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April 2021
Issue 392

Quartet

The Parish Magazine

Higham, Stratford St Mary, Raydon and Holton St Mary



For Sale

1. Home exercise bicycle. Basic but works!
2. Phillips electric food warmer with 4 glass warming dishes and lids.

Donations to church funds please.

Contact: Pat Ablitt 01206 322684



Help us with our campaign!

If you know any merchant or service provider living in one of our four villages, please let us know by emailing quarteteditor@hotmail.co.uk. We will contact them and see if they would like a **free listing** in the Quartet

Small Ads Pin Board

No charge for non-commercial ads placed for one month only, space permitting. Email quarteteditor@hotmail.co.uk

Quartet Diary

April

- 3 R&DG Spring Show (Cancelled)
- 13 Raydon Annual Parish Meeting
- 14 HSM Annual Parish Meeting
- TBC SSM Annual Parish Meeting
- 20 Fair Trade Coffee Morning
- 22 R&DGC meeting (Cancelled)

May

- 10 SSM Parish Council Meeting
- 11 Raydon Parish Council Annual General Meeting
- 12 HSM Parish Council Meeting
- 18 Fair Trade Coffee Morning
- 27 R&DGC meeting (Cancelled)

June

- 15 Raydon Parish Council Meeting
Fair Trade Coffee Morning
- 21 SSM Annual Parish Meeting
- 27 R&DGC Coach Outing (Cancelled)

July

- 12 SSM Parish Council Meeting

- 13 Raydon Parish Council Meeting
Fair Trade Coffee Morning

- 22 R&DGC Meeting (TBC)

August

- 10 Fair Trade Coffee Morning
- 14 R&DGC Summer Show (TBC)
- 27 Higham Art Exhibition preview evening
- 28-30 Higham Art Exhibition

September

- 7 Fair Trade Coffee Morning
- 11 Suffolk Historic Churches Trust Ride and Stride
- 13 SSM Parish Council Meeting
- 14 Raydon Parish Council Meeting
- 23 R&DGC meeting (TBC)

October

- 5 Fair Trade Coffee Morning
- 12 Raydon Parish Council Meeting
- 28 R&DGC Meeting (TBC)

Editors Corner

Well, things are progressing for the Quartet - do you like the new full colour front cover? It was suggested to us by the printers - they can produce the magazine at the same price, so we thought we'd go for it!

We'd like to place a different local scene on the front cover every month, in keeping with the time of year, so if you love photography, send us in some of your best shots (no people identifiable please) and you might just get on the front cover!

As we continue to try and adapt to the times, bringing what we hope is useful and pertinent information, you'll find a number of articles in the magazine this month giving you details of even more local enterprises that readers have told us about: The Mobile Pizza van (page 8), Love Refills mobile shop (pages 10 and 14), Chef Neil's Infusion Grill (page 15) and Dedham Vale Deli (page 16) and just to finish off, you'll find some more reader recommendations on page 24. Keep the ideas coming - we'd love to hear from you if you know of a local business or want to recommend one to others.

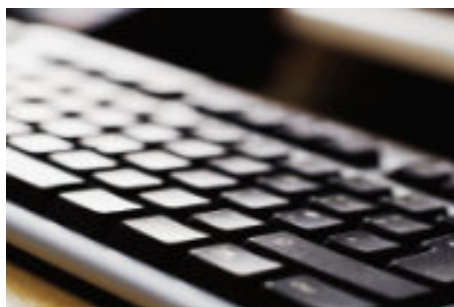
Happy reading

Anne and Jane



Send us details of companies living near you that offer services or things for sale - we'll contact them and offer free lineage in the Quartet. We can build a really useful directory of local resources!

Articles for the Quartet are included if we have room, and if, in the opinion of the editors, they are of general interest to our readers. Please remember all articles will be subject to editing. We prefer you to contact us via email where possible.



Copy deadline for next edition:
19th April 2021

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Rev'd Manette Writes

Dear friends,

Alleluia. Christ is risen. He is risen indeed. Alleluia!

This response is traditionally part of our Easter services. Last year our church buildings were closed due to lockdown, and somehow it felt as if Easter didn't happen. No Good Friday Walk of Witness, no Holy Saturday, no Dawn services, no lighting of the new Paschal candle and no Easter hymns.

I wonder what your favourite ones are, 'Jesus Christ is risen today' or 'Thine be the glory' or 'Ye choirs of new Jerusalem' perhaps? We are still not allowed to sing in church, but we are confident that we will be gathering for services during Holy Week (the week leading up to Easter), and we will be having Easter services in all four churches on Easter Day. It will be very special to celebrate my first Easter with you!

Easter is the most important festival in the Christian calendar because we celebrate Jesus' resurrection from the dead. On Good Friday we remembered that Jesus was crucified. When his body had been taken down from the cross, he was buried in a cave that was cut out of a rock. The tomb was guarded by soldiers and a big stone was rolled in front of the entrance so that no one could steal Jesus' body. After three days, on what we now celebrate as Easter Sunday, some women visited the grave and found that the stone had been moved and that the tomb was empty. On

that day, Jesus appeared to Mary and to some of his friends, and for forty days afterwards he was seen by many other people. From now on his followers believed that God had raised Jesus from the dead and that everything he had told them was true.

Easter has always been a time of celebration and feasting and many different customs are associated with Easter, although not all of them are based on Christian traditions. Some of them, like the Easter Bunny, are of pagan origin. Other popular traditions include Easter Egg hunts, egg rolling competitions, colouring and decorating eggs, making Easter bonnets and having special Easter food. One of my childhood memories is of a Dutch Easter loaf, a lovely sultana bread with a dusting of icing sugar on the top. Sadly, today Easter, like Christmas, has become very commercialised and for many people it is more about greeting cards, presents and chocolates. For the early Christians, Jesus' resurrection changed everything. Their faith was renewed for now they had proof of the Good News of Jesus Christ. And so it is for us, too. At Easter, after the austerity of Lent, we decorate our churches and we have Easter lilies, a symbol of the resurrection, in memories of loved ones who have died. We can now live in hope, for we all have the hope of eternal life. And to celebrate this joyful festival, you may even have a chocolate Easter egg, or two...I wish you all a very Happy Easter.

