The Messenger



Issue 141
September
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: October 2023
Copy deadline: Monday 18th September

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 – September 2023

Welcome to the September issue!

Firstly, I am delighted that Phill Vaughan-Williams and the gardening team at 'Beyond the Wall' in Thornham Walks have taken up the mantle of writing our gardening column each month. The new column, 'In the garden' can be found on page 17.

Summer, (what Summer?) may be coming to an end, but there are still lots of local events to enjoy in September as you will see throughout this issue.

After an uncertain time for all businesses over the past three years, we have been delighted with the response to our annual advertising renewals, over the past few months. We'd like to thank all the businesses who have committed to advertising with us for the next 12 months, which includes many advertisers who have supported us since we started thirteen years ago. We also welcome several new advertisers. Please can I ask you, if you contact any of the advertisers you've seen in the magazine, to mention, The Messenger.

We will be featuring some of our advertisers in our 'Focus on Business' articles through the year, as well as promoting them all on our Facebook page. All these small businesses help support our local community by advertising with us – please support them!

September is "Back to School" month, and we send all school children and students our best wishes especially those starting a new "chapter" in their lives. Many will be starting nursery for the first-time, or moving up to "big school" at their local Primary School, and there are those who will be starting "even bigger school" by moving up to High School. Some will be going onto further education at Sixth Form Colleges, some will be starting Apprenticeships, and some will be leaving home and going off to study at university. A nerve-wracking time for the parents, more than their children!

Unfortunately, at the time of writing (August 20th), we have received no up-date or news from the Gislingham Village Shop regarding their current stock issues etc.

I hope you enjoy reading this issue!



Jeff Norman, Editor e) themessengereditorial@gmail.com

Cover photo:
Taken in Burgate Road, Gislingham looking across the fields towards Mellis & Eye

DIARY & LOCAL EVENTS



Saturday 2nd September: Book Sale, Coffee & Cakes
- Gislingham Village Hall: 10.00am – 12 noon
- Homemade cakes & refreshments etc.

Sunday 3rd September: Breakfast Club
- Thornham Magna Village Hall: 10.00am
- See page 20 for more details

Saturday 9th September: Connect Coffee Morning
- Mellis Church: 10.00 – 12 noon.
- Teas, Coffees, Refreshments, Plants, Books, Jams, Bric-a-Brac, Family Activities

Saturday 16th September: Jumble Sale
- Gislingham Village Hall: 10.00 - noon
- See page 18 for details

Sunday 17th September: Thornham Walks Late Summer Fair
- Thornham Walks: 11.00am – 4.00pm
- See page 13 for details

Wednesday 20th September:
Gislingham WI – Norma Howell 'Medical Detection Dogs'
- Gislingham Village Hall: 7.30pm

Friday 22nd September:
Thornham Film Night – 'The Unlikely Pilgrimage of Harold Fry'
- Thornham Magna Village Hall: 7.30pm
- See page 37 for details

Tuesday 26th September: Coffee Morning in aid of the Chrohn's & Colitis UK Society
- Gislingham Village Hall: 10.30am – 12.00 noon
- Everyone is very welcome!

Friday 22nd September: Cinema at Eye: 'The Hundred-Foot Journey'
- Eye Community Centre: 7.30pm
- See page 50 for details

Friday 29th September: Booze & Brushes
- Thornham magna Village Hall: 7.00pm
- 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 October 2023. The "What's On" Diary deadline is: Monday 18 Sept.

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



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PUPILS AT GISLINGHAM PRIMARY SCHOOL WIN ECO-SCHOOLS AWARD

Pupils at Gislingham CE Primary School have earned a 'distinction level' international accreditation this academic year, recognising their amazing work in making their school more environmentally friendly and raising eco-awareness in fellow pupils.



The Eco-Schools programme was established in 1994 and is now delivered in more than 70 countries across the globe. More than 1 million pupils attended an Eco-School in England in 2022-23.

Pupils at Gislingham first formed an Eco-Committee, made up of nine pupils aged between six and ten years old. Next, they conducted an environmental review, assessing how eco-friendly their school is. They reviewed everything from biodiversity within their school grounds to how pupils and staff members travel to school. Building on their findings, pupils then planned a year of action designed to advance their school's green credentials, improve their local environment, and protect our planet.

The Eco-Committee connected their work to 3 Eco-Schools topics: establish a no-idling zone around the school; promoting litter picking in our village and on school visits; and involving the whole school in selecting an endangered animal to fundraise for then running a cake sale that made £110 which has been donated to the World Wildlife Fund.

The children inspired great support from their peers and all their parents and even involved the Governors and Gislingham Parish Council.

There is no doubt that all children involved with these projects have benefited. One parent commented, "My daughter's involvement in the Eco Council has helped her enormously to become more confident, grow in herself and stand up for what she believes in. She has loved spreading the message of how important it is to care about the world we live in. I have watched my daughter flourish being part of this group. We are proud to be part of a school who really care."

Eco-Schools England Manager, Adam Flint, said: "The Eco-Schools Green Flag award is an internationally recognised symbol of high environmental standards. The pupils and school staff that earn the award deserve immense credit for their hard work, determination, and creativity. Their passion for protecting our planet is an inspiration to us all."

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UPDATE ON LEAH'S FUND-RAISING EXPLOITS



18-year-old Leah Durrant has been fund raising for St Nicholas Hospice Care in August.

Firstly, she held a Family Bingo Night at Gislingham Village Hall on Friday 4th August, which raised £470 and then on Sunday 13th August she completed a Tandem Skydive at Beccles Airfield.

What is a Tandem Skydive you may well ask? I decided to look it up, to ensure I got the facts right!

