

LOOK OUT

THE PARISH MAGAZINE FOR
ALPHAMSTONE, LAMARSH, GREAT & LITTLE HENNY
MIDDLETON, TWINSTEAD AND WICKHAM ST PAULS



JUNE 2020

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Scribbles 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's 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 mandging39@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. So 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 now are "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, 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. Fêtes, 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 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, they are Mally Graham, Susan Langan, Lena Chandler and Rosemary Branwhite. Lena Chandler and Frances Atwood became 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 stood down 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 knew they were there every month playing at Alphamstone. The Liston Singers, Bulmer choir and 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 6:30 am in Lamarsh with a visit from the hunt and a farmer's 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's 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 lockdown 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



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 and so 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

Dear Friends,

Help Identify the Next Bishop of Chelmsford

On 12th April 2020 Bishop Stephen Cottrell left his role of 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. A diocese wide consultation will be open from 11th May to 4th July.

Submissions are welcome from churches, groups and individuals. When the consultation launches a series of questions will be provided to help us structure our thinking and to aid group discussion.

After lockdown, we hope to be able to organise a group discussion for our church communities so that we can have our say. The discussion will inform a submission to the consultation on behalf of our church.

You are of course welcome to submit an individual response, if you wish. You can find out more about the process here: <https://www.chelmsford.anglican.org/our-next-bishop> You will notice the web page also includes a prayer of discernment which we are being encouraged to use as we embark on this important period for our diocese. Please also find a copy printed below. If you have any questions, please do get in touch.

With every blessing,

Revd Gill Morgan

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.

If you have any questions about the consultation or would like further information about the process,
please visit the website [chelmsford.anglican.org/our-next-bishop](https://www.chelmsford.anglican.org/our-next-bishop)
or email nextbishop@chelmsford.anglican.org.

How you can have your say

To produce the Diocesan Statement of Needs, the Vacancy in See Committee will be organising a diocese wide consultation. 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.

The consultation opens on 11th May and will end on 4th July.

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.



Daily Hope offers music, prayers and reflections as well as full worship services from the Church of England at the end of a telephone line.

The line - which is available 24 hours a day on **0800 804 8044** has been set up particularly with those unable to join online church services during the period of restrictions in mind.

In my second year of training 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.

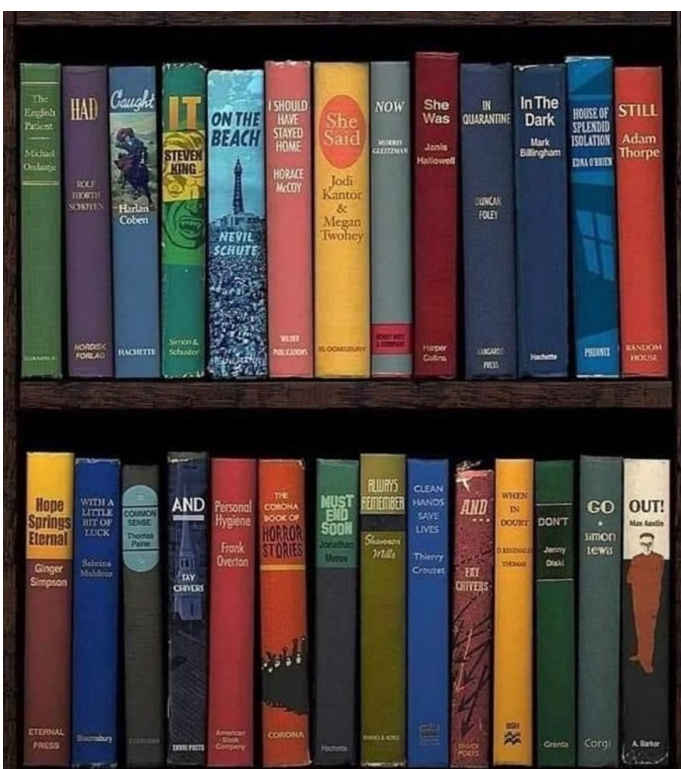
During my placement I attended and took part in services, staff meetings, Lent groups, toddler groups, Zoom services and meetings, coffee mornings, and a service which included a visit from the Dean of Bury Cathedral. Being able to share the Gospel of our Risen Christ with Lavenham and see everyone living out the Gospel filled by faith has been a real blessing. The Ministry Team ,Stephen, Paul and Graham, welcomed me into their group 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 corona virus and how they have worked differently under lockdown, both within the guidelines of course.

Lavenham church is a wonderful building with great windows and very welcoming, if you have never visited, I urge you to do so (after lockdown 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 creates valuable income for the church. Preston St Mary's is also beautiful and very singular to some of our churches in size.

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

I am pleased to now be back with North Hinckford, 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.



Now for a smile!

Read the titles from top left onwards Arranged by a librarian.

How our worship has changed during the pandemic

Fi Slot, Churchwarden, Ovington

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 2 metre 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 printout the service sheet?

Revd Gill has been 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. She was joined by the natural song scape of the dawn chorus, quite special.

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

Today's Zoom Service, Sunday 10th May 2020



Today we encountered a technical issue - we could not hear Revd 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 Revd 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 Revd 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 mattered, 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.

This poem has been 'doing the rounds' and was sent to the editor because we thought it should be enjoyed by all. Translations, if needed, are available on the web, or alternatively ask one of the local Scots!

Tae a Virus

Twa months ago we didna ken yer name or ocht about ye
But lots of things have changed since then, I really must salute ye
Yer spreading rate is quite intense, yer feedin like a gannet
Disruption caused, is so immense ye've shaken oor wee planet.

Corona used tae be a beer - they garnished it wi' limes
But noo it's filled us a' wi' fear, these days are scary times
Nae shakin hauns or peckin lips it's whit they a' advise
But scrub them weel richt tae the tips that's how we'll a' survive.

Just inside the hoose ye bide, nae sneekin oot for strolls
Just check the lavvy every hour and stock-take yer loo rolls
Oor holidays have been pit aff, noo that's the Jet2 patter;
Pit oan yer thermals, have a laugh and paddle 'doon the water'.

Canary isles no for a while, nae need for suntan cream
And a' because o this wee bug we ken tae be...19
The boredom surely will set in, bit have a read or doodle,
Or plan yer menu for the month wi' 95 pot noodles.

When these run oot, just look aboot, a change it wid be nice;
We've beans and pasta by the ton and twenty stane o' rice
So dinny think yell wipe us oot, aye, true a few have died,
Bubonic, bird flu and TB, they came, they left, they tried.

Ye might be gallus noo ma freen as ye jump frae cup tae cup
But when we get oor vaccine made, yer number will be up.

William Sinclair, head gardener on a large Ayrshire estate

. . . and this was spotted in the latest Progressive Christian Network newsletter

"I have never really got into mindfulness; I have been on various courses and know it works for others but it has never really struck a chord with me. Until I watched my daughter helping me bring the washing in.

I pass the washing from the line to her and she in her infinite 19-month-old wisdom selects the precise spot within the washing basket where the item needs to go. A tiny pair of leggings here, a pair of socks there. When the washing pile gets too high in the basket I ask her to squash it down and she considers her task before attacking the previously perfectly piled washing with great enthusiasm. She squashes and squashes letting out little huffs of exertion as she does so. When she is finished she looks at the compacted washing, smiles with satisfaction and then wanders off.

