

**2018**  
**Happy New Year!**

**Stratford  
St Mary**

**Higham**

**Holton  
St Mary**

**Raydon**

# Quartet

The Parish Magazine



**January 2018**

Issue 353

### **Do you need help with your any odd jobs?**

(Leaf blowing, lawn mowing, cars cleaned etc, I have my own leaf blower) I am also available for babysitting, with 3 siblings and 9 younger cousins I have plenty of experience....

Competitive rates of only **£5 per hour**

I am a strong, reliable 15 year old trying to raise money for a turtle conservation trip to Malaysia so please contact me:

**Sam Herbig** on  
[sam\\_herbig@me.com](mailto:sam_herbig@me.com) and let me know how I can **help!**

Seasoned Hardwood  
Firewood For sale.

All sourced from our own managed woodland in Higham. Various sized loads to suit needs, delivered locally.

Contact Seb on:  
07474707120 for trailer sizes and prices.

### **Book Keeper/ Small Business Manager Available**

From £50 a week

20 years experience

Phone Anne on 07941  
781489

### **CLEANER NEEDED**

Stratford St Mary church needs a cleaner who is prepared to go in once a month at the beginning of the month to vacuum, dust and clean the brasses. We can pay up to £30 a month. If you are willing to help us in this way, please contact Jonathan Dewey on 01206 322148.

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,

It is not yet Christmas as I write this, but I am thinking of all the

days to come that I hope, by the time you read this, you will have enjoyed, and of the start of a new year that I hope will bring peace in our nation and in our world.

We had a slight blip with our Christmas Carol Services on 10 December owing to an unexpectedly heavy fall of snow. So, for SSM and Raydon, whose services that evening had to be cancelled, we are putting on a very old tradition of having Epiphany Carol Services on 7 January instead. The Epiphany is when the Church celebrates the visit of the Wise Men or Magi to the Christ Child in Bethlehem. It's also the date when the Eastern Orthodox Church celebrates Christmas because they still adhere to the old calendar, when our 6 January would be their 25 December. So in effect we shall be celebrating Christmas with them by having our Epiphany services - 10 a.m. at SSM and 5 p.m. at Raydon; do come and join us to sing the old Epiphany carols that we don't often hear any more.

Lent will creep up on us very fast in 2018 - Ash Wednesday falls on 14

February this year, and as usual we shall have the traditional Ash Wednesday service at 6.30 p.m. that evening, this year at SSM. At that service I shall sign everyone with the sign of the cross made in ash on their foreheads. Carrying the cross in ash on your forehead is a sign to everyone that during Lent we think about what we have done wrong in the previous year, and ask God's forgiveness.

Then, looking ahead, Bishop Mike is coming on 13 May at 3 p.m. to confirm all those in the Deanery who have decided that they would like to take that step further forward in their Christian faith. Confirmation means declaring in front of everyone that you have taken Jesus as your Saviour and that you want to live your life by his principles in future. In a beautiful ceremony, which renews the vows that were taken on your behalf at baptism, the Bishop will receive you into the Church. From then on you will be able to take Communion with other Christians wherever you go in the world. You will need to follow a course of instruction before you can be confirmed, so please let me know if you would like to take this bold new step in your life.

This comes with many blessings for a very happy 2018.

Rosalind Paul, Rector

# The Quartet Diary



## January

- 2 Raydon Fair Trade Coffee Morning
- 7 Epiphany Carol Service, Raydon
- 8 SSM Parish Council Meeting
- 10 U3A Meeting
- 17 Stour Valley Probus Club Lunch

26 HSM Social Club Whist

30 Raydon Fair Trade Coffee Morning

## February

7 Men's Probus Club Meeting

14 U3A Meeting

21 Men's Probus Club Meeting

22 R&DGC Meeting

23 HSM Social Club Whist

27 Raydon Fair Trade Coffee Morning

## March

7 Men's Probus Club Meeting

12 SSM Parish Council Meeting

14 U3A Meeting

21 Men's Probus Club AGM

22 R&DGC Meeting

27 Raydon Fair Trade Coffee Morning

30 HSM Social Club Whist

## April

7 R&DGC Spring Show

23 SSM Parish Council Meeting

24 Raydon Fair Trade Coffee Morning

28 R&DGC Meeting

## May

14 SSM Parish Council Meeting

26 R&DGC Meeting

## July

9 SSM Parish Council Meeting

## September

8 37<sup>th</sup> Ride and Stride!

10 SSM Parish Council Meeting

# Editors Corner

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As I write this editorial, it's one week before Christmas and quite difficult to get into the mind set of next year! I've still got a head full of things to get and places to be, but it will soon be over and we start the yearly cycle all over again. We do hope however, that as you read this, you will be able to find everything you need to know to help kick start 2018.

Most of the Christmas events are over now, but you might like to join Raydon for a special Epiphany Carol Service on Sunday 7<sup>th</sup> January. More details on page 12. This came about as the regular Carol Service scheduled for December was snowed off.

Talking of the weather, Robin has written an article this month entitled 'Weather update - see page 5 for his views and statistics on our current weather - perhaps we have some more snow coming!

Thank you once again to all our regular contributors and advertisers for another successful Quartet year, and we look forward to bringing you the best of what's going on in our little neck of the woods in 2018

All the best for the coming 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 2018**

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# Stratford St Mary

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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

### **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



### **PARKED CARS**

If your car is going to be parked for any length of time, on the public highway, please ensure it is not blocking driveways, post boxes, notice boards etc, as this can make access extremely difficult.