Ah yes! It's the one where you board the aircraft (without a door), soar to around 13,000 feet (approximately two miles high!). Then you jump out, attached to your instructor, and you fall at speeds of approximately 120 mph, descending to 5,000 feet in around 40 seconds! Then you spend approximately six minutes (under the parachute), enjoying breath-taking views of the Suffolk and Norfolk countryside! Leah learned the basics of steering and landing a modern 'square' gliding parachute, and even had time to smile for the camera!

Afterwards an ecstatic Leah said: "It was amazing, I want to do it again! I also want to thank everyone who came to my Bingo Night. There was a great turn out and the evening raised an amazing £470 and with the Skydive sponsorship, I have raised £735 for St Nicholas Hospice Care."

Photos: by UK Parachuting





More amazing photos can be seen on the website at: www.the-messenger-online.com



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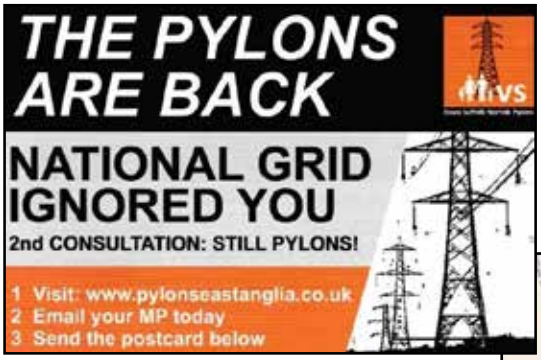
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THE PYLONS ARE NOT A 'DONE DEAL'!



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Various ploys are being used by National Grid to deflate any resistance to the Pylons. However, we are only at stage 2 of a very, very long process and we can win this!

You will have had a flyer through your door. Please complete and send the postcard to the Secretary of State. Additional copies can be found at the Gislingham Village shop.

What can YOU do about it?

- Keep up to date with the campaign against the pylons by visiting www.pylonseastanglia.co.uk. Go to CONTACT and sign-up to receive emails about this fast-moving campaign Or Email pylons@mail.com with questions.
- Please sign the petition while you are there!
- Email your MP and say we need an offshore grid.

Jason Davies (on behalf of Essex, Suffolk Norfolk Pylons Action Group)
Contact details: Tel: 07485 160201 Email: Jasondavies196@btinternet.com

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Artists galleries and workshops

ARTISTS OF MELLIS

Six years ago, we moved to Mellis but in the months prior to doing so we did lots of research about the area including calling a friend who lived in Eye.

"What's Mellis really like?" I asked her. The answer made me want to move here even more, "It's full of creatives; painters, writers and actors. The common can be quite romantic with mist drifting across it eerily in the morning." I was sold.

She wasn't wrong (although maybe about the romance) and I've been lucky enough to make friends with and meet so many wonderful creative people in the village. Recently I had the opportunity to talk to several of Mellis's artists and I was once again blown away by the depth of creativity and talent that this little village harbours.



You may have seen Nicolette Hallett's paintings at an Open House or at the recent hidden gardens weekend. Her studio is full of eye catching still life and familiar trees and fields painted in rich hues, but what you might not know is that after art school she was a photographer. Nicolette was privileged to photograph many National Trust properties, recording the intricacies of each building to be kept as a record for the Trust and future generations. I had the opportunity to look through three gorgeous interiors books that she took all the photographs for, private spaces in which she has captured the essence of the owners somehow without invading their privacy. This was the case for all of her career - a discrete photographer whose ability to take candid shots meant she was privy to some amazing experiences. Capturing the work of musicians and conductors without being a disruptive presence. Once retiring from photography, she has enjoyed painting and sketching, her latest work being some beautiful pencil drawings capturing the architectural beauty of a recent visit to Italy.



In another corner of Mellis Frances Beasley continues to immerse herself in art, as she has done all her life. Growing up with an art teacher father she has been painting and sketching since childhood. Rather than going onto teach it herself she read English and History of Art at university and became a secondary school teacher teaching mainly English with a bit of art on the side. Even when retired she kept her passions of art and teaching at the forefront of her life and ran a U3A art group in Diss for twelve years. She

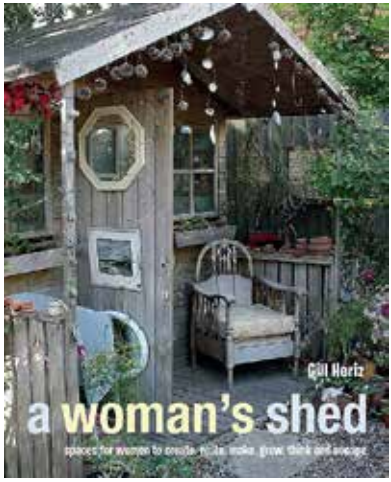
loves to use all sorts of mediums to express herself and sells her paintings and artworks for Williams Syndrome charity. She keeps detailed sketch books and uses these and the work of other artists as her inspiration, she is a particular fan of Japanese woodcuts. You can see more of her work and buy it through the Eye Arts Guild and is hoping to have an exhibition soon to raise money to support this charity close to her heart.

Finally, I get the chance to speak to Michelle Watson in her garden studio. I have seen her paintings before in the gallery at Thornham Walks and am very excited to see what she is working on at the moment because Michelle's work is awe inspiring. I am not disappointed and a large canvas of a nude is centre stage amongst the oils and scattered canvases. The scale is almost intimidating. Michelle's transformation to an artist is the stuff of novels. Taking a fine art degree with five children at home she describes it as 'the scariest thing she ever did'. She was creative with her children but only as a Mum, now her work is liberating and empowering other women, with a queue of keen life models waiting to pose. She is driven, not just to paint but to help give women confidence and sees her painting as a two-way process – they are giving each other something, their time, energy and a space to listen and understand. Michelle has been shortlisted for the Gemini Prize in London and currently you can see one of her paintings at the The Bank Arts Centre in Eye.