Toddlers are great at mindfulness and being in the now, they are utterly focussed on their task and pay attention to each and every detail of it until it is completed to their exacting (and unfathomable) standards. From her I learn that each task has a value of its own and that I should pay attention to it, not divide my mind between things. This is easier said than done when one has many different roles that often require attention at the same time. Although that is the lesson, these things may all ask for my attention at the same time but I can only really focus on one and accomplish it to the best of my ability.

The wandering off though is the point at which the lesson on mindfulness ends and I need to move from being mindful to being watchful because as every toddler knows, everything is better with added mud, even the washing.

Sarah Guilfoyle, PCN Administrator



What's the idea behind Square Meals Delivered food boxes?

Square Meals is a Not for Profit community venture. Working with and to help support local businesses, each Square Meal's food box provides two people enough fixed basic food items to create healthy meals for three days.

Rather than have to queue up at supermarkets, you place your order by phone and we'll deliver your boxes to your home safely, complying with social distancing measures.

When you place your order we'll ask you if you would like to donate and pay a little extra which will allow us to provide food to The Sudbury Storehouse Foodbank who are helping those in need.

What's included in the square meals food box?		
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40 TEA BAGS	GAMMON JOINT	ONIONS ½Kg
COFFEE, SMALL JAR	TINNED SOUP x 2	CARROTS ½Kg
½ DOZ EGGS	PASTA SAUCE JAR	500g PASTA

All weights are approximate.

Some items are subject to availability and we may need to change them for something similar.

£33

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Alphamstone



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June 2020

Alphamstone News

By the time you read this we'll be into our third month of severe restrictions on our movements because of the corona virus pandemic, and still with no idea what the 'new normal' will turn out to be. Wonderful weather has lit up what could otherwise have been unendurable cabin fever, and everyone I speak to declares their gardens have never looked more beautiful and well-tended! In some ways, given good health and a network of support, many people have found solace in the slower pace and gentle routines of this enforced change in our habits. When freedom eventually beckons, will we hurtle back into the mad world of 'before', or try to take some of what we've learnt about ourselves forward into a calmer, simpler future?

Meanwhile it seems there's still a way to go on our straight and narrow path, and of course there's no news of forthcoming events to tell you about, so here's a little quiz to pass the time. Some easy, some not so easy, general knowledge questions, and no prizes, just for fun. And if, despite careful cross-checking, I've got any of my research wrong, I apologise now. The answers are at the end of the magazine (seeing as how I have no diary page at the moment! Ed.)

Just a word before I go - "shemomechama". It's a useful expression, which might come in handy during this time of raiding cupboards and binge-eating through boredom. At the very least it's comforting to know that someone else has done this so many times that it's worth the Georgian people actually having a word for it.

Roughly translated it means 'I've suddenly realised that, rather embarrassingly, somehow, I've eaten it all...'

Learn another lockdown word next month!

Desmond Bridge writes:

Village Hall: Sadly, we have no concrete news as to when and how the Village Hall might be re-opened, but through Helen, our Secretary, we are in constant contact with the authorities in order that we will be ready to go when the time comes. The loss of the Fête obviously creates a hole in our balance sheet, however we were well placed when lockdown started to be able to cover the ongoing costs such as insurance, servicing of appliances, etc. (and, of course, the Chairman's salary!)

St. Barnabas: I am out of earshot here, but I'm told that those lucky folk at the Lower Green end of the village were able to hear the bells being rung to celebrate the VE Day 75th Anniversary. Roger and other bell ringers only got clearance to do so from the Bishops with hours to spare. My spies tell me that Roger's ringing rounded off with a ripple of rapturous applause - try saying that after your second pint. Very sadly, it seems that the church itself may still have to remain closed for some time. The Bishop of London recently felt that we should not get our hopes up before the end of the year. The good news, however (and we all like a dose of that) is that our church is still thriving in other ways. Whatever you like to label it, as I see the growth of caring, sharing and looking after others is what Christianity is all about. We are part of the benefice Zoom services on Sunday mornings and a goodly number of Alphamstonians are joining in, although regrettably because of the technology a number who would like to do so are excluded. If anyone needs details of this please get in touch with me.

Lockdown Quiz

- 1 In the 18th century, what garment (which you might recently have been wearing more often than usual) was known as a banyan?
- 2 In Italy, who would study at the Istituto Magistrale?
- 3 Which author created the fictional county of Barsetshire?
- 4 What's the name of the lightest type of sherry?
- 5 Rimsky-Korsakov was a leading member of the Russian group of composers known as The Five, or The Mighty Handful. Can you name the other four?
- 6 In 1914 the Caribbean and the Pacific were first linked by what?
- 7 Which two of these East Anglian artists share a birthplace : John Constable, Maggi Hambling, Alfred Munnings, Thomas Gainsborough, John Nash?
- 8 What are dabberlocks, furbelows and peacock's tail types of?
- 9 Which words appear on the George Cross?
- 10 The kowhai tree has clusters of small yellow flowers. Of which country is it the national flower?
- 11 The 1940s were the zenith of the 'big band 'era. How many players were / are the minimum needed for an authentic big band; 10, 16 or 21?
- 12 The followers of which religion believe that the Emperor Haile Selassie of Ethiopia was the Messiah?
- 13 Plato was the teacher of which famous pupil?
- 14 In computer use, what do the initials 'https' stand for?
- 15 What is gymnophobia?
- 16 Three 20th c. women writers created famous literary detectives & made homes in East Anglia; Marjorie Allingham (*Lord Peter Wimsey*) lived for many years at Tolleshunt D'Arcy; the other two each had houses in Southwold. Can you name them?
- 17 Which is the oldest tower within the Tower of London - The Bloody Tower, The Beauchamp Tower or the White Tower?
- 18 How old was Judy Garland when she appeared in *The Wizard of Oz*?
- 19 In the 1950s the vaccine Jonas Salk had developed was first used against which disease?
- 20 What are the terms for a baby platypus; a baby squirrel; and a baby turkey?
- 21 What was the name of the piano-playing dog in *The Muppet Show*?
- 22 Who is the patron saint of lost causes?
- 23 What blood relation was Prince Albert to Queen Victoria?
- 24 When T.E. Lawrence returned from Arabia he tried to become anonymous. Give either of the false surnames he adopted.
- 25 Which river flows through the city of Limerick in Ireland?



FIND US

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CONTACT US

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12:00 to 3:00 & 5:00 to 9:30

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12:00 to 9:30

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GOOD TO KNOW

Dogs are welcome in the bar and lounge area. Children are welcome in the restaurant until 8:00pm.

For visitors with mobility issues, there is flat access to the front door and the bar and a fully accessible toilet. There is one small step between the bar and restaurant, which we have a ramp for if needed.

Great & Little Henny

June 2020



“Henny Ladies” - meetings have ceased for the time being. We look forward to when we can resume getting together for our enjoyable monthly meetings.

Magazine Contact

Stella Bixley 269317

Henny Parish Room News

Address: Henny Parish Room, Clay Hill, Great Henny. CO10 7NL

Registered charity no. 301315

Tickets or information: Stella 269317 or Karen 269814

Also see our Facebook page - <https://www.facebook.com/pages/Henny-Parish-Room/788850521144073>

Henny e.newsletter -

Contact hennynewsletter@gmail.com to subscribe to receiving regular village updates during this time via the Henny Newsletter.

Please do let us know if you need shopping or medication collecting so we can ask someone to do that for you.

