

**Stratford
St Mary**

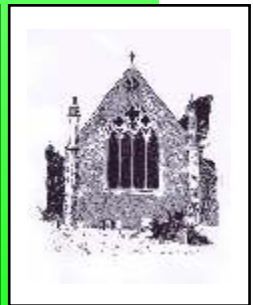
Higham

**Holton
St Mary**

Raydon

Quartet

The Parish Magazine



May 2018

Issue 357

For Sale

A small lightweight sovereign lawn mower hardly used less than two years old. Ideal for a small lawned area.

£25-00 ono

Contact Dave 07930390517



The **HADLEIGH SHOW**

Saturday 19th May 2018

For tickets and more information:
www.hadleighshow.co.uk

Gates open 8am Free parking

Holbecks Park, Hadleigh, Suffolk IP7 5PE

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

Small Ads pin board

Welcome



Dear friends,

It is with a sense of great thanksgiving that I can tell you that the roof on Stratford

St Mary church has finally been repaired with Terne coated steel, which we are assured has no re-sale value! We are very grateful to all who gave us donations and to all who have been so supportive in the two and a half years that it has taken to get this done. Especial thanks must go to Chris Cousins and his team who have kept us going with tarpaulins etc over that time, and to our Churchwardens for looking after the building so faithfully. I trust and hope that this new roof will keep the church watertight for many more years to come.

In the month of May the Church celebrates various great festivals. The first is Rogation Sunday (6 May), during which we ask God (rogare means to ask) for a blessing on all those who work on the land and produce food for our benefit. Rogation-tide leads up to Ascension Day on 10 May, which is when the Church celebrates Jesus going back to be with his Father after spending some time with his friends and disciples after his rising from the dead on Easter Sunday.

Then on 20 May we celebrate the Feast of the Pentecost, the 'pente' bit referring to the fact that it comes 50 days after Easter. It is often thought of as being the birthday of the Christian Church, for it was the day on which the Holy Spirit came in the form of flames of fire and a rushing wind to the disciples who had witnessed Jesus going back to his Father God.

Jesus had promised that they wouldn't be left completely alone after he had gone, and the Holy Spirit was his replacement. Jesus' existence was limited in time and space, whereas the Holy Spirit can be with anyone anywhere at any time.

The last big festival in May is Trinity Sunday on 27 May. It's a time for us to think about the three different 'faces' or 'essences' of God - Father, Son (Jesus) and Holy Spirit. They are all one God, but they appear to us in different forms and we pray to or through them in different ways. To some of us God the Father might seem like too awe-inspiring a character, so we might feel more comfortable praying to his Son, or we might pray that the Holy Spirit will guide us because the Spirit is the way that we can see both God and Jesus working in us at every moment of our daily lives.

Happy May!

Rosalind Paul
Rector



The Quartet Diary



May

- 5 Raydon Book Sale
- 12 Plant Sale, Raydon
- 14 SSM Parish Council Meeting
- 15 Raydon Annual General Meeting
- 19 HSM Social Club Quiz
- 22 Raydon Fair Trade Coffee Morning
- 24 R&DGC Meeting
- 25 HSM Social Club Whist

June

- 3 Raydon Home made Teas
- 5 Raydon Parish Meeting
- 9 Raydon Church Spring Clean
- 17 R&DGC Coach Outing
- 19 Raydon Fair Trade Coffee Morning
- 29 HSM Social Club Whist

July

- 1 Higham Village Party
Raydon Home made Teas

- 9 SSM Parish Council Meeting
- 17 Raydon Fair Trade Coffee Morning
Raydon Parish Meeting

August

- 5 Raydon Home made Teas
- 14 Raydon Fair Trade Coffee Morning

September

- 2 Raydon Home made Teas
- 8 37th Ride and Stride!
- 10 SSM Parish Council Meeting
- 11 Raydon Fair Trade Coffee Morning
- 18 Raydon Parish Meeting

October

- 9 Raydon Fair Trade Coffee Morning
- 16 Raydon Parish Meeting

Editors Corner

Ahhh, that's better! Not only has the weather improved, so have the number of events to mention in the Quartet this month. I wonder if the two things are linked in any way?

Anyway, you will be pleased to know that there is lots coming up in our four parishes over the next few months, a concert in Stratford (page 4) and a Quiz evening (page 8). Advance warning of a Party in Higham (page 10) and the August Afayre in Raydon (page 12). Of course our regular contributors also have news of coffee mornings, rambles, garden clubs etc, and there are lots of events publicised for around and about too, just have a look after the village sections of the magazine.

A few special reports to mention this month too - Robin has sent in an interesting article about weather lore on page 9 and there is a SSM Village Life report on page 7.

One more thing I must mention - do you fancy becoming a skipper or crew on an electric launch? Well if you do, have a look at page 18. The River Stour Trust are looking for volunteers, and I don't think volunteering gets more fun or scenic than that!

Happy reading and roll on the summer!

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:
19th May 2018

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Stratford St Mary

Stratford St Mary Parish Council Emergency Team

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

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3 Spanbies 01206 322990
billdav@hotmail.com

Power Cuts

Support may be available free for those with medical needs, people of pensionable age or with children under 5.

