

PARISH NEWS

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June 2020



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USEFUL INFORMATION:

Editors: Kelvin & Julie Hastings-Smith, Highlands, Borley CO10 7AE
01787 313579 parisheditor@outlook.com

Team Rector: Revd Margaret H King, The Rectory Great Henny
Sudbury O10 7NW 01787 269385 07989 659073
www.northhinckfordparishes.org.uk *Usual day off Friday*

Team Vicar: Revd Gill Morgan, The Vicarage, Gages Road, Belchamp
St Paul CO10 7BT 01787 584993 revgillmorgan@outlook.com

Team Administrator (North Hinkford Benefice): Fiona Slot
01787 278123 fislot@yahoo.co.uk
www.facebook.com/northhinckfordparishes
Working hours 9am-12noon - Mon, Tues, Thurs

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All contributions will be acknowledged

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Ruminations from the Rectory.....

Dear Friends

This is quite a difficult letter for me to write as it is my last one as your Team Rector. Graham and I have just quietly celebrated 15 years of being here. We arrived on 5th May 2005! Now our retirement will be on June 30th. As yet, we don't know if we can move on the planned date which is 14th July.

Everything may have changed by the time you have read this. The original plan had been to move items every week on my day off, but as that has not been possible, it will be rather a mad scramble once we are allowed to travel.

Both of us would really like to say how much we have enjoyed being here, and the warm welcome we were given, speedily made us feel at home. East Anglia has won our hearts so we are staying in the area, in coastal Suffolk.

Our new address is 13 Hall Road, Wenhaston, Halesworth, Suffolk IP19 9EP and our new phone number is 01502 478746. Our email address mandgking39@hotmail.com remains the same. We would love to see you. Wenhaston is only 8 miles from Southwold and 4 from Walberswick.

I have loved working in multi-parish rural ministry and when the opportunity came up in 2013 to apply for the post of Team Rector, having been your Team Vicar for 8 years, I knew God was calling us to stay on. There have been some really wonderful times together: We came here from Montrose where we also served its daughter church, King David's, in Inverbervie. That small rural congregation taught me how much I valued the intimacy of a small group worshipping together, which has a very different and precious dynamic from the larger church in Montrose. Also, I had been in charge of seven market town museums in Angus, so I knew I preferred to work among differing communities. Our tiny congregations have been a joy to worship with, although when all 15 churches come together that too is very, very special.

Friendships have developed right across the Benefice through joint ventures such as the healing services, Crafty Women, the Pilgrimages and, most recently, last-year's Festival. Surprisingly, during this crisis when we cannot be together, the Zoom services have brought people together from across the benefice. They may never have known each other, yet are now "meeting".

The Lenten pilgrimages over the last 12 years have been such a highlight and we have travelled far and near to Iona (twice), Holy Island and Whitby,

... continued Ruminations from the Rectory

Spain, North Wales, Cornwall, Sweden , Norfolk and Launde Abbey in Leicestershire. These deepen our friendships with each other and with God.

So much has been done together: four outdoor Nativity Plays; Carols in the pubs and fetes, Royal celebrations and many other activities. I remember when a donkey couldn't be persuaded to come for Palm Sunday, leaving me standing in the road at Lamarsh wondering what to do. Amazingly, a rider on a very fine horse appeared, so I requisitioned this fine thoroughbred to take the part of the donkey. Realising that horses are such a way of life here and that I didn't see many riders in church, I decided to go to them instead and so Riders Sunday is now an annual event at Twinstead Riding School where we all wear pink and raise money for breast cancer charity. We have had special Quiet Days, and the now annual Lenten pilgrimages which helped many to have more confidence doing things in Church. Nor will I forget Graham winning the best dressed Englishman at a fancy-dress competition at Wickham St Pauls for St George's Day dressed as a Morris Dancer. This was before Wickham was blessed with its own chapter of Morris Men. I have also loved working with our two church schools, both very different, but each with really fantastic children and dedicated teachers and helpers.

Another great joy was seeing Revd Paul ordained priest, and his wife, Helen, getting through to begin her training for priesthood. She is nearing the end of her second year. I have seen 5 people being authorised as Lay preachers: as well as Helen, these are Mally Graham, Susan Langan, Lena Chandler and Rosemary Branwhite. Lena Chandler and Frances Atwood becoming Spiritual Directors, and Lena and Helen Grover both trained as Pastoral Assistants. I am so grateful for all others who have assisted in taking services, reading and writing prayers, and undertaking the many duties which keep our churches running. Where would we be without our faithful and long serving (in many cases) Churchwardens, Treasurers, Secretaries, Electoral Roll Officers, fundraisers in Friends organisations , flower arrangers, church cleaners and churchyard work parties. Helen Grover very ably supported the whole Team as our Administrator and last November I was delighted to appoint Fiona Slot, Churchwarden at Ovington after Helen resigned to focus on her studies.

I have been hugely supported by those who offer their talents in music for our worship. All our fantastic organists especially Tim Stone, with whom I have worked most closely. The Kirk Quartet I rarely saw, but nevertheless I

... continued *Ruminations from the Rectory*

knew they were there every month playing at Alphamstone. The Liston Singers, Bulmer choir, the recent Festival Choir led by Michael Aves have brought joy to us all, as has Andrew Marsden's wonderful concerts in Lamarsh Church supported by his talented wife, Penny, and a wide variety of musical friends.

The Belchamp Walter Singers helped to put us on the map when they led the Flash Mob singing at Sudbury Market to publicise that cornucopia of local talent, The South Stour Churches Festival. That wasn't our first festival. A few years back we held the Festival of Faith, another series of special events in our churches, to celebrate our Diocese's centenary in 2015.

Even further back many of you were involved in a marvellous celebration for rural life and ministry for the whole diocese: an event called "Rural Day". People came from Basildon, Epping, and other more urban parts of the Diocese. The day opened at Shrubs Farm at 6:30am in Lamarsh with a visit from the hunt and a farmers breakfast, and ended with Bishop Stephen leading a service at Spencer's Farm Shop in Wickham St Pauls.

We have three magazines that I have been contributing to. I think the Editors and advertising gurus are to be congratulated on the unseen and time consuming work they put in every month to ensure the villages know what is happening so a big thank you to all involved, and to the distributors and correspondents. If I have missed thanking any group it is completely unintentional.