Thank you to those volunteers who have offered to help neighbours who are self isolating. This will be very much appreciated in the coming weeks, especially as lockdown has been extended.

Email hennynewsletter@gmail.com or mandgking39@hotmail.com

or phone 269507 if you need assistance

Henny Fete and Duck Race 2020

In light of the current COVID-19 situation, we are sad to announce that this year's Henny Fete and Duck Race is cancelled.

This has not been an easy decision, but we felt that even if restrictions are lifted in the next few weeks, it is likely that government will still not allow large gatherings for a long time to come.

We do hope everything will be back to normal next year.

Shopping online?

Shop online via Easy Fundraising and you can raise funds for **Henny Parish Room** at no cost to yourself.

Just go to www.easyfundraising.org.uk

Search in "Find the cause you want to help" located at the bottom of the page for **Henny Parish Room** and then there are clear instructions to follow from that point explaining how to proceed.

When shopping online please do consider signing up and help support **Henny Parish Room**. It really is very easy!

Henny Parish Room Lottery

1st prize - £35, 2nd prize - £20, 3rd prize £15

Results of the May 2020 Henny Parish Room Lottery Draw

1st prize - 7

2nd prize - 117

3rd prize - 131

The Henny Parish Room Lottery raises vital funds to maintain Henny Parish Room for our community.

Tickets are just £1.00 each and you can hold as many as you like.

If you would like to join the Henny Parish Room Lottery just contact us by e-mail, phone or speak to a committee member and we will send you an application form.

E - mail hennyparishroom@gmail.com or ring 07939 243 631
or 01787 269 595

In aid of Henny Parish Room funds

Garden Clippings

The garden has been a great help to us during this time of lockdown, providing a calming environment and a place to enjoy the fresh air and knuckle down to tasks whether it be weeding, mowing or pricking out seedlings, there is always something to absorb oneself in.

A pair of swans have now built a nest in the reedy mere on the island. We were doubtful this was going to happen but delighted when construction began. It is a laborious task with reeds having to be pulled up and painstakingly assembled to create a large raised structure. Reeds and other vegetation need to be continuously added during the nesting period as the lower level turns to mulch and sinks in the damp environment. No eggs so far. The swans are very partial to the emergent weeping-willow leaves and nibble away at the level they can reach of the trailing branches, leaving bare twigs at an even height all round.

We have two or three families of ducklings. The surviving broods are few in number but the ducklings seem to be thriving. A duck brings her three ducklings up to the terrace outside our kitchen window for the food we provide followed by a drink and a quick swim in a tray of water nearby. It is so amusing watching them tuck into the food then all clambering into the water tray. A step had to be provided initially but now they can access the water with ease. Mother duck sits nearby as they entertain themselves. On colder days they tuck themselves under her wings for warmth.

We have been waiting to hear the melodious song of the reed warbler in the garden. On the 2nd May we heard them in two locations. They return to the dense stands of bamboo each year and their fabulous song bursts forth and fills the air. Spring has truly arrived! We have heard the cuckoo but to date no sign of swallows, swifts or martins. Our small flock of sparrows seems to have disappeared. We are not sure why, perhaps a better food source elsewhere or due to predation, though the later is not explained by the abundance of chaffinches, goldfinches and greenfinches still present.

A small common lizard was spotted sunning itself on a leaf in a border close to our front door. It seemed unperturbed when we walked past. We discovered the discarded skin of a large snake on the island, probably a grass snake as we do see them from time to time basking in the sun on warm days.

We have planted a clump of dark blue camassia on the bank of our water garden. They do look impressive and the bees enjoy them too. They provide a lengthy flowering period as the flowers progressively open up the stem.

Elsewhere one of our wisteria, with a double mauve flower is in full bloom, filling the courtyard area with a delicious perfume. The white wisteria on the pergola is covered in flower buds and we eagerly await the spectacle to come. It really is magnificent and a joy to walk beneath the racemes suspended from above.

We are always on the lookout for scats around the garden which gives us a good clue as to who is visiting. Having not seen any evidence of hedgehogs for some time, we were feeling rather despondent. However, we recently spotted fresh hedgehog droppings! They are still with us, albeit in a different area of the garden. We were concerned as we do have regular visits from badgers but given the abundance of other food sources we are hopeful they will leave the hedgehogs alone.

Across in the meadow the first pinpricks of yellow are appearing as the buttercups start to make their vivid entrance. A meadow full of buttercups is a fabulous sight. In the distance, there is a froth of white May blossom delineating the route of the branch line.

I have been trying to identify the wildflowers as they emerge in the area of lawn we are leaving uncut. Nothing particularly unusual so far but we have had several Lady's Smock / Cuckoo Flower (I prefer to use the common names) a food plant of the orange tip butterfly caterpillar. Ground ivy, common mouse-ear, Jack-by-the-hedge, plantain, dandelion, buttercups and daisies. The area is busy with bees and butterflies, which is exactly what we intended it for.

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Contact
Stella Bixley 269317

Lamarsh Village Hall

This beautiful building in a picturesque rural setting is available for hire.
The hall benefits from gas central heating and off-street parking.
Tables, chairs, cutlery and crockery for hire too.

All enquiries to
Fiona Adedoton on 01787 228707 or
<https://www.lamarshvillagehall.com/contact>

TWINSTEAD VILLAGE HALL

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Enquires: Grace Weavers 269689

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Wickham St Pauls Village Hall

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Enquiries to

Sandra O'Sullivan: 269255



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Lamarsh

June 2020

Lamarsh Notebook

VE Day Celebrations in Lamarsh

A view from Alphamstone Road

Helen Morgan

With thanks to Ian Gibbs and Lee Ivatt for circulating the British Legion's suggested schedule for the day

Alphamstone Road was well decorated with Union Jacks and bunting - April Cottage and Newmans Farm were spectacular. Nigel and I sat outside Orchard House with our tea table and the window open to allow music to drift out - Bells across the Meadows (Ketelby) seemed appropriate as we had just heard the big bell at Shrubs Farm and the church bell being rung. We drank tea for a very pleasant interlude while neighbours strolled by and stopped to chat (at a suitable distance). Eric Coates' Knightsbridge March seemed suitably joyful.

I paid a visit to Lee's WWII truck, displayed, with its very interesting history, outside April Cottage. The 1969 film, The Last Bridge of Remagen (about the battle for the Ludendorff Railway bridge in Germany in 1945, in which the truck played a part) sounds well worth seeing. As I left the lorry, I heard its siren sounding - a salutary reminder of what it was that we are remembering.

I got back to Orchard House in time to hear the last part of the CD - Eric Coates' Dambusters March - a stirring piece of music, inspired by a courageous act by Bomber Command, but which brought about horrendous tragedy for so many Germans. It seems to me very significant and welcome that this year, for the first time, Germans in Berlin celebrated yesterday too, after the city of Berlin decided to declare 8 May a new public holiday for "not only the defeat of Nazism but the rebirth of democracy."

Later on, passing Andrew and Penny Marsden's house, I was treated to the 1939 RAF song Lords of the Air (Jack Hylton and orchestra) on his beautiful 1930s gramophone (made in Braintree).

Musing of a Local

Janet Penfold

Since hubby Penfold and I have been home-alone we have suffered three appliance failures. First was the washing machine which failed to register any sign of life. A doting daughter advised us to drag it out of its slot and flick the power switch off and on. And hey presto! It worked!

