



May 2022
Issue 405

Quartet

The Parish Magazine

For Higham, Stratford St Mary, Raydon and Holton St Mary

Quartet Diary

Community Safety Ambassadors

Supporting older people in your community



Join one of our free Community Safety Ambassador events to learn more about supporting older people in your community.

This event will focus on the potential dangers faced by older people in their everyday life and share vital messages and services which can help save lives.

Register now to learn more about fire safety, home security, anti-social behaviour, Warm Homes Suffolk, personal safety, digital aids, falls prevention, doorstep crimes and much more!

Monday 6th June at 09:45 - 12:30
The Hotel Victoria, Kingsley Cliff Road,
Lowestoft, NR32 0BZ

Wednesday 8th June at 9:45 - 12:30
Kesgrave War Memorial Community Centre,
Twelve Acre Approach, Kesgrave, IP5 1JF

Register now!

Register for one, or both, events now:
communities@eastofsuffolk.gov.uk
0333 016 2000.



SHOP
LOCAL

Help us with our campaign!

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

Small Ads Pin Board

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

Details of events can be found within the magazine.

May

- 3 Raydon Parish Council AGM
Coffee Pot - SSM
- 4 Raydon Club
- 6 FFOTMLC - Holton
Social Club - Holton
- 7 Green Gym - Holton
- 9 SSM Parish Council Meeting
- 10 Coffee Pot - SSM
Raydon Lunch Club
- 11 HSM Parish Council AGM
Raydon Club
Annual PCC meeting Raydon
- 12 Raydon District Lunch Club
- 14 Tidy up Morning - SSM
- 17 Raydon Fair Trade Coffee
Morning
Coffee Pot - SSM
- 18 Raydon Club
- 19 Slow Stitch - Holton
- 24 Coffee Pot - SSM
- 25 Raydon Pavillion Coffee Morning
Raydon Club
Annual PCC meeting Holton
- 31 Coffee Pot - SSM

June

- 2 HSM Jubilee Beacon Lighting
- 3 FFOTMLC - Jubilee lunch Holton
- 4 Platinum Jubilee Party - Holton
Cream Teas, Parish Room, SSM
Evening Party & Hog Roast SSM
- 5 Songs of Praise - Holton
Village Picnic and Games SSM
Civic Service - SSM
Higham Street Party
Raydon Lunch Club
- 7 Coffee Pot - SSM
- 8 Raydon Club
- 9 Raydon District Lunch Club
- 10 Social Club - Holton
- 14 Raydon Fair Trade Coffee
Morning
Raydon Parish Council Meeting
Coffee Pot - SSM
- 15 Raydon Club
- 16 Slow Stitch- Holton
- 17 Social Club - Holton
- 18 Hadleigh Choral Society, SSM
- 21 Coffee Pot - SSM
- 22 Raydon Club
Raydon Pavillion Coffee Morning
- 24 Social Club - Holton
- 28 Coffee Pot - SSM

Editors Corner

The warm weather is beginning to make it feel like it's worth getting outside again, isn't it! I don't know about you, but over the winter, and particularly with covid restrictions still dominating our lives up til now, I've rather got in the habit of staying in.

I do hope the articles you can find in the pages of the Quartet this month will encourage you to get out and enjoy the villages in the next month or two. There are reports of Easter events that went well and of course plenty of Jubilee celebrations in all villages to get involved with.

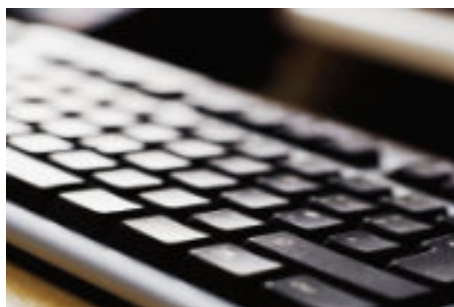
I think this year should be a special celebration of community life - we've nearly come through the pandemic and it's a very special time for our country as we celebrate the longest ever reign of a monarch. That's enough reason in my book to make the effort and join in!

On another note, apologies if you had submitted an article and it hasn't appeared in the magazine. We are currently experiencing a few syncing issues between computers, and I'm not sure we managed to recover everything. Please do let us know if anything is missing!

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.



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Rev'd Manette Writes

Dear friends,

As I write this, we celebrated Easter just a few days ago and we are still enjoying this warm and sunny spring weather. The daffodils are beginning to fade but lots of other flowers have appeared in the garden and the first tender shoots of the vegetables I sowed a few weeks ago have suddenly appeared. Every year I enjoy all these signs of new life in the garden and on my dog walks. Holy Week and Easter was a busy time in our benefice as it is in most churches. We had services every day, and on Good Friday, after missing out for the past two years, we were able to have the traditional Good Friday walk which is always expertly planned by Geoff. Between 30 – 40 pilgrims took part in the different stages of the walk and we finished with a reflective service in Higham Church. Grateful thanks go to Martin and Trudi, our musicians, and to all our singers for their wonderful contributions which made for a beautiful end to the day. I received many kind messages and emails afterwards from people saying how much they had enjoyed the service and how helpful it had been to have time to sit and reflect. On Saturday we gathered round the traditional bonfire in Raydon churchyard (again, thank you, Geoff!) for the vigil during which the Paschal candles of all four churches were lit. We then processed into Church where the candles remained burning during our readings and prayers.

Easter Day was pure joy with good congregations in Raydon and Stratford, and we welcomed Henry, who was baptised in our Easter Praise service in Stratford, into the Church family. The cakes and refreshments afterwards were wonderful, too!

In the Church liturgy we are still in the Easter Season when we rejoice in the resurrection of Jesus Christ, but we now look ahead to Ascension Day when we celebrate Jesus' ascension into heaven. This year we will be gathering for the Deanery Ascension Day service on Thursday, 26th May at 10.30am in Higham. Come and meet members from around the Deanery over coffee and cake afterwards.

Plans for Pentecost and the Jubilee weekend (2nd – 5th June) are taking shape in all four villages and details will be shared in the next issue of the Quartet as well as online. Many events are being planned and we hope that everyone in our villages will want to join in to celebrate 70 years of service of our remarkable monarch. We pray for HM the Queen in this her Jubilee year. Our APCMs will be taking place as follows: 27th April Stratford St. Mary, 11th May Raydon, 12th May Higham and 25th May Holton St. Mary, all beginning at 7pm. Let me or one of the churchwardens know if you would like to get involved in the life of our churches. We look forward to seeing you. May the joy of Easter be yours!

