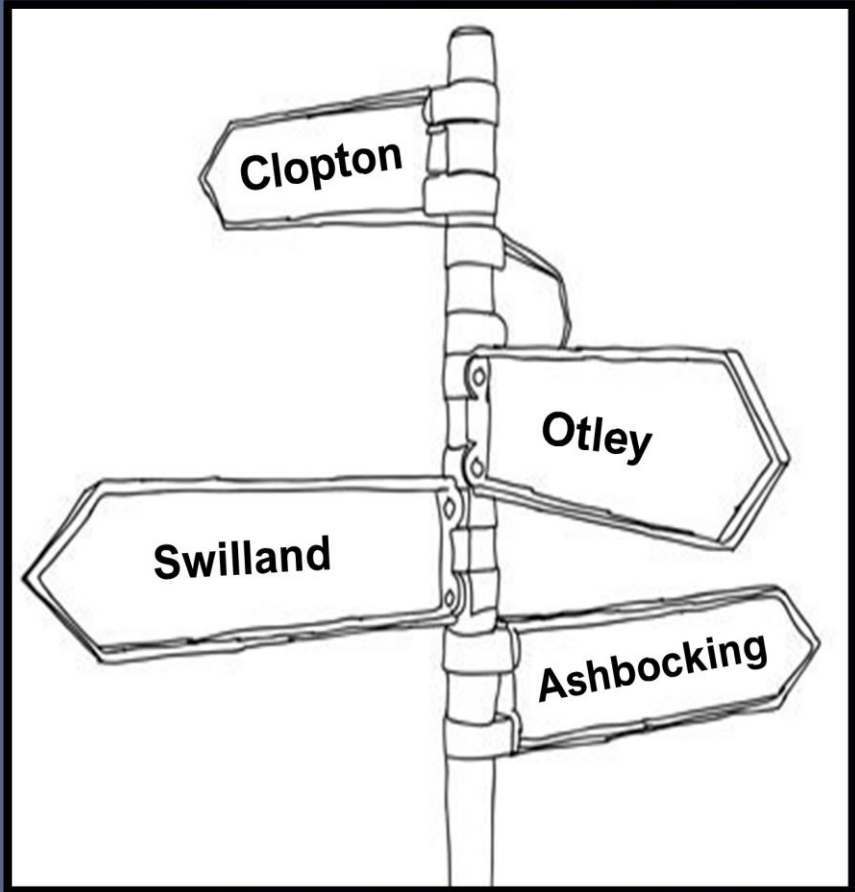


The Signpost



News from the Parishes

A Word from The Editors.....

Welcome to the **August Signpost**. So finally the Covid rules have relaxed but we still must proceed with caution over the summer. We hope that now school is out fun can be had over the summer holidays before the new academic year begins. It may be days out to the beach on a nice sunny day, please see this month's article on Sandcastles to inspire your next build! You may choose to go to our local village events and meet up with your neighbours, friends and family. The Olympics have now started in Tokyo, let's hope that Team GB can return home with a good collection of medals. We also would like to wish all our local farmers a bountiful harvest which has begun, but with much more to do throughout August.

We have got a whopper of an issue for you this month – why not enjoy it with a glass of Pimm's in the garden! We have all the latest news from the villages and updates on social events. If you would like to see anything else within our magazine, whatever it may be, we would gratefully receive it for inclusion in our upcoming editions. If you would like any family or friends' birthdays or anniversaries celebrated, then please do let us know and we will include in next month's magazine.

Our next magazine will be the **September** issue with a deadline **of the 24th August**.

To register to receive The Signpost via email each month, please email Amy bakergirl174@gmail.com and Angela amtreloar@btinternet.com

News of the Carlford Churches and details of online Worship can be found on the website carlfordchurches.org and within the Mini Grapevine. If you would like to receive the Mini-Grapevine weekly via email, please register via the website carlfordchurches.org or with Mark Cresswell – mark@carlfordchurches.org. There are links on the Carlford Churches website to the Facebook page, Mini-Grapevine and The Signpost. The Carlford Churches Facebook page can be accessed directly <http://facebook.com/carlfordchurches>.

***Keep safe while making happy memories this summer
Amy and Angela***



Prayer

O God, who created all peoples in your image:
We thank you for the diversity of races and cultures in this world.
Show us your presence in those who differ from us,
and enrich our lives with their fellowship,
until our knowledge of your love is made perfect in our love for all your children;
through Jesus Christ our Lord. **Amen.**

Rainfall for June

We can't complain about the cold wet weather at the beginning of the month as it is living up to its reputation of flaming June with temperatures in the high 20c which means that we can at last get out of our winter clothing. A change however took place on the 17th with some thunderstorms, heavy rains, and cooler weather. This unsettled weather continued until the end of June with some sunny days to break the monotony. Rainfall was 2.20 inches and 11.20 inches for the first half of the year.

