

*Felsham & Gedding*

# Village News

Welcome to the July edition of the magazine

Well I wasn't expecting this but here I am again, hope you don't mind.

As I told you last month things have been rather busy round here of late. I have at last got a wardrobe, it was one of the first things to go for the building work - I've been living out of boxes and suitcases for the last year, and I'm slowly unpacking my things into it. But this last week everything went by the board, I got some really nasty bites while dog walking, my own fault for going in shorts, and I've had to take Piriton for them so at present I'm sleeping for England.

I did however manage to stay awake for my granddaughters 1<sup>st</sup> birthday. It was what they apparently call a Cake Smash. You sit the baby down with a cake and let them play with it! Fortunately no-one else was expected to eat it, we had a different one. Anyway she seemed to enjoy it and we had a lovely time with her - once she'd been bathed and changed! Good job my dogs weren't there they'd have been desperate to help.



Enjoy the mag and I look forward to seeing some of you at Midsummer Madness, on trips, at Friends or just around the villages.

Tricia

**Next copy date 20/07/2018**

**Copy:**

- Email: [villagenews@felsham.org.uk](mailto:villagenews@felsham.org.uk)
- Jo Tavernor: 01449 737793

**Advertising:**

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## Dates For Your Diary

3<sup>rd</sup> July – Lowestoft Trip, Village Hall, 9.30am  
14<sup>th</sup> July – Mid-Summer Madness, Village Hall, 7pm  
19<sup>th</sup> July – Village Friends, Village Hall, 12.30pm  
24<sup>th</sup> July - Aldeburgh Trip, Village Hall, 9.30am

## WHAT'S ON IN THE VILLAGE HALL

Yoga: Classes every Monday evening 6.00pm

W.I.: Meets on the 2<sup>nd</sup> Tuesday of every month at 7.30pm

Carpet Bowls: Meets on the 2<sup>nd</sup> & 4<sup>th</sup> Wednesday of each month at 7.30pm

Table Tennis: Meets on the 1<sup>st</sup> & 3<sup>rd</sup> Wednesday of each month 7.30pm

Whist Drive: Meets on the third Friday of each month at 7.30pm

Film Night: Shows 3<sup>rd</sup> Saturday of each month. Doors 7.00pm for 7.30pm

## COMPLAINTS

### SUGGESTIONS

### COMPLIMENTS

The Village News team would welcome your feedback  
Do you have any comments about what we do, what's going well, anything you'd like us to change.

Please feel free to contact us:

Email – [mtavernor@btinternet.com](mailto:mtavernor@btinternet.com) Phone – Jo Tavernor  
01449 737793

Reminder to contributors: Please be aware that items submitted after the Deadline cannot be guaranteed to appear in the magazine.

BAR OPEN

# FAGENDS

NEW SEATING  
NEW STAGING

LIVE FROM THE FELSHAM AND GEDDING HIPPODROME  
**FOR ONE NIGHT ONLY!**

ALL SINGING,  
ALL DANCING,  
ALL JOKING!



THE

# MID-SUMMER MADNESS

SHOW



FEATURING: 'SIMPO & CRAW'S',  
'THE GOLDBERGS', 'THE TWO  
JANEYS' & MUCH, MUCH MORE

'...A VARIETY  
SPECTACULAR...'

*Saturday July 14<sup>th</sup> 2018 — 7 for 7.45pm - Felsham and Gedding Village Hall*

*Tickets: £7.50 - Available from Felsham P.O. or Andrew Conquest 01449 737619*

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## *Joan's Trips*

In July we will be having two trips.

Our first will be a visit to:

*Lowestoft*

*on Tuesday 3rd July*

The second will be a visit to:

*Aldeburgh*

*on Tuesday 24<sup>th</sup> July*

Seats will cost £12 and the coach will leave the Village Hall car park at 9.30am.

Anyone wishing to book a seat can contact:

Tricia Wilson – 01449 736330 or Eileen Turner – 01449 737289



## **VILLAGE FRIENDS**

The next meeting will at Felsham Village Hall  
'A Seaside Summer Lunch'  
July 19th 12.30pm Booking essential

Village Friends is an over 60's friendship group of men & women from various villages who meet once a month and enjoy tea together.

**All welcome, just come along.**

The meetings are held at:  
Moat House, Felsham.  
Sue Jell 01284 828892 or  
West Lodge, Bradfield St George.  
Lynn Cardale 01284 386327

# A Neighbourhood Plan for Felsham ? YOU DECIDE.....

Everywhere you look development is increasing, speculative applications in our neighbouring villages, 10 here, 20 there, 50+ in Cockfield!!! do we want or need new development here in Felsham? of course we do, all communities need a future and to thrive they do need some new development to save shops, PO's, pubs, churches, but how much, where, and what it looks like? do we want a say in that?

