# The Messenger



Issue 134
February
2023

Serving Gislingham, Mellis and the Thornhams

WINNER
NATIONAL
PARISH
MAGAZINE
AWARDS

# THE MESSENGER TEAM




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News and features from the Messenger are added every month to the Messenger website **www.the-messenger-online.com**

**Next issue: March 2023**
**Copy deadline: Monday 13th February**

E-mailed or hand-written submissions always welcome. The editor reserves the right to edit, amend or omit submitted items at his discretion.

You can find the Messenger Facebook page at:
**https://www.facebook.com/themessengergismeltho**

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Disclaimer: The articles published herein do not necessarily represent the views of The Messenger. They are the opinions of individual contributors and are published with a view that free expression promotes discussion and interests.

# WELCOME TO THE MESSENGER



**EDITOR'S NOTES – February 2023**

**After our short seasonal break, welcome back to our first issue of 2023 which we hope you will find an interesting and of course informative read.**

Certainly, the judging panel at the National Parish Magazine Awards, must have found the magazine an interesting and informative read, as The Messenger recently won the "Best Content" category in the 2022 awards, for the quality and variety of our content. (More about that on pages 6 & 7).

With January out of the way, our village halls are offering a variety of events in 2023 for us all to enjoy. But they need our support, if they are to continue in the way we have come to be accustomed to. A bit like any local business; pub, shop, restaurant etc., our Village Halls are experiencing tough times!

We are all suffering with the cost-of-living crisis and village halls are no exception - see pages on 10 & 11. If you can offer voluntary support, this is much needed, in the form of Trustees and Committee members. This support is not exclusive to the village halls though... Gislingham Parish Council need Councillors and someone to organise a Spring Litter Pick. Gislingham Primary School require a Governor, and Mellis Church is looking for volunteers. (You will find details of all these vacancies within the magazine).

If you are new to our villages and want to meet people, contributing to the maintenance of our villages' social fabric by getting involved as a volunteer is a great way to do this.

Therefore in 2023, our message about the importance of supporting local is more important than ever. We all need to make a conscious decision to try and support the local economy by buying local and supporting sole-traders and tradesmen. Please also support our local village halls, clubs and groups. If not, I'll be the first to annoy everyone by saying "I told you so!" and you wouldn't want that!

Following their highly-acclaimed production back in October, Gislingham Variety Club are back again in March with their production of "Sherlock Holmes – The Panto". (Tickets are now on sale and details can be found on page 21.)

We have also been informed that a date has been set for Gisfest 2023: Saturday 10 June.

Finally, please note, our March issue has an early deadline date of 13th February, please send your contributions as soon as possible.

Until next month!



***Jeff Norman, Editor*** e) themessengereditorial@gmail.com

*Cover artwork: taken in Mill Street, Gislingham.*

# DIARY & LOCAL EVENTS




**Saturday 4th February: Book Sale, Coffee & Cakes**
- Gislingham Village Hall
- 10.00am – 12 noon
- Homemade cakes & refreshments etc.

**Saturday 11th February: Jumble Sale**
- Gislingham Village Hall
- Doors open at 10.00am with sale finishing at Noon.
- See page 14 for details

**Sunday 12th February 2023: Breakfast Club**
- Thornham Magna Village Hall
- 10.00am with guest speaker.
- See page 31 for details

**Wednesday 15th February: Gislingham WI**
- Gislingham Village Hall: 2.00pm - Ann Day - 'Remarkable Women of Ipswich'.

**Friday 17th February: Thornhams Film Night – 'Mrs Harris Goes to Paris'**
- Thornham Magna Village Hall
- 7.30pm – See page 24 for details

**Thursday 23rd February: Soup Lunch**
- Mellis Village Hall: 12.00 noon
- £5 for Soup, Roll and a hot drink.
- No need to book.

**Friday 24th February: Eye Film Club – 'Where the Crawdads Sing'**
- Eye Community Centre: 7.30pm
- See page 60 for details

**Thurs 30th March, Fri 31st March & Sat. 1st April: 'Sherlock Holmes – The Panto'**
- Gislingham Village Hall: 7.30pm
- See page 29 for details

**10th June: Gisfest**
- Gislingham Village Hall: Watch this space!

**Events and Club meetings etc., for inclusion in future issues should be sent to: themessengereditorial@gmail.com**

**Our next issue is March 2023. The "What's On" Diary deadline is: Friday 17th February**

# CLUBS, CLASSES & REGULAR EVENTS

**Baby and Tots Group for the Under 2's:** Gislingham Primary School.
Every Wednesday 9.45am – 11.00am. Term time only in the school hall.
Contact Debbie Nicholls: 07931 665 205

**Thornham Chat & Play:** Thornham Parish Hall
Every Thursday 9:30 – 12.00. Pre-walkers / Babies & Carers

**Carpet Bowls Club: Gislingham Village Hall.** Every Monday 2.15pm – 3.45pm
Led by qualified bowls coach. £3.00 per session. All equipment provided.

**Yoga Classes: Gislingham Village Hall.** Tuesdays 7.00pm - 8.30pm
Contact Clare Hall on 07704 570877 or email: thornhamyoga@yahoo.com

**Pilates Classes:** Thornham Parish Hall. Wednesdays 10.00am and 11.00am
Michelle Stanley-Morgan 07572 500465

**Pilates Classes:** Gislingham Village Hall. Wednesdays 9.15am and 10.15am.
Becky Cruickshank: 07734 414151

**Total Fitness:** Gislingham Village Hall. Thursdays 6.15pm and 7.15pm
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**Circuit Training Fitness Class:** Mellis Memorial Hall. Mondays 7.30pm – 8.30pm
Gus: 07540 473203 / anguswilkinson@btinternet.com

**Gislingham Variety Club**
For information of forthcoming productions etc.
contact: Richard Adams on 01379 788620 or email: GVC@daynet.co.uk

**Thornham Bowls Club:** Thornham Road, Thornham
New Members welcome. For more details contact Keith: 01379 871881

**Gislingham WI:** Gislingham Village Hall.
Meet the third Wednesday of every month at 7.30pm. New Members welcome.
For more details contact Sue: 01379788093 or Terrie: 01379 788521.

**Mellis Canicross:** Mellis Memorial Hall. Meet Saturdays 7.00 am. Jog with your dog. Contact Lorraine on 07913 183534

**Gislingham Silver Band:** Gislingham Band Hut. Tuesdays 7.30pm - 9.30pm
New members are welcome at any level.
Contact Iris Debock: 01379 788066 or debock.iris@gmail.com

**Bellringing:** Thornham Magna Church.
Mondays 7.30pm – 9.00pm. For details contact Sylvie: 01379 788130

**If you would like to submit a regular group or club for inclusion, please send to: themessengereditorial@gmail.com**


NATIONAL PARISH MAGAZINE AWARDS
WINNER
AWARDS 2022
Awarded to
THE MESSENGER
Gislingham
In the category of
BEST CONTENT
(A5)
PAUL ORSBORN
AWARDS CO-ORDINATOR

# NATIONAL PARISH MAGAZINE AWARDS 2022

**Entering the Annual National Parish Awards has become an annual custom for many years for The Messenger, as it's our chance to be judged against other similar magazines from all over the country, to see how the magazine is perceived by an independent judging panel.**

Following our winning the National Parish Awards in 2021, where we were judged to be the "Best Overall" magazine, we submitted our entry for the 2022 awards, in the hope of regaining our No.1 slot. Unfortunately, it was not to be!

Out of 450 entries, **The Messenger** magazine achieved third place in the A5 magazine category and also voted the **winner of the Best Content category**.

**A5 Magazine Category:**

- 1st and Best Magazine Overall - Elmham News (Norfolk)
- 2nd and Best Editor - Tatsfield Parish Magazine (Kent)
- **3rd and Best Content - The Messenger, Gislingham, Mellis & The Thornhams (Suffolk)**
- 4th and Best Design - The Magazine, Mylor (Cornwall)
- 5th and Best Print - Whitton Ways (Wiltshire)




Paul Orsborn, who runs the scheme said: "This award scheme is for Editors and their fellow volunteers all over the country who devote an enormous amount of time and effort free of charge to producing Parish and Community magazines that service their communities every month of the year. Congratulations are in order for everyone associated with The Messenger, as this achievement was against a very strong list of finalists, but based on the quality and variety of content your magazine was judged to have the best."

Personally, I am delighted we have won the 'Best Content' category, as this is an enormous pat on the back for everyone who submits articles and information to the magazine. To take the last (December) issue as an example; approximately 25 people submitted articles and information to the magazine (many of these on a regular basis) but that is not counting the 30 school children who submitted Christmas artwork for us to feature.

And through the year, we have numerous other residents who submit one-off articles and information on specific subjects e.g., Gislingham Variety Club performance reviews, Eating Out reviews, Local history, Obituaries, Local business interviews etc. etc.

When I try to work out how many different people contribute articles, information and photographs to the magazine over the course of a year, it always comes out somewhere between 50 and 60, and that is before adding in the children's artwork entries. So, to think around 90 people from our villages contribute is remarkable! We truly are a community magazine.

