogs themselves taking part in the many dog shows Yvonne has organised over the years!

I am sure we will still see Yvonne walking around the area, picking up litter, putting things straight, emptying the bins, caring for a facility that she has given so much to for others' benefit. If you see her, please take the time to thank her for a remarkable service to the village over so many years.

David Burden Chairman BPFMC

RINGING THE KING IN!

In about seven months time the nation will be celebrating the coronation of King Charles Ill.

Clearly we will expect to join those celebrations and one of the ways of expressing our joy at the event is to ring church bells.

We have eight bells but unfortunately Boxford only has three ringers and one Edwardstone ringer to call on. If you



would like to be part of a group to celebrate the occasion in an unique way by ringing church bells then now is the time to learn.

If you are interested please get in touch with Richard Gates on **01787 210432** who will be pleased to let you know what is needed to become a bell ringer.

BOXFORD REFERENDUM

Boxford residents are reminded the Boxford Neighbourhood Plan Referendum is taking place on **Thursday 27**th **October** at Boxford Village Hall. The Neighbourhood Plan is an official document that gives Boxford a big say in how planning and development affects it into the future.

All Boxford residents eligible and registered to vote should have by now received polling cards.

It is important that you exercise your right to vote. **Every YES vote will count towards improving local control over the future development of the parish.** More information can be found at www.babergh.gov.uk/BoxfordNP







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HADLEIGH & BOXFORD PPG

Over 1,000 vaccinations were given on the first all-day clinic on Saturday 1st October. As take up was less than expected a second afternoon clinic was held on 12th October. This was to accommodate patients who had only had one vaccination because they had either taken up an electronic invitation from the NHS, gone to a Pharmacy or just preferred one vaccination at a time. A second all day clinic was held on 15th October. Once again members of the PPG and other patients manned strategic points in and around the Practice to ensure the safe and continuous flow of patients and cars throughout the sessions.

Several appointments for the next day are offered online after 7pm the evening before. This additional access to following day appointments seems to be much appreciated and working well.

At the time of going to print, the newly-created inside Practice dispensary is planned for the end of October. Eligible patients will have been notified of the details all of which are also available on the Practice website. There will be no change to the dispensing arrangements at the Boxford.

Two PPG members have volunteered to be Trustees of the Hadleigh and Boxford Health Centres Charitable Trust. The group is planning to draw attention to the remit of the Charity so that eligible patients can benefit.

Finally a big thank you to PPG members and patients who have enthusiastically given their time and considerable energy to support the vaccination clinics last month.

Email: hadleighboxfordppg@gmail.com
PPG Chair: Jan Devey 01473 827091
Website: www.hadleighhealth.co.uk

 $\textbf{Facebook:} \ \underline{\text{http://bit.ly/Hadleigh-Group-Facebook}}$

BLANKET BONANZA

How the blanket-knitting group has grown. We are almost a cottage industry with so many industrious, creative ladies beavering away in the comfort of their own homes to produce the most magnificent colourful blankets. This month the group has excelled itself by giving me a total of 106 multi-coloured woollen rectangles to pass on to the charity Project Linus.



As the blankets come in all sizes the charity is able to respond to all requests for help from neo-natal units to care homes, refuge centres and any other calls for woolly warmers. The blankets will be especially welcome this winter as household costs rise, it will be heating that takes the first hit. My thanks to everyone involved for their wonderful creations. I know they will be loved and very much appreciated. If you would like to become a home knitter, receive a pattern and/or wool please do not hesitate to get in touch.

Jan Devev

01473 827091 / deveys@btinternet.com

Remember!

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

www.boxrivernews.com

BOXFORD CHRISTMAS CARD

This is the new Boxford Christmas card £4.50 for a pack of 10 This year we will be donating £1.10 from each pack to 'Friends of Boxford school'. Now on sale in Boxford Post Office.

Queen Bee Designs



READERS' LETTERS

Dear Editor,

Just wishing all my friends a very happy Christmas and to thank everyone for all their help and support after the loss of Derek and my two dogs. I am giving a donation to 3PR.

Thank you, *Di Butler*



BANISH THOSE NIGGLING ACHES AND PAINS!

With £10 OFF your first visit, it's the ideal time to address your back pain, headaches, sports injuries and arthritic aches and pains.



Osteopath, cranial osteopath, acupuncturist and medical herbal-

ist Elaine Everitt and acupuncturist Steven Bennett have opened their new clinic, located at Pippettes Farm in Stone St., Boxford (opposite Simbo's dog training).

Elaine and Steven's use of osteopathy, cranial osteopathy, acupuncture, medicinal herbs and low-power laser therapy can help a wide range of conditions that respond well to a natural and holistic approach. They offer treatments suitable for all ages; newborn to the elderly.

From musculo-skeletal problems to digestive disorders, fertility & menstrual issues, urinary complaints and skin conditions, their 35 years combined professional experience enables them to diagnose the condition and prescribe the correct course of treatment.

Long-term residents of Suffolk, Elaine and Steven currently run a very busy clinic in North London and are now keen to refocus their work to Boxford, where they grow and prepare organic medicinal herbs for their clinics and Suffolk-based skincare brand, Pippettes Farm.

Why not pay them a visit for a consultation or call to discuss how they can help?

For more information on their treatments and products call **07587 743850**

www.pippettes.co.uk www.elaineeveritt.com



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THE BUTCHER'S WIFE

On the weekdays, I get up at 5.30am (as the Butcher leaves for work) and I have about an hour and a half before I need to start rousing the mini-Leeders. During this time, I shower and get ready for work, empty the dishwasher, sort washing (put a load in, hang a load out, put a load away), make packed lunches, feed and walk the dog



and have a general tidy-up. I am not a morning person and by that I mean I am not social in the mornings. I'm very productive and get more jobs done in the morning but I do not want to talk to anyone. At all. I have a nice routine that I do in silence and it suits me fine.

As you may know, the shop is now closed on Mondays which means the Butcher gets a day off. Sane people would have a lie-in on their day off but not him, he's been getting up at 5am. The problem with this is that, unlike me, he is at peak social mode first thing. My hour and a half of peace has now been replaced with an hour and a half of non-stop chat. Not only that, he gets in my way. He's all over the place and he will not shut up. Monday mornings are now ruined for me.

On the plus side he has been making the most of his days off. When he made the decision to close on Mondays he had plans of doing DIY jobs around the house that are long overdue. For instance, he started decorating the living room 2 years ago, and by started, I mean he filled all the holes and then left it which means the walls have white filler all over them. So far, the living room has not been decorated, or even started, but he has made a lovely unit for our bedroom, a new mantle for the chimney breast and has done up an old bureau. He has also become obsessed with LED lights and these are now a fixture on pretty much anything that stands still for long enough in our house. In his own words 'you can turn anything into a lamp'! I have warned the children to keep moving.

His next project (sadly still not the living room) is a floating wardrobe and desk contraption in the boys' bedroom. He has more routers, saws and drills than Homebase and I have every confidence
that it will be amazing but I've realised that painting a room does
not require the use of any of these tools. My conclusion is that the
Butcher doesn't love DIY like he says, he in fact just loves playing
with tools. The joy on his face when a new pack of screws arrives in
the post is worrying!



Ingredients

Serves 4

- 8 bone-in, skin-on chicken thighs
- 1 tbsp olive oil
- 1 onion, thinly sliced
- 4 rashers smoked back-bacon, cut into small chunks
- 150g mushrooms, sliced
- 3 medium carrots, sliced
- 20g plain flour
- 1tsp dried thyme
- 500ml chicken stock
- 1 medium leek, sliced
- · Salt & pepper

Method

- 1. Preheat the oven to 190C. Season the chicken with salt & pepper.
- 2. Heat the oil in a large frying pan over a medium heat and fry the chicken, skin-side down for about 5-6 minutes or until the skin is browned. Repeat on the other side and then transfer to a plate.
- 3. Add the onion, bacon and mushrooms to the pan and fry for about 5 minutes stirring regularly. Once browned, transfer to a casserole dish. Add the carrots and flour and mix well.
- 4. Add in the thyme and then add the stock in stirring well. Add the chicken to the dish and bring to a simmer.
- 5. Cover with a lid and cook in the oven for 45 minutes.
- 6. Add the leeks to the casserole and cook for a further 15 minutes or until the sauce has thickened.

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THE NOVEMBER LETTER FROM FATHER ROB

Dear Friends,

Throughout the summer we have held gatherings at the Rectory for a variety of those who we have had the good fortune of meeting in the course of our duties. We held a tea party for the recently bereaved, another for those recently married or engaged to be married, one for families who have had their children baptised with other families who have been involved around church, and another for those who volunteer in a signifi-



cant way on Church councils, committees or organising around the Benefice. Such events are always a blessing to hold. Just like the Coffee mornings run in various churches around our benefice, they enrich our fellowship, grow relationships and provide an opportunity for us all to get to know one another a little bit better. Some of the conversations we have are funny and frivolous. Let me give you a taster:

The other evening, I awoke with a start sensing a sudden movement in the bedroom. I then realised that I had no pillow! I felt around the bed and on the floor beside the bed, but no pillow was to be found. It was then that I had a considerable urge to relieve my bladder. So without a care for my personal safety, I trudged along the hallway to the bathroom. After expelling enough liquid to sink the Bismarck, I pranced back to the bedroom considerably lighter and more at ease, determined to find my elusive pillow and track down the culprit who had stolen it. As I gently turned on the bedside lamp, I peered across at the pillow Sarah, my wife, was laying on and I noticed how much it looked like mine. So naturally, I whipped it from under her, waking her in the process; much to her consternation. It was only then that I spotted something which also looked like a pillow lying on the floor at the foot of our bed. As it turns out, Sarah had grabbed my pillow in her sleep and thrown it across the room for no apparent reason. My waking her, therefore, would seem entirely justified.

A few weeks earlier we experienced a series of magnificently impressive thunderstorms. At about 2am one morning, I was experiencing a particularly troubling dream about me and the family in a warzone. As my dream entered a crescendo, there was the almightiest crack of thunder over the house. It was so loud that it seemed as though it had taken the roof off. Impulsively, I leapt out of bed and threw myself on top of Sarah. I guess it was some kind of protective reaction, though I am not sure Sarah saw it that way, being as she were awoken by my mighty bulk landing on top of her at the very moment when she was dreaming of walking in fields of candy floss with marshmallow mushrooms and chocolate fountains, or whatever it is that ladies like to dream about.

