The Messenger



Issue 140
August
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: September 2023
Copy deadline: Monday 14th August

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 – August 2023

Welcome to the August issue!

Firstly, you will notice there is no 'In Your Garden' gardening column in this issue. Lawrence Thompson, our "gardening guru" has unfortunately for us, decided to finally hang up his secateurs, in terms of submitting an article each month. We wish Lawrence well and thank him for his contributions for over 10 years! (And as a former Editor of the magazine). So, if there is any other budding Alan Titchmarsh's out there, who would like to submit a column, perhaps on a bi-monthly basis, please contact me.

It would be sexist and ageist to suggest I have traded Lawrence in for a "younger model" but never the less, I am delighted to welcome Mellis resident, Angeline Braidwood to the Messenger team as our Mellis correspondent. Despite being a multiple award-winning publication, we certainly aren't going to get complacent, and we will continue to strive to improve the publication. Angeline's experience as a writer will I am sure strengthen our content still further.

There has been much speculation on social media about the Gislingham Village Shop, due to the lack of stock and newspapers over the past 2 months. Therefore, to try and help get an up-date I did ask Kaarunna and Vinoth at the shop in the hope of giving everyone a positive up-date. Unfortunately, at the time of going to press on July 23rd, they "can't give an update as circumstances can change at any time." They are not in a position currently to promise anything to their customers. But they have promised to update me, if there is any change in-time for the September issue.

Our local events diary appears as usual overleaf. Not so many events this month, due to the summer holidays, but once again St. Mary's Church in Gislingham is holding its annual flower festival over the Bank Holiday weekend. If you are new to the area, and have never been, pop in and take a look! I am sure you'll be impressed and you'll get a warm welcome and the village hall will be open for complimentary teas and coffees etc.

Finally, I'd like to point out, our next issue (September), has an early deadline date - Monday 14th August. If you have an event in September to promote or an article to submit, please send your information as soon as possible. Thank you.

I hope you enjoy reading this issue!



Jeff Norman, Editor e) themessengereditorial@gmail.com

Cover artwork: Cover photo: Taken roadside in Garboldisham

DIARY & LOCAL EVENTS



Friday 4th August: Family Bingo Night

- Gislingham Village Hall: 7.00pm
- FREE ENTRY / Refreshments available
- See page 17 for details

Saturday 5th August: Book Sale, Coffee & Cakes

- Gislingham Village Hall: 10.00am – 12 noon
- Homemade cakes & refreshments etc.

Saturday 12th August: Connect Coffee Morning

- Mellis Church: 10.00 – 12 noon.
- Teas, Coffees, Refreshments, Plants, Books, Jams, Bric-a-Brac, Family Activities

Wednesday 16th August: Gislingham WI – The Blossom Charity.

- Gislingham Village Hall: 2.30pm

Thursday 17th August: Walk through the wild flower feeds of Frogs Farm

- Frogs Farm, Twaite A140: 6.30pm – 8.30pm
- See page 23 for details.

Thursday 24th August: Punjabi Night with Raj

- Thornham Parish Hall: 6.30pm
- See page 22 for details

Friday 25th August: Cinema at Eye: Matilda

- Eye Community Centre: 7.30pm
- See page 54 for details

Saturday 26th, Sunday 27th & Monday 28th August: Annual Flower Festival

- St. Mary's Church Gislingham & Gislingham Village Hall
- See page 9 for details

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

Our next issue is September 2023. The "What's On" Diary deadline is: Friday 18 August

CLUBS, CLASSES & REGULAR EVENTS

parkrun: Thornham Walks
Every Saturday at 9.00am. 5k. www.parkrun.org.uk/thornhamwalks/

Baby and Tots Group for the Under 2's: Gislingham Primary School.
Every Wednesday 9.45am – 11.00am.
Contact Debbie Nicholls: 07931 665 205

Thornham Chat & Play: Thornham Parish Hall
Every Thursday 9:30 – 12.00. Babies & wobbly walkers

Carpet Bowls Club: Gislingham Village Hall. Every Monday 2.15 pm to 4.15 pm.
£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.
Mondays at 5.45pm and Wednesdays 11.00am
Contact: Michelle via email: hello@yapl.co.uk

Pilates Classes: Gislingham Village Hall. Wednesdays 9.15am and 10.15am.
Thursdays 7.10pm. Becky Cruickshank: 07734 414151

Gentle Fitness: Gislingham Village Hall. Thursdays 6.15pm & 7.15pm
A fusion of fitness and pilates. Becky: 07734 414151

Circuit Training Fitness Class: Mellis Memorial Hall. Mondays 7.30pm – 8.30pm
Gus: 07540 473203 / anguswilkinson@btinternet.com

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
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

Mellis Cricket Club plays at Thornham Estate.
Saturdays and Sundays (May to Sept.)
New Players phone: Ben 01473 892557 or email: ben.box@btopenworld.com



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SAY NO TO PYLONS





I am sure many of you are aware of National Grid's plans to build 180km of pylons across East Anglia, including directly through Mellis and Gislingham. Plenty of us attended their 'consultation' event last week to let them know we weren't happy about it. If you haven't read about this or are unaware of the plan and impact it will have on our beautiful villages here is a summary and then the main actions you can take up if you feel that National Grid's plans are only in the interest of shareholders rather than the residents of East Anglia.

National Grid want to bring energy in from North Sea wind farms to the capital by means of a network of pylons from Norwich to Tilbury. The pylons will be 50 metres high and the route sees them being placed through beautiful villages, conservation areas and places of historic interest. They will be laying underground pipes at Dedham Vale as this is a designated Area of Outstanding Natural Beauty (AONB)but it still rips up vast areas of countryside in order to do so. National Grid's intention is to have this implemented by 2030. Last summer a consultation was held in which thousands of people demonstrated their opposition to this plan but nothing has changed. Not only will it put eyesores throughout rural East Anglia but will cause immense disruption and cost to homes, wildlife and the mental health of residents. House prices are expected to tumble and some people are already struggling to move due to these plans. There is an alternative, an offshore grid that will save £2billion and be better for the environment, taxpayers money and the future of energy for our country.

If you would like to get involved in the campaign against the pylons these are the key actions to take:

- respond to the consultation by August 21st, details of how to do this are here https://pylonseastanglia.co.uk/actions/
- write to your MP and ask them to represent you and your views, to campaign for an offshore grid
- there is a very active Facebook group with discussions, ideas and all media coverage. Search for Essex Suffolk Norfolk Pylons, the local group is based in Diss and can be found under NO pylons – Diss locality

Angeline Braidwood

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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.

SPEEDING IN GISLINGHAM

The Parish Council have been contacted by a concerned resident regarding Speeding in the Village. Please can all drivers ensure that the speed limit of 30 mph is adhered to and please do watch out for children. (Now Schools have broken up for the summer holidays) and elderly residents as well as pets and wildlife. Thank you.

REPLACEMENT GRIT/SALT BINS

The Parish Council have purchased replacement new Grit/Salt Bins which will be installed in the next few weeks.

