

**Stratford  
St Mary**

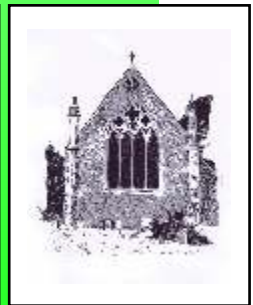
**Higham**

**Holton  
St Mary**

**Raydon**

# Quartet

The Parish Magazine



**January 2016**

Issue 329



**IGNITION Youth Club  
Stratford Chapel  
Every Friday night  
7.30 to 9.30**

Age 11 - 16  
contact Beckie.w@live.com  
**07842 207598**

Wanted classic /old car or motorcycle  
wanted for restoration project,  
anything considered please call  
Graham on 01206 322557



Colin the fishmonger has his fresh  
fish van in the lay-by at the bottom of  
Church Hill in Stratford every  
Thursday morning from  
10.30am to 1.30pm

Good quality, dry mixed hardwood  
logs for sale.

£70 for 1 cubic meter of logs  
delivered.

Call Daniel on 07562812719

**Holton St Mary Village  
Hall**

can be hired at very reasonable  
rates!

Available during the day and most  
evenings (not Friday) from £17.00  
Saturdays from £35.00

For further information and booking  
please contact Rachel Eagle on  
01473 310550

You can place items for sale or wanted on the Small Ads Pin Board for free.  
Just email [quarteteditor@hotmail.co.uk](mailto:quarteteditor@hotmail.co.uk) with your advert.  
We will place it for one month space permitting.

# Small Ads pin board

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# Welcome



Dear friends,

As I write this in the middle of December, the light and goodness that is signalled by our

waiting for the birth of Jesus seems to be being obscured almost daily by darkness and sin in the form of terror attacks. It is as if the powers of evil are doing their best at this time of 'peace on earth, goodwill to men', to cancel out the love of God shown to us by the giving of his Son. All I can ask you to do is to pray hard that individuals who are being led astray by evil will have their hearts turned somehow to good.

Where is God in the acts of terror - and in the terrible weather that has afflicted our brothers and sisters in the north and west of this country?

Much as we might like him to, God doesn't spend his time reaching a great arm out of the sky and stopping all the bad things that happen in our world. He gave humanity free will from the beginning of creation, and we have unfortunately used it for our own ends, which have led, amongst other things, to the current global problems of climate change, poverty and enmity between peoples.

What God does do, in the heart of our crises, is to come alongside us in the person of Jesus Christ, to teach us how to help and comfort each other in our times of need. We only had to listen to those interviewed in Cumbria to know how much God was actually there in the neighbour who helped an old lady out of her flooded house, and in the rescue services who worked non-stop to ensure that everyone was safe.

You may not know it, but you may well be a sign of God for other people as you look after your family and the neighbours and friends who surround you. The Bible tells us that we are all made in God's image, and though looking at each other may sometimes give us a funny idea of what God looks like, the Bible also tells us that it is not so much about looks as about character - God wants us to be like him in being with our brothers and sisters in their hour of need.

I pray that the New Year will bring peace and comfort to every one of you and your families, but if for some reason it is bringing you physical or emotional distance from your family, why not make a New Year's Resolution to take the first step of peace towards them, as a sign of peace with yourself, with the wider world, and with God?

'I bring you peace who are far from God;  
I bring you peace who are near.  
So join with me in the peace of God;  
give peace to everyone here.  
Let there be peace on the earth,  
and let it begin with me,  
for peace is born on the earth;  
now let it be seen in me.'  
(Doug Constable, adapted from Isaiah 57)

A very happy New Year to you all.

Rosalind Paul, Rector

# The Quartet Diary



## January

- 1 SSM Rambling Club 11am, local walk from Parish Room
- 5 Raydon Fair Trade Coffee Morning
- 6 Stour Valley Men's Probus Club Meeting
- 10 SSM Rambling Club, Woodbridge (abt 4.5m)
- 11 Christmas Tree Recycling Collection, SSM
- 13 U3A Meeting
- 21 SSM Rambling Club, Raydon to Hadleigh (abt 4.5m)
- 30 SSM Rambling Club, Harwich (abt 5.25m)

## February

- 2 Raydon Fair Trade Coffee Morning
- 9 SSM Rambling Club
- 11 Stories by the Fire, SSM
- 21 SSM Rambling Club
- 25 R&DGC Meeting

## March

- 1 Raydon Fair Trade Coffee Morning
- 12 Heartwatch Race Night
- 24 R&DGC Meeting
- 29 Raydon Fair Trade Coffee Morning

## April

- 24 HSM Social Club St George's Day Lunch
- 26 Raydon Fair Trade Coffee Morning

## May

- 24 Raydon Fair Trade Coffee Morning

## June

- 11 Celebrations for 90<sup>th</sup> birthday of HM The Queen

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# Editors Corner

Well here we are in 2016. That didn't seem to take very long - I must be getting old!

With the New Year comes new challenges and experiences for us all in one form or another. Some, you may know about and have planned for, some will be a surprise. Here at the Quartet we will try and keep you informed of events around the villages at least!

I'll just bring a few things to your attention this time - Robin Jackson has written an interesting article on page 14 entitled 'Are we to have a winter?' - I was wondering!

On page 17 you'll find an invitation from Suffolk Family Carers, a charity based in Claydon to attend 'Caring with Confidence' courses in the New Year. This is certainly worth considering if you or someone you know has recently taken on a caring role and would like a bit of help and guidance.

We are going to make a regular slot somewhere towards the end of the editorial section (the middle) to put the month's waste and recycling schedule. This schedule is no longer going to be sent in paper form to households, we're led to believe, so we thought it might be useful for you to have somewhere to refer to the upcoming weeks, particularly if a bank holiday is changing regular collections.

May we take this opportunity to wish you all a happy, healthy and successful New Year.

