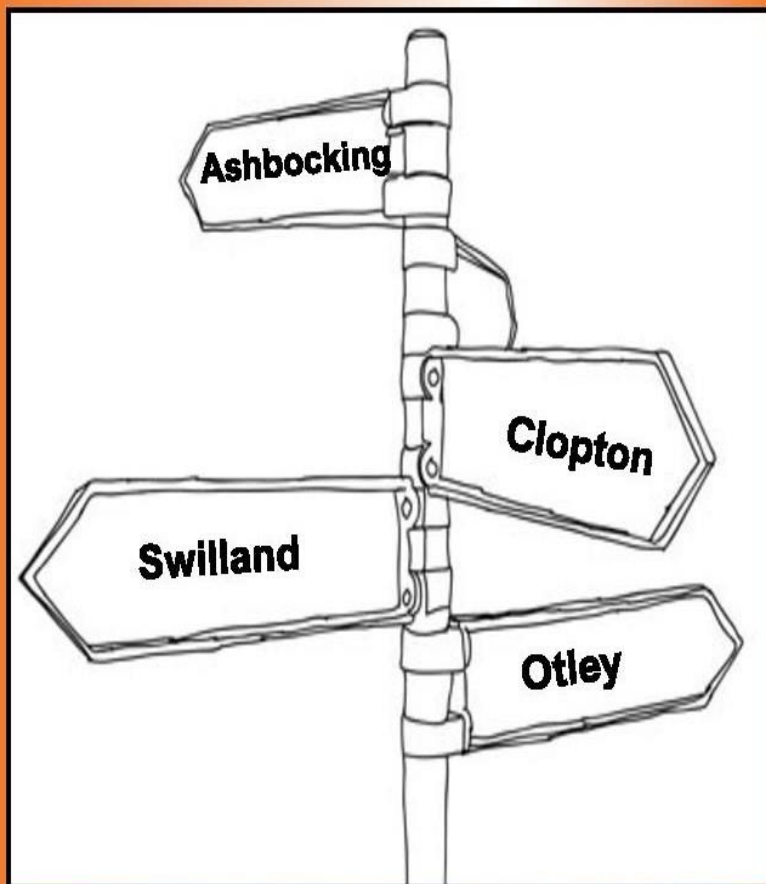


# *The Signpost*



*News from the Parishes*

## A Word from The Editors.....

Welcome to our July Signpost. We hope very much that you and your loved ones are keeping safe and well at this difficult time.

Thank you all for your continued feedback and contributions for The Signpost. Please do continue to send us your jokes, recipes or articles or anything else that you would like to see in our next magazine. To register to receive The Signpost via email each month, please email Amy [bakergirl174@gmail.com](mailto:bakergirl174@gmail.com) and Angela [amtrelor@btinternet.com](mailto:amtrelor@btinternet.com)

News of the Carlford Churches and details of online Worship can be found on the website [carlfordchurches.org](http://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](http://carlfordchurches.org) or with Mark Cresswell – [mark@cresswell.onl](mailto:mark@cresswell.onl). 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>.

Please continue to be safe & take care, Amy and Angela

## The Monologue

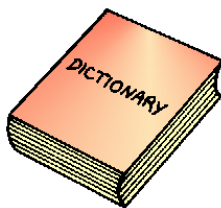
*By Charlie Haylock*

These two wuds. Sev'ral and few.  
Depict th' Suff'k dialect, oh soo trew.  
'At's th' oldest English tongue.  
Stand'd English, is oh soo young.

Depict'n th' Suff'k dialect, oh soo trew.  
Quoite opp'sit t' th' others who  
Will use th' best part a fair few.

These two wuds, sev'ral and few,  
Depict th' Suff'k dialect, oh soo trew.  
Flexible and subtle, and soo aware,  
Of what's around 'em, everywhere.

Th' Suff'k dialect must ne'er be dead,  
'At's th' moost ancient English ever said.  
At must laarst fer **SEV'**ral years to come,  
Else England t'gather – will talk as one.



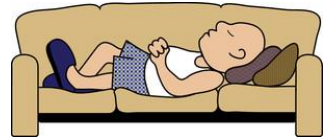
## Weather May 2020

There has been no rainfall in May, and it has been recorded as the driest month for 176 years, there has also been long periods of sunny days with some wind at times. Rainfall for the year to date is 6.8 inches.

*Russell Ling*

### 27<sup>th</sup> July The Seven Sleepers of Ephesus – proving a nap is good for you!

Do you tend to avoid conflict? When you feel stressed, do you crave sleep? Then the Seven Sleepers of Ephesus would be good patron saints for you. But – you may find it hard to copy their successful method of avoiding trouble!



Legend has it that The Seven Sleepers were third century Christians who lived in Ephesus during the persecutions of the Roman Emperor Decius. When things got very bad, the Seven Sleepers decided to ‘go to ground’. Literally. They found a cave on the outskirts of the city and walled themselves in. The story goes that then God simply put them to sleep.

200 years later they woke up and peeped out of the cave again. Things had changed: Ephesus had converted to Christianity. Unfortunately, the Seven Sleepers did not get much time to enjoy the new freedoms, because within a short time they all died – of extreme old age.