Thank you!



### **PARISH COUNCIL MEETING DATES**

8<sup>th</sup> January

12<sup>th</sup> March

14<sup>th</sup> May

9<sup>th</sup> July

10<sup>th</sup> September

12<sup>th</sup> November

7.30pm until 10pm

Many thanks to everyone who made a donation to Stratford St Mary Church Funds - in lieu of Christmas Cards.

This year the Quartet greetings page raised the grand sum of £105.

Thank You

Jenny and John Symons

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## Weather update

At the time of writing, we are nearly at the end of another year so what has 2017 brought..

Apart from January, February and the Spring months of March, April and May, all had warmer than average temperatures. June was also warmer than usual, average maximum temperature 22.5C, minimum 14.4C, total hours of sunshine approximate 246 hours.

However, the promise of a barbecue summer was not fulfilled. The temperatures were only average for July and below average for August so taking the three months together, we can say it was a typical British Summer! September was nothing to write home about but October was warm, maximum temperature 16.5C.

The average maximum temperature for November was 10.5C which is slightly above the norm but a sharp drop from October. Temperatures at the time of writing are below average for December with a fall of snow on the 10th causing chaos in many parts of the country.

Rainfall statistics are quite interesting. Taking the period from January to

November 2017, total rainfall for the period I measured was 383 millimetres (average 550 millimetres assuming 50 millimetres[2 inches] each month). Taking the period December 2016 to November 2017, rainfall amounted to 391 millimetres (average 600 millimetres). In fact, with only a total of 7.7 millimetres, December 2016 was the driest December I had ever recorded. Reservoirs are dependent on winter rainfall to top up levels so there was concern in the event of a summer drought due to the significant rainfall deficit. However, rainfall during the summer months saved the day. Total rainfall for August amounted to 73 millimetres (2.91 inches), with a record 51 millimetres between the 8<sup>th</sup> and 10<sup>th</sup> of the month). August followed by July were the two wettest months of the year.

The Spring of 2017 was marvellous for flowers and blossoms owing to the dry warm conditions which prevailed and the Summer rains did wonders for the corn and root crops, a good year for horticulturalists and farmers with a dry Autumn helping the sowing for next year's crops.

October 16th was the 30th anniversary of the so called hurricane which uprooted trees and caused tremendous devastation in our region, probably a one in a hundred year's event. What never received so much attention in a year of extremes was the severe cold spell from 9th January to 19th January 1987. For 8 days, the temperature hardly rose above freezing point. I quote from my records. January 12th max -7C min -10C wind NE heavy snow; Jan 13th max -4C min -7C, heavy snow showers; Jan 14th max -3C min -5.5C wind E, almost strong to gale, massive snow drifts, all transport virtually brought to a halt.

Food for thought

Robin Jackson

## **‘Take ... and take just a little bit more’: survival of our NHS**

A front-page newspaper headline of 7<sup>th</sup> December 2017, *‘Patients hit by shortage of drugs as prices soar’*, motivated this article and particularly within the context of having worked in and for the NHS for almost 40 years. The headline focused on some important drugs (anastrozole to treat breast cancer; quetiapine to treat a range of mental health disorders; some anti-epileptic drugs) that, in their generic (non-branded) form, were in short-supply. This had necessitated the NHS (i.e. the government) to pay for their branded equivalents, which are inherently and usually considerably more expensive than the generic forms. The estimated cost of this practice to the NHS is >£50 million per month. There is real substance behind this media-embellished story.

Our government, through agencies including the Medicines and Healthcare products Regulatory Agency (MHRA), has to ensure drugs are effective and safe and this includes reviewing their licences and quality. There is always the risk that a generic drug may be sub-standard, and therefore ineffective or unsafe (or both), because of the many different international pharmaceutical manufacturers that make generic drugs. This is in contrast to a branded form which is only made by one manufacturer, until its patency expires. Predictably as the pharmaceutical industry is a business, it has an inherent tendency to exploit the NHS and thereby contribute to its current parlous state.

Increasing drug-costs will continue to be a major problem within the NHS. Advances in the understanding of diseases, including, but not exclusively cancer and dementia, will generate new and more effective drugs to treat them, but at a cost. This also applies to more sophisticated and targeted investigations and surgical procedures, all of which will stretch both existing but also currently-planned NHS-funding.

Life-expectancy is also increasing, throughout the age spectrum; the survival rate of babies born extremely prematurely (22-24 weeks gestation, the ‘normal’ being 37-40 weeks) is now over 50% and the predicted average life-expectancy of a healthy teenager is approaching 90 years. Increased life-expectancy inevitably costs money (‘life at all costs’), costs that will have to be met by both the NHS and social care. The final issue in what may be the ‘perfect storm’ for the NHS is the public’s approach to, and lack of responsibility for their own lifestyle and its impact, directly or indirectly, on their neighbour, community and country. It is likely that many, probably a slight majority, consider what they eat, drink, smoke, inject and don’t do in terms of exercise, doesn’t matter, or they don’t care, or both – because the NHS will be there for them, to ‘bail them out’. This perception is not credible and is un-tenable, if we want to maintain the principles, practice and very existence of the NHS. The realistic options are limited and will have to include increased taxation, ideally directly through income tax contributions, but also through other means that may well have to reflect how people live their lives. We are all responsible for the fate of our truly, madly remarkable NHS.