Happy reading

Anne and Jane,

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:  
**19<sup>th</sup> January 2016**

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Stratford St Mary. CO7 6JQ

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# Stratford St Mary

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## SSM 100 Club Organiser

Our current Organiser, Eddie Lawrence of 35 Strickmere, is having to stand down owing to business and family commitments so we are looking for someone in the village to take over the administration of this useful fund raising scheme on behalf of the Institute Committee. The duties consist of collating the monies brought to you by the collectors, banking it and conducting the monthly draw. If anyone is prepared to volunteer for this position please contact Eddie at the above address or telephone him on 322066.

Thank you

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We would like to wish a happy and prosperous new year to all the people who have hired the Parish Room over the past year. Improvements are still ongoing as an old building always needs lots of attention to keep it fit for purpose. By the time you read this the new toilets should be ready to use and by then repainted once again by Margaret and Nigel Patton. Most of the cost has been met by the monthly Wednesday coffee mornings which has been a great success and open to everybody at only £2 for a tea/coffee plus good company. The surplus money raised from the coffee mornings also paid for about half the new hall chairs which have made such a difference. From now on the monies raised will go towards the church roof fund.

Don Umfreville  
Parish Room Committee

## Cleaner needed for Institute Hall

We are looking for someone who is prepared to carry out cleaning duties at the Institute for approx 1 hour per week at a modest rate of pay. The Institute Hall is a valuable facility for our village but it needs to be cleaned and maintained regularly to a high standard so if anyone feels "community minded" enough to take this job on, please contact me for further details. Thank you.

Bill Davies,  
3 Spanbies Road...Tel 322990



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Stratford St Mary Parish Council website has now been updated. Please pop over to [www.stratfordstmary.onesuffolk.net](http://www.stratfordstmary.onesuffolk.net) and let us know what you think. If you would like your event advertised on the website as well as in the Quartet, whatever it may be, please let the parish clerk know on [parishcouncil@stratfordstmary.org.uk](mailto:parishcouncil@stratfordstmary.org.uk)

## STRATFORD St. MARY PARISH ROOM

letting fees are as follows:

1 session - £17.00.

2 consecutive sessions - £30.00.  
all day - £38.00.

A session is 5 hours i.e. morning -  
afternoon- evening

Special rates for regular bookings.

Heating and lighting are included

For booking please see or ring  
Don Umfreville at Christmas Cottage,  
Upper Street.

## The Institute hall

can be hired at reasonable rates for a wide range of social activities. Please contact our booking secretary Anna Shead on 01206 321261 or email [ssminstitute.bookings@gmail.com](mailto:ssminstitute.bookings@gmail.com) for more information. Many thanks to all our 100 Club subscribers for your continued support in helping us to maintain your village hall. Membership costs only £1 per month and you could win £40 first prize in our monthly draw. Contact Sue or Eddie Lawrence on 01206 322066 if you wish to join.

Stratford St Mary Institute Committee

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## Stratford St Mary Parish Council Emergency Team

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

### Hilary Cairns – Emergency Team Leader

6 Mors End 01206 323417  
07712 591379

[hilcairns@tiscali.co.uk](mailto:hilcairns@tiscali.co.uk)

### Norman Woodard

12 Swaynes 01206 323015  
[Norman.woodard@fatbloaters.com](mailto:Norman.woodard@fatbloaters.com)

### Chris Griffin

Brook Farm, School Lane 01206  
337363/07885 807567  
[chrisbrookfarm@gmail.com](mailto:chrisbrookfarm@gmail.com)

### Steve Kite

42 Strickmere 01206 322482  
07958 515573

### Bill Davies

3 Spanbies 01206 322990  
[billdav@hotmail.com](mailto:billdav@hotmail.com)

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## COMMUNITY SPEEDWATCH SCHEME



This has been in operation since 2013 and is run by village residents giving their time in order to make our village safer for residents of all age groups by encouraging motorists to drive through our village at no more than the legal limit of 30mph.

We would, however, welcome a few more volunteers into the scheme so if you could spare just 1 or 2 hours per month please consider joining us.

Please contact  
Bill Davies, 3.Spanbies Road,  
tel 01206 322990 for more details.

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# SSM Rambling Club

## Future Events

Friday 1 January – local walk Parish  
Room 11 am (about 2.5 miles)

Sunday 10 January – Woodbridge  
(about 4.5 miles)

Thursday 21 January – Hadleigh (about  
4.5 miles)

Saturday 30 January – Harwich (about  
5.25 miles)

Tuesday 9 February – Holton/Higham  
(about 4.5 miles)

Sunday 21 February – Felixstowe (3 or  
5 miles)

Main contact is the chairman, Don  
Umfreville on 01206 322626. Unless  
stated otherwise, we meet up at 09:45  
at the Parish Room, Upper Street,  
Stratford St Mary.

Dave George    01206 322297

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## MUMS & TOTS



Every Tuesday 9.15 – 11.30 a.m.  
Stratford Chapel, Upper Street  
Stratford St. Mary CO7 6JH

Join us every Tuesday morning at Mums & Tots. A great way to meet other mums, dads, grandparents & carers while the little ones get creative and play.

£1.00 per session  
Drinks & snacks provided  
For more details call Becky on (01206) 323095

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## Transport to medical appointments.

If you live in Stratford St Mary and have difficulty in getting to and from medical appointments our friendly team are happy to help.

We can also help with transport to visit people in hospital.

Please give us as much notice as you can.

**ring:.. Charlie Ablitt on 01206 322684  
Lynn Badcock on 01206 323788**

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## "Raise the Roof - Thank you

Many thanks to everyone involved in the Xmas Quiz and the Church Fayre in December, Fantastic Quiz Night, lots of fun (even with some very tricky questions put together by Steve Kite!) and we raised £270.00.

The Fayre was a brilliant team effort with help from Margaret and the craft group, Jenny with her mistletoe (amongst other things), Sarah and Anne who provided the most marvellous cakes, Hall Farm who donated a stall full of wonderful Christmas decorations. John who ran bric-a-brac and displayed his delightful wedding photo collection, and not least Sue who provided a stall full the most beautiful Christmas flower arrangements (one of which is sitting very nicely on my hearth). There were many others involved and I apologise if your name is not mentioned but thank you all. It was a wonderful day with a warm, comfortable Christmas feel and our impromptu choir was delightful! However the best is yet to come, with some late donations we raised almost £1,500.00 Well done us!"



