



*Your
resource
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everything
local*

October 2021
Issue 398

Quartet

The Parish Magazine

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

Free

Circular garden table with four chairs
Cast Iron but painted green
Collection only from Raydon
Contact 01473 312028

For sale

Panasonic 49 inch led tv model
tx49gx680b. In excellent
condition. £150.00

Please phone 01473 313053
07706985727

We are hiring for a Community Engagement Officer (Children and Families)

Do you enjoy working with Children and Families? If so, we might have the perfect job for you! At the Befriending Scheme we are looking for someone to run two short parent and child groups, one in Assington and one in Hadleigh.

The role would involve creating a fun and relaxed environment for both parents and children, helping them to build friendships and feel part of their local community. You would be planning fun activities that could also help younger children be more prepared for starting school. You would also be a listening ear for parents, offering a safe space to chat about the ups and downs of parenthood and signposting them to additional support and help as needed.

The role is for 10 hours a week, and if you think this is for you, then we would love to hear from you.

To request an application pack, email info@thebefriendingscheme.org.uk or call 01787 371333



Help us with our campaign!

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

Small Ads Pin Board

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

Quartet Diary

Details of events can be found within the magazine.

October

- 1 HSM Lunch Club
HSM Social Club
- 2 HSM Green Gym
- 5 Raydon Fair Trade Coffee Morning
- 6 Raydon club
- 8 HSM Social Club
- 9 HSM Social Club Quiz Night
- 12 Raydon Parish Council Meeting
- 13 Raydon Club
- 15 HSM Social Club
- 16 Bric a Brac Sale, Raydon
- 20 Raydon Club
- 21 HSM Slow Stitch
- 22 HSM Social Club
- 27 SSM Coffee Morning
Raydon Club
- 28 R&DGC Meeting
- 29 HSM Social Club
- 30 HSM Church Clean Up
- 31 HSM Social Club Wood Collection

November

- 2 Raydon Fair Trade Coffee Morning
- 3 Raydon Club
- 5 HSM Lunch Club
HSM Social Club Bonfire Night
- 6 HSM Green Gym
- 8 SSM Parish Council Meeting
- 9 Raydon Parish Council Meeting
- 10 HSM Parish Council Meeting
Raydon Club
- 12 HSM Social Club
- 17 Raydon club
- 18 HSM Slow Stitch
- 19 HSM Social Club
- 24 Raydon Club
- 24 SSM Coffee morning
- 25 R&DGC Social Evening
- 26 HSM Social Club
- 30 Raydon Fair Trade Coffee Morning

December

- 3 HSM Lunch Club
- 4 HSM Green Gym

Editors Corner

To me, it's been a funny month. I've heard of more people going on holiday in September than did in August. I don't know how many of you will be away in October as well, but assuming the majority at least will be back at home, I hope we have some interesting reading for you this month!

I don't really know where to begin, but the big offering from County Broadband makes an appearance on page 10, we interview Harry about being an arborist on page 19, Claire tells us more about looking after hedgehogs on page 23 and of course there are our regular reports and notifications about upcoming events where you are.

So, whatever you're doing this October, we hope you enjoy yourself and enjoy living in our lovely 'Quartet' of villages!

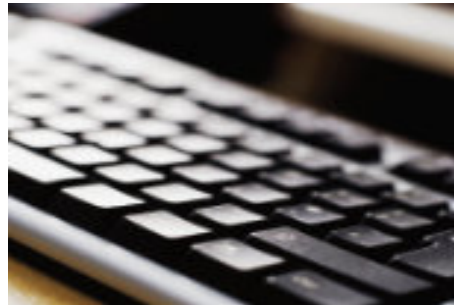
Happy reading,

Anne and Jane



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

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



Copy deadline for next edition:
19th October 2021

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Rev'd Manette Writes

Dear friends,

The schools have gone back and it feels positively autumnal. The weather is a mixture of chilly mornings followed by clear and sunny days although the past week has also seen some heavy showers. Following the dry spells we have had, I was quite pleased that I didn't have to water the pots and flowerbeds around the garden! But it will probably only be a matter of time before we face autumn gales and flooded roads. But for now we can enjoy the autumn colours as the leaves are gradually changing to beautiful yellows and reds. While many of us may look forward to the time that the nights draw in and we can light the open fire for a cosy evening in, for many people who are on their own it's a time when they feel lonely and vulnerable.

Most of us are lucky in that we have our 'daily bread', a safe house with a roof over our heads and a warm bed. Most of us can therefore still feel comfortable and sheltered - but how easy it is to forget about others for whom the cold weather and early darkness brings nothing but misery. Spare a thought for your friends and neighbours, especially if they live on their own, and make a phone call or offer a visit and some practical help if you can. And please pray for those who are homeless and for the people who have had to flee war zones and violence and have nowhere to go.

We have celebrated Harvest with a Benefice Harvest weekend which saw a Harvest Songs of Praise, Parish Harvest services and a Choral Evensong. Grateful

thanks go to all those who helped decorate our churches and to everyone who brought Harvest gifts which will be taken to our local foodbanks.