Register on UK Power Networks website
<http://www.ukpowernetworks.co.uk/internet/en/help-and-advice/priority-services-during-a-power-cut/>

or contact Hilary Cairns on 01206 323417

Wot Larks!

A Fun-filled Charity Concert in St Mary's Church, Stratford St Mary

Saturday 16th June at 7.00 pm

Take a beautiful church, fill it with wonderful voices and raise funds for a great cause – what more could you ask for?

A quartet of professional singers will come together to perform a selection of well-known favourites from the musicals, Gilbert & Sullivan and opera. The venue is the marvellous parish church in Stratford St Mary, in which the lighting will be enhanced by candle-light for the evening concert.

Lyn Davis, who sang professionally with the English National Opera (ENO) as Lyn Cook, enthuses about the evening, "I am delighted that we have been able to gather this group of my friends and colleagues to sing together for this concert. We have created a programme of numbers that we thoroughly enjoy singing and that we're sure the audience will enjoy too."

"I also love the way in which the church will be lit by candlelight as the concert progresses. The ambiance within the church will be transformed as the mid-summer twilight gathers. I'm really looking forward to the evening which, especially with the G & S numbers, promises to be great fun."

It's also an important event for FCN, a charity that provides pastoral and practical help to farmers who have no-one else to turn to when things go horribly wrong.

Tickets are £12.50, including light refreshments during the interval, and are available from the Theatre Royal Box Office
Tel: 01284 769505 or e-mail:

booking@theatreroyal.org

Family Hour @ The Parish Room

Every 4th 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

April		
138	B.Gardiner	£40.00
162	E.Lawrence	£10.00
79	N.Badcock	£ 5.00



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 3rd 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.

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

Community First Responders

CFR's are trained volunteers who are dispatched by the ambulance service to life threatening emergencies in local communities. The volunteers normally work within a radius of 8 minutes drive from their location but depending on circumstances this could be further. They can normally get to a casualty before an ambulance can get there, assess the patient and start possible life saving treatment immediately. If the situation changes the CFR can update Ambulance Control to give them an updated assessment of the patient.

The Stratford St Mary area is covered by a CFR bag supplied by Stratford St Mary Parish Council. This bag is presently used by 2 volunteers in Stratford St Mary and one in Langham. The area is also covered by other volunteers with different bags from Dedham, East Bergholt, Manningtree, Brantham and Bradfield.

A volunteer can be on call whenever they want, if you are logged off duty, you do not get called.

At the moment the Stratford St Mary bag is not utilised as much as it could be and I would like to improve this. Ideally I would like some volunteers in Stratford St Mary to complete the training and then become CFR for Stratford St Mary and the surrounding villages. The more hours we have the bag active the better cover we have for ourselves.

If you are interested in finding out more about becoming a CFR please contact me (Peter Dawson) on 07775 667753 and I can let you know more about it.

VillageLife Annual Report 2017/2018

VillageLife (VL) is a volunteer organization in Stratford St Mary, formed some five years ago. VL's purpose is to provide opportunities for community/ social interaction for all who live, work or play, in and around the village. The only financial objective is that, as far as may be possible, events should be managed so as to fund themselves at the lowest possible cost to individual participants, with the intention that no one who wants to attend will be prevented from doing so by the cost. In this context, anything that has the potential to enhance community life in the village is considered to be within VL's remit.

Over the past five years, VL has been responsible for staging: 4 Summer Fairs and the Village Open Day (2017), the annual Quintuple (pub-games) Challenge at the Swan; the 'Christmas Light-up' and various social events including traditional country dancing evenings and periodic 'Stories by the Fire' evenings;

Overall, 2017 was another successful year. Starting with a Race Night in April, a social event with an overtly fundraising objective, which was held in part to provide funds to underpin future events, but particularly to support the Stratford St Mary First Responders with their plans for community defibrillator training.

In conjunction with the Church Fabric Committee, VL undertook the organization of a Village Open Day instead of a themed fair, as its summer event for 2017. From all the reports received, the various activities in Stratford St Mary on 24th June seem to have generated an ambience in the village that was warm and welcoming. For VL and I am sure for many others, that in itself was success. The financial outcome however, was also pleasing, with £1000 being raised for the Church Fabric Fund and a small surplus retained by VL to support future community activity, including the on-going restoration and maintenance of the Millennium Garden.

Activity in the second half of 2017 included the Quintuple Challenge in September and the Christmas Light-up in December, both of which were also successful events and in the organization of which VL received both support and encouragement from Mark, Jane and their team at The Swan. We also gratefully acknowledge the invaluable financial contribution from the Parish Council to help stage Summer Fairs during our formative years and to the ongoing maintenance of the Millennium Garden.

Regrettably, we have to report that at the present time the future looks less than certain. VillageLife was always a small team (with big ideas) but during recent months various members have experienced a succession of health related issues that have prevented the planning and preparation that should have been ongoing, if we were to provide a full programme of social events for 2018.

It is therefore with much sadness that we confirm that we are not able to organize a Summer event this year. We are however intent on returning to the public arena in September with the Quintuple (pub games) Challenge and in December for the Christmas Light-up.

We intend to hold an open meeting in the near future to consider future plans and hopefully recruit the assistance and support of other like minded residents, in the planning and implementation of future community activities in Stratford St Mary.