Community  
First Responders

Interested in becoming a CFR?

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.

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# SSM Village Life

With December's weather being so unseasonable, it is to be questioned whether a fire was really necessary for this latest VillageLife event. Never-the-less some 20 people gathered in front of one at the Swan Inn, for **More Stories by the Fire**. This provided an evening of readings from favourite and original stories, poetry (some well-known and some written by the readers), humorous correspondence, and limericks. All enjoyed in relaxed and convivial company and enhanced by a glass or two of mulled wine. A delightful way to spend an evening.

The next story reading evening will be held at the Swan on Thursday 11th February, starting at 8:00pm. Interested? Just bring your favourite book or poem, yourself and possibly a friend and be prepared to read a short excerpt (not more than 10 minutes) at some time during the evening. Apart from that, all you will need to do is sit back in front of a blazing log fire, sip a glass of whatever it is that you like to sip, and listen. Who knows, we may even be experiencing some frosty weather to justify the fire!

## Looking ahead to summer 2016 - HMQ-90

With agreement from the Stratford St Mary Parish Council, **VillageLife** has undertaken to lead on arranging the Stratford St Mary celebrations for the 90th Birthday of Her Majesty Queen Elizabeth II.

The officially designated dates are at the weekend 11th/ 12th June 2015 and communities all over the country are asked to stage an event to mark this significant milestone in the Queen's life. The intention for Stratford St Mary is to stage some form of celebratory village event during the afternoon/ evening of Saturday 11th

**VillageLife** have some provisional ideas for the format of this event and will be seeking to make these known and develop them with the village at a meeting to be held at the Parish Room on Tuesday 19th January, starting at 8:00pm.

We invite anyone who lives, works or plays in the village of Stratford St Mary or its immediate environs and who might have an interest in supporting and taking part in this celebration, to come along to the Parish Room and contribute to its initial planning. Whether as an individual, a family or as a representative of a group or organization, if you have an interest in the Village of Stratford St Mary do please join us to learn about the initial ideas and have your input to developing and bringing this event to fruition.

**BEST WISHES FOR  
A HEALTHY, HAPPY AND ABOVE ALL,  
PEACEFUL 2016**

Need further information?

[WWW.STRATFORD-ST-MARY.ORG](http://WWW.STRATFORD-ST-MARY.ORG)

or ring Brian: 01206 323 091



# STRATFORD ST MARY PARISH COUNCIL

## Notice of Vacancy

Notice is hereby given that there is a vacancy on Stratford St Mary Parish Council. The vacancy has previously been advertised, and no election has been requested. The Council is now able to fill the vacancy by co-option.

Application should be made in writing to the Chairman to the Council and delivered or posted to **3 Spanbies Road, Stratford St Mary, Suffolk CO7 6YH**  
**EMAIL [billdav@hotmail.com](mailto:billdav@hotmail.com)**



## NEW FITNESS CLASS!

PiYo is a music-driven athletic workout, inspired by the mind/body practices of Pilates and yoga. The classes are fun, fast and include strength and flexibility training, conditioning and dynamic movement.

If you want to get fit, strong and lose weight in 2016, while enjoying the benefits of yoga and Pilates, then you need to sign up to PiYo!

For more information contact me:

[ktcourts@gmail.com](mailto:ktcourts@gmail.com)

[www.yoga-nut.co.uk](http://www.yoga-nut.co.uk)

**FREE FIRST CLASS FOR READERS**



## STRATFORD ST. MARY CHRISTIAN FELLOWSHIP

(known also as "Stratford Chapel")  
Upper Street, Stratford St. Mary CO7 6JH

We are an evangelical/charismatic and community based Church attended by all age groups

### Sunday Services:

10 a.m. Morning Praise & Worship  
followed by refreshments

10.15 a.m. - 11.15 a.m. "Sparks on Sunday" for children aged 5 – 11 years and Youth Group for ages 12-16 years.

6.30 p.m. Prayer and Praise

### Mid-Week Groups:

Tuesdays 9.30 am – 11.30 am - Mums & Tots (during term time)

Tuesday 7.30 am - 9.30 am - Men's

Recreational Evening (2<sup>nd</sup> Tues every month)

Wednesday 7.30 pm – 9.30 pm - Bible Discussion and Fellowship Evening

Friday 5 pm – 6.30pm – "Sparks on Friday" for Children ages 7 – 11 years

Friday 7.30pm – 9.30pm - "Ignition" Youth Club for teens ages 11 – 16 yrs

### For further information:

Telephone: Phil (01473) 310728

Email : [philipwyncoll@btinternet.com](mailto:philipwyncoll@btinternet.com)

<http://www.stratfordstmarychapel.com>



## **Fair Trade Coffee Morning.**

Our “Festive” Fair Trade coffee morning saw a very wet start but none of our regulars was put off! The mince pies were already

warming, the Christmas biscuits were nestled in their basket and then the fabulous Frinton sausage rolls arrived. All was complete and we were ready to celebrate another year.

The Christmas tree looked really lovely and some of the decorative candles were alight, altogether making sure all was “Festive” As promised I had brought along plenty of wool and the pattern for the knitted squares which are needed in Haiti for the new babies in the very rural communities.

It's brilliant that so many regulars were willing to get knitting, in fact I ran out of the pattern but luckily help was at hand to create some more via computer and email skills. So get in touch for both wool and pattern to lend this project a hand.

Silence was called for during our event when thanks and gifts were given to the Sunday afternoon and concert “tea team” for their efforts throughout the year. The “Stall” team were also thanked in this way and I was one of the recipients, rather embarrassed I have to say but delighted and a big thank you to everyone.

Well I hope you all enjoyed our “Festive” event and look forward to seeing everyone again in the New Year with January 5th being the date for your new diary.

Have a very Happy Christmas and a healthy New Year.

With thanks as ever, Wendy Mumford

## **RAYDON PARISH COUNCIL NEEDS YOU!**

Raydon Parish Council has vacancies for new councillors – if you care about your village and want to ensure it continues to be a great place to live, why not find out more about being a parish councillor?