The story was popularised in the 6<sup>th</sup> century by Gregory of Tours and Jacob of Sarugh, who venerated the Seven Sleepers as saints. But it was challenged by Baronius and many scholars since. It is sometimes called a Christianised pagan or Jewish legend akin to Rip Van Winkle.

A possible moral for anyone today is that when you find yourself in a storm of conflict, you don’t have to fight all the battles yourself. You can indeed seek refuge in God. He may not put you to sleep for 200 years, but He will be a safe hiding place for your soul.

*Tomorrow is often the busiest day of the week. – Anon*

## A Dose of Welsh Humour

*“In memory of our good friend and colleague Philip David”*

An elderly GP in a south Wales valley wanted to retire so he arranged for a newly qualified GP to join his practice. After a short period in his surgery he decided to take his young colleague out with him on one of his home visits to his patients. They arrived at the home of his first patient, they knocked on the door, they went into the house, they went up the stairs and into the bedroom to see the old lady in bed. She had a bad tummy. He checked her over and said, ‘stop eating fruit’. The two doctors left the bedroom, went down the stairs and outside to their car. The young doctor asks why did you tell the old lady to ‘stop eating fruit’. The old doctor replied, I dropped my stethoscope on the floor, I looked under the bed and all I could see was orange peel, apple cores, banana skins and some old grapes, so I told her to stop eating fruit. The two doctors continued on their round and finally the elderly doctor said that it was the young doctor’s turn to assess the next patient. They arrived at the home of the next patient, went into the house, climbed the stairs and went into the bedroom. There was a very attractive young woman in bed, and she complained of a bad tummy. The young doctor checked her over and after a short pause said, ‘stop drinking milk’. The doctors left the bedroom, went down the stairs out of the house and into their car. The elderly doctor then said why did you tell her to stop drinking milk. The young doctor replied, ‘I dropped my stethoscope on the floor, I looked under the bed and the milkman was hiding there’. *Philip David*



## Otley And District Gardening Club

It’s been sometime since we last wrote, but with all the strange occurrences happening recently, there wasn't that much to talk about (other than the obvious). So, for something to do, Otley and District Gardening Club decided to put on our annual plant sale, despite what was going on in the world. Instead of it being held at Otley Village Hall as we’ve done in previous years, we put tables at the end of a select number of our members driveways. And rather than the money we raise go to club funds, we donated it to charity. We chose to support 2 charities, St Elizabeth Hospice and the NHS Covid 19 Support Charity. What a result we had! Our grand total was £1,050.00!! It was our most successful plant sale that we’ve had, since records began. I’d like to just say thank you to our wonderful

community for supporting the event, and to the members who donated their plants and their driveways to the cause. Liz Stegman represented the Ashbocking contingent, while Issy Lincoln and Sue Montgomery supplied Otley with some rather wonderful plants. All were fantastic at dedicating their time and growing expertise to help raise such a phenomenal amount of money. A massively big thank you goes to everyone involved.



All our current talks and trips are on hold until we have the go ahead to move forward. Please keep watching this space for more information about the club and our upcoming speakers. I might even try and put in a gardening tip or two.

This month's tip is to deadhead the flowers on annuals and perennials once the blooms have faded. The plant will think that it's not produced any seeds and will produce more flowers. Bonus! When the plant has produced its seeds, it will think that its time is over for this year and die back. Not so good. So, deadhead, deadhead and deadhead some more. It can be a task at times, but the results will speak for themselves.



I look forward to writing to you soon,

*Phil Pollard, The Green Chairman*

## **NEWS FROM OUR CHURCHES**

### **ASHBOCKING**

As I write this the weather outside has taken a change in direction, as it so often does after a hot and sunny May. I am hoping that trait, is not going to be representative of the rest of our summer. June brings the longest day and then we are in the gentle slide towards autumn, so it is always great to have had fabulous weather to boost us prior to the colder months, especially this year. It just makes you wonder if this virus will ever go away.

I say enough is enough!

We are probably all still leading restricted lives as we are now at different stages in lock down, depending on our circumstances. Like me, many of us have only just been released from our homes to go outside, others of course, will be back at work and taking children back to school. That in itself sounds so normal, but the

truth is, normal will never be what it was before, and we still have to be vigilant and take care.



People have been feeling a bit fed up maybe, and for those who are used to going to church are still faced with locked doors.

We are so fortunate to be able to join the virtual church service at 9:30am on a Sunday morning by going onto the Carlford Benefice website. So, this a time of great change all round, but we the community, are still here and are still caring and talking; together we will get through it. Hopefully our gardens are still a source of interest and comfort. I would not be without mine and the noisy little birds who chatter so early in the morning. It has been wonderful watching the fledglings shouting at their parents for food and then helping themselves when their backs are turned.

Summer is well and truly here even if the weather doesn't always reflect it, the things we have sown are beginning to grow with a vengeance. Even if you don't have a veggie plot you can always grow lovely herbs in pots on the windowsill or outside, always very satisfying picking and popping in the pot with your meat or vegetables, or on the BBQ. I do, as usual have a problem in the garden and that is greenfly and blackfly. Complimentary planting is not always successful, and we have tried most other things like blasting them off the stem with the hose, using washing up detergent and even resorted to commercial sprays. There are so few ladybirds about to help and the birds don't seem interested. Does anyone have a magical solution to stop our plants being decimated by them? Please let us know what you do.

Another problem is that our newly dug bed by the shed has turned out to be a favourite place for moles and all my squashes and courgettes keep being thrown out of the ground.