Richard Appleton  
Consultant and Honorary Professor in  
Paediatric Neurology





**Family Hour @ The Parish Room**

Every 4<sup>th</sup> Sunday families and friends come together for breakfast followed by a 30 minute interactive church service.

- Breakfast is from 9.30
- Includes coffee, tea, juice, bacon rolls
- Followed by a short modern service
- A relaxed cafe style
- Everyone welcome
- No charge

Come and join us!

## 100 Club winners

10	P.Fitzpatric
95	S.Johnson
68	J.Alexander



## SSM Rambling Club

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.



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

Age 11 - 16  
contact Beckie.w@live.com

## STRATFORD ST. MARY CHRISTIAN FELLOWSHIP

(also known as Stratford Chapel) Upper Street Stratford St. Mary CO7 6JH. We are an evangelical/charismatic free church, community based and attended by all age groups.

### Sunday Services:

10a.m. Morning Service and Junior Church followed by refreshments  
6.30pm Prayer and Praise time

### Mid-week Groups:

Various House Groups meet at Stratford, Dedham and Capel St. Mary

**Men's Recreation Evening: Meeting 3<sup>rd</sup> Wednesday monthly.** All men welcome.  
**Friday 5pm to 6.30pm Sparks** for children aged 7-11 years  
**Friday 7.30pm to 9.30pm Ignition Youth Club** for ages 11- 16 years

**For further information:** Tel: Phil Wyncoll (01473) 310728 or email: philipwyncoll@btinternet.com

## 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.  
Tel : 322 626.



### 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  
Jenny Symons on 01206 322636**

Our thanks to Lynn Badcock for her help over many years.

## The Institute hall

can be hired at reasonable rates for a wide range of social activities. For more information please contact our booking secretary, Norman Woodard on 01206

323015, his email is  
ssminstitute.bookings@gmail.com and  
his home address is 12  
Swaynes, Stratford St Mary.

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 Norman Woodward (address and phone number as above) if you wish to join.

Stratford St Mary Institute Committee



**Need to email Stratford St Mary Parish  
Council?**

**You will need to use**

**parishcouncil@stratfordstmary.org.uk**

## BOOK OF MEMORIES

Research continues into items for the book of memories which will document life in Stratford St Mary from quirky history to today's stories and characters. We still want to hear your stories because it will be your book! So dig out your old photographs or tales that you would like to share then send them to Julie@jj-associates.co.uk or call me on 07989639583.

We are also continuing to arrange a number of get-togethers in the Parish Room or the village pubs etc to get the old memory cogs working to help identify information for the book. These might be coffee mornings, cheese and wine evening and so on, where we can chat and perhaps get some of the old photographs out. They will be for everyone, all ages and old and new to the village so we can share stories and ensure they continue into our history so keep your eyes open for posters around the village and in the Quartet.



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)



## 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.



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.

## Lifeline for lifeboats

The craft group & friends thank all who helped raise £401.05 for the RNLI at the coffee morning on 22nd Nov. Donations of refreshments and money enabled the group to raise such a large sum for a worthy cause - No government money is given to RNLI, they rely on donations. Thank you again for your generous support.

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## Knitting for seafarers

The staff at Felixstowe Seafarer's centre received 113 knitted hats at a reception at the centre on Nov. 30th .

Thank you to all who donated wool & knitted the hats, we need hats to help the staff at the centre, with volunteers they give over 1,000 hats to seafarers in port over the Christmas holiday alone, & the centre is open all year round.

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## Help to keep yourself mentally and physically well:

- Flu vaccination – It's not too late to protect yourself. People aged 65 and over, those living with a long-term health condition, pregnant women, main carers and some young children are entitled to a

free flu vaccination. If you have an underlying health condition you are more susceptible to flu and if you catch it you are more likely to end up in hospital. Contact your GP practice and get protected. Some pharmacies also offer free NHS flu vaccinations to those who are in an at-risk group and aged 18+

- Be prepared - Having a well-stocked medicine cabinet means you will be able to self-care at home and deal with minor injury and illness that you or your family might suffer. Consider having a stock of paracetamol, anti-diarrhoeal medicine, rehydration mixture, indigestion remedy and plasters. Ask your pharmacist for advice

- NHS 111 by telephone and online- This is a free telephone service which is open 24 hours a day, seven days a week, every day of the year. Trained advisors can offer urgent help and advice. You can also access the NHS 111 Online service anytime [HERE](#) and by answering some questions your symptoms will be assessed and you'll be given the recommended action to take

- Think Pharmacist - Many pharmacies have late night and weekend opening. A pharmacist can offer you a great deal of help and advice on the best over-the-counter medication for your condition.

- GP+ service - The Suffolk GP+ service operates in Ipswich, Felixstowe, Wickham Market, Stowmarket, Leiston and Bury St Edmunds. You can book an appointment with a GP or nurse practitioner in advance and you can do this through your GP practice and NHS 111.

# Raydon



## Fair Trade Coffee Morning

December 5th. Another grey and miserable start for our "Festive" Fair Trade coffee morning.