Yours in Christ, Rev'd Manette

Stratford St Mary



In Stratford

Hall Farm Shop Cafe and Restaurant
www.hallfarmshop.com

The mobile pizza co - 07982 427483

ABC Preschool - 01206 322466

Kate Baines, Virtual Assistant - 07799 391343

Orwell Electrical - 01206 322969

Andy Smith Roofing - 01206 322882

Jackson Plumbing and Heating -
01206 322063

Nigel Bruce Electrician - 01206 322751

Penrose and Partners - Vets. 01206 323414

Finest Gardens - 07756 364560

John Burrell Bespoke Bedrooms -
07734700507

Nexus Creative Print Production -
gill@nexuscpp.co.uk

tim germain - furniture designer-
maker. www.germain.co.uk

Gary Moye, plasterer - 07807 314911

Parish Room

At last we are open for business, subject to any government restrictions of course.

Please contact John Taylor on 01206 323908 for details and to book.

Coffee Morning

We have recommenced the monthly coffee mornings which take place on the fourth Wednesday of every month.

10.30 am in the Parish Room Do come along and socialise - £2.00pp. Money raised to date has contributed to the purchase of chairs and garden furniture for the Parish Room

STRATFORD ST MARY INSTITUTE HALL

Please note that requests should be made through the bookings email address: ssminstitute.bookings@gmail.com Information supplied to book should include a name with contact details and the nature of the event.

This results in a natural queuing system which ensures that first come is first served. I check this address every day and will respond accordingly.

Steve Kite
42 Strickmere
Stratford St Mary, CO7 6YG



Platinum Jubilee Celebrations

There have been two Open Village meetings to share ideas and plan how Stratford St Mary will celebrate HM The Queen's Platinum Jubilee.

Full details will be publicised shortly and are likely to include:

- Village 'scarecrow' trail - Royal theme - (2-5th June) - Everyone encouraged to decorate their houses to take part in this village event
- Cream teas in the Parish Room (Sat. 4th June)
- Bake-a-cake competition
- Village picnic and games (Sunday 5th June) Institute field
- Kiddies fancy dress - Royal theme (Sunday 5th June)
- Evening party / BBQ or Hog Roast with local Band - Institute field (Sat. 4th June)
- Classic car show
- Pub Quiz night - Royal theme (Friday 3rd June tbc)
- Civic Church Service to commemorate HM the Queen's 70 years of service (Sunday 5th 10am in the Church).

Do get involved and help to make this a truly memorable occasion!

Stratford Chapel

Upper Street, Stratford St. Mary

Pastor: Mr. Adrian Gates

Youth and Children's Pastors: Jamie & Beckie Wyncoll

We are an independent mainstream Evangelical Church of around 60 people encompassing and providing for all age groups. We particularly specialise in the areas of Children's and Youth work, Bible Teaching and Evangelism.

Services and Groups:

Every Sunday:

10.30am Morning Worship and Junior Church

6.30pm Church Prayer Meeting

8.00pm Bible Teaching Group (currently on Zoom)

Monday: 8.00pm House Group (on Zoom)

Tuesday: 7.30pm Discipleship Group (at the Chapel)

8.00pm House Group (on Zoom)

Friday: 5.00pm "Sparks" Children's Club for ages 7 – 11 (at the Chapel)

7.30pm "Ignition" Youth Club for ages 12 – 16 (at the Chapel)

Other activities will be re-commenced shortly.

Web-site: stratfordstmarychapel.com

Enquiries: Children's & Youth: Jamie & Beckie (01206 323095) email: Beckie.w@live.com

General enquiries: Maggie Chapman (01473 311436)

SSM Parish Council Meetings

9 May 11 July
12 September 14 November

Help

To enable the Parish Room to continue to be a valuable asset to the village, help is required to:

Take bookings, Keep the accounts
Minor Maintenance

Offers to take on one or more of these jobs would be very much appreciated.

Please contact Don Umfreville on 01206 322626

Your invitation to: "THE COFFEE POT"

Which has recommenced again at Stratford St. Mary Chapel on Tuesday mornings between 9.45AM - 11 AM

All are welcome to come for FREE Coffee or Tea and Cake and enjoy a time of fellowship.



Want to grow your own fruit and veg?

Dedham Allotment Association has plots available from £13.00 pa.

(Stratford residents only)

For more information contact Diana.

email: dedhamaa@btinternet.com



Hadleigh Choral Society

Are back in

Stratford St Mary Church

With a fabulous evening of
An eclectic mix of music & entertainment
including

Songs of the British Isles
Fantasia on British Sea Songs
Beatles
Kings of Swing Medley

18th June 2022
7.30pm

Tickets £10.00
To include light bites
Available from Hall Farm farmshop or call Julie for further information
07989639583



Winners of SSM 100 Club

The winners of the April 100 club draw are :

Carol Halsall £50 (No 75)
Mrs S Johnson £10 (No 68)

For just £1 per month be in with a chance of winning £50.

All surplus funds go towards the upkeep of the Institute Hall.
Each member can hire the hall for free once a year.

Contact either Norman Woodard on Norman.woodard@fatbloaters.com
or Phil Brown on philipbrown123@hotmail.co.uk for details



Tidy - Up morning

both inside and outside Stratford St Mary Church.

Pictures & Lady Chapel windows to be cleaned , Brass polished and Path edges redefined , weeds removed.

9 am - 12 noon on Saturday 14 May 2022.

Please do come along if you can.
Refreshments will be provided and cleaning materials.

Please bring your gardening tools and gloves.

Thank You,

Jonathan Dewey (Churchwarden).

Ever thought of becoming a Parish Councillor?

There are two vacancies at the moment. With elections coming up in 2023 why not try it for a year?

It's an important part of local government with the aim of working towards improving community well-being and providing better services.

You have to attend 6 meetings a year, but it's a case of getting involved in the issues of Stratford St Mary, seeing what the issues are that affect residents and working to resolve them.

There's an article here <http://stratfordstmary.onesuffolk.net/.../Parish-Councils...> but why not call Bill Davies on 01206 322990 to have a chat?

Jubilee Celebrations Entertainers required



You all know that as part of the Jubilee celebrations the village is proposing to have a party on the evening of Saturday 4th June and picnic on 5th. We're arranging musical entertainment and are hoping to include some home grown talent in it. So if you have a party piece, play an instrument, sing, dance, fancy being part of a band or choir, are a stand up comic or even want to recite a monologue (anything goes!) then please do get in touch with Julie on 07989639583 Or Julie@jj-associates.co.uk.