Sometimes, however, conversations take a slightly more serious note. And the distance between the two can be thin. The other Saturday we were talking about places we'd like to visit, then about scattering ashes on the South Downs and then we were into a full-on conversation about funeral plans, death and dying. Did you know that in Victorian times people were buried with a piece of string tied around their big toe which was attached to a bell. The 'graveyard shift' would then keep watch every night. If a bell rang, it would signal that Uncle Bill was just taking an afternoon nap and had not gone to his eternal rest after all. Uncle Bill would then be swiftly dug up. When he later popped up naked in their local tavern, he would be called a 'dead ringer', looking as he did so much like the Uncle Bill we only buried yesterday. Swiftly moving on...

Have you written your funeral plan yet? If not, I would heartily encourage you to do so. For the family, it can be a great weight off their minds having your wishes clearly written down where there can be no misunderstanding. If you need a little help, just ask.

Don't be fooled by those adverts on daytime television for cheap funeral plans with their smiley actors and seductively false compassion, either. You are not a burden to your family! It will be important for their emotional wellbeing for them to feel like they have done the best they can for you. You will do them no favours if your body is quietly whipped away to the crematorium with no funeral service and no-one in attendance, or if the service that does take place feels like it is just another on a long clinical conveyor belt. Death and loss are hard things to process for everyone and families need an opportunity to say goodbye properly.

One of the good things to come out of the national period of mourning that was held for the Queen's death, was that it brought the need to grieve back into public consciousness. It was clear by the public outpouring of grief for the Queen, that people were also processing the losses they had experienced in their own lives in recent times which, for one reason or another, society had denied them the opportunity to express in a healthy way. Everyone needs the time and space to mourn, and that will follow a different pattern for each person.

As you are thinking about what kind of service you will have for your funeral, ensure you make space for your loved ones to properly grieve and do not be too quick to jump straight to celebration. You may well have been a colourful person, but the chances are that your family won't feel much like being colourful just yet and pretending otherwise may well feel false and painful to them. Your loved ones will need the opportunity to acknowledge and accept your death, and process their loss, before they can arrive in a more hopeful place. Death always comes before resurrection! It will be important to acknowledge that fact. Acknowledging a person's death and symbolically handing them over to God is important to the grief process. Just a 'celebration of life' can feel hope-less and finite.

The other thing that the Queen's funeral showed us, was just how important ritual and symbolism is to our lives, both individually and corporately. For many years we have downplayed traditional symbolism, as though it subverted us away from 'real' things like watching Bargain Hunt or ordering more useless junk on Amazon. Over the period of national mourning, long-held rituals and their symbolism carried us through when we ran out of things to do and say.

I have read somewhere recently that between 60-70% of those who visited the Queen's body lying in state made the sign of the cross as they passed. For a country that is supposedly no longer Christian, that is a remarkable number of people turning to this traditional symbol of prayer, protection and blessing and likely suggests that our relationship with religion is far more complex than we are willing to admit. The fact is we are ritualistic beings. Ritual and symbolism speak to us with far more depth than words can. These are especially important during the significant milestones of life, so don't forget to take this into account as well, as you plan for what is to happen down here when you are finally called up to the great tea party in the sky.

Over the next month, our Annual Memorial and Remembrance Services offer us all a chance to remember and honour those who have died in a ritually ordered and symbolically rich way.

Finally, make a will. Try your best to take care of those close to you and also include elements that make a positive difference elsewhere. The peace of mind and positivity this can bring can be precious as we approach our final days on this mortal coil.

By the way, Sarah recently got me to fit a new full-length mirror to the back of our bedroom door. I can't tell you the disorientating effect that has had on midnight meanderings!

May God give you his peace, in this world and the next. Copious blessings,

Copious diess

Fr Rob

rparkermcgee@gmail.com

Tel: 01787 210434

Time to Chill...

When did you last have some proper 'me' time?



If you're feeling the need to put the brakes on this month, the Beauty team at Suffolk Medical Clinic have the perfect remedy.

From relaxing Swedish; warm Lava-shell; or therapeutic Deeptissue massage – we have just the right treatment to rebalance you: mind, body and soul. And in November, they're all ½ off...

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⅓ off all massage*

Call: 01787 211 000 to book

* Offer valid once per person and until 30/11/2022.





SERVICE SCHEDULE FOR NOVEMBER 2022



Wednesday 2 nd November	10:00	Midweek Eucharist	Mary's House, Boxford	
	09:30	Sunday Eucharist	St Lawrence's, Lt Waldingfield	
Sunday 6th November	11:00	BCP Holy Communion	St Mary's, Boxford	
	16:00	Compline	All Saints', Newton	
Wednesday 9th November	10:00	Midweek Eucharist	Mary's House, Boxford	
Friday 11th November	10:50	Act of Remembrance	Edwardstone War Memorial	
Sunday 13th November	10:45	Remembrance Service	St Mary's, Boxford	
	10:45	Remembrance Service	St Bartholomew's, Groton	
	10:45	Remembrance Service	St Lawrence's, Lt Waldingfield	
	10:45	Remembrance Service	All Saints', Newton	
	16:00	BCP Evensong	St Mary's, Boxford	
Wednesday 16th November	10:00	Midweek Eucharist	Mary's House, Boxford	
	09:30	Sunday Eucharist	St Mary the Virgin, Edwardstone	
Sunday 20th November	11:00	Sunday Eucharist	St Mary's, Boxford	
	16:00	BCP Evensong	St Lawrence's, Lt Waldingfield	
Wednesday 23 rd November	10:00	Midweek Eucharist	Mary's House, Boxford	
Sunday 27th Navarch an	09:30	Pilgrimage Eucharist	St Mary's, Boxford	
Sunday 27th November	11:00	Sunday Eucharist	All Saints', Newton	
Wednesday 30th November	10:50	Midweek Eucharist	Mary's House, Boxford	

(Morning Prayer online, most weekdays from 8.30am)

All our churches across the Benefice are OPEN EVERY DAY for Private Prayer. If you need support, please contact Fr Rob or the Benefice Office

A prayer of commemoration for the fallen

Father of all, remember your holy promise, and look with love on all your people, living and departed. On this day we especially ask that you would hold forever all who have suffered during war, those who returned scarred by warfare, those who waited anxiously at home, and those who returned wounded, and disillusioned; those who mourned, and those communities that were diminished and suffered loss.

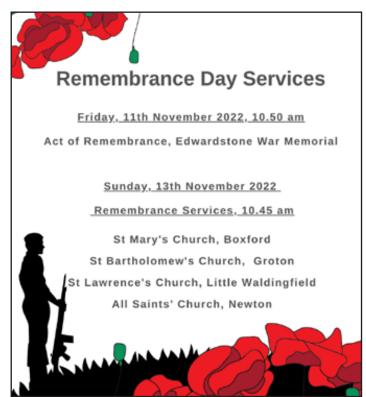
Remember too those who acted with kindly compassion, those who bravely risked their

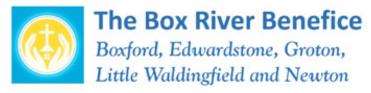
own lives for their comrades, and those who in the aftermath of war, worked tirelessly for a more peaceful world.

And as you remember them, remember us, O Lord; grant us peace in our time and a longing for the day when people of every language, race, and nation will be brought into the unity of Christ's kingdom.

This we ask in the name of the same Jesus Christ our Lord. Amen.

13th November 2022





DATES FOR YOUR DIARY

Weds 1st Nov 7:30pm Edwardstone PCC Fri 4th Nov 10:30am Coffee Morning, St Lawrence's, Little Waldingfield

Sat 19th Nov 10am Coffee Morning, St Mary's, Boxford

LIGHT UP ST MARY'S CHURCH, BOXFORD

On the 4th October, St Mary's Church was lit up in memory of Ann King, on her birthday and on the 15th October, it was lit up in memory of Audrey and Tom Wooster, on what would have been their 67th Wedding Anniversary. Our thoughts and prayers are with their families and friends

If you would like further information about Lighting up St Mary's Church in "Memory of a Loved one or In Celebration of an Anniversary, Birthday or Special Occasion", please contact the Benefice Office for further information.

BOXFORD CALENDARS

Sold in support of St Mary's Church

Boxford Calendars are selling fast, don't forget to buy yours. They are for sale at Boxford Post Office and make perfect Christmas presents, an essential for every home.

ST BARTHOLOMEW'S HARVEST HORKEY

A wonderful evening, full of laughter and joy was had by all those who attended the barn dance at Dove Barn on 8th October. A big thank you to the organising committee, who worked incredibly hard planning and running the event and to Anna & Adam



Dixon-Smith for the generous use of Dove Barn.

Following a delicious meal, Gareth's Band provided an evening of great music and guided everyone through the dances. Thanks to everyone who donated raffle prizes, bought tickets and supported the evening. £950.00 was raised for St Bartholomew's Church, Groton. We are looking forward to next year already.

CHRISTMAS TREE FESTIVAL

We are delighted to invite you to join us again as we celebrate our Christmas Tree Festival at St Mary's Church, Boxford on Sunday 11th December 2022.

The 5-foot Norway Spruce trees will be available at a cost of £22.50 each. If you wish to take part in the festival, please could you email boxriverbenefice@gmail.com or telephone 01787 828046, to reserve your tree. Spaces are limited, so it's best to book early. The trees will be available, for your decoration on Friday 9th December and all day on Saturday 10th December (battery operated lights only please). There will be a prize for the best dressed tree!

All proceeds will be donated to St Mary's Church, Boxford.

GIVING

Whether or not you attend church regularly, it is likely that you benefit in some way from a Church being in our villages. The church helps build community, provides a reassuring presence marking the seasons of the year and during challenging times in our lives. We live in a world where local community is threatened,

public service undervalued and individuals all too often get lost in the system. It is no surprise that isolation, loneliness, depression and poor spiritual and mental health are at frightening levels in our society. The Church provides a counter to this at a local level. In many villages up and down the country, once the pub has closed, the Church remains the only remnant of community spirit and focus. We need to secure such assets if we do not wish for them to disappear from our national life. But a church is more than just a building. Are you able to contribute the cost of a coffee or newspaper each week, to help our churches survive and thrive?

Please do get in contact the Benefice Office if you would like to talk to find out more about giving.

BOXFORD CHURCH CHOIR

How would you like to help make Christmas extra special for the community this year? Boxford Church Choir is looking for occasional singers who could bolster their singing over the Christmas period, the crescendo of which is the Carols by Candlelight service on Sunday 18th December 2022. Rehearsals will take place at 6pm on Thursday's 10th, 17th November, 8th and 15th December. All levels of experience, including none, very welcome.