Yours in Christ, Rev'd Manette

Stratford St Mary

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In Stratford

Hall Farm Shop Cafe and Restaurant
www.hallfarmshop.com

The mobile pizza co - 07982 427483

ABC Preschool - 01206 322466

Kate Baines, Virtual Assistant - 07799 391343

Orwell Electrical - 01206 322969

Andy Smith Roofing - 01206 322882

Jackson Plumbing and Heating -
01206 322063

Nigel Bruce Electrician - 01206 322751

Penrose and Partners - Vets. 01206 323414

Finest Gardens - 07756 364560

Stratford St Mary and Langham Community First Responder Group

Have you ever thought about becoming a Community First Responder? Why not find out what it is about? Look at the CFR link on the East of England Ambulance Services website. You can even apply on line! If you watch the training video - do not be alarmed - you are never expected to do mouth to mouth.

For further information, please contact your local co-ordinator.

SSM 100 Club Winners

March Winners

63 D. Ablitt £40.00
59 B. Cavendish £10.00
11 W.Davies £5.00

STRATFORD ST MARY PARISH COUNCIL MEETINGS

The next Parish Council meeting will be on 10th May 2021 via zoom and the Annual Parish Meeting will be on 21st June 2021, hopefully face to face in the Village Institute.

NB no meeting in April

STRATFORD ST MARY PARISH HOUSEHOLD COMMUNICATIONS



To date, more than one third of parish households have registered an e-mail address on the Parish Council e-coms register.

Thank you.

Have you registered yours?

Complete the form delivered to your household in February and return it to one of the addresses provided on the form, or

e-mail: household identity, post code and e-mail address to

data.manager@stratfordstmary.org.uk

Need a new form or have questions/ concerns about the register?

Contact the Data Manager at above address, or

speak to a Parish Councillor.

See Parish Council » Stratford St Mary Parish Council (onesuffolk.net)

Stratford St Mary Parish Council Emergency Team

If an emergency does arise, please contact one of the following team members:

Norman Woodard

12 Swaynes 01206 323015
Norman.woodard@fatbloaters.com

Chris Griffin

Brook Farm, School Lane 01206 337363/07885 807567
chrisbrookfarm@gmail.com

Steve Kite

42 Strickmere 01206 322482
07958 515573

Bill Davies

3 Spanbies 01206 322990
billdav@hotmail.com

The current Emergency Team members are all over 70 years of age and, in the current climate, we would like to welcome younger village residents to join the team to assist anywhere in the village if called upon to help. If you feel you can be of use in any such emergency, please contact the parish clerk Mrs Jenny O'Hanlon on parishcouncil@statfordstmary.org.uk





The mobile pizza co are a wood fired mobile pizza business trading in Suffolk and Essex. Started in 2014 by Clint Harper, born out of passion and many years in the food industry.

The original vision worked, a mix of pop ups like Capel over four years now, Black Horse at Stratford to name a couple, food events, markets, all were happening, weddings, birthdays, corporate events, village shows, music weekends then in early 2020 Covid hit us all.

Our pop up business coupled with our self converted van done in the first lockdown meant we felt like a Phoenix rising from our pizza ashes! and we truly become The Mobile Pizza Co but now it didn't have to be some great event, we are on a street cooking near you

Please preorder by call/sms txt message 07982 427483, pls state order, location, date and desired collection time, we then txt back confirmation.

•Wed 31st March
Blackhorse Stratford St Mary 5 to 7pm

www.themobilepizzaco.co.uk

Sayings and where they came from:-

In Shakespeare's time, mattresses were secured on bed frames by ropes. When you pulled on the ropes the mattress tightened, making the bed firmer to sleep on. Hence the phrase "goodnight, sleep tight".

In English pubs ale is ordered by pints and quarts, so in old England, when customers got unruly, the bar tender would yell at them mind their own pints and quarts and settle down. It's where we get the phrase "mind your P's and Q's".

In Scotland a new game was invented. It was entitled Gentlemen Only Ladies Forbidden and thus the word GOLF entered into the English language.

It was the accepted practice in Babylon 4,000 years ago that for a month after the wedding, the bride's father would supply his son-in-law with all the mead he could drink. Mead is a honey beer and because their calendar was lunar based this period was called the honey month or what we know today as the "Honeymoon".

Did you know ?

Each King in a deck of playing cards represents a great King from history: Spades – King David, Hearts – Charlemagne, Clubs – Alexander the Great, Diamonds – Julius Caesar,

The first novel ever written on a typewriter : Tom Sawyer,

Coca – Cola was originally Green.

What is the only food that doesn't spoil ? Honey.

What trivia fact about Mel Blanc (voice of Bugs Bunny) is the most ironic ? He is allergic to carrots.

Lastly What do bulletproof vests, fire escapes, windshield wipers, and laser printers all have in common ? All invented by women.

Higham



In Higham

Brett Valley installations - Oil boiler servicer - 01206 337316

HC Smith Builders - 07468 456772

Derek Allen Fresh Fish (Thursdays) 07967 755771

Suffolk Historic Churches Trust Ride and Stride

Saturday 11th September 2020 9.00am – 5.00pm

All the churches in our benefice will be taking part in the Bike Ride this year.

Please put the date in your diary. Our wonderful local organisers welcome anyone who would like to be involved.

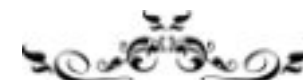
More details nearer the date.

Local Organisers

Higham	Martyn Carr
Holton St Mary	Caroline Favell
Raydon	Wendy Mumford
Stratford St Mary	David Isaacs

RIP

**Margaret Snelling
and Tim Francis**



Our grateful thanks to everyone who has offered support and help to Margaret and Tim during their illnesses, and their kindness and sympathy to the family after their passing. It has been a huge blow to have both die within three days of each other in mid-February. We now entrust Margaret and Tim to God's unfailing love and safekeeping. May they rest in peace and rise in glory.