There was nothing grey or miserable about the lovely sights, sounds and smells from within the Church though! Where should I start? Well, what about the windowsills full of Christmas arrangements and candles? Or the beautiful organic Christmas tree so kindly donated to the Church by Blackstump Cottage? Maybe the aroma of our super Fair Trade coffee? Or what about our fabulous "Frinton" sausage rolls and cheese scones? Could it even be the trusty warm mince pies loved by many?

I think it was all of those things which made the morning a very special event, along with two other great surprises! The first was "thank you" gifts to several of us for all our efforts in connection with the stall and the afternoon teas. I think we all enjoy what we do, but thanks and gifts are great to receive. To top all that was my 7 week old Great Grandson arriving for his first "Fair Trade coffee morning" He loved the tree and all the lights and of course all those cuddles. Well, we'll be back again on January 2nd when the crib, Christmas arrangements and tree will all still be on view so do pop along to have a look and enjoy our coffee and a chat. Our times change very slightly to 10am-11.15am due to the library van's new timetable of 9.50-10.30 so as ever a huge thanks for your continued support and a very Happy New year.

Wendy Mumford 01473 312123

## Sketchers, Doodlers, Artists, Designers, Cartoonists

We would very much like to have a couple (more or less) of designs in black and white, to reproduce as post-cards to have for sale in the church. Must be of Raydon Church from any angle – inside or out.

Suggestions so far:

A wonky gravestone  
Mowing the churchyard  
Cleaning the Church  
The War Memorial  
The Vestry doors  
East window pinnacles .....

All designs will be displayed in the Church for choices to be made  
To express interest and for further details please contact

Simon Tennent 01473 310320  
Geoff Horrex 01473 310422

## Christmas tree in Raydon Church

We would like to thank Blackstump Cottage, Woodlands Road, Raydon for the very generous donation of one of their organic Christmas trees to Raydon Church.

Thank you very much, it looks lovely.

Sadly we had to cancel our carol service on December 10th due to the nasty weather conditions on the day of heavy snow & ice which was forecast to continue for a few days and made difficult driving conditions especially in the dark. The decision was not taken lightly but we had to consider every one's safety so only one option.

Our Rector Revd Rosalind Paul has come up with a replacement service called "Epiphany Carol Service" to be held here at St Mary's Raydon on Sunday 7th January 2018. Service to start at 5.00pm. This was quite a common service held years ago if memory serves correctly. We look forward to meeting you all so please come along and give this additional service your full support.

Geoff & Simon.

## Epiphany Carol Service St Mary's Church,



**Sunday 7<sup>th</sup> January  
5.00 pm  
All very welcome**



### 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!



*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).*

# Raydon and District Gardening Club

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Firstly may I wish all garden club members & friends "A Happy New Year" as it's now 2018. At the beginning of a New Year we as gardeners are hopefully full of optimism and therefore start looking forward to the new "Springtime" which will be only a few weeks away. It's now time to keep a sharp look out for the first snowdrops and aconites as these are the herald to Spring often appearing around mid month. They look so wonderful in the winter sunshine and certainly help to cheer us all up especially on the more gloomy days as you know things will soon be on the turn for the better. Once we start back to our first meeting in February the days will be getting lighter (6am – 6pm) and whilst we can still get harsh weather hopefully it will not last too long. Now in January it's a good time to look at seed catalogues and try to plan ahead, also time to purchase seed potatoes, start off those sweet pea seeds indoors, and I also like to cover the Rhubarb crowns with about 12" to 18" of straw with a few pea sticks to hold in place to prevent wind blowing it away. I add to the straw as the crop grows through. If you are unable to do gardening (for what ever reason) there are always many places open to the public to visit and see their **special "winter gardens"** so you can enjoy the spectacle without the hard work. Marks Hall Essex, & Anglesey Abbey Cambridgeshire have always been a great day out in previous years.

As a gardening club we are now in our 38<sup>th</sup> year and your committee is pleased to report we are thankfully in a healthy financial position thanks to your support, however we have to remain aware that

costs keep going up (Speakers & Cup engraving) mostly so we have decided to increase membership by 50 pence. This means for 2018 it's now £12.50 pp & subs are now due if not already paid. This covers you for 5 indoor meetings, and social evening with AGM + refreshments. Any guests will also pay an increased fee (first for 8 years) @ £2.50 on the night. Outside local garden visits in May & July we normally pay a small fee each to a charity of owners choice. We will be running another coach outing in June, venue and cost to be advised in February. **Note:-** Our "Spring Show" will be week after Easter on Saturday 7<sup>th</sup> April. Your committee looks forward to meeting you all again along with any new members who will be joining us on the first meeting for 2018, to be held in the village hall (Old Primary School building) **on Thursday 22<sup>nd</sup> starting at 7.30pm**. Subject to be confirmed in February quartet.

Geoff Horrex (01473 310422)





## Raydon Parish Council

### Your Parish Councillors are:

Nev Davenport 01473 311548  
Christine Hempstead 07891 236245  
Kathy Herbig 01473 310024  
Keith Lovering 07939 075143  
Sue Newton (Chair) 07808 818847  
Amanda Pyall 01473 310050  
Jayne Tann 01473 828283  
Jane Cryer - Parish Clerk 07920 713940

### Raydon Century Club Draws: DECEMBER 2017

£25	49	Stella Hyland
£15	75	Mr K Whiting
£10	47	Mrs Warvill
£5	108	Graham Cousins
£5	134	Mrs J Meech
£5	110	Mr M Burls
£5	126	J-M Simonet



### 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.



### Ideal for your special event

The Rayon Pavillion is for Hire

Fully carpeted room for up to 80 people

Kitchen and preparation room

Easy parking

Available Morning, afternoon, and evening.