Revd Gill has been a great colleague and has certainly brought us more digitally up to date, particularly in this lock down with her beautiful reflective services on YouTube. I also enjoyed working with Revd Sally, Revd Val Gagen, Revd Hugh Mothersole, Revd Captain Brian Sampson and, of course, Fr Eoin who appointed me in the first place.

There are so many happy memories to treasure. You have all taught me so much and only increased my love of all things English. We will return in the near-future. Because of Covid-19, there are thanksgiving memorial services to return for, a wedding, the Pilgrimage next January to Launde Abbey and a big service to properly say "goodbye".

May God guide, bless and protect you all. May each and every little church flourish so my last words are : "Cherish each other and cherish these very special churches".

Revd Margaret, Team Rector and Graham, Reader

STAY SAFE FROM COURIER FRAUD



Advice and tips to spot the scams

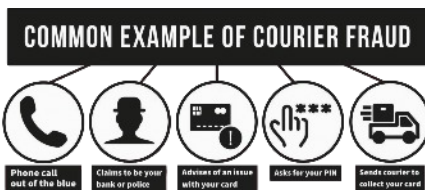
We are reminding people in Essex to be vigilant following reports that fraudsters are attempting to take advantage of the current climate by carrying out crime online and at people's doorsteps.

Sadly fraudsters will look to take advantage of any situation. This means tricking people into parting with their money and information, including posing as government officials, bank or other financial services employees by text message, online or by knocking at doors.

While we have only received a handful of incidents, it's important that people be mindful before handing over money or personal details.

Some simple steps you can take are:

- Do not assume or believe a call, a knock on the door or a deal online is genuine.
- Take five minutes before taking action and trust your instinct. If it doesn't feel real or genuine, it probably isn't.
- Challenge any calls, visits or messages you may receive.
- Never click on links and never divulge personal information – the police and government departments will never ask you for these details.
- If you receive any fake gov.uk/coronavirus messages, please report these to Action Fraud on 0300 123 2040.
- **Contact your bank immediately if you think you are a victim of a scam.**



Anyone with information should call 101 or report online at essex.police.uk
 You can also call Crimestoppers anonymously on **0800 555 111** or report information to Action Fraud by visiting www.actionfraud.police.uk

STAY AT HOME

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save lives

Stay Safe

Please keep up to date with government advice to protect the NHS and save lives
gov.uk/coronavirus

STAY SAFE AT HOME

Protecting and Serving Essex

Pastoral Ponderings

Dear Friends

By the end of this month I will have been here, as your vicar, for a year! Where does time go, and what an interesting year it has been. I have met so many wonderful people and I am sure there are still many more to meet. We have been welcomed into your villages and feel very blessed to be here. As well as being your priest, I am also enjoying the social side of life that is aplenty around the villages and pubs. Being able to get involved with the schools has been wonderful and a blessing too. All was going so well, with so much more to look forward to, but I was stopped in my tracks by the lockdown!

Lockdown may make us feel like our life has been put on hold. Perhaps it feels like the pause button has been pressed, or maybe it feels like you have had to change direction and find a new way of life. We have certainly had to find a new way to meet with family and friends and to do the simple things in life, such as shopping. And, perhaps the uncertain times have meant a change of plan for a significant event in your life or just for life in general?

One way to look at the positive is, I guess, to consider that life has been given a sabbatical (for some) and we are left with the opportunity to make new plans.

As I celebrate my first year here, we say goodbye to our rector Margaret who has been here in total for 15 years. Margaret has helped me to settle into parish life and shared some of her wisdom too, all of which has been greatly appreciated. I wish her and Graham well in their new plans and their adventure of retirement.

Whether we grieve for the past, for loved ones or for our hopes and dreams, there is one thing that remains constant and that is love. It is this love that will hold us steadfast as we move forward together, making new plans, being thankful for life and all that we missed during lockdown and mostly being mindful to continue to live in community with one another, looking after each other and our world as has now become custom.

I would like to leave you with these words that seem comforting at this time.

You are the people of God; he loves you and chose you for his own.

So then, you must clothe yourselves with compassion, kindness, humility, gentleness, and patience. And to all these qualities add love, which binds all things together in perfect unity.

Colossians 3: 12, 14

With prayers

Gill

Rev Gill Morgan

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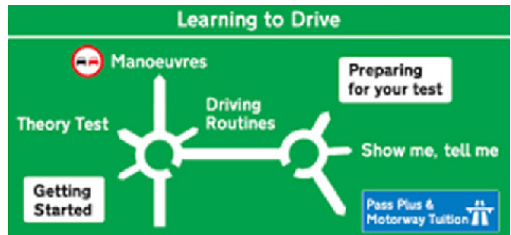
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HELP IDENTIFY THE NEXT BISHOP OF CHELMSFORD

How you can have your say

On 12 April 2020 Bishop Stephen Cottrell left his role as Bishop of Chelmsford after nearly a decade in post. Later this year he will become the Archbishop of York. We thank him for his huge contribution to our diocese and we will be praying for him and his wife, Rebecca, as they embark on a new chapter in their ministry.

The process is now underway to discern who God is calling to be the next Bishop of Chelmsford and, as part of that process, the diocesan Vacancy in See Committee want to hear what you think.

To produce the Diocesan Statement of Needs, the Vacancy in See Committee will be organising a diocese wide consultation, which will be open from 11 May to 4 July. We want as many people as possible to have their say, and we will be encouraging submissions from churches, groups and individuals. After the consultation is concluded, the Vacancy in See Committee will weigh all comments offered and prayerfully discern what should be included in the final text of the Statement of Needs. You can find out more about the process here <https://www.chelmsford.anglican.org/our-next-bishop>

When the consultation launches we will provide a series of questions to help people structure their thinking and to aid group discussion.

The Appointment Secretaries for the Archbishops' and the Prime Minister will also be holding meetings at the end of June and beginning of July with representatives of the Church and the communities we serve to hear people's views to inform their advice to the Crown Nominations Commission.

Somehow, we in North Hinckford need to hear what our people want so, when we get more info and advice from the Diocese, we may need to either email everyone out or hold some sort of Zoom meeting in order to take part in the Discernment process. Meanwhile here is a prayer we can all use

A prayer for discernment:

God of provision and care, discernment and knowledge:
lead us in your love, empower us by your Spirit,
and equip us with your gifts; give us hearts full of love for all people,
minds open to the signs of the times,
and wisdom to know how to respond to the voice of your calling;
We ask this through him whose coming is certain,
whose day draws near, your Son, Jesus Christ our Lord. Amen.