So much so, we have resorted to grow bags and replanted them. Far from gardening tips this month we are sharing our own gardening problems in the hope someone can help.



I know many people are now venturing out to do socially distanced shopping but I know for me it will be a while yet and I am very pleased to be able to get my shopping delivered, and there have been so many offers of help for people who can't get out. The larger supermarkets have allowed five more items making

eighty-five the limit to what you can order. Most things are now available except SR flour which I have not had since March. Sometimes I couldn't even get plain and I have to say that a Victoria Sponge is not very successful made with strong bread flour!

If you are stuck for a recipe you can often find one on the back of packets. Despite having shelves of cookery books, I have often resorted to the flour packet.

This one, for Vanilla Cookies, I discovered on the bag of Rice Flour which I quite like for lots of recipes. It is Gluten free and is very light and for this recipe gives a nice crispness. I have made them several times varying the flavouring and fruit etc. Even using chocolate chips!

The only problem with it is that one is never enough. The recipe says it will make thirty, but we have found twenty is more realistic.

### **Vanilla Cookies**

Oven temp. 190C/375F or gas mark 5

75g butter or vegan butter

75g sugar

1tbsp Milk or vegan equivalent

2 tsp vanilla extract. (I have found almond and lemon extract good too)

100g Rice Flour (I use Dove Farm rice flour)

1tsp baking powder

4tbsp water



### **Method**

Line a baking tray with parchment.

Cream together butter and sugar

Beat in milk and vanilla

Sieve the flour and baking powder into the bowl and mix well mix in the water and to make a soft dough

Form into 30 (20 easier) and place on the parchment lined baking tray

Flatten them slightly and bake in the pre-heated oven for 20-22mins.

Leave to cool before removing them from the parchment. They crisp up as they cool.

I must go now and do some weeding, keep safe, keep healthy and stay vigilant.

*Linda Pollard*



*"Grass is the cheapest plant to install and the most expensive to maintain"*

*Pat Howell*

## CLOPTON

I do hope that everyone is keeping fit and well during these strange times. We are so lucky to live in such a lovely part of the country and the weather has been wonderful. I imagine all our gardens are looking manicured and weed free. There seem to be more birds this year or maybe the lack of traffic and noise from planes has made their song easier to hear.

People are still shopping for the elderly and other housebound people and it shows what a strong sense of community we have. Thank you to all those who help others.



Our monthly Coffee Morning has now, by popular request, turned into a weekly Zoom meeting. We have to thank Della Hughes for hosting it each week and for helping the less tech savvy people to join in. It has been a steep learning curve for some of us, but it is great to see everyone each Wednesday.

It will be good to open the church again. I imagine the bats and their young have had a wonderful time and there will be quite a lot of cleaning to be done. Hopefully, the good weather has kept the mice outside and they have not felt the need to eat any more of the church linen and kneelers!



*Doris Main*

## Going Back to Church

I am writing this on 11th June, but by the time you read it, things may be different.

Take pity on and pray for the civil servants tasked with writing the many and complex government regulations during lockdown, including those about access to places of worship. In consultation with all the different faith leaders, the government will decide when we are allowed to go back to church, how, and for what.



At present, the nine churches in the Carlford benefice remain closed, apart from the food pantries in Grundisburgh and Hasketon. Each church has one designated person, who is allowed access for a limited range of purposes, and I am that



person for Otley. Since the beginning of May, I have been visiting the church on Wednesdays and Saturdays (usually in the mornings) to wind the clock and to pray, particularly for our villages. If you have a particular person or problem that you would like me to pray for, please either telephone 01473 785251 or email [allthealls@btinternet.com](mailto:allthealls@btinternet.com).



As from 20<sup>th</sup> June, Hasketon church will be open on Saturday mornings should anyone wish to go in for private prayer, but this will be carefully controlled, and appropriate precautions must be observed.

As the notices on the church doors state, the buildings may be closed, but the life of the Church of God goes on. The Church (with a capital C) does not consist of its buildings, but its people, and I trust that we are continuing to pray, worship and be agents of God's love wherever, however and to whoever we can.

*James Hall*

## **In Memory of Peter Rogerson, Church House Otley**

Many of you will be sad to learn that Peter died on 5th May, after a long illness. He was a great servant of the Church in Otley, winding the clock, opening and closing the Church every day, setting the heating and on special occasions climbing the tower and raising the flag.

Born in Suffolk, he was a great lover of wild-life and a keen supporter of the Suffolk Wildlife Trust. After a career in the Army and subsequently with Shell, Peter volunteered for SSAFA (The Armed Forces Charity) and for more than twenty years helped veterans - not all of them old - gain funding for disability aids or essential equipment in their homes.

He will be greatly missed by us all in Otley and we send our condolences to Rose, Sarah, James and Tom.

Rose writes: "The family and I would like to thank everybody who has sent cards and letters on the sad loss of Peter, which have been a great comfort. Many of you knew him and before his illness, he had such a zest for life and interest in people. We are going to miss him very much. We hope to hold a service of thanksgiving in due course".



## OTLEY



I walked down the Donkeys Ear path on the afternoon of the 3<sup>rd</sup> June and was delighted to see a group of young children on their school playing field having a great time with their teacher. It has been such a long hard time for them.