Next to fail was the vacuum cleaner (given to us several years ago by the same doting daughter.) When switched on, nothing could persuade it to suck up dust or all the insects that had sadly passed away on our rugs and carpets. The machine was rushed away to another family member, and was returned in working order.

The third failure was that of our sound system. Hubby Penfold found a loose wire which he repaired.

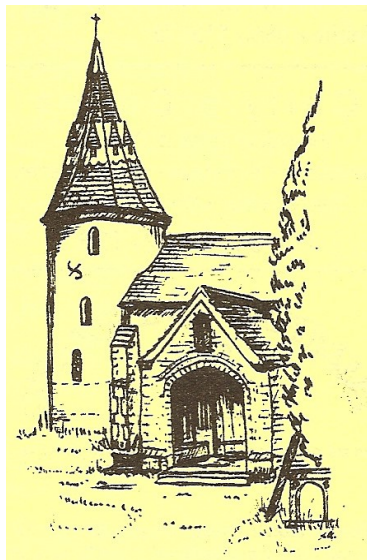
In the grand scheme of things these minor difficulties are of no consequence. We pray for a healing process to overtake our present bleak landscape.

We have two very modest ponds which have been invaded by two desperate ducks. They shower in the smaller pond and swim in the larger, churning up the water and frightening the newts and snails. They make a forlorn couple as they search for a nesting site to raise a family. The wife in desperation laid an egg in the middle of our drive!

We also have two bronze ornamental ducks made from used car parts and christened Rolls and Bentley. The desperate ducks ignore them.

I spend most of the day working in the garden which I love, and walking in our beautiful countryside.

I trust that all Look Out readers are well, and coping with the lockdown.



Magazine Contact

Bret & Rosemary Johnson 227988

bretuk89@yahoo.co.uk

What About Running a Nature Reserve?



I hope that Daws Hall and its grounds will be familiar to most of you. The time has now come to announce some planned new developments here. The schoolroom, converted from my old garage over forty years ago, is now no longer fit for purpose. Plans are therefore afoot for us to commission a new state of the art building, further away from the house. Also, on a personal note, having run the nature reserve since its creation, the time has come for me to hand over the reins to someone else, and spend more time in the garden.

Our Trustees are therefore looking for a full-time General Manager to start work towards the end of this year or early in the new year. The successful applicant must

- Have a passion for and knowledge of wildlife and the environment
- Have experience in managing and leading people or teams, and running projects
- Be proficient with computer skills

Daws Hall Trust, a Charitable Incorporated Organization (CIO), exists to educate and inspire people to value the environment. The successful applicant must therefore have the ability to communicate their passion, enthusiasm and knowledge to all visitors to this wonderful place.

The compensation package will comprise a competitive salary, with a bonus scheme linked to funds raised.

Applications can be made now, in writing, with your CV together with a brief account of why you are the ideal person for this role. Details of time and place for interviews of prospective candidates will be announced in due course.

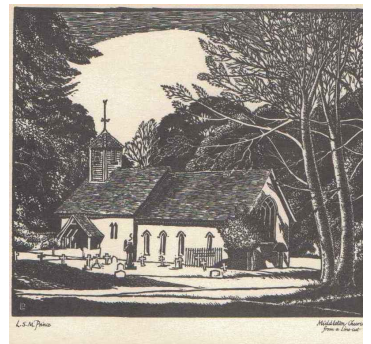
This is a once in a lifetime job for the right person. If you know that person, do please bring this notice to their attention.

Major Iain Grahame
Daws Hall
Lamarsh
Bures CO8 5EX

E-mail: campione@dawshall.com
www.dawshallnature.co.uk

Middleton

June 2020



Magazine Contact

Jude Johnson 582 559
judev11@hotmail.co.uk

From the Churchwarden's Pew

The church is closed but we still get visitors. As we're not allowed to go into the church the flower ladies have been decorating the porch with arrangements each week to show our church is still active even though not open. Next to the letter of explanation about the closure posted on the church door is a notebook inviting those passing by to record a message. There have been a number of people, especially those who are taking advantage of the lockdown to go for walk, who are discovering the church for the first time. There was a special display at Easter with Easter Chicks and eggs plus an abundance of spring flowers from hedgerows and gardens.



Easter 2020

On VE Day at 7:00 pm our solitary bell was rung 75 times. Fortunately having only having the one bell we didn't face the dilemma of some tower teams of which bell to ring. Bunting and flags appeared as from nowhere decorating the porch, post box and village notice board.

The "to do list for the churchyard tidy" on the church notice board has the vast majority of the suggested items for attention completed. Many thanks to all those who gave their time and effort which has resulted in a significant improvement to the church environment. However the enjoyment of our normal Saturday working party with coffee and biscuits and the mutual satisfaction of completing a task together was missed.

Celebrating the NHS and key worker on Thursday evenings has become a feature of life in Middleton and many families come out to make a noise by clapping, banging pots and ringing bells. Some have even performed mini concerts with various instruments and 'sing alongs' - suitably socially distanced of course. As we are at the top of the hill looking over to Sudbury and Cornard we also hear their celebrations drifting across the valley to us.

Just a reminder as we are all too aware at this time of great difficulty for many families there is great demand on the Storehouse food bank. Please support it as much as you can. If you are unable to get into East Of England Co-op, Tesco, Sainsbury, Waitrose or Ipswich Building Society collection points, Storehouse are able to accept donations of money and as a registered charity the donation can be gift aided.

Details are on their website or give them a ring on 07973 710905

Finally from me, some good news - our PPC Secretary, Gill Davidson and her husband Ian, are now proud grandparents for the first time. Their daughter Jess gave birth to Laurence on Sunday 3rd May. Our congratulations and best wishes to the parents Jess and John.

Goodbyes

June brings a note of sadness as we say goodbye to Margaret and Graham King. They have brought such love, joy and humour to our villages. We thank them for all they have done over the years and wish them health and happiness in their new home.

Ladies Circle



Lockdown: By the time you read this, I hope the worst is over and that you have been able to meet up with friends and relatives again. It has been a very difficult time and I know that life has changed for many but in the words of a song - look for the silver lining.

In this case, the silver lining must be that we have come together to help each other and make new friends, parents have been able to spend more time with their children and the weather has been really kind to us. Think how much worse it would have been if we had had to queue in the rain and had not been able to get out into our gardens.

Going out for our daily walks we have really noticed the changes to our glorious countryside and have had time to listen to the birds and insects.

Let us hope we can meet at the church at 2:00 pm on July 14th, even if we have to bring our own flask and biscuit and sit 2 metres apart!

Thoughts from abroad

I received an email from Frances Porter who was an earlier village magazine contact for the Look Out magazine. She forwarded to me the following thoughts from Françoise Miquel, the daughter of Georgette Miquel, (who lives in Grenoble, France) who was the pen pal of Joy Chinnery of our village. I have included them here as they are her thoughts:

“During the great Covid-19 pandemic lockdown I have been thinking of places of which I had treasured paintings. Among them I chose Windermere water colour, remembering Wordsworth 250 years since his birth (1770-2020). Wordsworth has struck root so deep into this glorious country, Lake District, one feels it to be a region of rather delightful residence.

Thoughtfulness and reflection are required to respond to loneliness. Solitude, isolation, loneliness contain different emotional states from anger to sadness, from grief to hope. In self-isolation recalling such beautiful Lake District scenes may help us pull through.

In his most famous poem “I wandered lonely as a cloud . . .” Wordsworth’s sense of wonder and nature in her beauty can help us get through lockdown.