Revd Margaret King

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IN SICKNESS AND IN DEATH AT THIS TIME OF CRISIS

Some people, when they are ill or close to death, or after death wish to be anointed with Holy Oil. This oil is consecrated each year on Maundy Thursday by the Bishop in Chelmsford Cathedral and brought out for use in the parishes.

Obviously we cannot do this in person now. The clergy team can bring the consecrated oil to your doorstep where it can be collected. We can either stay to pray through a window or door, or phone through a prayer while a family member does the actual anointing.

Regarding funerals. Very sadly we cannot visit your home to make the arrangements so that has to be done by phone/email.

As yet we are not allowed to hold any services in church, but we can hold a short service of burial in the churchyard. Only closest family members should be present. We are more than willing to arrange Thanksgiving Services when our churches are opened again. We long and pray for the day when we can see each other face to face and give support in person, rather than remotely

The following information is taken from our two crematoria websites:

Currently attendance for funeral services is restricted to immediate family members only, with up to a maximum of ten mourners per service.

For those not able to attend, including the vulnerable, we are able to arrange webcasting services and offer this at a significantly reduced rate, so friends and families can be part of the service, without leaving the safety of their own home and we encourage you to speak with your funeral director to arrange this.

The Clergy and Pastoral Assistants are trying to keep in touch with the vulnerable and isolated by phoning, emails and writing letters.

Keep us, good Lord under the shadow of your mercy in this time of uncertainty and distress. Sustain and support the anxious and fearful, and lift up all who are brought low; that we may rejoice in your comfort knowing that nothing can separate us from your love in Christ Jesus our Lord. Amen

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After that date: Revd Paul Grover by email
paulgrover.pebmarsh@gmail.com



*During this time of uncertainty, you are invited to
join us in lighting a candle on Sunday evenings at
7.00pm as a symbol of faith, hope and prayer and to
remind us all that we are not alone.*



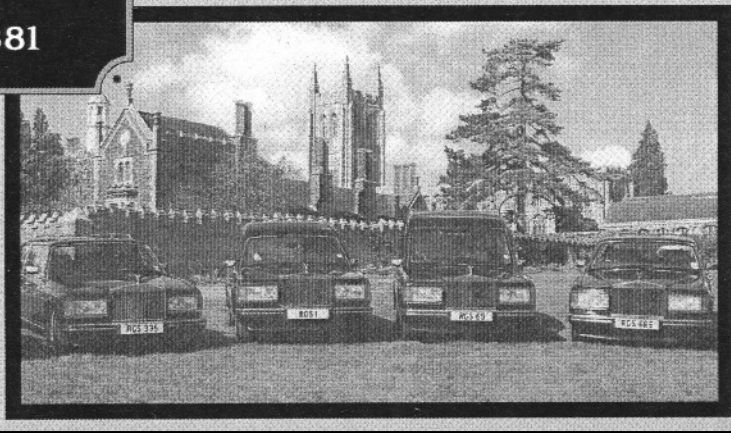
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PILGRIMAGE 2021

11th – 14th January 2021

Launde Abbey, Leicestershire

Bookings must all be in by 30th September



In 2019 I wrote:

“ The 2020 Pilgrimage will be my last before we retire, we are going to return to Launde

Abbey in Leicestershire from Tuesday 31st March till Friday 3rd April 2020. It is such a special peaceful place and I have lots of ideas of places to visit and people to meet, as well as building in time just doing nothing in gracious surroundings with very good food! Our theme will be The Annunciation: Mary’s “let it be!”. The cost will be around £300 and all rooms are ensuite.”

Obviously with Covid-19, everything changed just prior to our pilgrimage. So, I will have retired and will be returning to lead this as a Guest Leader rather than as your Team Rector.

Book in by sending a cheque made payable to North Hinckford Team Council for £50 to Fiona Slot Team Administrator at Hole Farm, Ashen Road, Ovington Sudbury CO10 8JX or contact her for internet banking details fi.slot@yahoo.co.uk 01787 277961. We just hope and pray that we will be allowed to go on pilgrimage by then.

Revd Margaret H King

Susi Morrow, long time resident of Liston, is a professional musician and accompanist. She gives piano lessons at all levels to both children and adults, and has taught piano at various schools, including the Guildhall School of Music & Drama and the Colchester Institute.

For more information about piano lessons or Soundbeam, contact Susi on 07753 292919
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Susi Morrow *ACSM*

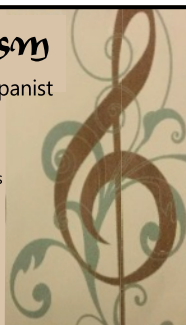
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FILM REVIEW BY ISOBEL CLARK

A Cock and Bull Story

DVD, 2005, 1hr 38mins, 15, UK Director: Michael Winterbottom
Steve Coogan, Rob Brydon, Gillian Anderson

This is a film about the attempt to make a film based on Laurence Sterne's classic *The Life and Opinions of Tristram Shandy, Gentlemen*, a clever and often hilarious tilt at the probably impossible. You might say that it is an English costume drama with a difference. The film, like the book, is a telling of the life of Tristram Shandy by Tristram himself, who makes comments on it at the same time, while introducing us to the members of his surrounding family. The chief of these, for me, is Uncle Toby, a peaceful and gentle man obsessed with recreating battles in the grounds of Shandy Hall, accompanied by his servant, Corporal Trim, while much is made of the wound in his groin that Toby suffered at the Siege of Namur. Then there is Tristram's father, Walter, who nearly christened his son Trismegismus, but was foiled by a servant who couldn't pronounce it. The film doesn't cover the whole book – I think that the chapter on noses was some way too far, but the film, like the book, leaps back and forwards in time, and in and out of the story, sometimes with Tristram and sometimes with the film crew attempting the impossible. I also think that we end with Parson Yorricke, played by Stephen Fry, though not with his death, marked in the book by a black page.