This is a most frustrating month for haymaking, it started out very well and we cut and baled in excellent order our first meadow but since then it has all been downhill. It is so frustrating the weather forecasts can't even get it right a day in advance let alone a week which means that we will have to hang on until there is some chance of a settled period. In some way we can't complain as the crops are loving it and the prospect of a good harvest is looking good, which reminds me of a story:

A nephew of a farmer used to come and stay with him every year. The first time the nephew said to his uncle, "You had a good crop of hay this year judging by the amount of bales in the Dutch barn". "Yes" said his uncle. "But it was a terrible harvest with very low yields." The next year the nephew came and said "Well I see that all your corn bins are overflowing this year. "Yes" said his uncle. "But it was a terrible year for haymaking as it rained nearly all the time". The third year that the nephew came he said to his uncle "You really had a good year this time, the barn's full of hay and I see that the corn bins are overflowing too! "Yes" said his uncle. "But look what it's taking out off the land"!

Russell Ling

5th August: Oswald - A King with Faith, Courage and Humility

Many Christians have dreamed of doing something spectacular for God, which would be remembered for centuries afterwards. Oswald, who lived from 605 to 642AD, was in a position to do so.

He was a King, whose father, Aethelfrith, was a great warrior who laid the foundations of the great kingdom of Northumbria. But Aethelfrith was killed by a rival, and Oswald was only 12 years old when he was driven into exile with his elder sister and two younger brothers. For their own safety, all were taken to Irish territory in the West of Scotland.

The three brothers were educated by the Christian monks on Iona. Meanwhile, warfare raged in Northumbria, and in due course the time came for Oswald to make a difficult decision. Should he remain in safety, or return to claim his kingdom? In 632 his older brother led an expedition there to sue for peace, but instead he was put to the sword. It was a time of broken dreams and bitter grief for the young Oswald, who must have spent many hours in prayer before he decided to risk his life by following his brother south.

In his famous book, *The Ecclesiastical History of England*, Bede tells us that Oswald prepared to meet his enemies Cadwallon and Penda in battle on a December night at a place which is now called Heavenfield. His small army was likely to be outnumbered and victory seemed impossible. But that night, Oswald had a vision of St Columba, the founder of Iona. Columba prophesied that Oswald would be king and reminded him of God's words to Joshua at the River Jordan, "Be strong, and of good courage... for you will be the leader of these people as they occupy this land."

Before battle commenced, Oswald made a rough cross from two young trees and held it upright until soldiers were able to fill in the hole around it. Then he led his army in a prayer that God would bring victory and deliverance to his people. He also promised that if they survived, he would send for missionaries from Iona to bring the Christian faith to Northumbria.

Oswald's subsequent victory has become part of the region's folklore, commemorated by the name of that battlefield and the more permanent cross which now stands at Heavenfield. Many leaders would have regarded such a triumph as the high point of their career, advanced to the royal palace and quickly forgotten their promise to God. But Oswald remained faithful, and in due course



St Aidan arrived in the new kingdom and made Lindisfarne the centre of his ministry.

Now it was time for Oswald to reveal a quality less frequently associated with kings, but even more vital to the spread of God's work. That quality was humility.



As the sponsor and protector of Aidan, he could easily have imposed his own agenda on this new mission. Such a test came early, when Aidan declined Oswald's offer of resources at court in Bamburgh Castle and chose the remoter location of Lindisfarne.

Not only did Oswald accept the monk's decision gracefully; he continued to spend many uncomfortable weeks on the road acting as Aidan's interpreter. His willingness to lay aside his kingly privileges and play second fiddle to a spiritual leader ensured that the Gospel spread quickly through the new kingdom and transformed many lives.

Within a few years, dark times returned to Northumbria. Oswald was slain in battle and his brother Oswin succeeded to the throne. Penda continued to wreak havoc with his marauding raids; on one famous occasion, Aidan watched him attack the royal fortress as he prayed on the Farne Islands, and it is written that his intercessions caused the wind to change direction and beat back the flames from the castle gates.

But through it all, the light of Christianity continued to flourish and grow. Aidan is rightly remembered as the missionary who brought the good news to Northumbria, but he could not have succeeded without Oswald, the man who was brave enough to claim an earthly kingdom, yet obedient enough to play a humbler role in advancing a heavenly one.

Prayer from the liturgy for St Oswald's day (5th August), written by the Northumbria Community:

"I place into your hands, Lord, the choices that I face. Guard me from choosing the way perilous of which the end is heart-pain and the secret tear.

"May I feel your presence at the heart of my desire, and so know it is for Your desire for me. Thus shall I prosper, thus see that my purpose is from You, thus have power to do the good which endures." (*Copyright Northumbria Community Trust, 1996*)

Otley and District Gardening Club

Dear Readers,

Only a very short section from me this month. It's been a relatively quiet month from the gardening club, although we're busy behind the scenes confirming next year's schedule.



Our next meeting is September 6th at Otley village hall where we welcome Ian Seager who will be talking about Water in the Landscape and Garden. The meeting will start at 7:30pm and we will be welcoming new members to join us and become part of our club. Subs are due at £10.00 a year, and £2.00 per meeting for members or £4.00 for non-members. We hope to see as many of you there as possible, Covid restrictions not willing.