How I would love to hear the stories behind the many artists and creatives scattered throughout Mellis. I am sure there will be future opportunities to catch their paintings in the gallery at Thornham or inspiring work on Instagram. Is it the village that draws in such creativity or perhaps inspires it? It certainly is a beautiful and artistic place to live.

See Michelle's paintings at michellewatsonart on Instagram. View Frances's work at the www.eyeartsguild.org.uk and have a peak into Nicolette's beautiful photography in the books: 'A Woman's Shed', 'Inspiring Tiny Homes' and 'A woman's huts and hideaways' which can be found if you search under the author Gill Heriz (also local).



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IN THE GARDEN



Let us introduce ourselves; Beyond the Wall is an adult day care provision at the Walled Garden in Thornham Magna. As an organisation we support our gardeners to maintain and develop the walled garden, which boasts a newly developed kitchen garden, Rose and herbaceous border and apple orchard, produce of which can be bought in our café, shop and plant stand.

Gardening is never a completed job, more an ongoing process, one which we are very proud of at BTW as over the last few years the garden has been transformed from neglected to well maintained and productive.

I have worked with my dedicated team over the last seven years, in this time the whole garden has been subject to lots of hard work so that we can continue to have it open for free to the public (Mon-Fri 10-3pm)

Challenges are often upon us as gardeners, last year the heat was fierce, followed by a cold winter. Our apple trees blossomed heavily in spring, but now as many of us are finding the stress is affecting yield, now is a good time to be picking up windfalls, to keep wasps at bay.

Fay, one of our gardeners tells us a little about her experience in the garden and other jobs she has been completing this month;

"Hello my name is Fay and I work at Beyond the Wall on Mondays and Wednesdays.

This summer I have been watering the polytunnel, to make sure the vegetables in there are hydrated and are getting enough water to get bigger.

In the kitchen garden I like picking flowers for our shop and the market in Eye. I have learned new things, like how to cut heads off flowers and put them in an arrangement. At the market I have learned about pricing cards and how to bag up our produce."



As we make our way through the year other gardeners will be telling you of their experiences at the walled garden and the seasonal jobs they are completing, I also hope to add a few words and share some of the knowledge we have acquired from working in the garden here, meantime you are welcome to come and visit and see the garden and see it for yourself.

Phill V-Williams on behalf of Beyond the Wall + this month's co-writer Fay Ickringill

Photo Credit to Tom

Registered Charity NO.304751

JUMBLE SALE

Gislingham Village Hall

Saturday 16th September 2023

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

Please bring jumble for sale to the Hall on the day between 9:00am and 9:30am

Doors open at 10:00am

Free entry



NEWS FROM GISLINGHAM VILLAGE HALL

We would like to welcome Linda Bryant and Robbie Walker as new Trustees to the Village Hall Committee. If anyone else is interested in joining, please contact us on gislinghamvillagehall@gmail.com or 01379 783903

FUTURE EVENTS:

Saturday 16th September: Jumble Sale
From 10.00am to Noon. Free Entry. Clothes, Bric-a-brac, Toys, Books. Refreshments. Sorry no electrical goods. Please take jumble for sale to the Hall on the day between 9.00am and 9.30am

Saturday 28th October 2023: 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

Saturday 16th December: Christmas Quiz Night

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/

PLEASE SUPPORT YOUR VILLAGE HALL





Street Forge Workshops

Offers meaningful activities to Adults with Disabilities

What goes on within the buildings behind the red telephone box on The Street...? Come and be enlightened with Helen, our guest speaker for September's Breakfast Club.

Thornham Sunday Breakfast Club,
Thornham Magna village hall,
Sunday 3rd September at 10 am

Tickets are £8.00 which includes a cooked breakfast and tea/coffee.
*To book, please email: **breakfast@thornhams.org***
Proceeds go towards the refurbishment of our village hall.



NEWS FROM THORNHAM PARISH HALL



FUTURE EVENTS:
Sunday 3rd September: Breakfast Club
10.00am – details on opposite page.

Friday 22nd September: Thornham Film Night – 'The Unlikely Pilgrimage of Harold Fry'
7.30pm: Bookings at films@thornhams.org - more details on page 37

Friday 29th September: Booze & Brushes:
7.00pm: £27.50 – details on opposite page

Sunday 15th October: Thornham Autumn Fair
11.00am – 3.00pm – more info on page 37

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



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THE DRAGONS OF BURES AND LITTLE CORNARD

SUFFOLK MYSTERIES

In the heart of the Stour valley lies a deep, dark, allegedly bottomless lake …the source of a sinister legend that dates back hundreds of years. From its depths, they say, emerged a dragon that terrorised local villagers – devouring sheep and the occasional virgin.

At the centre of the legend is Wormingford Mere, an ancient lake probably formed during the Ice Age. The Mere lies halfway between Bures and Wormingford. Bures is located, on the Suffolk/Essex border, just south of Little Cornard and Sudbury. Half of it lies in Suffolk and half in Essex, in the heart of the Stour valley.



A photo of lake is on the left – it is now a private fishing lake on private property.

Local lore has it that the crocodile/ dragon lives on in Wormingford Mere to this day, and mysterious bubbles are seen when the beast is displeased.

The story of the Bures dragon was first recorded in 1405 by a local monk, and recounted several times thereafter. According to the account, several townsfolk claimed they saw the terrifying creature firsthand. The huge beast had a crested head, serrated teeth, and long tail. It terrorised the village, breathing fire at anything that moved and even killing a shepherd and his flock.

(So powerful was the story of the Wyrm – a medieval word for dragon or serpent – that a nearby village was renamed Wormingford.)