Steve Coogan plays Tristram, and also himself commenting on Tristram, and the father Walter, all beautifully, and Rob Brydon is a delightful Uncle Toby, one of my favourite characters in all fiction. It is a crazy experience, as it is a crazy book, but it is also delightful and well worth a watch. As the Master of the Queen's Music, Sir Arnold Bax, said, "You should make a point of trying every experience once, excepting incest and folk dancing."

Unable at present to go to the cinema, this is a film out on DVD.



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Foxearth Village Hall, School Street, Foxearth
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MY PLACEMENT IN LAVENHAM

by Helen Grover

In my second year of training for priesthood, one of the modules required me to go on a placement to another church. Not only did I go to another church but also to another dioceses. I spent the whole of Lent from Ash Wednesday through to the week after Easter with the benefice of Lavenham and Preston St Mary. Unfortunately, the lockdown meant some of this had to take place on line but, even so, I managed to gain valuable experience.

During my placement I attended and took part in services, staff meetings, Lent groups, toddler groups, zoom services and meetings, coffee mornings, and a service which included a visit from the Dean of Bury Cathedral. Being able to share the Gospel of our Risen Christ with Lavenham, and see everyone living out the Gospel filled by faith has been a real blessing. The Ministry Team, Stephen, Paul and Graham, welcomed me into their team with open arms and I thank them for sharing their ministry and knowledge with me. I have certainly gained a great deal of experience from them. Everyone welcomed me into the congregation and I have made many friends. I also bumped into Alphamstone's ex church warden, Charles, and his wife and shared a coffee with them. They send their love.

It has been really interesting to see how the different dioceses work, but also how they responded at the start of coronavirus and how they have worked differently under lock down, both within the guidelines of course.

Lavenham church is a wonderful building with great windows and is very welcoming. If you have never visited, I urge you to do so (after lock down of course). You will also find they have a book stall at the back of the church where people come from all over to buy books which create valuable income for the church. Preston St Mary's is also beautiful and very similar to some of our churches in size.

I thank Lavenham for making me so welcome, and continue to hold them all in my prayers

I am pleased now to be back with North Hinckford and I look forward to when our church doors can be flung open once again, and we can all be together to share worship, communion and friendship, celebrating our Risen Lord.

Helen Grover

CLUES ACROSS

- 1 Puzzle, sieve (6)
4 Cover - the chick out of the egg! (5)
8 "If be the food of love..."
Shakespeare Twelfth Night (5)
9 and 12 Moore,
Wonderful army veteran who raised
£33M for NHS charities last month
(7,3)
10 Highest mountain in Wales (7)
11 Footwear accommodating hose! (4)
14 Slow cooking method used for meat
(4)
15 Acknowledgement of error aboard
troopship! (4)
18 Short sleep, especially during day (3)
21 Sir Murray, British tennis
player (4)
23 Expressive in a beautiful way (7)
25 and 26 The
anniversary of VE day celebrated on
8th May 2020 (7-5)
27 Unit of measurement approx. 39.37
inches (5)
28 Ascertain fact from Felicity! (6)

CLUES DOWN

- 1 To be negligent, lack care (6)
2 Knock briefly tee total Doris out
of shape (7)
3 Prison protocol preventing people
leaving area - announced by HMG
23rd March 2020 (8)
4 Optimistic state of mind that
things will get better (4)
5 Cheat resolves to instruct! (5)
6 George Frederic German
composer 1685 - 1759 (6)
7 Aroma (5)
13 Sorrowful, expressing sadness (8)
16 Earth's largest ocean (7)
17 cab, early kind of horse-
drawn carriage (6)
19 Works of drama, comedy,
enacted in theatre (5)
20 Unfashionable - like ancient
headgear (3,3)
22 Bed top cover, originating in
France (5)
24 Leg joint (4)



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PRIZE CROSSWORD No. 247

This month's competition is general knowledge with a few topical references and the inevitable smattering of cryptic (!) clues. Entries to The Editors may lead to a bottle of wine being left on your doorstep!

Ken Nice

Entry of.....
 Add/Tel.....
 Email.....

1		2		3			4		5		6
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MAY WINNER PRIZE CROSSWORD 246

Oli and Jen Brown of Borley

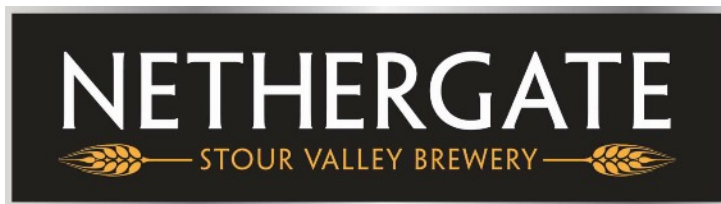
Congratulations, worthy wine winners

Prize Crossword No. 246 (May) Solution

Across 1 Dash, 3 Prime, 7 Xray, 8 Tourniquet, 9 Rind, 12 Californian, 13 Index, 15 Frost, 19 Amontillado, 21 Silo, 23 Reacquaint, 24 Twos, 25 Eddie, 26 Nile

Down 1 Detectives, Heroine, 3 Poirot, 4 Iguana, 5 Extra, 6 Vain, 10 Info, 11 Death on the, 14 Dial, 16 Relearn, 17 Inland, 18 Bisque, 20 Morse, 22 Iowa.

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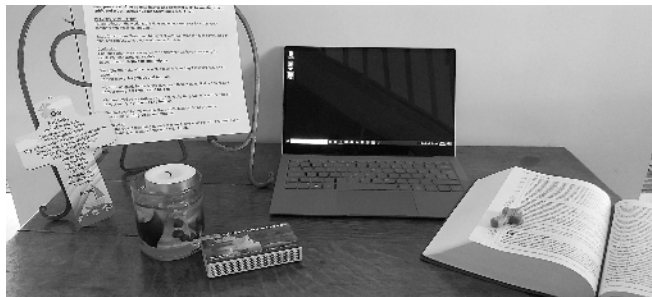
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HOW OUR WORSHIP HAS CHANGED DURING THE PANDEMIC

A Churchwarden's view

Here in our small very rural locations, we are getting used to our Sundays starting online rather than in our beautiful church buildings. It has been a huge strain on the clergy getting used to not being able to carry out services in church including weddings, baptisms and funerals which has been so distressing all-round. No one quite imagined it would go on for so long; there is currently no clear end in sight. Worship is, of course, not simply about being in a building, we can worship anywhere, and this is being put to the test as we push the boundaries. Pastoral care is having to be given in the most impersonal way, via telephone, online or on the doorstep at a 2m distance.