Looking at our parish calendar, on the 31st October we celebrate All Saints' Day with a Benefice service in Raydon. On that day we commemorate all the saints, known and unknown. It is an old feast based on the tradition of celebrating the saints on the anniversary of their martyrdom. This year we will have a combined service for All Saints and All Souls. All Souls' Day falls on 2nd November and this is also known as the Commemoration of the Faithful Departed when we remember all those who have died. This day will be particularly poignant for those of you who have recently lost a loved one. If you have lost someone close to you or you want to remember someone who died longer ago, please join us for this service. We will read out names of those who have recently died in our benefice, candles will be lit and we will offer special prayers.

Please continue to pray for all those who are unwell in our benefice, and let me know if you know of anyone who would like to be prayed for and we will add their name to the prayer list.

Wishing you every blessing,

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

Church maintenance update:

Our next fund- raising projects will be focused on replacing the pew cushions and upgrading the lighting, by replacing the existing bulbs in the nave and side aisles with LED bulbs.

The pew cushions are in a very sorry state of repair and our current light bulbs fail frequently and need to be regularly replaced.

As always, the PCC would be extremely grateful for any donations towards the cost of these projects - every little helps. Thank you.

Sandy Ranson, PCC secretary.

DEDHAM EDUCATIONAL FOUNDATION.

The Foundation awards grants annually to young people and students attending Secondary School, Sixth Form College, Institute or University who live in one of 5 Parishes (Dedham, Ardleigh, Stratford St. Mary, Great Bromley or Bradfield). The article below is from a student who was studying for a Masters in Ecology and Conservation at the University of East Anglia, who has been supported by the Foundation through her University degree course.

Applications for this year's grants have to be submitted by the 31st October and application forms can be obtained from the Clerk to the Foundation, Claire Arculus, at dedhamefclerk@gmail.com



POPPY DAY APPEAL – 2021

British Legion Poppies will be available at the following locations in Stratford St Mary for 2 weeks prior to Remembrance Day.

Farm Shop/Farm Restaurant
Anchor Public House
Garage/Village Shop/PO
Primary School
Pamper Village Paws Dog Grooming
Salon
Rosebank, Lower Street

Hopefully you will support this worthy cause in respect of injured servicemen and woman who need your continuing help and support.

Thank you

David Isaac

Winners of SSM 100 Club

Congratulations to Faye Lelliott 150 (61) the winner of our £50 cash, first prize and to runner up Julie Alexander (47) £10 second prize.

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 (Ed- Every fourth Wednesday I believe)

at 10.30a.m. in the Parish Room.

Do come along and socialise at £2.50pp

Stratford St Mary Parish Council Emergency Team

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

Norman Woodard

12 Swaynes 01206 323015
Norman.woodard@fatbloaters.com

Chris Griffin

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

Steve Kite

42 Strickmere 01206 322482
07958 515573

Bill Davies

3 Spanbies 01206 322990
billdav@hotmail.com

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

Re: 'Save our Footpaths' Article - Quartet Issue: 397

I write in response to your recent article printed in the above publications and the link entitled 'lost footpath plan' on the Stratford St Mary Parish Council website. I would welcome a conversation with Parish Councillors to discuss your campaign and to correct the inaccuracies set out in the article.

It would have been great to discuss your obvious concerns before the launch of the campaign and the publication of this one-sided and misleading article. Had anyone taken the time to speak to the landowner they would have been directed to me in order to do so.

As Councillors are (I hope) aware there are in fact two main public footpaths across the Langham Hall Estate (LHE) - The Essex Way & The Stour Valley Path. There are also public footpaths to the South of these, along the drive from Gun Hill towards St Mary's and down the main drive past St Mary's and then down to the Essex Way. Please note, at no time have these public footpaths ever been blocked!

To state that 'in recent months many of the footpaths on the Langham side of the river that villagers have enjoyed for generations have been blocked' is a complete falsehood. I would respectfully ask that the Parish Council consider whether it wishes to stand by this statement or whether it should, on reflection, consider a retraction?

Apart from the footpaths and public rights of way described above (all of which are recorded on definitive maps) there are no other public rights of way or footpaths across LHE. I understand that some residents of the Parish and Parish Council may dispute this, but I can assure you the present owners, LHE staff and residents have spent years: explaining to walkers where the footpaths are; maintaining signage across the Estate advising walkers of this fact; working with the CPS to manage and control access to Southern bank of the Stour and the area we refer to

as Tin Sheds (the majority of which is marked/signed as 'Private' and/or fenced and has been for years).

You are correct that in recent months we have started to add more signs indicating where the footpaths are. We have also added more signs indicating which: farm tracks; driveways and gallop; openings in our hedges and gaps in our fencing are in fact private. These signs are in addition to other signs, which do the same and which have been in place for years and certainly since the present owners took on LHE in 1992.