The town was panicked. The men of the village tried to kill the dragon with arrows, but they bounced right off the monster's hard skin. Soon, men from across the country were summoned to slay the dragon, which fled down river toward the adjacent village of Wormingford and disappeared into the marshes, never to be seen again. (Or, to hear the town of Wormingford tell it, was heroically slain there.)

In one account it began stealing sheep and demanding to be fed virgins before being slain by local knight, Sir George of Layer de la Haye. The locals then celebrated by heading to the pub for a meal of dragon-roasted sheep. The region has long associated with the medieval mythical beast. Several old churches in the area have depictions of dragons on their walls, including a 15th-century painting of the storied creature in the Wissington Church a few miles from Bures.



The dragon window in Wormingford Church (left), shows the long white legs – presumably those of a virgin – dangling from its scary teeth.

Wormingford is not the only local church with a possible depiction of the legend. Less than three miles across the fields from the Mere, in Wissington church, is a stunning medieval wall painting of a huge dragon.

Fast forward four decades and just three and a half miles away the remote and picturesque village of Little Cornard was visited by dragons of its own.

The village has been haunted by misfortune for centuries: it was the site of a bloody battle between the Saxons and the Danes and to this day, grim relics of an attack that left behind ancient graveyards full of fallen warriors and a list of parish names that vividly recall when the hills ran red with blood.

And around 100 years before dragons clashed in Little Cornard, the village was visited by a dark tragedy which decimated the population: it was the first place in Suffolk to report the Black Death and the disease claimed the lives of at least 60 people including 21 families who owned land and who lost all their adults.

The village was in the process of recovering from this devastating loss when two cumbersome visitors chose it as their battleground: from the direction of Kedington Hill came a huge black dragon from Suffolk and from the direction of Ballingdon Hill came a creature from Essex, another black dragon, this time mottled with crimson over its ghastly scales.

Sharpfight Meadow was chosen as the battlefield and the fire-breathing beasts fought for an hour at sunset, the ground shaking as they went to war in front of a small army of incredulous villagers who had gathered to watch the fight from a safe distance.

In a small leather-bound book in the Library of the Dean and Chapter at Canterbury, the story is recounted as follows: “Memorandum that on Friday the 26th of September in the year of our Lord 1449, about the hour of Vespers, two terrible dragons were seen fighting for about the space of one hour, on two hills, of which one, in Suffolk, is called Kydyndon Hyl and the other in Essex Blacdon Hyl. One was black in colour and the other reddish and spotted. After a long conflict the reddish one obtained the victory over the black, which done, both returned into the hills above whence they had come, that is to say, each to his own place to the admiration of many beholding them”

In honour of this legendary dragon, and in celebration of the Queen’s Golden Jubilee, the Bures Dragon was etched into the hill in 2012 (below).





Source material: Suffolk News Online & EADT.

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JOHN DURRANT TO RUN GREAT NORTH RUN



Gislingham resident, John Durrant is running The Great North Run (Half-Marathon) again this year on September 10th 2023. This year John is running to help raise funds for JDRF.



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.

John told us, "In 2018 my nephew Alfie was diagnosed with type 1 diabetes. JDRF have supported Alfie and the family and continue to do much needed research."

Last year, John completed the 13.1mile course in 1 hr. 54 mins, raising money for the Teenage Cancer Trust. This year he is hoping to beat that time.

John has set-up a Just Giving page so people can donate online at: https://www.justgiving.com/fundraising/john-durrant7

Facts about type 1 diabetes:

- Approximately 400,000 people are currently living with type 1 diabetes in the UK, including around 29,000 children.
- The number of new diagnoses of type 1 diabetes (also known as the incidence) is increasing by about four per cent each year.
- In children under five, the incidence of type 1 diabetes is rising by five per cent each year.
- Among children with diabetes in England and Wales, 96 per cent have type 1 diabetes.
- Around 85 per cent of people diagnosed with type 1 diabetes have no family history of the condition.
- Although it used to be referred to as 'juvenile diabetes', around half of newly diagnosed cases of type 1 diabetes are in people over the age of 18.
- The UK has one of the highest rates of type 1 diabetes in the world, for reasons that are currently unknown.
- A person with type 1 diabetes will have around 65,000 injections and measure their blood glucose more than 80,000 times in their lifetime.

To find out more about JDRF and their research etc go to: https://jdrf.org.uk/

NATURE NOTES by Darrel Charles



Hello everyone, welcome back to Nature Notes!

It's time for another visit report - this time from the North Norfolk coast where I visited in late July. I was based in the town of Holt for a few nights and that put me nicely within range of several interesting locations including Cley Marshes and Sheringham. As many readers will know, the Norfolk Wildlife Trust has an excellent visitor's centre just to the east of the village of Cley and that is where I headed one bright sunny morning. Having enjoyed coffee and a bacon bap at the centre I set off on a walk around the reserve to get some exercise, stopping off at the various hides to see what wildlife was about. To my surprise, one of the hides had no less than three Swallow's nests inside - the birds seemed completely at ease with the humans there as they went about their business feeding their young. Other notable sightings included Cormorant, Egret and a family of Little Grebes but sadly no Marsh Harriers.

The next day I decided to visit Sheringham and I was pleased to travel there from Holt on one of the North Norfolk Railway's steam trains. Sheringham may not be the first place that springs to mind from a wildlife point of view but the seaside there is splendid and I had fun watching the various kinds of gulls circling over the sea-splashed rocks. Indeed, the sea was quite lively on that day and several distracted promenaders received an unexpected soaking as the waves rolled in!











Left: A Black-headed Gull surveys the scene. This is a young bird and its black cap has yet to fully develop.

Below: A lively sea giving the Sheringham coast a good battering. Facing due north, this coast line has historically experienced stormy seas.