Churchwardens and all members of the lay team are missing getting their church ready for a service. Checking the hymn numbers, is the heating working, are there enough wafers, have you brought everything you need to make coffee after the service? But, on the plus side you don't have to worry if those doing the readings or the organist have turned up!



We are now adapting to church life online. All mastering new technical skills. Now instead of getting into the car and driving to church we are checking our laptops are charged and that we can locate the email invitation to the Zoom

service! Oh yes, and have we remembered to print out the service sheet?

Rev Gill has become the queen of YouTube, starting with short reflections, school assemblies and craft activities. We now enjoy a weekly service of the word from the Vicarage on YouTube. A really lovely way to start the day, a time to just be, whether watching in the kitchen, the garden, or any other room in your home. Some people are choosing to watch it later in the day, one of the benefits of online worship. Gill held a beautiful dawn service on Easter Day in the garden of the Vicarage when she was joined by the natural song scape of the dawn chorus, quite special.

Since Good Friday, Rev Margaret has been mastering the Zoom way of delivering a service, although the course of technology doesn't always run smoothly! We are all new to this, but week on week we are mastering it. Once

A Churchwarden's View continued...

we enter the service screen, we have a moment or two to say or wave our hellos. We have learned that the mute button is a most useful tool! We need it to eradicate an extraordinary range of background noise. It is good to see people from across the benefice worshipping together. I am sure we all have a quick look to see where everyone is sitting! Kitchens, conservatories, sitting rooms, studies have all been spotted, as have various cups of tea and coffee.

Whatever this pandemic throws at us, we will continue to worship in North Hinckford and we are so very grateful to our wonderful clergy team for all they are doing for us at this time, keeping us connected in ways they never imagined.

Zoom Service, Sunday 10th May 2020

Today we encountered a technical issue – we could not hear Rev Margaret! We could see her and Graham but no sound - many ideas of what might be wrong were offered. Graham wrote notes held up to the screen telling us all fixes had been tried to no avail! It was decided as time was going on that Rev Gill would lead the service. Gill stepped up to the plate starting with the lighting of a candle by Fi. The readings were beautifully read by Annie, Corinna and Terry. In the meantime, Rev Margaret had managed to access the service on her iPad and the sound was working! Hooray. The timing was perfect as she was able to deliver her own sermon, which she had to nip to the next room to collect. It was very heartfelt and poignant as she gets closer to her retirement next month. The service continued without a hitch (there was some background noise as people reading were 'unmuted', we definitely heard Morag, she must have wondered what all the toing and froing was all about! And, during a reading, there was a cat contentedly purring away! The service finished with the blowing out of the candle.

As a member of the congregation, we normally just see the Vicar and the backs of people's heads so it is fascinating seeing people during the service. Some drinking a cup of tea, others getting up and wondering around or leaving their screen altogether and then reappearing, some people don't seem to be able to adjust their screen correctly just giving a great view of their ceiling! But none of that matters, whatever the issues, it is great to get together in this way each week.

Following the service, we were able to have a bit of a noisy chat once the unmute button was pressed, finally lots of waving goodbye. We will all meet up again next week.

Fi Slot - Churchwarden, Ovington

Who knows what will be happening in June, but at least the garden is not out of bounds, and won't they be beautiful when all this is over. We, and they, will survive: after all, we survived the plague and that was a lot worse, with less medical help. The garden needs you!

- Fill in any gaps you are lucky enough to have in your borders with long flowering bedding plants such as Osteospermum or Cosmos.
- Delay the buying of shrubs and perennials until October, when planting conditions are better for establishment.
- Spray the trunks and crowns of tree ferns regularly, to stop them drying out in warm dry weather.
- Prune out green shoots on variegated trees and shrubs, or the whole thing will revert. The same for pure white or yellow shoots.
- Hoe regularly to control weeds and their seedlings. Don't allow perennial weeds to flower.
- Remove spent flowers from Euphorbias, and cut stems down to ground level, but beware the sap – use gloves to protect your hands.
- Sow spring flowering bedding plants, now that the soil has warmed up.
- Sow salad leaves and annual herbs such as coriander and dill.
- Harvest radishes, salad onions salad leaves, broad beans and early potatoes.
- Pinch out the tips on figs at the end of June, once shoots have made 5 leaves.
- Finish transplanting indoor grown vegetables, including aubergines, sweetcorn, courgettes and ridge cucumbers.
- Keep watering as the weather warms, especially new fruit trees, bushes, leafy salad crops and emerging seedlings.
- Thin the fruit on young or heavily bearing fruit trees, to improve the fruit size and quality.
- Regularly pinch out the side shoots on cordon tomatoes, and ensure they are well supported.
- Start the summer pruning of gooseberries, shortening the current season's growth back to 5 leaves, and take out any growth affected by mildew.

There is still a week or two to do your Chelsea Chop, and it really does improve the late summer garden in that flowers bloom for longer, though later, and it prevents plants from flopping. Always a good thing.

National Lost Sock Day 8th May



A Special Day Celebrating All Your Lost Socks

Of course, this is very much an unofficial holiday, but why shouldn't your lost socks be remembered? Let's face it we've all got a pile of odd socks lurking in the back of the sock drawer. Some of us even like to make a big thing about wearing them. But, does anyone know where all the other odd socks go?

Who Decided there should be a National Lost Sock Day? Hours have been spent pondering the origin of this quirky celebration and, so far, nobody seems to know. But does it really matter who thought of the idea? It's a great one, whoever it was.

How National Lost Sock Day was celebrated There are no tried and tested ways to celebrate, and no recognised set of rules for the day. But, everyone came up with their own ideas. Many people wore a pair of odd socks in remembrance of the socks that are missing. Some families organised a treasure hunt with the ultimate prize being a matching pair of socks. When searching for them failed, various ways of using the odd ones were devised. Did you know they make great ties to use in the garden and fabulous hand puppets. Odd socks also make great cleaning cloths and dusters.

At the end of the day, there was a moments silence in honour of all the lost socks. After all, they made the ultimate sockrifice.

Kelvin Hastings-Smith - with thanks to Michel Turner

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Being in lockdown due to the Covid-19 pandemic has certainly concentrated my efforts solely on the farm, with no outside distractions like the rugby and football season, which I normally juggle my time to fit in. So, there have been many of those jobs getting done, which would often be put on the back burner for when we get time.