Please contact the parish clerk for more information:

Jane Cryer  
Clerk to Raydon Parish Council  
01473 824287 / 07920 713940  
[raydonpc@gmail.com](mailto:raydonpc@gmail.com)

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## **NOTICE BOARD ON SULLEY'S HILL**

Some of you may have spotted that the noticeboard halfway up Sulley's Hill is in a poor state. A proposal has been made to the Parish Council that the board should be removed and not replaced. We would like to know from residents of Lower Raydon whether they think a noticeboard is still necessary in that location, given that the cost of a new one would be around £900.

All notices will continue to be posted on the noticeboard near the church, and sent out via the community email (if you haven't signed up for that yet, please contact the Parish Clerk, Jane Cryer):

Jane Cryer    Contact details as above

# Raydon and District Gardening Club

A New Year once again as 2016 starts we can all start to look forward to "Springtime" and the first signs of snowdrops followed by aconites which always look so wonderful in the sunshine and lifts the winter gloom. We know that harsh weather is still possible but at least by February the sunshine will be getting stronger, the birds starting to increase their songs, and some of course starting once again to breed and build nests, especially the Rooks which can be seen and heard quite easily swaying around in the tree tops on windy days when out on walks in the countryside. Hopefully you have all been resting for a few weeks and if like me itching to get out on to the veggie plot once again. It's time to purchase those seed potatoes and other seeds, plus onion sets and shallots and parsnips ready to "get going" as soon as the soil warms up and is dry enough to work on, also the flower bulbs are showing signs of new growth and will not be too much longer before bursting into full bloom once again.

So members 2016 is our 36th year in the life of R&DGC and your committee wishes you all a Happy, Healthy, & Good gardening year to come. If you remember last AGM in November we ended 2015 in reasonable health financially, but we do need your help in recruiting more new members to ensure the future years are sound as well. Renewal of membership fees are now payable, and our thanks to all those who have paid up already. Our thanks to our retiring treasurer Mrs Ann Laverock, and Mr. Michael Whatling who have retired from the committee. Both these members have supported this club on the committee over many years. Both are staying on as members. Miss Rachel Gooch is taking over from Ann and becomes our new treasurer

for which we are truly thankful, but as yet we now have a vacant position to replace Michael. If any member is interested in joining us as a committee member please let us know.

If you have any gardening subject that you would like a guest speaker for please let your committee know soonest so it can be considered either this year or next. Also our charity night next October needs to be decided upon soon so if you have any ideas let us know.

Is there any member who would be willing and able to give us a illustrated talk on either a gardening subject, or perhaps a travel holiday that includes gardens or wild plants of another country that you have been too over the last few years, if so please give me a call to discuss, or if you know of a good speaker that you may have heard of.

Our first meeting to look forward to will be on **Thursday 25th February** so make a note of the date in your new diaries, the subject to be notified in the February quartet. Your committee looks forward to meeting you all again as we work and enjoy another gardening year together.

Geoff Horrex. (01473 310422)



[www.raydon-gc.org.uk](http://www.raydon-gc.org.uk)

## Daily Papers

Thanks to our paperboy, Ben, and Capel Convenience Store (01473 311112) we are again getting weekday deliveries of newspapers in the village. To make this a worthwhile service for the Store, it would be advantageous to have more people on the paper round. If you have had a delivery in the past and would like to return to it, please contact the Store to get yourself this regular delivery.

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*If you would like to see copies of the minutes of any Raydon Parish Council meetings, please contact Jane Cryer, Parish Clerk on 07920 713940, or email her at [raydonpc@gmail.com](mailto:raydonpc@gmail.com).*

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## Raydon Century Club Draws:

### NOVEMBER

£25 25 Mr Steve Laing  
£15 114 Mrs A Parnell  
£10 128 Mrs K Le Mare  
£5 138 Mrs M Peacock  
£5 134 Mrs J Meach  
£5 20 Mr K Hyland  
£5 102 Mrs A Savill

### DECEMBER

£25 56 Mrs P Anderson  
£15 37 Mrs V Gostling  
£10 138 Mrs M Peacock  
£5 38 Mrs E Banyard  
£5 87 Mrs M Bush  
£5 4 Anne Hart  
£5 90 Mr J Wieckowski

## Don't be too amazed but we are thinking of Christmas 2016!!

It would be super to have a Raydon Christmas card for **next** year but to make it really special the "picture" should be local. Are there any keen photographers or artists in the village who would like to use this winter to get a suitable scene for a Christmas card? We are asking now so that the best use can be made of any wintry weather that comes along! Of course the picture does not have to be all snow, holly and festive but there would be no use thinking about this in high summer!

Please send your creative solutions to either myself on Geoff Horrex to be with us by 30<sup>th</sup> March 2016. This will give us time to make a selection and get the printing completed in good time for the autumn buying season.

Simon Tennent

## HELP US MAKE RAYDON TIDY!

Raydon Parish Council would like to instigate an annual "Spring Clean" – maybe followed by a BBQ on the playing field.

We're looking for a volunteer to help organise this, so if you're interested, please contact Jane Cryer, Parish Clerk, on 07920 713940 – or email her at [raydonpc@gmail.com](mailto:raydonpc@gmail.com).



**Raydon Club** is open to residents of this parish and will in future be held on Wednesday evenings each week from 8.30 till 11 pm.

Licenced bar, pool, darts etc.  
Look forward to seeing you!

### NEW WEBSITE GOES LIVE!

The new Raydon website is now live - please visit [www.raydonpc.org](http://www.raydonpc.org) and 'contact us' let us know what you think.

The Parish Council has always been impressed by the footpaths surrounding Raydon. Our footpaths offer great scenic value and provide the opportunity to indulge in rewarding exercise whilst enjoying the beautiful Suffolk landscape.

The footpaths also allow people to walk their dogs in a safe environment - but unfortunately, of late, this particular pastime has encountered a problem due to the increasing occasions on which dog owners allow their dogs to foul the footpaths. The area most affected seems to be the Noaks Road end of footpath no 55. Raydon Parish Council would like to politely request that dog owners use the bin provided.

We know you will all wish to keep our footpaths clear and remain a joy for all our fellow parishioners.

Thank you.