Back home, the garden continues to be full of fledglings, including Robins, Wrens and Blue, Great and Long Tailed Tits. There has also been a good variety of butterflies about, including the selection shown below. As in previous years, the Verbena flowers seem to be very attractive to the butterflies, rivalling the Buddleia.



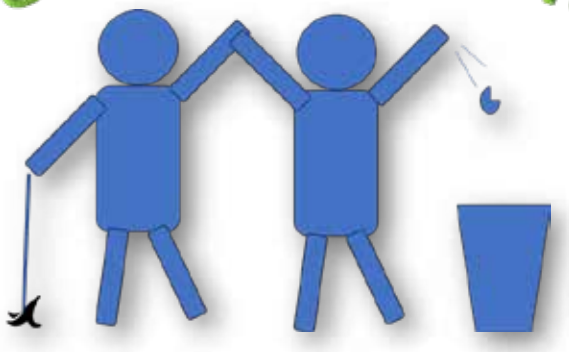
A selection of butterflies seen recently in the garden, from top left, clockwise: Comma, Holly Blue, Red Admiral, Small Tortoiseshell, Peacock and Painted Lady.

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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TRIED & TESTED RECIPES by Debbie



CHOCOLATE CAPPUCCINO TART

This is a rich chocolate tart which is quick to make! Like a cappuccino, it has a creamy topping and a scattering of chocolate shavings.

Serves: 8-10 / Cooking Time: 20 mins







Ingredients:

For the base

- 50g (2oz) dark chocolate, broken into pieces
- 75g (3oz) butter
- 15 digestive biscuits, finely crushed

For the filling

- 350g (12oz) dark chocolate, broken into pieces
- 100g (4oz) butter
- 1 heaped tsp instant coffee granules dissolved in 1 tsp boiling water
- 250ml (9fl oz) double cream
- 200g (7oz) ***full fat*** crème fraîche

To decorate

- 150ml (5fl oz) double cream, lightly whipped
- Chocolate shavings or coarsely
- Grated chocolate

Method:

You will need a 23cm (9in) round, loose-bottomed, fluted tart tin with deep sides and a piping bag with a plain nozzle (optional).

1. To make the base, melt the chocolate and butter in a wide-based pan over a medium heat (see note). Remove the pan from the heat, add the crushed biscuits and stir to combine. Press into the base of the tin and chill in the fridge while you make the filling.
2. To make the filling, place the chocolate and butter in a large heatproof bowl and add the coffee and double cream. Set the bowl over a pan of just simmering water and heat until runny, stirring gently until smooth. Remove from the heat and allow to cool down a little, then mix in the creme fraiche by hand. Carefully pour the mixture into the tin on top of the biscuit base and chill for a minimum of 2 hours, or ideally overnight, until set.
3. Remove the tart from the tin and place it on a cake stand or plate. Serve straight from the fridge.
4. To decorate, spoon the whipped cream into a piping bag (if using) and pipe or dollop five large blobs of the cream into the middle of the tart. Sprinkle over the chocolate shavings or grated chocolate and serve in thin slices.

Notes:

- Can be made up to a day ahead and kept in the fridge. Decorate 2hrs before serving.
- Not suitable for freezing.

Recipe by: Dame Mary Berry

CIRCULAR WALK FINNINGHAM VIA WESTHORPE & WYVERSTONE

O/S Explorer 211: Distance approx. 7.5kms / 5 miles

This walk is mainly off road. We found that there is only a limited amount of footpath directional signs, so you need to follow the instructions.





Parking

There is space to park behind St Bartholomew's church, Finningham. Take Church Lane, which is the first left when you enter the main road from Gislingham.

Starting point

Leave the church and take the bridleway directly opposite the church, which will take between some old houses and then over a wooden bridge. At the road turn left and at the end of this road cross over onto the sign posted footpath This is a made-up track and you will pass on your left a small industrial site. As the track bears sharp left, the footpath continues on the right-hand side, not easy to see the opening. Cross over a small bridge and through a wooden gate. On the left is an industrial fence to keep the livestock in.

At the end of the fence, bear right and then left keeping the hedge on your left-hand side. At the wooden footbridge cross over and turn left and cross the field. At the corner of the field, cross the bridge and continue straight. Ignore the footpath to your right. After a short distance you will see Westhorpe Hall to your left. At the end of the footpath turn left and then right in front of a metal gate.

Continue on the footpath and ignore another footpath on your left and continue around bend. At the footpath sign junction, turn left towards Westhorpe Village. The footpath will now enter the churchyard.

St Margaret's Church

There was a church recorded in the Domesday Book of 1086, and you can spot a small piece of Norman stone, carved with a traditional zigzag pattern, set into the jamb of the south doorway. Enclosing the south chapel is an exceptional parclose screen, dating to the period 1350-1400.

Westhorpe Hall was the home to Mary Tudor, Queen of France until her death in 1533. Her coffin was taken from Westhorpe Hall to the Abbey Church, Bury St Edmunds. Sadly, Westhorpe Hall was demolished in the 1760's and has since been rebuilt.



Leave the churchyard via the war memorial. Cross the road and join the footpath opposite.

Check out the old Shepherds Hut and sheds on your left and the pretty cottage garden on the right. At the last house, go through the gap on the left onto the footpath. Continue past the paddock on the right and, at the end of the fencing, take the footpath across the field towards Park Farm. Walk through the farm and along the tarmac track until you reach the road, which is at the edge of Wyverstone.

At the end of the track turn right and after a short distance, you will see a footpath sign on your left. Take this path and continue across the field over a wooden bridge and continue across the field until you reach a hedge and a T-junction.