It has also been handy in that, with no school for Holly, no 6th form for Amie and Chloe being furloughed from her job at the Half Moon, as well as Rebecca, Thomas' girlfriend, who has been furloughed from her job at a vets in Bury and has been with us since lockdown began, there have been many hands, which make light work, as the saying goes, of those jobs. It has given everyone something to do during the last 9, or is it 10 weeks, as I have lost count ?



Creosote by the gallon has been applied to fences around the farm and it would be fair to say, with general maintenance and a good spring clean, down to the girls' hard work and effort, that the farms are looking a lot tidier.

I bit the bullet as to whether to wait for rain before I attempted to drill a field with canary seed, a new crop we are trialling. I could be waiting longer than we have been in lockdown, so we got on with it a couple of weeks ago and, as I write this on 19th May, it is through and growing way above my expectations, especially considering how dry it is. Our seed bed preparations and consolidation, to preserve what moisture we had, has, so far, paid off but we are now in need of good steady rain to help everything along.

Also on the arable front, we have been getting on with fungicide programs on the wheats and barleys. The winter barley has had T1 and 2, the wheat has had T1, and 2 will follow shortly. The spring barleys should get its first treatment in the next couple of days. All in all, considering the season we have had so far, things aren't looking disastrous.

I would have liked to have drilled our wild bird feed plots by now but am worried about getting them established as it is exceptionally dry. So, I have been round the plots spraying off the weeds to clean them up

When driving between Foxearth towards Cavendish you may have noticed some patches of sprayed off parts of Barley, a 3 hectare block behind Foxearth Hall Barn being the largest area. The reason for this is that, because of the wet autumn, we were unable to get on some crops to spray with a residual working chemical to hold off blackgrass. To prevent this becoming a bigger problem next season, we took the decision to spray off areas with a high BG population so it doesn't become worse going forward.

... continued Down on the Farm

Onto the sheep enterprise; we have around 120 lambs off the 64 ewes we have and, so far, they are growing on nicely and looking well.

We sold the last 19 of last seasons lambs into Colchester market a couple of weeks ago at a decent average of just under £60 a lamb, the best of the bunch reaching £75 with a bottom price where one made £25.



Again, we sold several lamb boxes to our regular, loyal customers, some as far away as Norwich, which gives us confidence that we are doing something right, or at least fingers crossed we are.

Thomas, myself and the big chief, Peter, have been busy putting up a perimeter stock fence by the bridle path that runs by our river meadows for a little more security to keep wandering sheep in when they suss out the electric fencing - another joy of sheep husbandry!!!

Peter has been busy clearing one or two ditches on the farm to help with drainage, and where water gets held up and floods the grass meadows down by the river at Street Farm. He has also put in new gateways that will help moving the sheep around the place.

Over the next week or so, this season's lambs will receive their final vaccination for clostridial diseases and we will be regularly weighing and assessing their growth and development. When they reach around 16 weeks, they will be weaned off the ewes.

The next big job on the sheep will be when our shearing contractor, Benn, comes in and takes their fleeces off. In the meantime, we have treated them with fly to prevent fly strike and will keep a close eye on them.

So, spring is in full swing and summer with harvest approaches. How the time flies ... even in lockdown !!

Simon



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SPRING AT FOXEARTH MEADOWS NATURE RESERVE

Andy Jowitt writes:

There's a lot that hasn't happened this spring: our planned open air worship, school visits, art and nature days, our regular conservation work parties, and more. But individual volunteers have been coming separately to mow paths, fill bird-feeders, tend young hedge plants, deliver home-made bat boxes, small mammal tunnels and bug hotels ... the list goes on. Meanwhile, the Steering Group has been meeting fortnightly on Zoom for catch-up and prayer for the reserve.

And, spring has happened. The blackthorn blossom was followed by the pussy willow; then the hawthorn and the snowstorm of fluffy willow seeds. Now elder is in flower, reeds and rushes are growing tall and lily pads are appearing on the surface of the ponds.



Migrant birds have arrived: martins, swifts and swallows across the Med from Africa and all sorts of the warbler family, which reminds me that I must make more effort to learn their different songs as they are so hard for amateurs like me to identify by sight as they flit into reeds and trees and bushes.



Hairy Dragonfly

Dragonflies and damselflies are emerging from their watery life as nymphs. Four-spot chasers have been climbing out of their exuviae by the Big Pond and I've been watching Hairy dragonfly ovipositing (egg-laying) nearby. Azure and Red-eyed damselfly have been easy to spot doing the same, all hooked up with the male and female in tandem.

And yes, people have come. Although all organised visits have been off, we've had lots of local people find their way to the reserve on their statutory exercise allowance, and enjoying its peace and beauty. I've chatted to people (socially distanced, of course) who last came for the official opening three years ago, or who learned about it through local social media; young adults furloughed at work and families with young children, not used to Mum & Dad being off work at the same time and deciding to get out and be close to Nature.

Photographs by Albert Butcher

SEASONAL RECIPE

SALMON AND ASPARAGUS TART

Serves 6

Taken from www.deliciousmagazine.co.uk

Ingredients

375g ready-rolled short crust pastry	Bunch of asparagus
Flour for dusting	100ml double cream
Knob of butter	200ml half-fat crème fraîche
1 onion, finely sliced	2 free-range eggs, plus 1 egg yolk
1 tbsp olive oil	1 tbsp Dijon mustard
2 skinless salmon fillets	Handful of fresh tarragon leaves, chopped

Method

1. Preheat the oven to 200C/fan 180C/gas 6. Roll out the pastry a little more on a lightly floured surface to fit a rectangular fluted 31cm x 21cm tart tin. Line the tin with the pastry and prick the base all over with a fork. Chill for 15 minutes in the fridge. Line with baking paper and baking beans or rice, then blind-bake for 10 minutes. Remove the beans/rice and paper, then return to the oven for a further 5 minutes until golden brown. Set aside and turn the oven down to 180C/fan 160C/gas 4.
2. Meanwhile, melt the butter in a non-stick frying pan, then gently fry the onion for 10 minutes until lightly golden. Set aside.
3. Heat the oil in the frying pan over a medium heat, then fry the salmon fillets for 2-3 minutes on each side until just cooked. Set aside to cool a little, then flake into pieces.
4. Blanch the asparagus in boiling water for 1 minute, then drain and refresh in cold water. Set aside.
5. Whisk the cream, crème fraîche, eggs and egg yolk in a jug. Season well and whisk in the mustard. Scatter the onion and fish over the tart case, along with the tarragon, then pour over the cream mixture.
6. Lay the asparagus spears down the length of the tart case so they are partially submerged in the cream mixture, then bake in the oven for 30-35 minutes until just set.