AUGUST BANK HOLIDAY FLOWER FESTIVAL ORGANISED BY FOSM

At the March 2023 Parish Council meeting earlier this year Councillors awarded a Grant of £250 to FOSM (Friends of St Mary's) towards the Flower Festival which is being held on the August Bank Holiday weekend (Saturday 26th to Monday 28th August). Councillors would encourage residents to visit the Church to see the wonderful and very artistic Flower Arrangements and take time to visit the Village Hall where refreshments will be available. Let's hope the weather is favourable. A big thank you to all the Committee on FOSM who work so hard to make this an enjoyable event.

SUFFOLK COMMUNITY AWARDS FOR 2023

The Parish Council would like to share with residents that Gislingham Village have been entered into the Suffolk Community Award for Best Small Village for 2023.

GRANTS & DONATIONS

These will be considered at the Parish Council Meeting on Monday 18th September. To apply please email the Parish Clerk at clerk@gislinghamparishcouncil.com. For further details please refer to the link to the Policy on the Parish Council website.

https://gislinghamparishcouncil.com/assets/POLICIES-2023/Grants-and-Donations-Policy.pdf

Julie Bell,
Chair, Gislingham Parish Council



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THORNHAM MAGNA PARISH MEETING

There has been a changing of the guard in the Parish Meeting of Thornham Magna. After getting on for 50 years of service combined, Tina Schwarz (Clerk) and Jennifer Vaudrey (Acting Chair) have stepped back from the Parish Meeting in Thornham Magna, and I have stepped in as Chair.

The Parish Meeting is important to the village for a couple of reasons. Firstly, it provides the village with funds for the upkeep of playground, litter picking, dog waste collection, repairs to several footbridges, maintaining church walk, book swap and the defibrillator by the old telephone box using the precept monies raised by Mid Suffolk District Council through Council Taxes. Secondly, as a statutory consultee for planning decisions affecting the village, the Parish Meeting ensures villagers get to hear about, and have a say in planning applications.

The Parish Meeting has been around since 2010, contributes to village life for everyone and is therefore, worth preserving. At the moment, I am on my own and could use a bit of help. We need a volunteer Clerk for recording, and preferably some support with the accounts. The roles are not overly demanding with three public meetings a year, minute-taking, some bills to pay and record, emails, and a short annual report to complete for the Council.

An important date for your dairy is the next public Parish meeting for Thornham Magna which is Tuesday 26 September 2023 between 7pm and 8pm in the Parish Hall in Thornham Magna.

If you are from the Parish of Thornham Magna and can spare a bit of time to help with the Parish meeting, please contact me at malcolmgoodwin@outlook.com or on 07500 4619949.

Talking about the Parish / Village Hall in Thornham Magna, you may know that a charity was created for the "Provision of a village hall for the inhabitants of parishes of Thornham Magna and Thornham Parva without distinction of political, religious, or other opinions". That is a delightful way of saying "all are welcome" and it is booked and used by people far outside the boundaries of our parishes.

Activities include toddler/parents' groups, yoga classes, film nights, breakfast clubs, table tennis, painting classes and so on. Keep an eye out each month in the Messenger for upcoming events plus, you can book it for your own activities using hallhire@thornhams.org.

The Parish Hall will be 100 years old in 2024, so that is something to celebrate. But we want to make sure the Parish Hall thrives for decades to come so we have been considering how to make the most of what we have, improve the facilities to make the hall even more attractive, ensure the hall can operate as sustainably as possible and of course, preserve the beautiful buildings, interior and surroundings.

The more people who use the Parish Hall, the more likely we are to be able to make the much- needed improvements and consequently, the more people will benefit from having this lovely asset in our midst. If you would like to help out in anyway or wish to know more, contact me or one of the Trustees or, come along to one of the many, fun events we have and see for yourself.

Malcolm Goodwin, Chair, Thornham Magna Parish Meeting
e: malcolmgoodwin@outlook.com or tel: 07500 4619949.

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August 26th –28th 2023
(Bank Holiday Weekend)
10am – 4pm daily
(Sunday 12noon-4pm)







Come along to enjoy the flowers
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MINI-BEAST HAVEN IN THORNHAM WALKS



There are many reasons why we need birds, but it's clear that our hard-working feathered friends need our help as well. Today, the biodiversity and climate crises are leaving our birds vulnerable to numerous threats and their decline will have some clear and noticeable impacts on our daily lives. Luckily, it's not too late to repay their long hours by providing them with ready-made, sturdy homes where they can raise their young, roost in at night and shelter against inclement weather. This is the least that we can do for them.



Street Forge Workshops (SFW) is proud to be part of this exciting new venture with Thornham Walks.

SFW has been making bird boxes and other wooden items, to a very high standard, for nearly 40 years. We are a Day Service for Adults with a range of disabilities who fully participate in the making of these items. With the financial support of District Councillor Rowland Warboys, we have made and erected the boxes that are on display in the Mini Beast Haven so you can more easily imagine how they might look in your garden or community site. This includes boxes for small birds, owls, kestrels, woodpeckers and bats. We hope that they will soon be inhabited by our feathered and furred friends, including their young, in the not-too-distant future.

For more information, please visit the Mini Beast Haven to see the Interpretation Boards that are on display. The site is well worth a visit.

Contact SFW if you would like to order boxes for yourself. We produce High end bird boxes, bird feeders, hedgehog houses

Our telephone number is 01379 678543, or call in and visit our site shop to see the full range of our products and for a guided tour around the workshops.

You will find us in the Main Street in Thornham Magna next to the red telephone box. We are open Monday – Friday 09.30 till 15.00. https://streetforgeworkshop.uk

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BINGO NIGHT

Friday 4th August

To raise money for my charity skydive, I will be hosting a family bingo night at **Gislingham Village Hall** along with a raffle and a game of heads or tails.

Doors open 7:00 pm
Eyes down at 7:30 pm
Refreshments Available





I will be doing a skydive on Sunday 13th August from Beccles Airfield in order to raise money for **St Nicholas Hospice**.

www.justgiving.com/fundraising/leah-durrant

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NEWS FROM GISLINGHAM VILLAGE HALL

Many of you will have noticed that the Willow tree to the front of the Village Hall grounds has grown extensively. Following a professional site inspection, it has been recommended that we remove the Willow as it is strangling the adjacent Oak tree. It is also a road safety problem, as it is blocking sight of on-coming traffic when turning right up Mill Street from Burgate Road. The Trustees intend to plant another Willow to the rear/side of the Hall. We shall also be arranging for the removal of the dead tree next to the Notice Board. As this is not the first tree to die in that area, we are going to book a soil test, before planting anything else.

Currently the Village Hall stores small, medium and large marquees on behalf of the Village. The Trustees had noticed that the medium marquee was no longer fit for purpose and to that end suggested to the Parish Council that they purchase a replacement. Following a recent Parish Council meeting the Council replied as follows "The Village Hall Committee's request for CIL funding from the Parish Council to purchase a new marquee, was discussed at the meeting held on 19th June 2023. After discussing, and careful consideration, councillors agreed unanimously that because the Parish Council has had to refurbish the playground surfacing on Charity Meadow in the past few months, and earmarked CIL monies for new Speed Indicator Equipment equipment in the Village, funding is not available for a new marquee." For clarification, we asked the Parish Council to purchase a new marquee, not for them to give the Village Hall funds to buy one.