## HADRIAN'S WALL

ROME'S NORTHERN FRONTIER

*by Mark Mitchels*

**SATURDAY 27th FEBRUARY 2016**

**RAYDON VILLAGE HALL**

**7.30 pm**

**TICKETS £7**

**INCLUDING LIGHT REFRESHMENTS**

**01473 312123 01473 310320**

**~ IN AID OF ST MARY'S CHURCH FABRIC FUND ~**





# Higham

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The poppy appeal in Higham during November produced £321.46. The Royal British Legion is most grateful for these funds which will enable it to continue to help deserving ex-members of the forces.

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## Are we to have a winter?

November has been exceptionally mild. The mean maximum and minimum temperatures I recorded at Stratford were respectively 12.4C and 8.3C respectively, the average for the month being 10C and 5C. Total rainfall amounted to 67.2millimetres (2.64inches), above average but nowhere near the deluges in the Lake District that has caused such devastating floods. The first 9 days in December at Stratford have been remarkably mild, the average maximum temperature during this period being 13.0C, 5C above the mean.

What about this month? It is said that as the days get longer, the cold gets stronger. The coldest part of the winter is usually the last week in January and the first week in February, often referred to as mid winter after which the increasing strength of the sun has more influence. The arctic is usually colder during February than in January and a Northerly wind will have a decided chill.

The cause of the mildness where we live has been the exceptionally strong jet stream with SW winds bringing air from lower latitudes. One scenario is that these

conditions may persist, with the jet stream slightly further South which leaves us prone to storms and rain. However, we must keep a weather watch on happenings in eastern Europe and Russia; If severe conditions develop there, the chances are that they will spread West. Watch the temperatures in Moscow, Warsaw and Berlin.

An Easterly wind in the winter, as the saying goes, is neither good for man nor beast. Much has been mentioned about the winters of 1947 and 1963 but in recent years, December 2010 was very cold, average maximum temperature 2.3C with frequent falls of snow and March 2013 was also extremely cold breaking the sequence of warm springs. Not often referred to was the remarkable cold spell in January 1987, same year as the so called hurricane on October 16th. The month started of relatively mild but by the 7th, the maximum temperature was 3.8C and on the 10th was 0C and the temperature remained below freezing by day and night for the next 9 days. I noted that on the 12th, the maximum temperature was -7C and minimum -10C with a piercing East wind and continuous snow showers. Deep drifts occurred and transport was almost brought to a halt. Massive icicles formed and the whole area appeared to be in a deep freeze. The maximum temperature for the month was 2.5C. This spell of weather was well predicted as the temperature in Moscow had fallen to more than -23C by the 5th of the month. A similar spell occurred between the 6th and 11th of February 1991 with both day and night temperatures well below freezing and with accumulations of snow. Much was made of the fact that the electric trains in Southern England couldn't cope with the powdery nature of the snow!

Robin Jackson



# Holton St Mary

## Holton St Mary Social Club

**Whist** – Last Friday each month -  
£1 entry – 8 pm start

**Quiz Night** – Mid Feb

**St Georges Day Lunch** – 24<sup>th</sup> April -  
£25 per person includes coach from  
Holton to Stoke Golf Club

Thanks for all the support for bonfire  
night and thanks for Dave & Jackie &  
Rose for helping on BBQ and Vera  
Norman for bucket collection.

Sub's now due for 2016

## First Friday of the Month



Every first Friday of the month, a  
lunch club is held in the Village Hall  
for residents of Holton St Mary.

A light lunch is served between 12.30  
and 2.00 pm at a cost of £2.50 each.

The First Friday of the Month Lunch  
Club is a collaboration between some  
of the organised groups in the village,  
and is non- profit making!

Any surplus funds are reinvested.

To reserve a place, please contact  
Frances Torrington (01473 312046/  
[familytorrington@btinternet.com](mailto:familytorrington@btinternet.com) ),  
Sally Thurlow (01473 312080  
[salthurlow@gmail.com](mailto:salthurlow@gmail.com)) or

Jinny Hay (07717 867583 /  
[jinnyhay200@icloud.com](mailto:jinnyhay200@icloud.com))

at least a week beforehand for cater-  
ing purposes.

## Holton St Mary Millennium Green

Century Club winners for the past 3  
months are:

**October** £25 Dot Steeds, £15 Earl & Ann  
Webber, £10 Claire Rowan, £5 each Mark  
Milner and Roger Shipley

**November** £25 CW Priestley, £15 Marion  
Gill, £10 Peter Burgess, £5 each Paul  
Smith and Don McWatt

**December** £25 David Hales, £15 Simon  
Lant, £10 Martin Partridge, £5 each Roger  
Shipley and Joan Cook

Marjorie Haste, Secretary

## **SESAW News**

Well here am I, at the computer in December, wondering what to tell you because like many Editors, Jane and Anne need to put the Quartet "to bed" before Christmas.

I hope you enjoyed the festive season and perhaps a few leisurely walks with your pooch pals? My canine pals and I were delighted to receive our very own Christmas jumpers and blankets last month, courtesy of Betty's Copdock and Washbrook Knitting Group. Alfie and I put on our best cute poses for the photos. Needless to say Ollie (the Black) Cat was not impressed! Which reminds me, we still have Max and Millie, a pair of young, unwanted black and white cats that have been with us since they were born. I'll tell you about more animals next month but Ollie and I think Mum deserves some "down time" so SESA W will be closed until Saturday 30th January. Not that she will put her feet up while there are dogs to walk and feed, kennels to clean, plus Ollie's friends in the cattery, all the birds, farm animals - and Ron. "Him indoors" says he needs looking after too! Rehoming of animals already chosen will continue and we will still attend to telephone messages and emergencies.

Before I sign off, please can you tell my Stratford St. Mary friend, Barbara, that I've missed her and hope she will be feeling better soon. Now I had better click send before I press the wrong key and delete my hard work. It's time I had a little nap by the Rayburn so move over everyone and make space for me, Kenny (the Boss) Chihuahua.