Quiz

I hope you enjoyed the quiz from last month and are ready to take on Part 2.

Here are the answers to the first part, as promised:

- | | | | |
|-----|------------------------|-----|------------------|
| 1. | Honesty | 13. | Leek |
| 2. | Violas | 14. | Primula |
| 3. | Harebells | 15. | Basil |
| 4. | Coltsfoot | 16. | Wallflowers |
| 5. | Mexican Orange Blossom | 17. | Iris |
| 6. | Plumbago | 18. | Brussel Sprouts |
| 7. | Ragged Robin | 19. | Virginian Stocks |
| 8. | Crocus | 20. | Solomon’s Seal |
| 9. | Broom | 21. | Honeysuckle |
| 10. | Walnut | 22. | Primrose |
| 11. | Red Hot Poker | 23. | Catmint |
| 12. | Snowdrop | 24. | Japanese Anemone |
| | | 25. | Narcissus |

So how did you get on? Are you brave enough to tackle Part 2?

Part 2

1. A race of vehicular people
2. Should be worn on Remembrance Sunday
3. Fell over on the way to milking!
4. Quadruped garment.
5. Profoundly wise man
6. Red is a popular colour for these on St Valentine's Day
7. You might associate this vegetable with James Bond films
8. Material used by a feline basket maker, perhaps
9. Could be useful at night in Beijing
10. The orderly universe
11. Conceal a lone horseman
12. This brassica sits alongside an upmarket London hotel
13. "C" before homes for "Bs"
14. It fills the cavities of your bones
15. This large cat's a bit preoccupied with his own appearance
16. Sheep tend to wander around in these
17. It's a popular paint colour in many homes
18. Not one of the younger plants around
19. He's a very friendly lion
20. A Scandinavian native
21. Tiny Tim tiptoed through these
22. Death knell for Thomas a Becket, perhaps
23. Often referred to as the butterfly bush
24. Frugality
25. Ooh la la! What nice rubber gloves!

Answers will appear next month. Good luck!

Twinstead



Magazine Contact

Cathy Redgrove 269097
cathy.redgrove@btinternet.com

June 2020

Twinstead Village Improvement Society

We felt it was worth repeating the following message.

“The A.G. M. of the Society due in April has been cancelled until further notice because of the Corona Virus emergency, and also the committee have decided to defer all monthly draws of the village lottery until the crisis is over. No collections will be made to avoid personal contact.

To those of you who are in credit the committee assure you your money is safe. When the crisis is over we will make the backlog of all the monthly draws that were missed on the first available Friday that it is safe to do so. This means that there could be at least three to four draws in one go and there will still be the same number of draws annually.

Collections will commence again as normal. The committee take this opportunity to wish all our players well during the crisis.”

However further to this statement the committee have decided there will be no further expenditure from funds until we have met our legal responsibility to pay all lottery winners first, especially as no further funds are currently coming in until collections have started again. Mary, Carol, Sandra and Brian

Twinstead Village Hall Management Committee

We have received notification from William Drake, Treasurer of the Parochial Church Council, that the request for a renewal of the lease for the Village Hall, as the old one had expired, has been forwarded to the Diocese for action and we await a copy in due course. The Hall will remain closed until further notice and I would like to thank David for continuing to cut the grass when required, and Mary and Grace for keeping an eye on the inside of the hall.

We wish everyone well during the Corona Crisis.

The Committee

Twinstead AED

The unit is ready to go if needed.
Fingers crossed it is never used.
Always remember to ring 999 before doing anything else.

Congratulations!

In unusual times for our country Tom and Kate O’Brian have blessed this village with a baby boy called Freddie. We send them all our best wishes and please shout if you need anything (apart from sleep)!

Revd Margaret's Retirement

We are incredibly sad that Margaret and Graham are leaving in June. Margaret has been the most wonderful vicar over the past 15 years and we will miss her enormously. She has done so much for our parish in her pastoral care and ministry. She has introduced new, wonderful services, taken weddings and funerals and attended endless fundraising events. She is a bright light wherever she goes and she has guided us in both sad and happy times. We want to say a huge, big thank you for all the hard work she has done and to wish her the happiest retirement. It is so sad and disappointing that we can't give her and Graham a farewell party but we send our love and thanks and hopefully they will come back and party when this lockdown is over.

Henrietta & Lizzie
On behalf of the Twinstead PCC

Church Noticeboard

We now have the most wonderful new noticeboard by the lych gate to St John's churchyard. David Tooth has kindly made it during this lockdown. It has a fabulous brass name plate and it looks incredibly smart. We now need some notices to put up and although the entrance now looks very inviting we need to be able to enter our church! A huge thank you to David from everyone in Twinstead.

Spring Ducklings



Having the name Drake always provides amusement and this Spring has been no exception as we started to notice two drakes on our lawn every evening and morning. They were also sometimes on the roof of the coach house and on our roof. We couldn't think why . . . then our little dog, Scrumpy, kept barking up at the clematis on the corner of our house. I looked in and saw, to my amazement, a duck sitting on a nest at eye level! She obviously had two admirers but which was the prospective father . . . ? In the sunshine one afternoon as we were sitting outside in the glorious sunshine there was a sudden kerfuffle and down flew mother duck and one by one the little ducklings dropped down onto the drive. Another one and another and another. In the end there were ten ducklings. Mother duck kept going away and then coming back as another one landed. She finally had her cluster and carefully, crouching down led them under the hedge. We opened our back gate and they went through it, down the footpath and into the edge of the Hall's garden. We followed them and then they were gone. We just hope they made it to a pond and are still

living but who knows! It was a wonderful moment for all us Drakes to witness and very cheering in this worrying time.

Day 50 of lockdown 10 random takeaways thus far:

We're SO grateful for the beautiful space we have in Twinstead and we'll never EVER take it for granted!

There are virtually no planes flying overhead which is visual confirmation the world has slowed down . . . for now.

We're quite a fit village - lots of people (and dogs) taking to the lanes and footpaths on bikes, on foot and even on a scooter (BN)

Necessity is the mother of invention and we're getting creative . . . we've re-purposed things we've found in our monumental clear outs, tapped with commitment into the local suppliers who deliver or offer a pick-up service, created a 4-hole golf course in an old horse paddock and created some unusual concoctions with wild garlic . . . we're generation 1/ version 1 in experimenting and exploring.

Whilst we pause and re-focus our lens, we consider what's going on in the world that's important but largely unnoticed . . . making sure we don't sleepwalk through life! And we're learning to be together apart . . .

Something we'd only ever attempt as we navigate the 'new normal' . . . a 'Nappuccino': the art of downing a coffee as you settle into a power nap (between 15 and 20 minutes). The hit of caffeine coincides with end of the nap so you wake refreshed AND bursting with energy!!

Losing yourself in a box set of something is definitely a worthwhile activity: The Office (US Version of course) all seasons, all episodes, often back to back late into the night . . .

The broadband in Twinstead is WOEFUL!!!!!!!!!!!!!!!!!!!!!!!!!!!!

Consider this quote from Barack Obama: 'We've seen all too terribly the consequences of those who denied warnings of a pandemic. We can't afford any more consequences of climate denial.' . . . definite food for thought.

It makes your heart soar when every Thursday at 8:00 pm, we hear cheers, ship bells (thank you Drakes) and clapping all around us as people thank the key workers and the NHS . . . a testament to the power of the Twinstead Community.

And now for a treat!