FUTURE EVENTS:

Saturday 16th September 2023: Jumble Sale

Saturday 28th October 2023: Halloween Quiz Night

Saturday 25th November 2023: Jane Hoggar

Saturday 16th December 2023: Christmas Quiz Night

The Hall is available for hire at a cost of £10 per hour, which includes tables, chairs, 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.

Follow us at www.facebook.com/GislinghamVillageHall/

PLEASE SUPPORT YOUR VILLAGE HALL



WE WANT ICE-CREAM!



You're never too young for an ice-cream on a hot summer's day and it's the perfect accompaniment to a trip around Thornham Walks. Whether you're visiting with your children or enjoying the peace of the woodland walks these can always be followed by a cup of coffee and a slice of delicious home-made cake or now you can add to the experience by visiting Forge on Ice, the new ice-cream and milkshake shop there as well. Sam Mayes, owner of the Forge Cafe at Thornham has worked extraordinarily hard to provide great food and a relaxed atmosphere to this perfectly placed cafe but felt frustrated at not being able to meet the demands for ice-cream.

Sam has been owner of The Forge for two and a half years and spends hours baking and cooking to serve up some fantastic food on our doorsteps. If you've ever tried the lemon polenta cake, you'll know it's impossible not to then buy a slice every time you visit. As well as being committed to her own business Sam is very community minded and says she, "Really wanted to open up the area to new people. Everyone wanted ice-cream and were coming into the cafe to ask but then not necessarily visiting the shops around the corner."



Sam's new ice-cream shop which is reminiscent of a 1950's diner is based in part of the old eco-shop, next to the art gallery, by Transformations Yoga and in front of the beautiful West Lodge pottery shop and photo gallery. But how many people visit them as well? She says she really wanted to help increase footfall and help out the other businesses there.

That's a very generous attitude and a business like one too, queues for ice-cream at the Forge Cafe would make it problematic for customers enjoying the cafe. Sam wants her staff to be able to concentrate on the seated customers without a queue winding out the door.

Forge on Ice is already open at weekends and throughout the school holidays, customers

need only walk a minute around the corner to discover delicious Miss Whippy ice-cream with a variety of sauces and toppings (my daughter loved the Biscoff sauce and crumbles – what a treat!). There are also a selection of dairy and vegan scoop ice-creams (I went for the Eton Mess in a waffle cone, mmm). Milkshakes and smoothies are also available from this welcoming corner of Thornham Walks.

Forge on Ice, Unit 10b, Red House Yard, Gislingham Road, Thornham Walks

Angeline Braidwood



Punjabi night
with Raj



Come and enjoy an enjoyable evening with Raj from coriander kitchen who will demo some of her delicious traditional Punjabi recipes and then provide an authentic Indian meal.

Thursday 24th August
6:30pm till late
Bar open for drinks

£30per person
To book please email
Amandachurch562@gmail.com

Thornham Magna Village Hall,
The Street, Thornham Magna,
Suffolk, IP23 8HB

Coriander Kitchen

NEWS FROM THORNHAM PARISH HALL



FUTURE EVENTS:

Thursday 17th August: Walk through the wild flower fields and learn how to make a hand tied bouquet. Meet at Frogs Farm at Thwaite on the A140 - £30. Please bring secateurs if possible and wear flat shoes/trainers. Light refreshments will be provided.

Thursday 24th August: Punjabi Night – Indian cooking demo and meal. 6.30pm: £30 with raffle and bar

Sunday 3rd September: Breakfast Club. 10.00am – details tbc.

Friday 22nd September: Thornham Film Night – 'The Unlikely Pilgrimage of Harold Fry' 7.30pm: Bookings at films@thornhams.org

Friday 29th September: Booze & Brushes: 7.00pm: £25 – details tbc.

Sunday 15th October: Autumn Fair. 11.00am – 3.00pm - details tbc.

Friday 20th October: Thornham Film Night – details tbc. 7.30pm: Bookings at films@thornhams.org

Sunday 29th October: Breakfast Club. 10.00am – details tbc.

Friday 3rd November: Quiz Night – details tbc.

Friday 17th November: Thornham Film Night – details tbc. 7.30pm: Bookings at films@thornhams.org

Saturday 25th November: Auction of promises. Evening: with posh fish finger sandwiches - details tbc.

Regular weekly events:

- Mondays: 5.45pm Pilates general all levels
- Wednesdays 9.30am: Pilates gentle no floorwork
- Wednesdays 11.00am: Pilates general all levels
- Thursdays 9.30am to 12.00 noon: Chat and Play – Babies, Parents and Carers group



FAILED NAZI INVASION OR BLACK PROPAGANDA STUNT?





This month, we have a wartime mystery involving a possible German invasion of the Suffolk coast at Shingle Street.

Shingle Street is a coastal settlement in Suffolk about 8 miles north of Felixstowe, facing the North Sea. Today, there are about a dozen buildings. So, what is so important about some buildings lining a dead-end street on the North Sea coast?

The mystery started in World War II when multiple conspiracy theories arose about the place. These include conspiracies around a German landing on the village, the shoreline seeing burning bodies washed up, various chemical bombs testing, the North Sea being set ablaze, German troops washing up on the beaches, and even a firefight with German soldiers who were part of an invasion attempt.

So, what actually happened at Shingle Street during the Second World War?

Well, what we know now is that there were four German airmen who washed up onto the beach, although different sources have stated that they were washed up elsewhere. We also do know that weapons testing led to the Lifeboat Inn being blown up. But why are there so many theories?

The village was evacuated around the middle of 1940 due to the anticipation that there would be a German invasion, and it was thought that the Germans were looking at Shingle Street for their spot to invade England, so there ended up being no real eyewitness accounts to go from.

The village remained uninhabitable until the late 1940s because three years after the evacuation, the town was used for munitions testing. After having to go back and clear the mines that were left on the beach, people started to slowly return to Shingle Street.

It wasn't found out until 1992, when a series of top-secret documents were declassified and the truth was found out about what actually happened. These documents explain that more than 20 homes at Shingle Street were needed to be requisitioned by the military, that mines were going to be laid on the beach, and the area would be used for bombing test runs. But what wasn't included in the documents was anything about a defeated Nazi invasion or soldiers appearing on the beach after the sea caught fire.

An historian named James Hayward concluded that there is no evidence for a German landing attempt onto the beach. He also ventured further into the 'setting fire to the sea' business, detailing Britain's initial military experiments around 'setting fire to the sea', but concluded it took place in Orford (approx. 6 miles up the coast) and in 1914 – during WW1.

Some sources, such as one of the more popularly held ones, believe it to be a propaganda stunt – an idea manufactured by the head of propaganda for Britain. A couple of years ago, The BBC East Inside Out Team, did research into the Shingle Street incident, and suggested that a former Daily Express Journalist called Sefton Delmer (who lived at nearby Bures) and who organised Britain's 'black' propaganda unit, might have spread rumours about

the failed Nazi invasion to boost the morale of the British public during the indescribably hard times of World War 2.