Ian Liddell, Chairman of the School of Governors, has written a report for us below...

### **“News from Otley Primary School”**

Along with other Primary Schools, Otley School re-opened for Years R, 1 and 6 on the 1<sup>st</sup> June. This followed a thorough risk assessment with the returning children being placed into discrete ‘bubbles’ that do not mix with other bubbles throughout the school day. They have separate arrival, break and lunch times and each bubble is limited to a maximum of 15 children. For the remainder of the summer term each bubble will be attending for 2 days a week. The children have been fantastic and have behaved with great maturity by adhering to social distancing, and the other new rules, as far as practicably possible for young children. They are pleased to be back, meeting their teachers and friends again and being part of returning life to normal as far as possible whilst at the same time keeping safe and learning.

However, it must be remembered that in fact the School never closed. Throughout this period, provision has been combined with Witnesham for the children of key workers and vulnerable children as well as providing a virtual education for the remainder, including all through what would have been the Easter holidays. I know how hard all staff have worked to adapt to this new way of educating in such a short time; so thank you to them all.



Thought is now turning to how the other year groups can safely be readmitted and what schooling will look like in September. There are still lots of unknowns and the picture will become clearer in the weeks ahead but everyone is working towards providing a safe, stimulating and happy environment.

*Ian Liddell, Chair of Governors*

## Jean Martin 10/ 4/ 1947 - 9 /6 /2000



Jean and David and their children Dan and Sarah came to Spring Park, Otley in July 1982 after a period of living abroad. Jean quickly settled into village life.

Jean was born and raised in Liverpool, went to college in Birmingham where she met David. She qualified as a Chartered Librarian and it was here, she learnt the expert skills for research and organisation she would use throughout her professional career and in the voluntary work she pursued after retirement.

For many families with daughters now in their 30s and 40s, Jean will always simply be Brown Owl. When she arrived in the village all the local Brownie packs were full with extensive waiting lists and because her daughter Sarah had been a brownie whilst living abroad, she approached the local Guiding Association and asked to start a new pack in Otley. She was welcomed with open arms and the 1<sup>st</sup> Otley Brownie Pack was born in 1983.

Otley Brownies met at the school and were actively involved in village life, attending church parades, running a stall at the village fete and cleaning the brasses in church. Pack holidays were held at Leiston Middle School and in caravans at Pakefield, they were great fun but hard work for the 'owls'.

Jean served on the village fete committee for several years and was an essential member of the Village Quiz team. Back then, an annual knockout competition was run by Suffolk Community Council, any village could enter a team and quizzes took place in village halls around the county. Otley's team gained a formidable reputation and won the competition for three consecutive years -- before retiring gracefully.

In her professional life Jean was librarian at Debenham and Westbourne High Schools before joining the Suffolk Library Service as Advisory Schools Librarian based in Ipswich. Many local primary and secondary schools have benefited from her expert knowledge, lively imagination and creative flair when upgrading their libraries and researching materials for class teaching projects.

On retirement, Jean continued to pursue her passion for education and was appointed as a governor at Rendlesham Primary School in 2011. She

subsequently was elected as Chairperson of the governing body, a position she held for the last five years

Jean had a love of history and she volunteered with the National Trust at Sutton Hoo. Here her professional skills were quickly recognised and put to excellent use researching and preparing exhibitions and presenting this information to visitors

Jean was a 'people' person, extremely well read and travelled. She had a wonderful sense of humour. She always had a lively interest in the many different aspects of daily life including literature, travel, needlework, cinema, theatre and the arts.

Jean died suddenly at home on June 9<sup>th</sup> 2020.

We send our prayers, love and sympathy to David, their son Dan, daughter Sarah and their families.

*Pauline Crowley*

***"Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go."***

*Joshua Chapter 1*

## **SWILLAND**

I would like to thank Brian Williams for making the beautiful silver bookmark as a retirement present for Clare. See the photo's in the following article.

I very much enjoyed Clare's last service, the presentation on Grundisburgh Green and James excellent tribute to her. Thank you to everyone who put it together. We shall miss Clare enormously. We wish her our very best wishes for a well-earned retirement. *To see Clare's farewell, please [click here](#) to be taken directly to the Carlford Churches website.*

What a wonderful year it has been for everything in the garden. Lack of rain has been the only problem but with sufficient watering the plants and trees are



thriving. My bees are unaware of lockdown social distancing and have been very busy. I extracted 45 lbs of honey from my two hives a couple of weeks ago. I hope in the next few weeks there will be more.

Some of you may remember Michael Foster who lived in the village for many years until his retirement from Red Court Farm. Sadly, Michael died suddenly in early June. We send our condolences to his wife, Eileen, and the family. His daughter, Julie, was a nurse at the Otley surgery.



*Ann Kent*

*“Summer is the time when one sheds one’s tensions with one’s clothes, and the right kind of day is jeweled balm for the battered spirit. A few of those days and you can become drunk with the belief that all’s right with the world”.*

*Ada Louise Huxtable*

### **The Legendary Swilland Present Saga**

Back in the far mists of time prior to Covid Lockdown, a small group of worthy parishioners were discussing the nature of a possible gift for their retiring incumbent Clare. Various possibilities were discussed and someone (unknown but now hunted) suggested one of the congregation (aka el caracol) make her something. Well yes that person, el caracol admitted they had been working at demolition and personal carpentry in a previous existence and more recently had made the odd bauble and chain for family but didn’t like stress of having to deliver (a) to a standard and (b) to a deadline. The second condition he/she was told was not a problem not even for a one nicknamed after a Gastropod mollusc as he/she had nearly 6 months to come up with a result and the Parish would take its chances with the first. The parishioner made a quite slowly in character study of said Clare and noted she didn’t wear jewellery not even a wedding ring not at all, on which subject he/she confronted said potential recipient of future gift regarding possible clerical law infringement, since all her gently innocent flock knew she lived with “husband Mark.”