Here's my brownie recipe for when you take the time to create something deliciously indulgent:

370g caster sugar
80g cocoa powder
60g flour
1 tsp baking powder
4 eggs beaten
250g butter melted
2 tsp vanilla extract
200g dark chocolate buttons (optional)

Preheat oven 160c / 315f / gas 2-3.

Using the melted butter and a bit of the flour from the ingredients, grease and flour a baking tin (approx. 9x12").

Mix the top 4 ingredients together in a large bowl.

Then mix in the melted butter.

Once mixed, add in the beaten eggs followed by the chocolate buttons, if using. You can do all of this by hand easily.

Put into prepared tin and cook for approximately 30 minutes.

When the mixture has puffed up and no longer 'jiggles' too much it's done.

The trick is to take them out just before you think they're fully cooked.

When cooled and cut into brownie bites, freeze them . . .this ensures the goinness!

Lizzie Flower

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- Smoked Mackerel Terrine** served with dressed leaves and hot toast  except bread £7.95

The Main Event...

- Black Tiger Prawns in a Tomato Concasse**, cream & coriander sauce with basmati rice  £18.95
- Locally produced 10oz Rump Steak** with field mushrooms, onions, roasted vine tomatoes served with hand-cut chips and chef's salad  £18.95
- Roast Rump of Lamb**, bubble & squeak, celeriac puree and a mint & redcurrant gravy  £16.95
- Grilled Sea Bass Fillets** with lime and prawn butter and new potatoes  £16.95
- The Famous Victory Inn Steak & Ale Pudding** with creamed potato and fresh vegetables £14.95
- Aubergine, Courgette and Fennel Parmigiana** with a crisp herb salad & skinny fries  £13.95
- Chef's Special** – stir fried strips of steak with red onions, chilli and garlic served on a bed of hand-cut chips  £15.95
- Pan Fried Lamb's Liver** with bubble & squeak, pancetta crisps & a red onion & Merlot jus  £14.95
- Sirloin Steak** with a red onion, mushroom and brandy sauce  £20.95
- Crispy Beer Battered Fillet of Cod** hand-cut chips, mushy peas, tartare sauce £13.95

Side dishes

Freshly made Onion rings £3.95 each

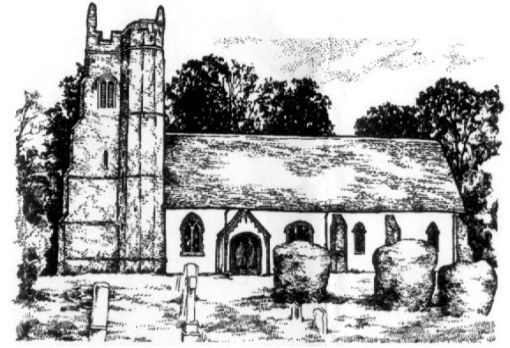
Peppercorn or Stilton sauce  £3.95 each

Don't forget to check out the specials board!!!

Desserts: See Sweets Board

 - Gluten Free - (Please let us know if you are Gluten Free)

Wickham St Pauls



Village Contact

Susannah Goodbody		269250
	gdby@goodbodys.net	
Village Hall Chairman:	Martin Cooper	269236
Village Hall Bookings:	Sandra O'Sullivan	269255
W.I. Contact:	Pam Nuttall	267854
Parish Clerk:	Diane Jacob	

07907 631172

June 2020

Church Services for June

Still none - and we are so sorry.

Owing to Coronavirus, there will be no church services until further notice. However, if you would like to join in a service via Zoom on Sundays at 10.00am please contact the Revd Margaret King beforehand for further details.

Funerals will be for family members only.
Please look at the Church of England website for further information.

The Reverend Margaret King

It is with a sense of sadness that we have to say Goodbye to Revd Margaret who has served as our Vicar and then Rector for the past 15 years. Margaret has a natural gift of reaching out to people whether they would call themselves churchgoers or not. As well as the usual Sunday Services, Weddings, Baptisms and Funerals, she has introduced some more unusual services such as the Pet Service and even a Car Blessing Service! Unfortunately, due to the current Coronavirus lockdown we are unable to give her the send off we would have liked. Margaret and Graham will be sorely missed but we wish them all the best for a long and happy retirement. We very much hope that in the future she will be able to come back to Wickham to take a service.

Post Office & Library

Post Office: Monday, Tuesday, Thursday 9:00 am – 1:00 pm in the Village Hall
Mobile Library: No word yet about its return to the village.

Looking Forward – *in the hope it can take place!*

Friday July 10th Evening concert in the church

Looking Back

V.E. Day Celebrations

The virus didn't get the better of us and our village roads and lanes were festooned with flags and bunting. The weather was perfect, clear skies and at over 23°C, one of the warmest days this year. More importantly, our residents were out in force celebrating and catching up (at a safe distance of course) with neighbours and friends. Tom Broderick did a sterling job of playing the pipes, making the day even more special. He marched proudly,



followed closely by a Mr. Jones lookalike (Dad's Army), from the Victory Inn, down all the roads and lanes, taking rousing cheers and refreshments along the way.

A special thanks to Pip Morton and family at Rosedene, for kick starting the street party and creating the enthusiasm that spread through the village. Their children's collage was excellent, well done.

It was a great day and fingers crossed, we will have another party for V.J. Day on Saturday 15th August.

Derek

Wickham Lottery

Congratulations and a cheque for £25 goes to Juliette Newton who is the holder of No. 47, which was the bonus ball for the May draw.

This and That

Wickham Dog Show



Due to the current situation it is with much regret that this year's dog show will not be taking place. I hope to resume next year and maybe late spring will be a good time to hold this event.

Susan Read

Covid-19 - Use of the village Defibrillator located outside the Victory Inn

Whenever CPR is carried out, particularly on an unknown victim, there is some risk of cross infection, associated particularly with giving rescue breaths. Normally, this risk is very small and is set against the inevitability that a person in cardiac arrest will die if no assistance is given.

The first things to do are shout for help and dial 999.

Our village defibrillator is regularly checked and is fully functional for use on adults and children. The instructions are easy to follow, so stay calm and don't panic.

Resuscitation Council UK Guidelines 2015 state "If you are untrained or unable to do rescue breaths, give chest compression only, CPR (i.e. continuous compressions at a rate of at least 100 - 120 a minute)".

Because of the heightened awareness of the possibility that the victim may have COVID-19, Resuscitation Council UK offers this advice:

Recognise cardiac arrest by looking for the absence of signs of life and the absence of normal breathing.

Do not listen or feel for breathing by placing your ear and cheek close to the patient's mouth. If you are in any doubt about confirming cardiac arrest, the default position is to start chest compressions until help arrives.

Make sure an ambulance is on its way. If COVID-19 is suspected, tell them when you call 999.

If there is a perceived risk of infection, rescuers should place a cloth / towel over the victim's mouth and nose and attempt compression only CPR and early defibrillation until the ambulance (or advanced care team) arrives. Put hands together in the middle of the chest and push hard and fast.

Early use of a defibrillator significantly increases the person's chances of survival and does not increase risk of infection.

If the rescuer has access to any form of personal protective equipment (PPE) this should be worn.

After performing compression-only CPR, all rescuers should wash their hands thoroughly with soap and water; alcohol-based hand gel is a convenient alternative. They should also seek advice from the NHS 111 Coronavirus advice service or medical adviser.

Paediatric advice.