Although, reluctant to add more signs, we felt it was the responsible thing to do after an increasing number of visitors (many of whom I know are not local) were found in private woodland and gardens. These visitors (often un-intentionally and very occasionally, intentionally) have caused damage to crops, wild bird habitats, woodland, the river bank, fencing and gates. After speaking to walkers, many suggested we should erect more signs to help all understand where the footpaths are! As a result, we have added more signage. When a number of new signs were vandalised, we reported the vandalism to Essex Police. At a meeting with the Essex rural policing team, we were advised to re-erect the signs and to add security cameras in sensitive sites. We are now in the process of adding these cameras.

Please note that the aerial photo entitled 'lost footpath plan' on the Stratford St Mary Parish website appears to indicate a 'lost footpath' marked in red along the Southern bank of the Stour at the North East corner of LHE. Access to this section of the riverbank from the Stratford St Mary side is only possible by walking across the Roger Brown lock gates, which were only fully restored in 2018. The public right of way extends down the island to the lock gates to provide access to the lock not to provide access across the narrow lock gates to the private land on the other side. We have blocked access to the area marked in red in the 'lost footpath plan' precisely because

it is not a public footpath and it has been signed as 'private' for many years. Over the years, we have repeatedly fenced it to discourage more inquisitive folks because: 1) it is a private stretch of the riverbank which has been fished under private license by the CPS for well over 30 years and, 2) because access across the narrow lock gates is, in our view, a serious health and safety risk and anything we might do to not prevent access might open LHE up to unwanted and unaffordable liability.

I would appreciate it if you would publish this in both (InTouch and Quartet) along with a retraction of the misleading statements made in the original article. Thank you in advance and I look forward to speaking/meeting with Councillors in due course.

Yours faithfully

Charlie Warburton

Church Farm, Dedham Road, Langham,
Colchester CO4 5PS



A request from the Parish Council

The Parish Council have received complaints from residents about the level of stones/pebbles on the villages pavements and how unsightly and potentially dangerous this is becoming. Some of the stones are admittedly caused by road resurfacing, but some are due to the surfaces those residents have chosen to have in their own gardens or driveways. Please could we politely request that our residents maintain the paths outside their own properties if they can see that their stones are affecting others by spilling out onto the highway.

We would also request if residents can practice good housekeeping by clearing up their leaves and any other debris from their properties as we are also particularly concerned about the increased frequency of street drains getting blocked by various materials which causes flooding, so anything residents can do to minimise this risk would be appreciated. Thank you for your co-operation and understanding of these issues. "



Higham

SHOP
LOCAL

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

Can you help?

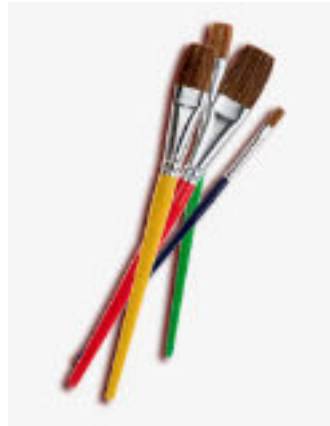
We have three graves in the churchyard in Higham where I am trying to track down further details of the deceased and their families:

- Walter Smith – died May 1995 and Beatrice Smith – died January 1991
- Leslie George Smith – died May 2020
- Eric George Cecil Cone

I would be very grateful if anyone in the Benefice knows anything about them or can point me in the direction of any family or acquaintances who might be able to shed some light.

I can be contacted on 01206 337234 or hugo.parker@btinternet.com

Hugo Parker, Church Warden



Higham Art Exhibition

The August Bank Holiday weekend saw the Higham Art Exhibition taking place in Higham Church. It is amazing to think that our first exhibition was set up by Peter Wilson back in 1998. Initially, the sole aim was to raise funds for the upkeep of Higham Church, but since then it has become so much more than that, providing an opportunity for many people in the village to come together through participation in all the different tasks necessary to ensure the setting up and smooth running of the whole project.

Our principal thanks must go to Nathan Crame and Hazel Theobald for organising this year's exhibition. They have worked tirelessly for many months planning the event, contacting all the artists and ensuring the enviable reputation for a high standard of art and smooth-running exhibition continues to grow. We are also enormously grateful to everyone who helped make the event such a success

this year, whether it was transporting and erecting the display boards, hanging the pictures (225 in all!), stewarding the exhibition, baking cakes for the Tea Tent, supervising the car parking, providing the wine for the preview evening, contributing books and cards for sale, arranging the magnificent flower displays or, not least, attending the event and buying pictures!

I am delighted to report that we succeeded in selling over £22,000 worth of pictures (nearly 40% of the exhibition, so lots of happy artists too!). Once we take into account commissions, hanging fees, sales of books, cards and catalogues etc, a total of nearly £7,500 has been raised for the Church. In addition, the Tea Tent raised £465, part of which will again go towards the TearFund toilet twinning programme (this year for a Refugee loo block) and part to the Red Cross Afghan Appeal.

Thank You.

Hugo Parker

Church Warden



Higham Church Maintenance Morning – Saturday 9th October

We are planning an Autumn cleaning and maintenance day at the church for Saturday 9th October between 9.30am and 1pm. Grateful for any help for all or part of the time. Refreshments will be provided.