Turn left here and continue along this footpath. It was not a clear path at the time we walked, continue on this path bearing left and then right past a pond on your right and continue until you reach the end of the hedge on the right. You will see in front of you a clear area and a large tree.



WARNING – this is where we first went wrong! There is no sign here, so take the path to your right with the large gap in the hedges and then keeping the hedge on your left. This is an open field. As you reach the end of the hedge, there is a footpath post, slightly hidden in the hedge. Turn left along a rough track and continue. When you reach the end of this path, you will see a footpath sign on your left.

Ignore the first Bridleway to the left. As the track bears right, at the hedge in front of you, take the Bridleway to your left and continue for 300 or so metres, keeping the hedge to your right. This will then lead onto the 'Finningham Lane'. There is a small stream, with a bridge to the right, so that you don't get your feet wet when it is deeper. Continue along this path which has a tree covering until you reach the road. (Ladywell Road).

Cross over the road and continue past the farm on the left. As the road bears left, take the Byway directly in front of you. This is a grassed path and will take you to the main road, next to the Antiques Shop. Turn left and walk to the junction opposite the White Horse.



Turn right onto the Wickham Skeith Road and where you see the display of the Finningham Walks next to the converted barns on your left, walk towards the church. Enter the churchyard and you can take some time to view inside St Bartholomew's.

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TERRAPIN NEWS



As a councillor I have a duty to listen to all and to ensure that everyone gets their voice heard, as a planning committee member I am expected to listen to all the evidence and make a fair decision within the limits of the current planning laws.

Planning Laws assume a presumption in favour of sustainable development. Sustainable development has three objectives: economic, social and environmental. Paragraph 11 of the National Planning Framework expands on this, "a) all plans should promote a sustainable pattern of development that seeks to: meet the development needs of their area; align growth and infrastructure; improve the environment; mitigate climate change (including by making effective use of land in urban areas) and adapt to its effects;"

There are 222 other paragraphs, but I'll save those for another day, because these quoted, I think are of significance when it comes to schemes such as Solar Farms.

A farmer advocating for a Solar Farm on part of his farm would argue that the guaranteed income from land that is costing more and more to make productive would help the financial viability of his farm, it would rest the land, increase its fertility and still allow grazing to continue whilst providing an increase in biodiversity.

Someone passionately voicing their opposition to a solar farm might argue that solar farms are a threat to our food supply, they are ugly, they don't produce as much electricity as they say, they can't be recycled, their carbon footprint is unacceptable, they harm the environment, PV cells should be put on rooftops of homes and commercial buildings.

Diligently I try to fact check independently as much as possible what is said. I also discuss with and take advise from our professional planning officers who have expertise in Infrastructure Planning and who also are fact checking and looking in detail at the application of the planning laws by the Planning Inspectorate.

If a decision is made by the local district council to refuse an application on the grounds that there is too much material harm for it to be considered sustainable there is a right to appeal the decision. Presently the Planning Inspectorate is turning over decisions to refuse solar farm developments across the country. Also, in Mid Suffolk we are waiting for the results of two such appeals, and these will have consequences for our own planning policies. There is the risk of five figure financial costs being awarded to developers if the council is found to have acted "unreasonably." There is considerable pressure to get it right, to balance the quiet and loud voices with reason and evidence.

Three things I am certain about, the biggest threat to our food supply is climate change, recycling used solar cells is becoming big business over 99% of the silicon, silver, aluminium, copper, and high-quality glass can be recovered. Finally, according to the International Energy Authority, solar, taking into account installation costs, is now "the cheapest electricity in history."

Link: https://www.carbonbrief.org/solar-is-now-cheapest-electricity-in-history-confirms-iea/

Rowland Warboys, Chairman Mid Suffolk Council
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STOWMARKET FOODBANK UPDATE



The first few months of 2023 have been extremely busy with households being hit with rises in energy bills and food prices. Last year we set up our "POP UP SHOP" to help those who are struggling to manage or those wanting to reduce food waste, offering out of date/near date food or damaged stock. This proved very popular and has been a vital support to many. The demand has been so high that we are already looking to increase our stocks for the Autumn season and the colder weather.

We continue to receive donations on a regular basis, whether its donated goods or financial giving and we are so grateful for our supporters but we acknowledge we need to prepare for the winter. Therefore, we are spreading the word ready for the Harvest Festival season. Please consider collecting for the Foodbank.

Everyone who receives a food parcel is touched by people's kindness and appreciates the fact that there are people who care about them.

Detailed below is a list of items which would help our Harvest Festival Appeal:

Tinned potatoes, tinned vegetables, tinned spaghetti, tinned hot meat, tinned cold meat, tinned meat pies, long life milk, jams/peanut butter, "free from" tinned products, tinned rice pudding, tinned custard, sponge puddings, small bags of long grain rice, small jars of coffee, toilet rolls, instant mash, tinned soups, packets of cakes, boxes of cuppa soups, hot chocolate, packets of custard, shampoo, bottles of squash, tinned baked beans, part baked bread, crisps/snacks.

Donated items can be placed in the plastic box in the Gislingham village shop or delivered to: Milestones, Burgate Road, Gislingham.

If you would like me to collect your donations, please telephone 01379 783254.

