The Messenger



Issue 142
October
2023

Serving Gislingham, Mellis and the Thornhams

WINNER
NATIONAL
PARISH
MAGAZINE
AWARDS

THE MESSENGER TEAM



Please send your letters and articles to the Editor
email: themessengereditorial@gmail.com

Editor & Photographer: Jeff Norman 01379 788669
Strawberry Fields, High Street, Gislingham. IP23 8JD

Advertising: Tracey Askew 01379 783427
email: traceyaskew@outlook.com

Treasurer: Terry Williams 01379 783903
email: terry.williams1947@gmail.com

Mellis Correspondent & Features Writer: Angeline Braidwood
email: angeline_braidwood@yahoo.co.uk

Thornham Correspondent: Stephen Schwarz
email: stephen@sandts.com

Graphic Design: Jo Clifford, email: joclifford@cadecreative.com

Website: Mallen Baker & Bob Stuart, email: mallen@mallenbaker.net

Facebook: Charlotte Norman, email: charlotte_norman@me.com

Distribution Co-Ordinators: Chris & Jo Pitt,
email: chris@thepitts.org

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

Next issue: November 2023
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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 – October 2023

Welcome to the October issue!

October is the month we always launch our Children's Christmas Artwork competition. Same format as usual, there are four age categories so that irrespective of age all the children will have the chance to have their picture featured in the magazine. There will be a winner in each age category and the four winning pictures will all appear in the December issue. One will be chosen to feature on the cover. (Full details can be found on page 9).

August Bank Holiday weekend once again saw the excellent annual Gislingham Flower Festival take place at St. Mary's Church. It raised a total in the region of £2200. All those involved in this event certainly deserve much praise! We've devoted three colour pages to present a collage of photos of some of the fantastic displays. Unfortunately, we don't have room to feature them all, but more photos can be seen on our website.

There have been many requests for a "pub night" to be organised at Gislingham Village Hall; as have been successfully organised at other local village halls, where there is no pub. If you read the criticisms of Gislingham on social media, you would almost wonder if anyone ever organises anything, or gives up any free time, to organise events for the enjoyment of other people.

Well, the good news is here!

Firstly, the Gislingham Village Hall committee have organised such an event as 'The Village Social' on Friday 6th October – full details on page 13. This inaugural event is very much a "trial" and subsequent events depend very much on the support received on 6th. I know the Village Hall team would love to receive your feed-back, during the evening or after the event, so they can gauge reactions, before deciding if this is an event worthy of a regular diary date.

Secondly, overtures are being made to re-introduce the Gislingham Summer Fair in 2024 – however, volunteers are needed to help organise and run this event. So, watch this space!

Thirdly, the Village Shop is now fully stocked!

And finally, no sooner had we changed our Bus Timetable information in the last issue to reflect the cancellation of the bus service to Diss every Friday – now there has been a reprieve for this service. So, the updated information on page 58, should now be up-to-date. However, once again, the message from the bus service providers is "Use it, or lose it!".

I hope you enjoy reading this issue!



Jeff Norman, Editor e) themessengereditorial@gmail.com

Cover photo: taken at Thornham Magna Bowls Club, Gislingham Road, Thornham

DIARY & LOCAL EVENTS



Friday 6th October: The Village Social Pop-Up Bar
- Gislingham Village Hall: 5.00pm – 10.00pm
- see page 13 for details

Saturday 7nd October: Book Sale, Coffee & Cakes
- Gislingham Village Hall: 10.00am – 12 noon
- Homemade cakes & refreshments etc.

Saturday 7th October: Mellis Community Litter Pick
- Mellis Memorial Hall: 11.00am
- see page 29 for details

Sunday 15th October: Thornham Autumn Fair
- Thornham Parish Hall: 11.00- 3.00
- see page 23 for details

Wednesday 18th October: Gislingham WI - Lynn Whitehead - Textiles, Theatre Costumes etc.
- Gislingham Village Hall: 7.00pm

Friday 20th October: Thornham Film Night – 'The Lunchbox'
- Thornham Parish Hall: 7.30pm
- see page 20 for details

Sunday 22nd October: Music at Thornham
- St. Mary Magdalene Church, Thornham Magna: 4.00pm
- see page 53 for details

Saturday 28th October: Halloween Quiz Night
- Gislingham Village Hall: 7.00pm
- see page 18 for details

Friday 27th October: Cinema at Eye: 'Allelujah'
- Eye Community Centre: 7.30pm
- see page 58 for details

Sunday 29th October: Breakfast Club
- Thornham Magna Village Hall: 10.00am
- see page 20 for more details

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

Our next issue is November 2023. The "What's On" Diary deadline is: Monday 16th Oct.

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 2.15pm – 3.45pm
Led by qualified bowls coach. £3.00 per session. All equipment provided.

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

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 9.30am – Pilates gentle, no floorwork. Contact: Michelle via email: hello@yapl.co.uk

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 & Sundays (May to Sept.)
New Players phone: Ben 01473 892557 or email: ben.box@btopenworld.com



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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.

CHARITY MEADOW

The Parish Council has received a few reports concerning dogs on Charity Meadow that have been attacking wildlife.

Charity Meadow is not Parish Council property but belongs to Gislingham United Charity, although the Playground is held by the Parish Council under Licence.

Both the Parish Council and GUC have responsibilities and are each concerned over these recent reports. In order to mitigate such risks to wildlife the Parish Council would like to remind dog owners of their responsibility to control their pets and are asking all owners to ensure their dogs are kept on a lead at all times.

Signage to remind owners to do so will soon be posted.



SUFFOLK COMMUNITY AWARDS FOR 2023 - Update

Gislingham Parish Council were thanked by organisers of the Suffolk Community Awards for 2023 for their entry of "Small Village of the Year". Unfortunately, we were unsuccessful on this occasion, but we were encouraged by the Committee to enter next year.

WELCOME PACK

Have you recently moved into Gislingham or have a new neighbour? Please advise the Chair, on **julie.bell@gislinghamparish.com** or on 07900963471 so that we can deliver a copy of our recently updated Welcome Pack which gives lots of useful information.

PARISH COUNCILLOR VACANCIES

We currently have 3 vacancies on the Parish Council. We meet once a month on the third Monday of the month. If you are interested in becoming a Parish Councillor and would like details, please contact the Parish Clerk on 07796 410694 or email **clerk@gislinghamparishcouncil.com**

Julie Bell, Chair, Gislingham Parish Council

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Children's Christmas art competition

It's time for the Annual Christmas Artwork Competition for children under the age of 12 living in Gislingham, Mellis and the Thornhams.

The winning picture will appear on the cover of the December issue and the winners of each age category will be published inside the magazine.



The age categories are:

- **Age 2-4**
- **Age 5-6**
- **Age 7-8**
- **Age 9-11**

The criteria are:

1) Paper used must be no bigger than A4.
2) Actual design must be 20cm high x 17cm wide.
3) Closing date for entries: 10/11/23.
4) Submit entries to: Gislingham School Office, Mellis School Office, Gislingham Playgroup or Strawberry Fields, High Street, Gislingham (next to Gislingham Village store)
5) Name, address and age of child MUST be written on BACK of picture.
6) The Committee of the Messenger magazine will choose the winners.
8) A small prize will be awarded to the winner of each category.
9) The artist's name and age will be credited alongside their picture.