BORLEY EVENTS - IF LOCKDOWN IS UNLOCKED!

Sunday, 9th August - Summer Afternoon Tea at Borley Village Hall

Saturday & Sunday, 3rd & 4th October - Art Exhibition at Borley Church

Friday, 16th October - Borley Harvest Supper at Borley Village Hall

The New Normal?

Much has been written since we all entered 'lockdown', about how things will return to the 'new normal'. But, what will the new normal look like?

Queueing will certainly be back in fashion. The lines at the Supermarkets have diminished a wee bit, but waiting times in the queue are still reasonably lengthy. At the moment queueing is not unpleasant, we have nice weather, but that will not last going into and through winter.

Online grocery deliveries will become increasingly popular. Supermarkets are already geared for this increase in demand by buying more vans, and employing more delivery staff and 'order pickers' in store. Thinking about it, we seem to be going back 60 years to the days before the supermarket when home deliveries by the butcher, baker and grocer were the norm, and queueing at the deli counter a matter of course.

What about cash? Recent experience suggests that cash transactions will be few and far between. Nearly all retail outlets will only accept a credit/debit card, shun cash and probably no longer carry sufficient cash to make change. I remember writing about 'cashless societies' in a past issue of Parish News, and foreseeing that we would go the same way as some Scandinavian countries. Needless to say, there will be an increasing loss of bank branches. Already under review by the nations banks, expect to see a stronger push to get everyone to bank online.

Travel is another area of change but less predictable. There are four modes of transport to consider, public transport, cars, trains and air travel.

In our villages we have not been best served with public transport for several years, (so no change there!) unless there is investment in buses for rural areas little will change. Cars are a tricky issue. With the pre-covid push for greener fuels in cars, this is likely to continue. Petrol is very cheap at present (99 pence a litre at time of writing). Will that encourage more petrol guzzling motorists, or will the cleaner air and birdsong of the lockdown persuade us to move to electric cars now?

Train travel should be the way to go but, with the ever present risk of spikes in infection rates, people may not have the confidence to take a train, even if carriages are limited to 30% capacity. It will be the chaos at terminals that will put people off travel.

Finally, what about air travel? We have all seen the gloom from the airline industry and how air travel is unlikely to recover until at least 2023. On the

... continued *The New Normal*

holiday/budget airline front, it will all be about confidence in the airline keeping passengers safe and the destinations doing the same. However, what if there is a pandemic spike and aircraft are grounded and borders closed - it has been enough of a nightmare getting travellers home during lockdown! Many air travellers will be put off by the inevitable increase in airfares.

Business travel, the mainstay of airlines, is likely to change drastically. Over 20 years ago when Skype was but an embryo and becoming a tool to cut down on business travel, not many businesses embraced it. Inevitably companies were persuaded that face-to-face meetings were essential and Skype was left to gather dust and serve only the household community.

Zoom has transformed the way in which we all communicate with each other. Zoom, Teams and Skype for Business have seen boom times and shown that face-to-face meetings for business are things of the past. The knock on effect, of course, is there will also be little need for large (or any) offices from which to do business - employees will work from home. Twitter have already announced that its employees will always work from home in future. What will happen to those office blocks?

If working from home with electronic communication tools, there has to be fast and reliable broadband.....hopefully coming to a street corner near you!

The high street landscape will be transformed, even the retail parks. Large online warehouses will become the norm. Amazon, Asos, Next et al will open many more of them throughout the country. But, this may also herald the rebirth of the independent shops and specialists outlets to take up those faceless, dowdy looking empty shops along the high street. One can hope.

There are going to be many changes, some of which are really going to impact on our enjoyment of a life once had - attending concerts, music festivals, theatre, sporting events. How is that going to work?

Yes, the 'New Normal'! In the words of Louis Marchesi we will all need to "Adopt, Adapt and Improve".

Kelvin Hastings-Smith

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IMPORTANT DATES IN JUNE:

7th June - National Fish and Chip Day

17th June - Neighbours week

18th June - International Picnic day

20th June - Summer Solstice - longest day

21st June - Father's Day

25th June - Leon Day (US) - 6 months to Christmas!

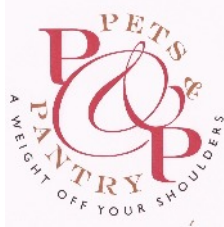
CHANGING THE MESSAGE - time for a chuckle!

The government came under fire for changing the slogan of coronavirus advice from 'Stay at Home' to "Stay Alert" but the message in respect of social distancing remains the same.

A diary entry in The Times recently, concerned a report of a Downing Street Twitter account in which advice was being suggested for unschooled children about how to measure the equivalent of two metres. '1 bed, 2 benches, 3 fridges, 4 chairs.' All straightforward and understandable for a preschooler.

There was also a report from Kenya on a government information poster which gives advice on how to measure two metres social distancing. "Social distancing means keeping a lion's length between you and other people. But don't use an actual lion. Keep at least four elephant lengths between you and an actual lion. But don't use an actual elephant either."

Kelvin Hastings-Smith



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Annabel by Kathleen Winter is a very different work of fiction. This novel is set in Labrador, evoking detailed descriptions of life in a tough Canadian province reliant on fishing, hunting and trapping to earn a living. Occasionally, residents will leave for a ‘better’ life in St Johns or New Foundland, or take an even bigger step to Boston USA. Life appears hard, trappers and hunters can be away from home in the wild for up to 6 months of the year, leaving family at home.

In the late 1960’s Treadway and Jacinta Blake celebrate the birth of their new baby but all is not as it seems. Only the baby’s parents and a trusted friend know that the baby has been born an hermaphrodite. The novel follows the life of this infant, who is unaware that he/she is so different from others, into adulthood. Although there is rarely any talk of the complicated issue between the parents, each in turn has their own thoughts about how this infant’s life will develop.