IS YOUR HOME SAFE FROM FIRE?

Suffolk Fire and Rescue Service



Safer Home Visit

A **free** visit by a specialist Prevention Practitioner, Community Fire Volunteer or Operational crew

SFRS Prevention team and Firefighters are dedicated to saving lives by working with the community, discussing fire safety and offering advice to eliminate or reduce the risk of a fire occurring in the home. **Free** smoke alarms will be fitted if you do not have any.

Please contact us if you:

Have concerns over fire safety
in your home

Do not have working smoke
alarms

You cannot hear your alarms
at home

**Call Fire Business Support
01473 260588**

Raydon



In Raydon

Blackwell Barn Holiday Let -
www.cottages.com

Phil Avery Electrician 01473 311261

Ashley Short Carpentry 01473 311226

Gordon Short Decorator 01473 313053

SW Stiff Builders - 07811 005241

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



Fair Trade coffee morning

What another fabulous day for our September 7th Fair Trade coffee morning, we had a very special guest today as well ! Rev'd Manette brought her lovely horse Oriente to see us, he was so very good and very well behaved. Well, we pretended not to notice that he helped himself to an apple as he walked past the tree. I was able to enjoy the morning as well as I also had a "Guest " in charge of the coffee pot. So thank you very much. Thankfully we also had a huge selection of cakes as the power of social media brought in a lot of people and children from the village to meet Oriente, thank you all so much, it was lovely to see you. Our next event is on October 5th, will we be lucky with another sunny day? I do hope so but if not we will meet inside the Church. Thanks again for your continued support

Wendy Mumford
01473 312123



Suffolk Historic Churches Trust Ride and Stride.

What an historic event for us at St Mary's Church Raydon ! Cindy and her family made a huge effort to remember Margaret in the only way possible. That was to use her trusty exercise bike and "travel" 81 miles in her memory, this was how old she was when she passed away earlier this year. They have raised a huge amount to be shared between us and the Trust, but that's going to be a secret until next month. So watch this space !

We had a record number of riders this year, one great team who swapped a horse saddle for a bicycle saddle, it's great that so many people joined in, including a team in a lovely classic car. So thank you all very much. I look forward to collecting your money before the end of October. I also owe a huge thank you to all the recorders who sat in the Church to welcome visiting riders, one recorder didn't even have time to sit down at all, she was very busy with signing forms, making drinks and serving cakes. It was all great



fun and I hope even more riders, striders, cars and recorders will join in next year ! Just so you know, the date will be September 10th 2022!! Thanks very much again Wendy Mumford 01473 312123



Ideal for your special event

The Rayon Pavillion is for hire

Fully carpeted room for up to 80 people
Kitchen and preparation room
Easy parking

Available Morning, afternoon, and evening.

For Details Contact Mark Smout
Tel 07748 842750 or email
marksmout@gmail.com



ADVANCE NOTICE

Phoenix Brass Concert
St Mary's Church, Raydon
4th December

Raydon and District Garden Club

Autumn is upon us once again and the leaves starting to change colours to yellows, orange, pink & reds as the temperature drops to cooler or even cold and of course night frosts. I love walking through fallen leaves (back to childhood days) and of course leaves should not be wasted by gardeners. I collect leaves each autumn, then put them in my leaf bin (wire netting circle 8ft x 6ft with gate) As this is open to the elements I have found it turns into leaf mould so much quicker than black plastic bags (stopped using about 5 years ago) and easier to fill additional leaves throughout the year, and easier to empty by fork into my wheel barrow when needed, no heavy plastic bags to lift which I found liable to tear apart. Leaf mould of course is free, and it can be used to top dress as a mulch or mix with compost either bought or like me home made.

Autumn of course is the time considered to tidy up your gardens ready for winter but don't be too tidy as all the nature around (i.e.: insects, bugs, mice, etc need somewhere to live out the colder months) They need our help as much as we need them. Of course paths need sweeping of leaves because when wet they can be very slippery.

Autumn can be a lovely colourful month in the garden as well as in the wider countryside for all those late flowering plants provided we don't get too many frosts early, so we can still enjoy these flowers as late as November.

Thursday September 23rd was an unusual day as it was our first garden club meeting night for 18 months because of the pandemic and hopefully everybody felt safe and enjoyed each other's company once again as well as the guest speaker,

plants for sale and raffle plus of course refreshments. This is our 41st year and I was hoping for a better year than our Ruby anniversary turned out to be as all meetings cancelled along with two shows, garden visits, coach outing etc etc. Now we have lost another 7 months again so far this year but hopefully we are back and will continue from September to hold meetings in October and November before we break for our usual winter break of December and January.

Another reason for feeling strange of course was a new location (not the first) as we have moved home from village hall (old primary school) (now sold) to the King George V playing field pavilion. I am sure we will get used to this new home very quickly and enjoy many more years to come. When we started up the garden club in 1980 it was called Raydon & Shelley Garden Club and meetings were held in the Shelley Hut. It's still there but in a sad state of repair and unusable. As we expanded in both number of members (mostly Raydon) and increased from one to two flowershows, it was decided in 1985 to move the meetings into the new village



hall created after the old primary school in Raydon was sold off in 1984.