We look forward to seeing your entry!
The Messenger Committee



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THORNHAM MAGNA BOWLS CLUB



This year is the 50th anniversary of Thornham Magna Bowls Club and to celebrate this occasion we recently held a day when we invited clubs that we play against to put a block of three players into a tournament, this proved successful with 20 blocks taking part. This was an all-day event with food etc. provided by the excellent members we have at the club. At the end of the day, 2 blocks from Old Newton contested the final.

Also, on this special day we were pleased to announce a new sponsorship deal for the club with "Yaxley Care Home". Yaxley House, part of Kingsley Healthcare is proud to support Thornham Magna Bowls Club.

Jason Gidden, Home Manager at Yaxley House said: "It was a pleasure to be invited to the 50th Anniversary tournament and it provided us the opportunity to present the club with new scoreboards which we are sure will be put to good use! It was a lovely day, blessed with fine weather, good camaraderie and keen but good-natured competition, all played out in a wonderfully picturesque setting. We look forward to further develop our partnership with the club and wish them every success on the green."

Pictured with new score boards are, Keith Crabbe – Secretary, Alan Roberts – President, Jason Gidden – Yaxley Care Home, Mrs Madeline Crick – Chairman

If you wish for further details on joining the bowls club for next summer, or if you wish to join us for our social evenings during the winter months at the club, please telephone 01379 871881 or 07979 771303, you would be made most welcome.

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25TH WORLD SCOUT JAMBOREE - **BE PREPARED... FOR ANYTHING!**



In July, after 2 years of fundraising, multiple training camps and lots of excitement, 14-year-old Gislingham resident Mae-Li Sun, a Hartismere School student and member of 2nd Diss Scouts, set off, with 4,500 other UK Scouts, to South Korea to attend the World Scout Jamboree (WSJ) with 38,500 Scouts from 155 other countries.

Mae-Li was a member of Unit 26, a hybrid Norfolk-Cambridgeshire unit made up of 36 Scouts, aged 14-17, and 4 adult leaders.

She was expecting to have a once in a lifetime experience as she travelled to Saemangum on the Yellow Sea coast in the southwest of the Korean peninsula and that 'once in a lifetime' experience was exactly what she got! She didn't know it when she landed, but the 25th WSJ would be unlike any of the preceding 24 jamborees.



The original plan was to spend 2 days in Seoul sightseeing and learning about Korean culture before travelling to the Jamboree site. However, by the time they arrived in Seoul, the Korean government had issued a heatwave alert and the UK Contingent leaders had announced major concerns about the adequacy and preparedness of the WSJ site. Departure to the site was, therefore, delayed by 2 days. Unit 26 set about making the most of their extra time in Seoul. They visited a comedy cooking show, the War Memorial of Korea, local markets and sampled food at various Korean restaurants.



They eventually arrived at the campsite to find large areas flooded and the whole site waterlogged. Tents had to be pitched on pallets and the standing water was a breeding ground for mosquitoes and sand flies. Everyone got eaten alive, despite applying bug repellent. The onsite problems didn't stop there There was no shade and hundreds suffered heatstroke on the first day, overwhelming the onsite medical facilities and the nearest hospital. There were insufficient toilet and shower facilities, and the facilities that did exist were not being cleaned regularly, raising concerns about the spread of disease. Food was insufficient and some units reported that ingredients was spoiled before it arrived. On top of that, most of the planned activities were cancelled due to the unprecedented heat.

After 3 days spent attempting to improve conditions onsite, the UK Contingent decided to pull all 4,500 UK Scouts offsite to try to alleviate the pressure on facilities. Two days later, as the UK Contingent scrambled to find hotel rooms for 4,500 teenagers in Seoul and plan a programme of activities to fill the remaining 2 weeks, Unit 26 was evacuated to continue their Jamboree experience back in the capital.

Just when everyone thought things would be able to run more smoothly, it was announced that Typhoon Khanun, which had already wreaked havoc in neighbouring Japan, had changed course and was heading for South Korea, with the WSJ site directly in its path. Tents and typhoons are obviously not a good combination so the difficult decision was made to evacuate all the remaining Scouts to other locations in and around Seoul. This was done quickly and everyone was safely relocated before the typhoon hit.

An exercise in positive thinking, resourceful and flexibility followed, as the Korea Scout Association, the World Organisation of the Scout Movement and contingent leaders kept 43,000 teenagers engaged for 12 days.





The Korean Government pulled out all the stops, even opening the former Presidential Palace for the first time in 74 years so that the Scouts could visit!

The vast majority of Scouts, despite things being not what they were expecting, said they had an amazing time and the Korean people were very kind and supportive. Many Scouts even had meals paid for by local people who were dining nearby as an 'apology' for the problems they experienced onsite.

Highlights for Mae-Li were meeting other Scouts and trading badges and neckers, including neckers from Mongolia, Cambodia, Italy, Germany and Qatar, sampling Korean food (below right), attending a UK Contingent dance party, visiting the Korean Demilitarized Zone (below left) and the Trick Eye Museum of Illusions (right).







A WSJ is about building confidence and independence, experiencing new things and meeting other Scouts. Despite the challenges, the 25th WSJ delivered all it was supposed to. Mae-Li encourages any eligible Scout to apply for the 26th WSJ, which will take place in Poland in 2027.

Mae-Li wishes to thank everyone who supported her fundraising, enquired about her welfare when news of the problems surfaced in the media and has otherwise encouraged her on her WSJ journey.

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IN THE GARDEN



September is seeing the garden continue to produce lots of fresh fruit and veg, apples and pears are now ripening and are making an appearance in our Apple Store Shop at the Walled Garden alongside other vegetables that are being harvested from the kitchen garden. It's good to see Brussel sprouts also start to bulk up, a sign that we may well be eating home grown sprouts at Christmas.

Weeding this year has been ongoing in the garden with the summer being wetter than usual, even the dry hot spell didn't give any respite, but removing weeds before they flower does mean that there has been plenty of material to add to the compost pile, and so they will inevitably serve a purpose once they have rotted down.

Signs of autumn are already upon us, in the double border we have been removing dead flowers, while also delighting at perennial Asters and Helianthus coming on flower to give end of year colour to the garden, which we hope will still be cheerful come October for our Autumn Fair (Sunday 1st October 12-3pm)



The lawns are looking very green currently, with rain and warmth, the grass is looking lush and growing vigorously, unlike last year when it was scorched from the prolonged intense heat, we anticipate several cuts before we clean down and put the mowers away for winter.

Thinking ahead we have been collecting seeds from many of our perennial plants, Lupins and Hollyhocks have already been sown and are germinating, so we are hopeful of having lots of plants to add to the garden as well as to put on our plant sales stand in the spring. In gardening it's great to live in the moment, but also to be looking and planning, for that reason we find this time of year particularly exciting.

This week's guest writer is Kieran who tells us about the jobs he has been doing in the garden over the last month, he goes on to tell us about some of his upcoming garden tasks;

'I have been starting the pruning of the roses, removing the dead flower stems and also been doing lots of weeding all around the garden and the allotment beds in the kitchen garden. There have been quite a few weeds because of all of the rain and warm weather. I have also been doing cuttings of the geraniums while it was warm, so we have more for next year to sell on the plant stand. My next jobs will be to do the apple picking and then prune the apple trees in autumn.'