NOVEMBER COFFEE TIME

We invite you to "Drop in for Coffee" around the Benefice

Every Tuesday @ 10am
Mary's House, 5 Swan Street, Boxford

* * * * *



Coffee Morning
Friday 4th November, 10:30 - 12:00
St Lawrence's, Little Waldingfield

* * * * *

Coffee Morning Saturday 19th November, 10:00 - 12:00 St Mary's, Boxford

EVERYONE WELCOMEJOIN US FOR COFFEE, CAKE AND A CATCH UP

BRING AND SHARE



North Porch, St Mary's Boxford

St Lawrence's, Little Waldingfield (in the church)

If you or someone you know is in need, Please visit the Food Bank.

All donations of non perishable goods are gratefully received.

Thank You TAKE WHAT YOU NEED, LEAVE WHAT YOU CAN

CONTACT INFORMATION

Benefice Office

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

01787 828046 email: boxriverbenefice@gmail.com

Fr Rob Parker-McGee SR **01787 210434** email: rparkermcgee@gmail.com











SUNDAY, 11TH DECEMBER 2022

10.00 AM - 3.30 PM

Followed by Christingle & Carol Service at 4.00 pm

Little Waldingfield Quiz Time Come and enjoy an evening of quizy fun in Little Waldingfield Parish Room on November 19th 2022

November 19th 2022 7.30pm

Teams of four at £10 per person including a two course supper and nibbles Bar selling red & white wine

or BYOB

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



Fleece Jazz at

Stoke-by-Nayland Hotel presents

Pete Oxley's Flight of Hand

Wednesday 2nd November 2022 8pm - Tickets: £20



The band will perform "hugely engaging, melodic, groove-driven works" by these two masterly jazz composers. In addition, expect works by Michael Brecker, Pat Metheny, Lyle Mays and Chick Corea.

Pete Oxley – Guitars David Gordon – Piano Oli Hayhurst – Bass Paul Cavaciuti - Drums

Art Themen Trio: Dizzy Moods

Wednesday 23rd November 2022 8pm - Tickets: £18



""A first-rate trio . . . an excellent set.
Themen is one of the very few totally
original, utterly engaging jazz musicians
around." """ Dave Gelly, The Observer
Themen, a veteran master now, in such
eloquent form." Peter Vacher, Jazzwise

Art Themen – Sax Pete Whittaker – Organ George Double – Drums

Stoke by Nayland Hotel, Keepers Lane, Leavenheath CO6 4PZ
Ample parking; fully accessible. Directions: www.fleecejazz.org.uk
Tickets: 01787 210796 or via WeGotTickets (booking fee applies); or on the door (cash or cheque only; sorry no debit/credit cards)

SPECIAL OFFER: A double room with breakfast and two tickets from £109 (subject to availability) Phone: 01206 262836

LITTLE WALDINGFIELD PARISH ROOM TRUSTEES

WINE TASTING EVENING

SATURDAY 3RD DECEMBER 2022 7.30 PM

LITTLE WALDINGFIELD PARISH ROOM

Tickets £16.50 per person (includes all wine and nibbles)



An opportunity to order great, reasonably priced wines delivered in time for your Christmas celebrations.

George Unwin of Baythorne Wines will provide expert advice to guide us through an evening tasting a range of interesting wines from around the world.

Tickets to be purchased by 27th November from Sue Bowen 01787 249473 Heathfield House, The Street, Lt Waldingfield sd.bowen@btopenworld.com THE SHELLEY CENTRE FOR THERAPEUTIC RIDING FOR THE DISABLED CHARITY NO. 1113636

CHRISTMAS



Saturday 26th November 2022 at Hadleigh United Football Club Millfield Hadleigh IP7 5NF 7 – 7.30pm start

COMPLIMENTARY MULLED WINE ON ARRIVAL

MINCE PIES & SAUSAGE ROLLS

TICKETS £5.00

Licenced Bar

Raffle

Please book your tickets with Chris Southgate email: <u>58aldham@gmail.com</u> You can pay online or get tickets from the Shelley Centre, Shelley Road, Shelley IP7 5QY

All proceeds to the Shelley Centre

BOXFORD GARDENING SOCIETY AGM

Tuesday 1st November 2022 at 7:30pm. Members Only

After the formal proceedings of the AGM, including the prize for the winner of the Spud Day, tea/coffee and cake will be served. Then please have a look at the photography competition, the seasonal display and the craft stalls.

Photography Competition: Three prints each, size 7" x 5" on the subject RED. The prints are to be given to Bruce Clegg no later than one week before the AGM, at Willows, Daisy Green, Groton CO10 5EN, or drop them off at Maggie's a little earlier. Then you all get to vote on the night. The winner receives an amazing prize and your acclaim!

Seasonal Display: As in 2021 there will be a table to exhibit your 'seasonal' display in a jar. Please bring your arrangement and place it on the designated table. No prize but lots of 'oohs' and 'aahs' and 'doesn't that look interesting'!

Craft Stalls: In addition we are fortunate to have several local enterprises offering their wares:

Anne Townshend with her prints (linocuts and watercolours) of local landscapes - <u>annetownshend.weebly.com</u>

Riverside Bulbs with bulbs for sale (orders can be placed in advance for collection on the night) - www.riversidebulbs.co.uk

Nicki and Tom Milden of Woolroom with small items for sale. **Kathy Green Origami** small gifts for sale of jewellery and boxes which may make interesting Christmas presents.

EDWARDSTONE WORK PARTY

Volunteers needed to help out with tidying and maintaining Edwardstone Millennium Green on the morning of the **first** Saturday of every month.

Come along and get involved with the work needed to look after this wonderful local amenity. Jobs can be found for everybody and you will be made to feel welcome. **Turn up for 9am start**

IN A DARK & SHIFTING WORLD LET ART & CULTURE SHED A STEADY BEAM

with

THE ARTS SOCIETY STOUR VALLEY

THE ARTS SOCIETY STOUR VALLEY

We offer illustrated Monthly Talks, Visits, Special Interest Days + a quarterly magazine & much more – all at a very reasonable cost

On the 3rd Wednesday of each month at 11am at Long Melford Village Hall, CO10 9QJ (opp The Bull)

PLEASE NOTE: Due to a surge in popularity since our Autumn programme launched, a membership waiting list temporarily exists.

For further details: and to get your name onto the waiting list

Contact: info@TASstourvalley.org.uk quoting BRN18

or via our website www.TASstourvalley.org.uk

WEDNESDAY 16th NOVEMBER LES TROIS GRANDES DAMES OF IMPRESSIONISM

Marie Bracquemond, Mary Cassatt & Berthe Morisot

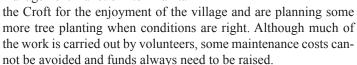
Prominent among the Impressionists but now less well known than their male colleagues. The lives & work of these innovative & radical artists are examined.

NEWS FROM GROTON CROFT

Although resembling an area of African savannah through the hot Summer period The Croft has continued to be well used by walkers, dog walkers and those looking to relax in an open space. The dog bowl has been used and appreciated!

The mulberry tree produced a good crop of fruit and most of the trees appear to have survived the drought period.

The trustees carry out an ongoing management function to maintain



With this in mind the trustees are holding another musical evening in Groton Village Hall on the 12th November following the success of their last musical evening three years ago. The popular local singer Hannah Louise, who was so enjoyed before, will be performing again and a supper will be available together with a cash bar. An evening not to be missed!



Monday 24th **October** at the Village Hall, this will be at the earlier time of 12.30 until 3.30pm

Coffee, Tea & Cake. New Members very welcome! Please Phone Wendy Hills **210342** or Alison Warren **211067**

ACTON BOOK SALE

Saturday 29th October in All Saints Church, Acton, CO10 0BA 10 - 2pm. Free Entry. 1000s of books at bargain prices. All profits to the church

PROGRESSIVE WHIST DRIVE

Wednesday 16th November, 7.30pm Monks Eleigh Village Hall We play 18 hands with a break for refreshments. £3 to play, we hold a free 'bring a prize, win a prize' raffle.

POLSTEAD CHRISTMAS FAIR

Sunday 4th December in Polstead Village Hall 10 - 3pm. Limited tables available. Contact Angela 07969983554

THE CHRISTMAS SOLDIER

Joe Barrett has written and will direct this year's Boxford Drama Group Panto. Please note the ticket prices and times of performances. There will be a bar and raffle each night.

Will the toys in the Princess's bedroom come to life. Will Father Christmas appear. Will her favourite, the Christmas Soldier, dance with her? All will be revealed at Boxford Village Hall!

Wednesday 30th November: Curtain up at 7pm, seating theatre style. Adults £10, Children £5

Thursday 1st December: Curtain up at 7.30pm, Light refreshments will be brought to your table in the interval. Tickets £12

Friday 2nd December & Saturday 3rd December: Curtain up at 7.30pm. A full 2-course Christmas supper delivered to your table in the interval. Tickets £18.

Tickets will be available from Boxford Post Office.

Fundraising evening for Groton Croft

Hannah Louise

Groton Village Hall

Live Concert

Saturday 12th November

Doors open at 7.00pm



Come along and enjoy listening to the well-known local vocalist singing covers of popular artists and help us raise money to maintain the wonderful amenity of the Groton Croft

TICKETS: £18.50 (in advance only) to include supper

Raffle lisa.hockley1@btinternet.com or jalwills@outlook.com

Cash Bar





PRESENT A TALK ON THE WORK OF THE ROYAL BRITISH LEGION

TUESDAY 15th NOVEMBER 2022 2:00PM NEWTON VILLAGE HALL

This talk will tell us about the history of the Royal British Legion and the work they undertake helping past and present servicemen.

We are sure this will be extremely interesting and is most apt as it is so close to Remembrance Day.

TICKETS FOR NON-MEMBERS ONLY £5 WHICH INCLUDES TEA and CAKE

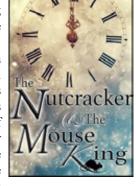
Advance booking would be helpful but is not essential For further details, please contact Marilyn on

07748 175 389

THE NUTCRACKER & THE MOUSE KING

This is My Theatre performance of The Nutcracker and the Mouse King is being performed at St Mary's Church on the Chilton Industrial Estate near Sudbury.

It's nearly Christmas and Maria receives an early gift of a beautiful wooden Nutcracker soldier. Little does Maria know that his wooden figure was once a real child and when the magic of Christmas is strongest, the Nutcracker comes to life. Can Maria help the Nutcracker to defeat the horrid Mouse King and break the curse? Join us in a



journey to magical kingdoms with music, puppetry and characters that the whole family will love.

The performance will take place on Thursday 8th December at 7pm with doors open at 6.30pm. Tickets are £15 for adults and £10 for under 16s.