She assured not so clever detective (sic) that everything was above board but indeed she never wore jewellery. Said detective then came clean offering insight

and admission of sleuthing and obsequiously enquired of now worthily restored cleric what might make her truly happy in her long arduous retirement since she wore no jewellery, didn't require corporeal demolition services and had no need for immediate personal carpentry but was there something which might even facilitate her memory recall in the long cold winters in Shropshire In her dotage to remember Swilland, that long lost little village in outer (well it embellishes the story don't it) Suffolk?

She suggested a ubiquitous article that she might treasure all her life without offering further insight or desire as to the form of this future keepsake. It would have been stupid to make a keepsake out of materials such as cardboard, paper or plastic since it would be likely lost and seemed unbecoming for one so revered locally so el caracol went away and schemed burning much midnight oil in the process.

Finally, after much preparatory work (mistakes and failures for them initiated) the worthy but slothful pensioner came up with an idea he/she felt had possibilities. They don't brand wooden or plastic craftsmanship officially to give it gravitas, so our Artisan (pun possibly but there again possibly not) had to then turn to other material that might be more hard wearing and which might offer a certain penchant to the project.

He/she hammered and filed; scorped (technical term for the initiated), occasionally cursed(not a technical term), bled, and suffered many hazards in almost near silence and finally produced a result in hopefully hard heavyish wearing shiny stuff. Similarly the illustrious spouse of lowly caracol also contributed, skillfully making rainbow colourful tassels to attach to the gift such that intended recipient might not lose said article like she had previously been known to do with other personal possessions like spectacles on various occasions.

But then came Lockdown and a worthy brand marking establishment in far away Londonium quite understandably decided to shut up shop and cause much consternation to bling bashers all over the kingdom, including our lowly caracol since he/she was unable to get an official branding thereon the mark of appreciation he/she had knocked up. Secret meetings between ministry team member guarding the various treasures amassed for said retiring incumbent and the sad erstwhile toothface (another pun if you missed it thinking it were a typo)

worker ensued and it was decided the now sad burghers of Swilland would send mark of appreciation on to deepest Shropshire next century when the Bling makers Authority returned to hammer bling brand marks thereon.

Then there were a miracle; a magician in far off Londonium waved his wand and decreed that the said establishment could reopen and start branding again. So it was El Caracol, now well pleased at the joyful news sent the bookmark (for that was what he/she had finally knocked up in metal no less than of a whitish colour) to the branding establishment and lo it finally returned to lowly Swilland but NOT in time for said incumbent to receive with all her other treasure, so a further little ceremony was construed and Clare finally received at social distance, her aseptically wrapped tardy gift from said parishioner with video coverage by Swilland's own almost professional camera person.



Finally it can be said;

“When your service is over  
and your worship abides  
a snail can still  
bring a little surprise”



### Fitzwilliam Museum masterpieces reimaged with face masks



The Fitzwilliam creates "a unique perspective on our current lives through the art we know and love".



## RUSSELL LING REPORTS

### Farm animals in the horse era

Suffolk at one time was recognised as an intensive pig farming area and in the horse age it was one of the mainstay animals for income that were kept on farms. It was often said that they were worth all brass or all gold and the reason being that when the price was high farmers increased their herds. The result of this was that the market became flooded and the price dropped dramatically, many farmers then drastically reduced the numbers of sows that they kept. After about six months a shortage would result, and pigs would then be worth gold again. All animals at that time were sold on the open markets that all large towns had and the dealers would often come from some distance to make a purchase with the intention of reselling to other farmers if they were weaners. If the pigs had been fattened local butchers would buy them and slaughter them in their own slaughterhouses.



There were of course no supermarkets in those days and local butchers supplied all the meat for the towns and villages in their area. All the animals that were sold would have been slaughtered and cut up into joints by the butcher. At Christmas time there would be rabbits, poultry and game hanging up in front of the shop for sale. New regulations meant that the cost of updating the slaughterhouse made it uneconomical to continue slaughtering inhouse as they did in the past, so all meat now must be bought in. The result of this is that some animals have to be transported long distances to be killed, which to my mind is a backward step and is not in their best interest.

*Russell Ling*

Life is a journey that no one makes alone. The more people you touch along the way, the more meaningful and rewarding your time. – Anon





## SMILE LINES



### **Crazy?**

Our minister wanted the title of his next sermon to be posted ahead of time on the church website. He rang our church warden and said that the title was to be: 'Are Ministers Crazy?'

Not hearing this as a question, the church warden dutifully posted: 'Our Minister's Crazy.'

### **Why did God make mothers?**

*Here are some of the answers seven-year-olds gave to the following questions...*

*Why did God give you your mother and not some other mum?*

God knew she likes me a lot more than other kids' mums like me.