So, in closing, I would like to thank everyone who contributed to the magazine over the past 12 months. You have all in some part helped bring the silverware back to Mid-Suffolk!

When we started the magazine in July 2010 who would have thought that within 13 years, we would need a trophy cabinet bigger than Norwich City F.C.'s!

***Jeff Norman***

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# GISLINGHAM PARISH COUNCIL NOTES



Agendas and Minutes from Parish Council Meetings can be found on the Parish Council Website. These Minutes are also affixed to the Parish Council Noticeboard located outside the Village Shop.

The first point of contact for any matters relating to the Parish Council, is the Parish Clerk on clerk@gislinghamparishcouncil.com or on 07796 410694.

Councillors would encourage all residents to look on the Gislingham Parish Council website at http://gislinghamparishcouncil.com to keep up to date on items which are discussed at meetings by Councillors. At these meetings there is time set aside for the public to voice any concerns they have in the Village.

**DOG FOULING**

It has been brought to the attention of the Parish Council that Dog Owners are not cleaning up after their pets. Please see the following which is posted on the Mid Suffolk District County website:



"On most public land, it's an offence under the Dogs (Fouling of Land) Act 1996 not to clear up after your dog after it's fouled.

The Council has powers to issue on-the-spot Fixed Penalty Notices of £50. We can also choose to prosecute, which could lead to a fine of up to £1,000. Dog fouling should be wrapped and put in one of the many dog bins in your area.

If you see someone failing to clean up after their dog in a public place, then try to note:

- the date
- the time
- the location
- details you know about the offender
- alongside any other details you can remember."

This is the link to Mid Suffolk District Council to report Dog Fouling: Dog fouling » Babergh Mid Suffolk

Unfortunately, due to Councillors diaries being very full for the next few months they are not able to take the Lead on a Village Litter Pick. As previously requested in this Publication we are looking for a Group or individual to take on the lead on organising this. Please contact the Clerk by email on clerk@gislinghamparishcouncil.com or alternatively on 07796 410694 if this is something that you could take on.

We are still actively looking for residents who live or work in Gislingham to become Parish Councillors. If you feel it is something that would be of interest to you, please do contact the Parish Clerk for further details. Thank you.

***Julie Bell, Chair, Gislingham Parish Council***

# THE DEATH KNELL OF THE VILLAGE HALL?

**Why the old adage "use it or lose it" has never been more relevant…**




**A thousand village halls face closure because of rocketing energy bills in a major blow to the quality of rural life in Britain; which are sometimes the only focus for a rural community.**

**A survey shows more than 10% of the 10,000 plus halls fear shutdown as heating costs soar. "This would be a massive upset in rural communities because often they are the only places where people can socialise," said a spokesman for the charity Action with Communities in Rural England. (ACRE).**

Its survey, completed by 900 village halls, revealed that half of community buildings are suffering financial difficulty linked to fuel prices. Halls spend on average 27% of their income on energy as many of the buildings that have been the mainstay of village life for generations were built in the early 20th Century and are difficult to heat.

Tony Kellett, treasurer of Orlingbury hall in Northamptonshire said it faces closure within months because bills have risen ten-fold in 3 years. "Once the money's gone, it's gone. We are unsustainable at the moment." He told Radio 4's Today programme back in November.

A recent study by religion and society think-tank THEOS, said: "As the economy has spiralled, we have seen these anchor institutions become less secure. Soaring energy costs threaten the ability to run vital community spaces, and at the same time, volunteer capacity is stretched thin.

To offer a local perspective, I asked our three local village halls, what challenges they are facing, and this is what they told me.

**Terry Williams, treasurer for the Gislingham Village Hall committee, said:**

*"We have experienced difficulties with our energy bills since May 2021. In addition, we were informed that our boiler needed replacing which we did in July 2022 at a cost of £8628.*

*At that time, we switched to an oil-fired system and so far, we haven't seen much of an increase in our energy bills, despite the high oil cost. Having said that, I can report that we have made a significant overall loss for the past couple of years."*

**Eileen Chandler - Thornhams Village Hall told me: -**

*"Attendance figures at events changed following the lifting of Covid restrictions. To quote film nights, on average attendance is down by a third to a half. Prior to Covid we had quite a few people in the 75+ age group from both our villages and also surrounding*

*villages but very few of this age group have returned, presumably because they either have health worries or do not wish to go out at night now – I think people have become more cautious. This, of course, affect the hall's income.*

*As we have very little revenue from regular users, a group of very enthusiastic villagers decided to launch a programme of events which, if successful, will be an excellent source of income to cover the hall's running costs and hopefully some towards our future renovation plans. We are planning to carry out a scheme of refurbishments by the hall's centenary in 2024 but this will only happen if grants are available.*

**"A survey shows more than 10% of the 10,000 plus halls fear shutdown as heating costs soar."**

*During lockdown, more by luck than judgement, we carried out an extensive insulation project lining interior walls and ceiling and also upgraded heating thermostats etc. and this seems to be making a big difference to heat loss.*

*Energy-wise and being heated by oil, I think we are probably in a better position regarding heating running costs than halls that are all electric. Without the great local support mainly local villagers, attending our extra events, we would be in real trouble!*

*We are currently lucky to have a great group of fundraisers, but we desperately need new people to step forward to become hall Trustees. Our Treasurer will be standing down shortly and we also need a secretary."*

**Doug Rogers, treasurer for Mellis Village Hall said:**

*"Prior to the pandemic we had regular bookings 3 to days a week plus football at the weekend during winter. Now we have only 1 regular weekly, 2 monthly bookings and the football.*

*Over the last 12 months our expenditure on essentials exceeds our income by £1700, obviously this is not sustainable in the long term. We were fortunate to get a sizeable grant available to Village Halls in 2020 without which we would not still be open today. We also have two vacancies for Trustees."*

***Our photo shows local volunteers building Gislingham Village Hall in 1954***





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# NEW OWNERS AIM TO KEEP THE STANDARD HIGH AT THE YAXLEY BULL AUBERGE

**Jake Berridge and Katy Winch-Furness have taken over the two AA rosette restaurant with rooms from the Stenhouse family, who ran it for more than two decades. It was included as one of the 32 best eateries in Suffolk in the AA Restaurant Guide for 2023.**



The reputation of the Grade II-listed former coaching inn has not been lost on the couple and they themselves have gained great comments from customers in the three months they have been in charge.

“We know we have very big boots to fill and there was a very high standard set here before us, but we are very passionate about continuing that as best we can.” said Jake.

Jake who has several years' experience working in hospitality, said he and his partner had been on the lookout for a restaurant in East Anglia, and fell in love with the area, when they were looking for their new business venture.

Jake says a lot of guests remember the pub being known as the Yaxley Bull, so its new name will be The Bull Auberge, with the restaurant taking the title of The Yaxley Bull.

The menu has also been changed to an à la carte instead of the set menu offering previously.

Jake told us: “We have made gentle adjustments since taking over, but we are still offering classic English-European cooking with a slight contemporary twist. We also plan to change the menu regularly along with the wines on offer, as new dishes we introduce will pair better with particular wines. We are also really passionate about locally sourced ingredients and working on a small-business-to-small-business basis. We deal directly with a Lowestoft fishmonger, use a butcher in Stowmarket, and get our fruit and veg and dry goods from Diss. Getting these things so close to home is very important to us.”

Jake and Katy clearly have lots of exciting ideas for the future, (Some to be revealed in-time) but will include a special Valentine’s menu available throughout the week of Valentine’s Day and then a different offering for Mother’s Day. The new A’ la carte menu will change regularly offering different choices.

***The business now has a new website at: which includes the facility to enable you to make restaurant bookings online. www.the-auberge.com***

***Facebook: The Bull Auberge www.instagram.com/thebullauberge/***
***The Yaxley Bull, Old Ipswich Rd, Eye IP23 8BZ. Tel: 01379 771000***

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# JUMBLE SALE

## Gislingham Village Hall

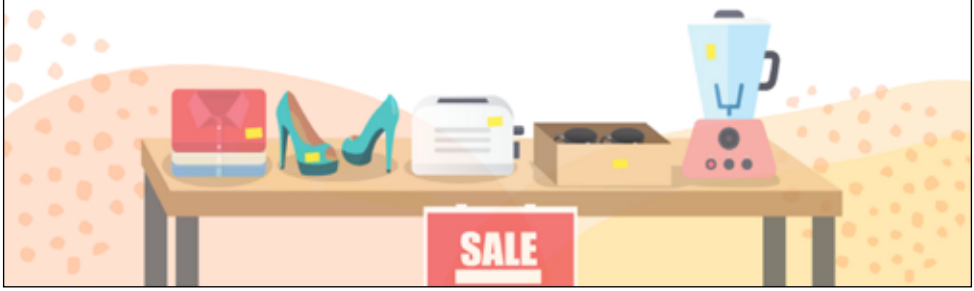
Saturday 11th February 2023

- Toys
- Clothes
- Books
- Bric a Brac
- Refreshments
- No Electrical Goods

Please bring jumble for sale to the Hall on the day between 9:00am and 10:00am

Doors open at 10:00am

Free entry



# NEWS FROM GISLINGHAM VILLAGE HALL

## FUTURE EVENTS

**Saturday 11th February 2023: Jumble Sale**
**Doors open at 10.00am with sale finishing at Noon.**

**Saturday 18th March 2023: Quiz Night**

**Saturday 22nd April 2023: Race Night**

**Friday 20th May 2023: Quiz Night**

**10th June 2023: Gisfest**

The Hall is available for hire at a cost of £10 per hour, which includes lighting, heating, water etc.