Investigative journalist Phillip Knightly said: "I wouldn't put it past Sefton Delmer to deliberately ignite a few hundred gallons of petrol somewhere off the coast where he knew it would be seen, and to make certain some of the bodies that came ashore had signs of burning."

In another twist, the BBC programme said the rumours could have been used to cover up the loss of lives on a British naval destroyer.

Thomas Waterhouse was part of the 20th destroyer flotilla called to a report of enemy invasion barges off the Denmark coast. One destroyer was sunk in a minefield. Mr Waterhouse said: "We were unable to know what happened to our casualties but it would be quite believable that for local consumption people had said they were the results of a failed invasion attempt. People didn't want bad news and they were prepared to go along with any cock and bull story to keep their spirits up."


'The Shingle Street invasion did happen'

However, Ronald Ashford, a retired jeweller in Aldeburgh, remained convinced the Germans did try to invade Suffolk. He was a volunteer with the Local Defence Volunteers and was positioned at the lower end of Aldeburgh when there was a red alert one evening in August, 1940.

They heard "tremendous gunfire and explosions" and were told a German landing had taken place. Eyewitnesses said the shoreline was littered with burned bodies.

He has claimed the target was the radar station at Bawdsey Manor and the Germans also intended to take the airfield at Martlesham.

Mr Ashford researched events of 1940. He said he did not believe the propaganda theory. He said: "I was not there but near enough to see what went on. I am a living witness to what happened and these are not lies that I have written about and researched."

In addition to this, pensioner Phyllis Honey whilst admitting that some of her childhood memories have become hazy, is quite clear about one conversation which has remained etched on her mind since she was aged 10.

She recollected her grandfather George Bridges talking to her father William Bridges when he said: ''These bodies had been discovered, they were burnt and had German uniforms on.'' This conversation is believed to have occurred shortly before William Bridges died on October 2, 1940, in an unexplained road accident involving a US Army lorry, close to the family home on the outskirts of Aldeburgh.

So, in conclusion, there will always be some mystery surrounding events at Shingle Street.

Source material: *Ipswich Star Newspaper and Woodfarm Barns.com*

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LETTERS TO THE EDITOR



Dear Editor,

On the evening of Friday 9th June, sometime after 10pm my cat, Charlie, was hit by a car in Coldham Lane.

Despite searching for him from 11pm onwards until 1am I couldn't find him. He is a creature of habit and always returns home between 10pm and 11pm. He is not an elderly cat is and can race across the garden when required. We found him at 7am the next morning, in my back garden, struggling to walk and with a swollen abdomen.

Following an emergency appointment at a specialist unit and despite being given odds of 50/50 survival he pulled through. He sustained an injury that caused a tear to his diaphragm and his abdomen resulting in his organs being pushed up into his chest cavity. The vet confirmed that he had been hit by a car travelling at speed.

I have lived down this lane since 1999 and the number of speeding vehicles has increased. Two particular long-term residents have no regard for children, elderly residents or pets. In addition to this several delivery vans hurtle down this lane. I am concerned that next time it could be a child that is hit by a speeding vehicle, a beloved pet or an elderly resident.

The lane leads to a no through road terminating at Spring Farm. At least a 1/3 of the road has no public footpath and the footpath at the top of the lane is smaller than the standard footpath width and in poor condition making it impossible for a parent with a pram and child to walk side by side. The layout of the properties prohibits increasing the width of the footpaths. Several families live in this road with young children who walk to and from the local primary school and teenagers who walk to and from the school bus in the high street. We also have several elderly residents and families who walk to and from the shop etc. Dog walkers, who do not necessarily live here, walk their dogs down this quiet lane.

I would have hoped that the width of the footpaths, the narrow section at the upper end of the road and the condition of the road, in general, would suggest to any driver that it is necessary to alter their speed to the road conditions. The road surface undulates following the installation of a new water main. Even this does not seem to deter the speeding motorists. A previous resident had been cautioned by the police in the past for failing to drive to the road conditions.

I have reported the incident to the police and have reported the matter to the local parish, district and county councils asking for their assistance. I have already received positive feedback and intend to pursue any options available to restore this lane to the quiet and safe environment for the residents and other members of the village who use it.

Is it too much to ask for the selfish driver who has caused my family so much pain, fearing that we would lose our beloved cat, to slow down and think of others before themselves?

Name and address supplied



NEW TEAMS STARTING U8s, U9s & U15s

EYE SAINTS FOOTBALL CLUB ARE STARTING 3 NEW TEAMS FOR THE 2023/24 SEASON, OUR NEW U8s & U9s WILL BE PLAYING SATURDAY MORNINGS, OUR NEW U15s WILL BE SUNDAYS (KO TBC).

UNDER 8's

Training is Monday 6-7pm
at Eye community centre
contact Lee on 07903 119586
for more details

UNDER 9's

Training is Friday 6-7pm
at Eye community centre
contact Kevin on 07857 662528
for more details

UNDER 15's

Training is Thursday 6:30-8pm
at Eye community centre
contact James on 07751 030378
for more details

ANYONE INTERESTED IN JOINING OR LOOKING FOR FURTHER INFO PLEASE CALL THE RELEVANT TEAMS CONTACT NUMBER OR MESSAGE THIS PAGE

ALL MANAGERS ARE FULLY DBS CHECKED AND FA QUALIFIED, AND ALL PLAYERS THAT REGISTER WITH THE CLUB WITH BE FULLY INSURED



GISLINGHAM CYCLISTS WANTED

Never joined in the fun of the annual church to church bike ride?



Every second Saturday in September for 40 years the Suffolk Historic Churches Trust has been running its famous bike ride fundraiser – invented here in Suffolk and now copied all over England. These days we call it Ride & Stride as some choose to walk. You might bike as a family, with friends or as a solo finding companions along the way. Some set out from their front door, some take their bikes to an area where they can enjoy quieter lanes. Some cyclists do twenty or thirty churches but many settle for a more relaxing ride between four or five. You will get a warm welcome in the churches and you might be surprised by the fascinating social history you find in the churches that you visit.

All you need to do ahead of the day is plan a route and get friends and family to sponsor you either with a fixed sum or on a per church basis. I can provide you with a Sponsorship Form or go to the website https://scht.org.uk/ride-and-stride/

The cyclists are of all ages and come from every walk of life. Some are regular churchgoers (of all denominations) and some not at all, but all are united in their love of those great churches that mark our Suffolk skylines. In fact, along with Norfolk we have the biggest concentration of medieval churches in Europe - over 500 in Suffolk alone!

But these old buildings take money to maintain and that is where you and the Suffolk Historic Churches Trust come in. Half of the money you raise will go straight to the church or chapel you nominate (regardless of where you choose to cycle) and half to the grants chest of the Trust to enable the Trust to help churches in their moments of need when the roof leaks or the masonry crumbles.