For more info and tickets: www.thisismytheatre.com/chilton

LEAVENHEATH CINEMA

Saturday 5th November - Doors open 7pm **ELVIS** 2022 (12A)

2h 39 mins with 20 mins interval Tickets £4 per adult & £2.50 per child. You can now pay by card at the door. or reserve your seat online at www.leavenheath.org.uk

Telephone 01206 263301 for tickets Refreshments, wine, beer, soft-drinks, coffee, tea will be available before the film starts and ice creams during the interval.

Proceeds towards LVH Capital Project Fund (Charity No 262816)





POLSTEAD GARDENING CLUB

Our autumn season of meetings is now under way and coming up we have:

Tuesday 15th Nov at 7.30pm: Willow Weaving with Deb Hart

Tuesday 14th Feb at 7.30pm: Climate Change and Gardening with Jim Paine from Walnut Tree Nursery Garden

All meetings will be at Polstead Village Hall on the green in Polstead (CO6 5AL). Free to members.

Non-members are welcome $\pounds 5$ (cash or cheque please). Includes a drink and nibbles.

Queries to gardeningclubpolstead@yahoo.com

HADLEIGH CHORAL SOCIETY

Come along for an evening of beautiful choral music, as the Hadleigh Choral Society performs music by Ludwig van Beethoven and Johann Nepomuk Hummel.



We will be joined by professional soloists Zoe Brookshaw, Laura Smith, Richard Symons and Owain Browne, as well as the Colchester Symphony Orchestra. Conducting the evening's events will be Christopher Phelps.

The concert will be on Saturday, 19th November, 7.30pm, at St Mary's Church, Hadleigh. Tickets are £15, free for those in full-time education, and are available through www.hadleighchoralsociety.org.uk, members of the choir, or The Idler bookshop in Hadleigh. For more information contact **07886** 416 034.

BOXFORD WI UPDATE

We held a bingo afternoon for our October meeting which was thoroughly enjoyed by our ladies, who then enjoyed a lively chat over a cup of tea and cake.



The speaker for our November meeting is one of our own members, Jayne Foster, who will be giving us a demonstration on how to make a Christmas wreath.

Please come along to the village hall on Wednesday 2nd November at 2pm, if you are interested.

Other interest groups within the WI are:

Dining Divas (lunch group)

Chatterbox (afternoon with tea and cake)

Knit & Natter

New members are always welcome, so if you are interested in joining please contact our secretary, Annie Phillips. 01787 211729 annie-phillips@hotmail.co.uk













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



Graham Cooper Exit. No Exit. Camera and other angles.

Exhibition Preview Day Saturday 19th November from 11-60m

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

Opening Times: Thursday to Sunday 11am to 4pm Free entry.

Mili Tye is sign posted off the Bures Road in Great Cornard, approximately a mile out of Sudbury Town Centre. The turning is opposed the Kinga Head Pub Farking is in the car park before the level crossing. The gallery is a short walk opposite the Mil Pond, before the river, in the old Bakers Mill Building.

RSVP

Exit. No Exit. exhibition @ www.milltyegallery.co.uk



BOXFORD ARMISTICE DAY 1921

Armistice Day is commemorated every year on 11th November to mark the armistice signed between the Allies and Germany in WWI for the cessation of hostilities on the Western Front. It took effect at eleven in the morning, that being the "eleventh hour of the eleventh day of the eleventh month" of 1918.

Many Western countries and associated nations have since changed the name of the holiday from Armistice Day to Remembrance Day as it moved on to also be the day of remembrance for all who died in subsequent wars.

101 years ago (3 years after the end of WWI), Boxford and Groton remembered those who died in a series of events on their Armistice Day. A report was published on 23rd November 1921 in the *Suffolk and Essex Free Press* of the events. It makes interesting reading, both for its similarity to, and also significant differences from our modern Remembrance Day. Of particular interest are the names of many of those involved. Some of those listed in the article below have the same family surnames of many of those who died or fought. The accompanying pictures from the Boxford Society Village Archive date from around 1921, and are linked with people mentioned.

Boxford will be holding its annual Remembrance Service on Sunday 13th November 2022, when those who gave their lives in numerous wars and areas of conflict will be remembered. This year it is particularly poignant when there is war again in Europe.

Tina Loose



1922 footballers with Rev. W. S. Andrew at Rectory Park (Now Boxford House). Some of the footballers will have fought in WWI and will have attended the 1921 Armistice Day to remember their friends who died.



The guides and scouts were an important part of the community and marched, as today, to honour those who died. Some of these guides will have been part of the parade.

Article published in the *Suffolk and Essex Free Press* Wednesday 23rd November 1921:

BOXFORD ARMISTICE DAY

Armistice Day was observed in Boxford with due honour. A short service in church followed the two minutes' silence at eleven. In the Schools there was some pleasing excitement over the "Poppy collection" which was instituted by Mr. Pettitt, the Head Master. When the great day arrived there was not single child without a poppy for remembrance. To add to the excitement, the ceremony of saluting the flag was followed by the welcome announcement of a half holiday. The sale of Flanders poppies, which had been organised to take place throughout the parish, was most successfully carried out by the following ladies Miss Trett (Schools), Miss Morphett, Miss A. Kemball, Mrs. Pettitt, Miss Gooden, & Miss Beaumont, with the very gratifying result of £8 16s. 2d.

An excellent concert had been arranged for the evening, and was greatly appreciated by a crowded audience. The programme consisted of part songs by Mrs Andrew, Miss Gooden, Messrs. Andrew, Bright and Eastaugh; songs by Miss Gardner (Woodditton), Mrs. Sterry, Miss A. Dansie, and Mr. Michael Barnard Smith; dances by Miss Ruby Alleston; and recitations by the Rev. B. O. Barnard Smith, which were all much enjoyed. The dialogue "Geese," by Miss Trett and Miss Evans, caused great amusement, as did the very laughable sketch, "The Boneless Lady," by Mrs. Andrew and Mr. Bright. The entertainment concluded with very effective tableau of "Peace and the British Empire." Representations in the group were as follows: Peace, Mrs. Andrew; Britannia, Miss A. Kemball; England, Miss Morphett; Scotland, Miss Gooden; Wales, Miss Beaumont; Canada, Mrs. Pettitt; Australia, Mr. Pettitt; India, Miss A. Dansie; British East and South Africa, Mr. K. Stanley. The proceeds, £6 19s 3d, were handed intact to Lord Haig's Fund, the expenses being covered by private subscription.

There was special memorial service and celebration of Holy Communion on Sunday morning, at which the fallen were remembered by name. In the afternoon a memorial service for the parishes of Boxford and Groton was held at Boxford. A church parade had been arranged by members of the British Legion, and there was a good muster of ex-Service men to the number of about sixty, under the leadership of Capt. Dean. Many relatives of the fallen also attended the service, bringing wreaths for the war memorial.

The service was conducted by the Rector of Boxford [the Rev. W. S. Andrew, M.C.], who also gave an inspiring address from Psalm 107, v. 2, "Let them give thanks whom the Lord hath redeemed, and delivered from the hand of the enemy." The lessons were read by the Rev. G. Harding [Congregational minister]. The hymns were led by the combined choirs of Boxford and Groton. The procession to the war memorial was formed in the following order;-The choir, the clergy [the Rev. Barnard Smith, the Rev. G. Harding, and the Rectors of Boxford and Groton), the relatives of the fallen, the ex-Service men, the Boy Scouts. Girl Guides, and, lastly, the general congregation. At the war memorial prayers wore read by the Rev. W. H. Bonsey (rector of Groton). The "Last Post" and "Reveille" were sounded by Bugler Smith. Collections during the day amounted to over £7, and were given to the fund for training ex-Servicemen of all ranks for the Church.



Boxford Territorials before WWI. Many were destined not to return.



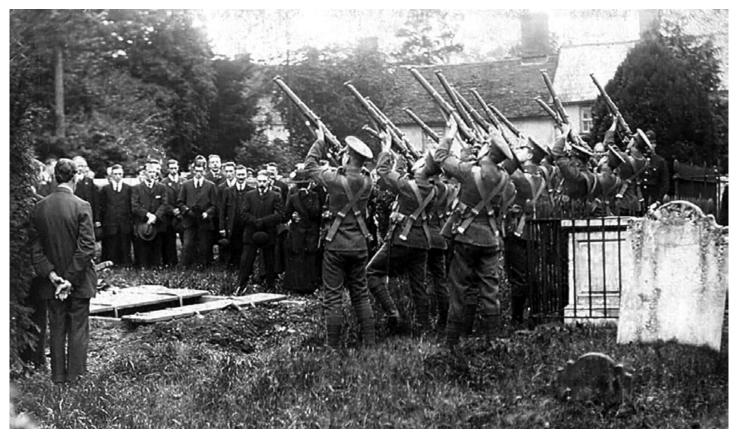


These are the Senior class (11 to 14) at Boxford School in 1920 the year before the newspaper report. The early years of many of them will have been spent without fathers and brothers while they fought. Others may have lost fathers, brothers, cousins or uncles in the war, so it will certainly not have passed them by. Armistice Day will have still been very poignant for them.

Left: Mr Pettit Headmaster and Miss Trett Boxford Infant teacher (for 25 years!) with infant class in 1923. Both were active in the community and these children were all born in the last three years of WWI. Miss Trett has a calming hand on a little Whymark who seems to be unhappy about being photographed.



Ruby Alleston, farmer's daughter, was well known in the village and had dancing lessons. She performed at the Remembrance Concert.

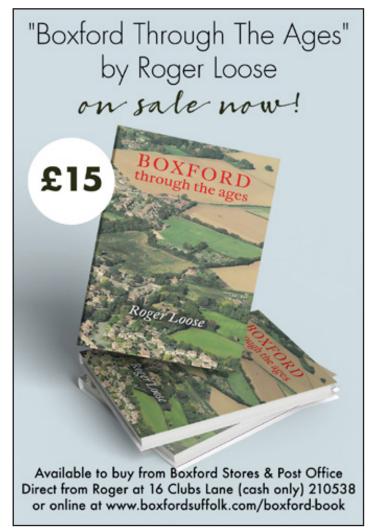


The burial of Corporal Walter Griggs who came home from WWI but was not in good health and died on 18th December 1920 aged 47. His name does not appear on the village war memorial, it having been dedicated on 2nd October 1919, but the Commonwealth War Graves Commission identify him as having died as a consequence of his War service. His wife Emma's memorial to him is recognised as marking a war grave. It also commemorates sons Bertie and Ernest, who died on the Western Front, and her son Walter Grimsey, who predeceased his father by three months. Her family of five men had been reduced to one son. She stands, a solitary woman, beside the soldiers as they raise their rifles for the three-volley salute.