We will be emailing members the schedule for the coming year and if you'd like a hard copy, please let me know and we will print them off for you. We're trying to limit the printing of the year's programme to reduce the impact of our paper usage on the environment, with an aim to be paper free. Membership cards will still be printed so you can get your 10% discount at Ashbocking Nursery.

I hope to see you in September, if not before.

Phil Pollard, The Green Chairman

Sandcastles In the Sky

The definition of a sandcastle is a small model of a castle or other structure that is made with sand on a beach.

The world's tallest sandcastle and new Guinness World Record was made in Denmark. At a height of 21.16 metres which stands 3.5m higher than the previous record holder which was set in Germany in 2019 with a height of 17.66m. The construction is made as a triangle to avoid the risk of collapse, like many others have done.



A wooden construction was made around it, in order for the artist to cut the amazing figures in the sand. 4,860 tonnes of sand, with 10% clay in it, from



Denmark has been used to build the castle. The clay helps glue the sand together. When it is all done an extra layer of glue is put on to make it last through most of the winter. It took 30 of the world's most talented sand sculptors to make it with Wilfred Stijger from Holland as the experienced leader.

In one of the most prestigious neighbourhoods in Rio De Janiro, Marcio Matolias, who has been named the Sandcastle King has lived in his hand-built sandcastle on the beach of Barra da Tijuca for 24 years avoiding having to pay any rent or bills! Living up to his name as the Sandcastle King, he has even built a royal throne for himself and can be seen wearing a plastic crown and carrying a makeshift staff.

To prevent the sandcastles walls and turrets from crumbling, regular maintenance is essential. To do this Matolias needs to regularly water the sides of his castle. Patience is also key because in a single tropical storm it could destroy the entire sandcastle in a matter of minutes, forcing him to rebuild the structure from scratch. Having done this for over 20 years, he has become well-adapted at swiftly and efficiently reconstructing his sandcastle. His work has caught the attention of a local shopping centre that sometimes hires him to build decorative sand pieces for their displays.



Matolias learnt to build sandcastles through a friend and through one of his biggest passions of reading books. He keeps a collection of books, golf clubs and fishing rods within his castle. While from the outside, the sandcastle appears to be grand but its facade masks the tiny room inside. Matolias's three-square-metre (32sq ft) bedroom, which is piled from floor to ceiling with his few possessions (mostly books), is supported by wooden beams. His bathroom is a nearby lifeguard shack. King Marcio has become a local celebrity and attraction; curious tourists pass by to take photos of the 'king' and his unusual home. His love of books also helps him make a small income. Just next to his castle, a table sits piled with books where passers-by can shop and buy, giving whatever price they feel is reasonable. Above the books is a sign that reads: "Pick up a book and contribute to the box so that this initiative doesn't end."

So, what is a day at the beach without trying to make a sandcastle? Making really good sandcastles is actually a lot harder than it looks. Some people spend a serious amount of time and energy making superior sand sculptures. Check out this photo list of some impressive ones, as well as some tips on how to make your own below!



Palma de Mallorca, Spain



Weston-Super-Mare, Somerset, UK



Boracay, Philippines



Rehoboth Beach, Delaware, USA

Tips on how to up your sandcastle builds

- Good tools for sandcastle building are: small shovels; buckets, bottomless buckets (for towers); funnels (for tower tops); a straw (to blow extra sand away); shaping tools (for shaping and carving — things like lolly sticks, plastic spoons and knives).
- The wetter the sand the better! It should pack like wet snow and stay together when you roll it into a ball in your hand.
- To start, pile the wet sand into a mound as high as you want your castle to be, adding lots of water to the mound to keep it wet as you can while you pack it down layer by layer (you can never add too much water).
- Once you have your tightly packed mound of sand you should start shaving off layers and shaping where you want towers and walls to be.
- Work from top to bottom to help keep the towers and walls in place.
- Use tools to make designs, bricks, windows, doors, steps etc.

Practice makes perfect — but most of all, have fun!

Email Scams and Nuisance Telephone calls

There has been an increase in telephone and email scams recently, please be aware of:

Email scams

TV licence about to expire.
Antivirus renewal emails
Building Societies/Pension schemes
Hermes/Amazon delivery

*Please check Grammar and Spelling of email.
If in doubt **Do not click on any links they send you.***

Move the email to your Junk folder and then right click on it and "Block sender".

Phone & Text scams

N.I. Insurance number (Inland Revenue)
TV licencing
Royal Mail
Supermarket Deliveries/Hermes (asking you to click on link to track delivery)
Banks/Building Societies
Pensions/Investments
Amazon (renewing subscription)
Text messages to say you have won a prize.

Hang up and block the call on your phone if you can.

*Delete suspicious Texts and block them
Never reveal any of your personal details.*

If unsure find the number or website of the organisation and contact them yourself.