Between 1987 and 2017 St. Mary's Church Gislingham has benefited from SHCT grants amounting to £32,000 to help us restore and maintain our beautiful village church building. We are extremely grateful for this and we support the Bike Ride each year as a way of giving a little back.

In previous years our local cyclists have included Gill and Bill Collins, Peter Whatling and for the past 3 years Jacob Pettit and his Mum Linda have cycled for us raising £1,300. This year they have other commitments and at the present time we do not have any cyclists to represent us in Gislingham.

On September 9th, I shall be in the church from 9.00am – 5.00pm to welcome and record visiting cyclists and hope to be sponsored for doing this. Please call in and say hello and sign my sponsorship form or maybe you would like to volunteer to "Get on your Bike"?

Jackie Campbell, Local Bike Ride Organiser. Tel: 01379 783329

NATURE NOTES by Darrel Charles



Hello everyone, welcome back to Nature Notes!

For the past couple of months, bird enthusiasts from all over the country have been travelling to a disused quarry at Trimingham near Cromer on the North Norfolk coast. If you've been reading the local newspapers or saw Look East on TV recently you'll know why - it's where a number of Bee-eater birds have arrived, possibly from North Africa. I couldn't resist the chance of seeing these exotic birds for myself and so one day in early July I packed my camera and set off with high hopes. Although the weather was good when I left home in the morning, as I travelled north the sky began to cloud over and the temperature dropped considerably. By the time I arrived at the site, the wind had also picked up - not ideal conditions to see Bee-eaters. On my arrival there was no sign of the birds but, patience is a virtue and after 2 hrs the clouds cleared and the three birds in residence appeared from their burrows in the sandy bank. We onlookers were then treated to a splendid flying display as they swooped around looking for bees and other insects. The Bee-eaters are about the size of a Starling and have fabulously coloured plumage of yellow, orange, turquoise and dark green. I also discovered that they are fast agile flyers, making them very difficult to photograph in flight. Also, to avoid disturbing the birds, the RSPB, who are monitoring the site, kept us observers well back from the nest area. The best opportunity to take photographs turned out to be when the birds perched on some overhead cables but even then they must have been about 400 m away. Still, I was very pleased to be able to take some record shots of my visit.



Bee-eater with bee

Chatting to one of the RSPB people, I learned that sadly the Bee-eater's nest was suspected of having been predated some weeks earlier, possibly by a stoat, and that the birds were having to start again. The birds are expected to remain in the area until mid-August and so there may still be time to see these marvels this year. Take a look at the RSPB's website for further information about the Trimingham Bee-eaters.



Bee-eater taking a break

Throughout most of June and July our peanut feeder regularly attracted Greater Spotter Woodpeckers, specifically a mother and son. When they first appeared the juvenile male would perch nearby, watching on whilst mum pecked away at the peanuts before she flew over to feed him. This behaviour continued for several days before the male started to join mum on the feeder, eventually helping himself. After a week or so the male bird would appear on his own, having learned the ropes. The final act in this story sees the



Greater Spotted Woodpeckers - Mum feeds Son (with red cap)



A Slow Worm (35 cm long) spotted by Ann Cottie & Helen Neale in St Mary's churchyard.

female chasing away the young male when she arrived on the feeder - the son's lessons on self-sufficiency being complete.

Turtle Dove update: I see from Leigh Smith's post on the Messenger's Facebook site that Leigh has seen Turtle Doves in Gislingham in each of the past 18 years - but not so far this year. Still, given Mike Heath's sighting in May they are around - one to keep an eye out for!



Poppies in fields alongside Hinderclay Road out of Rickinghall

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.

GISLINGHAM UNITED CHARITY

The Gislingham United Charity continues to welcome applications from residents of Gislingham who find themselves in hardship or need.

The Charity will also consider requests for support for residents of all ages for educational purposes, whether at school, in further or higher education, or in vocational training.

The remaining meetings of the year will be on:

- 15th September
- 17th November.

The Trustees will consider all applications received up to 48 hours before each meeting.

Gislingham United Charity is a registered charity, No. 208340, and is run by volunteers.

All applications should be made to the Clerk to the Trustees at:

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Alan Harding, Chair of GUC

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THE BULL INN, YAXLEY

DOWN Memory

Situated on the border between the villages of Thornham Parva and Yaxley is the charming building that houses acclaimed local eatery 'The Bull Auberge', or, as it was originally named, 'The Bull Inn'.

The main building is believed to date back to 1453 and it has all the expected period features, exposed beams and brick fireplaces, that add character and charm to the restaurant, which is situated inside what was the original coaching inn.

The Stenhouse family took over the business in 1995 and added a modern, in-keeping, extension to create an 11-bedroom hotel. They also renamed the business 'The Bull Auberge'.

With the Stenhouse family at the helm for more than two decades, the Bull Auberge was a great success.

The business was taken over in October 2022 by Jake Berridge and Katy Winch-Furness and re-branded 'The Auberge'. The couple renamed the restaurant 'The Yaxley Bull' and the success continued.

In fact, in 2023, the restaurant was listed as one of the 32 best eateries in Suffolk in the AA Restaurant Guide.

Photo 1: I am not sure when this photo was taken but it is interesting to see a huge tree in the foreground and the horse and cart in front of the cart lodge.

Photo 2: Taken c 1985.

Photo 3: The exterior as it is today.

Photo 4: The interior retains many of the original features of the old coaching inn.

Jeff Norman









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TRIED & TESTED RECIPES by Debbie



MACANESE STYLE CHICKEN CURRY

Macanese style Chicken Curry, or Po Kok Gai, is a Chinese fusion Macanese & Portuguese style chicken dish. Mildly spicy, it is a slightly sweet chicken curry with a creamy coconut sauce.

Ready in just over an hour, this simple dish pretty much cooks itself! Serve with rice or nan breads of your choice.

Chinese Chicken Curry with potatoes? Yes, potatoes are flavour sponges in a curry dish!

Serves 4: Prep time 40 minutes. Cooking time 30 minutes.

Ingredients:

- 450g Chicken (thighs, drumsticks, breast, the choice is yours, ideally with skin on.
- 2 tbsp olive oil
- 2 potatoes, peeled (cut into 4cm cubes)
- 2 carrots, sliced
- 1 onion, sliced
- 2 tbsp curry powder (medium heat)
- 3 tbsp turmeric
- 1 can coconut milk
- 1 cup chicken stock
- Salt and pepper to taste
- Oil



Marinade:

- 1 ½ tbsp Chinese rice wine
- 1 tbsp ginger juice (grate ginger and squeeze)
- 1 ½ tbsp sugar
- 3 tbsp light soy sauce

METHOD:

- Add marinade ingredients to a large bowl, add chicken, mix well and allow to marinate for 30 minutes.
- Add 2 tbsp oil to a hot wok, add chicken and cook for 8 minutes, browning all sides (reserve any left-over marinade). Transfer chicken to a plate and set aside, now add the onions to the wok and fry for 2 to 3 minutes until softened and browned. Add in potatoes, carrot, curry powder and turmeric.
- Mix thoroughly and cook for a further 2 minutes until the air becomes fragrant. Add coconut milk, the reserved marinade and top up with enough chicken stock to cover the ingredients and lastly pop in your browned-off chicken
- Bring to the boil and then turn down to simmer, cover with a lid and allow to cook for 15 minutes. Remove lid, if the chicken has dried out add a little more water to create a sauce if there is a lot of liquid keep the lid off and allow the sauce to reduce until you have reached the desired consistency. Add salt and pepper to taste.