For Details Call Clive Duddridge  
Tel 01473 310162

### Raydon Parish Council Schedule of Meetings All at 7.30pm in the KGF Pavilion Dates to be advised

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

Sunnyside Cottage, Overbury Hall Road,  
Layham IP7 5NA  
07920 713940 / [raydonpc@gmail.com](mailto:raydonpc@gmail.com)



# Holton St Mary

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## Holton St Mary Millennium Green Trust

Winners of the last 3 Century Club draws for 2017 are:

**October:** No 50 £25 Lionel Pollard, No 116 £15 Paul Oliver, No 71 £10 Joan Cook, No 7 £5 Sally Pearce, No 39 £5 Diana Wilson

**November:** No 53 £25 Rob Clark, No 91 £15 Peter Starling, No 19 £10 Lynn McWatt, No 48 £5 Carol Blaxland, No 116 £5 Paul Oliver

**December:** No 50 £25 Lionel Pollard, No 121 £15 Chris Gentry, No 21 £10 Judith Morgan, No 9 £5 Pam and Tudor Quare, No 4 £5 Erik Ellis

Subscriptions for 2018, £12 for the year, are now due and your collector will be calling in the next few weeks. Please note that uncashed cheques will not be accepted in lieu of payment for subscriptions.

Money raised from the Century Club pays for the annual running expenses of the Millennium Green. If you are new to the village or have not taken part before and would like to contribute and have the chance of winning a prize please give me a call on 01473 311615.

Marjorie Haste, Secretary

## The First Friday of the Month Lunch Club



On the first Friday of every month (except August) there is a Lunch Club in the Village Hall for residents of the village of Holton St Mary. All ages welcome!

A Light Lunch will be served between 12.30 - 2.00 pm at a cost of £2.50 per head. The lunches are a collaboration between some of the organised groups in the village and are non-profit making!  
Any surplus funds will be reinvested.

If you would like to join us for lunch, please contact Frances Torrington:  
312046/familytorrington@btinternet.com  
Or Sally Thurlow:  
312080/salthurlow@gmail.com

We are also looking for volunteers to help run the lunches and help on the day.

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**The Holton St Mary United Charities Trust** has some funds available to those resident in the village of Holton St Mary who are in need.

If you feel you might want to make an application please contact: Paul Torrington on [familytorrington@btinternet.com](mailto:familytorrington@btinternet.com) or 01473 312046.

## Holton St Mary Social Club

Please remember that WHIST is always last Friday of the Month  
All are welcome, so please do come along

Next Dates :-

Friday 26th January  
Friday 23rd February  
Friday 30th March

### Christmas Drinks & Canapés on Sunday 10th December

Despite the festive weather conditions it was nice to see the event well attended. Thank you for all the positive feedback. A good time was had by all. Cheers to all those who helped with the preparation and on the day.

### Membership Renewal.

As from the 1st January, subscriptions for 2018 will be due. Charges as below:  
Senior ( 60+) £2.00  
Adult £4.00  
Junior (under 18's) £ 1.00

Proposed events for 2018 to include :- in April our AGM, plus a Brewery Trip, Quiz Nights, Open Golf Day and a Progressive Dinner. We will let you know the details when we have set the dates.

Happy New Year to you all.

Thanks

Peter

Email:quaywallslongmate1@btinternet.com  
Home :- 01473 314150  
Mobile :- 07957 910608

## 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

## Babergh Christmas tree recycling

There will be a number of collections points where Christmas trees can be left (without decorations). The trees will be taken to a local facility where they are chipped and composted. The compost can then be used so that other plants and trees can thrive.

Real Christmas trees can also be left next to your brown bin if you subscribe to our service during the month of January 2018.

If you have any questions or queries, please contact us on 01449 778678

### Capel St Mary

By Pass Nurseries (near the bottle bank)  
Wednesday 10th January

### Hadleigh

Stonehouse Road car park  
Thursday 11th January

### Stratford St Mary

Car Park at Village Hall  
Wednesday 10th January

### Hadleigh

Townhall - Market Place  
Thursday 11th January

From Monday 4<sup>th</sup> December 2017 **Mind Body Moment** will teach Yogalates™ in a course like structure, starting with a one-to-one assessment followed by an introductory course (6 x 90 minute classes - max 6 clients). On completion the client can join any of the general sessions (4x 90-minute - max 10 clients).

About Yogalates™ - Louise Solomon developed Yogalates™ over 20 years ago. It is the original award winning exercise method integrating Pilates and Yoga, creating a system that develops core stability & strength, whilst enhancing stamina, flexibility & balance, and brings relaxation & wellbeing to mind & body, all with particular attention to safety, for all body types, during practice.

About Janet Drake (Mind Body Moment owner), ballet trained from 8 years old, attending Elmhurst Ballet School between 11 & 18. After a short stint on the professional stage "life got in the way" of her dance teaching ambition until her 50's, when she started FunDancing (her Dance Fitness business).

Despite life's detour, Janet attended many forms of daily fitness; Aerobics, Step, Body Pump, Yoga & Pilates, etc. More recently, Janet wanted to discover more about Yoga and Pilates and how to safely improve strength, core stability and all the other good things that these two disciplines provide. This is how she found Yogalates™.