Peter and Lindsay and family

August Bank Holiday Higham Church Art Exhibition of Paintings

Evening Preview Friday 27th August
Exhibition open Saturday 28th, Sunday 29th
and Bank Holiday Monday 30th August

Raydon



In Raydon

Blackwell Barn Holiday Let -
www.cottages.com

Phil Avery Electrician 01473 311261

Ashley Short Carpentry 01473 311226

Gordon Short Decorator 01473 313053

SW Stiff Builders - 07811 005241

DIY Livery - 07710 540926

Infusion Grill - 07584 573474

Swift Garden Services - 07947 322429

Rheal Coatings - 07539 377740

Franklyn Nevard - Architect 07515
351894

Fresh Eggs - Roadside stall Fox Farm

Don't forget!

Send us details of companies living near you that offer services or things for sale - we'll contact them and offer free lineages in the Quartet. We can build a really useful directory of local resources!



Fair Trade coffee morning

Well, yet another Fair Trade coffee morning that we have been unable to hold. March 23rd was the plan but

we're still in lockdown so no social gatherings. But, as the dates for relaxing the rules stand at the moment then our next Fair Trade coffee morning scheduled for April 20th will be able to go ahead. We just hope for a nice day as we will be holding it outside and socially distanced.

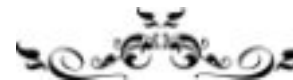
We will also welcome our new venture of the Love Refills pop up shop. A list of products available is in the porch of Raydon Church so do come and have a look then plan your shopping. If you don't have empty plastic containers to refill then there are always some available for you to reuse.

It will be so nice to meet up with everyone again, the stall will be open and the library van should be back as well, and hopefully we will also meet our new Rector Manette. Looking forward to seeing faces old and new,

Many thanks

Wendy Mumford
01473 312123

David Luggar



David passed away peacefully at his home on 19 February.

We would like to thank everyone for their support and kind messages of condolence.

Margaret, Helen and Claire

RAYDON PARISH COUNCIL

SCHEDULE OF MEETINGS 2021

(all at 7.30pm via ZOOM until further notice)
Tuesday 13 April (Annual Parish Meeting)
Tuesday 11 May (AGM)
Tuesday 15 June
Tuesday 13 July
Tuesday 14 September
Tuesday 12 October
Tuesday 9 November

NB: if you would like to see copies of the minutes of any Raydon Parish Council meetings, please contact

Jane Cryer, Clerk to Raydon Parish Council,
01473 824287 / 07920 713940,
raydonpc@gmail.com

Fox Farm Book Stall

Did you know there is a community book stall at Fox Farm, Lower Raydon? Donations of good books are always welcome and anyone can take them to enjoy.

Raydon Church Stall

In line with government rules we will be able to open our fundraising stall on April 12th. We look forward to welcoming everyone back to buy our books, bric a brac and plants which are all donated to us. Please make sure items you donate are clean and undamaged. You may leave your items in the Church porch or behind the wall by the stall.

Our storage space is very limited so we are unable to accept multiple boxes of car boot left overs, fabric items, large pictures or canvases, videos, tapes or electrical items. We hope you'll understand.

We thank you for supporting this valuable fundraising stall and look forward to receiving your goods and plants to sell on it.

With many thanks
Wendy Mumford. 312123

Suffolk Historic Churches Sponsored Cycle Ride.

September 11th 2021 is the date for this most important fundraising event, and I'd like to book that date in your diary before you plan anything else. If you don't have a cycle and you're not very good at walking then I'll give you some suggestions each month on how you can help raise funds for both the Trust and the Church here in Raydon.

Something easy to start with, book a slot in the Church to welcome and sign in fundraisers from other Churches. Start saving a few coins each month so when you're asked to sponsor someone you have the money already.

Any questions?
I'll be happy to try to answer them

Thanks from Wendy Mumford
01473 312123

Raydon and District Garden Club

Springtime is here again in all its glory and it's our gardening club's 41st year so for us gardeners it's a wonderful time to enjoy as the gardens come to new life with all the fantastic flowers and perfumes abounding once again. We have enjoyed the snowdrops, crocuses, aconites, hellebores to name but a few of them that transform our gardens from Winter to Spring. From now on, it's a constant change of colours as the season unfolds. With the trees and hedges coming out with all the different shades of green, the birds are singing and nesting, the butterflies starting to come out especially on the lovely warm sunny days. Overhead Buzzards call out & circle on the thermals, and also in more increasing numbers Red Kite are being spotted, Chiff-chaff and Skylarks singing when out walking across the fields and hopefully joined by Blackcaps & Whitethroat & Yellow hammer. Perhaps it's the smell of freshly cut grass, as the lawn mowers come out and start their weekly ritual, or a combination of all nature that certainly lifts the gloom of winter and gives you that feeling of optimism for the coming seasons in the garden.

The saying "Patience is a virtue" is so important at this time especially by the time you read these notes, we should hopefully be heading for the better times of being able to travel a bit further afield (not perhaps holidays just yet) provided everybody takes care and follow the rules. It will of course mean the garden club committee can then consider starting up once again by holding face to face meetings to plan ahead. At this moment I think it's too early for May or even June club indoor meetings, but June & July perhaps we can consider outdoor local garden visits? Watch this space.

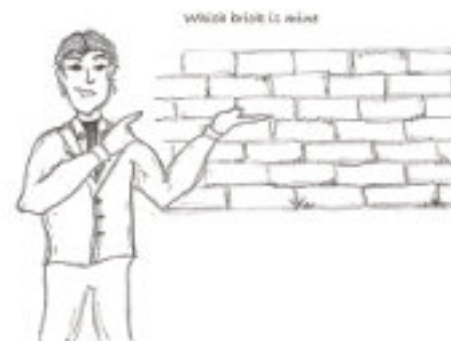
As for any coach outing June certainly will not be a option but perhaps it might be worth considering an Autumn trip provided numbers are not too restrictive otherwise it will not be viable on cost alone; we may just have to wait for 2022.

It would be great if we can consider holding a summer flower show in August once again which will give the committee plenty to think about trying to accommodate and modify the show to suit our new slightly smaller venue.

This hopefully will be followed by meetings in September & October with guest speakers and then our social evening + AGM in November to finish off the 2021 gardening year. As far as judges for shows are concerned I have kept in touch with them and I am sure they, like us, are looking forward to getting back to more normal times.

May I on behalf of your club committee wish you all a enjoyable Springtime in the garden and we all look forward to meeting once again in the summer months to enjoy each other's company, refreshments and of course plenty to talk about as we discuss gardening aspects and most importantly, looking forward.