There is however, no need to wait until that meeting.

Any resident who feels the urge to contribute more to the social and community life of Stratford St Mary is encouraged to call or e-mail members of the VL team, to learn more of what we do and our future plans.

Chris Griffin: 01206 337 363 e-mail: chrisbrookfarm@gmail.com

David Isaacs: 01206 322 259 e-mail: disaac45@aol.com

Norman Woodard: 01206 323015 e-mail: norman@thewoodards.co.uk

Brian Such: 01206 323019 e-mail: briansuch@such.co.uk

The background of the poster is a vibrant yellow with a large, stylized white star in the center. The star is composed of several overlapping geometric shapes. Scattered throughout the yellow background and around the white star are numerous smaller stars in shades of yellow and purple. The overall design is festive and eye-catching.

QUIZ EVENING

SSM Parish Room

Friday 8th June at 7pm

Teams of 6-8

Prizes!!

Bring your own nibbles and drinks

Tickets: £6.00 each from Paul Alexander
CALL: 07770 647 573

SSM Parish Room
In aid of SSM Church Fabric Fund

Weather Lore

When the wind is in the North East it is neither good for man nor beast.

We have all now experienced the Beast from the East. March 1st and 2nd were the coldest days of the winter, with maximum temperatures of -1.9C and 0.7C respectively. Officially the start of March is the beginning of the meteorological spring. It also proves another saying that as the days get longer, the cold gets stronger. If March comes in like a Lion, it goes out like a Lamb which is true this year. March mists, May frosts, not what fruit growers wish to have. April showers bring forth May flowers. The Merry month of May is justly celebrated on May 1st heralding the freshness of new life.

June seldom lives up to its reputation as flaming. June despite the summer solstice on June 21st when the sun at midday is 61.5% above the horizon at latitude 52 degrees north, high summer is usually considered as the period last week in July and the first week in August when the highest temperatures are likely to occur. We come to Swithin's Day on July 15th. If it rains on this day, the next 40 days are supposed to be wet. It is more likely to be true if the preceding and ensuing day is also wet. Conversely, if it happens to be dry at this time, a barbecue summer could be on the cards. The weather at this time of the year often has established a pattern. The wind blows from a westerly direction from the end of June to the start of September more than any other time of the year.

Rain before seven, finishes before eleven is often true in the summer and the start of many cricket matches depend on this. It never rains but it pours is true for late summer and early autumn when the air is warm and holds more moisture.

Cows lying down on a meadow can indicate coming rain as they sense an increase in humidity and by doing so, reduce the surface area of their bodies exposed to the elements. A proliferation of berries late summer and early autumn is no indication of a severe winter ahead, the berries result from previous favourable weather conditions nor does ice fit to bear a duck in November indicate harsh conditions ahead.

Red sky at night, Shepherds delight, Red sky at dawn shepherds warning. Both these sayings which have a biblical origin have a certain amount of truth. In fine still conditions, dust particles in the air can cause the sun's rays to give a red appearance at dusk and moist humid conditions in the atmosphere can give a similar effect at dawn, high level cirrus clouds being the forerunner of deteriorating conditions.

Some of these sayings have come about from Shakespeare's time and are relevant where we live in northern Europe.

However, with the discovery of the Jet Stream during the last war, satellite photographs and sophisticated modern computers, the weather can now be forecast for up to a week ahead and slightly less reliably for a fortnight ahead.

Robin Jackson

PARISH COUNCIL MEETING DATES

14th May, 9th July

10th September, 12th November
7.30pm until 10pm

Higham

HIGHAM VILLAGE PARTY

Save the date

Sunday 1st July 2018

Further details to follow
Please Contact Sara Carr – 01206



Christian Aid Week

13th – 19th May

you are invited to a special
service on

Sunday 13th May
Higham Church
10am

The 4 St Mary's Church Walk of Witness

On Good Friday in March a Group of Church members and friends spent the day by walking to all 4 parishes of Holton, Raydon, Higham, & Stratford. It was a cool day but dry until later in the afternoon. At each Church, part of the true Story of EASTER was told by members taking part, so by the

time we reached the fourth Church we arrived at the final moment of the death of Jesus at 3.0'clock.. Our thanks to Rosalind Paul leading at each Church. We arrived at Holton St Mary Church to start at 9.00am and then 24 members walked towards the Wenham / Raydon boundary across the fields, then across the old WW2 airfield to Raydon St Mary Church arriving 10.40am. In horse racing terms the "going was heavy" in places due to overnight rain, on good very sticky Suffolk Clay. Hot Cross Buns and coffee etc were on offer (thanks to Daphne & Ann) after some more of the story was told. Then about 11.15am about 32 walkers were off heading to Higham via another scenic walk on the wild side to eventually arrive at Higham St Mary Church for 12.45pm. More of the story unfolded, then a delicious LENT LUNCH + much more wonderful food & drink available at a modest cost, (Donations to Christian Aid) was enjoyed by 43 persons at this stage. Then aware of the time factor we set off for yet another section of across fields & marshes crossing the river Box & Stour at the Langham water treatment works before turning towards Stratford St Mary re crossing the Stour at the old Stratford water mill. Unfortunately for us walkers the Church roof was being repaired so not able to enter, therefore we continued back to Higham Church again for the final part of the story and finishing exactly at 3.00pm. Afterwards we enjoyed again by the Higham team a great selection of cakes & tea or coffee. What a fantastic end to a wonderful community day & our thanks to all those people at Higham who provided the refreshments. Also thank you all for coming for this walk on the wild side. We managed 10.2 miles at a rate of 2.4mph. Well done and thank you all. Geoff Horrex.