Currently National Planning policy together with our Conservation Area designation and the Mid Suffolk Local Plan determine decisions on which planning applications are granted. The prevalence of speculative planning applications at the current time is caused in the main by the fact that Mid Suffolk District Council DO NOT have the required 5 year plan for new homes. They have not specified and allocated the amount of land in the district needed for the Governments requirements and developers are using this to justify their large scale applications that might otherwise have been refused. How long before that happens here in Felsham?

If you feel the needs of our community are not reflected in the MSDC Local Plan or it does not really address what you would like to happen in Felsham or you would like more things to happen that aren't in the Local Plan, or you would like things to happen more quickly - then you should seriously consider supporting the preparation of a Neighbourhood Plan for Felsham.

A Neighbourhood Plan created by our community can set out a positive vision for how Felsham can develop in ways that meet our identified local needs. A plan once 'made' becomes part of the formal planning policy framework for Babergh and Mid Suffolk. It MUST be a community-led plan which can be used to guide the future development, regeneration and conservation of this village so has to be weighted towards growth and development with specific site allocations, it cannot be used as a tool to stop growth.. Unless we identify specific sites for development it CANNOT override the districts lack of a 5yr land supply. So it has to be a positive plan, but use it to choose where you want new houses, what they look like and how many is the right amount.

The process of producing a Neighbourhood plan can also be used to advance non-planning projects. The plan could guide the provision of infrastructure, for example, setting out priorities for new development such as improving pedestrian links, upgrading paths and open space maybe.

## CAN WE DO IT HERE

- **Do we have the resources?** The preparation of a neighbourhood development plan is time and resource intensive.
- **Can we carry out all the various stages needed to reach a "made" plan?**
- **Can we maintain the momentum right to the end?**
- **Can the community reach a broad consensus** on the objectives, key issues and desired outcomes? if we can then the ultimate result could be very rewarding.

## CAN YOU HELP - Do you have the skills we will need

- leadership
- project management and organisational skills
- an ability to engage a diverse range of members of the public and to listen

cont'd from p.6

- communication and negotiation
- analytical skills
- ability to work in a team.

Specialist skills required will depend on the nature of the area in question but could include;

- reading maps or plans and data analysis.
- knowledge of specific topic areas, such as retail, heritage-led regeneration, housing, transport or other planning issues.
- environmental assessment.
- Organising and running community engagement.

If you have the skills, passion, drive and determination that will be needed to produce a Neighbourhood Plan and you want to get involved please contact the Parish Clerk or any of your councillors.

A Neighbourhood Plan will help our community come together, be stronger and more united and will give us more control over what happens in our village and the tools to fight speculative development.

We need to know whether the community want to start down this path or not? so please get in touch

For more information please take a look at the recent parish council presentation available on the website. <http://felsham.onesuffolk.net/>

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**FREE!**

**Two good condition modern office desks: 5 ft by 2'6 and 29 ins high approx – one double pedestal, the other single pedestal with three drawers with a corner extension if required.**

**Two office tables 4' by 2' by 29/30 ins high. In two finishes - dark and light.**

**Further details**

**from: [francesbee@btinternet.com](mailto:francesbee@btinternet.com) or 01284 828284**



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## Thorpe Morieux And District Gardening Club.

“Delightful” would be the best way to describe the May 21<sup>st</sup> evening visit to the gardens of Christine and Michael Lambert in Drinkstone Park. The members of The Thorpe Morieux and District Gardening Club made the short evening trip to Drinkstone where they were met and welcomed at the home and gardens of the Lamberts described by Christine as a working rather than a show garden. However, they are members of The National Garden Scheme who show their gardens by arrangement to raise funds for many charities of which the Lamberts are very proud.

Originally the approximate three acres of land now owned by Christine and Michael were part of the park surrounding Drinkstone Mansion now dismantled. However, the Lamberts acquired several well-established trees including a particularly old Yew which must be preserved. After clearing away some old concrete drives left by the American Army after the war a beautifully arranged area with some ponds and summer houses together include some raised beds of shrubs and herbaceous plants which are a real joy to wander around in peace enjoying the blooms, lawns and especially some lovely evening birdsong.