It's your party so get involved, young old and everything in between, individually or in groups of friends- you decide!!

A Huge Thank You

Whilst walking our dogs on Tuesday afternoon the 12th April using the track between the A12 and Hall Farm fields I suffered a black out resulting in a fall and becoming unconscious

The incident took place at the end nearest to the Talbooth restaurant

I have total memory loss of that afternoon and my wife informed me that a woman driving a white car brought myself and our dogs back to our house

Without her assistance the consequences could have been very severe for myself and our dogs.

No contact details were exchanged. I would like to meet the women personally if at all possible to express my gratitude for her kindness

Mike Elby

07825 322670

Stratford St Mary Community Trust

Incorporating: The Cloth Charity Estate and The Lettice Dykes Foundation

Periodic Report - May 2021/ April 2022

The Trust has experienced a challenging two years since the start of the Covid 19 pandemic. Trust property has required significant maintenance investment, which Covid restrictions have made difficult to undertake, and more is scheduled for the coming year.

Notwithstanding these demands on its resources, the Trust retains the capability and the commitment to provide modest grants to help parish residents who might find themselves in temporary need of financial assistance.

Grants can be considered to assist residents who are in temporary "need, hardship or distress or who need funding to assist with access to education*, retraining or redeployment.

Although trying to make themselves aware of situations in which Trust intervention might be appropriate, Trustees recognise that there will inevitably be instances of which they have no knowledge. For this reason, we ask that anyone living, working or playing in our Parish who becomes aware of someone within the Stratford St Mary community who might warrant assistance from the trust, pass the relevant information to the trustees, for consideration.

The trust has a direct e-mail address, trust@stratford-st-mary.org, which can be used for this purpose or for general communication.

All information passed to the trust or to individual trustees will be treated in strictest confidence.

At the time this report is issued, the Board of the Stratford St Mary Community Trust consists of the following individuals, all of whom are resident in Stratford St Mary:

Name	Status	Role
Shaun Baker	Managing Trustee (co-opted)	Trustee
Roger Barrel	Managing Trustee (co-opted)	Financial Officer
David Isaac	Custodian Trustee (co-opted)	Trustee
Brian Such	Custodian Trustee (SSMPC Nominated)	Chairperson
Norman Woodard	Managing Trustee (SSMPC Nominated)	Trustee

- In respect of grants for educational purposes, attention is also drawn to the activity of the Dedham Educational Foundation whose area of remit includes Stratford St Mary and from where financial grants are available to assist attendance at Secondary Schools, Sixth Form Colleges, Universities & Colleges of Further Education. For details, please contact the Clerk to the Foundation, Mrs. Claire Arculus on 07752201441 or at dedhamefclerk@gmail.com

Registered address

Stratford St Mary Community Trust
C/o 1, Spanbies Road
Stratford St Mary, Suffolk, Co7 6YH
Telephone: 01206 323 728

Correspondence address

Stratford St Mary Community Trust
C/o The Side Cottage, Lower Street
Stratford St Mary, Suffolk, Co7 6JS
Telephone: 01206 323 091

e-mail: trust@stratford-st-mary.org
Charity number: 213046

Higham



In Higham

Brett Valley installations - Oil boiler servicer - 01206 337316

HC Smith Builders - 07468 456772

Derek Allen Fresh Fish (Thursdays) 07967 755771

Rmk Chisnall - mower repairs 07557 771721

Altar Frontal Project – 2022 St Mary's, Higham

Are you able to do a little sewing?
Would you like to make a lasting contribution to our Church in honour of Her Majesty's Platinum Jubilee this year?

We would like to create a new green altar frontal as the previous one has faded badly and is falling to pieces.
Thoughts at the moment are that there is a gold cross in the centre made up of individual squares that people can sew.

If you have a connection to St. Mary's Higham, either as a resident of the village/ Benefice or perhaps you were married there or have a family member buried in the churchyard and would like to take part in creating a lasting contribution to the furnishings of the church please contact Kate - peterbrookson@hotmail.com

★ Higham Jubilee Street Party ★

Come and celebrate The Queen's Jubilee with an afternoon of live entertainment, tea, cake and games on Sunday 5th June.

The programme of events will start at 12.30pm with a Higham village photo planned for 1.00pm.

Please BYO picnic lunch, drinks, seating and/or blankets.

Location: On the Fenwick's field, over the road from Higham Church.

Tickets £10 per person to include entry and afternoon tea. (Children under 10 go for free). All surplus money raised will be split between the SCF Jubilee Fund and Higham Church.

Dress code: Anything red, white or blue.

Please RSVP no later than Friday 6th May.

Any queries or to purchase tickets please contact Caroline Lloyd on 07790 012098 or highamjubilee@gmail.com

Firstly I would like to say THANK YOU ALL who joined in with the Walk of Witness on Friday 15th April (Good Friday).

It was a fantastic day of warm sunshine, with just a hint of refreshing wind so the walking was comfortable. Hot cross buns and coffee served first at Raydon (thank you) followed by a short service in Church, then we headed towards Holton St Mary Church (3.6 miles across the fields) for second part of the short (Passion of Christ) story which gave use a well-earned rest before setting off again. On route we saw buzzard, skylark, heard white throat, yellow hammer and saw a blackcap and 1 lonely hare. We timed it just right to see the massed bluebells in full bloom and the perfume was very noticeable. In amongst them the first shirt buttons and red champion just showing colour. The male nightingale arrived last week and we heard only its first start of song, by next week it should be in full song. On way to Stratford we saw newborn lambs as we also had great views especially from the top of Stratford Hills looking over the Stour valley and in the distance we could see Stoke by Nayland Church. Somebody asked if that's where we are heading, but I replied

thankfully not !!! At Stratford Church the third part of the story was told, followed by a brisk walk down the street to the Parish Room for another well-earned stop for facilities and sitting outside for our picnic lunch with cold and hot drinks supplied by Christine and helpers, Thank you.. We then headed off for the last leg to Higham Church (about ¾ hour) seeing on route more buzzards and a couple of Red Kite amongst other nature. The overall walk was 7.3 miles, slightly less this year than in previous years, and only two stiles to negotiate instead of five..