A year of continual study including an intensive two-week practicum, Janet completed the Solomon Yogalates™ Method Teachers Training (September 2017) at 60.

*"The safety of Yogalates™, the constant discovery about my mind and body as I work through the vast array of exercises, poses, meditations and breathing*

*techniques is giving me a stronger, leaner and healthier body and mind. I am looking forward to sharing my experience with others"*

For more information, class bookings & prepayments go to [www.mindbodymoment.co.uk](http://www.mindbodymoment.co.uk)

Call Janet on 07506350455 or email [janet@mindbodymoment.co.uk](mailto:janet@mindbodymoment.co.uk)



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## **From Chernobyl Children's Life Line & Charity Shop Needham Market**

On December 3<sup>rd</sup> we collected our Christmas Group from Gatwick airport. Of the children that had never been to the UK they all said; "England is lovely" a soon as they got off the plane!

This is going to be a very exciting month for the children who have not only never been away from home but have never experienced Christmas before either.

After the children return home at the end of the month I will be leaving for Belarus for our Father Frost Program. As previous Christmas parcels have been returned or just not arriving at all a friend and I decided this year to go to Belarus to deliver them personally as the Belarusian equivalent to 25<sup>th</sup> December is 7<sup>th</sup> January. Having intended to just take presents in our personal luggage we asked if anyone else would be interested in sending a present to a child who would receive nothing for Christmas and we were amazed and touched by the response. We are now taking 150 presents to needy children and will deliver to 39 families in three days plus hold a party for the children that we will be unable to reach during that time. We will bring back photos and updates after the trip to share with everyone who has so kindly contributed to this program. A very big thanks must also go to those people who have sponsored part of the trip allowing us to be able to take this many presents to the children and also to leave gifts for those in the local hospital.

We are now looking towards the summer group visit and would ask anyone interested in hosting who we have not yet spoken to, to get in touch now as we have to start processing the invitation to the

authorities in Belarus by January 2017. The children will be with us for four weeks from 1st to 29<sup>th</sup> July. All that is needed is a minimum of a mattress to sleep on and a loving home with people who care, Financial circumstances are immaterial. Age is not a barrier - single parents considered, families may or may not still have their own children at home. Hosts are able to follow their own occupation/interests as the children meet at least 4 days a week Mon-Fri 8.30 to 4.30 and helpers are on hand to collect or look after children at other times if needed.

We are very aware that there are now more Charitable causes than ever all needing support. I would like to take this opportunity to thank everyone who supports us, you may think you only do a little but without you we could not survive.

Wishing you all very Merry Christmas and may 2018 bring you everything you wish for.

Elizabeth Parker  
Link Chair  
01449 760343  
[enquiries@ccllmidssuffolk.org.uk](mailto:enquiries@ccllmidssuffolk.org.uk)  
[www.ccllmidssuffolk.org.uk](http://www.ccllmidssuffolk.org.uk)



# Waste collection schedule

January 2018						
Mon	Tues	Weds	Thurs	Fri	Sat	Sun
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 collected this week



Rubbish collected this week

**The first two weeks of the New Year  
are working to a different schedule:**

## Recycling usual collection days

Mon 1st Jan moves to Weds 3rd  
Tues 2nd Jan moves to Thurs 4th  
Weds 3rd Jan moves to Friday 5th  
Thurs 4th Jan moves to Sat 6th  
Fri 5th Jan moves to Mon 8th

## Refuse usual collection days

Mon 8th Jan moves to Tues 9th  
Tues 9th Jan moves to Weds 10th  
Weds 10th Jan moves to Thurs 11th  
Thurs 11th Jan moves to Fri 12th  
Fri 12th Jan moves to Sat 13th



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CO7 6RZ

Pastor -Mrs Maralyn Bambridge

**Services** - Each Sunday morning at  
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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)



We did not have a speaker meeting in December but held our popular Christmas lunch at the Constable Hall on Wednesday 6 December. This popular event was sold out and enjoyed by all who attended.

On Wednesday 10 January we will be entertained by Ancestral Voices who will take us back to the festive season under Henry VIII & Elizabeth 1 using words, music and images, including instruments from the period. Many of today's carols & Christmas traditions originated in the Medieval & Tudor eras. You will hear Carols as you mayn't have heard them before!

At our meeting on 14 February Robert Burridge will speak on "Scott, Amundsen & The Race To The South Pole". He will concentrate on the personalities of both men, their leadership styles and the equipment they used to show their characters & their epic achievements in the face of huge difficulties.

"The Life And Times Of Sir Alfred Munnings" is the subject for the 14 March meeting. Marcia Whiting, Curatorial Associate at The Munning's Museum will give an illustrated presentation exploring his life & wide ranging subject matter, including portraits, landscapes & rural scenes as well as the horse paintings for which he is so well known.

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 300 members and 30 groups. For further information please visit [www.stourvalleyu3a.org.uk](http://www.stourvalleyu3a.org.uk) where membership secretary Gillian Gibbs may be contacted.

We meet at The Constable Hall, Gandish Road, East Bergholt CO7 6TP at 2 for 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.

It's never too late to learn! Join over 400,000 members across over 1,000 U3As throughout the UK today!



## Stour Valley Men's Probus Club

On 6 December Paul Oliver presented his popular Christmas Quiz and at the final meeting of the year on Wednesday 20 December Barbara Faulkner told us about "The Man in Red" and we all believed her.