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INTRODUCING ANGELINE BRAIDWOOD – OUR NEW MELLIS CORRESPONDENT



Angeline Braidwood joined The Messenger team this month. Angeline and her family have been Mellis residents for the past six years. She is a writer and freelance journalist, mainly writing about inspirational people, parenting and sustainable living.

When she isn't a taxi driver for her kids, or helping with the family smallholding her passions are wildlife, the theatre and reading a good book.

Over the months ahead, Angeline will be writing about a host of topics (not just Mellis related), and we look forward to her contributions, which start in this issue.

CHECK OUT THE MESSENGER ONLINE WEBSITE

The Messenger website is now fully updated every month, on the weekend the print version is out for distribution.



The website is the place you can go to find key features from the magazine, and the updated diary of local events. If you can't find your print copy of the Messenger, and you want to know what time that event starts, it will be on the website. And if an event has been cancelled, we'll be able to add this to the website, so you can check before you go.

Indeed, if you need the whole magazine for something, and your print copy has been eaten by the dog, you can download a pdf of the latest – and previous – copies from the website. Extensive colour photos from the recent Gis-Fest and The Hidden Gardens of Mellis events can be found on the website.

Get used to using the Messenger website. You can find it at http://the-messenger-online.com/ So, one way or another, you can keep up to date with what's happening online.



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David Matthews, Tchaikovsky

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Clara Schumann,
Janáček, Beethoven

Sunday 30 July 3pm
CARDUCCI QUARTET/ JULIAN BLISS
Mozart, Weber, Dvorak

Sunday 13 August 3pm
CHARLES OWEN *piano*
Chopin, Ravel, Debussy,
Liszt, Franck

Sunday 27 August 3pm
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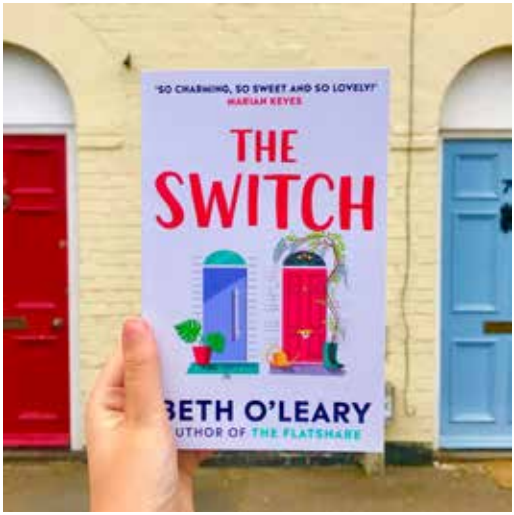
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CHARLOTTE'S BOOK BLOG



The Switch by Beth O'Leary

★★★★★ 5/5



Hello everyone! Happy August.

This month I will be reviewing a book by one of my favourite authors - Beth O'Leary. I've loved reading every single one of her books as they get released, however one of them, The Switch, is one that I missed. Having read all her other books: The Flatshare, The Roadtrip and The No-Show, I had only The Switch left to read.

This book though certainly didn't disappoint! It was a little different to all of her others, and was a light and funny read perfect in my opinion for the summer.

Eileen is now single, and about to turn 80 - she wants a new chance at love but she lives in a small Yorkshire village with not very many eligible men. Her granddaughter Leena works in London and never takes a minute to herself - trying to keep up with the fast-pace-life of working in the city. So, there's a solution: a two-month switch.

Eileen can start to live the London life, looking for the love she truly deserves. And Leena can take on the quieter village life. However, the swap isn't quite as straight forward as they both thought it would be - especially when the death of Leena's sister is the only thing on their minds as well as fresh faces entering their lives.

Does it end up being the best decision they've ever made making it difficult to go back to how they'd both been living previously? Or is it the worst idea they've ever had? You'll have to read the book to find out!

While this book didn't have any unexpected plot-twists like the majority of O'Leary's other books, this was still an enjoyable and fun read that still kept me wanting to know how the switch was going to impact the character's lives in the long term.

Have you read any of Beth O'Leary's books? Which one was your favourite?

Join the conversation over on my Instagram page @charlottes.bookblog - I'd love to know.

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TERRAPIN NEWS



On Tuesday 11th June I was in Elmswell, meeting yet again with representatives of National Grid at their presentation of the revised pylon route. The previous week, Babergh and Mid Suffolk Councils had had an online briefing with Senior Managers from National Grid, explaining their renaming of the project, further details of the substations and changes that had been made to the route.

On Monday the Green party Group had met and amongst other matters a response to the new proposals was considered.



Previously I had been at Parish Councils where a response to the Proposals was considered, amongst other matters an organised programme of protests and refusals to allow representatives of National Grid onto land to carry out initial surveys was suggested.

I am writing this article prior to my next full council meeting on meeting on Wednesday 19th July, and the chair, who happens to be me, will be asked to write a letter to the current Minister of State for Energy.

The following paragraph is a section of the proposed letter and will be the subject of a cross party discussion and I will take on board what is said and voted on.

"The Council acknowledges the national importance of strategic energy infrastructure for the transition to net zero. We have previously stated a preference for a coordinated, offshore approach to the delivery of transmission reinforcement, import and export objectives including consolidation of offshore connections and onshore infrastructure together with appropriate management of construction activities to effectively minimise and mitigate harm to Suffolk's communities and environment."

As I write this, the council's legal team is being asked to look carefully at legal advice given to The Essex, Suffolk, Norfolk Pylon Group that suggests that the government is not following its own rules and regulations with regard to Major Infrastructure Projects whilst National Grid is claiming the rules are not applicable in this case.

Utility companies benefit from a range of statutory powers to enter land but the nice young people at the National Grid Presentation said that these would only be used if it proved impossible to reach agreement with landowner and an acceptable amount of compensation paid. This is a complicated situation and landowners should take professional advice.

In March 2023, National Grid agreed to conduct a new transmission review into onshore and offshore options that meet the required network need. The results have not yet been published.

No one I think doubts that there is a pressing need for an upgrade to the National Grid, this is a public good, but when it appears that there is a viable alternative to a proposal that causes harm, economic and emotional harm to millions of people and to the context of thousands of heritage assets then that alternative should be explored fully and transparently before it is dismissed.

Rowland Warboys, Chairman Mid Suffolk Council
e: rowland.warboys@midsuffolk.gov.uk

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Be part of a unique occasion in Adrian Bloom's Garden, Foggy Bottom, where you are invited to enjoy a Celebration of Gardening as Adrian launches his major new book 'Foggy Bottom – A Garden to Share'. Adrian will sign copies in his private garden Tree House.