Photo credit: Lizzy



SATURDAY 28TH OCTOBER 2023

QUIZ NIGHT

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01379 783903 or email
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NEWS FROM GISLINGHAM VILLAGE HALL

The Carpet Bowls Club continues to flourish on a Monday afternoon. Have you thought about giving it a try? Why not come along between 2.15 pm and 4.15 pm. £3 a session and all you need is a pair of flat shoes; all other equipment is supplied. Any further information can be obtained from Terry at gislinghamvillagehall@gmail.com

FUTURE EVENTS:

Friday 6th October: Pub Night
Following requests from villagers a Pub Night will be held at the Hall. Free Entry. Doors open 5.00 pm. Last Orders 9.45 pm. This will be a great opportunity to catch up with friends and neighbours over a drink or two. It would be nice to meet lots of new faces and hear any feedback on the evening.

Saturday 28th October: Halloween Quiz Night
£5.00 per ticket. Doors open at 7.00 pm. Bring your own food, drinks and glasses. Tickets available from: Terry Williams 01379 783903 or gislinghamvillagehall@gmail.com

Saturday 25th November: Jane Hoggar
Jane is an ex-Bluebell Girl and will entertain us with tales, songs and dance from her time with them. Details to follow.

Saturday 16th December: Christmas Quiz Night
£10.00 per ticket. Doors open at 7.00 pm. Bring your own drinks and glasses. Tickets available from: Terry Williams 01379 783903 or gislinghamvillagehall@gmail.com

Saturday 27th January 2024:
Teenage Cancer Trust Quiz Night

Saturday 17th February 2024: Jumble Sale

Saturday 16th March 2024: Quiz Night

Saturday 27th April 2024: Mystery Event

Saturday 18th May 2024: Quiz Night

Saturday 15th June 2024: Gisfest

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/

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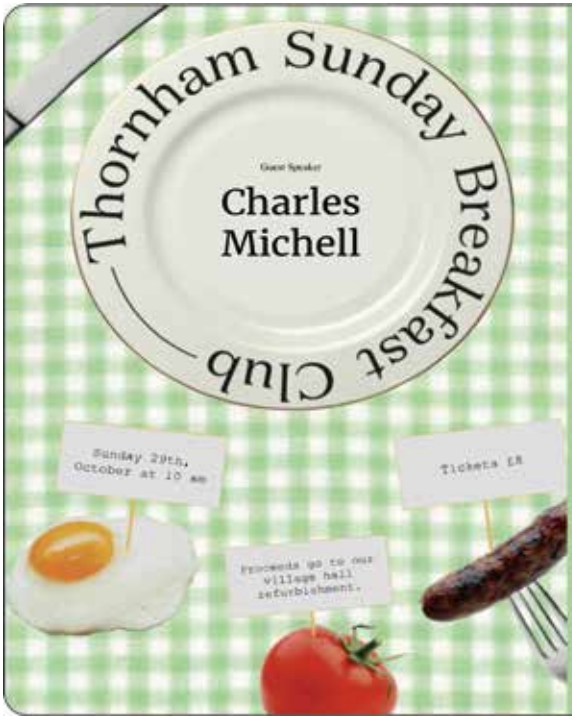




Thornhams Film Night
Friday, 20th October 7:30pm

"A feel good movie that touches the heart"

Thornhams Village Hall
Tickets £5 pay at the door
Licensed Bar - Ice Creams -
Bookings films@thornhams.org



Join us for a delicious breakfast with a side of storytelling as the former Mayor of Eye gives a talk on growing up in Suffolk in the 40s.

Email
breakfast@thornhams.org
to book tickets.

NEWS FROM THORNHAM PARISH HALL



FUTURE EVENTS:

Sunday 15th October: Thornham Autumn Fair
11.00am – 3.00pm: Free entry

Friday 20th October: Thornham Film Night – 'The Lunchbox'
7.30pm: Bookings at films@thornhams.org £5 per person

Sunday 29th October: Breakfast Club
10.00am: Bookings at breakfast@thornhams.org £8 per person
Guest speaker Charles Michell

Friday 3rd November: Quiz Night
7.00pm - £5 per person/ Bar available (please bring own nibbles)

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

Saturday 27th January 2024: Jumble Sale
12.00 – 3.00pm: 50p admission

Regular weekly events:
- Wednesdays 9.30am: Pilates gentle no floorwork
- Thursdays 9.30am to 12.00 noon: Chat and Play – Babies, Parents and Carers group

On 24th August, the Thornham community enjoyed an evening with Raj from Coriander Kitchen who did a demo of some of her traditional Punjabi dishes, followed by an authentic Indian meal.





We learned how to make vegetable pakoras and rose and coconut rice and were treated to a butter chicken curry. If you'd like to arrange something similar in your village, we'd highly recommend the evening.
Raj can be contacted on 07833641160 or by email info@coriander.kitchen.





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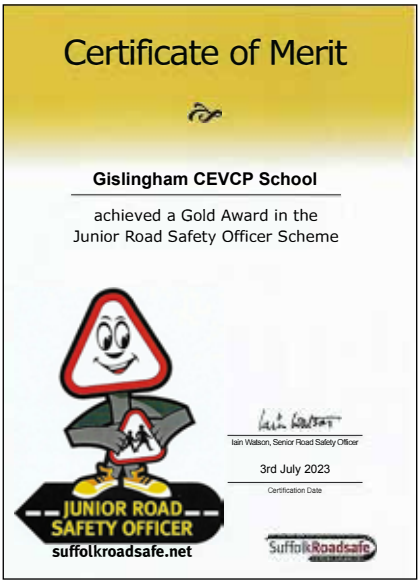
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LETTERS TO THE EDITOR



Dear Messenger readers and members of our community,

We, the Gislingham JRSOs would like to send a MASSIVE thank you to you all for supporting our work as JRSOs this year.

We have just learnt that we have received a gold award (the highest award) from Suffolk County Council.

We would like to extend special thanks to Steve Critchley (and the Gislingham Community Speedwatch team,) Julie Bell (Chair of Gislingham Parish Council) and the Gislingham Eco Council for helping us have such a positive impact.

Many thanks

Amelia, Issy, James and Alice
Gislingham JRSOs, Gislingham Primary School



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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 meeting of the year will be on: 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:

75 Shelfanger Road, Diss, Norfolk, IP22 4EH

Alan Harding, Chair of GUC



Mellis Memorial Hall

Saturday 7th October 2023 at 11.00am

GISLINGHAM FLOWER FESTIVAL 2023

Very many thanks to all those who supported Gislingham Flower Festival 2023. Without all the volunteers, both on the Bank Holiday weekend and beforehand it would have been impossible to stage. Of course, the stars of the show were the exuberant, beautiful, spectacular, artistic and imaginative flower displays in the church. The sights and scents were breathtaking. Outside, much fun was had trying to herd reluctant ping pong balls into jars that seemed to resent their space being invaded. Very frustrating! In addition, there were opportunities to guess how many sweets in a jar, identify flower types, win a plethora of prizes on the tombola and have a chance of winning £50 for a mere £1 stake on a Treasure Hunt. Also of course there were many prizes available in the lottery, again with a fist prize of £50. In the hall there was a full range of delicious cakes and refreshments available as well as some interesting items on the bric-a-brac tables. There was indeed something for everyone and many visitors commented on how well it all went. Special thanks are due to Elspeth Tranter for organising the flower displays again, and of course to Ann Cottee for her herculean efforts organising the refreshments, with the help of the cake makers and all those who helped in the village hall on the three days, and to Jackie Campbell for the cake sale and bric-a-brac stand. For my own part, thanks to the humpers and dumpers for setting everything up on the Friday and returning all to its rightful place on the Monday. Martyn Bryant and his team showed us how a marquee should be put up!