Raydon



Fair Trade Coffee Morning

Our Fair Trade coffee morning of March 27th arrived on another cold morning, no snow this month though just rain!

The Church was looking lovely and fresh having had a major clean up following the completion of the Chancel arch repair and the removal of the scaffolding. I am most grateful to all those who turned up with buckets and mops as this huge effort was, in part, to prepare for the Baptism of my great grandson. Rosalind had prepared a lovely service, combined with the Palm Sunday service so sincere thanks to her. Whilst munching on lovely "Frinton" cheese scones and lemon sponge we were planning our Easter lily decorations in memory of loved ones. The Church will look wonderful at our next get together as there will be 80 lilies displayed so do make sure to come to have our great Fair Trade coffee while you wander around.

We had some worrying news from the library van. A survey is taking place to establish the viability and continuation of this service. It seems that the vehicles are due to be replaced in a couple of years time with financial implications. So! Join the mobile library, take out a book (even if you don't read it) to try to influence any decisions made! April 24th is the date for your diary for our next Fair Trade coffee morning and when the library van visits again.

Looking forward to seeing you all again then (and hopefully lots of new library users as well.)

Many thanks,

Wendy Mumford 01473 312123

Sale Of
Books
Bric a Brac
Collectables
and other larger items



Raydon Church
Saturday 5th May
10 - 12noon
Refreshments available

In aid of fabric fund

Raydon Spring
Clean



Saturday 9th June
Meet 10am KGF
All hands needed!

Raydon Century Club Draw

MARCH 2018

£25 96 Mr & Mrs Girling

£15 129 Geoff Horrex

£10 65 Mr M Hulse

£5 125 Mrs J Lee

£5 93 Leigh Polding

£5 42 P Palfreman

£5 25 S Laing



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



Homemade Teas

at

St Mary's Church, Raydon

Sunday 3 June 2018

Sunday 1 July 2018

Sunday 5 August 2018

Sunday 2 September 2018

Teas served from 3.00 to 5.00 pm



'Advance Notice'

for the **A**ugust **A**fare

on Saturday 4th August.

Save the Date!



Raydon and District Gardening Club

Well as I write these notes and after a long wait "Spring has arrived" in all it's glory of colour, perfume, and new freshness. Everything is on the move and it's now necessary to look around everyday other wise something will flower and be gone before you have time to view and enjoy. Tulips now in full bloom but sadly too late for the spring show, however what a sight to behold.

March 22nd we all enjoyed an evening once again with Jan Michalak in the company of Viscountess Byng & the Restoration of Thorpe Hall (nr Thorpe - Le - Soken). Unfortunately due to a technical hitch Jan had to stand by projector system so he was blocking the centre isle and also he was speaking to one side only. I know some of you moved to get better view and hopefully it did not spoil your evening.

April 7th was our Spring Show day and after a slow start on entries on the Wednesday it soon picked up by the Friday to a goodly number so by Saturday we had yet another successful show which was enjoyed by all. Due to the cold weather entries were slightly down on last year but the quality of flowers etc was extremely good. It was also great to get several entries in the children's sections once again. So well done to all members and friends who came and supported the show, and to all who provided the lovely raffle prizes & refreshments. Our club president presided over the prize giving as usual, so well done to all you worthy winners.

On May 24th our next meeting in the village hall is An Introduction to Ferns by Anthony Pigott.

** There are only 6 seats left to purchase on this year's coach outing on Sunday 17th June. Please note all coach seats should be paid for by May 24th latest. Thank you to those who have already paid.

Note:- July will be a local garden visit TBA next month. Look forward to meeting you all again at any or all the functions over the next two months.

Geoff Horrex. 310422.



Raydon Parish Council

Your Parish Councillors are:

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

The PC would like to remind residents of the importance of keeping hedges under control to improve visibility and safety for neighbours and motorists.

Parish Council meeting dates for the remainder of 2018:

Tuesday 15 May - AGM
Tuesday 5 June
Tuesday 17 July
Tuesday 18 September
Tuesday 16 October
Tuesday 20 November

All at 7.30pm in the Pavilion, KGF

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!

Plant Sale



Raydon Village Hall

Saturday 12th May 10-1pm

proceeds go towards the upkeep of Raydon Village Hall.

If you have any plants for us to sell at the event, please bring it along on the morning or phone 01473 8222987 to arrange collection/delivery.



Ideal for your special event

The Raydon 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



Cricket

Yoga



Monday
Soup Club

Whist

Tea Dance

Parish
Ramblers

Book Club

Mother
and
Toddler



Knit and Natter



Advent Craft

Raydon Parish Council would like to encourage even more social groups.