There are also village hall assets available for hire at an additional cost. These include, a sound system and a large screen television. Additionally, there are tables and chairs and a marquee which can be used outside of the hall for a small charge.

**Follow us at www.facebook.com/GislinghamVillageHall/**

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# IN YOUR GARDEN



## Time to grown your own?



**We have all become so dependent upon an endless supply of vegetables and salads grown around the world and available every day of the year. We expect to have instant access to the same produce in the middle of winter as we do in summer.**

But importing endless supplies literally on demand is just not sustainable at any level and increasing numbers of us have been encouraged to grow our own vegetables that have not clocked up immense number of air or road miles. The joy and lasting satisfaction of growing your own has added impetus in these food cost conscious times that now outweighs the other advantages of freshness and the health-giving confidence that the provenance of the produce you have grown from scratch are not been drenched in chemicals to enhance growth rate and appearance.

Unfortunately, space for ambitious kitchen gardens to grow a whole range of vegetables are seldom achievable in these days of smaller gardens unless you are lucky enough to have an allotment. But if you are content with concentrating on smaller vegetables such as lettuce, carrots, beetroot and dwarf beans, you do not have to devote a special area of your back garden as you can grow these plants by incorporating them into a mixed herbaceous border even siting tall climbing runner beans with the assistance of a few canes.

However, if you do not want to augment your flower beds with crops for the kitchen, or live in a property with no garden, you can still grow a whole range of vegetables from lettuce to peas in containers or pots on patios and grow bags. Even potatoes can be harvested from large pots as long as they have good drainage. I have grown tomatoes of all types with great success in grow bags. Accept you have limited space. The secret is keep it simple and concentrate your efforts on growing vegetables you like to eat.

Whilst this kind of small-scale vegetable growing in containers can be quite demanding in terms of day to day attention and the yields can be modest for the efforts involved but if the idea of harvesting your own fresh vegetables just before you cook them appeals, you may find it worth the effort.

Succession planting is the key to a steady supply of fresh produce. This means sowing your favourites in two or three batches across the growing season so that as one batch is ready to be harvested another is being sown and so on. As I well know, this takes some organising if you do not want to be overwhelmed with vegetables especially lettuces! Luckily, crops such as beans, carrots and beetroot grow more slowly over a longer period.

The most important thing to remember is that success starts in the ground and the better the soil the better your crops. Adding generous amounts of compost and organic manure will improve the structure of the soil and enhance the quality and success of your harvest.

***Lawrence Thompson***

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# NEWS FROM MELLIS MEMORIAL HALL




**Mellis Memorial Hall has to generate all its own income and relies 100% on volunteer time. With increased running costs please support the village hall in its efforts to fund raise in order to protect and maintain this fabulous asset.**

## FUTURE EVENTS

**23rd February: 2023 Soup Lunch**

**Doors open 12 noon. £5 for Soup, Roll and a hot drink. No need to book just come along for a chat and meet the neighbours.**

**11th March 2023: Tabletop and Yard sale trail - Details to follow**

**2nd April 2023: Easter Bingo – Details to follow**

**6th/7th/8th May 2023: Coronation celebrations - Details to follow**

**Late May/June: Open gardens weekend - date TBC**

Please join our email group friendsofmellishall@gmail.com. Sign up to hear about events, offer support by buying a coffee, making a cake, printing a poster or helping in a small way. No meetings, No committees, No commitment.

The hall is available for hire by the hour. Included in the rate are tables, chairs, crockery, glassware and cutlery, lighting and heating. Check the online calendar for availability on our website www.mellismemorialhall.suffolk.cloud.

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# THE FOUR HORSESHOES AT THORNHAM MAGNA



**Many pubs are steeped in fascinating history, folklore and mystique – but one Suffolk pub, in particular, is especially spooky, and its walls certainly have some stories to tell. Conveniently, it's just down the road in Thornham Magna!**

The Four Horseshoes is home to a number of ghosts, which date back hundreds of years. The pub reportedly dates all the way back to 1150, and because of the high quality of its architecture, it is Second-grade listed. If you've never been inside, there is much in the way of exposed wood, inglenook fireplaces and there is even a wishing well.

In keeping with its ancient appearance, the Four Horseshoes's ghostly manifestations include an old woman and her daughter. There is no history behind their haunting. However, legend has it the two died in a fire while searching for other children lost in the fire. A number of guests have reported being awakened by a noise in the night and then experiencing the sensation of overpowering heat. There has also been poltergeist activity. This occurred when television sets turned on, with no person nearby to touch them.

The Four Horseshoes' landlord Tom Parkhurst said: "The presence of a poltergeist has been witnessed numerous times, with activity such as televisions and kettles randomly turning on and off. Also, the feeling of someone gently sitting on the end of the bed has been reported many times."

The pub is also home to a mummified cat in the loft, which Tom presumes has remained untouched for hundreds of years. In centuries gone by, cats were thought to ward away evil spirits and were often put in the walls of buildings for protection.

Tom has seen and heard some of the pub's strange goings on, and said: "We have a gentleman ghost who is a smartly dressed chap – with a top hat and tails. It's amazing to hear when guests or staff have seen something, because they always describe him in the same way. He is only ever spotted in one room, but he has even been seen by a guest from outside, through the window. We have had staff as recently as 2020, follow him through the doorway to see if he needs assistance, only for him to have completely vanished. We don't know much about him, but he seems a friendly enough chap, and he doesn't help himself behind the bar."

Clearly, Ed Sheeran wasn't put off by these ghostly tales, when he dined with friends in the pub in December.

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# CHARLOTTE'S BOOK BLOG



Hello everyone, happy new year! I hope you all enjoyed the festive period and saw in 2023 with plenty of celebration. This month, I am going to do something a little different from my normal book review page, and am going to introduce to you local author Elspeth Rushbrook. Elspeth has kindly come forward and offered to take part in an interview for my page. So below is my question and answer with Elspeth about her and her books, I hope you enjoy.




**CN: Please tell us about yourself and your background in writing**
**ER:** I've written for 30 years; my first books were penned in 6th form (with short stories before that). I'm also a poet, composing musician and artist. I often interweave these: I designed the artwork for both of my novels' covers and I've composed music for the scripts, which I also wrote.

**CN: What inspired you to start writing?**
**ER:** There was no specific incident or trigger. I scrawled away at stories and poems from an early age. The most recent novel, published in April 2022, came about due to my ire at my first viewing of Cameron's 1997 leviathan blockbuster, 'Titanic'. In fact, both published novels of mine were started as a response to something which I was disappointed by. I wanted to tell people my version.

**CN: Who is your favourite author and or book?**
**ER:** It may seem strange to state that whereas I love reading, I don't have a favourite; these have shifted over time. A key story in my own writing is Jane Eyre, since I offer 'A twist on the tale at Thornfield' in my first published novel.

**CN: How many books have you published?**
**ER:** I have published two novels: 'Parallel Spirals' and 'The Jury in My Mind'. The first has a sequel. Other projects in progress include travel writing on cathedrals and their cities and a 'Weedy Cyclists' Guide to Suffolk'...Gislingham, Mellis and the Thornhams, all feature in it!

**CN: Could you please tell us a little bit about the books that you have published?**
**ER:** 'Parallel Spirals' is a story within a story within a story... each moving on the next. It links a Norwich vicar of c2000, a 19th C governess, and a Belgian 16th C plain clothes free-range nun... and a 17th C pirate. The 'Jury in My Mind' is about the Titanic - a personal claim, a microcosmic view. Both are psychological fiction about female friendship and journeys of faith.

**CN: Thank you, and lastly, how can these be purchased?**
**ER:** Details are on my website: https://elspethrushbrook.webs.com/writing.htm

And lastly, I would just like to thank you all, as the readers, for the continuing support of my book reviews. I have some exciting reviews to bring to you in the coming months and can't wait to share some more brilliant books with you all. Don't forget, you can keep up with me and all my latest reads and reviews on Instagram over at @charlottes.bookblog. I look forward to seeing you there! Feel free to message me any recommendations or get involved on my page! Thank you. ***Charlotte***

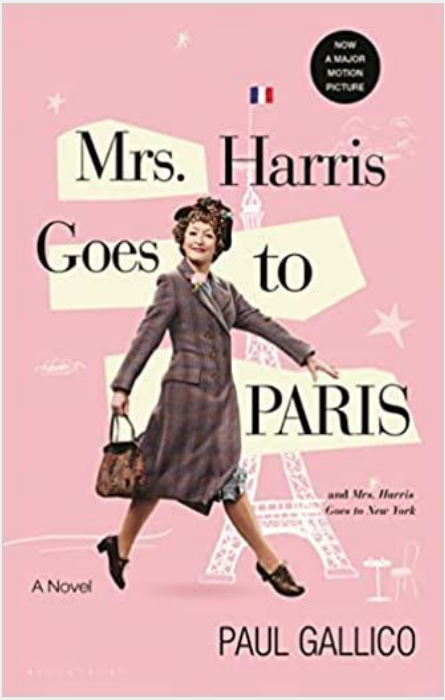
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**Thornhams Film Night**
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# THORNHAM PARISH HALL EVENTS



## FUTURE EVENTS

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**10.00 am:** Every Body Sit to Stand Pilates (no floor exercises, seated and standing exercises for mobility and stability – this would be suitable for anyone finding it tricky to easily get up and down off of the floor or who would like a slower-paced exercise group).