The Hosta beds were particularly worth viewing and many shrubs such as lilacs were providing some glorious colour and scent. An interesting feature incorporated into the landscape are some old underground workings from the old mansion which include two wine storage caverns and a tunnel once perhaps used by the servants of the house.

A large vegetable patch mainly within a poly tunnel and greenhouses was very well presented. Some orchard trees have been planted and trained enhancing the whole area. After wandering around in whatever way we wished the club members were invited toward a paved area to enjoy a lovely picnic tea as arranged by the proprietors and enhanced by a beautiful Spring evening.



Together with gardening the Lamberts also provide a very good value Bed and Breakfast accommodation in their house. The beauty and Peace of the gardens must surely be a joy to their guest as it was to the garden club members.



The Club Chairman, Linda Shotbolt, thanked the hosts for this rather special event which was supported by a warm round of applause from those present. Linda also thanked committee member Carol Bailey for the work put in to arrange this event at short notice. The pictures show the members enjoying the hospitality after such a blissful walk in this hidden part of Suffolk.

Sid Broughton.

## Thorpe Morieux and District Gardening Club.

On Saturday 9<sup>th</sup> June the Thorpe Morieux and District Gardening Club held their annual plant sale in Thorpe Village Hall. This event is one of the high points in the club's calendar. On that day plants donated by the club members are sold as a club fund raising activity to help to pay for visiting speakers and trips out to visit gardens or other related events. In today's age where numerous garden centres and even super markets have plenty of bedding plants for sale the club offers useful alternatives.

A long table of flowers and shrubs are well grown from seed or grafted from cuttings or in the case of many herbaceous plants or perennials from root division. The timing of the sale is important since blooms are really what sell plants. Colours and scents also add to the well-presented healthy plant. Timing is also important especially when related to the weather and in particular the end of the frosty season.

The vegetable table as always was able to offer good tomato plants with a wide range of varieties from Cherry to Beef all quite robust and well presented. Courgettes, Cucumbers and even Melons were popular since many homegrown seedlings appear to have suffered from slug or pigeon damage. Beans of all varieties to fill gaps in home grown rows were also popular. Herbs tended to be in short supply this year probably reflecting a fashion change in people's culinary tastes. However, Kohl Rabi appeared this year generating interest since they are not common on market stalls.

As always, the refreshment area where members and customers could sit and chat about gardening whilst enjoying a cup of tea and a portion of cake baked by some of the club's multi skilled members was much enjoyed. This year the traditional Bric-a-Brac stall was not included except for a few garden related items. However, some possible new club members were recruited and Jane Cattermole, club secretary, was pleased to supply details of club activities and perhaps sign them up.

The Chairman, Linda Shotbolt, at the end of the sale thanked those members who worked so hard to make the event a success once again. Provision of plants, setting up on the previous evening and clearing up after the sale, were all carried out with enthusiasm and Linda made note of anything that could perhaps be done to make things even better next year.

Sid Broughton.



## **Bradfield Nights at Bradfield St George Village Hall**

**Next Event – Friday 6<sup>th</sup> July**

**Food from the Kitchen**

**£4.00 main course £2.00 pudding**

**Vegetarian and gluten free food always available**

**Vegan if requested in advance**

**All Ages Welcome!**

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## THE 59 CLUB

The 59 CLUB are looking for more people to take part.  
We have plenty of numbers available

For those of you that don't know what the 59 Club is, it's based on the winning National Lottery Bonus Ball. Simple pick a number that's currently available from numbers 1-59, and if your chosen number is drawn as part of the bonus ball in the National Lottery Lotto, then your number wins.

We have 2 games per week. One on a Wednesday & one on Saturday.

The Wednesday game is charged at 50p per number and if your number comes up you win £15. The Saturday game is charged at £1 per number and for that game if you number is drawn you win £30.

The 59 Club is run on behalf of the Village Hall Management Committee, and raises funds for the Village Hall. So every little bit really does help!

If you would like to take part, or need more information, please get in contact with me: [steven1515@yahoo.co.uk](mailto:steven1515@yahoo.co.uk) or 01449737040.

Thank you, Steven



59 Club

Bonus Ball Game

New Members Always Welcome To Join.

The 59 Club is run on behalf of the Village Hall Management Committee to help maintain, repair & the upkeep of our lovely village hall

The advertisement features a central image of several white lottery balls with black numbers. The balls are arranged in a line, with some overlapping. The numbers visible on the balls include 22, 10, 33, 12, and 44. The text '59 Club' is positioned above the balls, and 'Bonus Ball Game' is below them. Below the game title, it says 'New Members Always Welcome To Join.' with a small smiley face icon. At the bottom of the advertisement, there is a grey box containing the text: 'The 59 Club is run on behalf of the Village Hall Management Committee to help maintain, repair & the upkeep of our lovely village hall'.