Treadway involves the infant in ‘manly’ pursuits, whilst Jacinta takes a gentler course. Meanwhile, the infant is oblivious of the significance of his physiology, but realises that feelings experienced do not necessarily sit well. School is a challenge although there is minimal bullying. There is only one close friend, Wally, a girl keen to become a classical singer. Together they share a summer in a home-made den on the lake by their homes. Tensions in the Blake household are raised which have dire consequences for the children.

There is a medical crisis and the child is admitted to hospital where the full extent of the intersex is revealed. When the child graduates from High School he leaves home and settles in St Johns where the life lived is open to abuse, confusion and prejudice.

Kathleen Winter won numerous Canadian literary awards for this novel and was also awarded the 2010 Governor General’s Award. On the strength of this book, the subject matter and her pitch perfect description of life in a harsh environment she was a worthy winner.

Hermaphroditism is very rare in humans, the choices made at birth will have far reaching consequences which Winter has aptly dealt with in this novel. One cannot help but consider the parallel with the transgender issues of today and the changing attitudes of the last several decades.

An absorbing read and an ideal book for bookclubs - much to discuss!

Redemption - From Iron Bars to Iron Man by John McAvoy with Mark Turley is an interesting read, although I opened the cover with some antipathy towards McAvoy.

John McAvoy was brought up in south London and was, apart from his mother, surrounded by a hardened criminal family. His father, step father,

...continued A Good Read

Uncle and numerous cousins are involved in organised crime of some variety, mostly armed robbery. It was not long before young John decided that school was not for him and, at 16, bought himself a sawn-off shotgun.

Armed robbery of security vans was a common feature of life before the turn of the century, rarely off the front pages of Britain's tabloids. In the 70's, 80's and 90's these robberies were likely the work of the greater McAvoy family.

This autobiography tells of McAvoy's life of crime, his incarceration, his double life sentence, and his extraordinary rehabilitation and release into the community on Licence. At 18 in 1998, he had already been arrested in relation to five armed robberies and successfully prosecuted for one. He was sentenced and served time at Feltham Young Offenders Institution. On his release he went to live in Spain and ran drug dealing operations in the UK and Holland. He enjoyed the life of an ex con in the Spanish Costa's.

Eventually, on his return to Britain to attend the wedding of a friend, he was persuaded to help out his stepfather in an armed robbery on a post office van. He was arrested, tried and convicted, and received a double life sentence which he served in HMP Bellmarsh where he was designated a double category 'A' prisoner and moved to the High Security Unit.

After several years, he is transferred to an open prison where he forsakes the life of crime and takes up static rowing on Concept2 rowing machines. Through his dedication to a life without crime, he managed to achieve three static rowing world records while in the open prison.

He was released on Licence when he was still only 28 and, from there, part 2 of his story begins. He is determined to become a professional athlete and trains for Ironman competitions.

This is a true story of rehabilitation. A great insight into the life of a secure prison regime, and the life of an athlete training to be the best in the world.

By way of a change I have read **How To Be Right.....in a world gone Wrong by James O'Brien.**

O'Brien is a broadcaster with LBC talk radio and is one of the most successful phone-in hosts in England. His book is a commentary on the various popular topics that have been aired on his show in recent years. These topics range from Brexit, LGBT, Islam and Islamism through political correctness, and Donald Trump.

The commentary is the platform for transcripts of the many calls he has received and shows the differing opinions and rationale of people. At times hilarious and at others astonishing, this is a book to dip in and out of rather than read in one session. The format becomes a bit tedious but it is entertaining.

There was jubilation in your editors' household on Friday, when a postcard was delivered. Not any old postcard. But, a postcard advising when our green bin would be collected. You would have thought we had won the lottery!

Earlier we had read the advice from Braintree District Council indicating that postcards had been sent out and if we had not received one, then it was the fault of Royal Mail! BDC also helpfully reminded us that, as Royal Mail no longer has Saturday deliveries, post could be delayed. Talk about passing the buck! But, well done Royal Mail for brightening our Friday.

The old adage that 'the mail must get through' was never more appropriate than when hearing the story of the 80 year delay of a letter written by a Suffolk Regiment serviceman on the beach of Dunkirk awaiting his evacuation, which sadly did not arrive.

As troops wrote to loved ones and family, Harry Cole penned a letter to his mother. Sadly, the postal van containing the soldiers' letters was abandoned on the beach and a German officer picked out a bundle of letters from the van as souvenirs of war. For 30 years the correspondence was tucked away in his attic and later passed to the British Embassy which, in turn, forwarded them to the Suffolk Regiment museum in Bury St Edmunds.



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A museum staff volunteer tracked down, and identified Harry Cole's family (two surviving brothers) and the letter, which Harry had written to his mum, was finally delivered.

Suffolk Archives have put the letters on line to mark the 80th anniversary of Dunkirk's evacuation. The letters, 41 in total, are written by Harry Cole, Harry Ling, Jack Payne, Leman Martin, Fred Minns and Reginald Dearsley, among others.

To access the letters go to suffolkarchives.co.uk. Once in the site, follow the link to 'Display on Line' and then to 'with love from Dunkirk'. This is a fabulous exhibition and you will find yourselves looking at other materials available in the various categories.

Kelvin Hastings Smith

What did we do.....?>

by Ken Nice

What did we do in the lockdown,
We thought that we should have a plan.
The weather was hot and sunny,
So we thought - and acquired quite a tan.

The garage is pretty untidy -
The cobwebby shed brings a frown.
But what do we do with the rubbish
If the municipal tip is locked down?

We could get old piano duets out,
They've been many years in the stool.
Performance will not be that easy
If distancing still is the rule.

What did we do about shopping.
As vulnerable we were confined
To our house, for goodness knows how long;
So we joined the brigade of onlined.

The technique was not really taxing,
The basket was easy to fill.
Pictures that showed one the offers
Which added of course to the bill.

What did we do on those days
When nothing was coming by cart.
We relied on some friends from the village,
So willing, resourceful and smart.

We missed seeing family for birthdays
But Zoom allowed us to meet.
We showed them the usual candlelit cake
Which took us a whole week to eat!

As the weeks pass we're still thinking
How much longer can this lockdown be?
And as we adapt we fervently hope
That no one has mislaid the key.

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