Suffolk and Essex Small Animal Welfare,  
Stoke Road, Leavenheath, CO6 4PP.  
Reg.Charity No.1124029, tel: 01787  
210888. <http://www.sesaw.co.uk/>

## **Stour Valley U3A**

### **Recent Meetings**

In December, in place of the usual speaker event, we held our Christmas Lunch at the Constable Hall. It was much enjoyed by all members attending.

### **Future Meetings**

On Wednesday 13 January Bryan Thurlow, Actor in film & on TV, will speak on "Music Hall Memories". A pocket history of Music Hall featuring songs & monologues. Hear about the artistes, their songs and the many other acts that contributed to the success of British Music Halls

### **Meeting Venue**

We meet at The Constable Hall, Gandish Road, East Bergholt CO7 6TP at 2.15pm. Annual membership costs £12 a year and this entitles members to attend the meetings that take place on the second Wednesday of each month, except August and December.

### **Membership**

Our main purpose is to encourage lifelong learning for those who are no longer in full time employment and emphasis is always placed on making learning active and fun as well as helping in developing friendships. We have a wide range of groups including language study, country walking, computer studies and gardens, churches and historic buildings visits. In the main, membership is drawn from communities in the lower Stour Valley and adjacent areas including Brantham, Capel St Mary, Dedham, East Bergholt, Holbrook, Lawford, Manningtree, Raydon, & Stratford St Mary. We are affiliated to the ThirdAge Trust, have over 200 members and 18 groups. For further information please visit [www.stourvalleyu3a.org.uk](http://www.stourvalleyu3a.org.uk) where membership secretary Val Pretty may be contacted.

### **Remember**

*It's never too late to learn! Join the 361,477 members in 969 U3As throughout the UK today!*

## Courses for Family Carers, Find out more for free!

Suffolk Family Carers is a Suffolk wide organisation which aims to offer support and information to anyone caring for a friend, family member or neighbour with any kind of illness, disability or frailty. If you offer support, help or encouragement to a friend or family member who is unwell then you are a Family Carer and are able to access our free Caring With Confidence courses. These courses provide information and tips on ways to confidently care for your friend or loved one. A variety of topics are covered such as effective communication to get your needs met, ways to manage your emotions and take better care of yourself, balancing caring with other commitments you may have, and looking at day to day challenges. We also have a wealth of resources which may help with a variety of issues and concerns you face within your caring role. If you care for someone with Dementia you could also access our Caring for Dementia with Confidence course which is specifically designed for those caring for someone with Dementia or memory loss. These sessions are not only a great way to gain useful information but also give you the opportunity to meet others in a similar situation. Family Carers who have attended the sessions have said they have found it useful for a variety of reasons such as "feeling that I am not alone", gaining "friendship and knowledge" and knowing "that there is help out there". These sessions run regularly so to find out more about either Caring with Confidence or Caring for Dementia with Confidence please contact us on 01473 835446 or [cwc@suffolkfamilycarers.org](mailto:cwc@suffolkfamilycarers.org).

## Stour Valley Men's Probus Club

### Recent Meetings

At our first meeting in December Tom Stanbury introduced us to the delights of "The East Anglian Railway Museum" and two weeks later on 16 December Mistley's Mastermind Robin Finch entertained members with prose and poetry readings.

### Future Meetings

.On Wednesday 6 January Ian Rose will speak on "Kathmandu and the Jungles of Nepal" and on Wednesday 20 January Peter Gant will inform us on "The Route of The Stour". Our popular New Year Lunch takes place at the Venture Centre on Sunday 24 January.

### Meeting Venue

We now meet at the St John Ambulance HQ, Manningtree.

### New members

Our Club endeavours to be simple in structure, be free of the constraints and obligations of service clubs, and involve members to a minimal cost. The club is directed primarily to providing fellowship between members who are compatible with each other, and provide the opportunity for development of acquaintances. New members are welcomed by Stour Valley Men's Probus Club, we meet on the first and third Wednesday of each month in Manningtree at 10.30am. Please contact Secretary Brian Rolfe on 01206 393665 for further details.



## Dedham Community Farm urgently seeks volunteers

Do you love ANIMALS and have a few hours a week to spare.

If so, we urgently need help with Animal Welfare, Maintenance and Land Management.

We are a not for profit community farm which stands on 14 acres in the beautiful Dedham Countryside. Run by Volunteers and Occupational Therapists we aim to bring the pleasure and therapeutic value of the human-animal bond to people with disabilities and learning difficulties.

Please contact either Cath on 07825 952 560 or Debbie on 07788 718 817 for more information.

## Re: Headway Suffolk

Headway Suffolk is a local charity that offers rehabilitation, support and care to people with an acquired brain injury, stroke or other neurological condition. This is carried out at our hubs around Suffolk and in people's homes and community. The Charity has had a very successful year and is looking forward to an exciting 2016.

To help us with this we are currently recruiting high calibre staff who want to work for a vibrant organisation who offer good terms and conditions, offer training and career ladder. We have a number of DVD clips on our recruitment page which tell the stories of some of our staff and the duties that they perform at Headway. Some speak of the career progression that they have enjoyed.

"We do not race from one client to another but tend to spend several hours working with one person. May be giving them care but also following a leisure activity, going to the cinema or helping them to return to work" said rehabilitation assistant Sam

"I started as a driver, then a support worker. After training and experience I am now a senior having passed my level 2 and 3" stated Trina.

If you would like to find out more about our work please visit our web site [www.headwaysuffolk.org.uk](http://www.headwaysuffolk.org.uk) or contact me on 01473 712225

**Are you recycling your old clothes and textiles?**

If you need a council textile bag ring:  
**0845 603 9412**  
or email:  
[texiles@suffolk.gov.uk](mailto:texiles@suffolk.gov.uk)  
or collect from  
council offices  
and libraries

Seal the bag  
and put **INSIDE**  
your recycling bin!

Please continue to donate to charity  
shops and textile banks



 [www.suffolki recycling.org.uk](http://www.suffolki recycling.org.uk)



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## HAVE YOU HAD A PHONE CALL FROM THE POLICE?


HAS A POLICE OFFICER OR ANYONE ELSE  
TOLD YOU TO WITHDRAW CASH FROM YOUR  
ACCOUNT?


IF SO, PLEASE CALL SUFFOLK POLICE **NOW** ON  
101.