So, to some of the results. The top three prizes in the lottery all went to people in the village with Linda Pettit taking the first prize of £50; Ann Cottee the second prize of £25 and Tony O'Connell the third prize of a basket of fruit. Names of winners of all the other games etc are available if anybody would like to know.

Financially the results were very similar to last year with approximately £800 going to the PCC and more than £1400 going to FOSM.

Chris Pitt, Chairman FOSM

I would like to take this opportunity to thank the committee of Friends of St Mary's for their support, our sponsors, and both our Parish Council and Mr Rowland Warboys of our District Council for their financial donations without which this event could not take place.

Finally, to **ALL** of the flower Ladies and the volunteers, your help was greatly appreciated, the excellent flower displays were possibly the most imaginative and best ever (judging by the comments that have been relayed to me from those who visited) and showed the incredible standard that has now been set.

The number of visitors this year was an increase on 2022 and that is very encouraging for next year.

For next year we will again be seeking both potential Flower arrangers and volunteers, if you are interested in either, or just want to find out more about the flower show then please feel free to contact me.

Mrs Elspeth Tranter (Gislingham Flower Show organiser) on: 0747 313 1841.

A selection of the flower displays can be seen on the next three pages. More photos can be seen on our website at: www.the-messenger-online.com







Flower festival photos by Charlotte & Jeff Norman.





GISLINGHAM FLOWER FESTIVAL 2023















GISLINGHAM FLOWER FESTIVAL 2023













NATURE NOTES by Darrel Charles



Hello everyone, welcome back to Nature Notes!

Like me, you may have noticed over the past few years an increase in the number of Red Kites we see flying over our villages. Last month, Tony Clarke noted three local sightings and I spotted one a couple of weeks ago flying fairly low over our garden. Sadly, I didn't have my camera to hand but not to worry, a recent visit to the Suffolk Owl Sanctuary at nearby Stonham Barns with friends Janet and Robert provided ample opportunity to photograph this magnificent bird of prey. I'd not visited the Owl Sanctuary before and had assumed from its name that I was to see a number of different kinds of owls. This was true but as a bonus also to be seen were a Kestrel and a Red Kite, both in flight. It was wonderful to see all these birds at close quarters and, as it happened, on a beautiful sunny day that ensured that the gorgeous colours of the birds could be fully appreciated.

The Suffolk Owl Sanctuary is a registered charity established in 2001 and operates a comprehensive facility for the care & rehabilitation of owls from the region and the promotion of owl conservation throughout the UK and beyond.

The prevalence of Red Kites in the UK today is only after a major successful conservation campaign. Some hundreds of years ago, the birds were regarded as a valued scavenger,



A Red Kite seen at The Suffolk Owl Sanctuary, Stonham Barns

but there followed many years when they were regarded as vermin and relentlessly persecuted in England, Scotland and Wales. Add to this the effects of myxomatosis on rabbits, one of their prey, and the work of egg collectors, and the birds were in very serious trouble. By 1903, the birds were extinct in England and Scotland with only 20 pairs hanging on in Wales in the 1960s.

In more modern times Red Kites were recognised as being an important species, being mostly scavengers feeding on animals that have already died, and also on rodents and small mammals. Scavengers form an essential part of any ecosystem, and Red Kites perform this task very well. Consequently, a reintroduction programme was implemented across the UK in 1990, partly based upon the small Welsh population of birds and partly upon imported birds, mostly from Spain but also from Germany and Sweden. This has been an effective way of increasing the diminished gene pool.

Red Kites were reintroduced at nine sites across the UK. Two of those sites where I have seen the success of the programme for myself are the Chiltern Hills and at the Harewood Estate in Yorkshire. However, thanks to their now protected status and natural expansion of their territory, Red Kites can now be seen across many more parts of the UK, including our own region. The UK population is now estimated to be some 6,000 breeding pairs, most of which are in England. A further illustration of international cooperation in this field is that UK Red Kites are now being exported to Spain to help boost their population.

Regular readers may recall the trouble I've had keeping squirrels from pinching the bird food I put out. It's not that I bear a particular grudge against the squirrels but the little birds have greater need. The squirrels defeated my last attempt to keep them away, learning to leap 1.2m to land above the plastic dome I installed on the feeder's pole to prevent them from climbing up. That pole, which was made of oak, had been half-gnawed away by the persistent rodents! So, what to do? Well, I now have a new feeding station, the main element of which is a 45mm diameter steel tube. The plastic dome is now higher up the pole at about 1.8m and the whole caboodle is placed further way from any shrubs that the squirrels have used as a kind of springboard. I'll keep you posted!



New improved bird feeding station

I plan to travel to Yorkshire soon in the hope of seeing a colony of Red Squirrels - a much more acceptable rodent!

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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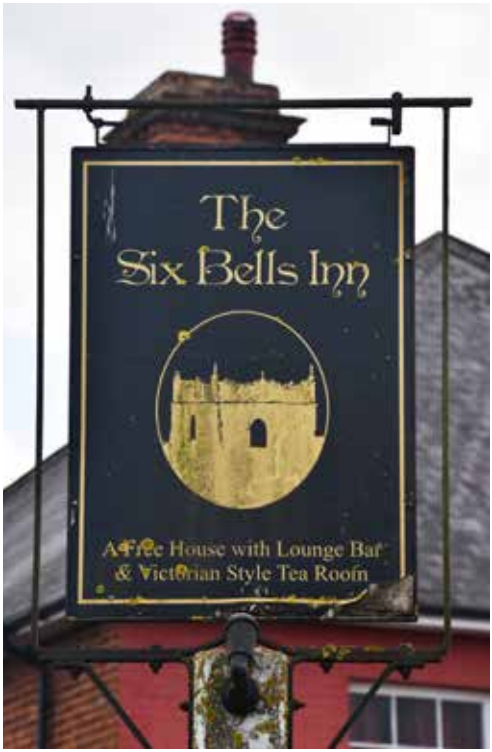


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THE SIX BELLS, GISLINGHAM – UPDATE



Regrettably there is little update on the progress towards regaining our village pub in Gislingham. The Planning Inspector rejected the appeal made by the owners of the Six Bells, so there can be no change of use from its purpose as a public house.

Following that decision, on 30th August 2023, SBCG wrote to the owners asking when the pub might reopen or when it might be placed back on the market as the Group was still willing to explore options for opening it as a as a community pub. At the time of going to press the owners have not engaged with the Group by replying.