*What kind of little girl was your mum?*

I don't know because I wasn't there, but my guess would be pretty bossy.

*What did your mum need to know about your dad before she married him?*

His last name.

*Why did your mum marry your dad?*

She got too old to do anything else with him.

*What's the difference between mums & dads?*

Mum knows how to talk to teachers without scaring them.

*What would it take to make your mum perfect?*

On the inside she's already perfect. Outside, I think some kind of plastic surgery.

## EXERCISE FOR PEOPLE OVER 50

Begin by standing on a comfortable surface, where you have plenty of room at each side.

With a 5 lb potato bag in each hand extend your arms straight out from your sides and hold them there along as you can. Try to reach a full minute and then relax.

Each day you will find you can hold this position for just a bit longer. After a couple of weeks move up to a 10 lb potato bag.

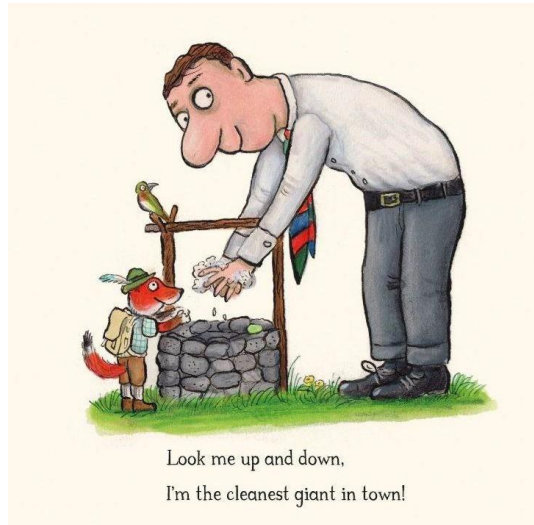
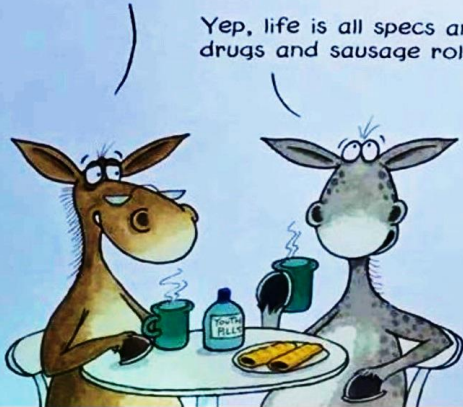
Then try 50 lb potato bags and then eventually try to get to where you can lift a 100 lb potato bag in each hand and hold your arms straight for more than a full minute.

After you feel confident at this level put a potato in each bag.



As I get older, all I need in life is  
a Specsavers, a Boots and a Greggs...

Yep, life is all specs and  
drugs and sausage rolls!



Look me up and down,  
I'm the cleanest giant in town!

# CHILDREN'S CORNER

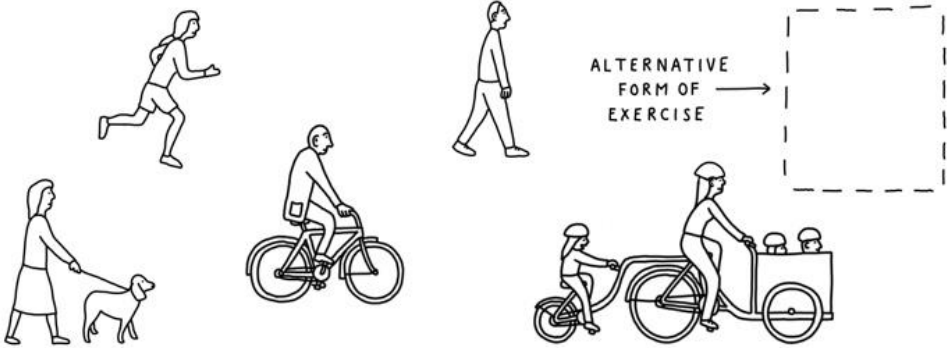
DAVE WALKER CARTOON WORKSHEET

NAME: \_\_\_\_\_

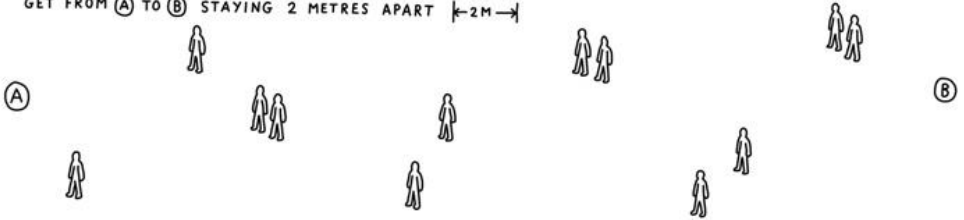
## EXERCISE

STEPS  
TODAY:  
(MAKE THIS UP)

DRAW / COLOUR / FILL IN THE GAPS



GET FROM (A) TO (B) STAYING 2 METRES APART  $\leftarrow 2M \rightarrow$



SPORTS SHOES



TREASURE FOUND  
WHILST EXERCISING

PEOPLE I'M MISSING (PORTRAITS  
OR LIST)

