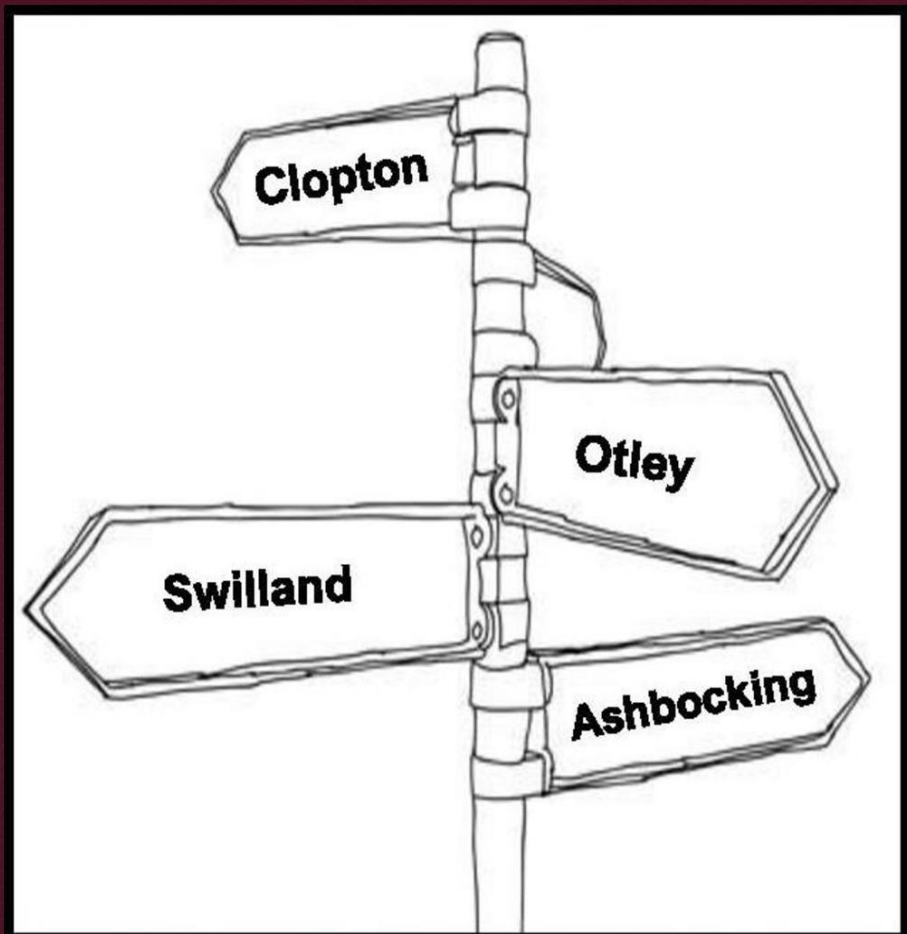


The Signpost



News from the Parishes

A Word from The Editor.....



Welcome to the **February** edition.

I hope you are all well and had a good start to the new year. I always feel like a reset button has been pressed after Christmas and I can reflect on many things, weather and livestock related mainly!!

We unfortunately said goodbye to Katrina and Phil and I would like to take the opportunity to thank them both for all they did within our Benefice, they will be missed by many. I wish them both luck in their new lives.

February is a month of love and kindness but really these two things should always be at the forefront of our minds. If you can go about life with love in your heart and treat everyone and everything with kindness you cannot go wrong. I hope that you all have a fabulous February with much love.

“When you plant flowers, you need gentle hands.

When you seed love and happiness, you need a soft heart”

If there is anything else you would like to see within next year’s magazine, or if you would like to advertise or promote upcoming events that you are a part of, please do get in touch using my contact details below.

If you would like any special birthdays, exam results or anniversaries celebrated, then please do let me know and I will include in the next month’s magazine.

The next Signpost will be the March issue,
With a deadline of 24th February 24.