We are already very fortunate to have Fairtrade Coffee Mornings, the Raydon and District Gardening Club and the Raydon Club here, but if you have another good idea and would like to start something up, we may be able to help by subsidising the first couple of months' hall hire.

The group must be self-financing and open to all residents of Raydon.

Please apply to Jane Cryer Parish Clerk at raydonpc@gmail.com for consideration at the next parish meeting.

Film Club

Zumba

Friday
Friends

Holton St Mary

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

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.



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
01473 312046.

or

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 25th May
Friday 29th June
Friday 27th July

Quiz Night Saturday 19th May
(with Supper included- from Cod, Chicken or Scampi with chips)
7:30 for 7:45 start
Teams up to 6 people
£8 per person
If you haven't already done so, then to enter a team please record the details on the notice board in the club,
otherwise contact Erik on 07969 459944.

Progressive Dinner
Thanks to all who have responded so far.
We are now looking to hold the event in early September. We will confirm the exact date in the next Issue.

Holton Open Golf Day
To be held at Seckford Hall
Friday 13th July
£33 to include a round of golf and a 2 course meal
£12 for guests dinner only
Tee times commence 1pm.
Please complete the list on the notice board in the Village Hall.

At last week's AGM, the following officers were re-elected
Chairman - Bob Holmes
Treasurer:- Erik Ellis
Secretary:- Peter Longmate
And to the committee Gill Mann, Angie Weigh, Keith Jeffreys.

peter longmate
quaywallslongmate1@btinternet.com
mobile:- 07957 910608
home:- 01473 314150

Tree Planting Volunteers Wanted!

The Dedham Vale AONB & Stour Valley team have got over a thousand trees to plant in early 2018, to increase biodiversity and improve the environment

If you could help we would be delighted.

Work-parties are usually on a week day between 10 am and 3 pm but any time you could spare is welcome.

No special skills required, just bring waterproofs and lunch.
Teas, coffees and biscuits are provided.

FOR A LIST OF DATES
please contact Alex Moore Da Luz,
River Stour Project Officer on
07734 967782 or email
Alex.mooredaluz@suffolk.gov.uk



Would you like to be skipper or crew on an electric launch on Constable's beautiful River Stour?



The River Stour Trust is looking for volunteers to join its team of skippers and crew operating its fleet of electric launches on the River Stour in Suffolk, made famous in John Constable's paintings. Full training and familiarisation with the river will be provided, but the 21ft launches are simplicity itself to drive, with smooth, quiet electric motors, and maximum speeds of 4mph. And if you don't fancy getting afloat, we also need people ashore to handle the bookings, meet the visitors, cutting the grass and general maintenance.

They run most weekends and some mid-week days from April to October and raise funds vital to the work of the Trust in restoring and maintaining the navigation for all to enjoy. Over the past 50 years it has restored or rebuilt four of the 25 mile waterway's 13 locks, two slipways, and a Visitor Centre.

Visitors from all over the country and world, as well local residents, enjoy observing the wildlife and tranquillity of the river on our boats Trusty II and Kathleen who operate between Stratford St Mary, Flatford, Dedham and Brantham with Rosette, Francis J, Edwardian Lady and the John Constable Lighter operating between Sudbury, Great Cornard and Great Henny.

The river is peaceful, with just swans and occasional rowing boats to negotiate, and you will find yourself drifting back 200 years to the days when it was a busy

commercial waterway, with 50ft lighters towed in pairs by horses through 13 locks from the sea at Manningtree to Sudbury.

What better way to spend a pleasant day on a beautiful waterway!

For more information in respect to volunteering please contact

Kevin Taylor:

kevintaylor@btinternet.com,

To plan your visit www.riverstourtrust.org for up to date information in respect to events.

Follow us on Facebook and Twitter

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Constable Country Medical Practice Patient Participation Group

We have arranged a talk on **16th May at 7.30pm at Capel Methodist Church** entitled **"All round health for all Children"**

A speaker from OneLife Suffolk will talk about healthy lifestyles, and making physical activity fun. In addition Jan Cavanagh, an experienced play therapist, will talk about the importance of play from infancy to adulthood. Representatives from Healthwatch Suffolk and the Constable Country Medical Practice will also be there to answer questions. The East Suffolk Clinical Commissioning Group will be encouraging us to sign up to share our medical records within the NHS.

Parents, carers and grandparents welcome. There is no charge and light refreshments will be available. Capel St. Mary Methodist church is on The Street, adjacent to the village shops.

Kathy Pollard, Chair, Constable Country Patient Participation Group.

New telephone number for non-emergency patient transport bookings

Issued on behalf of NHS Ipswich and East Suffolk, NHS West Suffolk and NHS Great Yarmouth and Waveney clinical commissioning groups

The telephone number to make a booking for the Non-Emergency Patient Transport Service (NEPTS) in Suffolk and the Great Yarmouth and Waveney area is changing from April 1.

NEPTS services are used by patients whose physical or mental health conditions mean they are unable to travel from their home to planned NHS appointments at a hospital or clinic without staff to support them.

From April 1 the number to call to make a booking will be **0300 999 6666**.

The criteria to use this service is set nationally, so that each time a person calls they are asked a set of questions to establish their eligibility. Anyone who does not qualify will be signposted towards community or public transport options.