THINGS TO BE THANKFUL FOR



**The WHITE HART**  
**Helmingham Road**  
**Otley**  
**TEL: (01473) 890312**

[www.thewhitehartotley.co.uk](http://www.thewhitehartotley.co.uk)  
[team@thewhitehartotley.co.uk](mailto:team@thewhitehartotley.co.uk)

*"For everything there is a season, and a time for every matter ..."*

... and as we move into Spring and Summer the pub opens up its sunny beer garden with wonderful views of the Suffolk countryside, where you can enjoy local asparagus, crabs and all the other wonderful taste sensations this area has to offer. When Autumn and Winter approach, we light the fire and cook up game pies, hearty stews and crack open the winter ale. Our community lunch gives you a slap-up meal, including pudding, and a chance to meet your neighbours for a mere £6 on the last Thursday of every month and there are Ukulele, Knitting, Cribbage, Book Clubs, all sorts of things to get involved with. See our website, give us a ring or pop in for more details.

*The Pub is the Hart of the Village...*

**ASHBOCKING AUTO CENTRE**  
The Crossroads, Ashbocking, Ipswich IP6 9LA  
Call us today: **01473 785544**  
The home of cost effective vehicle servicing, repairs and quality used cars

**TRUST MY GARAGE**  
APPROVED CODE

Call us today: **01473785544**

 Toyota Auris <b>£2,995</b>	 Honda Jazz <b>£2,995</b>
 Honda CR-V <b>£7,495</b>	 Honda Jazz <b>£6,995</b>

**MOT's only £35**

"Very helpful garage, the lads are a great help. Thanks guys! Recommend this garage!"  
**Sadie Betts**

**Your local Garage... you can trust**  
Servicing & Repairs (including Hybrid)  
Local collection and courtesy cars available  
[www.AshbockingGarage.co.uk](http://www.AshbockingGarage.co.uk)

## Graham Fowler Painting and Decorating



Top quality finish at a very reasonable price.  
All aspects of interior and exterior redecoration.  
Many years' experience in the trade with reference's available.

Please contact for a free estimate:

**01728 685448**

**Mobile: 07798 832636**

E-Mail:

[graham.fowler@ymail.com](mailto:graham.fowler@ymail.com)

**THE OTLEY VILLAGE STORE, POST OFFICE  
and GARDEN SUPPLIES**

**CHAPEL ROAD, OTLEY 01473 890257**

The Otley Store is a traditional family-owned village shop which can supply all of your needs. It is well stocked with a range of groceries, fresh fruit and vegetables, wine, beers and spirits, newspapers and magazines, Calor gas and garden supplies. It also has a lottery terminal. Weekly home deliveries in the area are available, Monday-Friday 7.00am-7.00pm, Saturday 8.00am-5.00pm, Sunday 9.00am-12.30pm. Follow us on Twitter @otleystore and Facebook on "The Otley Village Store"



**CHRIS HOWARD**  
**PLUMBING AND HEATING**  
Local, professional and  
reliable service

- ◆ All household plumbing
  - ◆ Gas and oil boiler install and servicing
  - ◆ Hot water cylinders
- Free non committal quotes**

07749315908

[chrisjhoward5@googlemail.com](mailto:chrisjhoward5@googlemail.com)

[www.chrishowardplumbingandheating.co.uk](http://www.chrishowardplumbingandheating.co.uk)



**Saddles and Leads**

**Sarah Sutcliffe**

Horse care and house sitting

Highlands, Church Road,  
Otley, IP6 9NP

07990875833

[daveysarah23@gmail.com](mailto:daveysarah23@gmail.com)

**Coastal Building Supplies**

7 Wentworth Road  
Ransomes Europark  
Ipswich, Suffolk  
IP3 9SW

01473 320315

Unit 2, Sizewell Crossing  
Leiston  
Suffolk  
IP16 4LW

01728 833453

Riverside Business Park  
Dock Lane, Melton, Woodbridge  
Suffolk, IP12 1PE  
**01394 799000**

*For all your Timber and Building  
material requirements*

**Birketts**

**Excellence in Practice**

**For all legal work: Business and private**

Local Contact - James Hall

01473 406270 (232300 switchboard)

[james.hall@birketts.co.uk](mailto:james.hall@birketts.co.uk)

Offices in

Cambridge | Chelmsford | Ipswich | Norwich

**YOUR LOCAL HANDYMAN**

*Providing a friendly, reliable, quality service*

**SSJ**

***Specialist in Small Jobs***

*Based in Ashbocking*

*Call or email:*

**Ken Petherbridge**

**07974 748887**

**[Kenpetherbridge@hotmail.com](mailto:Kenpetherbridge@hotmail.com)**

**Boots  
n  
Blades**



**GARDEN MACHINERY**

SALES, SERVICE & REPAIR  
COLLECTION SERVICE AVAILABLE

**10% OFF**

**SERVICING DURING DEC, JAN & FEB**

[www.bootsnblades.co.uk](http://www.bootsnblades.co.uk)



VISIT OUR SHOP FOR PARTS, OILS, ACCESSORIES, GARDEN TOOLS & LOTS MORE

## Leisure Pool – Private Hire



£30 PER HOUR  
(Max 6 people  
& £2.50 for additional people)

Enjoy private hire of a beautiful indoor swimming pool, located close to Otley, Grundisburgh and Woodbridge.