### **Brettenham Park Swimming Club**

Join us for summer swimming in the lovely open-air pool at Old Buckenham Hall School. The annual fee of £40 or £55 covers the whole family for as many swims as you like during our allocated times in this beautiful setting from May to early September. Please contact Lynne Golding on 01449 737172 or email [bpscmembers@gmail.com](mailto:bpscmembers@gmail.com) for details of this season.

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Thurs	12PM – 3PM	5PM – 11PM
FRI	12PM – 3PM	5PM – 11PM
SAT	12PM – 3PM	5PM – 11PM
SUN	12PM - 10.30PM	

Please be aware on Sundays food is served from  
12pm until 6pm

Suffolk Constabulary's nine new Community Engagement Officers (CEO) are now in post and will be working hard to ensure they engage with communities, individuals and partners in their area.

These dedicated officers will work closely with the Safer Neighbourhood Teams (SNTs) to build engagement opportunities to keep communities better informed of what the force is doing, identify crime trends in their area and be responsible for organising some particular public meetings.

The CEOs will use a variety of engagement tools that will include face to face meetings and surgeries, but will also make increasing use of digital and social media. By using all of these methods they will ensure that relevant information is provided in a timely way.

The nine officers will officially be in post from Monday 18 June. Each CEO will be using a dedicated Facebook account for their locality to ensure residents are aware of, and can take part in, events, campaigns, initiatives and meetings. They will also be looking at how they can support and develop volunteer schemes in their areas such as Community Speedwatch and Neighbourhood Watch.

Assistant Chief Constable Rachel Kearton said: "These new posts will form a key role in maintaining that all important public facing presence to all our communities. They will work with partners including schools, parish and district councils and the voluntary sector to provide timely information."

"We recognise that there is a need for more visible policing. This enhanced level of community engagement will complement the work of the SNT officers and ensure that one person coordinates all issues in the locality and provides a public facing presence".

"Our Constabulary digital presence has seen huge growth over recent years, so we need to be alive to the fact that many members of the public prefer to engage with us using social media rather than the more traditional methods.

"So, while the traditional methods will still be used, it is hoped that by giving the Community Engagement Officers access to social media platforms this will help enrich relationships with local residents."

Police and Crime Commissioner Tim Passmore said: "I am very pleased to see the introduction of these Engagement Officers across the county. In my conversations with residents the one thing that comes up time and time again is communication with the Constabulary – these dedicated officers will help improve links with the communities we serve and I am sure the public will appreciate this.

"Policing has changed, so we will never go back to the 'Dixon of Dock Green' idyll of officers on every corner but I hope this new role, which will provide a named officer for local residents to contact, will go some way to providing the public facing policing that people want."

The CEO is a uniformed operational role, operating from the nine existing locality bases with the officers' working day and evening shifts.

Our relevant Community Engagement Officers are:

PC Paul Fox - Bury St Edmunds and PC Stefan Henriksen – Stowmarket

More details at: <http://www.suffolk.police.uk/contact-us/community-engagement-officers>

## Cockfield Benefice Services – Julv 2018

Sunday 1 <sup>st</sup> July 5 <sup>th</sup> Sunday after Trinity	8am Communion BCP	Cockfield
	9.30am Benefice Family Service	Felsham
Sunday 8 <sup>th</sup> July 6 <sup>th</sup> Sunday after Trinity	9.30am Communion BCP	Gedding
	11am Communion	Cockfield
	6pm Evening Prayer	Bradfield St Clare
Saturday 14 <sup>th</sup> July	 3-5pm	Felsham Village Hall
Sunday 15 <sup>th</sup> July 7 <sup>th</sup> Sunday after Trinity	9.30am Morning Prayer BCP	Gedding
	11am Communion	Bradfield St Clare
	Evening Prayer	Bradfield St George
Sunday 22 <sup>nd</sup> July 8 <sup>th</sup> Sunday after Trinity	9.30am Communion	Bradfield St George
	11am Communion (Patronal)	Cockfield
	6pm Six2seven	Felsham
Sunday 29 <sup>th</sup> July 9 <sup>th</sup> Sunday after Trinity Mary Magdalene	10am Benefice Communion	Bradfield St George
	3pm Lt Whelnetham Festival – featuring 'Two Women' written by Richard Stainer	Lt Whelnetham