Rev'd. Nicola Tindal was at the last minute unable to join us which was a great shame, but Rev'd Manette was on hand to lead the service in both Raydon and Holton Churches. To all the Churchwardens and Elders thank you for encouraging so many to take part in a fun walk on the wild side, but at each Church take onboard the more serious reason for the Good Friday.

I hope you all enjoyed it as much as I did. THANK YOU ALL for your support.

Geoff Horrex. Churchwarden Raydon.



Thanks to Geoff Horrex for arranging another brilliant walk between the four churches of our Benefice. Three legs - Raydon to Holton then Holton to Stratford ending with Stratford to Higham - people joining in or out or just popping in to each of the short reflections on the Good Friday story at each church.

The best way to spend Good Friday!



In Raydon

Blackwell Barn Holiday Let -
www.cottages.com

Phil Avery Electrician 01473 311261

Ashley Short Carpentry 01473 311226

Gordon Short Decorator 01473 313053

SW Stiff Builders - 07811 005241

Earth&Turf Garden Services -
07922078241

DIY Livery - 07710 540926

Infusion Grill - 07584 573474

Swift Garden Services - 07947 322429

Rheal Coatings - 07539 377740

Franklyn Nevard - Architect 07515
351894

Fresh Eggs - Roadside stall Fox Farm

Katies Little Beauty Box - 07802
847628

Tarbins Bakes and Cakes - 07922
129825



Fair Trade coffee morning

We were very brave for our Fair Trade coffee morning on April 19th and in spite

of clouds and a little breeze decided to hold it outside. The birds were singing and the trees had those lovely fresh green leaves, the horse chestnut even had some lovely flowers as well.

Inside the Church was just as beautiful with super arrangements, and the simple glass vases of Easter Lilies. These were all donated by families in memory of a loved one and co-ordinated by our flower team leader Angela.

We had an excellent turnout again this month, a lovely selection of cakes and scones provided by our "Frinton Friends" and others, and of course the usual great Fair Trade coffee. Some of our regulars were unable to attend due to Covid, it's still around but thankfully not as serious as pre-vaccine. We wish them well and hopefully they will be back with us for our next Fair Trade coffee morning. This takes place on May 17th when once more we hope to be outside, and by the way the sun came out just as we had packed everything away !!

Thank you all for coming to support this community event, don't forget that the library van and "Love Refills" are here for each coffee morning.

See you on May 17th, 10:15-11:30 at Raydon Church.

Wendy Mumford 01473 312123

RAYDON PARISH COUNCIL

Parish Clerk Jane Cryer 01473 824287
raydonpc@gmail.com
Chairman Sue Newton 07587 243678
Councillor Faith Backhouse 07999 018049
Councillor Keith Lovering 07939 075143
Councillor Jim Lowe 01473 313094
or 07923 546669
Councillor Amanda Pyall 07925 108373
Councillor Trevor Sayer 07747 610317
Councillor Jayne Tann 01473 828283
or 07887 767478

RAYDON PARISH COUNCIL

SCHEDULE OF MEETINGS 2022 (all at 7.30pm in the KGF Pavilion)

Tuesday 3 May (AGM)
Tuesday 14 June
Tuesday 12 July

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



ENJOY: GOOD FOOD, GOOD COMPANY, AND A WARM WELCOME

Raydon and Lower Raydon District Lunch Club.

Raydon lunch club had a very happy April Lunch. From our 5 star Kitchen, we enjoyed Macaroni Cheese, Apple Crumble and Custard, then Lemon Cake, with Tea from a teapot.

We had full bellies and jaw ache from so much laughing. If you would like to come along, the next one is on the Tuesday 10th of May, Open from 11.45am, Lunch served at 12.30pm.

Children are welcome

We will be enjoying An Afternoon tea on Sunday 5th June to celebrate the Queen's Jubilee.

To book, please phone Faith on 07999018049

Email raydonlunchclub@gmail.com

Volunteers Welcome.

We meet at the Pavilion (King Georges Playing Field) in Raydon on the B1070. On the 2nd Thursday of the month.

The cost is £4.00.

We run a raffle with lots of prizes!

Come in your car there is plenty of parking.

Looking forward to seeing you.

Raydon and District Garden Club

So the first quarter of 2022 has passed already and we are now well into springtime. Hope you are all enjoying the wonderful sights and sounds of this magical time. The word NEW sums up this time of year as everything renews afresh and grows in abundance, flowers, and the perfumes return as you walk around also watch out for the first young birds as they fledge out into the wider world. Has anybody heard the cuckoo yet? and nightingale? My first nightingale heard singing (not seen) during a walk of 2 hours in Easter week along with these others singing, skylark, blackcap, whitethroat & yellowhammer. At the same time two pairs of buzzards & one pair of red kite flying overhead, along with several butterflies, brimstone (M&F) orange tip (M&F) peacock, green veined white and also a speckled wood.

Back in the garden this winter, we had a considerable number of frosts but nothing too severe but, we also had several misty mornings which reminds me of the old saying "Mists in March, Frosts in May" so watch out and get ready to cover up tender plants especially new potatoes. May is such a great time as the weather warms up, with increased daylight to be able to get outside especially for those who are working to get out in the garden or perhaps have a wander out in the countryside and just take in all around you and enjoy.

What a most interesting subject at our March meeting with Dr Ian Bedford from Norwich area on his Garden Bugs: Cohabit, Control or Conserve ? that was the question. I wonder

which way we all treat this problem? but it was a well attended meeting and most informative.

April 9th was a bit of a milestone for the garden club as it was the first flower show since 2019, in a new venue and it was a very enjoyable time. Entry numbers slightly down on previous times due mostly by members suffering with covid (we wish them all a speedy recovery) but this meant we lost between 20 & 30 entries. However considering we also suffered a week before show day high winds, frost, rain & at times hail, the condition of show entries was very good. It was so nice to be able to greet our judges once again and they were all so pleased to come and glad that this garden club has survived. They were able to exercise their skills once again and pick out the winners in each class. I was informed of a rather sad note that over a quarter of garden clubs in Suffolk & Essex have since the pandemic started in 2020 closed down for good.

The day went to plan and our new President Mrs Diana Hunt presided over the prize giving to present all cups, trophies and cash prizes to all the worthy winners and congratulating them all on their splendid efforts. The committee wishes to thank both our President and all who entered the show which helped to make it a great day plus also all who attended in the afternoon. Thanks to all who helped to set up on the Friday,, run the show on the Saturday, provided and served the refreshments, gave raffle prizes, bought raffle tickets, gave the raffle prizes and lastly helped to clear up afterwards.