Helen Neale
https://www.facebook.com/StowmarketandAreaFoodbank/



JDK ENGINEERING

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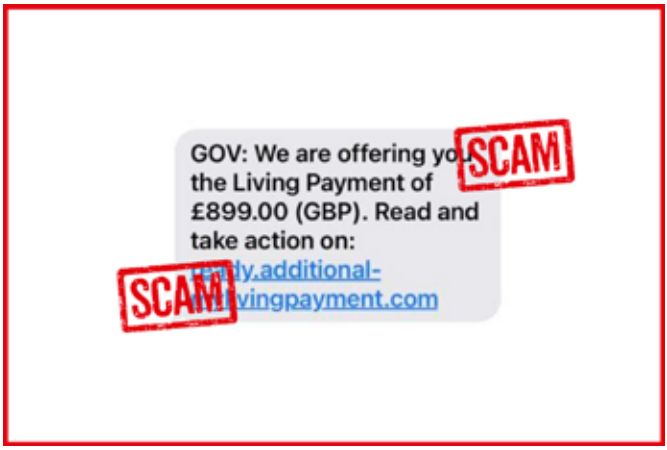
Post hole borer available

TIP OFF, RIP OFF!

This month we bring you three scams that have been prevalent in East Anglia over the past month.

Scam Alert 1:

Cost of Living payments



Beware of these scam text messages claiming to be from central Government offering the recipient a Living Payment of £899.

The link in the text sends you to a fake website that will harvest your personal information, including your bank details. All Cost-of-Living payments are sent out automatically and directly to those eligible, and customers do not need to apply or contact the Government at any stage.

Report suspicious text messages by forwarding them to 7726 (it's free of charge).

Scam Alert 2:

Marks & Spencer '2000 dine in meals for 2' WhatsApp messages

Residents are warned about a scam WhatsApp messages which claims that 'M&S are giving away 2000 Dine in Meal's for 2'

The message, which will often come from a known contact, provides a web link containing 'marksandspencer.com' within the link text. The link goes to a fake website which will ask you to complete a 'questionnaire' and share the message with your contact list to claim your 'prize'. By including the sharing element, the scammers are making sure the scam is shared with more people.

The message is a scam and is not connected with Marks & Spencer in any way. If you receive this message do not interact with it in anyway and please do not share it with your contacts.

Scam Alert 3:

Council tax refund scams

Be aware of scam contacts claiming to be relating to council tax refunds.

This follows reports from Norfolk residents of telephone cold calls claiming that 'you are in the wrong council tax band' and then requesting bank account details to 'give a refund'.

Remember, if you receive a cold call claiming to be from your council asking for bank details for council tax payments, refund or rebates do not give or confirm any details and hang up.

If you think you have received a scam, contact the Citizens Advice consumer helpline and report it on freephone 0808 223 1133.

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. Born in 1937, this American actress and activist, starred in:- Cat Ballou , Barefoot in the Park , and Barbarella establishing herself as one of the most acclaimed actresses of her generation.
2. Who won an Oscar as producer of One flew over the cuckoo's nest in 1975 and as an actor in 1987 for his role in Wall Street?
3. Who plays the role of Jack Bauer in the TV series '24'?
4. Which English racing driver won the 1996 Formula One World Championship?
5. Who did Louise Nurding marry on 29th June 1998?
6. Which American singer, songwriter, and actress, dubbed the "Pop Chameleon" – came to fame starring in 'Hannah Montanna', when she was 13 years old?
7. Born in 1949, which English novelist's works include 'The Rachel Papers', 'London Fields' and 'Time's Arrow'?
8. Which former Chelsea and England footballer is married to Christine Bleakley?
9. Who does Josh Brolin portray in the title role of a 2008 film directed by Oliver Stone?
10. What is the connection?

Answers appear on page 51.

SUDOKU CHALLENGE

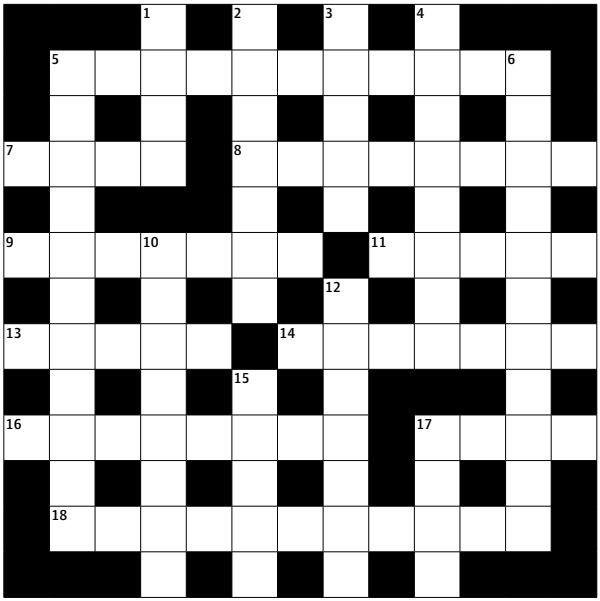
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3		8					2	1
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Each 3 x 3 box, each row and each column must contain all the numbers 1 to 9

Last issue solution

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

CROSSWORD CHALLENGE



Across

5 That which must be obeyed (11)
7 Bung (4)
8 Bandit (8)
9 Alive (like a hive?) (7)
11 Benghazi's country (5)
13 Monarchy having a land border with Saudi Arabia (5)
14 Space to sleep (7)
16 Smoked drug (8)
17 Prank (4)
18 Cook electoral boundaries to one's advantage (11)

Down

1 Self-congratulatory (4)
2 Infusion — shrub with white, pink or yellow flowers (7)
3 Love intensely (5)
4 Unusual (8)
5 Cunning and ruthless (11)
6 Young screamer at pop concert (11)
10 Fanaticism (8)
12 Formed by a compact between several groups etc. (7)
15 Roman female oracle (5)
17 Olympic sport introduced in Tokyo, 1964 (4)