**THIS IS A BOGUS CALLER.** THERE HAS BEEN A SPATE  
OF SCAMS IN THIS AREA IN RECENT DAYS. THE POLICE WILL  
NEVER ASK YOU TO WITHDRAW MONEY.

## Waste & Recycling Collection Schedule 2016

January 2016						
Mo	Tu	We	Th	Fr	Sa	Su
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

 Recycling this week

 Rubbish collected this week

<i>Usual Collect Day</i>	<i>Revised Collect Day</i>
<b>Fri 1 Jan 2016</b>	<b>Mon 4 Jan 2016</b>
Mon 4 Jan 2016	Tues 5 Jan 2016
Tues 5 Jan 2016	Weds 6 Jan 2016
Weds 6 Jan 2016	Thurs 7 Jan 2016
Thurs 7 Jan 2016	Fri 8 Jan 2016
Fri 8 Jan 2016	Sat 9 Jan 2016

### EAST BERGHOLT CONGREGATIONAL CHURCH

Cemetery Lane, East Bergholt,  
CO7 6RZ

Pastor -Mrs Maralyn Bambridge

**Services** - Each Sunday morning at 10.30 led by the pastor unless otherwise stated

**Coffee Mornings** - Each Thursday 9.30 to 11.30 am

Church Secretary – John Jeffreys  
Tel 01206 298737  
Email [j.jeffreys.eb@btinternet.com](mailto:j.jeffreys.eb@btinternet.com)

### A note for Everyone

Just a reminder for house names/numbers to be visible. If an emergency vehicle needs to find your house at night, will it find it easily? Lots of names/numbers are hidden behind bushes - it would only take a few minutes to clear it but those few minutes might make a huge difference if the emergency vehicle finds your house first time.



Holton St Mary is considering setting up a Neighbourhood Watch scheme. To set one up 60% of residents would need to participate and a Co-ordinator would be needed to manage the scheme. In order to gauge the level of interest an envelope will be put in the phone box for expressions of interest or alternatively contact the Parish Clerk.

[hsmpparishclerk@yahoo.co.uk](mailto:hsmpparishclerk@yahoo.co.uk)



## **Save time and money: Buy your heating oil through a community bulk buying scheme**

Community Action Suffolk (CAS) can save domestic households an average yearly saving of £74 on heating oil, and higher volume users such as community groups and rural businesses, an average yearly saving of £181. The heating oil is purchased in bulk twice a month (once in December) and deliveries are planned to provide an environmental benefit, with one tanker making a single trip to several customers in a village on the same day. Individual orders can also be made if a bulk deadline is missed. The scheme provides a hassle free process and membership is open to all, starting at just £20 per year with the option to place orders online, by email, by post or by phone.

Visit [www.communitybuying.org.uk](http://www.communitybuying.org.uk) or call 01473 345400 for details

## **CAN YOU HELP?**

Do you have some spare time to help with leading the ponies or sidewalking the riders for Ipswich RDA?

Our sessions are as follows:

Adults on Tuesdays 10 - 11.30 a.m.

Children on Thursdays 1 - 2.30 p.m.  
term time only.

You do not need to do a session every week - just as often as you like!

If you would like to know more or come along to visit during a session at Bentley Riding School please contact

**Frances Torrington on 01473  
312046/07711080658**

You will receive a very warm welcome, make new friends and be involved in something that is very rewarding!

Previous experience with horses helpful but most certainly not essential.

One form to fill in and an Advanced DBS check required unless you have had an Advanced DBS check with another organisation within the last six months.

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**Local Textile Bag Stockists: Textile recycling bags are available free of charge**

**Capel St Mary** Village Hall (Library), The Street IP9 2EP

**Hadleigh** Library 29 High Street IP7 5AG

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# Local Services

## The Constable Country Medical Practice

The Medical Centre,  
Heath Road, East Bergholt, Colchester  
CO7 6RT

### Surgery opening hours

8.00am – 6.30pm Monday to Friday

Telephone 01206 298272

Fax 01206 299010

**36 The Street, Capel St Mary, Ipswich  
IP9 2EE**

### Surgery opening hours

**8.00am – 6.30pm Monday to Friday**

Dispensary 8.30am – 6.15pm  
(closed between 1-2pm)

Telephone 01473 310203

Fax 01473 311722

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## Stratford Village PO Opening times

### SHOP:

Monday 9am to 1pm - 2pm to 5.30pm  
Tues to Fri (inc) 8.30am to 1pm - 2pm to  
5.30pm Saturday 8.30am to 1pm

### POST OFFICE:

Tuesday to Saturday (inc) 9.00 am to 1pm

## MOBILE LIBRARY

### Stratford St Mary - Route 11

The bus stops every 4 weeks on  
Wednesdays  
27 January

Black Horse - 11.05am - 11.20am

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,

### Holton St Mary

Church Square - 10.00 - 10.15am

### Raydon

St Mary's Raydon - 10.20am - 11.05am

### Lower Raydon

Sulleys Hill - 11.10 - 11.25am

### Higham

The Green - 11.35 am to 11.50 am

5 January

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](mailto:help@suffolklibraries.co.uk) .

---

## Crime prevention

<http://www.suffolk.police.uk/safetyadvice/reportacrime/tellthepolice.aspx>

PC 1347 Gilkes Pcs0 3041 Cooper [babergheast@suffolk.pnn.police.uk](mailto:babergheast@suffolk.pnn.police.uk)

Telephone...101



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**Great Cornard, Sudbury, CO10 0QB**  
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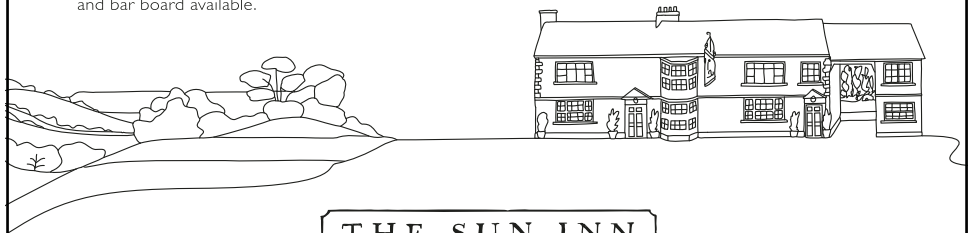
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