It was also a shame that on the show day I had to announce that the committee decided the summer coach trip this year had to be cancelled, due to several reasons but mainly due to the weekly situation of rising fuel costs and no end in sight and the uncertainty this brought to the club. Hopefully next year things will be more settled and we can once



again be able to put on a summer coach outing with stabilised costs.

Next meeting on Thursday APRIL 28th with subject of "Plants for Problem Places" will be given by Matthew Tanton-Brown who until recently worked at Place for Plants East Bergholt but now working as an independent. Hear more about that on the night I expect. This should be a most informative evening as we all have these areas in our gardens.

Advance notes:- May 26th evening visit to the Shelley garden of Sarah Cook & Jim Marshall. Your committee will endeavour to fill the gap in June with perhaps another outside visit locally. Then on 28th July we will have a slide presentation on a national collection of Asian Woodland Plants by Helen Chen.

Sat 13th August will be Summer Show time.

Your committee will look forward to meeting you all once again at these events, thank you for your continued support. Geoff Horrex 01473 310422/07810086143



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 Contact Mark Smout
Tel 07748 842750 or email
markrsmout@gmail.com

St Mary's Church Raydon

Annual Parochial Church Meeting
11th May at 7.30 pm
In the Church

We lead such hectic lives, especially coming out of Covid restrictions, that occasionally some peaceful, quiet reflection is essential.

Perhaps "Sacred Space" is not the title that resonates with this requirement. But – wow – if peaceful, quiet reflection is what you need then you sadly missed this Service on Palm Sunday.

Thank you Rev Manette, for the most perfect hour in a sacred space where it was possible to calm down, reflect, think and yes - pray.

Watch this space for another 5 pm "Sacred Space" Service and you will feel so much better for slowing down for an hour, refreshing the jumbled batteries.

Raydon Club

The Raydon Club opens every Wednesday evening at the Pavilion.

By popular request, from the start of 2022, the bar will open earlier, at 7:30pm, and will close at 10:30pm.

A good selection of beers, ciders, wines and spirits are available at considerably less than pub prices.

Membership of the Club is open to all residents of the village (over 18s only) and anyone wishing to join is welcome to come along on a Wednesday and enjoy a drink and a chat."

Holton St Mary



In Holton

Love Refills mobile shop -
www.loverefills.co.uk

Ann Mason Care - 01206
233372

Freshen Up Decorating -
07900 242 141

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 past and present 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 £3.50 per head.

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.

HSM Social Club

Every Friday in the Village Hall 17:30 to 22:00. New members always welcome. If you want any further information contact Bob Holmes
Email bobholmes55@icloud.com
Tel No 07966 266293

Slow Stitch

The Slow Stitch group is meeting again on the third Thursday of the month at 2 - 4pm in the Village hall, Holton St Mary. Whether you sew, knit, crochet, embroider, or enjoy tapestry, you are all welcome to join our drop-in group. We are not providing refreshments at the moment but you are welcome to bring along a cup of tea.

The aim of the group is to take our time as we enjoy stitching and we are happy to help beginners. Thank you for all the donations of wool that the group have received this summer. This is much appreciated as we complete a number of community projects to support the Marie Curie Charity and Women's Refuge in Ipswich.

For more information contact Jeanette Appleton 07768418942

The Diamond Jubilee Celebrations in Holton St. Mary.

Our Village Diamond Jubilee celebrations begin with the lighting of the beacon on the Millenium Green. We have registered our village as one of the official beacon locations and will follow the national timings for the celebration. **The Beacon will be lit at 9.45 pm on Thursday 2nd of June.**

We are honoured that one of our residents, Eileen Starling who was present at the Coronation itself, has agreed to light the Beacon. A choir from our Church will sing the song composed for the occasion called 'A Life Lived with Grace'. We would very much like a bugler or piper to play the other pieces specially composed so would love to hear from anyone able to do this. Please contact the Parish Clerk if you can help.



The First Friday of the Month Lunch Club will be providing a special jubilee lunch in the village hall in the style of a **street party on Friday 3rd June at 12.30**. To book a place please contact either Frances Torrington on 312046/family Torrington@btinternet.com or Sally Thurlow 312080/salthurlow@gmail.com

The Social Club have organised a **dance which will take place on Saturday 4th June** in a marquee on Millenium Green with live music from a swing band, a hog roast and a bar at club prices.

On Sunday 5th June at 5 pm, Songs of Praise for the Platinum Jubilee will take place in St Mary's Church, Holton St Mary.



The Holton St Mary Slow Stitch Club are planning to **'yarn bomb'** Church Square with various knitted and sewn items in red white and blue and so we will be able to appreciate this spectacle throughout the bank holiday period. It will look wonderful! They are also involving the children of the village to make their contributions to the decorations.

On this subject, our village could look amazing if people decorated their front gardens with the red white and blue theme. Lets all join in and 'colour bomb' the village.

Janice Cheng
Chair of HSM Parish Council
Elm Lodge, Hadleigh Road.



Green Gym

We meet this month on 7th May - 10.30 in Church Square. Everyone welcome.

Holton St Mary Millennium Green Trust

Thank you all for your support for the Century Club Draw, our only fund raising for the year. The first 3 months' draws were made on 4th March and the winners were:

January: £30 No 63 Marjorie Haste, £15 No 95 Peter Butcher, £10 No 1 Caroline Favell, £5 No 36 Sam Thurlow-White

February: £30 No 54 Bill Priestley, £15 No 26 Bob Holmes, £10 No 43 Oliver Greene, £5 No 19 Lyn McWatt

March: £30 No 82 Eileen Starling, £15 No 2 Keith Hyland, £10 No 62 Tom Perry, £5 No 54 Bill Priestley

Marjorie Haste
Secretary

Holton St Mary Village Hall

The Hall is back in use and taking bookings again. Please contact Tanya Kunz on 01473 311570

Holton St Mary Parish Council

The AGM of Holton St Mary Parish Council will be held on **11th May 2022 at 8pm** in Holton St Mary Village Hall.

Members of the public are welcome to attend. There is an opportunity to ask questions in the Public Forum section of the meeting or comments can be sent to hsmparishclerk@gmail.com.



This year's **Christian Aid** service will take place in **Holton St Mary on Sunday 15th May at 10am.**

Christian Aid are supporting both the situation in Ukraine alongside what is already happening in Afghanistan, Zimbabwe and Syria.