Gislingham CE Primary School

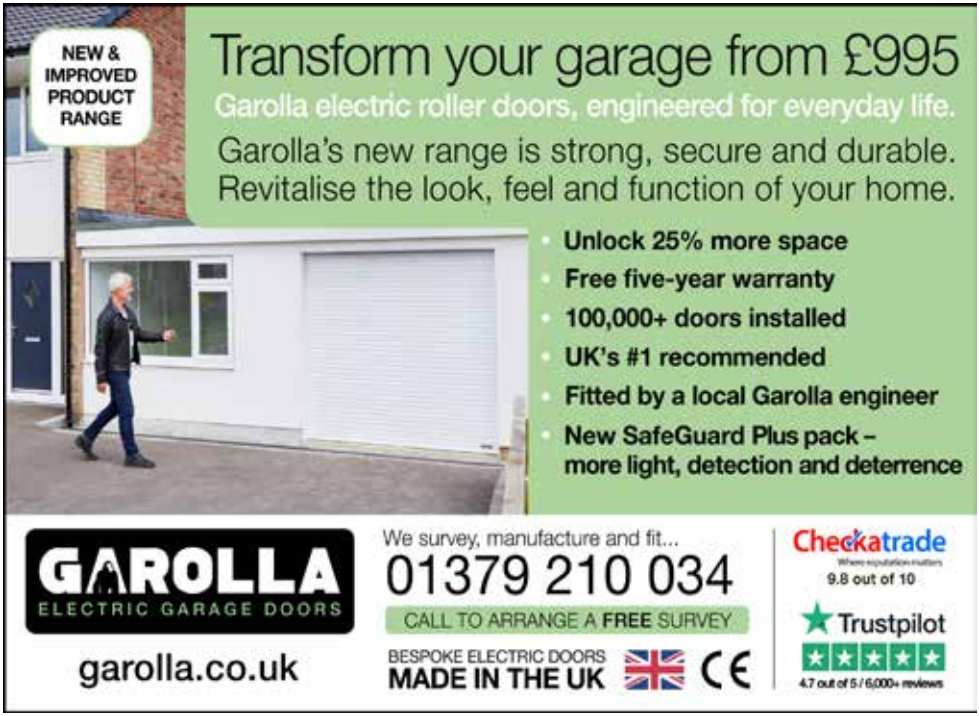
Community Governor

Gislingham CE Primary School is seeking a Community Governor to join our School Governance Committee.

The governors work with Mr Richard Benstock the Headteacher to set the vision, ethos, and strategic direction of the school. They support and at the same time challenge 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. They work 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



TRIED & TESTED RECIPES by Debbie



MARBLE CAKE

This easy chocolate marble cake recipe has a mocha twist, adding a rich flavour. A perfect teatime treat.

Preparation time: less than 30 mins
Cooking time: 30 mins to 1 hour
Serves: 6 – 8
Dietary: Vegetarian



Ingredients:

- 175g/6oz butter or baking spread
- 175g/6oz caster sugar
- 3 free-range eggs, lightly beaten
- ½ tsp vanilla extract
- 225g/8oz self-raising flour
- pinch salt
- 2 tbsp milk
- 2 tbsp cocoa powder
- 2 tbsp strong black coffee, cooled

Method:

1. Preheat the oven to 180C/160C Fan/Gas 4. Grease and line a 900g/2lb loaf tin or 20cm/8in round tin.
2. Cream the butter and sugar with an electric whisk in a large mixing bowl until very pale and fluffy. Add the beaten egg, a little at a time, whisking well after each addition. Then whisk in the vanilla extract.
3. Sift the flour and salt into a large bowl, then fold it gently into the butter and egg mixture.
4. Divide the cake batter into two equal portions (about 350g each).
5. Add the milk to one portion of the mixture, stirring in gently until well combined.
6. Mix the cocoa powder and the coffee together in a mug to form a smooth paste. Stir this paste into the other portion of the cake batter until thoroughly combined.
7. Spoon large blobs of each cake mixture into the prepared tin, alternating the flavours to give a marble effect. Bake for 50–60 minutes until the cake is springy to the touch and a wooden skewer inserted into the centre of the cake comes out clean.
8. Allow the cake to cool in the tin for 10 minutes, then turn out onto a wire rack and cool completely before slicing.

Recipe tips: You can cover the cake with chocolate drizzle icing by mixing 30g/1oz cocoa powder with 200g/7oz of icing sugar and a teaspoon or two of boiling water. Mix to a paste the consistency of double cream. Trickle over the cake and allow to set before slicing.

Recipe by: Emily Angle, BBC Food

CIRCULAR WALK - HISTORICAL DEBENHAM

O/S Map: 211 / Distance approx.4 miles/7.25 kms

The name 'Debenham' comes from the Old English meaning a settlement in a deep valley. The area was settled as early as the Iron Age when the Celtic tribe known as the Trinovantes gathered at the source of the river to elect their king. The Romans established a settlement here but this was destroyed during the revolt led by Queen Boadicea in AD 60.

What makes the village so attractive is its large number of historical buildings. There are 94 listed buildings in Debenham, with 86 listed Grade II, seven listed Grade II*, and one, the parish church of St Mary's, listed Grade I by Historic England. The proliferation of ancient buildings led to the centre of Debenham being declared a conservation zone in 1970. As a result, the village exudes 'olde worlde' charm.



One such building is The Guildhall (left), a former market hall built in 1668. Opposite is Ancient House (below), a timber-framed building erected around 1540.



Start your walk

There are several parking places around the village, mainly on the roads and a small car park just past the Woolpack pub and in front of the River Cafe & Deli.

If you walk to the Co-op Store in the centre of the village, this will be your starting point. On the opposite side of the road, you will see the 15th-century Wealden House with the addition of a Tudor rear wing and a second 16th-century cross wing. Next door is the now closed Angel pub, which is real shame, as it used to be busy.

As you start to walk up the hill, on the right is the butcher's shop with a large model of a bull in front, which is next to the post box.

Cross the road and turn right going up the hill. At the junction of Gracechurch St on the left is the Ancient House with the Guildhall opposite. Continue along the pavement until you reach St Mary's Church may date back to the late Saxon period, sometime around AD 1050, as evidenced by herringbone stonework in the tower base, and traditional long-and-short quoins in the tower walls. The tower arch, seen from inside the church, is a traditional late Saxon or early Norman design. One rare historical feature is a Galilee porch in the west wall.

When you enter the church, on the left is the very old steps going up to the bells, unfortunately, this is out of bounds. You will walk through the bell tower and if you look up, you will see the bell pulls. Through the attractive glass doors, you enter the main part of the

church. Look for the ornately carved tomb of Sir Charles and Lady Dorothy Framlingham (c. 1595).



Leave the church and turn left going down the hill. Continue until you reach Low Road on the right and follow this road. You will pass the Fire Station. Continue along Low Road until you are past all the houses. When you reach Maltings Farm, on your right is a FP post, cross over the concrete bridge and walk with the hedge on your right. At the end of the hedge, continue onwards, with the hedging now on your left. After about 100 metres, go through the gap straight ahead and continue along the path. This will lead to the rear of Debenham Sports Centre. Keep the hedging to your left and walk around the field, keeping the football pitch to your right. In the left corner of the field, you will see a gap and a small footpath that will take you to the main road next to the 'Debenham' sign.



Turn right and pass the Sports Centre and school. Cross at the zebra crossing and continue to a footpath sign on your left, next to a house called 'Hilly Filly'. Continue along this footpath until you reach a track, with a gate on the left and a wooden footbridge ahead. Cross this bridge and bear left across the field, you will see where the path is amongst the crops. At the end of the path, drop down onto another track, turn right and after a short distance the track bears left, so continue until you reach a road.

Turn left and follow the road until you reach Old Hall Farm, a beautiful house with a large pond in front. Opposite is a footpath (a track) with paddock fencing on the right. There is also a sign for 'Bryces Farm'. Continue along this track which opens out at onto the edge of the field. When you reach the end of the path, another sign for 'Bryces Farm', turn left and continue along this track.