**11.00 am:** Every Body Group Pilates – all levels class including a variety of exercises, including floor work.

For more details: Contact Michelle 07572 500465

**Sunday 12th February 2023: Breakfast Club**
10.00am with guest speaker. Bookings at breakfast@thornhams.org £7.50 per person

**Friday 17th February: Thornhams Film Night – 'Mrs Harris Goes to Paris'**
Licensed bar and ice creams. Tickets £5. 7.30pm. Bookings at films@thornhams.org

**Friday 17th March: Thornhams Film Night - tbc**
Bookings at films@thornhams.org

**Saturday 25th March 2023: Beetle Drive**
7.30pm £10 a head to include "posh" fish finger sandwich. Licensed bar

**Friday 31st March 2023: Booze and Brushes fun art workshop, subject Mad March Hare.**
Bookings amandachurch562@gmail.com

**Sunday 23rd April 2023: Breakfast Club for St George's Day**
10.00am. Bookings at breakfast@thornhams.org £7.50 per person



# FOCUS ON BUSINESS: DREAM ON IN EYE

**As with all our 'Focus on Business' articles we only feature businesses that are small and local; and 'dream on' in Eye is certainly no exception.**

**dream on was founded by Bridget McIntyre in 2010. It is a ladies boutique based in Eye but it is so much more than a dress shop! Bridget, along with Amanda Church pride themselves on offering exceptional service and providing a friendly, welcoming and special experience when people visit to browse and shop.**




**JN: What makes your business unique?**

**Bridget:** dream on is a Community Interest Company (CIC) so all the profits are used to help others by funding complimentary makeover days for especially deserving woman, for example those recovering from cancer or undergoing treatment and also as a thank you to those who make an exceptional contribution to others. Profits are also used to offer free development programmes via our sister organisation, The Blossom Charity.

**JN: What can guests expect on a Makeover Day?**

**Amanda:** As well as having your hair cut and styled, you receive a makeup lesson, gel nails and time with our stylists to help find the clothes that suit you. You also receive a lovely lunch with wine, 'before' and 'after' photos and 10% off any purchases on the day.

**JN: What has been your favourite reaction at the end of the day?**

**Amanda:** Some ladies can feel a little nervous at the start, but we are a very friendly team and love what we do. To see the transformations is the best; sometimes they just don't want to leave. I have never worked anywhere that has received so many 'thank you' cards!

**JN: Where do you source your clothing range?**

**Amanda:** We both love clothes and styling. We visit trade shows in the UK and also visit

Copenhagen twice a year and although we have different tastes, we are confident, that we will choose wisely. We also think about our loyal customer base and often buy with certain people in mind, but some things you can't resist. We have some constant brands, but we also like to mix it up with new collections each season.

**JN: Can Ladies shop without having a Makeover Day?**

**Bridget:** Yes, of course! When setting up the shop, we thought very hard about what we liked from a shopping experience, so we are on hand with advice if needed but you are welcome to browse. Whatever the occasion, we will try to find the right style for you.

Our sizes range from 8-22/24. We also offer a free alteration service.

**JN: What do you love about being in Eye?**

**Bridget:** Eye Is a great little town. We feel a real part of the community and have made great friends. There's so much going on and we like to get involved as much as we can.

***Shop opening hours: Tues - Fri: 10:00 - 17:00 and Sat: 10:00 - 16:00***
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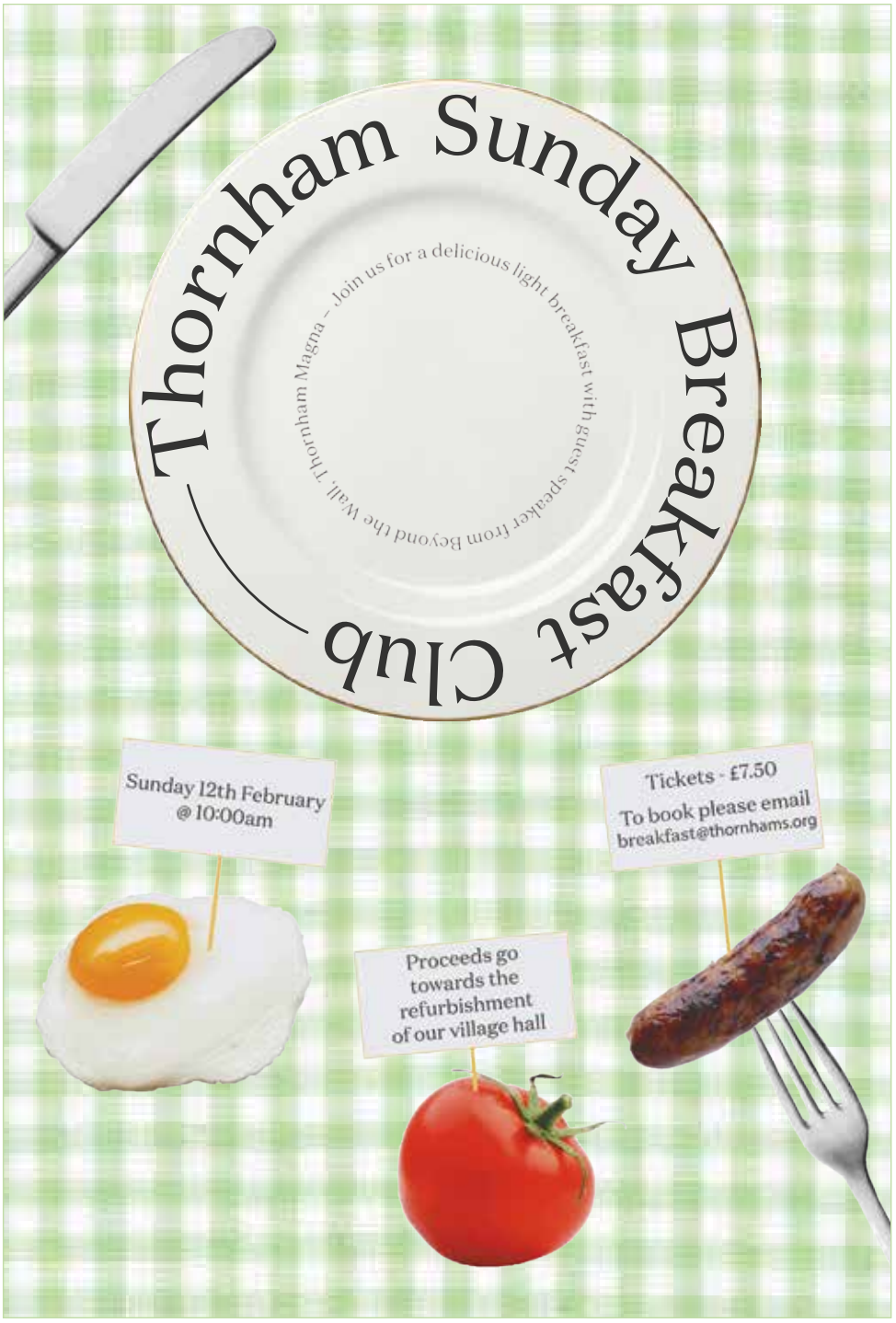
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Tickets - £7.50
To book please email breakfast@thornhams.org

# NATURE NOTES by Darrel Charles



**Hello everyone, welcome back to Nature Notes and a very Happy New Year to you!**

As we start a new year, it is opportune to look back over the past 12 months at our favourite moments as well as look forward in anticipation of what we hope to experience in the natural world.

I think that my favourite moment from 2022 was the sighting of a Kingfisher in our own garden. It was only a fleeting glimpse but so memorable. Still in the garden, we enjoyed some great views of an adult Green Woodpecker on our lawn feeding its two youngsters, over several minutes. Also ranking highly have been visits of both male and female Greater Spotted Woodpeckers to our peanut feeders, along with many sightings of Long Tailed Tits. 2022 was a pretty good year for butterflies for me, both locally and further afield. I was pleased to see a few Wall Browns in the Norfolk Broads after an absence of a couple of years and I came across plenty of Marbled Whites in Landseer Park in Ipswich. It was also exciting to stumble across a White Letter Hairstreak taking a breather in the middle of our lawn! A woodland sight that made a great impression was that of masses of Wild Garlic flowers over at Bradfield Woods last May - on that occasion I think they surpassed the beauty of the Bluebell flowers.