This year more than ever they need our support both in prayer and in giving.

Do please come along to the service and hear about the way **Christian Aid** are caring and supporting all these countries affected by war, famine and drought.

Chernobyl Children's Lifeline and Charity Shop

Although we carry out our work quietly, discreetly and without seeking publicity I would like to update you with some of the things we have been doing in Ukraine with the generous support of those who have donated to our appeal and which we have been doing since the first day of the conflict. We have teams of people who we co-ordinate with "on the ground" in Poland to whom we are able to send money to source and buy many of the urgently needed items and then pass them across the border to our people in Ukraine. Many of the things needed so badly are far cheaper if bought in Poland and the right thing can be bought as and when needed. We are using the money helping our teams relocate people to safety, providing urgent medicines, food & water, care products for children on palliative care. We have setup 2 aid delivery co-ordination points, one on the Polish Border the other the Slovakian Border. Recently we received a desperate request for help to provide specific care items and food for 36 families with severely disabled children stuck out in the villages. They were in desperate need of a mobile ambulance to help move these children, many of whom are immobile. We also managed to provide transportation for a child of 2.5 years who had his legs blown off by an explosion, to a specialist hospital in Germany who have offered to help him. I cannot include the photographs of this child as, with many other photographs we have, it would be too distressing for many to view. Several agencies had said they were going to collect the boy and his father but just did not turn up, this is where we were able to step in and help. We are able to help many people who appear to fall through the net of bigger organisation.

Now we are expanding our operation of evacuating children and young people with specific medical needs, first to Poland where they will be assessed and then arranging onwards transportation to one of

the special clinics across Europe that we are liaising with.

I wish I could be bringing happier, more positive news but at the moment, this is the reality of the situation. We can only hope that a resolution is found sooner rather than later and that we can help the people of Ukraine to rebuild their homes and their lives.

If you can support our Charity to donate please txt CCELLUKRAINE + 3, 5 or 10 to 70085 to donate 3,5, or 10 pounds.

Thank you

Elizabeth Parker
Chernobyl Children's Lifeline
01449 760343
07771 550868



Holy Family Roman Catholic Church

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

The weekly Newsletter, with Mass times, is always displayed in the cabinet alongside the Church's front door and may also be read on the regularly updated website www.stmarksparish.org.uk together with other Parish news. Fr Bineesh Elenjikkal is the Ipswich Hospital Catholic Chaplain assisted by Deacon Rev Clive Brooks (01026 396319)

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

Services planned for MAY 2022

All are very welcome to attend Holy Family services; it is not necessary to be a Catholic.

Sunday 1	3rd SUNDAY OF EASTER
9am	Mass
Tuesday 3	
9.20am	Eucharistic Adoration
10am	Mass
Sunday 8	4th SUNDAY OF EASTER
9am	Mass
Tuesday 10	
9.20am	Eucharistic Adoration
10am	Mass
Sunday 15	5th SUNDAY OF EASTER

9am	Mass
Tuesday 17	
9.20am	Eucharistic Adoration
10am	Mass
Sunday 22	6th SUNDAY OF EASTER
9am	Mass
Tuesday 24	
9.20am	Eucharistic Adoration
10am	Mass
Sunday 29	7th SUNDAY OF EASTER
9am	Mass
Tuesday 31	THE VISITATION OF THE BVM
9.20am	Eucharistic Adoration
10am	Mass

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



Can you host a Ukrainian Refugee?

The National Funding Scheme have setup a website for anyone wishing to offer a room/accommodation to Ukrainian Refugees to register their details. They hope to achieve 100,000 registrations in one week. Please share this with anyone you think may be interested.

<https://www.nationalfundingscheme.org/ukraine/>

[Or scan this code](#)



SESAW NEWS

"Didn't we have a lovely time, the day we went to Long Melford?!" One of our volunteers was singing a parody of a 1970's hit after our Easter Fair last month. Not everyone remembers the song but the fantastic response to our event was reminiscent of our pre-pandemic fundraisers. Familiar friends (and dogs!) arrived to browse the stalls and enjoy a snack. Nearly £4,500 was raised including a generous donation from an anonymous supporter.

Mum said it would be too drafty for me to attend due to the open windows and doors to blow away the virus. Fortunately our volunteers were on hand to help rescue a fledgling found on a nearby footpath, popular with dog walkers. The fluffy bundle was quickly brought home to Mum who identified it as a Tawny owllet. It is coming along nicely and will eventually be 'soft released' back to its home territory.

We are looking for more enthusiastic people to join our fundraising team and reliable volunteers to care for the animals one morning a week. Please leave a message on our answerphone or send an email if you would like to help.

There are still spaces on the Nayland 10K family-friendly run on Sunday 10th July, starting at Little Garth School, Nayland, CO6 4JR. This raises money for local charities including SESA. There are routes to suit all ages and abilities. Book your place at www.nayland10k.co.uk The only place I'm running to now is the kitchen where Mum is preparing dinner for all the dogs including me,

Kenny (the Boss) Chihuahua.

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



Help support and rebuild your NHS – call out for NHS reservists

A call out is being made for former health and care staff across Suffolk and north East Essex to register their interest in becoming an NHS reservist.

There are a wide range of opportunities available, including assisting people who are being discharged from hospital or as part of the ongoing NHS COVID-19 vaccination programme.

Anyone who has previously worked in health and care is encouraged to register, with interest sought from all former staff members such as administrators, care assistants, GPs, nurses, physiotherapists, paramedics and pharmacists.

Those interested may have retired from their roles or still be working but in a different sector.

If you are interested, ring The Communications Team on 01473 770014

Clinicians thank people for using appropriate services as pressures intensify

Health leaders across Suffolk and north east Essex say local services are under intense pressure, more significant than at any time during the COVID-19 pandemic. Clinicians are thanking the public for heeding earlier advice about using services wisely because, they say, it means those in urgent need are prioritised. They point to seasonal pressures and rising number of COVID-19 cases in the community which translates into high numbers of staff who are off work with COVID.

It also means there is a very limited number of beds available in hospitals and care homes across the area which is placing significant pressure on our local ambulance services and Emergency departments.

Suffolk GP Dr Richard West said: "COVID-19 has not gone away and is having a bigger impact on health and care services across Suffolk and north east Essex than ever before.

"Your local GP, A&E, hospital and all the other staff that work in the NHS continue to work tirelessly to support the health and care needs of everyone.

"They are working hard to ensure patients who need an urgent consultation are prioritised.