At this time we opened the club up to a wider area changing the name to Raydon & District Garden Club, this in turn helped to increase the member numbers. We still have a restricted number of villages from which membership is drawn.

One of several reasons for moving to the pavilion is car parking. As you know the village hall was somewhat restricted, but we now have more than enough with better access and its surface has been given a fresh tarmac top.

So now we are up and running once again we will be planning for the return of "Spring" in April and "Summer" in August flower shows. Your committee have started meetings again so all our efforts will be to get things back to what we have enjoyed over these many years.

At this point your committee wishes all members, and especially all newly joined members a warm welcome and may we all together enjoy many years of happy gardening, garden visits, coach outings and of course successful flower shows, also guest speakers on many topics relating to gardening to help us become more knowledgeable.

Geoff Horrex. 01473 310422 / 07810086143



Raydon Club

The Raydon Club has now re-opened at the Pavilion on Wednesday evenings and is operating in a COVID-secure manner. The bar opens at **8:30pm** and will close promptly at **11pm**. A good selection of beers, wines and spirits are available at considerably less than pub prices.

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

RAYDON PARISH COUNCIL

SCHEDULE OF MEETINGS 2021

(all at 7.30pm via ZOOM until further notice)

Tuesday 12 October
Tuesday 9 November

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

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

Sale

of

Books, Bric a Brac
Toys and Games

also

OTHER LARGE ITEMS

Inside Raydon Church

On

Sat 16th October

10AM-12noon

Coffee/tea and biscuits available

In aid of fabric fund

Holton St Mary



In Holton

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

Ann Mason Care - 01206
233372

Holton St Mary Village Hall

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

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



Holton St Mary Lunch Club

Lunch Club has resumed!

If you are looking forward to good food and good company again, please sign up by either calling or emailing me so we know how many to cater for

Many thanks

Sally Thurlow - 07721 625313 or
salthurLOW@gmail.com

HSM 100 club winners

July

Gretna Maddison £30, Geoff White £15, Chris Shirley £10, Les Norman £5, Dave and Jackie Gregson £5

August

Oliver Green £30, Peter Butcher £15, Roger Shipley £10, Dot Steeds £5, Marjorie Haste £5

September

Daphne Hood £30, Chris Gentry £15, Kevin Last £10, Mike and Jinny Hay £5, Tony Howard £5

Green Gym

On Saturday, 2nd October, the Green Gym team will be planting some more daffodils throughout the village. If anyone would like to contribute to this activity, they could either donate some bulbs to the team on the day or help plant them ... or of course both! We meet as usual at 10.30 in Church Square. Thank you.

HSM Social Club

It has been great seeing so many different faces meeting up for a drink on a Friday especially as quite a few new residents have been. We would like to express our appreciation to Debbie Wilson in joining the committee; there are still vacancies if anybody else is would like to join us.

The QUIZ NIGHT on the 9th October has been well supported. It will be 19:15 turn up for 19:45 start. We have restricted it to 10/11 teams so that there could be more room in the hall. If there is any individual/s who would like to attend, there is the possibility of filling up spaces in teams. Just let Lee Barton (on the VillageFacebook)or Bob Holmes know and we will see what we can do.

BONFIRE NIGHT at the Millenium Field on Friday 5th November. The fire will be lit at 19:15 and the fireworks to start at 19:45. There will be food (Burgers and Sausages) and drinks that can be purchased at the club afterwards; you do not have to be members.

On the morning of Sunday 31st October we will going around the village collecting garden refuse/wood that can be burnt on the fire, please leave this at the end of your drive and we will pick it up.

If you want any further information contact Bob Holmes
Email bobholmes55@icloud.com
Tel No 07966 266293

SUFFOLK HISTORIC CHURCHES TRUST

2021 Annual Ride and Stride

A huge thank you to all the Riders/ Striders/those who welcomed them to each of the four St Marys/and, not least, all you who generously sponsored those taking part.

As always, half of the sponsorship money raised will be spent on the preservation of the four churches in our benefice whilst the other half will contribute towards the grants, awarded each year by SHCT, to those Suffolk churches which are in urgent need of restoration and repair.

Caroline Favell,
Area Organiser, SHCT Ride and Stride

Saturday 30th October is

Churchyard and Church Clean up Day in Holton St Mary

From 10am to 1pm
Are you able to help? (for as little or as long as you like)

If yes, then please contact Frances
Torrington on 01473 312046 or
familytorrington@btinternet.com

Refreshments will be provided
Please bring your own gardening tools

Harry answers Questions



We spoke to Harry Adams who is the Director of Dedham Vale Tree Surgery to learn more about the trials and tribulations of being an Arborist in our local area.

What is a tree surgeon/arboriculturist?

In short, it's someone who manages trees - that can mean pruning them, removing them, identifying pests and disease, and many other things! A tree surgeon's day to day life is very different to a forester whose sole purpose is dealing with extracting and felling timber for building materials.

What made you get into tree surgery?