*Chalkhill Blue*



*Clouded Yellow*



*Barn Owl*

Looking ahead, I'm really hoping to see an owl - any kind of owl! Despite having heard plenty of hooting, it's been a couple of years now since my last sighting, which was of a Little Owl on Mellis Common, so I'm well overdue! Also on my wish list are a couple of butterfly species I haven't seen for a while: the Chalkhill Blue and Clouded Yellow - I expect to have to travel a bit to see these. Whatever is in your wish list for 2023 I wish you luck!

In their quest for sharp images of the night sky, astrophotographers go to great lengths trying to combat the effects of the Earth's rotation that appears to make the stars travel across the sky. There is another approach to photographing the night sky, however, that embraces the rotational effect of the Earth to produce fascinating photos. This involves taking a long exposure photograph that traces the motion of the stars. One way of doing this makes use of a camera's built-in intervalometer that should be set to automatically take a series of few hundred photographs of, say, 20 seconds each. Those photos are then overlaid to make a composite with an effective exposure time of a couple of hours. Whilst many DSLR cameras have built in intervalometers, such photos can even be taken with an iPhone as described in this YouTube video: *www.youtube.com/watch?v=ZUyBOxOapao&t=540s*, although £2.50 needs to be invested in an app to control the phone's camera. In the photo below, my camera was facing North and the stars can be seen to apparently rotate around the Pole Star as the Earth turns on its axis. The bright white light towards the bottom of the photo is caused by a car's headlights as it goes along Burgate Road.



*Star Trails Over Gislingham*

**Until next time, happy wildlife watching!**

*See these and other photos at my Flickr site: flickr.com/photos/darrelphoto/*

*See Tony Clarke's monthly list of local bird sightings at The Messenger on Facebook.*

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For more information contact Becky on
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# TRIED & TESTED RECIPES by Debbie



## CHICKEN KATSU CURRY

**This Japanese-inspired curry with its fried, breaded chicken and a smooth curry sauce makes it stand out from other curries. The meat is breaded and fried before having a smooth curry sauce poured all over it.**





**Ingredients** (serves 4):
100g x flour, seasoned with lots of salt and pepper
1 x free-range egg, lightly beaten
200g x Japanese panko breadcrumbs
4 x boneless chicken breasts
100ml x groundnut or vegetable oil
Steamed rice and salad to serve

*For the curry sauce:*
1 tbsp x groundnut or vegetable oil
1 x onion, peeled and chopped
5 x whole garlic cloves, peeled
2 x carrots, peeled and chopped
2 tbsp x plain flour
1 tbsp x medium curry powder
600ml x chicken stock
2 tsp x honey
1 tbsp x soy sauce
1 x bay leaf
1/2 tsp garam masala

**Method:**
To make the sauce, heat the oil in a small pan. Add the onion and garlic and sauté for 2 minutes, then throw in the carrots and cook slowly for 10 minutes with the lid on. Stir occasionally. You want to sweat the vegetables until softened and starting to caramelise.

Stir in the flour and curry powder and cook for a minute. Slowly pour in the stock until combined (do this gradually to avoid lumps). Add the honey, soy sauce and bay leaf and bring to the boil, then reduce the heat to a slow simmer and cook for 20 minutes.

The sauce will have thickened and taken on all of the flavours, but you still need it to have a pouring consistency. Add the garam masala, then pass the sauce through a sieve.

Now prepare the chicken. Lay the seasoned flour, egg and breadcrumbs on separate plates. Coat the chicken in the flour, then dip into the egg and then into the breadcrumbs.

Heat the oil in a frying pan and fry the breaded chicken breasts for 5 minutes on each side, or until golden and cooked through. Remove from the pan with a slotted spoon and leave to drain on kitchen paper. Slice the chicken diagonally and serve with the sauce drizzled over, steamed rice and salad.

Note: If your chicken fillets are quite thick, hammer them out to make them thinner or they will not cook properly in the time stated in the recipe.

*Taken from: 'Gizzi's Kitchen Magic' by Gizzi Erskine*

# A STAY AT THE WESTLETON CROWN AND A CIRCULAR WALK FROM EASTBRIDGE



**Distance: 10km /6.2 miles**

**OS Map: 212**

**We started our trip by staying at the Westleton Crown as our wedding anniversary treat. We had a lovely bedroom with a huge bed, a bath in the bedroom and a rainfall shower with quality bathroom smellies. The food was very good. A great selection for all dietary needs. Breakfast was amazing and the staff were very helpful - https://www.westletoncrown.co.uk**

We did a short walk around Westleton starting with a look around St Peters parish church.

The church dates from 1340 when the original Anglo-Saxon building was completely rebuilt. When complete the church had a tower but this collapsed in the 1770's, leaving just a stump which survived until the Second World War when a landmine close by made it unsafe and the remains had to be dismantled.

The exterior of the parish church is unusual in that it has no tower or spire and also has a thatched roof. There is only one stained glass window in the church amongst many windows.

We then found a circular walk by small side roads, a footpath and a bridleway that brought us back along the High Street, passing by the unused Methodist Chapel and adjoining old school. The village shop is really quaint with an adjoining tearoom.





We then drove a short distance and parked at the Eels Foot Pub in Eastbridge where we started our walk. We did ask permission to park, although this was a quiet Monday in October, however, this is a very busy pub during the summer, especially at the weekends.

Leave the car park and turn left and walk up the slight hill past Eastbridge Farm. Look out for the autumnal red Virginia Creeper on the right. Continue along the road for approx.1km.

At the bridleway sign to the left, there is a poster to say that there is a diversion due to the work for scientific reasons, however, this was not in place when we walked it.

Take this bridleway and after a short distance turn right along the track. You will see that work is being done for the diversion on your left with man-made pathways across the fields and continuing through woodland.

Continue along this track for approx.1.5kms, until you reach a car park on the left. Turn into the car park and you will see a wooden fence and gate in the left-hand corner. A



poster explains what is happening regarding the preparation of Sizewell C and the conservation work. Go through this gate and you will see (at the time of visiting) black enclosures to your left, which we feel was for the snakes etc. that they are trying to re-home.

Continue through the woods via Kenton Hills until you reach the marker post 8. This is the start of Sandlings Walk. At the fork in the paths keep right. Follow the track and signs for Sandlings Walk. Continue to the cross roads and turn right. At marker post 7 turn right. At marker post 6 take the path to your right and go over a wooden bridge which then bears left. Follow the boardwalk until you cross another wooden bridge and go through a gate. The path opens up so bear right and you will arrive at the coast. Note the anti-tank concrete blocks that are still visible from the 2nd World War.

Take some time to view the scenery over the North Sea and surrounding area, with Sizewell Power station behind you.



Continue walking northwards with the dunes on your right, which will then join a wider track further on. Continue along this track until you reach Minsmere Sluice. On a previous walk, we entered the Minsmere Reserve but, on this occasion, go through the wooden gate to the left onto a track that will take you past the ruins of the original site of Leiston Abbey built in 1182.



Continue along this track with Minsmere and a stream on your right. You may be lucky and see swans, bitterns and herons. Listen to the grasses blowing in the wind, very relaxing. The path bears left and then right. Reach another left bend next to a footpath sign and then go through the gate until you reach the road, you are now back at Eastbridge. Turn right and go the short distance back to the Eels Foot for a refreshing pint of Ghost Ship and some food or snacks. There is a varied menu. If your walk is during the week, check out the opening times though.

There is a children's play area and loads of benches if you visit during the summer/busier months.

The Eels Foot also has rooms for an overnight stay.

**Martyn Bryant**

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# Watch The Skies! by Darrel Charles



In this feature on aircraft we are looking at some historic military aircraft seen flying over our villages. These photos were taken in Gislingham and the aircraft are probably travelling to or from air displays held at places like Duxford, Old Warden & Old Buckenham.



**USAAF Catalina.** This amphibious aircraft was used during WW2 in anti-submarine and search & rescue roles. The type was first evaluated in 1939 at the Marine Aircraft Experimental Establishment at Felixstowe. Eventually, over 700 Catalinas entered service with the RAF, some operating from RAF Halesworth. This example is based at Duxford.

**Spitfire**. Being manufactured in 1945, this particular aircraft did not see service in WW2. After an eventful history, including a major crash in California in 1998, it has been fully restored and is now painted in the USAAF colour scheme in honour of the American ties to East Anglia during WW2. Based at Duxford, the aircraft is known as the "Suffolk Spitfire".





**Taylorcraft Auster AOP.V** This particular aircraft was constructed in 1944 for the RAF. It is seen here painted in the colour scheme of 652 Squadron and is representative of the role as an artillery spotter for the Army that Austers played in campaigns such as Operation Overlord. This aircraft is now based in Norfolk.

**USAF North American AT 6D Harvard III**. This was an advanced trainer operated by the USAF and, to a lesser extent, the RAF. This was a successful aircraft and was operated by many air forces around the world. This type has a characteristic sound caused by the propeller tips operating in the transonic range. This example is based at Duxford.