Fred Sparrow, Bob King & possibly Charles Tricker. Often referred to by older Boxford folk as '*The Three Musketeers*'. Fred and Bob fought in WWI but their friend was too young.

Have you got photos and/or memories from around the benefice you would like to share with the Box River News? Please get in touch: editor@boxrivernews.com



MY WISH CHARITY

Merry Christmas! Sorry to bring the 'C word' already but here at My WiSH Charity November means we are starting to think about how we can make the festive season a little easier for those who find themselves in hospital on Christmas Day.



Enhancing care for you, your family, for life.

Each year we give the wards some money for each of their patients and

they in turn buy a gift for them to unwrap on the big day.

Past years have seen them receive nice smellies, fluffy socks, little ornaments plus toys and goodies for the young patients. This is thanks to donations from the community, and we hope you can help us again this year.

To donate a gift please go to our virtual Christmas Appeal where you can choose a 'gift', write a message and even put up a photo if you would like. https://visufund.com/wishchristmas

Make a difference as you shop.



Many of us use Amazon on a regular basis but did you know those purchases can benefit your local hospital charity? By going



into your Amazon account via Smile Amazon every purchase you make means we will get a donation.

Sign up at smile.amazon.com by logging in using your usual Amazon details. You can then choose to support My WiSH Charity. Each time you buy you can either add to your basket via your Amazon app and then log in to Smile Amazon or just go straight to Smile Amazon and start your shopping.

It really does add up and helps us continue to enhance the care of patients and to support staff at the West Suffolk NHS Foundation Trust.

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Bates Wells & Braithwaite Solicitors

27 Friars Street Sudbury C010 2AD

T: 01787 880440 E: solicitors@bwblegal.com

A PICKLED PAIR

How it started

A Pickled Pair is a Suffolk based meal delivery service, set up by Georgie Todd & Louise Collins, offering freshly-cooked meals using locally sourced ingredients, delivered from our kitchen to yours. We are two foodobsessed friends who both had children during lockdown and suddenly found we didn't have the time we wanted to create delicious home-cooked meals,



which got us thinking: how many other people are also struggling with this? With previous experience in the food industry, it is our passion for entertaining and feeding our friends & family that drove us to start A Pickled Pair.

How it works

Our new menu comes out on our website, weekly email and social media on a Tuesday morning, with last orders at 9pm on the Thursday evening. We are then in the kitchen cooking the following Monday and Tuesday, delivering all our meals to you on the Wednesday. All of our meals are delivered fresh, but can all be frozen and come with detailed cooking instructions. We have a changing weekly menu and can cater for both single portions, double portions and larger portions for parties. All of our meat is sourced from Clark & Son in Long Melford and our vegetables are sourced locally, or from our vegetable patches depending on our success in the garden!

Catering

We also cater for larger events, christenings, shoot meals, business lunches, dinner & lunch parties, as well as canapés for drinks parties & events

To find out more

Whether you need a break from cooking, have friends staying for the weekend, going away on a staycation, new parents, old parents or simply don't have the time - A Pickled Pair are here to help. Please visit our website www.apickledpair.co.uk to find out more or to sign up to receive our weekly menu. If you would like to enquire about larger catering or need help ordering on our website, please email us at apickledpair@hotmail.com or call us on 07788 410546/07752 250586. You can follow us on Instagram apickled-pair or Facebook apickled-pair or Facebook apickled-pair or Facebook <a href="mailt

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"We absolutely loved the food you cooked and delivered for us, thank you both so, so much. Your catering just made Sunday the perfect day and we could totally enjoy being all together. Thank you both so much, we will thoroughly recommend you to EVERYBODY!"

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THE GLOW PRO

Pamper season is upon us, people! Now that it's chilly outside and dark by 5pm, the desire to hibernate can feel stronger than ever. With that being said, November is one of the best months to dose up on some youtime, before the madness of *dare I say it*, Christmas begins.

Never underestimate the power of a pamper session, as it really can be magical for your wellbeing and it doesn't have to break the bank.

Light a Scented Candle

Picture this: The room lighting is soft. You're three chapters deep into your favourite book, submerged in a fluffy throw. As the room becomes infused with a heavenly, spalike aroma, you notice the candle's flame gently swaying, back and forth...

Comforting and calming, scented candles help to create the most peaceful ambience to help you unwind.



Lava Shell Massage

Offered in clinic from £45.00

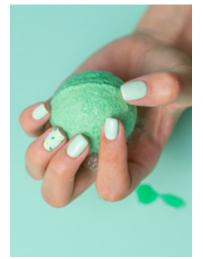
Nothing fulfils a self-care routine quite like a professional massage. Lava Shell massages feel dreamy all year around but especially during winter, as the soothing heat from the shells re-energises the body, encourages muscles to deeply relax, and smooths away knots.

Even just 30 minutes of a massage is proven to reduce stress and relieve tension. It might be cold outside, but

you'll certainly be warm during this treatment!



Take A Bath-Bomb Bubble Bath



It may be cliché, but every great pamper night starts with a long, hot bubble bath, am I right? If you're yet to indulge in a Lush bath-bomb bath, what are you waiting for?! Next time you fancy a soak in the tub, drop in one of Lush's unique bath-bombs to create an explosion of colour with an added fizz. Whether you've had a hectic day at work, or you just feel like hiding away for an hour (or two), these bath-bombs are bound to lift your spirits.

Get A Manicure

Offered in clinic from £28.00

Manicures provide a much-needed respite, where you can luxuriate and take an hour to yourself. For me, it's a phone-free zone and I enjoy going off the grid whilst being pampered.

I find there to be something very meditative about having a manicure. From choosing a pretty nail colour to having a gossip with your beauty therepict; manipures offer a transpil



therapist; manicures offer a tranquil space where you can truly mellow out.



Pillow Spray

The best way to really pamper yourself is to make sure you're getting enough sleep. Once your phone is out of sight and you're ready to catch some Z's, consider spritzing your pillow with pillow spray to help you drift off more easily.

I cannot recommend This Works' Deep Sleep Pillow Spray (£21.00) enough. The lavender and chamomile fragrance is renowned for aiding sleep with its calming effects and I always wake up feeling pleasantly fresh (even on a Monday)!

What does a pamper day look like to you? Let me know on: office@suffolkmedicalclinic.co.uk / 01787 211 000

Heléna x



Beauty Postbag

Thank you for all of your questions and comments for this month's Q&A!

Our chosen question comes from Gemma, based in Little Waldingfield.

She asks:

: "Should I be using retinol? What's the best way to use it?"

have amazing benefits for the skin, including improving its texture, boosting collagen production & diminishing dark spots.

If you're new to using retinol, try the 'low and slow' approach. Start with a pea-sized amount one night and then wait a few days to assess how your skin reacts. With all being well, build your skin's tolerance by gradually increasing your usage from twice a week, to three times a week and so on. To get the most from your retinol, use it at night after cleansing and remember to follow up with an SPF 30+, as it can increase sensitivity to sunlight.

Finally, remember to use a moisturiser after your retinol to prevent dryness and irritation.

Email your beauty questions to theglowprosuffolk@gmail.com for a chance to be featured next month!

CITIZENS ADVICE

The cost of things just keeps going up. The food shop doesn't stretch as far and my bills just keep getting higher. I've made cutbacks and, at the moment, I'm just about managing but I'm really worried about how I'll cope as it starts getting colder. What should I do?

You're not alone in struggling with rising costs, but it's important to know there is support available.

If you're finding it hard to stay on top of bills, make sure you know what money you've got coming in and out each month. Citizens Advice has an online budgeting tool that can help with this. https://bit.ly/cab-budgeting

It's also worth finding out if you're eligible for any benefits or support with your energy and living costs. On the Citizens Advice website (www.citizensadvice.org.uk) there's a benefits calculator, advice on how to reduce living costs and information on other ways to increase your income.

The good news is there is help with rising energy bills. From October 1st 2022, there's a limit on gas and electricity prices for most households - this is called the Energy Price Guarantee and will be in place for two years.

From October you'll also get £400 off your electricity bill. This is called the Energy Bills Support Scheme.

You don't need to do anything to get the money and you won't have to pay it back. The money will be paid in six instalments, you'll get £66 in October and November followed by £67 in December, January, February and March.

You should automatically receive the energy discount if you pay by direct debit, standard credit or payment card.

If you have a prepayment meter that isn't a smart meter, you'll get the discount via vouchers or as an automatic credit when you top up at your usual top-up point. Your supplier will let you know how they will issue it. If you have a smart prepayment meter, the credit should be automatically added to your meter.

If you can't pay your bills, speak to your energy supplier as they have a responsibility to help you come up with a solution.

For information and advice on this or anything else, visit www.citizensadvice.org.uk or call Sudbury and District Citizens Advice on **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 via email at advice@sudburycab.org.uk or by using the contact facility on our website, www.sudburycab.org.uk/contact

We are providing advice by telephone and email Monday – Thursday, 10am – 3pm.



OLLIE'S NEWS FROM SESAW

That silly chihuahua gave me the best laugh I've had in ages! He was boasting about 'writing' Kenny's SESAW News since 2012. That's a decade to you and me – but he never admits to being more than eight years old! He can't even get up on time since the clocks went back so here's my cat's eye view of this month's news, starting with a reminder about our Christmas Fair. Our volunteers have worked hard to arrange our first festive event since 2019. Lots of gifts, crafts and bargains plus Jeanette's Terrific Tombola and refreshments served all day.

Open 10am to 3pm on Sunday 20th at the Old School, Long Melford, CO10 9DX.





Mother cared for a variety of wildlife casualties this summer, most have been returned to the wild including a bumper crop of hedgehogs. They have to reach a certain weight before being 'soft' released but they surprised us. The original ten hogs had increased to sixteen, thus delaying their departure until the babies were also large enough to leave home. Despite their spiky exterior, hedgehogs are endangered but humans can help by supplying drinking water and cat or dog food to eat, never bread and milk. They need gaps under fences to move

between gardens and a pile of leaves and twigs to hide under - please check for 'Spike' before you build a bonfire.

The evenings are drawing in and it's too cold to stay out but I always grumble when Mother scoops me up to go indoors each night. Anyone who thinks I'm a pushover doesn't know me, Ollie (the Black) Cat!

Suffolk & Essex Small Animal Welfare, Stoke Road, Leavenheath, CO6 4PP.

Tel: 01787 210888 www.sesaw.co.uk



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We don't bite!

WOMAN WHO WALKS

Autumn circuit around Stoke-by-Nayland Quite long – around 9.5 miles, but worth it!