You can report any texts and emails you are suspicious of to:

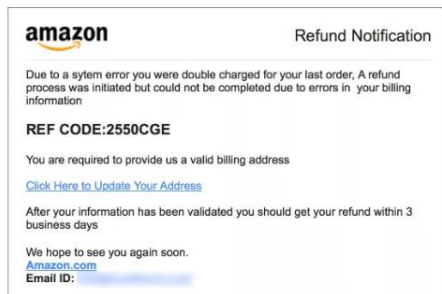
Suffolk Trading Standards

Suspicious Texts: forward to **7726** include the phone number/company name

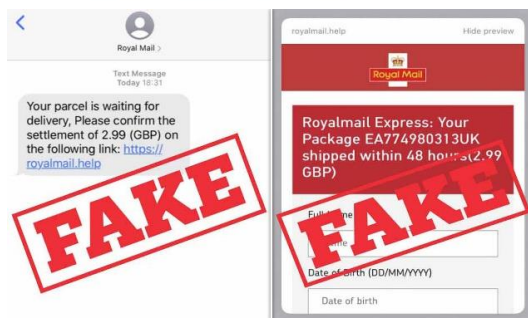
Phone calls: to **0808 223 1133** Suffolk County Council, Trading Standards

Emails: to report@phishing.gov.uk

Stay Smart, Keep Safe



Hermes: We attempted to deliver your parcel today and were unsuccessful, to reschedule delivery please follow the link <https://online-hermes-billing.com>



Hidden Churches

Boulge: St Michael and All Angels

We travel a little nearer home to Boulge parish church. The church is hidden from view but for hand painted signs that lead up to the church.

St Michael and All Angels is the burial place of the local poet and writer Edward Fitzgerald, whose most famous work was his translation of the *Rubáiyát of Omar Khayyám* which is the title that Fitzgerald gave to his 1859 translation from Persian to English, of a selection of quatrains or poems, attributed to the Omar Khayyam (1048–1131), dubbed "The Astronomer-Poet of Persia"



The Church of St Michael and All Angels is Grade II listed as are, separately, the Fitzgerald family mausoleum and Edward Fitzgerald's grave. A rose bush at the head of the grave is supposed to come from a cutting taken from Omar Khayyam's grave in Iran.

There is much to see of interest inside the church which has some beautiful stained glass windows and a shrine to the Fitzgerald family.



They lived at Boulge Hall now demolished, although Fitz himself lived in a one storied thatched cottage at the bottom of the drive, clad in dressing gown, slippers and surrounded by his books, pictures, cat, dog and his parrot "Beauty Bob". His great friend was Revd George Crabbe, the vicar of Bredfield, also very unconventional.



An invitation to dine at Boulge was answered:

“As sure as a gun, I’ll be in at the fun
For I’m the old Vicar,
As sticks to his liquor; and smokes a cigar like a jolly Jack Tar;
I’ve no time for more, For the Post’s at the door;
But I’ll be there by seven and stay till eleven, For Boulge is my heaven!”

A.T.



"One day we stand to lose everything - except those qualities that have eternal value." - David Watson



Brain teasers

A) Find words to fit the clues. Each group of crosses should be replaced with the same three letter word. What are the words?

_ _ X X X _

Put in money or effort

_ _ _ X X X _

Gather crops

_ _ X X X _ _ _ _

Secretly listen

- B) A man pushes his car to a hotel and tells the owner he's bankrupt. Why?
C) A man stands on one side of a river, his dog on the other. The man calls his dog, who immediately crosses the river without getting wet and without using a bridge or a boat. How did the dog do it?
D) A sundial has the fewest moving parts of any timepiece. Which has the most?

(Solutions on Page 19)

7th August: Cajetan - Saint Who Founded the Pawnshops

Bit short of cash just now? Cajetan (1480–1547) should be the patron saint of anyone who needs some extra money – immediately. For it was he who founded the Monts de Piete – the pawnshops – in the 16th century. They were first designed to help people through a lean time, not exploit them.

As a young man, Cajetan gave up a brilliant career in law to become a priest, and he went on to spend his life fighting corruption within the priesthood. He and his friends founded the Theatine Order, which promoted study of the Bible, sound Christian doctrine, spirituality of worship, caring for the sick, and good pastoral care. They worked in Verona, Venice and Naples – where the pawnshops first appeared. Cajetan would undoubtedly have a lot to say about the amount of interest the credit card companies charge these days.