Last issue solution

■	C	L	O	T	H	E	S	L	I	N	E	■
E	■	I	■	R	■	L	■	E	■	U	■	D
D	E	P	R	E	C	A	T	E	■	T	O	O
I	■	■	■	A	■	P	■	R	■	R	■	W
F	A	F	F	S	■	S	T	Y	G	I	A	N
I	■	L	■	O	■	E	■	■	■	T	■	H
C	R	Y	I	N	G	■	U	N	W	I	S	E
A	■	I	■	■	■	S	■	E	■	O	■	A
T	U	N	I	S	I	A	■	S	O	N	A	R
I	■	G	■	E	■	T	■	T	■	■	■	T
O	F	F	■	V	E	N	G	E	A	N	C	E
N	■	O	■	E	■	A	■	G	■	U	■	D
■	E	X	T	R	A	V	A	G	A	N	T	■

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CINEMA at EYE

Friday 22 September, 7.30pm
Eye Community Centre

Tickets £5 in advance from The Handyman or pay on the door. More information at **www.cinema-at-eye.org.uk**

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

RYAN & ABBIE HARDMAN RAISING MONEY FOR MACMILLAN





Very few people would not have been affected by cancer in some way and we as a family have had experience with this indiscriminate disease more than once. That's why we wanted to take on a challenge to raise money for Macmillan, a charity that supports those living with cancer and their loved ones.

We are taking part in the Macmillan Mighty Hike on the Jurassic Coast on the 9th September.

For some unbeknown reason we have chosen one of the most challenging mighty hikes which will take us 26.2 miles along the Dorset coast with multiple steep ascents from sea level to cliff top. Training has been tough so we'd greatly appreciate any donations that anyone can give to support this worthy cause.



Abbie and Ryan's Just Giving donation page is at: ***www.justgiving.com/fundraising/hardmanmightyhike***



Answers to the Connection Quiz on page 48.

1. Jane Fonda (Henry Fonda), 2. Michael Douglas (Kirk Douglas), 3. Kiefer Sutherland (Donald Sutherland), 4. Damon Hill (Graham Hill), 5. Jamie Redknapp (Harry Redknapp), 6. Miley Cyrus (Billy Ray Cyrus) , 7. Martin Amis (Kingsley Amis), 8. Frank Lampard (Frank Lampard Snr), 9. George W Bush (George Bush), 10. They all followed the same profession / occupation as their Father

SOUTH HARTISMERE BENEFICE



I am a novice allotment keeper. Over the last two cycle of seasons, I have started to appreciate the various times of growth, times of fallow and planting, of waiting for fruits to ripen and for the time of harvesting of, hopefully, an abundant crop.

Last year was a challenge as we baked in the extreme temperatures. This summer has brought challenges of its own, the rain and warmth has brought abundant fruit, of plants I chose and plants I didn't. I have a rather overgrown plot!

As I walk to my allotment passing fields, I see the wider challenges of the rain and hear of the anxiety of the farming community as they wait the ripening of their crops. I pray to the Lord, asking for the sun to shine and dry and ripen the grain heads, so the harvest can be gathered. I am writing this before the final harvest has been brought in but have anticipation that it will be gathered and that we will have much to be thankful for.

The news tells us of scarcity, the headlines tell of shortages of rice and wheat. Yet there are stories of hope and generosity. There are stories of communities working together to grow crops that use sustainable methods, both here in the UK and in other parts of the world. There are stories of abundance as people give with generous hearts. Food banks and porch pantries here in the UK are about people living and caring for one together, sharing in the goodness of God's provision. They are making small but significant changes.

Ethiopia has had drought for the past five years and farmers are watching their crops and livestock die. Godana is one such farmer, yet he has hope. Pray for peace Godana says, for if a person has peace inside, they can get through the difficulties.

Jesus said, my peace I give you. No matter what our circumstances the gift of his peace is to help us get through the trials of life. The psalmist sing 'happy are those whose help is in the Lord, the maker of heaven and earth, the sea and all that is in them. Who keeps faith forever and brings justice to the oppressed.' God's mercies are new every day. God's faithfulness and kindness continues, ready for us to choose to take hold of and to live in hope and with joy.

In the hedgerows hazel nuts, apples and blackberries are ripening, a reminder of God's abundance and generous love. This brings me joy and I have gathered handfuls of sweet blackberries while out and about. I have also tried to bless with small offerings from my garden, giving plums to several people. What I didn't anticipate was to be blessed in return with a large marrow and a handful of runner beans!

Rev Debbie

From the Parishes:
In Loving memory of:
Paul Hammond, Thorndon (Yaxley)
Rosalina Santos, Gislingham

For services held in church and online

SEPTEMBER 2023

WEEK 1 **Sunday 3rd September** *13th Sunday after Trinity*	Thorndon	10:30AM	Benefice Holy Communion *Followed by a bring your own picnic, hot & cold drinks provided*
Saturday 9th September	Mellis	10-12 noon	CONNECT *with cake & company*
WEEK 2 **Sunday 10th September** *14th Sunday after Trinity*	Mellis Stoke Ash	10.30am 3.30pm	Holy Communion Harvest Thanksgiving
WEEK 3 **Sunday 17th September** *15th Sunday after Trinity*	Thornham Parva Gislingham Yaxley	10.30am 10.30am 6.00pm	Holy Communion Holy Communion *followed by a Baptism* Harvest Thanksgiving
WEEK 4 **Sunday 24th September** *16th Sunday after Trinity*	Wetheringsett	10.30am	Benefice Holy Communion *& dedication of the new windows*



Reverend Canon Susan Loxton
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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South Hartismere Churches

LOCAL INFORMATION

Gislingham Bus Timetable

Dan's Coaches:
Route 457 to Stowmarket (Thursdays (Market Day) only):
Leaves Gislingham 09:15 / Arrives Stowmarket (Argos) 10:30
Return bus leaves Stowmarket (Argos) 13:00 / Arrives Gislingham 13:55

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
Wednesday 13th September, 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
NHS Direct	111
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
Suffolk Police (non urgent)	101

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