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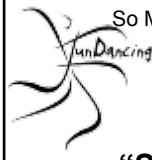
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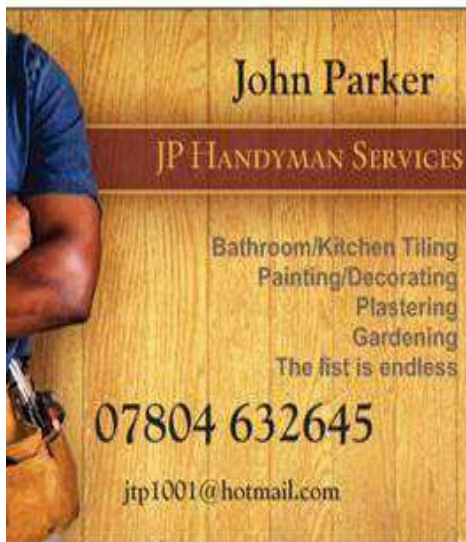
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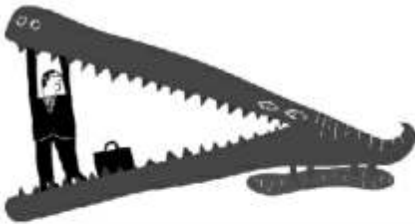
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### Contact details

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### Morning Prayer in December

This month Morning Prayer will be said at 9.45 a.m. around the Benefice as follows:

5th	Raydon
12th	SSM
21st	Higham
26 <sup>th</sup>	Holton

### Silent Prayer Group

This group resumes on January 4th at 11.30 a.m. in the Rectory for 25 minutes of silent prayer, with fellowship. Do come and join us if you can.

### Midweek Communion

This month's short service of Holy Communion in the Parish Room at Stratford St Mary will be at 10 a.m. on **20 January**.

### Meet the Rector at the Anchor in SSM

The next lunch together will be on **20 January**.

### Sunday Services in January and February

	10.00 a.m.	5 p.m.
3rd	SSM	Holton
10 <sup>th</sup>	Higham	Raydon
17th	Holton	SSM
24 <sup>th</sup>	Raydon + SSM Family Hour	Higham
31st	11am Deanery Eucharist at Hadleigh	
7th	SSM (+Baptism)	Holton
14th	Higham	Raydon
21st	Holton	SSM
28 <sup>th</sup>	Raydon	Higham
	SSM Family Hour	



### New Testament Readings and Collects for weekdays in January

3 January: *2nd Sunday of Christmas*. God our Father, in love you sent your Son that the world may have life. Lead us to seek him among the outcast and find him in those in need, for Jesus Christ's sake. Amen.

4th Colossians 3.12-4.1

5th Colossians 4.2-end

6th John 1.29-34. **THE EPIPHANY**

7th Matthew 20.1-16

8th Matthew 20.17-28

9th Matthew 20.29-end



10 January: *The Baptism of Christ*. Heavenly Father, at the Jordan you revealed Jesus as your Son. May we recognize him as our Lord, and know ourselves to be your beloved children, through Jesus Christ our Saviour. Amen.

- 11th Matthew 21.1-17. Mary Slessor, Missionary in West Africa, 1915
- 12th Matthew 21,18-32. Aelred of Hexham, Abbot of Rievaulx, 1167
- 13th Matthew 21.33-end. Hilary, Bishop of Poitiers, Teacher of the Faith, 367
- 14th Matthew 22.1-14
- 15th Matthew 22.15-33
- 16th Matthew 22.34-end

17 January: *Epiphany 2*. Eternal Lord, our beginning and our end, bring us with the whole creation to your glory, hidden through past ages and made known in Jesus Christ our Lord. Amen.

- 18th Matthew 24.1-14. Start of Week of Prayer for Christian Unity
- 19th Matthew 24.15-28. Wulfstan, Bishop of Worcester, 1095
- 20th Matthew 24.29-end. Richard Rolle of Hampole, Spiritual Writer, 1349
- 21st Matthew 25.1-13. Agnes, Child Martyr at Rome, 304
- 22nd Matthew 25.14-30. Vincent of Saragossa, Deacon, first Martyr of Spain, 304
- 23rd Matthew 25.31-end

24 January: *Epiphany 3*. God of all mercy, your Son proclaimed good news to the poor, release to the captives, and freedom to the oppressed; anoint us with your Holy Spirit and set all your people free to praise you in Christ our Lord. Amen.

- 25th Philippians 3.1-14. ***The Conversion of Paul***
- 26th Matthew 26.17-35. Timothy & Titus, Companions of Paul
- 27th Matthew 26.36-46
- 28th Matthew 26.47-56. Thomas Aquinas, Priest, Philosopher, Teacher of the Faith, 1274
- 29th Matthew 26.57-end
- 30th Matthew 27.1-10. Charles, King and Martyr, 1649

31 January: *Epiphany 4*. God of heaven. you send the gospel to the ends of the earth and your messengers to every nation; send your Holy Spirit to transform us by the good news of everlasting life in Jesus Christ our Lord. Amen.

- 1st Matthew 26.1-16. Brigid, Abbess of Kildare, c. 525
- 2nd Romans 12.1-5. **THE PRESENTATION OF CHRIST IN THE TEMPLE (Candlemas)**
- 3rd Titus 1. Anskar, Archbishop of Hamburg, Missionary in Denmark and Sweden, 865
- 4th Titus 2. Gilbert of Sempringham, Founder of the Gilbertine Order, 1189
- 5th Titus 3
- 6th Philemon. The Martyrs of Japan, 1597



For your prayers

- Nicola Tindall as she continues her studies to become a Reader
- Those who are ill or in need:

**Holton:** Gerard Noel, Olive Britten

**Raydon:** Pat Cousins, Patricia Reeves

**SSM:** Frank and Laura Kerry, Reg Price, Trina

**Outside the Benefice:** Sarah Bilton, Helen Gregory, Nick Middleton, Cécile O'Dell