We are aware that paediatric cardiac arrest is unlikely to be caused by a cardiac problem and is more likely to be a respiratory one, making ventilations crucial to the child's chances of survival. However, for those not trained in paediatric resuscitation, the most important thing is to act quickly to ensure the child gets the treatment they need in the critical situation.

For out-of-hospital cardiac arrest, the importance of calling an ambulance and taking immediate action cannot be stressed highly enough. If a child is not breathing normally and no actions are taken, their heart will stop and full cardiac arrest will occur. Therefore, if there is any doubt about what to do, this statement should be used.

It is likely that the child / infant having an out-of-hospital cardiac arrest will be known to you. We accept that doing rescue breaths will increase the risk of transmitting the COVID-19 virus, either to the rescuer or the child / infant.

However, this risk is small compared to the risk of taking no action as this will result in certain cardiac arrest and the death of the child.

Here is additional advice relating to COVID-19 given to us by Alan Smart of AJS First Aid Training Services, for which we gratefully appreciate his continued support.

- Shake patient's shoulders in the normal manner and ask "are you alright".
- If no response, call 999 and inform the service of what is taking place and that the patient may have COVID-19, follow their instructions.
- Check Danger, make sure area is safe to proceed.
- Do not check air way or breathing.
- Wear Gloves.
- Use a towel or similar to place over nose / mouth.

When carrying out chest compressions air is released through the nose and mouth in droplet form, thus possible spread of infection, in this case COVID-19.

More information is on the Wickham St. Pauls Parish Council website:

www.e-voice.org.uk/wickham-st-pauls

Also . . .

<https://www.resus.org.uk/media/statements/resuscitation-council-uk-statements-on-covid-19-coronavirus-cpr-and-resuscitation/covid-community/>

Historical Nature Trail

Most of you have no doubt realised that the Historical Nature Trail noticeboard has been installed just opposite the pub, close to the seating area on the Green. Also, around the duck pond in the trees are bird boxes and on the shelter itself, you can see bug boxes for bees and butterflies. I think the pond looks lovely having had a haircut - we can now all enjoy looking at it. And I think the ducks, moorhens and Canada geese would agree too! I would like to see some more planting around the duck pond but I have been unable to explore this quite yet.

Historical leaflet maps have also been printed and can be obtained for a small monetary donation via the Farm Shop once lockdown has been lifted and normality resumes. Thanks to Ray and Frosty for allowing us to distribute the booklets from there. There are numerous people to thank for their advice and expertise over the course of this project - thank you to our conservationist, Steve Barnes, Danny from Maestro Tree Services and to those volunteers who assisted with clearing the pond area in the first instance.

Special thanks must also go to Bruce Ronaldson and Glynis Hughes, our resident artists for their amazing noticeboard artwork, to Pat Revell for letting me view her daughter's historical account of the village and to Bethany Rippingale, our historian, who assisted me no end and who propped me up when the going got tough.

I must finally sincerely thank our generous sponsors - as well as receiving a micro grant from Essex County Council, sponsorship was gratefully received from Kevin Mckane from The Victory Inn and Peter R. Trew Ltd, Bespoke Building Services.

I hope you enjoy reading the noticeboard and that the leaflet maps give you further insight into this beautiful village.

Bev

Parish Council News

Our last meeting was on the 26th May and was our first visual meeting, (oh the wonders of technology). A summary of the minutes will be in July's issue, however they are posted on notice boards and on the website and if you would like a hard copy, (also available in large print or Braille), please let our Clerk know: Mrs Diane Jacob, tel: 07907 63 11 72 or e-mail: wickhamstpauls@hotmail.com

Belchamp Morris

We're still in lockdown and disappointed that we can't dance out yet because of the Coronavirus. Besides our usual festivals and fêtes, we were planning to tour Care Homes in Sudbury to entertain, (or some might say punish), the residents. That is on hold and maybe we can do it next year. They do say "the best -lain plans of mice and Morris men often go awry". And on that note, I digress to give you a bit of culture. From Robert Burns' poem 'To a Mouse', 1786. It tells of how he, while ploughing a field, upturned a mouse's nest. The resulting poem is an apology to the mouse:

But, Mousie, thou art no thy lane	[you aren't alone]
In proving foresight may be vain:	
The best laid schemes o' mice an' men	
Gang aft a-gley,	[often go awry]
An' lea'e us nought but grief an' pain,	
For promised joy.	

Now back to the plot... . . . We hope that the lockdown will end soon, in which case we may be able to attend the Summer Solstice at the Hawkden Queen on Sunday 21st June, do come and join us if it's on.

Look us up on belchampmorrismen.co.uk email us at: info@belchampmorrismen.co.uk

Flag Flying Programme

31 st to 1 st June	Battle of Jutland	White Ensign
2 nd	Coronation Day	Union
10 th	Birthday of the Duke of Edinburgh	Union
12 th	Official celebration of Her Majesty's birthday	Royal Standard
14 th	Falklands Liberation	Falklands
15 th	Signing of the Magna Carta	3-lions
18 th	Battle of Waterloo	Union
21 st	Birthday of the Duke of Cambridge	Union
24 th	Armed Forces Day	Union

The St. George flag will be flown most of the time in between other appointed flags.

The W.I. flag will be flown on the second Tuesday of each month and when there is the monthly Soup and Social at the village hall, providing it does not clash with other flags.

The Wickham St. Pauls flag will be flown when the cricket team plays at home and for our resident's special occasions.

A full list of our flag flying days is posted on the village notice board and on the W.St.P. website.

Halstead Food Bank

A note from Susannah - in case you can support them now:

We currently need: tinned corned beef, tinned spam, tinned ham, washing up liquid, non-bio washing powder / liquid and babies nappies (size6).

As it may be difficult for you to shop for the Food Bank, and to take items to the collection places, I suggested to one of the organizers that perhaps readers might like to send a cheque instead. The Food Bank can then purchase the goods most needed. If you would like to help, please send a cheque payable to:

and on the back of the cheque write:
Send it to:-

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Charity No. 1148782
The Administrator,
Braintree Area Food Bank Ltd.,
Unit 6, Lakes Industrial Park,
Braintree CM7 3RU.

If you enclose a covering note, could you add that this cheque is the result of a suggestion in the Wickham St Pauls church magazine. I will let you know later on how much our readers have been able to contribute during this time of such dire need, and thank you so much.

Halstead Repair Café at Halstead Library

Did you know that you can take items for repair, get advice on how to repair things yourself, or even learn a new skill? Please look at the website for further details.

www.facebrook.com/repaircafehalsteadessex

A poem by Ann Robertson

A birthday is a family time,
But things are not the same.
Relations have to stay at home
We all must play the game.
However, I have mastered 'zoom'
So I can see them all.
It isn't always gloom and doom
Looking forward to their call.
I was never really that 'au fait'
With techno, gizmo things.
But now I'm feeling quite a whiz
When zoom and FaceTime ring.
The weather has been quite a boon
As nature carries on.
The flowers are a mass of blooms,
And all the birds in song.
When all this ends,
And end it will,
We'll value all we've missed.
We've had the time to stop and stare
But freedom will be BLISS!

And Finally

Thank you to Ann for her poem and Janice for her photographs, and please anyone send me more for July.

Please could you send any material you would like me to include in the July and August issue by Tuesday 9th June. Thank you.

If you have an article you wish to include in the July and August edition, but cannot get it to me by then please will you let me know by that date that you are sending something, and when I should receive it.. By leaving space in the type I send for printing I can very often insert a 'late' addition providing I am warned.