"This might mean that you may experience delays for less urgent conditions.

"If you are experiencing a non-urgent or emergency health condition, you can continue to support us by seeking help from www.111.nhs.uk.

"This has plenty of advice about self-management and can direct you to the most appropriate service if you need it."

Other sources of support and help can be obtained from the following:

Calling NHS 111
Community pharmacies
Minor injury units

Details, as always, are on the Suffolk and North East Essex Vaccination Service website – www.sneevaccine.org.uk."

Refugee Community Support Group

A volunteer group is being set up in conjunction with the Diocese of Brentwood and the charity Caritas, to raise funds and provide practical support for a refugee family, to be housed in Colchester. Anyone interested in becoming involved or finding out more is warmly invited to attend a meeting on Saturday 7th May 2022 at 1.30pm, at St John Payne Catholic Church Hall, Blackthorn Avenue, Colchester CO4 3QD. Please email SJPRefugeeProject@gmail.com for more information.



Dedham Tennis Club

Dedham Tennis Club is a friendly club in a beautiful setting. We welcome members of all ages and abilities and offer the opportunity to play tournaments, undergo coaching and meet new friends. all with an emphasis on fun and inclusion.

Whether you are looking for the chance to improve your game, get fit or simply want to enjoy the community vibe, Dedham Tennis Club is for you.

Our new season has started & membership options are on the website now, with junior membership starting at £5. Go online at: clubspark.lta.org.uk/dedhamlta for details of memberships, coaching groups & how to book courts.

Why not pick up that racket & join Dedham Tennis Club?



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Make the most of life once you're no longer in full time work and explore new ideas, skills and interests. Across the UK, u3a members are learning, staying active and having fun in later life. It's local, social, friendly, low-cost and open to all.

Monthly meetings and lectures in Constable Hall East Bergholt on the second Wednesday of the month at 2pm.

On 11th May Ralph Jackman's lecture - "How to become a Roman Emperor".

Many interest groups are now active such as walking, garden visits, sports, dining and regular quiz evenings are always popular. Coffee mornings on the first Friday of the month at 10am in the Lambe School East Bergholt.

Please visit our website for more information and contact details u3asites.org.uk/stourvalley

Bin collections

Week Commencing			
	25 th April	Refuse Week	
	2 nd May	Recycling Week	BH Week
	9 th May	Refuse Week	
	16 th May	Recycling Week	
	23 rd May	Refuse Week	
Waste Services 0300 1234 000 (option 4) Email: recycling@baberghmidsuffolk.gov.uk Visit www.recyclenow.com to find your nearest recycling banks			



Do you want a recommendation?

Tell us your favourite local service - could be a pub or restaurant or takeaway, or other service you think would benefit getting a recommendation...If we agree, we'll print it here

The Layham Queen take out service on Fridays & Sunday Roasts - Steve and Tannith are very community minded and give a very good service

Simply Thai Manningtree - It was simply delicious! Freshly cooked, and arrived within the quoted time frame. 01206 396060. Delivers to Holton St Mary

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

Brantham Bull 01473 328248

Lucca Enoteca Manningtree 01206 390044

Oranges & Lemons East Bergholt 01206 299000

the florist in East Bergholt does lovely flowers:- www.gayedrummond.com

Sam Pritchard sam@samselectrics.co.uk 07940031776 - Sam can certify safety for insurance and landlord work too. Anyway, he's great.

There's room for more...let us know...!

Local Services

The Constable Country Medical Practice

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

Surgery opening hours

8.00am – 6.30pm Monday to Friday
Telephone 01206 298272
Fax 01206 299010

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

Surgery opening hours

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Dispensary 8.30am – 6.15pm
(closed between 1-2pm)
Telephone 01473 310203
Fax 01473 311722

Crime prevention

[http://www.suffolk.police.uk/safetyadvice/
reportacrime/tellthepolice.aspx](http://www.suffolk.police.uk/safetyadvice/reportacrime/tellthepolice.aspx)

PC 1347 Gilkes Pcs0 3041 Cooper
babergheast@suffolk.pnn.police.uk
Telephone...101



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Stratford St Mary - Route 11

The bus stops every 4 weeks on
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August, 28 September, 26 October

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

Route 14

The bus stops every 4 weeks on
Tuesdays

17 May, 14 June, 12 July, 9 August, 6
September, 4 October

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
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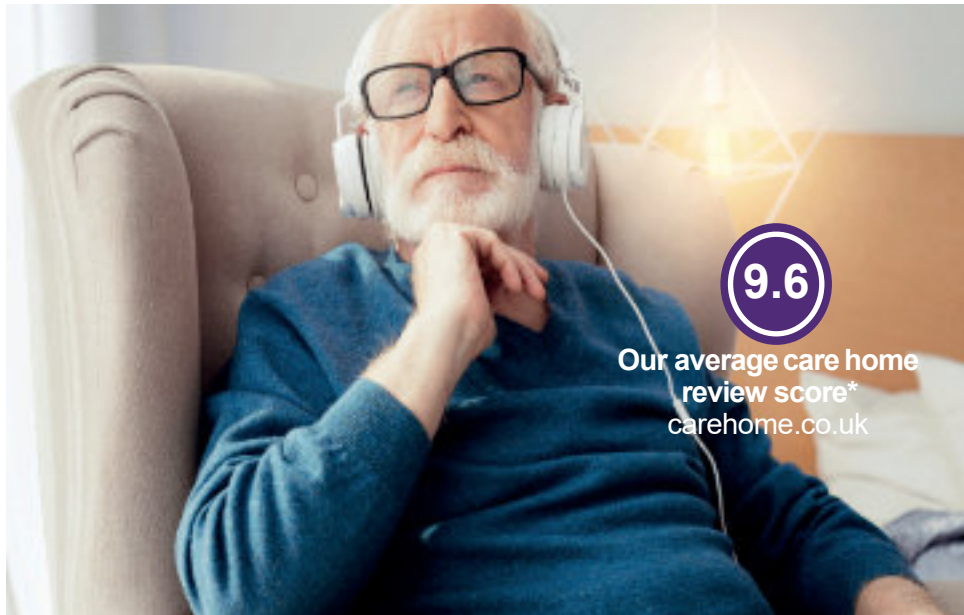