Dr Zohra Armitage a GP in Bury St Edmunds and NEPTS lead for NHS West Suffolk Clinical Commissioning Group, said: "I would encourage people to take a note of the new number for NEPTS.

"NEPTS has an important role in the community and helps those people who need specialist support to access their planned healthcare appointments."

Sat and Sun 9/10th June Old House Gardens Open, Art Exhibition and Concert.

Old House, Oldhouse Rd, Great Horkesley, CO6 4EQ

In aid of The Cancer Centre Campaign.

Gardens open, and art exhibition viewing Sat 9th and Sun 10th June.

Concert Sun 10th June

Further details, artists and concert times/ details;
www.pimlottfoundation.org or
01206271291

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Application No. 255104

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10th JUNE
2018

2pm-6pm

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www.naylandconservation.org.uk

Freedom from Stress

On Sunday 6th May, 2.30 p.m. and Wednesday 9th May, 7.30 p.m. Dr Charlotte Bech will speak about *Freedom From Stress, using simple natural procedures, such as the right light, timing, diet, oils, spices, mental and emotional training, yoga and meditation* (both talks are identical), at Firstsite Art Gallery, High St, Colchester, CO1 1JH.

Dr Bech studied medicine at Copenhagen University and she has taught at the medical school there. She has worked as a surgeon in gastrointestinal surgery, as a medical doctor in the area of hematology at the most renowned referral hospital in Denmark and in the field of internal medicine/obstetrics in Tennessee, USA. She has her own private clinic in Copenhagen, supplementing modern medicine with Ayurveda, the world's oldest system of natural medicine.

To book: <http://uk.tm.org/web/essex> or phone Barry Spivack on 01394 420455

Brantham Garage Sale

Last year was the first year that the Brantham Annual Garage Sale was organised by the Nepal Children's Trust, a small local charity. The turnout was good, the support for the charities was high, but the overwhelming feedback was that warmer weather would have been nicer.

This year we will be holding the garage sale on the **16th June, 9:30am - 3pm** hoping for clearer skies and sunshine. If you would like to book a garage, or a table in the village hall then please contact us:

Maya Watling: 07508 430671
mayawatling@hotmail.com

Margaret Woods: 07867 546484
maggie1woods@googlemail.com

Louise Madley: 07792 236414
louloumadley@btinternet.com

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Constable Singers

This would be a good time to come and join our choir as we start on new songs for the coming season. We sing each Thursday at The Lambe School East Bergholt and on the second Thursday of each month at The Congregational Church E.B. starting at 7pm. No audition and words provided and the first session is free after that £5 per session so come along and enjoy.

For further details contact Mel
[01206298628] or Yvonne[01206298428]

Waste collection schedule

May 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
	Bank Holiday Week - everyone's collection will be a day later

Nayland Church Fete,

Monday 28th May

1.30-4.30pm

Nayland Playing Field

Traditional stalls and sideshows, Childrens' and Adults Sports, Tug of War, Jazz Band,

Classic Vehicle Display. Refreshments
Admission: Adults £2 Concessions £1
Children 50p.

Proceeds to St. James Church Fabric Fund.

East Bergholt High School Association
Registered charity no. 1017476



East Bergholt High School

20th May

9.30am - 12noon

Admission 50p

Refreshments available

Free Car Park

Pitches:

In advance • cars £5, with trailers £7, domestic vans £10

On the day £1 extra

No traders

Gates open 8.30am for sellers

07776291445

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Coffee Mornings - Each Thursday 9.30 to 11.30 am

Church Secretary – John Jeffreys
Tel 01206 298737

Email j.jeffreys.eb@btinternet.com

On Wednesday 11 April Wendy Harwood, one of Dr Penny Hundleby senior scientists, who works on genetically modified crops, gene editing and similar at the John Innes Centre spoke on "GM Crops – where are we now?". Wendy has 20 years of experience working within the GM field and she covered what the technology is, how it has developed from the first GM crops, how the new technology of gene editing fits in, the current situation worldwide and what is in the pipeline.

Roger Kennell will talk on "William Pretty – A Suffolk Family & Corset Manufacturer" on Wednesday 9 May. His illustrated presentation follows the major corset making business of William Pretty & Son at Ipswich (& its outpost factories) which was part of the Footman Pretty department store, now Debenhams.

On Wednesday 13 June Tony Dimaond's subject is "Chocolate". He will present the history of the colourful discovery of chocolate and the spread of the hot drink in Europe, its astonishing aspects and an overview of its financial importance to the UK.

"Around the World in a Container Ship" is the interesting talk by Peter Hesketh a former Police Officer & Merchant Navy Purser. As a lone passenger for around 4 months it positively was not a cruise! He explains the attraction of and comments on life at sea when the ship spends so little time in port.

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, chess, mahjong, science, singing, 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 nearly 286 members and over 35 groups. For further information please visit 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.