Location : Bressingham Gardens IP22 2AA

Tickets :

•PRE-Booked: £7 includes a raffle ticket*, glass of Prosecco or soft drink at 3pm, and a guided tour of Foggy Bottom.

Tickets available on the our WEBSITE: www.foggybottomgarden.co.uk

•ON-the-Day: £10 includes a raffle ticket*, glass of Prosecco or soft drink at 3pm, and a guided tour of Foggy Bottom.

2 September 2023



Schedule:

- **1.00pm** Event opens. Entry via Church Lane, next to Bressingham Church. Follow the track and park next to Foggy Bottom Garden, as directed.
- **1.30pm** Pre booked garden tours start, every 30 min (1.30pm, 2pm, 2.30pm). Please book your time when you buy your entry ticket.
- **3.00pm** Address by Adrian, official Book Launch and Raffle Draw.
- **3.30pm** Book signing available in the tree house
- **6.00pm** Event ends

***Raffle prizes:**

- **1 copy of 'Foggy Bottom – a Garden to Share'**
- **£30 voucher for Bressingham Gardens Nursery**
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www.safeandsoundhygieneandpestcontrol.co.uk

GISLINGHAM PLAYGROUP NEWS

This term we have enjoyed a walk and picnic to the bridge and watched the trains go by.

We are enjoying our garden using our tree house and slide, climbing wall and mud kitchen.

We have made Father's Day gifts and have had a yoga session booked with Claire Hall.

We had a lovely playgroup trip to Banham Zoo and we joined in with the Primary School for sports day. We now have our end of term party to look forward to when we say goodbye to all the children starting their schools in September.

We have spaces available if you have a child aged 2 please feel free to contact us for a visit on 01379 788934 visit our website www.gislinghamplaygroup.com or checkout our Facebook page.





GISLINGHAM PLAYGROUP

We provide a safe, warm, friendly and caring setting for children aged 2-5 years, in a brand new purpose built building on the same site as Gislingham CEVCP School, with whom we work closely to provide an excellent education.



Breakfast Club 8.00am - 8.45am

Morning 8.45am to 11.45am

Lunch Club 11.45am to 12.45pm

Afternoon 12.45pm to 3.45pm

"Children arrive with a 'spring in their step' and are welcomed by friendly staff. They immediately join in with their friends and explore a well resourced and fun environment." Ofsted, May 2022.

Please visit our website www.gislinghamplaygroup.com
or phone us on 01379 788934

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We pride ourselves on being a support network for our families and have strong local links with Mellis Primary School and other schools in the area to ensure a smooth transition for our school leavers.



Pre-School sessions now available for 2-, 3- and 4-year-olds.

We offer a Breakfast Club and Afterschool Club which is open for all Pre-School children and Mellis Primary School children.

The term after your child turns 3, they will be entitled to either 15 hours or 30 hours free funding. If your child is 2, you may qualify for 2-year-old government funding. Funding can be claimed across all of our provisions.

We are open 7:45am – 5:00pm Monday – Thursday and 7:45am – 4:30pm on a Friday during term time.

For more information or to book a visit please get in touch.



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TIP OFF, RIP OFF!

A Suffolk resident has been duped by fraudsters who purchased their car for £9,000 under the asking price.



The resident advertised the car for sale on Autotrader for £13,000 and was contacted by a potential buyer. A viewing was arranged with two men arriving to examine the car.

The seller took the men to test drive the vehicle, when suddenly the engine appeared to be smoking. The buyers insisted that they would still buy the car, but at a reduced price due to the engine failure. Under much pressure the seller agreed to accept £4,000.

The scam, which has been reported across the Country, sees con-artists secretly pour oil into the coolant reservoir of the vehicle for sale, and then offer a cut-price because they falsely claim the vehicle has a major fault. The scammers often arrive to view the car in pairs or threes and will try and distract the seller—one may ask to look at the engine whilst the other wants to see the spare tyre in the boot. When the car is taken for a test drive, the engine may smoke or make loud noises, which will prompt the scammers to ask for a cut-price deal.

In March fraudsters approached a seller of a vehicle in Felixstowe and attempted the same method of distraction. The seller in that case refused the offer to buy at the reduced price, confident that the fault could be easily rectified.

Beware of rogue buyers:

- Stay with the buyers - don't leave them alone with the car or allow yourself to be distracted at the rear of the vehicle whilst someone is looking at the engine
- Be aware of suspicious behaviour - scammers will often request an enormous discount due to the 'fault' with the vehicle
- Be confident to refuse the sale - if you are doubtful about how genuine the buyer is, or you believe that something suspicious is going on, don't hand over the keys.

Anyone who has also experienced a similar incident should contact Suffolk police.

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. This English highwayman's exploits were romanticised following his execution in York for horse theft.
2. Prince Harry's correct Christian name.
3. Despite Everything
4. Suffolk born painter. He is known principally for revolutionising the genre of landscape painting] with his pictures of Dedham Vale
5. A woman in charge of domestic and medical arrangements at a boarding school or other institution.
6. Who set sail in 1492 in the Santa Maria?
7. A police officer ranking below an inspector.
8. Bobby Charlton's brother, who played for Leeds Utd and England
9. Fred Housego won Mastermind in the early 1980s, but what was his profession?
10. What is the connection?

Answers appear on page 55.

SUDOKU CHALLENGE

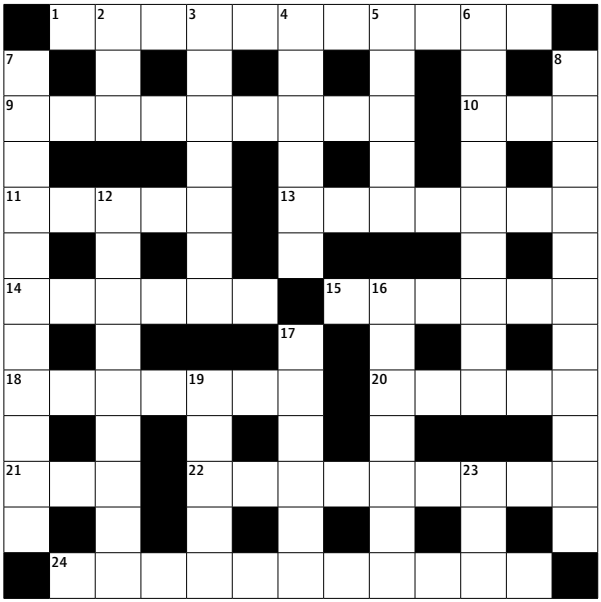
			7			1	6	
7		4		1				
					9			5
	3		8		4			1
		7				9		
5			6		2		4	
2			9					
				5		6		9
	5	8			6			

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

Last issue solution

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

CROSSWORD CHALLENGE



Across

1 Good place to hang out? (7,4)
9 Run down (9)
10 Also (3)
11 Spends time achieving nothing (informal)(5)
13 Dark and dismal (like the rivers in Hell) — isn't gay (anag) (7)
14 Sign of unhappiness (or joy?) (6)
15 Daft (6)
18 North African country where the 2011 Jasmine Revolution led to the 'Arab Spring' (7)
20 Nautical echo sounder (5)
21 Not on (3)
22 Act of retaliation (9)
24 Profligate (11)