Daily Prayer				
Monday	Tuesday	Wednesday	Thursday	Saturday
5pm Gedding	9am Cockfield	5pm Felsham	5pm Bradfield St Clare	5pm Bradfield St George

*Please note these services may be subject to change – for up-to-date service times see the benefice website at [www.cockfieldbenefice.com](http://www.cockfieldbenefice.com)*

Dear Friends,

Summer holidays are almost upon us! Well, for some of us anyway. Even if you're not away over July/August, there is still that 'end of term' feeling in the air. I for one can still vividly remember looking forward to the break from school in the summer, and then enjoying all the activities – many of them outdoor – of the summer months.

I have three younger brothers, and the four of us spent many hours playing at the local recreation ground, cycling to the local river to fish or swim, and picking blackberries in the woods not far from our home (I grew up on the edge of Ipswich and it was a stone's throw away from the countryside). We also had the occasional treat of going to the cinema, or even travelling to Felixstowe on the train! What a world that was – no mobile phones, no computer games. Time to read, to relax, to think – and even to get bored!

If you've managed to read this article thus far you're probably thinking that I'm getting old and am looking back in time through rose tinted glasses. Well I don't think so. Research shows that more children and teenagers today are suffering from anxiety. There are multiple reasons for this. In his book 'The Happiness Industry', William Davies presents evidence to show that strongly materialistic and competitive values lead to higher levels of mental distress. Education, social media, worries about future work and housing, self-image have all been pointed to as areas that have caused young people to develop high anxiety states.

So, we know the causes, but how do we remove them? How can we support young people today when life is becoming so pressured and competitive? There are no easy answers. As a follower of Jesus there is much that I could offer on the subject, too much for this article. What I can say is that the Gospel brings hope, not just for young people, but for all. It offers a different perspective on what it means to be human, loved and valued by God, and by others who also try to follow God's way.

I hope you and your children have a good summer, blessed by good weather.

Yours in Christ,

*Rev'd Sharon*

[revsharon@btinternet.com](mailto:revsharon@btinternet.com), 01284-828599 or 07825086063

## **St Peters Felsham needs volunteers - can you help?**

We need volunteers to open and close the church on a regular basis.

If you would like to help please contact

Churchwarden David on 737778

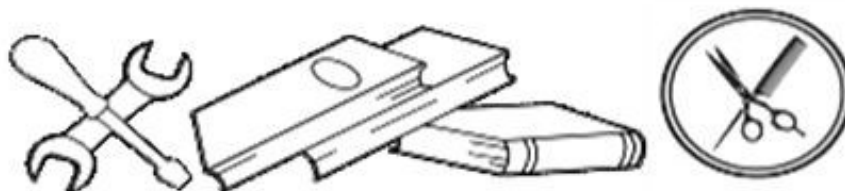
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### **YOU OFF TO COLLEGE OR UNIVERSITY? OR ARE YOU ALREADY THERE?**

If you live in **Felsham** and the answer to either of these questions is yes then don't forget to apply for your **Education Bursary** from the **Village Charity**.

- Write a short letter to the charity telling us where you're going and what course you'll be doing.
- Send the letter to me - Tricia Wilson, 12 Meadow Close, Felsham
- Apply for the grant every year that you're on the course.





# ***OPEN DAY***

***BANK HOLIDAY MONDAY AUGUST 27<sup>TH</sup> 2018***

***Open from 10am until 5pm***

***RATTLEDEN AIRFIELD, HIGH TOWN GREEN, IP30 0SX.***

***The Rattlesden Gliding Club invites you to their Open Day to see how the club operates and how easy it would be for you to enjoy this wonderful hobby over the beautiful Suffolk countryside.***

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- ***Local community stalls***

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## **Apprentice Class 2 HGV Driver/Jet Vac Operator /Drainage Engineer**

**Cargate Engineering Ltd**

**Salary: TBC**

**Job Type: Full time, permanent**

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Cargate Engineering Ltd is looking to recruit an apprentice HGV Driver/Jet Vac Operator to work from our Head Office based in Gedding located just outside of Bury St Edmunds, Suffolk. We are a family run business established in 1996 and are a leading supplier of waste water solutions in East Anglia.

The role will involve maintaining various residential and commercial clean and foul water drainage systems along with general routine drain, gully cleaning and oil clean up contracts as workloads require.

To be considered for the role you will need to hold a clean category B driving license, together with a good level of maths and English, preferably GCSE level.