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Stour Valley Men's Proboscis Club

On Wednesday 7th March Grant Elliot returned again and this time his subject was "The Life of Chic Murray", much enjoyed by all members especially the video clips of a rare talent. Our Annual General Meeting was held on Wednesday 21 March when the President Graeme Forsyth, Vice President Paul Holmes Treasurer Peter Stanway-Williams, Secretary Hew Naylor, Speaker Secretary Dave Carman and Paul Oliver & Russell Howe were voted in as the new Committee. Bob Milne talked to us on Wednesday 4 April about "The assignation of the Italian Barber". Oliver Paul, from the Suffolk Food Hall, voted the best Local Food venue in the UK & Ireland in the Countryside Alliance rural Oscars, spoke to us on Wednesday 18 April and his subject was "Food and Farming Heritage".

We have two interesting speakers in May, Joyce Kimber will speak on 2nd May on "Britain's Finest Hour" and on 16th May Brain Kelly will enlighten us on "The Life Of a British Consul". Dr John Knight will talk to us on 6 June on the life of "John Betjeman "The Man & His Poetry" and on 20 June Chris Parfitt will present "A Portrait of a Suffolk River". On 4th July John Field will introduce us to "The Treasures of Ipswich". We hold our Summer Buffet at The popular Haywain on 18th July when our spouses and Probud Widows join us for what is sure to be an enjoyable event and a tasty meal.

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 Probud 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.

Constable Singers Concert

In aid of EACH

Songs old and new

at Constable Hall

Sat. 21st July starting at 7pm

Tickets £7.00 to include tea and coffee

Contact Mel via email
alantuttlebury@hotmail.com
up to 11th June for tickets

SESASW news

Ollie (the Black) Cat has been a right grump over the Winter but I suppose it's no wonder after such rotten weather. He even called me "little Lord Fauntleroy" just because I like going out to meet my fans. The cheek of it! Mind you, the title does have a certain ring to it.

Many of the permanent residents are getting on (not me of course, I am in my prime!) and so are some of the animals awaiting new homes. Lily is an elderly dog that has recently moved into foster care and she is enjoying every minute as you can see in the photo. If you are looking for a pet to complete your family please consider an older dog, and contrary to popular belief, they CAN learn new tricks!

Our talented crafters send a big thank you for all the materials and wool you have donated. These have been used to make lots of quality items to be sold at future events. Our next event is a £1 Sale at St.Lukes Church Hall, Tiptree, CO5 0SU. Lots of bargains for all the family including the pets and refreshments.

That's all from me, Lord Kenneth of Leavenheath ... no, I still prefer to be known as Kenny (the Boss) Chihuahua. Suffolk & Essex Small Animal Welfare, Reg.Charity No.1124029, Stoke Road, Leavenheath, CO6 4PP, tel: 01787 210888 sesaw – Suffolk & Essex Small Animal Welfare



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The Medical Centre,
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CO7 6RT

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Strickmere (School Lane end) - 11.50am
- 12.10pm

Route 14

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Tuesdays

22 May, 19 June, 17 July, 14 August

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

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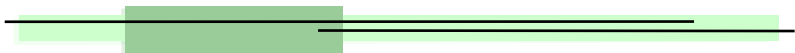
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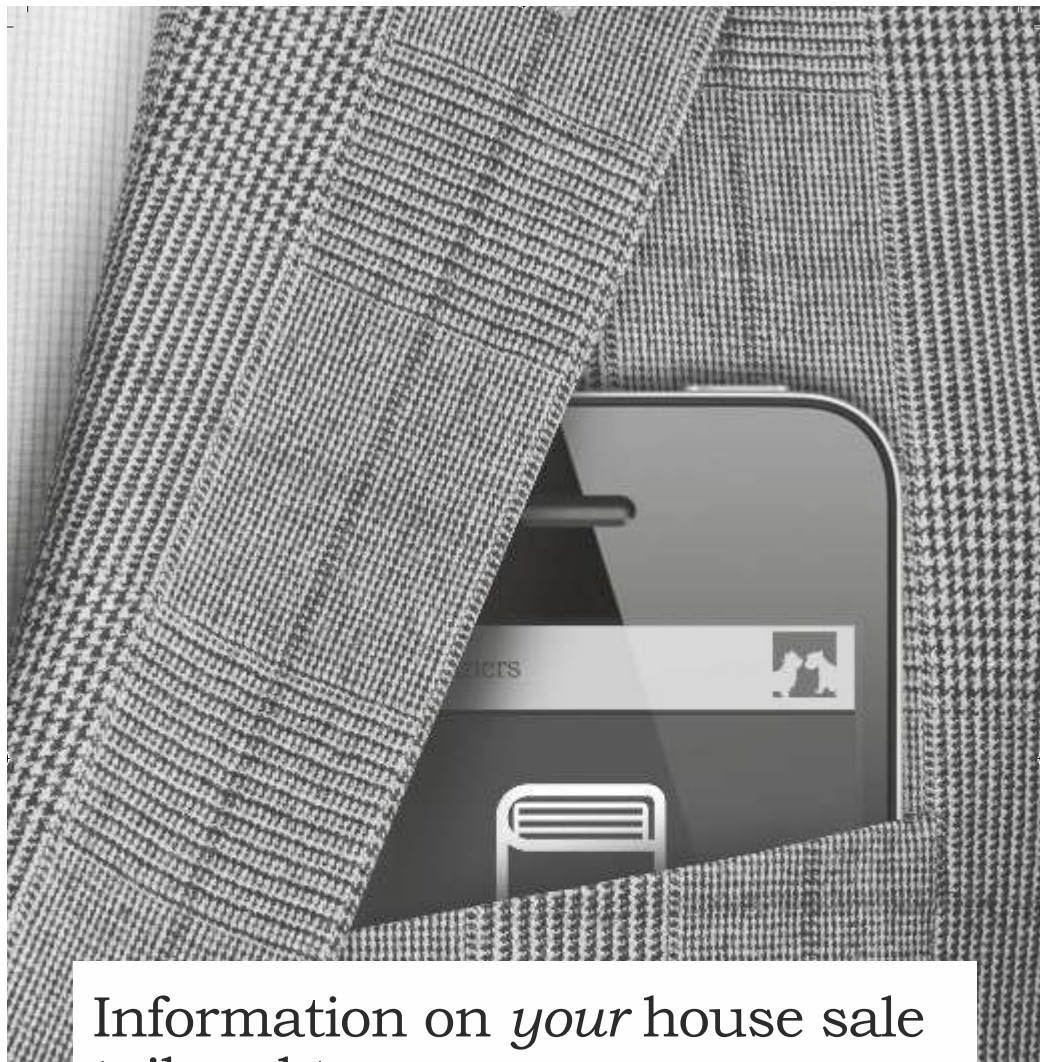
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Midweek Communion