Geoff Horrex,
01473 310422, or 07810086143



Bricks

You will have seen that the wall of the churchyard is in a very bad state. It is dangerous!

We have cleared the ivy which was holding the wall together as well as some of the trees.

The cost of repairing the wall will put quite a strain on the Church finances, so we are looking for donations to sponsor a brick!

Would you like to donate/sponsor a "Brick in the Wall" at £5 per brick?

All donations to Nev Davenport, Church Treasurer, at Maple House, Woodlands Road, Raydon IP7 5LJ

Please include your name and email address, if appropriate, so we can acknowledge and tell you how the project is progressing.

Or

Use the Just Giving link – <https://www.justgiving.com/crowdfunding/stmaryschurchraydon>

Details will be confidential to the Treasurer only

The Parish Council would like to thank all the parishioners who have taken the time and trouble to collect litter whilst out and about on their walks - this is much appreciated, especially as we are currently unable to organise an official 'litter pick' due to the current restrictions. Thank you very much for helping to make the village a nicer place to live.

Raydon Quiet Lanes Initiative

Thank you to everyone who responded to the public consultation Raydon Parish Council conducted on 8 March with regard to the Quiet Lanes initiative in Lower Raydon. To clarify a few points raised:

- Suffolk County Council is subsidising this scheme following a successful pilot project in East Suffolk. They have recently announced an increase in their subsidy which means, following encouraging comments from the public forum, we will apply to include Wades Lane and Noakes Road in the scheme.

- The aim of the scheme is to raise awareness of other road users. It is not intended to draw further motorists to the area and therefore we do not foresee an increase in parking issues related to this initiative.

- Our current plans use existing signposts only, no additional signposts will be needed.

- Further information about this initiative can be found at www.quietlanessuffolk.co.uk.

Given the majority of positive responses, Raydon Parish Council agreed at its March meeting to proceed with the scheme.

Jane Cryer
Clerk to Raydon Parish Council
01473 824287 / 07920 713940
raydonpc@gmail.com

Holton St Mary



Holton St Mary Millennium Green Trust

Many thanks to all who have supported our Century Club this year. Collecting the subscriptions has been a challenge and we have 121 participants. The first 3 draws have been made and the winners are:

January: £30 No 123 Marion Ensten, £15 No 83 John Partridge, £10 No 72 Janet Cracknell, £5 each No 58 Bob Holmes and No 95 Peter Butcher

February: £30 No 1 Caroline Favell, £15 No 105 Roger Shipley, £10 No 27 Joe Adams, £5 each No 38 Louise Dolan and No 62 Sheila Stiff.

March: £30 No 101 Claire Rowan, £15 No 24 Ian Pearce, £10 No 119 Vera Norman, £5 each No 104 Frank Swallow and No 49 Robin Hood.

Marjorie Haste
Secretary

Love Refills Mobile shop

Every 4th Tuesday of the month 1 -3pm in Rose Acre Holton St Mary

Love Refills is a zero waste, refillable initiative offering SESI household cleaning products, reusable containers & eco-friendly household items. The concept is that you bring your own containers and fill up from a range of Body care items, Cleaning supplies, Eco swaps, Store cupboard food and SESI Detergent refillables.

Log on to the website www.loverefills.co.uk to see the full range and also check out the Click and collect option where you can pre-order your refills and jump the queue when you collect in person from our mobile refills van.

At checkout select 'schedule for later' and choose the date of the village pop where you intend to collect from. Don't forget to make a note upon check out to let them know if you wish to fill your own bottles otherwise, they will prepare your order in the best repurposed bottles they have available at the time.

Holton St Mary 'Green Gym Group'

The Green Gym Group will **not meet** in April as it is Easter week. We will next meet on Saturday, 1st May. This will be in Church Square at 10.30am. Please contact Richard Appleton on 311487 if you would like some information on this community activity. Thank you.

The Green Gym Group

Holton St Mary Parish Council

Holton St Mary Parish Council comprises seven Councillors and the Parish Clerk. The Parish Council meets bi-monthly, usually on the second Wednesday of the month. Meetings are usually held in the Village Hall, although because of current restrictions these are being held via Zoom, all villagers, old and new, are welcome to attend the meetings as observers, and there is always an open forum at the beginning of each meeting if you wish to comment.

Additional meetings may be called if a planning application needs to be discussed inbetween Parish Council meetings, all villagers are welcome to attend these meetings also.

Notices and agendas of upcoming meetings are displayed in the phone box at Church Square and on the notice board at Bacons Green at least 3 clear working days before the meeting, notice is also given on the Holton St Mary website and on the Holton St Mary facebook page.

Annual Parish Meeting

An Annual Parish Meeting is held in April, the activities of the Parish Council, Village Committees and groups from the past year are reviewed – this is a chance for electors to come together and discuss parish matters. This year the Annual Parish Meeting is planned to be on April 14th at 8pm, because of current covid restrictions this is planned to be via zoom at the moment, if regulations change and it can be moved to an alternative date for a face to face meeting we will change this. The agenda for this meeting will be displayed on the website and on the noticeboards at least 7 clear days before the meeting, zoom links for the meeting can be obtained by emailing the parish clerk hsmparishclerk@gmail.com.

All Villagers are welcome to attend to find out more about what is happening in Holton St Mary.

Telephone Box (Church Square)

The telephone box in Church Square is used for the display of Parish Council meeting agendas and minutes for villagers to view. Please can we ask that unwanted books are not left in here.

Many Thanks.
from Liz Sims - Parish Clerk

Chef Neil's Infusion Grill

Fast becoming a Raydon favourite, Chef Neil will book you a timeslot if you text or give him a call. Let him know what you want from the menu on facebook - sorry, picture below is a bit small (search for chefnailsinfusiongrill) and then collect from the mobile van in the King George car park. No waiting, no queues!





I created The Dedham Vale Deli (an online deli service) because I am passionate about quality food and drink. I don't believe good quality food and drink needs to be expensive, and with so many amazing independent producers out there creating a unique array of exceptional products, I wanted to create a service which could bring those products to the local community of the Dedham Vale and surrounding areas.

I also want the Deli to be fun. I don't want my food and drink to just be "nice" – I want to bring that extra "wow" factor to a drinks party, a garden party, a picnic, or simply a quiet night in with loved ones, and that's what I set out to do with the produce I stock. The Deli always offers produce which tastes amazing, is of superior quality, and is just that little bit different.