We are seeking a candidate to commit to a long term position within Cargate Engineering Ltd where they are able to complete this apprenticeship and proceed to progress further within the company. The ideal candidate will be hardworking, punctual and have a positive "can do" approach. They will have the ability to listen to instructions and carry out tasks following those instructions given. Overall, commitment, initiative and the determination to succeed are crucial to this development role.

The normal working hours for this role are from 7.30am-6.00pm, Monday to Friday. However, due to the nature of our business we offer a 24/7 service to our clients therefore, you may be required to work occasional long hours. When successful in passing your Class 2 HGV license it's a mandatory requirement to work on an emergency call-out rota which will include weekends and nights, sometimes being called upon at short notice.

To apply for this position please submit your CV and a covering letter to [n.milsom@cargate-engineering.co.uk](mailto:n.milsom@cargate-engineering.co.uk)

# Stowmarket \_\_\_\_\_ Chorale

## FORTHCOMING EVENTS as at 5 June 2018

Stowmarket Chorale and The Dorian Singers combine for a pair of concerts in aid of Alzheimer's Research UK - *Captain Noah and his Floating Zoo* (by Michael Flanders and Joseph Horowitz), and *Songs of the Fleet* (by Charles Villiers Stanford)

**Sunday 1<sup>st</sup> July** - Stowmarket Chorale take part in the Ipswich Music Day. We will be singing from 3.20pm to 3.50pm in the Wolsey Gallery, Christchurch Mansion.

**Saturday 7<sup>th</sup> July** - 7.30pm at the United Reformed Church, Ipswich Street, Stowmarket, IP14 1AD. Tickets £12 including refreshments.

**Saturday 18<sup>th</sup> August** - Come, meet and sing with our new Music Director (Designate) - Tom Appleton. A day combining singing, socialising and having fun!

**Saturday 3<sup>rd</sup> November** - *Messiah* (G F Handel) performed at St Peter and St Mary Church, Stowmarket, IP14 1ES. We would welcome guest singers to join us for the Autumn Term at our weekly rehearsals to sing this marvellous work. Further details available soon.

Look out for further details of all forthcoming events  
on our website

[www.stowmarketchorale.org.uk](http://www.stowmarketchorale.org.uk) or contact: [secretary@stowmarketchorale.org.uk](mailto:secretary@stowmarketchorale.org.uk)



## Haughley Hoofers North West Morris Dancers

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**Free 8 week course starting 30<sup>th</sup> September. Come along to the first  
taster session and have a go. No experience needed & no obligation.**

**Our practice sessions are on Sunday evenings 7.30-9.30pm at  
Haughley Village Hall, near Stowmarket.**

**Ring Sue on 01449 766747 to find out more**

[www.haughleyhoofers.org.uk](http://www.haughleyhoofers.org.uk) or see Haughley Hoofers on Facebook

THE DORIAN SINGERS & STOWMARKET CHORALE PRESENT  
**Captain Noah and His Floating Zoo**

by Michael Flanders & Joseph Horovitz

SONGS OF THE FLEET by Charles Villiers Stanford

*Two Suffolk choirs combine for a pair of joint concerts  
in aid of Alzheimer's Research UK*



~~Saturday 23 June 2018 at 7.30pm~~

Trinity Methodist Church, Hamilton Road, Felixstowe IP11 7AN

**Saturday 7 July 2018 at 7.30pm**

Stowmarket United Reformed Church, Ipswich Street,  
Stowmarket IP14 1AD

*Tickets £12 (under-18s free) including refreshments, available from The Card Centre,  
6 Hamilton Road, Felixstowe IP11 7AU (01394 283170), tickets@stowmarketchorale.org.uk,  
choir members, or at the door*

[www.thedoriansingers.org.uk](http://www.thedoriansingers.org.uk)

[www.stowmarketchorale.org.uk](http://www.stowmarketchorale.org.uk)



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**Megan Pryke** VTCT, BABTAC  
**07876 717 008**

Here are a couple of easy summer recipes you might like to try.

## **Pineapple & pork skewers** By Lulu Grimes

### **Ingredients:**

400g pork fillet  
4 tbsp light muscovado sugar  
60ml cider vinegar  
1 tsp fish sauce  
½ small pineapple, peeled, cored and cut into chunks (or use ready prepped fresh pineapple, drained well)  
1 green pepper, deseeded and cut into squares (optional)  
4 spring onions, trimmed and cut into 4 equal lengths  
small bunch coriander, chopped (optional)  
cooked rice or pitta, to serve



### **Method**

Cut the pork into cubes. Heat the sugar and vinegar in a pan over a low heat until the sugar melts. Add the fish sauce and cool. Tip in the pork and mix well so that all the cubes are covered in sauce.