Take the footbridge which leads onto a footpath, which is elevated above the river Deben and at the time of walking was a dry bed. This part of the path is in the cover of trees. Cross over a small railway sleeper bridge and continue along the path, which is now at the edge of an open space, still keeping the course of the Deben to your left. When you reach the farm yard, walk through until you reach the gate. You will notice this is where you crossed the wooden bridge earlier. The farm is 'Derrybrook Farm'.



Continue along the road back towards Debenham. At a crossroads, with a sign showing the 'Heart of Suffolk Cycle' route, turn right onto Chantry Lane. There are some very interesting houses and gardens to view. You are now back at the starting point at the Coop.

For refreshments, the Woolpack serves a lovely selection of beers and has a good menu. There is also the Deben Coffee House and River Green Cafe & Deli if you wanted a tea or coffee. An interesting shop is Swan House and Gardens, there is also a small second-hand book shop, fish & chip shop, newsagents, florist and butchers.

Emma & Martyn Bryant

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JOHN DURRANT COMPLETES GREAT NORTH RUN

On September 10th, Gislingham's John Durrant completed the Great North Run (Half Marathon). He finished in 1:57:24. John who was running to help raise funds for JDRF raised £654.



John said: "I want to thank to everyone that donated on my Just Giving page or bought raffle squares for the hamper to go towards JDRF. I had an alright run coming in 44 seconds slower than last year but I'll take that in the heat! But it hasn't put me off signing up for the GNR for the next 3 years!"

JDRF is the world's leading charitable funder of type 1 diabetes research and raise money to drive world class research. They aim to find new ways to treat type 1 diabetes and its complications, prevent type 1 from developing and find the cure for people who already have the condition.

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CHARLOTTE'S BOOK BLOG



A Good Girl's Guide to Murder ★★★★★ 5/5

by Holly Jackson



Hello bookworms! This month I would like to talk about an amazing book that I read very recently and thoroughly enjoyed. A Good Girl's Guide to Murder is the first book of Holly Jackson's contemporary murder-mystery trilogy that follows a diverse cast of characters.

The book follows school girl Pippa Fitz-Amobi and her journey through a unique school project that she's chosen for herself to help her get to Cambridge University as part of her EPQ.

Andie Bell is missing, and Sal Singh was found dead the night she was reported missing 5 years ago. After questioning their friends and people at local parties, police conclude that Sal killed Andie and then killed himself, leaving his brother Ravi behind in Little Kilton to be known as "the murderer's brother".

Pip however knew Sal, and felt deep down that he would never have done such an awful thing. So, when she chooses to complete an EPQ (extended project qualification in which you choose a topic to research extensively), she decided on trying to prove Sal's innocence by researching the case. Being a sensitive topic for the town, her teacher made her sign an agreement to not get the families of those involved in the tragedy involved in her project.

Pip however doesn't do things by halves. She interviews as many people as possible; friends of those involved, people directly linked to the events that happened that night, parents, siblings, teachers and finds herself becoming obsessed with the project, taking her curious instincts further than just the innocent interviews. She turns to following people, texting those involved pretending to be someone else and also breaking into their homes to find more clues - she starts to spend every minute of her life fixated onto finding out what really happened.

She gets caught up in some really dangerous situations putting both her and her family at risk, and starts to uncover truths that the police never found 5 years ago. With drug dealers and potential murderers out on the loose, she has promised Ravi that she wouldn't stop probing until she proves his dead brother's innocence.

But is Sal really innocent? Surely a school girl can't solve a mystery this big when the police had already come to a conclusion years ago. Has her dangerous obsession been worthwhile or was she trying to prove something that couldn't be proven? You'll have to read the book to find out!

This book for me was incredibly well written and had such great character development. The ending was totally unexpected and the twists and turns throughout it kept me hooked. I can't wait to read the next book, and I'd love to see what's next in store for Pippa. This book is currently in the making to become a BBC3 / BBC iPlayer 6-part series which I am also very excited to see whenever it comes out, I shall make sure to keep you all posted.

If anyone has read this, I'd love to know what you thought. You can find me on Instagram @charlottes.bookblog - where I review and chat about books all day long. Can't wait to see you there! Charlotte x

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TERRAPIN NEWS



I took part in the Overview and Scrutiny Meeting on 21st August where I questioned about the financial capacity to carry on providing support for the Cost-of-Living crisis if government funding is reduced. The Cost-of-Living Co-ordinator, Elysa Dale responded that the key areas of risk would need to be identified in a proactive approach and internal solutions drafted up to ensure that there is minimal impact to the delivery of key services. Elysa also outlined plans to take a longer-term view of support, at the moment it is reviewed every six months, and that a Food Network Coordinator had been appointed, one of whose tasks would be to ensure food banks are sustainable, working efficiently, and are connected to their communities.

The following Monday the Green Party Group looked at the first draft of our Corporate Plan, this will be refined over the coming months, budgeted for, and presented to the full council early next year together with our Budget for 2024/5. This Corporate Plan will encapsulate our ambition to shape and nurture our towns and villages to enable them to thrive both now and in the future. We will consult with communities to identify needs and aspirations and look for active participation in delivery.

Monday after that I was in a briefing on the wider health and wellbeing system in Suffolk, followed by on Tuesday, the AGM of Suffolk Together and, in the afternoon a briefing on the evidence base for Suffolk: SODA, the Suffolk Office of Data Analysis. Link here: http://www.suffolkobservatory.info

Next week I will be returning to the Overview and Scrutiny to help question representatives of Anglian Water about the state of our rivers and how this, together with water capacity may affect commercial as well as housing development.

This isn't by any means my whole diary nor am I unique amongst councillors in attending or taking part in a range of committees, meetings and briefings throughout the week. What I am trying to do is to reveal the sort of thread that runs through the different aspects of our work as councillors.

We use data to provide guidance but also it presents us with questions. Average life expectancy for Suffolk as a whole is above the national average, yet across our communities in Suffolk there is a 10-year difference. Economically across Suffolk we have an unemployment rate below the National Average, 1% for female workers and just under 2% for male workers, but because compared with the national average we have fewer people working in the professional occupations, Suffolk wages are on average lower than the national average. All crime across Suffolk is below the national average and the only types of crime that show any increase are "Possession of Weapons" (0.7 to 0.8 per 1000) and "Shoplifting" (3.8 to 4.2 per 1000). Could shoplifting, the growth in demand at Food Banks, and the statistic that across Suffolk 49,018 households are in "Fuel Poverty" – low income and low energy efficient housing, and life expectancy all be linked?

One proposed line in our Corporate Plan: "Develop and deliver a plan for improved insulation for homeowners, and those who rent including small private landlords." I will make a strong case for this to be kept in.

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

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Head Teacher: Mr Richard Benstock MA
www.gislingham.suffolk.gov.uk

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GISLINGHAM SPEED WATCH QUARTERLY REPORT (JUNE - AUGUST 2023)

The Gislingham Speed Watch team has continued monitoring the speed of vehicles through the village on Mill Street and on Thornham Road, timed to coincide with school travel times as we now have many children and parents walking to school or to bus collection points. The team records vehicles travelling at 35mph or more.

Our activities have been once again somewhat curtailed due to a combination of poor weather and volunteer availability. If anyone can spare a couple of hours a month it would enable us carry out more sessions and help protect our young people on their way to and from school. If you feel you can help, please give me a call on 783825 and I can give you more information.