Three - No Bake - Cakes For Summer

Ingredients:

1 kg **mascarpone cheese**
1½ l **double cream**
300 g sugar
500 g strawberries
1 vanilla bean
30 **shortbread biscuits**
5 bananas
30 **butter cookies**
150 g shredded coconut (toasted)
3 peaches
400 g **amaretti cookies**
300 g blueberries



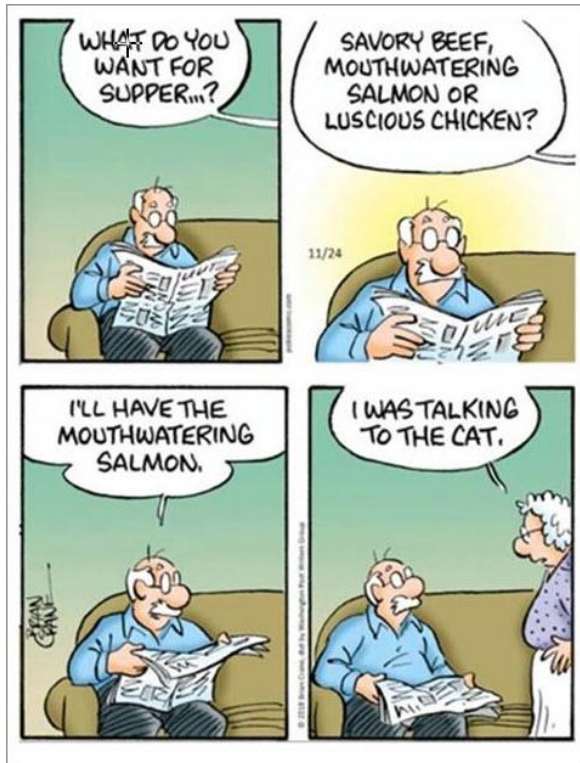
Method:

1. Beat mascarpone, double cream, and sugar on high speed in the bowl of a stand mixer. Scrape down the bowl as needed until soft peaks form. Divide the mixture evenly into three separate bowls.
2. Slice the strawberries, leaving some whole for garnish. Scrape the vanilla bean and add the seeds to one bowl of whipped cream. Whisk well to combine. Spread a thin layer of the vanilla whipped cream on the bottom of a plastic wrap-lined loaf pan, then cover it with a layer of shortbread biscuits. Scatter some sliced strawberries on top. Spread another thin layer of whipped cream on top of biscuits, then top with another layer of biscuits and sliced strawberries. Continue this pattern until you nearly reach the top of the pan, then end with a layer of whipped cream. Cover cake with plastic wrap and refrigerate overnight.
3. To make the toasted coconut and banana no-bake cake, slice the bananas. Then, spread a thin layer of the whipped cream on the bottom of a springform pan and cover it with a thick layer of crushed butter cookies. Place sliced bananas and scatter toasted coconut on top. Spread an even layer of whipped cream over, then top with another layer of cookies, sliced bananas, and toasted coconut. Continue

this pattern until you nearly reach the top of the pan, then end with a layer of whipped cream. Cover cake with plastic wrap and refrigerate overnight.

4. To make the blueberry-peach no-bake cake, slice the peaches then spread a thin layer of the whipped cream on the bottom of a springform pan and cover it with a thick layer of crushed amaretti cookies. Add slices of peach, then scatter some blueberries on top. Spread an even layer of whipped cream on top of the fruit, then top with another layer of cookies and fruit. Continue this pattern until you nearly reach the top of the pan, then end with a layer of whipped cream. Cover cake with plastic wrap and refrigerate overnight.

5. To serve cakes, run a sharp knife along sides of the pan to loosen, then remove gently. Garnish with fresh strawberries, toasted coconut, and sliced peaches and blueberries, respectively. Enjoy!



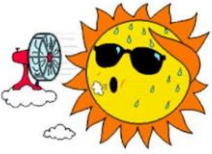
*A rumour is about as hard
to unspread as butter. - Anon*



NEWS FROM OUR CHURCHES

ASHBOCKING

Ashbocking had its first coffee morning on July 23rd. It was a great success, and everyone enjoyed meeting with old neighbours again and catching up with news. The next coffee morning will be on August 6th at 10.30am – 12 noon at Hawthorns at the back of Ashley Grange. It will be held on the first Friday of the month after that, Covid dependent.



The next service at Ashbocking is 8th August starting at 11.00 am. We're hoping to have songs of praise, so bring your singing voices, the first time for a long time since we were able to sing!

We're also starting Knit and Stitch on August 2nd 10am – 12 noon at Hawthorns at the back of Ashley Grange. It's very much a social gathering to natter and knit, crochet or stitch. Any other crafts are welcome, so if you're making a project you'd like to share with the group, please bring it along.

It's so nice to start picking up the threads of village life again.

Linda Pollard

CLOPTON

What lovely hot weather we have had recently, I expect some people found it a bit too hot! It certainly gave the gardeners lots of work in the evenings trying to make sure the plants did not wilt.



Nothing happened in Clopton throughout July and the lifting of restrictions did not affect many people.

The Hobbies Morning on 4th August will be in the Village Hall from 10am until noon.

If the weather is decent, we shall meet outside, everyone is asked to bring their own drink.



The Coffee morning in the Village Hall will be on Wednesday 18th August at the usual time of 10am until noon. We discussed this at our last Zoom meeting and decided that we would like to meet outdoors if possible but if indoors to still be socially distanced. Please bring your own coffee, tea etc so that we do not have to use the kitchen.

Our Zoom meetings for the Hobby group have been so popular that we are going to continue them. They last for forty minutes (Free Zoom time) and start at 10.30 am. Please contact Della Hughes on Clopton News if you would like the link sent to you.