I spent most of my youth here in the Dedham Vale, enjoying the beautiful surroundings and climbing the local trees (much to my parents' dismay!). This passion for the outdoors, combined with the element of adrenaline, meant that tree surgery was a natural profession for me to step into. I enrolled on a course at Otley College and the rest is history!

What is your favourite thing about being a tree surgeon?

It's hard to narrow it down to one thing, but I would probably say the versatility of what we do. I love being constantly presented

with new challenges, so working in different environments and situations everyday suits me perfectly. I am also incredibly lucky to have a great team to work with who are like family to me.

What is your favourite tree you have worked on in the area?

It would have to be a large Copper Beech in Stratford St Mary, (roughly opposite The Black Horse pub). It initially looked condemned, but after extensive scanning of the tree using a Picus tester, we were presented with positive images that meant the tree could remain for years to come. Although removing trees is a part of my job, I absolutely love saving a veteran tree like this and keeping the local landscape as natural as possible.

How do you ensure you remain environmentally friendly whilst removing trees?

We love to plant, and we source all of our tree stock from a well-known Dedham Nursery so there's minimum carbon impact. We also send all our woodchip to biomass which means the trees that we cut are directly feeding the national grid, which reduces the burning of fossil fuels. Locally, I also like to help the community and often donate woodchip/logs to forest schools, community farms and those looking to build wildlife refuges or bug hotels in their garden.

Would you recommend it as a career choice?

If you are an outdoorsy, hard-working, social and fearless person then this could be the career for you. It's certainly not for the faint-hearted and you work very hard for every penny you earn, but it has high job satisfaction. We are always looking for local talent and run a successful

apprenticeship team, so if any readers like the sound of what we do, please don't hesitate to get in touch!

What are the difficulties you face when working in our local area?

We are lucky to live in an AONB, but this can present issues. It can get very busy in the summer, and therefore working in the centre of some of the villages can be an issue due to parking and access. Although it's good that there is so much to protect our local trees (tree-preservation-order/conservation area protection etc) it makes for lots and lots of paperwork. Although paperwork isn't the most exciting part of the job, it separates us from the cowboys that wouldn't know where to start when it comes to a protected tree!

To find out more about Dedham Vale Tree Surgery, visit www.dedhamvaltreesurgery.co.uk, or call Harry on 07756 811 098. Don't forget to connect with them on social media - you can find them on Instagram @dedhamvaltree and Facebook 'dedhamvaltreesurgery'.



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We encourage lifelong learning for those no longer in full time employment and retired from work altogether. Emphasis is placed on active and fun learning as well as developing friendships. We have a wide selection of interest groups such as, singing, philosophy, bridge, table tennis, art, poetry and garden visits. Coffee mornings are held each month and a great way to meet other members.

Our monthly meetings and lectures are always popular. In October, Richard Appleton, a retired consultant, explores the interface between law and medicine.

Please see our website u3asites.org.uk/stourvalley for more information.



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

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

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

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

Barry's Page

The sudden and unexpected loss of a loved one or partner can have profound effects on those who are left behind. 911, Grenfell Tower and COVID all have a common thread that runs through them. Pain.
No two people will ever handle it the same.

Smog

A darkness creeps over me
Like a smog
Suffocating, weighing me down
Looking for a new home
Crossing my threshold
A darkness creeps over me
And it's name is sorrow

Tired of its previous incumbent
It crawled, slithering, tentacles out
Quietly seeking one who feels pain

It sits alongside me comfortable with its new host
Squeezing me with its suckered arms
Drawing on my pain like a leech
Sapping my spirit
Reminding me of my loss

The start of the grieving process

I need to feel remorse, regret and pain
I'm desperate for continuance not wanting a cure
Lest I begin to forget the perpetrator of my grief
Seeing it as betrayal of the one that I loved

The leaden weight that I carry no one can lift
Constructed with a mixture of loneliness and heartbreak
So raw that I'm not ready for a cure

The river of tears that flows making easy passage for sorrow
as it swims en route to the centre of my soul
Gently pushing against the tide of hurt

We are together, sorrow and I
Like a new relationship each of us aware of
an insatiable need for comfort
Locked together like lovers, inseparable, dependent
Without me sorrow would die
With me he lives and I slowly die

How do we find separation so we both can survive
Time passes, I begin to feel stronger not dismissing my grief
But learning how to accept it.
Sorrow feels this as he begins to weaken and loses his grip

As the days pass sorrow gets ill and needs to find a new host
So he can feed off trauma and regain his strength
We part company, no emotional farewell but acceptance
Of the time we spent together

Barry J Davison

Copyright June 2017

Helping hedgehogs

It has been many years since I last saw a hedgehog in Bacons Green and, as you will have read in the SESAW news in this issue of The Quartet, they are now on the Mammal Society's red list. This is because, in rural areas, over 50% have been lost in the past twenty years. So, those snuffles and grunts I heard in the garden in the evening as a child are few and far between now.