Today was a proper autumn

morning: a chill, a mist in the valley, the sun squinting through every tiny chink in the clouds. The overall colour is still green, though with the occasional dash of yellow, orange and red as some trees, usually the sycamores and hawthorns, can't wait any longer for the change of season.

I set off from Whitestreet Green and headed down Homey Bridge lane. The trees are still in full summer mode here, although the stony path is strewn with discarded yellow leaves (and, bizarrely, with one discarded car tyre, within which someone had lovingly placed a tied-up doggy-poo bag). A light rain of acorns fell around me, dislodged from the trees on this windless morning only by the weight of their own ripeness.

I turned left after the footbridge over the ford and followed the road to the footpath on the right, leading up to Steps Farm. At the Stoke road, I turned left and then right, past the houses of Goldenlond, then left again at the footpath sign. This path leads along the side of a field with an extensive view over the valley. Right again at the end, I followed the track down the hill towards Poplars Farm, an even wider vista across the Stour Valley opening up on my left.



was a narrow, muddy and uneven path, almost entirely enclosed by branches and undergrowth. A passing walker would suddenly catch occasional sounds and glimpses of golf-course life, just the other side of the hedge: convivial chattering - warning cry - bumwiggle - thwack - hand shading eyes - resigned sigh. They seem less incongruous now that the track is wide, trimmed and accessible to vehicles.

The track leads past a footpath sign on the left, which takes the Stour Valley Path and the St Edmund Way off towards Nayland, then up a hill among the trees, eventually meeting up with a small driveway on the left, towards Spring Farm. The driveway leads to a signposted path on the right. This is a lovely spot, with some beautiful specimen trees, in full autumn colour and a large, leafstrewn pond to the left of the path, which simply oozes wildlife. This is private land, so walkers need to be discreet: a brief pause to admire, maybe, but no sitting or picnicking, please!

A1071

Whitestreet

Homey

Bridge

Green

Nayland

Boxford

A single large orange leaf was dancing, all alone, almost on the ground, but not falling. It wavered up, then down, then round and round, following some invisible lead. I wondered at it for a moment, then realised that it was attached to the branch above by the finest thread of spider silk, too minute to see, but too strong to break, even under the weight of the leaf in the growing breeze. This had sprung up without me noticing, turning the rain of acorns into a hailstorm.

There is a kind of wilderness at the bottom of the hill. It used to be a plantation of poplars, but these were felled a few years ago and the saplings-in-waiting have taken over. Young chestnut trees have established, with their strangely exotic, jungly foliage and mysterious little bundles of spiny fruit. By contrast, a huge walnut tree nearby was already completely denuded and ready for winter, leaves cast off, nuts stolen by squirrels.

The path comes to a junction with a path to the right, through a gate. I took this path, through another gate, then over a track to a kissing-gate with a footpath sign and a less-

> than-welcoming warning to "Beware of the bull" He wasn't around (and how, exactly, was I supposed to "beware" of him if he had been?), so I crossed the field to a stile and into the semi-industrial fruit-production area of Honey Tye. These fields are covered in the huge, plastic-netting-clad structures which are creeping gradually around this area and are about to engulf the Box Valley.

The track here is part of both the Stour Valley Path and the St Edmund Way. It leads briefly on to the road towards Nayland, then straight on along a surfaced track running alongside part of the golf course. Until recently, this

Honey Tye

As I passed by, I saw two blackbirds, trapped Stoke-by-Nayland inside the netting and

frantically throwing themselves against it in an attempt to escape. I couldn't do anything for them,

except try to take a photo to record their fate and hope that they eventually found a way out.

Leavenheath

I crossed the A1071, turned left past the row of newly built houses, then first right, then took the first footpath on the right, just after Rose Hill Farm, leading towards Leavenheath. The path leads along the side of a sloping field, then right, across another field, through a small wood and into Edie's Lane in Leavenheath. At the junction with Leavenheath High Road, I turned right, then first left, through the estate to a path on the right marked "Royston Wood".

I crossed the A1071 again, turned left, then first right into the long, straight march down Plough Lane. A kestrel was hovering over the fallow field to the right, wings and tail almost coiled to maintain its position over some morsel of great interest. It dropped like a stone and stayed down, so the morning probably did not end well for some small mammal which had thought it was safe among the dead grasses and nettles. A little further on, a brown flash caught my eye and a stoat briefly appeared beside the hedge, running with its slippery, wavy-liquid gait, like a caterpillar on extra-fast-forward.

Further on still, an unruly gathering of adolescent crows had been left by their parents to get on with the autumn ritual of acquiring crow life skills. They have many things to learn if they are to survive and breed, but the most fun lesson in the crow curriculum seems to be the art of buzzard-baiting. You get above the circling predator, buzz it a couple of times with a flutter of wings and a good screech, then claws out...altogether now...divebomb! This year's young buzzards usually scream in terror and try to get away, pursued by much cackling, but the older birds shrug off the young thugs, knowing that they will not really risk a strike from a buzzard beak.

I followed Plough Lane past the golf course on the left, past Keeper's Lane, then on down the hill with the golf course on both sides and back up the surprisingly steep hill to the Stoke road. Here, I turned first left and followed the Stoke Tye road back down to the ford at Homey Bridge and up the track towards Whitestreet Green.

By now the sun had gone and low cloud was threatening rain. Well, it is autumn after all. Good walking weather might be getting rarer, but we still have the best of the autumn colours to come, so let's get out there anyway!

Lisa

www.womanwhowalks.com
Instagram: @womanwhowalks

BRIAN TORA'S SOAP BOX

Due to circumstances beyond his control Brian Tora was unable to contribute to this month's BRN. He has asked the BRN to convey his apologies to readers and promises to return in the December issue.







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FEEDBACK FROM JAMES FINCH

Your County Councillor for the Stour Valley

Suffolk proposes already-planned developments for Investment Zone status by Govt.

The Government launched the process in early October to invite councils to submit their bids by 14th October. Suffolk Councils have been working in partnership with landowners, the LEP, Chamber of Commerce and key local stakeholders to identify sites that meet the criteria. SCC, in partnership with the district and borough councils, submitted an expression of interest to Government on 14th October based around sites which are already in existing local plans or have otherwise been identified for development.

The proposal will seek Investment Zone status for sites along Suffolk's key transport corridors of the A14, A12 and A11 and near the gateways to the county in Lowestoft, Sudbury and Mildenhall. No new greenfield sites and no new sites adjacent to AONBs have been brought forward. The sites in our local area include a cluster around

- 1. Ipswich including land adjacent to Copdock Interchange, the Eastern Gateway, Europa Way, Hadleigh Road and Seven Hills
- 2. Sudbury including the Delphi site, the Hamiton road Quarter and Chilton Woods.

These sites submitted are all supported by Suffolk's MPs. We have chosen locations that will not only benefit most from regeneration, but will also allow sustainable, balanced development while protecting the environment and the AONB. We feel the proposed clusters in Copdock and Sudbury have enormous potential, with the possibility of bringing thousands of jobs to the area. It is also important to note these contain locations that are, apart from one, either brownfield sites or sites where planning permission has already been granted.

More Special Educational Needs (SEND) places funded.

SCC's Cabinet agreed a new wave of funding to continue its programme to provide much-needed specialist places for children and young people with SEND.

The £3million agreement marks the start of Phase 3 of the Capital Programme to create three additional specialist units providing 42 additional places for students with special educational needs and disabilities. This follows Phase 1 of the programme which created 825 news places across Suffolk and Phase 2, which was signed off in June 2022, and will create up to 73 new places.

So far, £45m has been allocated by SCC to deliver the new places for Phase 1 and Phase 2 - £15m of which has been provided by the DfE making a total of an extra £63m investment for Suffolk.

Deadline to apply for Primary and Secondary School Places is very close.

Parents and carers can now apply for primary and secondary school places for September 2023. The deadline for applications to secure a place at a Suffolk secondary school is **Monday 31 October 2022.** The deadline for applying for a primary school place, including infant and junior schools, is **Sunday 15 January 2023.**

All applications received by the relevant closing date are processed at the same time using the schools' oversubscription criteria to prioritise applications when necessary. Late applications are processed after all of those received on time.

Last year, Suffolk County Council received just under 15,400 applications from parents and carers indicating at which school they would prefer their child to be educated from September 2022. Just over 95% of applicants received offers for their first preference school and almost 99% of applicants received an offer for one of their top three preferred schools.

Before making a school application, parents and carers need to consider how they will get their child to and from school. School Travel eligibility is based on a child attending the nearest suitable school that would have had a place available. This might not be the

catchment area school. To find out more about SCC's school travel policy please visit www.suffolkonboard.com/schooltravel.

Suffolk Road-safe Partnership rolls out ANPR devices to target speeding motorists

Speeding motorists are to be targeted with a mobile number plate recognition system to be rolled out across Suffolk. Automatic Number Plate Recognition (ANPR) Speed Indicator Devices (SIDs) will be rotated around sites where there is a problem with speeding or rat-running on roads with a 20 or 30mph speed limit.

The devices, 10 in total, will display the speeds of drivers to them as they approach, encouraging them to slow down. If they continue to ignore the speed limit the ANPR camera will take a picture of them and record the date, time, speed, vehicle registration and a photo of the vehicle.

In certain cases, persistent offenders will be reported to Suffolk Constabulary and, while no one will be prosecuted as a direct result of the devices, they may be visited by a police officer who will speak to them about their driving. This project is part of the Suffolk Road-safe Partnership between Suffolk County Council and Suffolk Constabulary and is particularly targeted at roads in the rural areas.

The Hold's autumn exhibition, Picture Books For All

The Hold's autumn exhibition, Picture Books For All, opens on Friday 21 October, and explores the history of Ipswich-based printers W.S. Cowell Ltd. "A prospect of Ipswich in the county of Suffolk' by W.S.Cowell". A visually rich selection of books, prints, original artwork and journals will chart the local, national and international importance of W.S. Cowell.

The free Suffolk Archives exhibition on Ipswich Waterfront will also look at where Cowell sits in the history of modernism in Britain and examines their significant contribution to literature and society through design.

Launch of 'Childhood' - a film raising awareness of the need for Foster Carers

In a ground-breaking national collaboration, 56 local authorities across England have co-created a short film to raise awareness of fostering.

It is aimed at finding more people interested in becoming foster carers and providing nurturing, positive homes for children and young people across the country who need them.

Simply called 'Childhood', it highlights the impact of neglect on children, particularly siblings who may be left at times to try and care for each other. It shows the journey of 'Sophie' and 'Charlie' in a very difficult home situation where their needs are not met, to being nurtured and supported through foster care to attend school and be able to enjoy their hobbies and interests. In other words, have a childhood. The film can be viewed at https://www.youtube.com/watch?v=arYodXGnYsU.