I am always hunting for new and interesting products but I am also keen to hear what my customers want and will always do my best to introduce new products at their request.

Recent additions to the Collections are high-quality fruit and vegetables, and freshly baked bread; with chef prepared ready-to-cook meals soon to follow – all delivered to your door. I also supply holiday homes with Welcome Hampers. The Dedham Vale Deli will never stop evolving, with regular pop-up events, loyalty schemes and VIP events all scheduled for the future, so sign-up for our e-shots, join in the fun, and I look forward to delivering to you soon. Trevor Hyland
www.dedhamvaledeli.co.uk.
NB - See new advert on page 47

Anyone for tennis? Join us at Dedham Lawn Tennis Club!

Whether you've never held a racquet or are a budding Andy Murray or Heather Watson, we'd love to welcome you to our friendly village tennis club on the playing fields in Dedham.

With club sessions, teams in local leagues, coaching for adults and juniors and a wide range of membership options available, we're always on the lookout for new members.

And with Spring having sprung, there's no better time to come and join us!

Search online for Dedham LTC to find out more and see how you can get involved



Many of our interest groups such as, art lovers, reading, chess, bridge, languages, philosophy and writers' groups meet using "Zoom", the video conferencing platform. The camera, art workshops and ukulele groups are soon to follow suit. Monthly meetings and lectures are also being held using "Zoom".

Plans for 2021 include garden visits, the National U3A Day on 2nd June and our annual Summer social.

If you have finished working full-time or in the near future and would like to pursue new interests, please visit our website for information and contact details <https://u3asites.org.uk/stourvalley/>. New members are always welcome.

The Whites and Yellows associated with Spring

The year starts with snowdrops emerging around the 2nd week in January. There are many varieties and they are best seen in clusters or en masse in carpets and found under trees, bushes and in partial shade. They are favourites in many gardens but for show, they are best seen in church graveyards such as at Groton and Wiston (near Nayland), the banks of the River Stour at Clare and for public display, Christ Church Park, Ipswich comes to mind. By the time the meteorological spring starts on March 1st, they are mostly finished. Orange flowering aconites can sometimes be seen in shaded areas in clusters by themselves or with snowdrops in late January and February.

Spring wouldn't be the same without daffodils, there are more than a hundred varieties and take pride of place in Spring shows. Not this year though, due to the Coronavirus Lockdown. They are cut for sending to markets such as Covent Garden from the Scilly Isles and West Cornwall in early January providing a living for people in that area. The Trumpet varieties appear first with the poeticus and other varieties later and flowers can be seen well into April. Of all the wild flowers, spring wouldn't be the same without Primroses. On country walks, yellow primroses can be seen at the side of hedges and at the edge of ditches having a preference for half shaded damp conditions. There are also related varieties such as Cowslips.

Dandelions and daises, although classified as weeds, are spring flowers and young children do make daisy chains, perhaps out of fashion now. The small white anemones can be seen in April in some woods. Stour Woods at Ramsey comes to mind. The white flowers are infertile so the plants increase by root growth. They are a protected species and should never be uprooted. Of cultivated flowers, spring wouldn't be the same without Forsythia, Mahonia and white cherry blossoms. One

shouldn't forget the yellow flowering Jasmin, which is at its best in November/December but continues to flower into January and February. The list is endless

The yellow Brimstone butterfly can be seen during March and early April. The male is deeper yellow than the female. This butterfly is swift in flight but can settle on aubretia with its wings usually closed. The eggs are laid on buckthorn particularly seen on calcareous soil on the South Downs. This butterfly often has a second brood in August. Some specimens have been known to live for 1 1/2 years, hibernating in the winter. The orange tip butterfly is about for 4 weeks at the end of April and start of May. It is only the male that has the orange tip and the female can be mistaken for a small white butterfly. The large cabbage white and small white butterflies start to appear in April augmented by influxes from the continent and are about until October, not the favourite insect for gardeners. Spring wouldn't be the same without lambs, the lambing season being in full swing from February onwards. Unlike cattle and pigs, lambs have a distinct season for giving birth. White or whitish yellow seems to be the predominate colour, but not always. There is a saying that any old hen lays an egg in March and April. More so with farmyard and free range poultry. Eggs with often yellow chicks emerging are signs of new life and it is understandable that egg hunts are popular with children even though the eggs are hidden first by adults for the eggs to be found! Of course, confectioners profit from the sale of chocolate eggs which most children delight in having at Easter. So Easter cards with lambs, hens and chicks, maybe with daffodils with a Church in the background, portraying new life seems to me what Easter is about with White and Yellow dominating in colour.

This article was inspired by the recent David Attenborough TV programme, seduction in colour

Robin Jackson

Barry's Page

Each winter the plight of the homeless and rough sleepers is brought to the forefront. Adequate shelter is not always provided and many have to rely on their own devices. The entrances of department stores are prime considerations due to their size. Although most stores close at around 5.30 pm their illuminated shop displays remain lit all night providing a pictorial extravaganza for passers by.

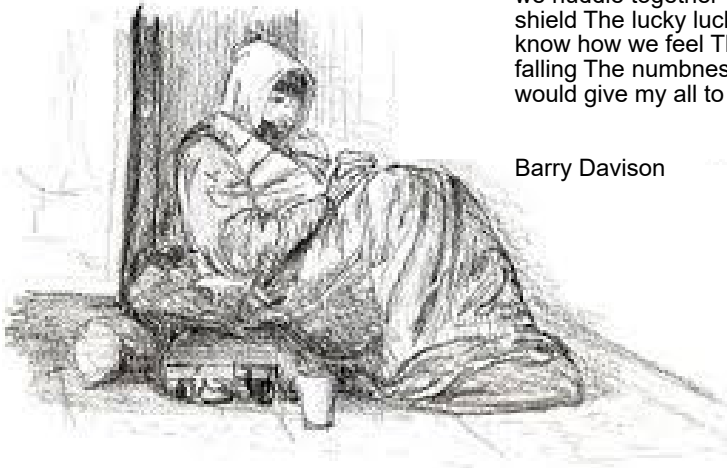
I wrote this poem after witnessing one such scene.