- Kept at a constant warm temperature of 31 degrees
- Perfect to chill out with friends
- Floats, rings and toys for children to play with
- Includes endless pool allowing for "open water style" swimming
- Elegant and Comfortable soft furnishings

Come and treat yourself to this oasis and step away from the hustle and bustle of the day to day.

To enquire or make a booking, regular weekly slots available, please contact Donna: 07769536450.

Email [donna@swimthemill.co.uk](mailto:donna@swimthemill.co.uk) Visit [www.swimthemill.co.uk](http://www.swimthemill.co.uk)



## Eastern Landscapes & Fencing

Office 3,  
Red House Barns,  
Ashbocking,  
Suffolk  
IP6 1JY  
Tel: 01473 785269  
Email:  
[nina@easternplayservices.co.uk](mailto:nina@easternplayservices.co.uk)

# Florabundant

Unique flowers for any occasion

[www.florabundant.co.uk](http://www.florabundant.co.uk)

**FREE LOCAL DELIVERY**

All your floral needs catered for by an award winning florist. Weddings, Events or Sympathy tributes, and personally created bouquets or arrangements.

Call for information, advice and prices

**07880-627984**

**Phil Pollard**

[phil@florabundant.co.uk](mailto:phil@florabundant.co.uk)



## Eastern Landscapes & Fencing

Gavin Rushworth (our director) has been in the landscaping business for 30 years. As a company we cover the whole of the UK, working nationwide. We are currently looking into expanding our client base further into our home area of Suffolk and East Anglia. We do a full range of works, from private customers, to county councils. Our works include;

- Patio/Paving/Driveways
- Fencing
- Turfing
- Planting
- Gate installation
- Site clearances
- Garden design
- Ponds/Water features
- Garden maintenance

If you are interested in finding out a price for our works, please contact Nina Neilson on the email or number provided above.



GUARANTEED BY THE  
RETAIL MOTOR INDUSTRY



## EVERGREEN GARAGE CROWFIELD LTD

Gosbeck Road Crowfield Ipswich Suffolk IP6 9TB

**ESTABLISHED 39 YEARS**

Latest dealer diagnostic equipment for service, repair, engine management and body system electronics  
Hunter all four wheel alignment to improve vehicle handling and tyre wear with print-out before and after adjustments

Good tyre selection at competitive prices – Air conditioning service and repair – Routine servicing histories maintained  
Attended forecourt service (Fuel/Coal and Gas Cylinders sold)  
Modern fleet of courtesy cars – Collection & delivery service available

Telephone: 01473-890377

Website: [www.evergreengarage.co.uk](http://www.evergreengarage.co.uk)  
E-mail: [jim\\_davey@evergreengarage.co.uk](mailto:jim_davey@evergreengarage.co.uk)  
Follow us on Facebook and Twitter @Evergreengarag

Anniversary \* 1980-2020

## GIPPING PRESS

Gipping Press are proud to print this publication

01449 721599

[enquiries@gippingpress.co.uk](mailto:enquiries@gippingpress.co.uk)

[www.gippingpress.co.uk](http://www.gippingpress.co.uk)

Units 1 & 2 Lion Barn Industrial Estate, Needham Market, Ipswich Suffolk, IP6 8NZ

DESIGN | PRINT | PROMOTION  
DISPLAYS | SIGNAGE | MAILING

## TOM LYON TREE SERVICES

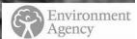


'NO JOB TOO SMALL, NO TREE TOO TALL'

NPTC/ND Certified Arborist/Public Liability Insured



City & Guilds



Crown Thinning/ Crown Lifting

Reductions

Planting

Sectional Dismantling

Stump Grinding

Hedge Trimming

Horticulture

For full details please visit my website  
[www.tomlyon.co.uk](http://www.tomlyon.co.uk) or email [tom@tomlyon.co.uk](mailto:tom@tomlyon.co.uk)

M: 07920130341 T:01473 721590

Follow us on Facebook

# LIMES GARAGE



- MOT TESTING
- DIAGNOSTICS
- ALL GENERAL REPAIRS
- LOCAL COLLECTION & DELIVERY SERVICE
- QUALIFIED EXPERIENCED MECHANICS
- SERVICING
- TYRES

Find us at Unit 21 Lewis Farm, Pettaugh Road, Stonham Aspal, Stowmarket

We are just up the road from Stonham Barns on the A1120 or put IP14 6AU in your SAT NAV.



Tel: 01473 890335  
Email: [mark@limesgarage.co.uk](mailto:mark@limesgarage.co.uk)  
[www.limesgarage.co.uk](http://www.limesgarage.co.uk)



Selling 'pre-loved' and new baby and children's clothes (up to 12 years), toys, games, books, nursery equipment

Selling on a commission basis, visit our website or phone for further details

Open

Thursdays and Fridays 9:30am – 3:30pm

Saturdays 9:30am – 2:30pm

Website: [www.skoobs.co.uk](http://www.skoobs.co.uk) Email: [info@skoobs.co.uk](mailto:info@skoobs.co.uk)

Telephone: 01473 785888 or 07557386419

Upper Street, Winesham, Suffolk, IP6 9EW

## PAUL KNIGHTS

Interior and Exterior Decorating

20 years' experience

01473 71147677

Mobile 07771796711

[p.a.knights@outlook.com](mailto:p.a.knights@outlook.com)

## James Rose-Porter

Plumbing & Heating  
(and general building work)

07779 323003