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## ADDITIONAL COMMUNITY GOVERNOR

**Gislingham CE Primary School is seeking an additional Community Governor to join our School Governance Committee. The position is for one year or longer and full training is provided.**




*Photo credit: Suffolk News*

The committee works with Mr Richard Benstock the Headteacher to set the vision, ethos, and strategic direction of the school. The committee supports and at the same time challenges the headteacher to ensure that the highest standard of education is delivered to the pupils and the funding the school receives is spent in the most effective way. The committee works to ensure the school achieves its vision of providing a safe, inclusive, challenging and stimulating learning environment where everyone is valued, and children thrive.

We have two meetings per term but visit the school for monitoring areas such as safeguarding, the curriculum, health and safety. We welcome people from all backgrounds and experience.

If you feel you could spare some time and help us support and develop our school community further, please contact Mr Richard Benstock on 01379 783283 or gislingham@tilian.org

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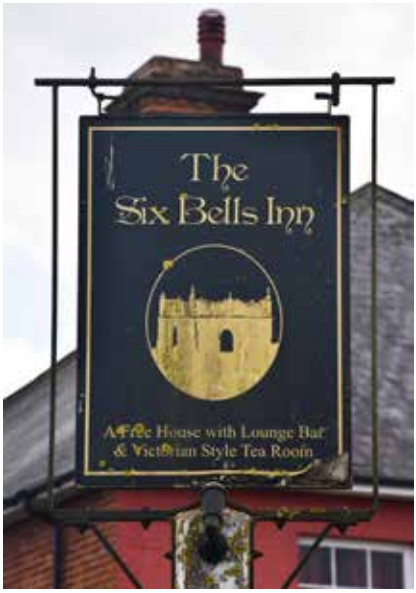
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# THE SIX BELLS, GISLINGHAM – UPDATE




**We have been notified by Mid Suffolk District Council (MSDC) that the Planning Inspectorate (PI) will consider the appeal that the owners of the Six Bells have lodged against their decision to reject their Change of Use (COU) application.**

**MSDC will, no doubt, robustly defend their decision. The SBCG has reviewed the appellant's appeal documentation and we have presented to the PI what we consider to be a comprehensive rebuttal of the appellant's case together with a detailed Business Plan on how the Six Bells can be returned to a viable village pub at the heart of our community. The PC will also be commenting on the appellant's case.**

The appellant's Grounds of Appeal Statement relies almost exclusively on his view that the Supplementary Planning Guidance (SPG) adopted by Mid Suffolk District Council (MSDC) in February 2004: "Retention of Shops, Post Offices, and Public Houses in Villages" (and is referenced extensively in their decision to refuse COU) has no legal standing. However, the Chief Planning Officer assures us that this guidance is used extensively in assessing such applications. Moreover, the PI itself has stated in a prior appeal that it considers the SPG as being "consistent with the Planning Framework" and has cited it in rejecting identical appeals for COU of public houses in this area.

We now await the PI's decision which unfortunately will take some months so we will update you in due course.

***Six Bells Community Group***





Disclaimer: The articles published herein do not necessarily represent the views of The Messenger. They are the opinions of individual contributors and are published with a view that free expression promotes discussion and interests.

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# TERRAPIN NEWS





**November's Council meeting brought together issues raised by October and November's Terrapin News, namely Anglia Water's Capacity for treating the wastewater from new developments and our local planning policies.**

In response to issues raised at a Planning Meeting in October, when concerns were raised regarding lack of detail regarding the Anglia water's capacity for the treatment of additional sewage, Opposition Leader Cllr. Andrew Mellen put forward a motion in four parts. This was seconded by Jessica Fleming, portfolio holder for the environment. Briefly:

1. Senior Officers of Anglian Water are to be invited to attend a meeting of the Scrutiny Committee to answer questions regarding the current levels of untreated sewage discharges to waters in Mid Suffolk.
2. Decisions regarding housing allocations should consider the cumulative impact of sewage on existing systems and should be guided by an updated Water Cycle Study.
3. Ask Anglian Water, from this date onwards, in its planning consultation responses for major development, to identify which treatment works will be managing the sewage and what their capacity is treat additional volumes of effluent. (Noting that this can only be requested not required).
4. Request that Planning Officers, include in reports relating to major developments a section on the impact on water courses including the potential for untreated outflows.

The Rivers Trust has an informative website regarding the state of the country's rivers: it states that, "Of the rivers failing to achieve good status, agriculture impacts the most, affecting up to 62% (over 2,300) of our rivers. Over half of our rivers are also impacted by the water sector, mainly by sewage effluent." It has a digital map, that makes it possible to identify and track storm spills into local rivers, in our case the River Dove. There are about 25 points at which sewage is discharged, records only exist for three of them: one at Bacton where the overflow spilled 5 times for 38 hours in 2021, and two at Thorndon that spilled for a total of 45 times for 705 hours in 2021.

In 2023 I'm looking forward to working with the Angling Trust who, as part of their Anglers Against Pollution campaign, has launched the Water Quality Monitoring Network to engage angling clubs in better understanding pollution issues on their waters. The network will support the delivery of effective local solutions that restore our rivers to a healthy state.

The River Waveney Trust has been campaigning to improve water quality and has welcomed Anglian Waters commitment to checking the cleanliness of water in the River Waveney in Bungay. Data will be collected and reviewed to determine whether any action is needed at treatment works and networks to facilitate bathing, The action is part of the firm's Get River Positive initiative, which aims to show that the company is "focusing on creating a flourishing environment and delivering on the expectations of customers, stakeholders and the environment itself to transform river health across the region".

So, some positives for the coming year but it is community vigilance and scrutiny that drives these actions forward.

***Rowland Warboys, District Councillor  e: Rowland.warboys@midsuffolk.gov.uk***

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# BOTESDALE HEALTH CENTRE PATIENT PARTICIPATION GROUP (PPG) - SHARED DECISION MAKING




**The PPG would like to ensure that Patients are aware of a new opportunity called "Shared Decision Making".**

Shared Decision Making enables Patients to make informed and supported decisions that are correct for their health. It is a collaborative process through which a Clinician supports a Patient to reach a decision about their treatment.

The conversation brings together:

- the Clinicians expertise such as treatment options with evidence, risks and benefits
- what the Patient knows best, their preferences, personal circumstances, goals, and beliefs.

Shared decision making is relevant in any non-life threatening situation when a health or care decision needs to be made and a range of options (incl. no intervention) is available. Shared decision making ensures that Patients are supported to make decisions based on their personal circumstances. Studies have shown when Patients are involved in decisions:

- they report better relationships with health and care professionals
- decisions are made more effectively
- their health outcomes improve.

Further information on decision making tools is available at: https://www.england.nhs.uk/publication/decision-support-tools-making-a-decision-about-a-health-condition/

The following decision-making aids are currently available:

1. Making a decision about Dupuytren's contracture
2. Making a decision about carpal tunnel syndrome
3. Making a decision about hip osteoarthritis
4. Making a decision about knee osteoarthritis
5. Making a decision about further treatment for atrial fibrillation
6. Making a decision about cataracts
7. Making a decision about glaucoma
8. Making a decision about wet age-related macular degeneration

If you, as a Patient of Botesdale Health Centre, have any comments you would like the PPG to be aware of, please contact the below email or phone number. Your comments as a Patient are of immense importance to us. **e: botesdaleppg@gmail.com tel: 07787 148947**

***This information has come from https://www.patients-association.org.uk/shared-decision-making.***

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# HOW SAFE IS YOUR SAFE PLACE FOR YOUR ONLINE SHOPPING?

FOCUS ON BUSINESS

**Parcels left outside your home in safe places could be at risk from thieves during the huge growth in online shopping amid the pandemic.**



Homeowners stopped visiting many shops during lockdown and instead bought large numbers of items online for home delivery.

But local business Malthouse Security has advised taking extra precautions to stop opportunist thieves stealing eagerly awaited goods.