Heat the barbecue. If you are using coals, wait until they turn white. If you are indoors, heat a griddle pan. Thread the pork and pineapple onto skewers, alternating pieces with the pepper and spring onion.

Barbecue or griddle the skewers for 3-4 mins each side (you may need to cook them for longer if griddling). Sprinkle with coriander, if you like, then serve with rice or slide into pitta breads.

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## **Instant frozen berry yogurt** By Cassie Best

### **Ingredients:**

250g frozen mixed berry  
250g 0%-fat Greek yogurt  
1 tbsp honey or agave syrup



### **Method**

Blend berries, yogurt and honey or agave syrup in a food processor for 20 seconds, until it comes together to a smooth ice-cream texture. Scoop into bowls and serve.

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**A Calendar Of Sonnets:  
July - Poem by Helen Hunt Jackson**

Some flowers are withered and some joys have died;  
The garden reeks with an East Indian scent  
From beds where gillyflowers stand weak and spent;  
The white heat pales the skies from side to side;  
But in still lakes and rivers, cool, content,  
Like starry blooms on a new firmament,  
White lilies float and regally abide.  
In vain the cruel skies their hot rays shed;  
The lily does not feel their brazen glare.  
In vain the pallid clouds refuse to share  
Their dews, the lily feels no thirst, no dread.  
Unharmed she lifts her queenly face and head;  
She drinks of living waters and keeps fair.



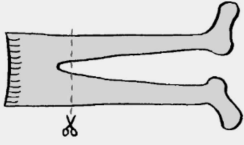
# How to make a pond dipping net



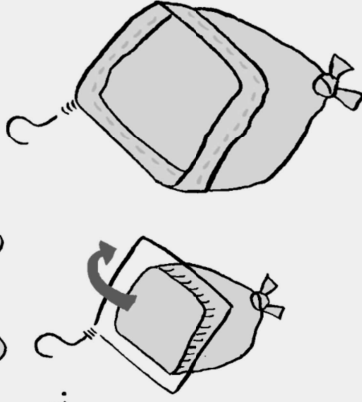
## You will need:

- wire coat hanger
- pair of tights
- scissors
- needle and thread
- strong duct tape
- garden cane
- white plastic tray

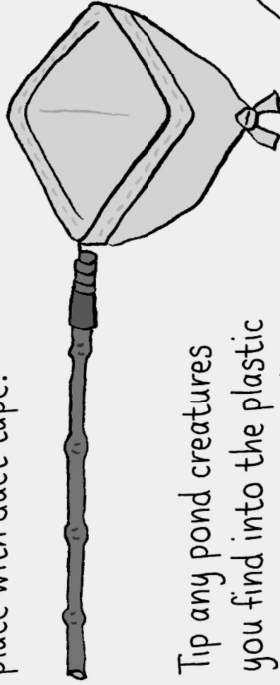
1 Cut the legs off a pair of tights where the tops of the thighs would be. Tie the loose ends together in a tight knot to form the net.



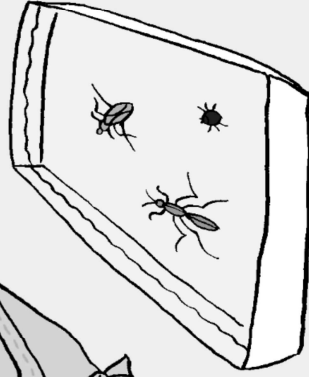
2 Bend a wire coat hanger into a diamond shape. Place your net in the middle of the diamond and fold the waistband over. Sew the hem.



3 Stretch out the hook of the hanger and secure to the garden cane and secure in place with duct tape.



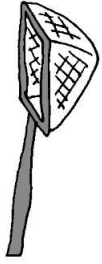
4 Tip any pond creatures you find into the plastic tray for a closer look.



Remember to return creatures to their homes.