There is a **Lay Led service** in the church on **Sunday 8th August at 11am**, this is a short service and everyone is welcome.

On **Sunday 22nd** August Rev Katrina Dykes will be taking our **9.30am Communion Service**, everyone is welcome.

Doris Main

OTLEY

James took the monthly service in Otley which was well attended. We had a small choir of Brian, James, Ruthie and Penny and Helen kindly played the organ.

“Thank you Day” was celebrated and prayers were said for all those who have helped us through these difficult times. They have done so much over the last year and without their commitment, life would have been far more difficult.



James’ sermon dwelt on our willingness to accept change. So many things have been different over the last eighteen months and as we adapt to the new normal, we will have to consider in what ways our daily lives will alter, including the way we worship.

At a recent Churchwardens and Ministry meeting, it was decided to continue to observe our current regulations for regular services in church in this benefice. In other words to continue spacing and face masks. For the present, communion will continue in one kind, that is without wine.

Regarding singing, we will continue with small choirs where it is safe but will not yet be encouraging congregational singing indoors. Where it is possible, hymns may be sung outside, perhaps at the end of a service.

The Churchwardens will review these regulations at their next meeting on the 20th September. In the meantime, if the situation changes markedly, or we receive some definite directive from the Diocese, then further changes may be made.

 **The Church will now be open during each day for visitors, or private prayer.**

The automatic locking system will open the door at 7.30am and lock at 4.00pm.

On the Thursday before the scheduled service at the beginning of the month, the Church will close on the preceding Thursday and reopen on the following Tuesday, this is to allow for the Church to be thoroughly cleaned.

Our next service will be on Sunday **1st August** Holy Communion at **9.30 am** which will be led by the Revd Katrina Dykes. Everyone is very welcome, and we look forward to seeing you at the service.

We are also hosting a Benefice Service on **Sunday 29th August** at **9.30am** led by Katrina.

If you would like to come, please let Karin know on 01473 890539.

Richard Treloar



**Time is nature's way of
keeping everything from
happening at once.**

John Archibald Wheeler

1st Otley Scout Group

All our sections are now back at our hut meeting “Face 2 face”, which is fabulous news. The Group worked hard during lock-down running Zoom meetings but its lovely to be back.



Beavers welcomed 7 new members in May and invested them all in June, celebrating with a Birthday party to celebrate 35years of Beaver Scouts. They have been working towards Craft, Hike, scientist, gardener, Teamwork and many other badges and have all done really well.

Cubs have moved to a Monday night and have been enjoying an exciting programme. We hope 4 new Cubs will join in September as 3 Beavers “swim up”.

Scouts still meet on a Thursday and worked really hard painting the inside of the Hut for their DIY badge as well as enjoying a night of shelter building.

We are all starting to plan our Autumn programmes. If you think you have a skill you'd like to share, or a little spare time (not necessarily regular) you could share with the Group, please let our GSL Martyn Osborne know or speak to one of the Section Leaders. It's a really rewarding thing to do.

SWILLAND

We are delighted that Lydia Williams and Ed Harrison are being married in Swilland Church on 24th July. We wish them a long and happy life together. I can't report on it as I am writing this on the morning of the wedding.



The church is now open on most days and we have resumed our monthly services. It's good to be a bit freer at last.

RIDE+**S**TRIDE:



The Suffolk Historic Churches Ride and Stride is taking place on 11th September. If anyone would like to take part, please contact me for a sponsorship form.

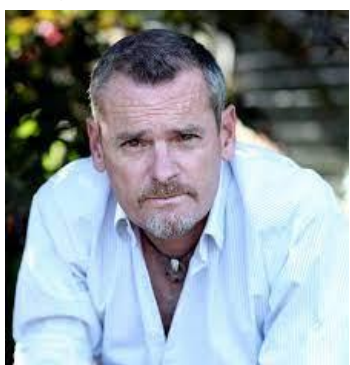
Ann Kent

Worth Trying For!

In June 1985, two British mountaineers Joe Simpson and Simon Yates made the first-ever climb of the West Face of the 21,000 foot snow-covered Siula Grande mountain in Peru. It was an exceptionally tough assault - but nothing compared to what was to come. Early in the descent, Simpson fell and smashed his right knee. Yates could have abandoned him but managed to find a way of lowering him down the mountain in a series of difficult drops blinded by snow and cold. Then Simpson fell into a crevasse and Yates eventually had no choice but to cut the rope, utterly convinced that his friend was now dead.

In his subsequent book on the climb entitled "Touching The Void", Joe Simpson wrote:

"As I gazed at the distant moraines, I knew that I must at least try. I would probably die out there amid those boulders. The thought didn't alarm me. It seemed reasonable, matter-of-fact. That was how it was. I could aim for something. If I died, well, that wasn't so surprising, but I wouldn't have just waited for it to happen. The horror of dying no longer affected me as it had in the crevasse. I now had the chance to confront it and struggle against it. It wasn't a bleak dark terror any more, just fact, like my broken leg and frostbitten fingers, and I couldn't be afraid of things like that. My leg would hurt when I fell and when I couldn't get up I would die."