A spokesman for Malthouse Security, based locally on the Gislingham/Rickinghall border said:

**''The online shopping trend is here to stay as it is a convenient time and money saver.**

**However, the arrival of a courier's van at your home is a giveaway to a criminal. They can watch where the courier hides your parcel, if you are out, and quickly swoop when the driver leaves.**

**Householders have perhaps become complacent with so many home deliveries, and they can be left at front and back doors and in unlocked garages and sheds. Therefore, we advise that you tighten your security. You could consider installing CCTV to monitor the perimeter of your home, and you can control the cameras remotely when out.**

**Courier firms usually send you a text or email giving a one-hour window when your parcel is going to be delivered. You could log in to your camera and watch what happens when a delivery is left.**

**Tightening up on your security can give you peace of mind and avoid all the heartache of trying to claim insurance on a stolen parcel.''**

***For more details of how Malthouse Security Ltd can help call on 01379 890 606 or email sales@malthouse-security.co.uk or visit the website: www.malthouse-security.co.uk***

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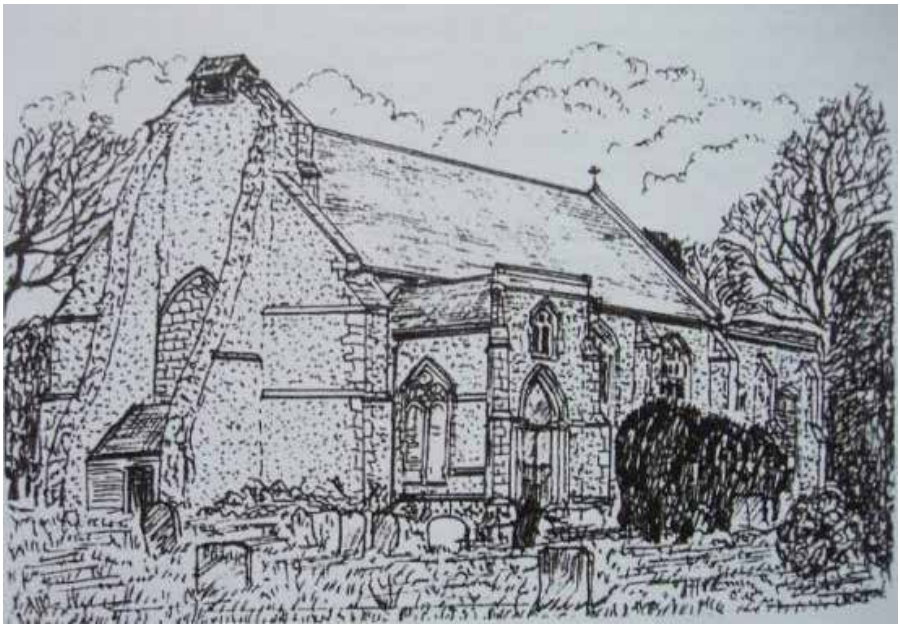
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**Everyone welcome be you a church goer or not**

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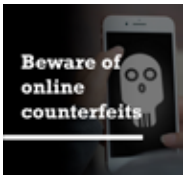
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# TIP OFF, RIP OFF!




**A crackdown by enforcement bodies and Meta has removed listings of potential counterfeit products from Instagram.**

The listings cover counterfeit electrical goods – such as phone accessories and potentially dangerous chargers – as well as fake clothing and fashion accessories, jewellery, tobacco, car parts and copyrighted photographs.

The crackdown – which is ongoing – comes as a revealing new survey shows that just over 1 in 4 UK shoppers are considering or intending to buy fake products this year.

Electrical devices (such as smartphones, tablets or laptops) and accessories (such as chargers and earphones) are among the top targets for consumers planning or tempted to buy fakes this year. These illegally-sold items pose substantial risks for shoppers, as they can be both poor quality, leading to wasted spending, and incredibly dangerous. Previous research by Electrical Safety First found that 98% of fake Apple chargers failed safety tests, and the consequences can be dire, with recent Home Office data showing 10 UK house fires each day are caused by faulty appliances and leads.

Shoppers who turn to counterfeits risk, at best, disappointing financial loss but also serious harm. 45% of respondents reported problems after buying fakes across all product types with top issues relating to quality and products not being fit for purpose.

**Tips to avoid being duped into purchasing counterfeit products**

- Vet the seller. Do they look official? Have you bought from this seller before, is the website or platform well known? Does the seller have a returns policy? If you are in doubt, look for a genuine online review, not just recommendations from influencers to buy the item.
- Avoid payments by bank transfer. Always beware of retailers asking for payment to be made via bank transfer. Well known credit card providers like Visa or Mastercard, and services like PayPal offer protection to buyers if the goods don't arrive or are proven to be counterfeit.
- Trust your instincts. Does the item on offer look and feel like an authentic product? Sellers of counterfeits often make spelling mistakes in their descriptions and sometimes on the products themselves, which is an obvious warning sign. Spelling and grammar mistakes can indicate fakes!
- Look for EU and UK safety markings. The safety standards of counterfeit items are poor and can be dangerous, especially when they're shipped from abroad. Are there EU and UK safety markings? You should always check for hazard warnings on the packaging.
- Question the price if much cheaper than elsewhere. Whether buying online or in person, always think about the price. Scammers often sell counterfeit goods at discounted prices to make you drop your guard. If the item is significantly cheaper than you'd expect, that's a good reason for alarm bells to ring. If the price looks too good to be true, it probably is.

If you or someone you know has purchased a counterfeit product or suspects that a website is selling counterfeit products, report it to the Citizens Advice Consumer Service on 0808 223 1133.

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# THE MESSENGER CONNECTION QUIZ

There are 10 questions. Each answer to the first 9 questions form a connection of some kind. Question 10; What is the connection?

1. Antonio is the title character in which Shakespeare play?
2 In Dallas who played Pam Ewing?
3. Who featured on the back of the £5 note directly before Sir George Stephenson?
4. Who had a No.3 hit in 1978 with an instrumental version of Annie's Song?
5. What was the name of Rigsby's cat in Rising damp?
6. Which footballer broke his neck in 1999 and played in the FA cup final in 2000?
7. Which song contains the line "Have you seen the old man in the closed down market kicking up the papers with his worn-out shoes"?
8. Highly- acclaimed American Film director of: 'Out of Africa', 'Tootsie', 'Absence of Malice' to name just 3.
9. Which object 4 metres in length and 1 metre wide is located in the cathedral of San Giovanni Battista?
10. What is the connection?

*Answers appear on page 59.*

# SUDOKU CHALLENGE

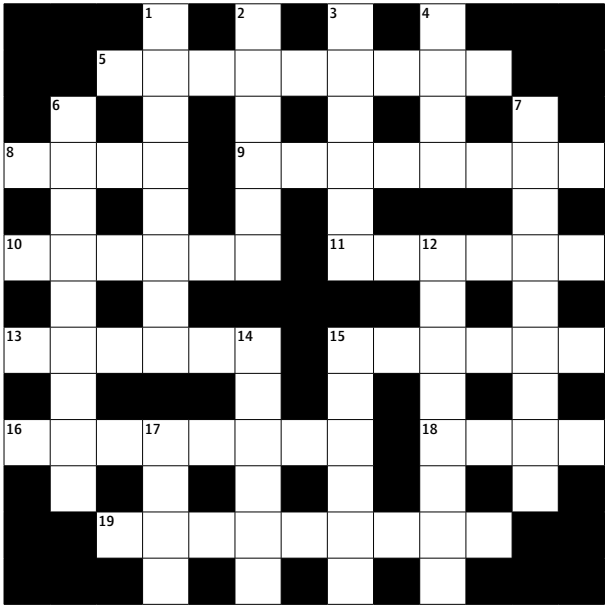
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| | 7 | | | | 4 | | | 1 |
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| | | 8 | | | 1 | | 5 | |

Each 3 x 3 box, each row and each column must contain all the numbers 1 to 9

Last issue solution

| | | | | | | | | |
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| 5 | 7 | 4 | 2 | 3 | 8 | 9 | 1 | 6 |
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| 6 | 2 | 1 | 3 | 5 | 4 | 8 | 7 | 9 |
| 8 | 9 | 7 | 6 | 1 | 2 | 3 | 4 | 5 |

# CROSSWORD CHALLENGE



**Across**

5 Nonentity (9)
8 Sort out tangled hair (4)
9 Without hesitation (2,1,5)
10 Three stumps (with two crosspieces) (6)
11 Supply lavishly with food and drink (6)
13 Pestilent crop stripper (6)
15 Icy cold (6)
16 Stringed instrument — I'm curled (anag) (8)
18 Indic language written in the Persian script (4)
19 Sense a trap? (5,1,3)

**Down**

1 City in Mali, a centre of trading and Islamic scholarship from the 15th century (8)
2 Be of service (6)
3 Young foreigner living with a family in return for doing light work about the house (2,4)
4 Acclaim vociferously (4)
6 Dramatic monologue expressing 'unspoken' reflections (9)
7 Seaside walkway (9)
12 Throaty (8)
14 Racket (6)
15 Drinks dispenser? (6)
17 Bivouac (4)

Last issue solution

| C | U | R | T | A | I | N | R | A | I | S | E | R |
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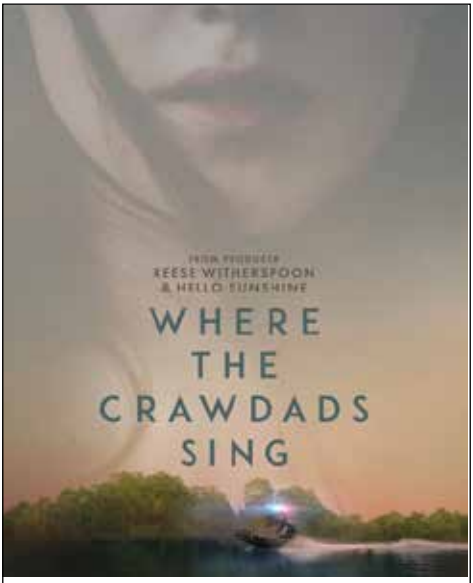
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# NOTICES

## ACCOMMODATION REQUIRED IN MELLIS/YAXLEY




For two delightful Ukrainian mothers, each with a child under 10.