Regular readers will know the personal interest I have in this subject. Children in need of foster carers are some of the most vulnerable members of our society and helping them grow into successful, confident and resilient young adults can be hugely rewarding. It is really important to get more people talking about foster care and I would encourage all Suffolk residents to look at their own lives to consider whether they have the patience, compassion and the spare room required to provide a child with the secure home life they need.

For more information, a foster carer recruitment rvent is held the 1st Wednesday of every month, and an adoption event is on the 1st Thursday - all 7pm in your home online.

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

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FEEDBACK FROM BRYN HURREN

Your Babergh District Councillor

After the passing of our dear Sovereign filled us with such grief and sadness in September and October, life in local government has quickly got back to as near normal as it can be with so much turmoil thrown our way. The cost of living crisis seems to get more evident and frightening by the day and even upper-middle wage-earners are beginning to suffer and feel the pinch now.

To help with this Babergh Mid Suffolk have bid for and received an additional £170,000 to help those that are seriously affected by the rising costs and just do not have enough to pay additional costs of food and fuel etc.

A quick visit to the website https://bit.ly/babergh-cost-of-living will give pointers to apply for this help and to see if you qualify.

Also, Citizens Advice, in partnership with others, are once again running a 'surviving winter' appeal fund. This works by asking recipients of the £200 Winter Fuel Payment who can afford to not actually need it, to instead donate it to a fund that redistributes it to those who do. We have collected over £400,000 on previous occasions and this has helped many low-income families and indeed single people living alone to at least keep the lights on and have some basic warmth in their homes. I will give more information in this column next month as details are finalised and hopefully before the real bitter weather sets in.

It seems so strange in these modern times for the District Council to be the main lifeline for so many disadvantaged and struggling individuals but it seems it is now the reflection of our times and on those in government who have taken so many bad paths and made so many hideous decisions. The latest mini-budget catastrophe could have been forecast by the average schoolchild in their first year in high school.

The Robin Hood reversal of robbing the poor to give more cash to the very rich, financed by borrowed monies, has met with the condemnation it deserved and has even woken up some of the previously *how-high-would-you-like-me-to-jump?* backbenchers from their complacency. Maybe there is some hope yet.

What is certain is that this trash government of idealists with very little talent, drawn from the very privileged cannot be allowed to carry on any longer in this manner. As a nation we are now being condemned by former allies and even the financial bodies who regulate us and our unpayable debts are beginning to take notice and warn us of the consequences of our lack of financial nous and competence. Due to its recklessness family mortgage repayments have doubled and our cost of basic living has jumped ever higher. The Kwasi Kwatastrophi has now reached epic proportions, let's hope that Jeremy Hunt's lack of experience in the treasury at least compels him to listen to the civil servants around him and that those who are left standing will guide him well and stop any more disastrous experiments with our money.

While it has always been accepted that if a Prime Minister resigns, dies, or as in this case is disgraced and thrown out, another one must be elected by the ruling party to take their place, I think that this protocol should now be revisited and changed. While Tom Tugendhat did have some credibility, all the other contenders certainly had very little and the fact that a tiny percentage of very unrepresentative folk managed to take six weeks in which the Country was left rudderless during a time of crisis, to elect the very worst candidate on offer, just because she appealed to their way of thinking in various venues across our once-genteel nation was nothing short of a disgrace and something that should never happen again.

A deputy Prime Minister should be nominated and automatically step up as each prime minister falls, which is happening ever more regularly now. The worst side to all of this is that politicians are losing the trust of the people who elect them and even the hard working and honest MPs and Councillors who work long hours to help their constituents are being tarred with the same brush. I am afraid that some of the electorate may be put off voting at all, which could mean that we will continue to get the very worst of a bad system with ever decreasing regulation and laws.

Is there hope? Yes, there is always hope and I feel that the anger in this nation is subsiding now and the feeling is turning to desperation and maybe the need to work together to create something better and more democratic for all of us.

In the Babergh area it will have been noticed that work has at last started on the council's old HQ at Corks Lane, Hadleigh. This is five years after we moved out but at least we will no longer be paying out the monthly sums of £1,000 for security on the now vacated and gutted buildings. This was and still is a bad decision but at least 57 new homes will be created and maybe if the economy ever recovers, we might just break even on the financial outlay of building and converting them.

More of a success for the council is the collection and distribution of the community infrastructure levy (CIL) monies. Since its inception in 2018 Babergh Mid Suffolk have collected just over £11million from developers and this money has been redistributed across all of our area and has made a difference in villages who have had a project financed in this manner. I have not been in favour of much of the development that has been forced upon us but at least the levy has brought in monies to help rebuild new infrastructure.

Another good initiative now coming though ever more strongly is the recognition of the importance of the environment and biodiversity and the council's efforts to turn away from fossil fuels and our efforts to increase hedge and tree planting across our land, housing developments and parks.

While this is laudable, we must also remember that our farmers and the land that they are now custodians of must also provide us with food to eat which is best done locally to save road miles and keep produce fresh. With thought this can all be done in conjunction and there can be room for everything.

Terrifyingly we have a terrible outbreak of Avian flu amongst many of our egg-laying flocks at this moment, please report any diseased wild birds to Defra and try to stick to recognized footpaths and away from farms with fowl at this present time. I am sure all our thoughts are with those trying to keep this horrible disease at bay for all our sakes.

Please keep well and treat everyone else with kindness. *Bryn xx*

If you need your councillor, I can be contacted at: bryn.hurren@babergh.gov.uk

Tel: 01787 210854 Mobile: 07771 508348



PARISH COUNCIL UPDATES

BOXFORD

Summary of Council Meeting 27th September 2022

Vacancies – Please note we now have 2 Councillor Vacancies.

Public Forum — Colin Parr, resident, attended and explained about a village audit volunteers had carried out. They have identified various areas in the village in need of maintenance, they felt the Village deserves a plan to overcome these issues. The Parish Council were supportive of the group meeting representatives from the District and County Councils as a first step. They are also investigating potential proposals for the bus shelter with the planning heritage team to see what would be possible. Representatives from the bowls club attended to share details of their centenary event and the need to improve the surface of the access walkway. Other matters raised included various housing issues including a new foster home on Brook Hall Road. Concerns were stated about planning approvals for changes at the dog training facility in Stone Street.

County Council Report - County Cllr J Finch had sent his apologies, however, his report covered the cost of living support for Suffolk households announced recently by Central Government. The County Council are seeking further hosts to support Ukrainians. Further consultation on the Bramford to Twinstead pylon proposals was to end on 7th October - *this was extended to 19th October. He attended Boxford with the new highways officer for our area and reminded about the blocked ditch near the Village Hall.

District Council Report - District Cllr B Hurren attended and his report covered housing issues which he agrees are unsatisfactory and he explained the District Council have to follow the criteria, so they cannot freely select the occupants. He praised Cllr L Wortley for her contribution to the planning committee hearing of the Sand Hill application and was delighted that planning permission was refused for the development. He confirmed the development of the old Corks Lane Headquarters is underway with 57 dwellings expected. Elections were due next May (including Parish Council). Various grants are available and being allocated including from the CIL. Citizens Advice are being supported to help with the cost of living crisis. He is planning another trip to the Energy from Waste plant. A resident asked about the CIL grants and B Hurren confirmed the next round ends in October.

Neighbourhood Planning - The Referendum was scheduled for 27th October and it was agreed to raise awareness in the Village. The District Council is responsible for all the arrangements and the posters and website notices are in place.

Finance - In addition to the usual business, our parish council insurance was approved. Various governing documents were reviewed and updated which can be seen on our website. A Christmas tree for the Churchyard was being investigated and finally the new Councillor Code of Conduct was adopted.

Cemetery – It was agreed for the Clerk to investigate independent contractors to undertake the risk assessment of the Cemetery and Graveyard. A meeting will be scheduled with Tree Surgeons to assess any timely tree work. This is a regular review and also comes out of requests from residents neighbouring both the Churchyard and Cemetery.

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

Full minutes can be found at:

https://boxfordsuffolk.com/BoxfordParishCouncil/minutes

Debbie Hattrell

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NEWTON GREEN

Summary of Council Meeting 12th October 2022

22/148 Councillor Vacancy

No application had been received for the councillor vacancy at NPC.

22/152 Finance

- b. The councillors resolved to approve and accept the external audit report produced by PKF Littlejohn for the year ending 31st March 2021. The councillors noted the issue raised by PDF regarding the payment of the Locum Clerk through an agency in May 2020.
- c. The councillors resolved to remain in the External Audit procurement regime managed by the Smaller Authorities Audit Appointments.
- d. The councillors reviewed the Asset Register and resolved that it correctly reflected assets held by NPC.
- e. The councillors reviewed and accepted the insurance renewal from Came & Company as it covered all the council's assets and the risks associated with the council's operation.
- f. All payments made and due for authorisation, as itemised in the RFO Report (Appendix B) were authorised by the councillors. The councillors also noted the income received since the last meeting and reviewed the Statement of Accounts against the budget.
- g. The councillors reviewed the donation request submitted by the Fireside Club and resolved to donate £100. The councillors also agreed that NPC should purchase a projector and screen that could be used by all parish organisations. The councillors reviewed the donation request submitted by the Alston Charity and resolved to donate £100 towards the Christmas parcels.

22/153 Planning

- a. The councillors reviewed Planning Application DC/22/04495
 Little Barn, Sudbury Road Construction of vehicular access and resolved to support the application.
- b. A further planning application had been received since the agenda was posted requiring a response before the next scheduled meeting. The councillors reviewed Planning Application DC/22/05029 Valley Farm House, Valley Road and resolved that they had no objections to the proposals to vary Condition 2 of the original permission.

22/154 Defibrillator Training Session

The training session for the cardiac arrest response seminar was held on Wednesday 28th September 2022 with 30 people attending. The councillors asked the Clerk to provide costs for CPR training at the Village Hall for the next meeting. The councillors would also like to see costings for the upgrade of the Village Hall defibrillator to a cabinet in line with the others in the village and a defib that will work on both adults and children.

22/158 Fireworks 2022

The councillors agreed that due to the lack of volunteers to run the event, the Fireworks would not be held this year.