If you know you have hedgehogs around in your garden, your actions could help them greatly, especially at this time of year when they prepare for their winter hibernation. The availability of suitable wintering sites is a large limiting factor for hedgehog distribution across the UK. Winter nests need support structures, such as log piles or bramble patches. They also require medium sized leaves such as beech or oak. These leaves don't break down as quickly as others and will fit together nicely in their tightly packed 50cm wide wintering nests. So, leaving some areas of the garden untidy will help all wildlife and for hedgehogs would be invaluable.

Putting out food and water, will also support them in their quest to fatten up. They need to weigh at least 600g to be able to survive the winter, so putting out saucers of food such as dry cat or dog food (not a fish variety), will help enormously and could give you a lot of pleasure if you catch a glimpse of them as they visit your garden at night. Hedgehogs roam widely - around 2 to 3km a night. They stick to routes where they know they can find food, so being consistent with the feeding is important. Water too is vital, particularly as the weather has been so dry and sunny recently (well, it has been at the time of writing). Ensuring there is always a saucer of fresh water available in your garden at night could make the all the difference.

Young hedgehogs can sometimes be seen out during the day at this time of year as

they search for food. They can put on 10g a day as they prepare for Winter. If they look purposeful and move quickly, they are likely fine. However, as Ollie at SESAW urges, if you see a hedgehog struggling in anyway, please do take action and seek a hedgehog rescue centre, a local vet, who may be able to help or call SESAW.

Suffolk Prickles Hedgehog Rescue does a wonderful job of helping our prickly friends and you can find them via their website here: <https://suffolkprickles.org>

Suffolk Wildlife Trust provides a lot of information on hedgehogs and how you can support them via their website here: www.suffolkwildlifetrust.org/hedgehogs-action
www.suffolkwildlifetrust.org/hedgehoggardening

For news of the next Introduction to Hedgehogs Course being run by Suffolk Wildlife Trust in February, visit: www.suffolkwildlifetrust.org/wildlearning

And, to find out about many wildlife topics in the comfort of your own home during the darker Winter evenings, why not join one of Suffolk Wildlife Trust's webinars on topics such as Stag Beetles, The Cuckoo, Amphibians & Reptiles, Waders, and more. www.suffolkwildlifetrust.org/wildlife-live-webinars

By Claire Rowan



SESAW News



Credit where it's due, that bumptious Chihuahua has acknowledged that, as a fine example of the species, I should present our October news because the 27th is National Black Cat Day.

Another annual celebration is Hedgehog Awareness Week in May but they need our help all the time, particularly during Guy Fawkes preparations. Please check for the little chaps under the bonfire BEFORE you set light to it.



This has been a bad year for fly strike with hedgehogs suffering horribly. Should you come across a hedgehog, particularly in

daylight hours, please take it to a hedgehog rescue or bring it to SESAW immediately. Advance apologies to those with a sensitive stomach but many arrivals have been unfurled to reveal maggots eating them alive. Our prickly friends are now classified as vulnerable on the Mammal Society's Red List

If "The Truth is Out There" stirs your imagination, an Autumn Charity Talk about UFO's by author Neil Nixon should interest you. The event takes place at Plough Corner Community Centre, Harwich Road, Little Clacton, CO16 9ND, 7.30pm on Saturday 16th October. It's less than twenty miles from Holton St. Mary, perhaps you could combine it with a trip to the seaside? Tickets £6 (concessions £2.50) from Susan Vousden on 01255 813511.

Whilst on the subject of the unexplained, please keep your black cats safe and your dogs calm as we approach Halloween and the firework season. Which reminds me, it's time to evade Mother's efforts to snare me indoors at nightfall so that's all from me, Ollie (the Black) Cat.

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

CRAFT FAIR

Sunday 10th October, 10-4pm
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Parish Priest: Fr. Paul Vincent OCD Assistant
Priest: Fr Bineesh Elenjikkal OCD
180 Hawthorn Drive Ipswich IP2 0QQ T e l :
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 OCTOBER 2021

Sunday 3	27th SUNDAY IN ORDINARY
9am	TIME
Tuesday 5	Mass
9.20am	Eucharistic Adoration
10am	Mass
Sunday 10	28th SUNDAY IN ORDINARY
9am	TIME
Tuesday 12	Mass
9.20am	Eucharistic Adoration
10am	Mass
Sunday 17	29th SUNDAY IN ORDINARY
9am	TIME
Tuesday 19	Mass
9.20am	Eucharistic Adoration
10am	Mass
Sunday 24	30th SUNDAY IN ORDINARY
9am	TIME
Tuesday 26	Mass
9.20am	Eucharistic Adoration
10am	Mass
Sunday 31	ALL SAINTS
9am	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.

East Bergholt WI

2020 was a difficult time for all of us. However, as a group we were pleased to be able to keep in touch in many ways and enjoyed sharing news and activities with each other through e-mail and meeting up in small groups when restrictions allowed.

As the latest restrictions start to ease, we are making more positive plans for the months to come. We have used Zoom successfully for our last three main meetings. Our Craft group have been getting together virtually once a fortnight and we have also had lunch time and evening get togethers for members who wish to join in.