This month's short service of Holy Communion in the Parish Room at Stratford St Mary will be at 10 a.m. on **16 May**.

Home Group

Our Home Group will meet again on 3 May 2.30-4 p.m. at 5 Veyes End to choose a subject to talk about. All are welcome.

Silent Prayer Group

This group meets at the Rectory on the first Monday of the month at 11.30 a.m. for an hour on the following dates: 7 May, 4 June, 2 July.

Services in May and June

	8.00 a.m.	10.00 a.m.	6.00 p.m.
6 th May		SSM	Holton
13 th May		Higham	Raydon
20 th May		Holton	SSM
27 th May	Higham	Raydon + SSM	
3 rd June		SSM	Holton
10 th June		Higham	Raydon
17 th June		Holton	SSM
24 th June	Higham	Raydon + SSM	



New Testament Readings and Collects for weekdays in May

6 May: *Easter 6*. Risen Christ, by the lakeside you renewed your call to your disciples; help your Church to obey your command and draw the nations to the fire of your love, to the glory of God the Father. Amen.

7th Luke 6.27-38

8th Luke 6.39-end

9th 1 Peter 5

10th Hebrews 7.11-25. **ASCENSION DAY**

11th Luke 7.11-17

12th Luke 7.18-35

13 May: **Easter 7.** Risen. ascended Lord, as we rejoice at your triumph, fill your Church on earth with power and compassion, that all who are estranged by sin may find forgiveness and know your peace, to the glory of God the Father. Amen.

14th Acts 2.37-47. **Matthias the Apostle**

15th Luke 8.1-15

16th Luke 8.16-25

17th Luke 8.26-39

18th Luke 8.40-end

19th Luke 9.1-17. Dunstan, Archbishop of Canterbury, Restorer of Monastic Life, 988

20 May: **Pentecost.** Holy Spirit, sent by the Father, ignite in us your holy fire; strengthen your children with the gift of faith; revive your Church with the breath of love, and renew the face of the earth, through Jesus Christ our Lord. Amen.

21st Luke 9.18-27. Helena, Protector of the Holy Places, 330

22nd Luke 9.28-36

23rd Luke 9.37-50

24th Luke 9.51-end. John & Charles Wesley, Evangelists, Hymn Writers, 1791 & 1788

25th Luke 10.1-16. The Venerable Bede, Monk at Jarrow, Scholar, Historian, 735

26th Luke 10.17-24. Augustine, 1st Archbishop of Canterbury, 605

27 May: **Trinity Sunday.** Holy God, faithful and unchanging, enlarge our minds with the knowledge of your truth, and draw us more deeply into the mystery of your love, that we may truly worship you, Father, Son and Holy Spirit, one God, now and for ever. Amen.

28th Luke 10.25-37. Lanfranc, Prior of Le Bec, Archbishop of Canterbury, Scholar, 1089

29th Luke 10.38-end

30th Luke 11.1-13. Josephine Butler, Social Reformer, 1906

31st 1 Corinthians 10.1-17. **Day of Thanksgiving for Holy Communion (Corpus Christi)**

1st Mark 3.31-end. **The Visit of the Blessed Virgin Mary to Elizabeth**

2nd Luke 11.37-end



For your diary

10 May 10 a.m. Higham, Deanery Service for Ascension Day
27 May 5 p.m., Stoke by Nayland, Deanery Evensong



For your prayers

We give thanks for those to be baptised in our parishes over the next few months:

Aiyana Clubb at SSM on 6 May
Florence Cook at SSM on 5 August
Coben Leonard Bilton-Heenan at SSM on 7 October

And we pray for healing for those who are ill or in need, in our parishes and beyond:

Holton: Ron Stedman, Ralphia Noel
Raydon: David King, May Peacock
SSM: Nancy Ablitt, Barrie Cavendish-Tribe, Laura Kerry, Trina
Others: Helen Gregory, Steve Kupfer, Gail O'Dell