Doorway

The doorway where I live
Is mine all mine at night
I invite my friends to share my step
We pull on booze and try to forget
We look through the windows, the heat is on
The manikins sport their fine attire
The jewellery, their stylish hair
Designer clothes theirs to wear
We wonder where did we go wrong

But this is the hand that we were dealt
A system stacked against us
On the other side of the glass the scene is now changing
They are drinking cocktails
On the beach Under the parasols
But for us out of reach
Our scene too has altered
Winter rains arrive Lashing out with forceful winds
How will we survive
Closer we huddle together
Cardboard as our shield
The lucky lucky manikins
Just don't know how we feel
The temperature now falling
The numbness setting in
How I would give my all to be that manikin

Barry Davison



Constable Country Medical Practice – Practice Update

Coronavirus Vaccination Programme

As of 8th March, the practice has administered over 5000 doses of the Covid-19 vaccine. We have now vaccinated in excess of 96% of all patients over the age of 70. We continue to vaccinate patients against Covid as fast as we take delivery of the vaccines. Unfortunately, we still have little forward visibility of when and how many vaccines will be delivered.

Please be assured that as soon as we have confirmed delivery dates we are setting up clinics and inviting patients in. Our preferred method of booking for all under 80 year olds is via a text message which contains a link to follow enabling patients to select an appointment date and time.

Patients who don't have a mobile number recorded with the practice, and those patients who don't book via the text message link, will be contacted by the practice to book an appointment.

Patients have also been contacted to book vaccinations at mass vaccination clinics. The practice will be informed when the vaccination has taken place and removed from our list of outstanding patients.

Second doses will be administered approximately 11 weeks after the first dose. However, although some patients were booked an appointment for a second dose, we cannot confirm the date and time until we have received confirmation of the vaccine delivery date. We may not receive this until 10 days before the vaccines are delivered. We will therefore contact patients the week before their second dose is due to either confirm their existing appointment, rearrange it, or book a new appointment. The practice has detailed

records of when second doses are due so there is no need to contact the practice. Please wait for us to contact you.

Please note that current guidance is that the type of vaccine administered for the second dose should be the same as the first dose, i.e. Pfizer or Astra Zeneca. Also note that we will administer second doses to those patients who have been vaccinated at the practice. If you have been vaccinated elsewhere, they will arrange your second dose.

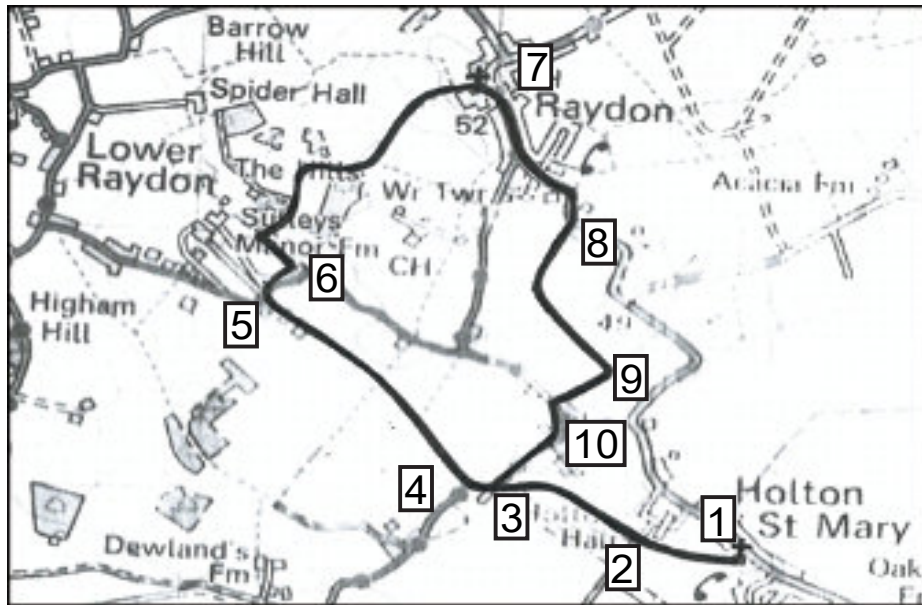
Thank you again for your support and consideration whilst we continue with the vaccination programme.

Pete Keeble
Practice Manager



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Circular Walk 4: St Mary's (Holton St Mary) to St Mary's (Raydon) (6.5km)

1. Start in Church Square. Go through the black wrought-iron gate on the gravel path, pass the Church entrance (South porch) and bear right at the War Memorial on to a grassy path to the kissing gate that opens on to the field. Bear half left diagonally across the field. At the tree-plantation around 'Holton Hall', bear half right to enter a narrow tree-lined path with a fence and then brick wall on your right towards Holton Hall Farm (APT Farming)

2. After 80 metres you emerge into the farmyard. With eyes and ears open for farm vehicles (no fantastic or dangerous creatures here) continue ahead into a grassy field and alongside a line of young hedges that 'shield' a phalanx of 10 rather sad static caravans. Go through a cute arch in the hedge and cross the next field (+/- a crop). Pass through another arch and then slightly left across a grass field towards a stile (with Footpath sign) in the

corner of the field

3. Cross said stile and turn left on to Sandpits Lane. Walk down this lane for approximately 120 metres passing 'Lark Hall' and 'Laits Barn' on the left.

4. On the apex of a blind bend to the left, turn right at the Bridleway sign. Walk straight and slightly downhill on a wide and sandy and then grass track. As the path gently ascends look out for a broken-shafted yellow-arrowed footpath post (this supine post has been up and down more times than Norwich City FC). The path continues straight ahead, bisecting a field (muddy after rain). When you reach the hedging it joins three other paths. Keep straight on a narrow (1.5 metre) path between hedges, soon emerging on to a field (usually with a crop). Keep straight on the grassy verge with the field on the left and Brett Vale golf course on the right; errant golf balls are a hazard to feet but occasionally the head After 90 metres at a grey and rust-red corrugated barn on your left, continue straight on to a wide grassy track. Pass through (if open) or

shimmy next to a wide gate

5. Where the track meets the road (Sulley's Hill), cross over and just to the left of a white sign, 'Sulleys' Manor - Deliveries - Sulley's Lakes', slip through a dinky gap in the hedge and walk down a short but pretty and sunlit-dappled woodland path. This avoids the potentially life-shortening road just a few metres to your right. After 150 metres it opens on to the golf course.