The survival of Yates himself was extraordinary. That Simpson somehow found a way of climbing out of the crevasse after 12 hours and then literally crawled and dragged himself six miles back to camp, going three days and nights without food or drink, losing three stone, and contracting ketoacidosis in the process, would be the stuff of heroic fiction if it was not so true. Indeed, six operations and two years later, he was even back climbing. All because, against all the odds, he tried ...

Source: "Touching The Void" by Joe Simpson

Solutions to the Brainteasers on Page 11

- A) Invest, harvest and eavesdrop
- B) He's playing Monopoly
- C) The River was frozen
- D) An Hourglass – it has thousands of grains of sand



HASKETON VILLAGE FETE

Live Music   Plants

GAMES   BBQ + teas

SATURDAY, 7th AUGUST
12-3 pm

CAKE COMPETITION  RAFFLE + TOMBOLA  throw a wellie
.... and lots more

Plus church 'kneeler' exhibition at the church
and again on Sunday with cream teas 2-4pm

RUSSELL LING REPORTS



In order to get milk, cows had to have a calf. Farmers with large herds had their own bull but for smaller herds this was not economical. In the past farmers who owned a bull, would for a price, transport it to serve the cows in the smaller herds. After WW2, the Milk Marketing Board organised artificial inseminating units around the Country and there was one in Otley. The advantage of this method was that the cows could be served as and when the farmer required, to get a continual output of milk throughout the year. Another reason was the advantage of having the semen from a top-quality breed of animal for the production of milk or alternatively for beef.

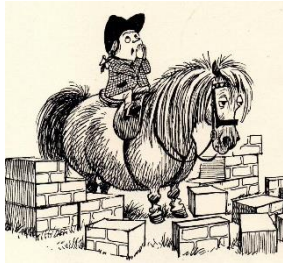
There are many pure breeds of cattle in this country, but over the years these have gradually decreased, so that some have, like the Suffolk Punch horse, reached a stage when they are in danger of extinction. These pure breeds are kept going by a small band of dedicated breeders and the problem for them is finding bulls that prevent too much in-breeding of the herd. Because of the demand for milk supplies at a cheap rate for the increasing expansion of the population, breeding has only taken place from higher yielding cows. The older pure breeds do not have this ability but is necessary to keep them as they can be used in cross breeding to obtain a particular strain, such as strong legs, which a higher yielding cow requires. High yields also bring other problems since the cows need to be milked more than twice a day otherwise the udders become very uncomfortable. The most up-to-date milking systems allow the cow to decide when they wished to be milked and they will on their own accord go to a stall in the milking parlour. The cows have a collar from which the internal computer system identifies the animal's number and its previous milk yield. Based on these facts an amount of feed for that cows' yield will be delivered into its manger. Following this, the udder will be automatically cleaned, and the milking teat cluster attached. A sample of milk is analysed before completion of milking. The milk that the cow gives is cooled and stored in the farm milk container ready to be collected by a milk tanker and then taken to be pasteurized before being bottled and sold onto the distributors.



An American in Otley: What, Me on A Horse??

While in Otley, our daughter enjoyed taking lessons at Newton Hall Equitation Center in Swilland. Like many girls, she was besotted with horses. By the beginning of the school term, Laura needed a bit of encouragement as she settled in. She was missing her friends stateside and her cat and dog whom we had to leave behind with family. One of the difficulties for children of armed forces' personnel is the need to reinvent themselves with each new posting. Suffolk was still getting used to her face and she was looking for the niche she would fill.

Not long after we arrived, and on the recommendation of friends in Otley, we drove down to Swilland and met Rosie and Peter Theobald, the owners of Newton



Hall at that time. Once fees were agreed upon and Laura “sized” for a suitable pony, she never looked back. It was as if she was born to ride. I think even Rosie may have been surprised since Laura had not, heretofore, ever ridden. Soon she was on the back of Dicken (aka Diplomacy), a nimble 14-hand pony, and it was love at first whinny. Much of her spare pocket change and ours were spent on lessons, hacks, and competitions, not to mention purchasing the kit and grooming supplies (for Dicken, not Laura!).

I will admit to nerves as I watched her begin jumping and entering Three-Day eventing competitions. She and Dicken were tireless and fearless. I finally had to close my eyes as they approached and, usually, soared over jumps that seemed much too high. I learned, however, that the pair of them were competent at judging risks. I also learned that manageable risks are important elements in a child's development and a wise parent does not intervene.

Rosie and her staff were remarkable teachers and life coaches. They exemplified competence and kindness along with the ability to set expectations in matter-of-fact ways. Students learned practical horsemanship - not merely how to ride but how to care for the marvelous creatures over which the young riders had charge. Mucking out stalls, feeding, watering, grooming, taking care of the tack, and all the other less glamorous parts of horsemanship were stressed. Rosie's center was a school of equitation, not merely a stable that rented out mounts.