22/159 Christmas Lights

The councillors agreed to the Christmas Lights switch-on on Sunday 4th December 2022 at 6pm. Mrs Parker will organise the dressing of the tree

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

Dave Crimmin PSLCC

01787 375085 / <u>newtonpc2@gmail.com</u>

OTHER PARISH COUNCILS

Edwardstone PC (Clerk: Richard Jones - 01473 828246) http://edwardstonepc.onesuffolk.net/parish-council/minutes

Groton PC (Clerk: Richard Jones - 01473 828246) http://groton.onesuffolk.net/parish-council/documents/

Little Waldingfield PC (Clerk: Chris White - 07541 133535)

https://bit.ly/LW-parish-minutes

EBONY'S DIARY

The joys of being back in business! Chapelstone Developments, our builders, have done a superb job on the extension so all the, ahem, rub-



bish in my room can be absorbed in its new home, leaving Babs and myself to laud it over the newly empty space.

We are loving having our riders back.

Here's Freya being helped to mount Ruby on her first day back in October.

I notice that 'Tea with a Pony' started up with two gentleman from the T.L.C. care home in Halstead. They were able to settle down in the back yard at first, due to the ponies being unable to use it whilst the building work was finishing. My picture shows Peter literally having his tea with Squidgy who is having hers off his knees!

We have sadly said goodbye to Roddy who never managed to turn himself into an RDA pony and have welcomed a new 13 yearold tri-coloured mare to the team, Indy. She is very calm and interested in her new position, an old mate of Ruby's, which makes for a happy combination.

New volunteers continue to offer their time which is brilliant. We are still running

a waiting list for riders but it's never too late to get your name down if you would like to us a try.

Our next fundraiser is on November 26th at Hadleigh football club. It's our Christmas Bingo: tickets £10. Then we look forward to the carol service on 3rd December to which all the Shelley familv is invited.

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CHARLIE AND "THE DIG"

On September 14th Little Waldingfield History Society was delighted to welcome Charlie Haylock to the Parish Room to give his intriguing and sometimes hilarious behind-the-scenes look at the making of the Netflix film "The Dig" - a film based on a novel with the same title about the famous Sutton Hoo burial ship and the people involved.

Charlie Haylock explained how a potential "scam" email from "The Dig"

producer turned out to be real, and was later followed by a phone call from leading actor, Ralph Fiennes.

Charlie showed how Ralph Fiennes, who played Basil Brown, and the other "Suffolk" actors learnt their Suffolk accent - and to not sound like West Country pirates! Charlie also explained his unique accent coaching style that had not been seen before by any of the actors. It was this unique style which successfully enabled the actors to master the Suffolk accent.

Charlie also explained the extreme lengths Ralph Fiennes took,

not only to play Basil Brown but to become Basil Brown.

The talk was both informative and very entertaining, and the audience loved it.

On 23rd November in The Parish Room Clare Mulley will talk to us about 'The Spy Who Loved' - the secrets and lives of one of Britain's bravest wartime heroines.

We very much look forward to welcoming everyone to the Parish Room in Little Waldingfield then.





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The Blooming Garden Spindles.

Euonymus europaeus is one of our few native shrubs. In autumn it looks dramatic with its brightly coloured leaves and vivid, lobed fruit containing bright orange seeds. There are ever-

green varieties of Euonymus with decorative foliage, but today I am talking about the deciduous ones which create bonfires of colour in autumn and there are many to choose from. Euonymus can be trained as a shrub or a small tree. Wildlife will appreciate its insignificant green flowers as they attract aphids and their predators such as lacewings, ladybirds and hoverflies. Bees love them too. In June you might have seen hedgerows enshrouded in webbing which gives them an unseasonal Halloween look. This is caused by the beautiful Ermine Moth which creates nurseries of vast webs. The little moth is white with black spots. Although the leaves are stripped by hungry caterpillars, this doesn't seem to cause permanent harm to the shrubs. In autumn, birds love the seeds which are poisonous to humans.

As with all native plants, myths and superstitions have become part of its story. The name euonymus comes from the Greek; 'eu' means lucky and 'onama' is Greek for name. I don't know why it was named lucky because in some area if it bloomed early then plague was supposed to be on the way. But the wood which is hard and dense was useful for making spindles and hence its name. It was also used for toothpicks and knitting needles. The toxic berries were ground to treat head lice, or alarmingly, as a laxative. Today, the wood is still used to make excellent artist's charcoal.



Euonymus europaeus 'Thornhayes'

There are plenty of spindles to choose from with gorgeous fruits, and many of them have fabulous autumn colour too. If you like the idea of growing varieties of our native *Euonymus europaeus* then 'Red Cascade' or 'Thornhayes' are good choices; they are both lovely with masses of fruit and bright red autumn foliage.

But there are many other beautiful varieties from other parts of the world which are just as eye-catching. Some of them have red fruit; others are pink or even white with conspicuous red seeds.



Euonymus clivicola var. rongchuensis

I love Euonymus cornutus var. Quinquecornutus which comes from China. Its pink berries have curious horns which make them look just like jesters' hats. The seeds are orange. Or another jester's hat variety is Euonymus clivicola var. rongchuensis which comes from Nepal and Bhutan. It is an elegant shrub with narrow leaves.

Euonymus oxyphyllus 'Angyo Elegant' is a Korean euonymus which is very striking with long stalks and dangling fruit like Edwardian ear rings. The autumn leaves turn reddish purple.

My favourite euonymus varieties come from Asia. *Euonymus hamiltonianus* is sometimes known as the Himalayan spindle. There are several beautiful cultivars; one very striking one is 'Koi Boy' which has white fruits with



Euonymus hamiltonianus 'Koi Boy'

bright red seeds which are supposed to look like Koi carp because of their striking colour. The leaves turn butter yellow in autumn. Very similar to 'Koi Boy' is *Euonymus hamiltonianus* 'Pop Corn'.



Euonymus hamiltonianus 'Miss Pinkie'

I love all the varieties of *Euonymus hamiltonianus* but if I had to choose just one it would probably be 'Miss Pinkie' because it is compact and has yellow autumn leaves and masses of pink fruit with bright red seeds.

But then I also covet a flat-stalked variety from Japan called *Euonymus planipes*. I particularly love the Dutch selection called 'Sancho'; this one looks as if it is dressed for the carnival with showy fruit and bright red leaves.

Many varieties of euonymus have striking autumn



Euonymus planipes 'Sancho

colour but I think the winged *Euonymus alatus* is probably the most vibrant. It's sometimes known as the Burning Bush' and it certainly lives up to its name. The one I would go for is called 'Rudy Haag'. You don't need acers when you have this beauty lighting up the garden.



Euonymus alatus 'Rudy Haag

If you would like to see a range of spindle trees in all their vibrant autumn dress then we are lucky here in Suffolk. Rupert Ely at The Place for Plants, East Bergholt has the National Collection in his arboretum.

Chloris.

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Spotted incorrect or out of date details or have a club/organisation you would like to add? Please contact editor@boxrivernews.com







EVENTS CALENDAR

OCTOBER 2022

7pm	French's Care Haven Quiz Night Ansell Centre, Hadleigh	22 SAT
10-4pm	Polstead Art Group Exhibition Polstead Village Hall	22-23 SAT-SUN
10-4pm	Lantern Making Formal Workshops Boxford Spinney	22-23 SAT-SUN
12:30 -3pm	Boxford Friendship Group Boxford Village Hall	24 MON
7pm	Boxford Village Hall AGM Boxford Village Hall	24 MON
10-4pm	Lantern Making Drop-In Workshops Boxford Spinney	24-27 MON-THU
All day	Neighbourhood Plan Referendum Boxford Village Hall	27 THU
10-2pm	Book Sale All Saints' Church, Acton	29 SAT
6:30pm	Fireworks Display & Lantern Parade Boxford	29 SAT
10:00-1:00	Boxford Farmers, Art & Craft Market Boxford Village Hall & St Mary's Church	30 SUN

NOVEMBER 2022

1 TUE	Fireside Club - Hallowe'en Soup & Pud Newton Village Hall	2pm
1 TUE	Boxford Gardening Society AGM Boxford Village Hall (members only)	7:30pm
2 WED	WI: Christmas Wreath Demonstration Boxford Village Hall	2pm
5 FRI	Nayland Bonfire & Fireworks Nayland Village Hall Playing Field	6:15pm
5 FRI	Cinema - 'Elvis' Leavenheath Village Hall	7pm
12 SAT	Hannah Louise Live Concert Groton Village Hall	7pm
15 TUE	Fireside Club - Armistice Day Talk Newton Village Hall	2pm
15 TUE	Polstead Gardening Club - Willow Weaving Polstead Village Hall	7:30pm
16 WED	Progressive Whist Drive Monks Eleigh Village Hall	7:30pm
18 FRI	Deep Relaxation & Sound Bath Boxford Village Hall	7.30pm
19 SAT	Christkindlemarkt Christmas Market Preston Manor Barn CO10 9LU	10-3pm
19 SAT	Quiz Time! Little Waldingfield Parish Room	7.30pm
19 SAT	Hadleigh Choral Society St Mary's, Hadleigh	7.30pm

Boxford Farmers, Art & Craft Market

Boxford Village Hall & St Mary's Church

Hadleigh United Football Club, IP7 5NF

BDG Panto - The Christmas Soldier

10:00-1:00

6:30-10:30

7pm

2pm

TBC

20

SUN

25

FRI

26

SAT

29

TUE

30

WED

Pop-Up Pub

Little Waldingfield Pavilion

Shelley Christmas Bingo

Newton Village Hall

Boxford Village Hall

Fireside Club - Art Club Demo

DECEMBER 2022

1-3 THU-SAT	BDG Panto - The Christmas Soldier Boxford Village Hall	ТВС
2 FRI	FOBs Christmas Fayre Boxford School Hall	3:15 - 5pm
3 SAT	Cheese & Wine Party Groton Village Hall	7:30pm
3 SAT	Wine Tasting Evening Little Waldingfield Parish Room	7:30pm
4 SUN	Polstead Christmas Fair Polstead Village Hall	10-3pm
8 Thu	The Nutcraker & The Mouse King St Mary's Church, Chilton Industrial Estate	7pm
10 SAT	Coffee Morning with Festive Stalls All Saints, Newton	10:00- 11:30
10 SAT	FOBs Santa Run Boxford, Edwardstone & Groton	From 3pm
11 SUN	Boxford Farmers, Art & Craft Market Boxford Village Hall	10:00-1:00
11 SUN	Christmas Tree Festival & Santa's Grotto St Mary's Church	10:00-3:30
13 TUE	Fireside Club - Christmas Decorations Newton Village Hall	2pm
16 FRI	Fireside Club - Christmas Lunch Newton Green Golf Club	2pm
16 FRI	Deep Relaxation & Sound Bath Boxford Village Hall	7.30pm
25 SAT	Community Christmas Lunch Boxford Village Hall	1-3pm
30 FRI	Pop-Up Pub Little Waldingfield Pavilion	6:30-10:30





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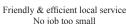
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