6. Turn left and walk along a track passing a reed pond on your left and then bear right and slightly upwards to pass a greenish maintenance shed, the outside festooned with mowers, etc. Keep to the right of this shed and walk straight ahead to a relatively wide grass path between hedging / trees. As it ascends, almost hill-like in inclination, it is somewhat sandy. Ignore the first stile on the left after 130 metres. The path bends sharp right and then less sharply left. Approximately 250 metres after the first stile and just as the path bears right, cross a high-rise stile skulking in the left-hand hedge. Turn right to walk alongside trees (on your right) and fields dotted with a few trees and sometimes a horse or two that slope steeply down on your left. Nice view.... After 150 metres at the corner of this field, turn left at a yellow-arrowed way post. Within 10 metres you arrive at an electric fence. Use the red plastic insulating handle to unhook it (not a shocking experience) and re-hook after safe transit. If slim, supple and silly, you may limbo under it, but be it on your own head... Descend a very steep but short grassy bank. At the bottom, the large steel gate is locked but 12 metres to its right is a new and very small steel gate. Pass through and after a few metres, cross a stile into a field *et equorum*. Bear right and, hugging the field edge with high hedging on your right, walk up the undulation to go through two steel and then a wooden gate, passing some equine equipment (a circular 'walking cage' and behind, a dressage area). Twenty metres after the wooden gate, at the field-corner, turn right through a large steel gate with a yellow arrow-marked sign. After 20 metres on an overgrown

grass path, turn left to go through a rustic wooden gate to enter the grounds of St Mary's Church (Raydon). Keep straight to meet and then walk down a hoggin path past the Church porch, go through a gate and arrive at the road (B1070)

7. Turn right and walk, initially on the pavement on the right and then as it stops (almost opposite Rectory Close), cross and use the pavement on the left. Pass a new estate on the left (King George's View [did he ever come here or give an opinion on Raydon?] on Dunningham Drive). Ahead and on the apex of a blind bend, you will see a small, drab, green building, 'Country Covers'

8. Cross with ears and eyes agog and seek the secure refuge of a sign-posted footpath which leads between 'Country Covers' on your left and hedging/trees on your right. After 40 metres this opens on to fields. Continue for 500 metres on a wide grass verge with a field to your left. As it bends gently to the left with views of Bacon's Green, you are met and kindly escorted by five towering telegraph poles (life-savers in autumn fog / winter snowdrifts). Continue to a subtly staggered 'four-way' footpath, just before the 5th telegraph pole

9. Turn right here down the grassy verge with the field to your right. Pass between a house fence/hedge on the left and brick building (sewage main) on the right. On emerging, hold your breath (the smell) and turn sharp left to walk up the road through Bacon's Green

10. Bear right at the village green and then right again on to Sandpits Lane. Continue for approximately 260 metres passing, in sequence, Anglia Grain Services on the right and then Holton Place and Holton Lodge on the left. Keep your eyelids open for the stile and barely-visible Footpath sign on the left (point 3). Knees up ... and retrace your steps back to Church Square. Bravo!

SESAW News

Hopefully it's dry and sunny as you read this, at the time of writing the rain is lashing and the wind is howling but Easter approaches. As our thoughts turn to chocolate, spring flowers, cute lambs and baby rabbits, SESA W volunteer, Karen, who specialises in looking after our rabbits offers some seasonal advice.

"Watching rabbits running, jumping, playing and grooming each other is a lovely sight but Easter is not the time to get them as pets for your children. Sadly rabbits are the most neglected pet because people assume they are easy to look after and don't live very long. They need a spacious exercise area attached to a roomy hutch which should be seen as a place to rest in, NOT A PRISON. Rabbits should be neutered and live in pairs or groups; a single outdoor rabbit living alone would have an extremely miserable life.

Unlike Bugs Bunny, rabbits do not just eat carrots! The diet should consist of 80% good quality hay, small amounts of commercial feed and leafy greens. They DO NOT like being picked up and carried around so children should play with them at ground level. Rabbits can live up to 10 years and require yearly vaccinations, regular worming and health checks. If you understand that having a rabbit is NOT an easy or short term commitment, then please offer a home to a rescue rabbit after Easter."

That just leaves me enough space for our contact details for Karen when you have finished your chocolate eggs - but make sure to keep them away from all the dogs including me, Kenny (the Boss) Chihuahua.

Suffolk & Essex Small Animal Welfare, Reg.Charity No.1124029, Stoke Road, Leavenheath, CO6 4PP. Tel: 01787 210888, www.sesaw.co.uk.

Holy Family Roman Catholic Church

Ipswich Road, Brantham CO11 1TB
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Assistant Priest: Fr Bineesh Elenjikkal OCD
180 Hawthorn Drive
Ipswich IP2 0QQ Tel: 01473 684963.
www.stmarksparish.org.uk

The weekly Newsletter, with Mass times, is always displayed in the cabinet alongside the Church's front door and may also be read on the regularly updated website www.stmarksparish.org.uk together with other Parish news.

Fr Bineesh Elenjikkal is the Ipswich Hospital Catholic Chaplain assisted by Deacon Rev Clive Brooks (01026 396319) .

All are very welcome to attend Holy Family services; it is not necessary to be a Catholic and enquiries about the Catholic Faith are always welcome. Please contact The Priory, as above, or a local person whom you know is a Catholic

Catholic Commentary

The Pope recently said that patience is a key virtue in religious life, that Christian hope is rooted in the knowledge that God is patient with all his children, even when they stray from the path set before them. He said that God's love is "not weighed in the balance of our human calculations, but unstintingly gives us the courage to start anew."

"This is the reason for our hope: that God never tires of waiting for us. When we turn away, he comes looking for us; when we fall, he lifts us to our feet; when we return to him after losing our way, he waits for us with open arms."

"Patience is not a sign of weakness, but the strength of spirit that enables us to 'carry the burden' of personal and community problems, to accept others as different from ourselves, to persevere in goodness when all seems lost, and to keep advancing even when overcome by fatigue and listlessness."