How do I know this? I can admit that it was not merely from parental observation! I took an eight week “horsemanship course.” As our time in England drew close, we knew that if we were to get Laura back to the states with minimal trauma, we needed to invest in a horse at our new assignment in Ohio. And ... if we were to become horse owners, it only made sense that I knew how to care for a beast so that I could give Laura a hand. I also knew I needed a refresher course on riding, starting with “how to mount up.”

So, in my 40th year discovered how little I remembered from the long-ago lessons at camp in Maine. Dressed in jodhpurs with riding hat strapped firmly on my head, I scrambled up on a horse much larger than I was expecting. This would be the last time I had that luxury – thereafter I would have to muck out my mount’s stall, tack him up, lead him out to the yard and then proceed to the lesson. I went “round the world” on my saddle, circled endless times on the lunge line, and then was turned loose. A gentle walk became a sedate trot and I diligently tried to rise to it. After a while, I almost became an acceptable rider when at moderate paces.

My gelding was chosen with care to suit my novice status. He was gentle and happy to be ridden by an inexperienced student. That is, until I gained some confidence! He was less willing to transport me once I began using the aids at hand – my voice, heels, and the reins. His tolerance lessened as my expectations rose. I had been warned about his tricks but lost sight of them in the middle of a hack.

One of my last lessons involved a final ride through Swiland’s back lanes with Laura and Hannah Mayhew and Rachel Kemp plus a minder. All went well until, for some reason, the horse realized I was inattentive. He abruptly stopped, lowered his neck and head to his legs, and off I sailed over his head and onto the ground in front of him. That was a surprise! In the eight weeks of tuition, I had managed to stay in the saddle. Sheepishly, and with a very sore backside, I clambered back on and proceeded to finish the hack. Other than to my dignity, the only injury was one very bruised area which made sitting on our voyage back to the States problematic.



The lessons were a success. I did feel more confident around horses and Laura did get her horse on our return stateside. We purchased a 17-year-old mare named “Pookey.” She was a light grey 7/8th Arab and 1/8th Quarter horse. She had been trained in dressage and had competed in three-day eventing. She was a beauty and a good friend to us all. I quickly put my lessons into practice and Pookey seemed grateful!

Mary Miner, Susiespinner36@msn.com

FASCINATING LANGUAGE



A Little Bird Told Me

This famous term means to receive information from a secret informant and the root source is thought to come from the Bible, *Ecclesiastes 10-20*:

‘Do not revile the king even in your thoughts, or curse the rich in your bedroom, because a bird in the sky may carry your words, and a bird on the wing may report what you say.’

Shakespeare also makes reference to it in *Henry IV, Part 2*:

*‘As far as France: I heard a bird so sing,
Whose musick, to my thinking, pleas’d the king.’*

A Nod Is As Good As A Wink

This 16th-century English phrase is shortened from “a nod is as good as a wink to a blind horse”.

It means that a subtle signal is sufficient to indicate agreement to undertake something borderline illegal or an understanding of sexual innuendo.

Monty Python famously played with the phrase in a sketch known as “Nudge Nudge” where Eric Idle uses the modified phrase “a nod’s as good as a wink to a blind bat”



SMILE LINES

What do you call a bee that can't make up its mind?
A maybe

I tried to sue the airline for losing my luggage.
I lost my case

Is it ignorance or apathy that's destroying the world today?
I don't know and don't really care

Which country's capital has the fastest-growing population?
Ireland. Every day it's Dublin.

My ex-wife still misses me.
But her aim is starting to improve

The guy who invented the door knocker got a no-bell prize

I saw an ad for burial plots, and I thought: That's the last thing I need!

If you need an Ark - I Noah guy

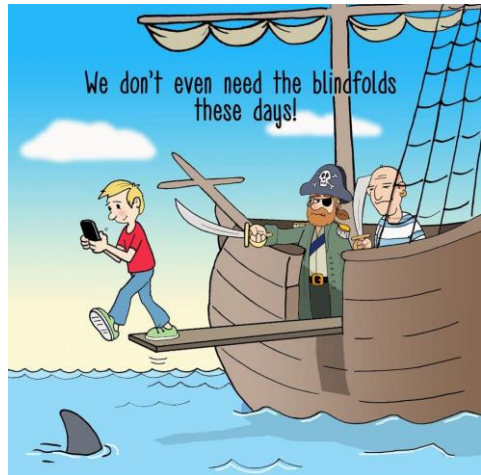
What did the grape say when it got stepped on? Nothing, but it let out a little
whine

Son: "Dad, can you tell me what a solar eclipse is?"
Dad: "No sun."



"Yer don't know what this means to me, Andy,
it's AGES since we've done anything together!"

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CHILDREN'S CORNER

Spot The Difference

Can you find all 7 differences between the two pictures? Circle each one as you discover them.



Q: WHY DO FISH LIVE IN SALT WATER?



A: BECAUSE PEPPER MAKES THEM SNEEZE!



5

What kind of tree fits in your hand?

A palm tree!



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