Using our constant message to everyone we are in touch with, please stay as safe as you can, and I hope you, your family, and friends remain well, and find lots to do whilst you are semi- confined to your home and garden.

Susannah



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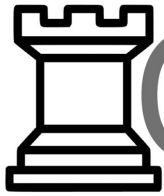


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A full list of dates and venues is on the website www.activeessex.org/courses/

Book a place on line: the courses are reasonably priced and bursaries are available (apply via the website). For more information contact Rebecca Rowley, Coaching Development Manager on 01245 438612 or email rebecca.rowley@activeessex.org



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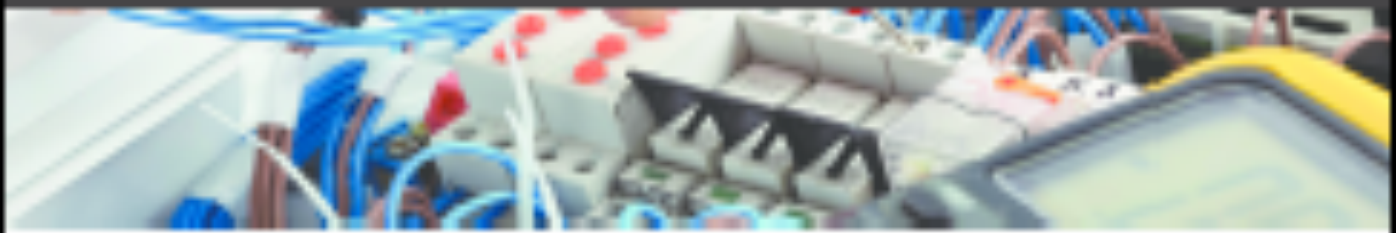
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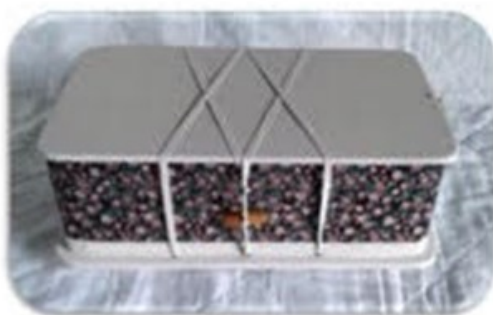
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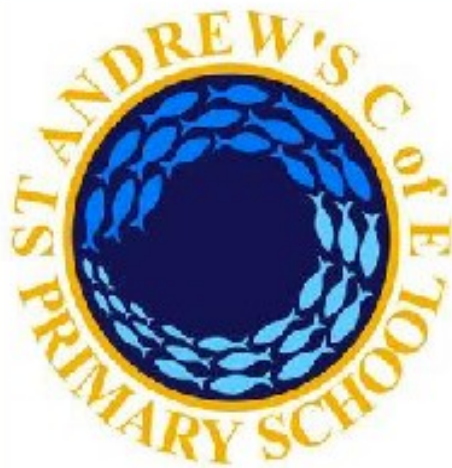
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I know this big owl named Stu,
 Who stays up all night yelling, "Hoo!"
 Once an old man walked by
 As Stu started to cry,
 And answered "I don't have a clue!"

I'm really determined and keen,
 To start giving this house a spring clean.
 I will do it I say,
 Yes, I'll do it today,
 Well, I'll do it tomorrow, I mean.

One Saturday morning at three,
 A cheese monger's shop in Parea.
 Collapsed to the ground,
 With a thunderous sound,
 Leaving only a pile of de brie.

A painter, who lived in Great Britain,
 Interrupted two girls with their knitting,
 He said, with a sigh,
 That park bench--well I,
 Just painted it, right where you're sitting.

1	A dressing gown
2	Teachers
3	Anthony Trollope (1825-1852)
4	Manzanilla
5	Borodin, Cui, Balakirev & Mussorgsky
6	The Panama Canal
7	Maggi Hambling & Thomas Gainsborough were both born in Sudbury
8	They are seaweeds
9	"For Gallantry"
10	New Zealand
11	16 is the norm; 5 saxophones (2 alto, 2 tenor, 1 baritone), 4 trombones, 4 trumpets and
	3 rhythm section (piano, bass & drums)
12	Rastafarians
13	Aristotle
14	Hypertext Transfer Protocol Secure (but you knew that)
15	Fear of nudity. In ancient Greece all athletes practised and performed naked – hence gymnasium (not at my school, mercifully, navy blue knickers instead)
16	Ruth Rendell (Inspector Morse) & PD James (Adam Dalgleish)
17	The White Tower, originally built by William the Conqueror
18	16
19	Polio
20	A pugle; a kitten; a poult
21	Rowlf
22	St Jude
23	First cousin
24	Ross & Shaw
25	The Shannon

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Turn back one page for the answers to the Alphamstone quiz!!

Some memories of Margaret and Graham.

As we all try to get to grips with the fact that Margaret and Graham are retiring at the end of this month I thought a few photos would not go amiss.

The front cover is from Margaret's institution 15 years ago.



A stay in Venice



One of Margaret's Icon painting



A skilled artist



Going back through my time as editor I found only a few pictures of Margaret and none of Graham! The Lent Group visited Sizewell B Power Station in April 2016; Morag won Best Bitch at the WSP Dog Show in 2018 (I shall miss her cuddles); in September 2018 the Henny Harvest Service was addressed by Bishop Charles from Kenya and Margaret took the flight she won at Henny Fête. 'I had a fantastic time flying this little machine. We came up over Sudbury (its a military zone so we had to get clearance from RAF Wattisham) and then came right over Henny Church and the rectory after which he let me take the controls for a little while. I did enjoy myself and it was a beautiful evening.'



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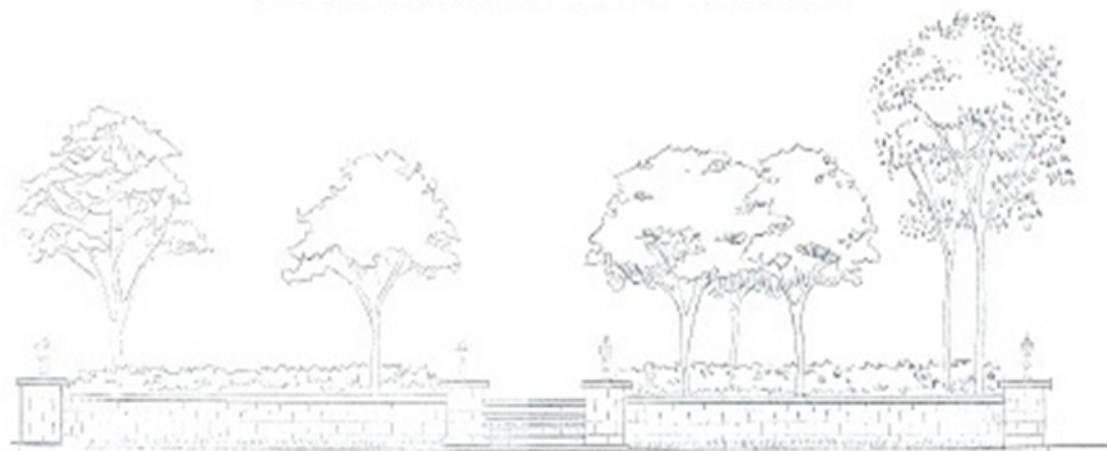
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