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14 April, 12 May, 9 June

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Tally Ho! Corner - 11.25am - 11.45am
Strickmere (School Lane end) - 11.50am - 12.10pm

Route 14

The bus stops every 4 weeks on Tuesdays

20 April, 18 May, 15 June

Holton St Mary

Church Square - 9.30-9.45am

Raydon

St Mary's Raydon - 9.50-10.30am

Lower Raydon

Sulleys Hill - 11.30 - 11.45am

Higham

The Green - 11.55am to 12.10pm

The **customer service line 01473 283838**

is staffed 9am to 5pm from Monday to Friday and can handle any library customer queries renewals and reservations to any general library queries. An answer phone is available outside of operating hours and people can also email

help@suffolklibraries.co.uk

Bin collections

Week Commencing	29 th March	Refuse Week	BH Week
	5 th April	Recycling Week	BH Week
	12 th April	Refuse Week	
	19 th April	Recycling Week	
	26 th April	Refuse Week	
	3 rd May	Recycling Week	BH Week
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Simply Thai Manningtree - It was simply delicious! Freshly cooked, and arrived within the quoted time frame. 01206 396060. Delivers to Holton St Mary

Zaynab and Mother Indian at Capel. Really good and highly recommend. They don't deliver, but it's made quickly for pick-up.

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Lucca Enoteca Manningtree 01206 390044

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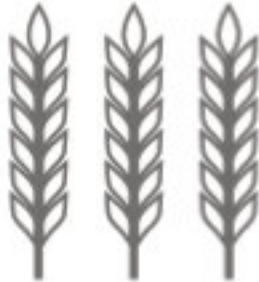
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BENEFICE CONTACTS, SERVICES AND EVENTS

Priest-in-charge: Rev'd. Manette Crossman:

Tel. 07947 737789

Email: revmcrossman@gmail.com

Deacon:

Rev'd. Nicola Tindall:

Tel. 01787 212340

Email: nicolajtindall@btinternet.com

Please contact Rev'd Manette or Rev'd Nicola to discuss any aspect of faith and services in the Benefice including home visits.

Benefice Administrator:

Frances Torrington: 01473 312046 familytorrington@btinternet.com

Please contact Frances to talk about baptisms, confirmations, weddings, and funerals.

Please check our website and Facebook page for current updates:

Benefice website: www.4marys.org.uk



updates also available on the Benefice Fb page

Churchwardens:

Higham Hugo Parker 01206 337234

Holton Richard Noel 01206 298276
Paul Torrington 01473 312046

Raydon Geoff Horrex 01473 310422
Simon Tennent 01473 310320

Stratford Jonathan Dewey 01206 322148



Services for Easter and for April

We are hoping to hold live services during Holy Week and to have services in all of our churches on Easter Day, but this will depend on government and Church of England guidance as well as on infection rates. Please check our Facebook pages and the 4Marys website for details, as well as the various weekly emails which will be circulated. We hope that many of you will be able to join us for the following services:

Monday, 29th March - 7pm: Compline in Holton St Mary

Tuesday, 30th March - 7pm: Compline in Higham

Wednesday, 31st March - 7pm: Compline in Raydon

Maundy Thursday, 1st April - 10am: Communion and Stripping of the altar in Stratford St. Mary

Good Friday, 2nd April – 10am: Service from Holton St. Mary

Holy Saturday, 3rd April: Online reflective service

Easter Day 4th April - 8am: services in Higham and Holton St. Mary
10am: services in Stratford St. Mary and Raydon
The services in Higham and Raydon will be Communion services.

Sunday, 11th April - 10 am: Holton St Mary

Sunday, 18th April - 10am: Higham

Sunday, 25th April - 10am: Raydon
also Family Hour online service from Stratford St Mary

Good Friday Walk

We are unable to go ahead with our annual Good Friday walk this year, due to current restrictions. However, Geoff is developing ideas for a planned walk later in the Summer. More information will follow in due course.

Family Hour

Please note, that instead of our ZOOM format for Family Hour services, we are aiming to provide recorded online services in April and we will hopefully be back in the parish room from May, possibly using the outside garden space initially.. More details will be circulated nearer the time.



Mid-week Morning Prayer in Stratford St. Mary.

Unfortunately, the monthly midweek morning prayer service is temporarily suspended due to the restrictions.

Elders

Our Benefice is fortunate to have three lay elders, appointed locally and licensed to help and assist with certain aspects of church ministry. For example, they may undertake pastoral work e.g. visiting people in their homes or in hospital, work with young people in running family and children's services and assist with general church services. The lay elders work as part of our local ministry team and may be contacted about local church matters if churchwardens are unavailable.

Christine Cousins 01206 322530, Janet Dewey 01206 322148, Sandy Ranson 01206 322156

*If you wish to be added to the weekly email mailing list, to receive updates and links to online services, the daily bible readings and the current prayer list, please contact Sandy Ranson at: sandyranson@hotmail.com

Benefice churches open for private prayer

The Lady Chapel in **Stratford St. Mary** church will be open for private prayer on Wednesdays & Saturdays 10.00am to 2.00pm (access via the churchyard).



XV Easter Dawn

He blesses every love which weeps and grieves
And now he blesses hers who stood and wept
And would not be consoled, or leave her love's
Last touching place, but watched as low light crept
Up from the east. A sound behind her stirs
A scatter of bright birdsong through the air.
She turns, but cannot focus through her tears,
Or recognise the Gardener standing there.
She hardly hears his gentle question 'Why,
Why are you weeping?', or sees the play of light
That brightens as she chokes out her reply
'They took my love away, my day is night'
And then she hears her name, she hears Love say
The Word that turns her night, and ours, to Day.

A Sonnet for Easter by Malcolm Guite

For your prayers:

For healing and for all those who are ill or in need in our parishes and beyond, including:

Higham: Amanda Berry, Val & Ian Boothman, Penny Watkins, Lindsay Francis, Peter Snelling and their families and for the Vickers family.

Holton St. Mary: Angela Stedman and family, the Torrington family.

Raydon: Margaret Luggier, Wendy Mumford and Janie O'Brien and their families, May Peacock, Margaret Hammond.

Stratford St. Mary: Nancy Ablitt, Laura Kerry, David Ablitt.

Others: Helen Gregory, Hilda Murray, Rev'd Fred Woods.