The results for the quarter are as follows: -

- June: 17 vehicles recorded (Thornham Rd 15; Mill Street 2) - highest recorded speed 46mph
- July: 11 vehicles recorded (Thornham Rd 2; Mill Street 9) - highest recorded speed 39mph
- August: 7 vehicles recorded (Thornham Rd; 5 Mill Street 2) – highest recorded speed 48mph.

All recorded vehicles will have received first or final warning letters from Suffolk Constabulary.

Back in June we carried out another Speed watch session with Gislingham School Junior Road Safety Officers who were able to operate our two speed guns and record passing vehicles. It was great to hear that they won a gold award for their efforts throughout the year, and we hope to continue to support future JRSO's!

Finally, once again, I would like to express my thanks to all the Speed watch volunteers and for the support of the village community.

Steve Critchley – Gislingham Speedwatch Co-ordinator.







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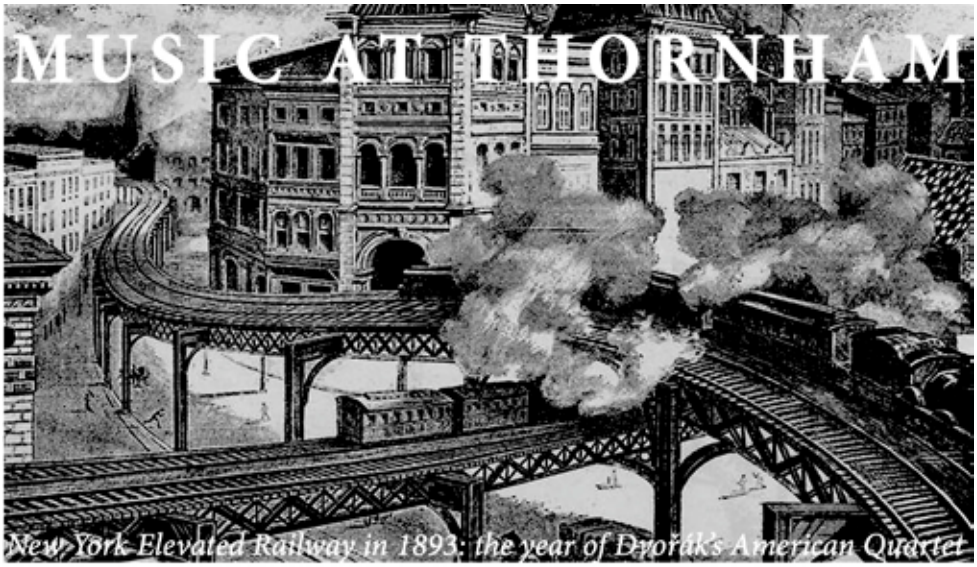
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TIP OFF, RIP OFF!



Large community and religious WhatsApp groups are being targeted by scammers who infiltrate them to try and deceive their members into sending them money. Since January of this year, 268 people have reported falling victim to this scam.

The fraud often begins when a member of the group receives a WhatsApp audio call from the fraudster, pretending, or claiming, to be a member of the group. This is done in order to gain the individual's trust, and often the scammer will use a false profile picture and / or display name, so at first glance it would appear to be a genuine member of the group.

The fraudster will then call the victim and say they are sending a one-time passcode which will allow them to join an upcoming video call for group members. The scammer then asks the victim to share this passcode with them so they can be "registered". What's really happening is that the scammer is asking for a registration code to register the victim's WhatsApp account to a new device where they then "port" their WhatsApp profile over.

Once the fraudster has access to the victim's WhatsApp account, they will enable two-step verification which makes it impossible for the victim to access their account. The scammer will then message other members of the group, or friends and family in the victim's contacts, asking them to transfer money urgently as they are in desperate need of help.

Oliver Shaw, Head of Action Fraud and the National Fraud Intelligence Bureau (NFIB) said:

"WhatsApp continues to be a popular platform for community and religious groups, but sadly also for fraudsters. Here, the scammers rely on the goodwill of group members and their intrinsic desire to help others in distress. We urge people always to be wary when receiving contact via WhatsApp or other messaging platforms. This is particularly the case when being asked to provide account information – despite the fact that you may recognise the individual's profile picture and / or name.

"Never share your account information with anyone, and if you think it's a fraudulent approach, report the message and block the sender within WhatsApp.

Analysis of Action Fraud reports indicate that victims targeted by this scam are often part of large WhatsApp community, such as alumni or academic, work or prayer or church groups.

What can you do to avoid being a victim?

- Never share your account's two-factor authentication (2FA) code (that's the six-digit code you receive via SMS).
- Set up two-step verification to give an extra layer of protection to your account. Tap Settings > Account Two-step verification > Enable.
- THINK. CALL. If a family member or friend makes an unusual request on WhatsApp, always call the person to confirm their identity.
- You can report spam messages or block a sender within WhatsApp. Press and hold on the message bubble, select 'Report' and then follow the instructions.

If you have been a victim of fraud or cybercrime, report it at www.actionfraud.police.uk or by calling 0300 123 2040.

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. Inspector Morse was filmed in this English city
2. This prison is located on Caledonian Road in Islington, London.
3. What was first implemented in Britain by William Pitt the Younger in his budget of December 1798?
4. The Greater Anglia train from Norwich, via Diss, Stowmarket and Ipswich goes to which London main-line station?
5. At which football club did Gary Lineker start his career?
6. British novelist Ian Fleming created this fictional character who is a British secret service agent.
7. British television and radio personality, presenter, broadcaster and journalist. He is best known as the host of his BBC Radio 2 lunchtime programme.
8. This contemporary sculpture by Antony Gormley, is located in Gateshead, Tyne & Wear.
9. This city in central England is known for the medieval Cathedral, which was left in ruins after a WWII bombing.
10. What is the connection to answers 1 to 9?

Answers appear on page 59.

SUDOKU CHALLENGE

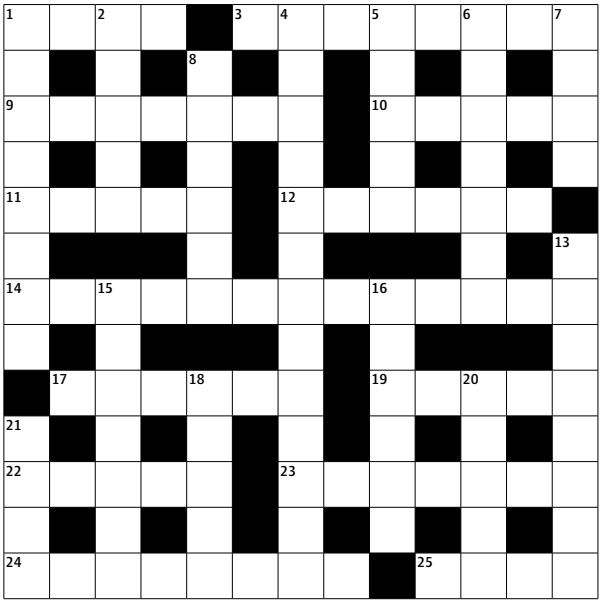
		6	2	4				
5	7			3	6		4	
3								5
4					2	1		
		2				9		
		1	6					8
2								3
	3			2			9	7
				8	3	5		

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

Last issue solution

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

CROSSWORD CHALLENGE



Across

1 Tedious reading material (4)
3 Derived from a wide range of sources (8)
9 Seek support (7)
10 Canal boat (5)
11 You shouldn't drive over this! (5)
12 Relating to the back (6)
14 Inner poise (4-9)
17 Substantial but dull food (6)
19 Transparent (5)
22 Hungarian-born British film director and producer, Alexander, d. 1956 (5)
23 Go our separate ways (5,2)
24 Stargazy pie ingredient (8)
25 City where the Saône joins the Rhône (4)

Down

1 Negative reaction (8)
2 Two crotchets (5)
4 One source of money — discern shapes (anag) (4,9)
5 Glowing piece in a dying fire (5)
6 Stretch of land (7)
7 Teaching both girls and boys (2-2)
8 Stewart or Graham? (6)
13 Reptile with a shell (8)
15 Kind of misprint (7)
16 Result (anag) — slight sound (6)
18 The end (5)
20 Item in a diary, say (5)
21 Large container for dumping waste (4)

Last issue solution



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NOTICES

SUFFOLK HISTORIC CHURCHES RIDE AND STRIDE

Many thanks to those who sponsored me for recording visitors to St. Mary's Church, Gislingham.