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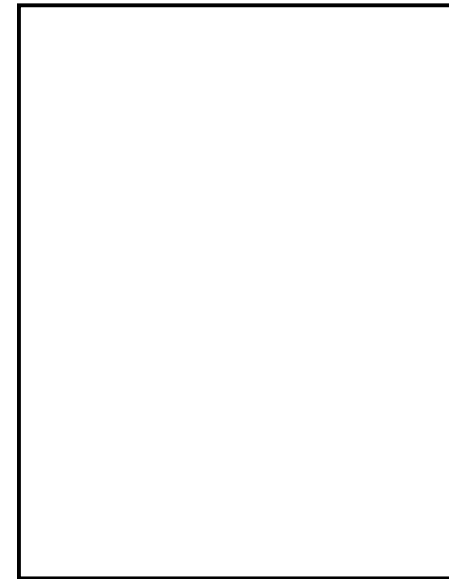
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BENEFICE CONTACTS, SERVICES AND EVENTS

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Email: revmcrossman@gmail.com

Curate: Rev'd Nicola Tindall: Tel. 01787 212340
Email: revnictv@outlook.com * *please note new email address*

Lay Elder: Sandy Ranson 01206 322156
Email: sandyranson29@gmail.com

Please contact Rev'd Manette if you would like to know more about Baptisms or Weddings, or if you need to arranged a loved one's funeral.

Bishop Mike will be leading **Confirmation services** on **14th August** and on **18th September**.in Higham. Please talk to Rev'd Manette if you would like to know more about being confirmed.

If you would like to receive Home Communion, please contact Rev'd Manette or Rev'd Nicola.



Regular updates about what is going on in our parishes can be found on the Benefice Facebook page:

<https://www.facebook.com/4-Marys-Benefice-111433503828636>

Benefice website: www.4marys.org.uk

Churchwardens:

Higham Hugo Parker 01206 337234

Holton Richard Noel 01206 298276
Paul Torrington 01473 312046

Raydon Geoff Horrex 01473 310422
Simon Tennent 01473 310320

Stratford Jonathan Dewey 01206 322148

Benefice Safeguarding Officer:

Frances Torrington: 01473 312046 familytorrington@btinternet.com

Church Services for May

Please check our Facebook pages and the 4-Marys website for updates. If there are any significant changes, our email contacts list will be notified.

Sunday 1st May 10am: Holy Communion Stratford St. Mary
Easter 3 5pm: Evening Prayer (BCP) Holton St. Mary

Sunday 8th May 10am: Family Communion Higham
Easter 4 5pm: 'Sacred Space' Service Raydon
Julian Crisp will be speaking at both our services on 8th May about his work as a Missionary in Guatemala.

Sunday 15th May 10am: Holy Communion Holton St. Mary
Easter 5 **Christian Aid Sunday**

Sunday 22nd May 10am: Holy Communion Raydon
Rogation Sunday *Graham Miles, Lightwave Rural Chaplain in our Diocese will be speaking in Raydon on Rogation Sunday.*

10am: Family Hour Stratford St Mary

Thursday 26th May 10.30am: Ascension Day Deanery Service Higham
Everyone welcome, meet our Deanery clergy over coffee & cake after the service.

Sunday 29th May 9.30am: Benefice Family Communion Higham
Easter 7 *Join us for coffee, tea & croissants at 9.30am – the service will start at 10am-ish.*

We have had quite a few cases of Covid in our Benefice and a lot of people suffering from other seasonal infections. While not all of these illnesses are serious, many people are feeling very unwell. As many members of our congregations are elderly or vulnerable, please continue to be careful and respect social distancing. Many people wish to avoid close proximity to others or physical contact such as shaking hands. Some people continue to wear masks as they offer a degree of protection.

If you feel in any way unwell, or you have a cough, a temperature, a sore throat or a runny nose, even if you don't test positive for Covid, please stay at home until you feel better.

For the time being, the congregations will continue to receive Communion in the form of bread wafers only.

Family Hour in Stratford St Mary at 10am

Family Hour in the parish room is on **Sunday, 22nd May**. All are welcome to join us for this short family service, bible input and craft fun! Breakfast (bacon rolls / juice / tea / coffee) served **from 9.30 am**. We look forward to welcoming you! The Family Hour Team.



Sunday Hangout in Higham

A Sunday church group, aimed primarily at children, but open to any age! Sunday Hangout is a time to create with others, a chance to learn something new and reflect on our faith. An opportunity to hang out with friends, whilst getting involved in fun activities that the whole family can enjoy. Snacks and drinks will be provided.

Join us for an hour at St Mary's Church, Higham on:
22nd May 2022 from 4pm. We look forward to seeing you!

Coffee, Chat & Informal Morning Prayer
Every 3rd Wednesday of the month
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Benefice House Group

The House Group will meet on **Friday 27th May at 2.30pm** at 5 Veyses End, Stratford St. Mary. Please contact Jonathan for more information at: dewey57jon@gmail.com

** Please note the change of day.*

How is God calling you?

Do you feel called to serving the Church as a PCC Officer, Lay Elder, Evangelist, Pioneer or Family Minister? Come and find out about these and other ministries at the Vocations Fair on Sunday, 8th May 2022, 2-4pm in The Cloisters of St. Edmundsbury Cathedral. For more information speak to Rev'd Manette or email stuart.batten@cofesuffolk.org

Benefice Churches Open

All our churches in the benefice are open every day for private prayer and for visiting.



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We pray for world leaders, for compassion,
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We pray for the world, that in this moment of crisis,
we may reach out in solidarity to our brothers and sisters in need.

May we walk in your ways so that peace and justice
become a reality for the people of Ukraine and for all the world.
We offer our prayer in the name of Jesus Christ, our Saviour. Amen.

Please pray for all those who will be preparing for Confirmation over the coming months.

We pray for those who are in pain, distress and grief. May we hold the Christ light for them and be alongside them in their darkness.
Please pray especially for those who have asked for our prayers:

Higham: Amanda Berry, Penny Watkins

Stratford St. Mary: Laura Kerry.

Holton St. Mary: Grace, Mary Bear and family as they mourn the loss of Jonathan.

Outside our parishes: Rev'd Joyce Willis, Helen Gregory and Poppy Adams.

We pray for all those suffering from Covid at this time.

We remember all those who have died, among them: David Gilder, Val Stuchfield, Jonathan Bear, and the Rev'd Fred Woods. May they rest in peace and rise in glory, and may those who mourn be comforted in their grief.

If you wish to be added to our email mailing list to receive updates about what is going on in our benefice, please contact Rev'd Manette at: revmcrossman@gmail.com