Down

2 Backchat (3)
3 Charles I's crime (7)
4 Pass (6)
5 Dubious (5)
6 Diet (9)
7 Enlightenment — of dietician (anag) (11)
8 In despair — end death row (anag) (11)
12 Large fruit bat (6,3)
16 Money saved for some future purpose (4,3)
17 Driver's guide (6)
19 Break off (5)
23 Hildegard of Bingen (1098-1179) was one (3)

Last issue solution

W	H	E	E	L	B	A	S	E	■	C	■	F
■	O	■	R	■	R	■	Q	■	M	O	O	R
M	O	N	O	L	O	G	U	E	■	C	■	E
■	K	■	S	■	G	■	I	■	S	K	Y	E
S	■	B	■	Q	U	I	R	K	■	F	■	Z
P	L	A	Q	U	E	■	M	O	T	I	V	E
O	■	R	■	E	■	■	■	R	■	G	■	D
T	U	R	N	E	R	■	W	A	S	H	E	R
C	■	A	■	R	A	Y	O	N	■	T	■	Y
H	O	C	K	■	T	■	B	■	B	■	T	■
E	■	U	■	S	T	A	B	L	E	B	O	Y
C	O	D	A	■	L	■	L	■	A	■	S	■
K	■	A	■	B	E	M	Y	G	U	E	S	T

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One double room or a large single bedroom would suit, with kitchen and modest living area.

The mother is employed in Mellis. Her son attends Eye Primary School, where he is happy and content.

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References are available from the current sponsor, with whose family they have been living for over 12 months.

Fair rent is payable for Independent Living (preferred), failing which re-sponsorship under the Homes for Ukraine Scheme.

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

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Gardener wanted in Gislingham
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Answers to the Connection Quiz on page 52.

1. DICK Turpin, 2. HENRY, 3. REGARDLESS, 4. John CONSTABLE, 5. MATRON, 6. Christopher COLUMBUS, 7. SERGEANT, 8. JACK, 9. CABBY, 10. They are all 'Carry On' films.

SOUTH HARTISMERE BENEFICE

INTO THE UNKNOWN…

July is the month when school, colleges and universities break for the summer. For some this is a happy time as the long holiday begins. For others it is a period of anxiety, exam results, leaving education and looking for work. Or at the other end parent's anticipation of the start of school for their young children. Such different emotions and expectations.

Life is full of new beginnings and adventures and courage is needed at every turn. Courage to say goodbye at the school gate and watch your child head into school. Courage to apply for apprenticeship and interviews for jobs. Courage to change jobs.

In relationships we again find we have to be courageous. When we choose a life partner, we have to be courageous in our honesty and vulnerable as we share our love and lives. In our later years we need courage to care for ill loved ones and say goodbye at the end of life. I wonder what the next few months hold for you, holidays, caring for family, juggling work, and children.

On the first of July I was ordained priest at Bury Cathedral. I look back over the last two years and consider all that I have learned and all the people I have met. I remember my call to Suffolk. A big step into the unknown. It took courage to trust God to care and guide me. God has been faithful throughout. My next steps take me once again into the unknown, as I will be able to facilitate couples in their weddings and journey with people who are saying goodbye to loved ones.

For the church family I will be able to lead them as we gather round the table and break bread as we remember the life, death and rising of Jesus in a service of Holy Communion.

It seems a strange name 'Holy Communion' and for many it is a mystery. It is a time set apart for Christians to come together in the presence of God as one people. We come together knowing other Christians around the world are doing the same. We remember those who have gone before us as examples of faithful people. We are a community of believers, a communion.

Jesus tells his followers to gather often and to remember his story whenever we meet. We remember the words he spoke as he left this world to return to God. 'I will be with you always.'

No matter what is happening in your life, whether you are settled, or like many stepping out into new places, the truth is that if you call out to Jesus, he will hear you and will walk alongside you. As the good shepherd he says, even though you walk through the valley of the shadow of death I will not leave you.

We do not journey alone, but in community and with Jesus. Let us go forward together in hope, trusting in the promise and words of Jesus.

And as Paul, one of Jesus' first followers writes:

May the God of hope fill you with all joy and peace in believing, so that you may abound in hope by the power of the Holy Spirit.

Rev Debbie

From the Parishes:
Congratulations to John Gage and Denise Sheppard, married at Thornham Magna.
Welcome to Athena O'Rorke, baptised at Gislingham
In Loving memory of Anne Robbins, Mellis; Eileen Phillips, Gislingham

WEEK 1

Sunday 6th August	Gislingham	10.30am	Worship for All
9th Sunday after Trinity	Thorndon	10.30am	Holy Communion
The Transfiguration of Our Lord	Gislingham	tbc	Baptism
Saturday 12th August	Mellis	10-12 noon	CONNECT *with cake & company*

WEEK 2

Sunday 13th August	Mellis	10.30am	Holy Communion
10th Sunday after Trinity	Stoke Ash	10.30am	Worship for All

WEEK 3

Sunday 20th August	Thornham Parva	10.30am	Holy Communion
11th Sunday after Trinity	Gislingham	10.30am	Holy Communion
	Thorndon	10.30am	Worship for All

WEEK 4

Sunday 27th August	Yaxley	10.30am	Holy Communion
12th Sunday after Trinity	Wetheringsett	10.30am	Holy Communion
	Thornham Magna	10.30am	Worship for All
	Gislingham	11.00am	Baptism



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

Reverend Lauren Moore – Associate Priest
rev.laurenmoore@gmail.com ✆ 07798 705876

Reverend Debbie Nicholls – Assistant Curate
rev.d.nicholls@gmail.com 01379 678753

Find us on Facebook:
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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):

Gislingham 10.06; Thornham Magna (Walks) 10.10; arrives Diss 10.35
Return bus leave Diss 13.15; Thornham Magna 13.40; Gislingham 13.46.

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

Leaves Gislingham 09:45am and returns from Bury St. Edmunds 13:25.

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) 09:40am and returns from Bury St. Edmunds 13:25, arriving back at Thornham Magna 14:36

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





Mobile Library: Gislingham
Weds 16th Aug, 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) 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 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 -) email gislinghamvillagehall@gmail.com	01379 783903
(Mellis - Helen Timmons - Mellis) email: bookmellishall@gmail.com	01379 783449
(Thornham) email: hallhire@thornhams.org	
Mellis Parish Council Chairperson (Lawrie Read) mellisparishcouncil@gmail.com	01379 788248
Mendlesham Health Centre	01449 767722
Member of Parliament - Jo Churchill	01284 752311
jo.churchill.mp@parliament.uk - www.jochurchill.org.uk	020 7219 8487
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Suffolk Doctors On Call	03001 303066
Suffolk Fire Service & Community Fire Safety	01473 260586
Suffolk County Council -Cllr Jessica Fleming jessica.fleming@suffolk.gov.uk	01449 711065
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