Due to it being an extremely hot day the number of cyclists visiting our church was definitely low in comparison to previous years. I spent a very pleasant day in what must have been the coolest place in the village chatting to visitors and giving them a chance to cool down. Thank you to those who called in to support me, I raised £140 for the Trust.

The Ride and Stride in 2024 will take place on Saturday 14th September.

Jackie Campbell

QUIZ NIGHT AT MELLIS MEMORIAL HALL – SATURDAY 11TH NOVEMBER

- more details to follow in next month's issue.

THORNHAM PARISH HALL JUMBLE SALE: 27TH JANUARY 2024

In preparation for this event, ALL DONATIONS GRATEFULLY RECEIVED.

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(All proceeds will go towards refurbishment of the village hall)

Call Jude Farrell Tel: 07483 234290 for collections or donations.



Answers to the Connection Quiz on page 56.

1. OXFORD (STREET), 2. PENTONVILLE (ROAD), 3. INCOME TAX (PAY £200), 4. LIVERPOOL STREET STATION, 5. LEICESTER (SQUARE), 6. James BOND (STREET), 7. Jeremy VINE (STREET), 8. ANGEL of the North, 9. COVENTRY (STREET), 10. They are all squares on the Monopoly Board.

SOUTH HARTISMERE BENEFICE



As I sit in my tent in Derbyshire in August, listening to the pitter patter of the rain on the canvas, I wonder whether this heralds the end of summer and the start of autumn, although this summer has not been completely rain-free like some of our recent summers. To me, however, the beginnings of the end of summer starts when I sit and watch the combine harvester doing 'its thing' in the field opposite to my home, and I allow my attention, and gaze, to be temporarily disrupted as I look out of my study window. It is a welcome distraction from the computer screen and my GDPR and Data Protection training module detailing how unscrupulous people are trying to 'harvest' our personal data for ill-gotten gains.

I am no farmer; I am a city boy brought up in the suburbs of Norwich and the closest I came to agriculture was in history class where we studied books such as Jethro Tull's Horse Hoeing Husbandry (sic "A controversial but revolutionary method for seed planting and corn cultivation" or it was at the time). I do not speak therefore with any authority when I say that harvest is the culmination of perhaps a year long period of activity where the farmer has prepared and fertilised the ground, planted the seed, nurtured and fed the crop, and then gathered in the Harvest. Over the centuries farmers have understood more and with that have increased their yields. What is clear however, is that we ought to show our appreciation for the Harvest, and in our Church calendar, this is the time of the year in which we do it, when we say thank you to God (and to the farmers), and no matter how much we dislike the rain, it is needed for the whole cycle to be complete.

Harvest has parallels with many peoples' Christian journey. In the same way as that a harvest does not, and simply cannot, just happen without the sowing and reaping by the farmer, the same is true of my Christian beliefs. I learned these from a book, the bible, which I suspect at the time was possibly as controversial and revolutionary as they come. If the bible is a guide, I also need to be spiritually fed and nurtured by those who bring the stories (parables) in the bible to life and help us apply them to our own lives. We accept the "rainy days" as being a Christian does not mean it is all about blue skies and sunshine. As the centuries have gone by, Christians too have interpreted the teachings of Christ and given new meaning and brought hope to those that perhaps thought they were beyond the love and forgiveness of God.

I absolutely understand it when people say that they do not need to go to church to be a Christian, a church is just a building after all, but Jesus once said "For where two or three are gathered together in my name, I am there among them" and that is why we gather together and grow together. As we enter a period of vacancy, Rev Julia has encouraged us to meet together and support each other, and I invite you to join us. However, wherever you are and whatever you chose, I believe that our Heavenly father knows everything about us, all our thoughts, words and deeds and He loves us. I guess in a way He harvests our data, but in a way that offers us rewards in heaven far greater than we can possibly imagine.

Tim Rowe, Church Warden
All Saint's Church, Thorndon and All Saint's Church, Wetheringsett

From the Parishes:
Welcome to: Elizabeth Ling; Florence Davey; Dylan and Sebastian Sitch; all baptised at Gislingham
In Loving memory of: Barbara Miller, Gislingham; Jean Burdis, Thornham Magna

WEEK 1

Sunday 1st October

17th Sunday after Trinity	Gislingham	10.30am	Harvest Holy Communion
	Thorndon	10.30am	Harvest Thanksgiving

WEEK 2

Sunday 8th October

18th Sunday after Trinity	Mellis	9.30am	Said Holy Communion
	Mellis	10.30am	Harvest Thanksgiving

WEEK 3

Sunday 15th October

19th Sunday after Trinity	Thornham Parva	10.30am	Harvest Thanksgiving
	Yaxley	10.30am	Holy Communion

WEEK 4

Sunday 22nd October

20th Sunday after Trinity	Thornham Magna	10.30am	Harvest Holy Communion
	Wetheringsett	10.30am	Harvest Thanksgiving

WEEK 5

Sunday 29th October

Last Sunday after Trinity	Stoke Ash	10.30am	Benefice Holy Communion
	Thorndon	4.00pm	Memorial Service



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Rural Dean of the Hartismere & Hoxne Deanery
revloxton@gmail.com 01379 388 493

Reverend Debbie Nicholls
Curate
rev.d.nicholls@gmail.com 01379 678 753

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LOCAL INFORMATION

Gislingham Bus Timetable

Dan's Coaches (www.danscoachtravel.co.uk):

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

Leaves Gislingham shop 09:15 / Arrives Stowmarket (Argos) 10:18

Return leaves Stowmarket (Argos) 12.50 / Arrives Gislingham 13:43

Route 456 to Diss (Fridays only – Market Day

Leaves Gislingham shop 10.06 / Thornham Walks & Church 10.09 / Arrives Diss Bus Station 10.35

Return leaves Diss Bus Station 13.35

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

Leaves Gislingham 09:46am / Arrives BSE bus station 10.48

Returns from Bury St. Edmunds leaves 13:25 / Arrives Gislingham 14.32

Mellis Bus Timetable

https://www.simonds.co.uk/local-bus-times)

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

Thornham Bus Timetable

Fairline Bus 320 (Weds only)

Thornham Magna (Four Horseshoes) 09:40am / Arrives BSE bus station 10.48

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
Wednesday 11th October, 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
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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	
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Mendlesham Health Centre	01449 767722
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