We don't have a speaker meeting in January but instead have our New Year Lunch for Members, their Spouses and Probus Widows. This will take place on Wednesday 17 January at The Haywain, Bentley Road, Little Bromley, Essex, CO11 2PL

Our two meetings in February are on the 7th and 21st when Dudley Chignall talks on "Journey to Paradise" and David Whittle on "How the Victorians developed Dovercourt" respectively.

On Wednesday 7th March Grant Elliot returns again and this time his subject is "The Life of Chic Murray" and we hold our Annual General Meeting on Wednesday 21 March.

We meet at the convenient St John Ambulance HQ, Manningtree CO11 1EB

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 for 10.30am.

Please contact Speaker Secretary Dave Carman on 01255 880202 for further details.

---

## Steps you can take to 'Be Winter Ready':

- Know your free emergency numbers: In a power cut dial 105 or, for a gas emergency, dial 0800 111999.
- Prepare your home: Keep a torch handy and get your appliances serviced by a Gas Safe registered engineer to prevent carbon monoxide poisoning.
- Register as a vulnerable customer: Vulnerable households can get extra support by signing up to the Priority Services Register. Click here to find out more about the Priority Services Register in London, the South and East of England or to sign up.
- Keep your eyes open: Keep an eye on the weather forecast and, if you have a power cut or a gas emergency, check on your neighbours.

## Kenny's SESAW news

Let me start by wishing you a healthy, peaceful 2018 from everyone at SESAW. Now the days are short, it is dark before Mum finishes getting all the animals fed, watered and bedded down for the night. Regular readers will be glad to know Ollie (the Black) Cat is back on duty after recovering from a nasty abscess. He has not yet regained his sleek coat and stays home more now but still follows Mum everywhere on her evening rounds.

Have you started the New Year full of good intentions and resolutions? I ask because we animals are very much in need of new volunteers to look after us. Our happy team is dwindling as personal circumstances change and it's a real struggle to keep up with all the jobs. If you cannot make a weekly commitment, perhaps you could help occasionally with fundraising. There are lots of things to do both before and during an event but it's worth all the hard work as you can see by the photo.

We also need materials for our "crafters" who have been busy knitting and sewing during the long winter evenings. If you can spare anything they could use, please leave it bagged up and labelled "CRAFT" or let us know if you want it collected. The finished results will be on sale at our Easter Fair in April.

Please leave a message on the answerphone if you can help in anyway. You will receive a warm welcome from our friendly bunch, from the animals and particularly from me, Kenny (the

Boss) Chihuahua,  
Suffolk & Essex Small Animal  
Welfare, Stoke Road,  
Leavenheath, CO6 4PP.  
Reg.Charity No.1124029,  
Stoke Road, Leavenheath,  
CO6 4PP. Open 10-1pm  
Thurs-Sun. Tel: 01787  
210888.



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CO7 6RT

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Fax 01206 299010

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

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Colin the fishmonger has his fresh  
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of Church Hill in Stratford every  
Thursday morning from  
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### Stratford St Mary - Route 11

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Wednesdays

24 January, 21 February, 21 March

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

2 and 30 January, 27 February, 27  
March

### 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](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)  
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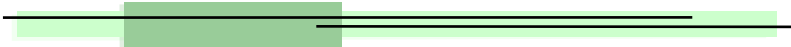
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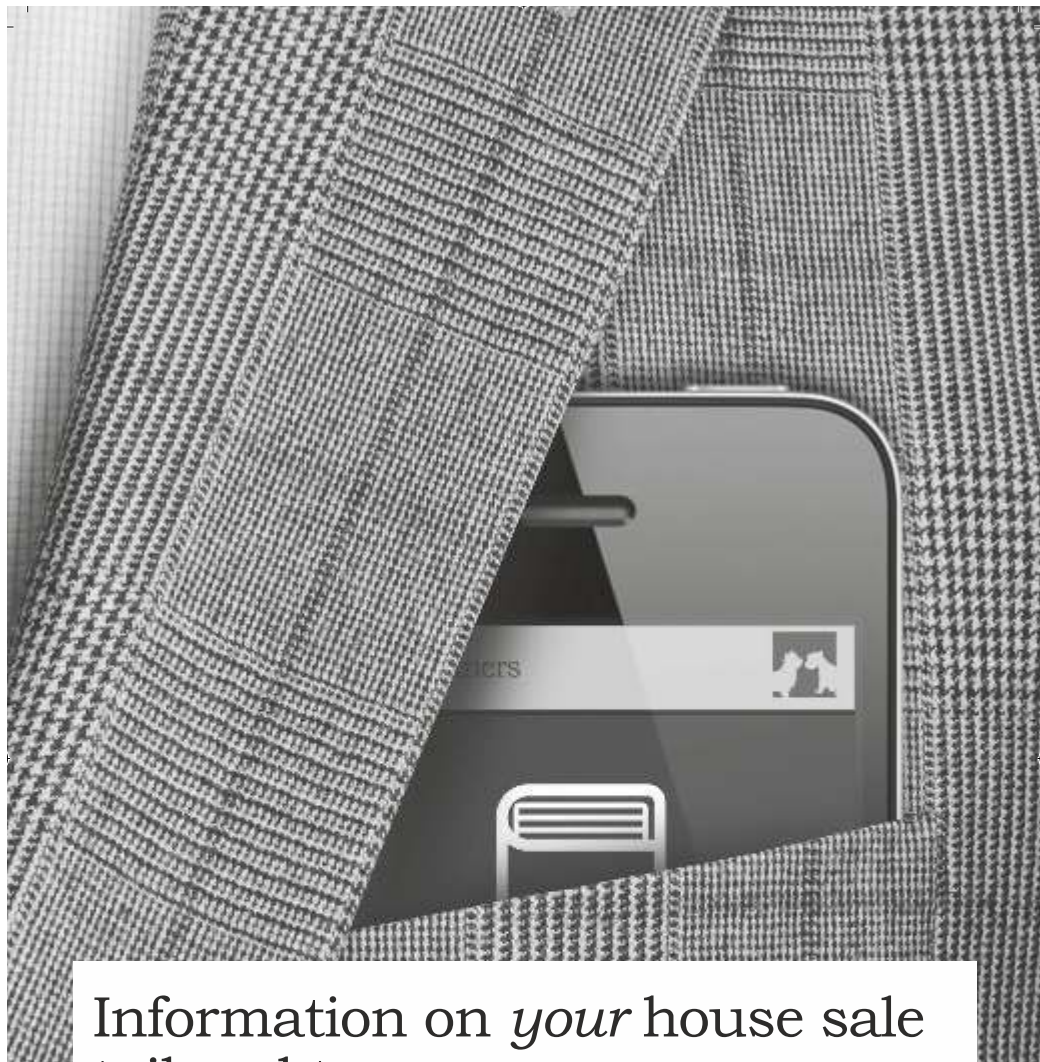
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### *Readers*