Two double or two twin rooms required by end June, when their first year in the UK with current sponsors under the Homes for Ukraine Scheme comes to an end.

Accommodation could be in one property or two nearby as one mother does not yet drive.

Both mothers are employed locally, one full and one part time though seeking full time work.

The children are in Yaxley Pre-school and Eye Primary School.

Fair rent payable, if sponsorship under the Homes for Ukraine Scheme is not desired.

References available.

Telephone Paul (current sponsor) on 07976 538982 for further details

## DECEMBER CHARITY - SELIG

(formerly Ipswich Winter Night Shelter and still working for the homeless)

The total amount of money raised over the month of December came to £275 – this was from direct gifts, the Carol Concert (the majority raised then) and Christmas morning service.

People have been very generous in view of the current financial constraints on so many.

***Ann Cottee***

## WORLD DAY OF PRAYER:

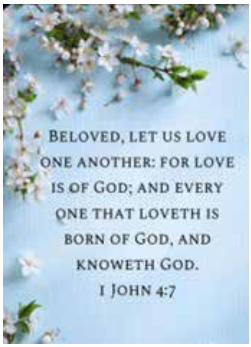
Friday 3rd March at 10.30 am. St. Mary's church, Gislingham
Followed by refreshments. Everyone is welcome!



**Answers to the Connection Quiz on page 56.**

*1. The Merchant of VENICE, 2. VICTORIA Principal, 3. The Duke of WELLINGTON, 4. James GALWAY, 5. VIENNA, 6. Dion DUBLIN, 7. The Streets of LONDON, 8. SYDNEY Pollack, 9. The TURIN Shroud, 10. They are all Cities.*

# SOUTH HARTISMERE BENEFICE




**Some of my long-suffering family and friends are accustomed to finding, tucked into my Christmas card, a short list of quotations or other items that have caught my eye over the previous year. Some of these have an obviously religious dimension, others less so.**

**As there would otherwise be a gap in the Newsletter this month, I thought I would share some of them with a wider audience. (Said family and friends know that they don't have to read what I send them - and neither do you!)**

***'Bidden or not bidden, God is present.'*** *- Carl Jung*

***'Where there is no argument, there are only ever lies.'*** *- the novelist Howard Jacobson*

***'False news is news. With the pity edited out.'*** *- Simon Armitage, Poet Laureate*

***'The Virgin's womb is full; the tomb is empty; and the mercy of God is wider than my imagination. That gives me hope.'*** *- Chloe Reddaway, of the Centre for Arts and the Sacred at King's College, London.*

***'Some people still believe that you and I were not born to be creatures of nightmare, that we don't deserve to go extinct. People are acting as though we were still worth saving. And if there are people who think like that - maybe they're right.'*** *- the novelist A L Kennedy*

***'The pearl of God gleamed in the mire'*** *- the biographer of St Hugh of Lincoln, describing how the saint was able to see the inner loveliness of even those most horribly disfigured with leprosy*

***'God and I have become***
***Like two giant fat people***
***Living in a tiny boat.***
***We keep***
***Bumping into each other***
***And laughing.'***
*- Hafiz, 14th Century Sufi poet*

*Finally, a remark attributed to St Augustine in the 4th/5th century, preaching to his congregation at Hippo in North Africa. This one didn't make it to the Christmas cards, and (to the best of my knowledge) has never been heard from any pulpit in the South Hartismere Benefice:*
***'From the stench in this building, I surmise that I have given you rather a long sermon….'***

***Alan***

# FEBRUARY 2023

**Online Worship services are on Sundays at 9.00am and Wednesdays at 7.00pm**
**Telephone Church BCP Holy Communion is on Thursdays at 11.00am**

| | | | |
|---|---|---|---|
| **WEEK 1** | Gislingham | 10.30am | Worship for All |
| **Sunday 5th February** | Thorndon | 10.30am | Holy Communion |
| *3rd Sunday before Lent* | Thorndon | 4.00pm | CONNECT |
| **WEEK 2** | Mellis | 10.30am | Holy Communion |
| **Sunday 12th February** | Stoke Ash | 10.30am | Worship for All |
| *2nd Sunday before Lent* | Thorndon | 4.00pm | CONNECT |
| **WEEK 3** | Thornham Parva | 10.30am | Holy Communion |
| **Sunday 19th February** | Thorndon | 10.30am | Worship for All |
| *Sunday next before Lent* | Gislingham | 10.30am | Worship for All |
| | Thorndon | 4.00pm | CONNECT |
| **Wednesday 22nd February** | Gislingham | 7.00pm | Holy Communion & Imposition of Ashes |
| ***Ash Wednesday*** | | | |
| **WEEK 4** | Yaxley | 10.30am | Holy Communion |
| **Sunday 26th February** | Wetheringsett | 10.30am | Worship for All |
| *1st Sunday of Lent* | Thornham Magna | 10.30am | Worship for All |
| | Thorndon | 4.00pm | CONNECT |



**Reverend Canon Julia Lall - Rector**
@ rev.julialall@gmail.com ✆ 01379 678064 / 07850 492212

**Reverend Lauren Moore – Curate**
@ rev.laurenmoore@gmail.com ✆ 07798705876

**Reverend Debbie Nicholls – Assistant Curate**
rev.d.nicholls@gmail.com 01379 788512

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# LOCAL INFORMATION

**Gislingham Bus Timetable**

***Dan's Coaches:***

***Route 457 to Stowmarket (Thursdays (Market Day) only):***

Leaves Gislingham 09:30 / Arrives Stowmarket (Argos) 10:30
Return bus leaves Stowmarket (Argos) 13:00 / Arrives Gislingham 13:55

***Route 456 to Diss (Fridays only):***

Leaves Gislingham 10:06 / Arrives Diss 10:35
Return bus leaves Diss 13:15 / Arrives Gislingham 13:46

***Fareline Bus (Weds only) to Bury St. Edmunds:***

Leaves Gislingham 09:45am and returns from Bury St. Edmunds 13:20.

**Mellis Bus Timetable**

**110 – Eye to Diss**

Eye – Diss (Monday to Friday) - leaves Mellis, opp. Railway Tavern: 10.46
Diss – Eye (Monday to Friday) – leaves Diss, adj. Bus Station: 13.30
https://www.simonds.co.uk/local-bus-times

**Thornham Bus Timetable**

**Fairline Bus 320 (Weds only)**

Thornham Magna (Four Horseshoes) 09:45am and returns from Bury St. Edmunds 13:20, arriving back at Thornham Magna 14:36

**Post Van: Gislingham**
Fridays at Village Hall:
12.15 – 14.15







**Mobile Library: Gislingham**
Weds 1st February, then every 4 weeks.
Broadfields Road: 15.10 – 15.45
Mill Street: 15.50 – 16.05

# IMPORTANT CONTACTS

| | |
|---|---|
| Anglian Water Emergency | 0800 145145 |
| Botesdale Health Centre | 01379 898295 |
| Church Wardens: | |
| Gislingham - Ann Cottee | 01379 788633 |
| Mellis - Betty Wells | 01379 788155 |
| Thornham Magna and Thornham Parva - James Fawcett | 01379 788130 |
| Citizens Advice Bureau Stowmarket | 01449 676060 |
| Citizens Advice Bureau Diss | 01379 640530 |
| Clerk (Parish) (Gislingham)<br>clerk@gislinghamparishcouncil.com | 07796 410694 |
| Clerk (Village) (Tina Schwarz - Thornham Magna) | 01379 788207 |
| Clerk (Parish) (Christine Moore - Thornham Parva) | 01379 783226 |
| Connecting Communities = Suffolk Passenger Transport | 01449 614271 |
| Crime Stoppers | 0800 555111 |
| District Council - Cllr Rowland Warboys<br>rowland.warboys@midsuffolk.gov.uk | 01379 783412 |
| Electricity Emergency | 08007 838838 |
| Essex & Suffolk Water Emergency | 08457 820999 |
| Eye Health Centre | 01379 870689 |
| Hall Bookings (Gislingham - Terry Williams - )<br>email gislinghamvillagehall@gmail.com<br>(Mellis - Helen Timmons - Mellis)<br>email: bookmellishall@gmail.com<br>(Thornham) email: hallbookings@thornhams.org | 01379 783903<br><br><br>01379 783449<br>01379 788154 |
| Mellis Parish Council Chairperson (Lawrie Read)<br>mellisparishcouncil@gmail.com | 01379 788248 |
| Mendlesham Health Centre | 01449 767722 |
| Member of Parliament - Jo Churchill<br>jo.churchill.mp@parliament.uk - www.jochurchill.org.uk | 01284 752311<br>020 7219 8487 |
| NHS Direct | 111 |
| Suffolk Doctors On Call | 03001 303066 |
| Suffolk Fire Service & Community Fire Safety | 01473 260586 |
| Suffolk County Council -Cllr Jessica Fleming<br>jessica.fleming@suffolk.gov.uk | 01449 711065 |
| Suffolk Police (non urgent) | 101 |

# botesdaledental

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