From 2021 the WI subscription year will run from April to March. Due to savings made in 2020, through the cancellation of our monthly meetings, we are pleased to be able to offer our members a reduction and our annual subscription for 2021 will be £34.

We would be pleased to welcome new members to share in our activities and friendships. If you would like to join us please contact our President Tina Hurley on 01206 298223, Gill Rattray on 01206 298380 or through our website. We look forward to meeting you.



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Telephone...101



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29 September, 27 October, 24 November, 22 December

Black Horse - 11.05am - 11.20am
Tally Ho! Corner - 11.25am - 11.45am
Strickmere (School Lane end) - 11.50am - 12.10pm

Route 14

The bus stops every 4 weeks on Tuesdays

5 October, 2 November, 30 December

Holton St Mary

Church Square - 9.30-9.45am

Raydon

St Mary's Raydon - 9.50-10.30am

Lower Raydon

Sulleys Hill - 11.30 - 11.45am

Higham

The Green - 11.55am to 12.10pm

The **customer service line 01473 283838** is staffed 9am to 5pm from Monday to Friday and can handle any library customer queries renewals and reservations to any general library queries. An answer phone is available outside of operating hours and people can also email help@suffolklibraries.co.uk

Bin collections

Week Commencing			
	27 th September	Refuse Week	
	4 th October	Recycling Week	
	11 th October	Refuse Week	
	18 th October	Recycling Week	
	25 th October	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...!

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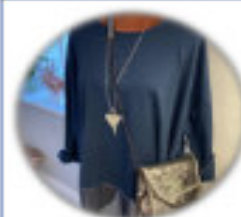
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BENEFICE CONTACTS, SERVICES AND EVENTS

Priest-in-charge: Rev'd Manette Crossman: Tel. 07947 737789
Email: revmcrossman@gmail.com

Curate: Rev'd Nicola Tindall: Tel. 01787 212340
Email: nicolajtindall@btinternet.com

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

Please contact Rev'd Manette if you would like to know more about being baptized or if you would like to get married in one of our churches. We are also here to help you arrange a loved one's funeral. You can get in touch with Rev'd Manette or Rev'd Nicola if you would like a home visit or if you would like to receive communion at home.



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:
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Sunday Services for October

Please check our Facebook pages and the 4Marys website for details and updates. If there are any significant changes, and if there is an online recorded service, those who are on our regular email contacts list will be notified.

Sunday 3rd October 10am: Stratford St. Mary Holy Communion
18th after Trinity

Sunday, 10th October 10am: Higham Holy Communion
19th after Trinity.

Sunday, 17th October 10am: Holton St. Mary Holy Communion
20th. after Trinity

Sunday 24th October 10am: Raydon Holy Communion
Bible Sunday **9.30am: Stratford St Mary: Family Hour**
in Parish Room

Sunday 31st. October 10am: Benefice Service in Raydon
A service for All Saints' Day with prayers for the Commemoration of the Faithful Departed (All Souls' Day)

Coming soon: Sunday Hangout in Higham Church – see other page for more information.

Covid restrictions have been lifted but despite the positive effects of the vaccination programme we still experience a worrying level of infections. Being double-vaccinated does not offer 100% protection against falling ill with Covid and you can still pass on the virus. Social distancing rules no longer apply but please respect that some people prefer to stay apart and many wish to avoid physical contact such as shaking hands. Face coverings are no longer mandatory but we ask that congregations consider to continue wearing them as many members of our congregations are very vulnerable.

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

We will continue to do what we can to keep everyone safe – please support us in this.

Family Hour in Stratford St Mary

Family Hour in the parish room in October at the new time of **9.30 am**, using the outside garden space when we can. We look forward to welcoming children and their families back for the new term. Breakfast (bacon rolls / juice / tea / coffee) will be served from 9 am. All best wishes from the Family Hour Team.



Sunday Hangout at St. Mary's Church Higham

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

Time: Sunday afternoon, 4 - 4.45pm - Date to be confirmed!
(There will be painting involved so please wear appropriate clothes.)

Monthly mid-week Communion service in Stratford St. Mary.

A short contemporary service of Holy Communion in the Lady Chapel on 20th October at 10am.

Lay Elders

Our Benefice is fortunate to have the ministry of our Lay Elder Sandy. Lay Elders may do pastoral work and lead certain forms of worship. More information on Lay Elder ministry will follow in a future edition of the Quartet.

Our Lay Elders Christine and Janet have recently "retired" although they continue to be active in many areas of church life. We give thanks for the many years of service they have given to the Church.

Benefice churches open for private prayer

Our Benefice churches are open every day for private prayer and for visiting.



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one God, now and for ever. Amen.
Collect Prayer for the 20th Sunday after Trinity

Please pray for:

Higham: Amanda Berry, Val & Ian Boothman, Penny Watkins.

Stratford St. Mary: Nancy Ablitt, Laura Kerry.

Outside our parishes: Helen Gregory, David

For those who have died:

Bob Forster, Robin Jackson, Joan Kerry, John Salmon

May they rest in peace and rise in glory.

We pray for those who mourn the loss of a loved one

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