# How to go pond dipping



wildlife  
watch



## Be prepared:



- wear old clothes and wellies



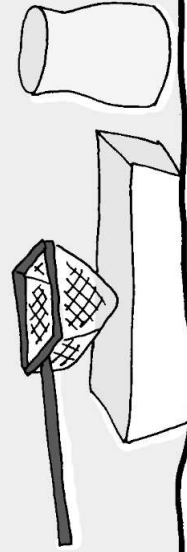
- cover all cuts and scratches with waterproof plasters

- go with a friend, and take a responsible adult too



- take a field guide if you have one

- take a net, shallow tray or washing up bowl and a jam jar



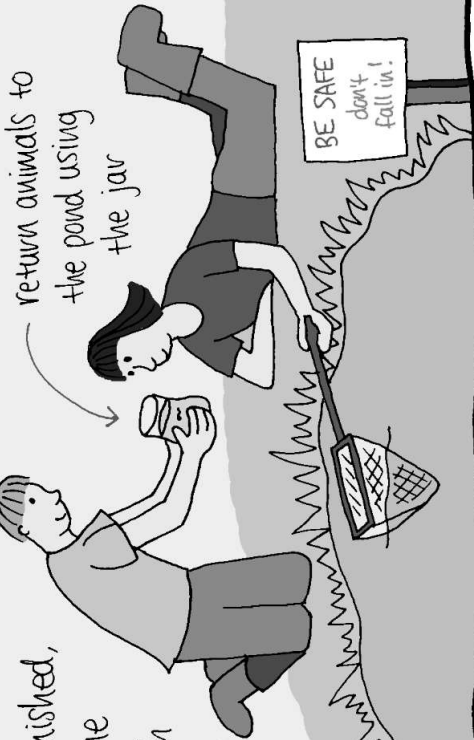
- 1 Put a small amount of pond water into your tray/bowl

- 2 Dip your net in the pond and pull it through the water - try a figure of 8

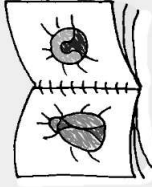
- 3 Empty your net into the tray/bowl and look carefully (some creatures are very small)

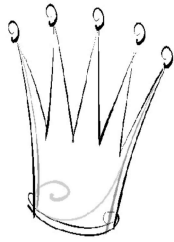
- 4 Use a camera, sketchbook and notes to record what you find

- 5 When you've finished, gently empty the tray/bowl, wash your hands and disinfect the net




return animals to the pond using the jar





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**FRESH FISH** Fridays @ 10.05am (weather permitting) - VH Car Park

**LIBRARY** Friday 6<sup>th</sup> July @ 10.10am Gedding Village Sign & 11.40am Felsham VH Car Park for roughly half an hour

**JOHN'S FRESH FRUIT & VEG** Mondays & Thursdays Contact John Talbot on 01449 736578 for a personal service

## **Bin Emptying**

**Wednesday 4<sup>th</sup> July** - Black bin

**Wednesday 11<sup>th</sup> July** - Recycling bin

**Thursday 12<sup>th</sup> July** - Brown bin

**Wednesday 18<sup>th</sup> July** - Black bin

**Wednesday 25<sup>th</sup> July** - Recycling Bin

**Thursday 26<sup>th</sup> July** - Brown bin

## **Bus Times**

### **Buses to and from Bury St Edmunds - Monday to Saturday**

No 377 Depart Bury Road, Felsham at 07.14

No 377 Depart Gedding Bus Stop at 07.17

No 377 Return from Bury Bus Station at 17.50

No 386 Depart Church Road, Felsham at 10.14 & 12.44

No 386 Depart Gedding Bus Stop at 10.17 & 12.47

No 386 Return from Bury Bus Station at 11.10 and 14.10

### **Buses to and from Bury St Edmunds - Wednesdays only**

No 379 Depart Felsham Six Bells at 10.34

No 379 Depart Gedding Bus Stop at 10.36

No 379 Return from Bury Bus Station at 13.00

### **Buses to and from Stowmarket - Monday to Saturday**

No 386 Depart Gedding Bus Stop at 09.19, 11.49 & 14.49

No 386 Depart Church Road, Felsham at 09.22, 11.52 & 14.52

No 386 Return from Stowmarket, Bury Street at 9.50 and 12.20

### **Buses to Woolpit - Fridays only**

No 472 Woolpit Circular - (Health Centre Bus) Depart at 10.20

No 472 Return from The Street, Woolpit at 12.30

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We **do** publish acknowledgements, articles of general interest, artistic works and similar.

We **do** publish factual material from recognised organisations.

We do publish to the Village web site at <http://felsham.onesuffolk.net/>

We do **not** publish defamatory, rude, blasphemous, racial or other inappropriate material.

We reserve the right to edit contributions to suit publication needs.

We are reliant on contributions from many sources, taken in good faith, and cannot be held responsible for any errors or omissions.

Copyright waiver is presumed implicit on all submissions unless clearly stated otherwise.