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### 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 **17 January**.

### Home Group

The final meeting on the Common Good will be on 18 January, and then we shall start a new Lent group on the resurrection, meeting weekly at 5 Veyes End from 2.30 to 4 p.m. on the following dates: 15 February, 22 February, 1 March, 8 March and 15 March. Do come and join us to talk about what the resurrection means to us as Easter people.

### Silent Prayer Group

We have decided to resurrect this group, to meet at the Rectory on or as close as possible to the first Monday of each month from 11.30 a.m. for an hour, starting on 8 January; thereafter 5 February, 5 March, 9 April, 7 May, 4 June, 2 July. All are welcome.

### Services in January and February

		10.00 a.m.	NB. 5 p.m.
7 <sup>th</sup> Jan		SSM Epiphany Carols	Raydon Epiphany Carols
14 <sup>th</sup> Jan		Higham	Holton
21 <sup>st</sup> Jan		Holton	SSM
28 <sup>th</sup> Jan		Raydon+SSM Family Hour	Higham
4 <sup>th</sup> Feb		SSM	Holton
11 <sup>th</sup> Feb		Higham	Raydon
18 <sup>th</sup> Feb		Holton	SSM
25 <sup>th</sup> Feb		Raydon+SSM Family Hour	Higham

### Ash Wednesday

On Ash Wednesday, 14 February, at 6.30 p.m., SSM will host the Liturgy for Ash Wednesday with the imposition of ashes.



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

- |     |   |
|-----|---|
| 1st | Romans 2.17-end. <b>The Naming and Circumcision of Jesus</b>                  |
| 2nd | Colossians 2.8-end. Basil the Great and Gregory Nazianzen, Bishops, 379 & 389 |
| 3rd | Colossians 3.1-11   |
| 4th | Colossians 3.12-4.1   |
| 5th | Colossians 4.2-end  |

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

7 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.

8th Matthew 21.1-17

9th Matthew 21.18-32

10th Matthew 21.33-end. William Laud, Archbishop, 1645

11th Matthew 22.1-14. Mary Slessor, Missionary in W. Africa, 1915

12th Matthew 22.15-33. Aelfred of Hexham, Abbot of Rievaulx, 1167

13th Matthew 22.34-end. Hilary, Bishop of Poitiers, 367

14 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.

15th Matthew 24.1-14

16th Matthew 24.15-28

17th Matthew 24.29-end. Antony of Egypt, Hermit, Abbot, 356

18th Matthew 25.1-13. Week of Prayer for Christian Unity begins

19th Matthew 25.14-30. Wulfstan, Bishop of Worcester, 1095

20th Matthew 25.31-end. Richard Rolle of Hampole, 1349

21 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.

22nd Matthew 26.1-16. Vincent of Saragossa, first martyr of Spain, 304

23rd Matthew 26.17-35

24th Matthew 26.36-46. Francis de Sales, Bishop of Geneva, 1622

25th Philippians 3.1-14. ***The Conversion of Paul***

26th Matthew 26.57-end. Timothy & Titus, Companions of Paul

27th Matthew 27.1-10

28 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 your Son. Amen.

29th Matthew 27.11-26

30th Matthew 27.27-44. Charles, King & Martyr, 1649

31st Matthew 27.45-56. John Bosco, Founder of the Salesians, 1888



#### For your diaries

15 January 7.30 p.m., the Rectory, Minstry Team dinner

22 January 7.30 p.m., 25 Strickmere, Family Hour meeting

27 January 9.15- 1 p.m. Holton Village Hall, Suffolk MIND course



#### For your prayers

For those who are ill or in need, in our parishes and beyond:

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**Raydon:** Margaret Hammond, David King, May Peacock

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