To register to receive The Signpost via email, each month,
please email me at bakergirl174@gmail.com

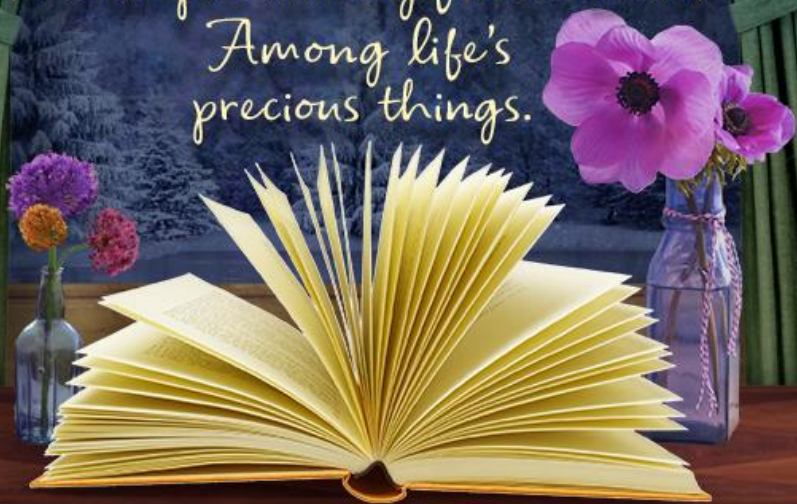
News of the Carlford Churches and details of online Worship can be found on the website carlfordchurches.org and within the Mini Grapevine. If you would like to receive the Mini-Grapevine weekly via email, please register via the website carlfordchurches.org or with amy@carlfordchurches.org. There are 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>. Should you wish to speak with a member of the benefice team, please telephone 01473 735183.

Keep safe and take care till next month.....

Amy

February

—❖—
Winter walks
and starlit nights,
Good books and cozy hours,
Time for friends,
and heartfelt sharing,
Dreams of springtime flowers...
Although it may be short on days,
Each February brings
The simple little gifts we count
Among life's
precious things.



Summary of the Weather for The Year 2023

January. Mainly dry with a few night frosts and average daytime temperatures.

February. The driest month for 30 years day and night time temperatures above normal.



March. Started dry but after the first week it rained almost every day.

April. Mainly sunny until Easter when it was cold, and we had blackthorn winter.

May. First two weeks were unsettled with warm days and occasional thunderstorms. The remainder of the month was cold with north east winds.

June. A heatwave which lasted 10 days with temperatures of 27 c.

July. Cloudy with some sunny spells in the second half and heavy rain at times.

August. First week very wet and then a short period of dry weather to complete the harvest. A very wet end to the month.

September. The jet stream moved north allowing some very hot dry weather to come up from the Mediterranean.

October. This was the wettest month of the year with high winds and flooding of roads and houses. A very wet month with a total of 7.70 inches of rain.

November. Some heavy rain with temperatures lower than average.



December. Another wet month.

This year has seen some of the highest rainfall national averages on record and Otley has been no exception with a yearly total of 32.70 inches. This has been the highest that I have ever recorded, the yearly average for Otley is 25 inches but we have had lows of 18.00 inches.

Brainteasers

The answer to each clue is an idiom or an item, which includes a part of the body e.g.

- At the top of the bed = **Headboard**
- To keep silent = bite one's **tongue**
- Deliberately ignore = give the cold **shoulder**



- 1 Eastern seductress
- 2 Worried expression
- 3 The growing touch
- 4 Not a drop of moisture
- 5 Old fashioned breathing machine

(Solutions on Page 35)

Who Is Hiding in Your Car?

You may not be the only one enjoying the comfort of your car this winter.



According to recent figures from the RAC, if you have left your car standing alone for even a week, then anything from rats, squirrels, mice, foxes and even snakes may have moved in.

A squirrel stockpiling nuts in a car air filter, ten mice nesting under a windscreen, rats living in engine bays, and foxes chewing brake hoses, are only some of many culprits listed this year as having caused a breakdown. There was also the baby python found behind a wheel trim.

In all, last year the RAC responded to over 300 incidents of vehicle damage caused by animals. That's a 55 per cent increase from the 196 recorded in 2018.

Alice Simpson, spokesman for the RAC, said: “Finding a rat or mouse in your car is not only a nasty shock, but often the cause of very expensive damage.



“Our best advice is to make sure no food is left inside. Also, check for unusual smells in the vehicle, and be mindful of any dashboard warning lights that don’t disappear after a minute or two.”

Abandoned and helpless



If February is the month of love, shouldn’t that include some compassion for animals?

The RSPCA reports that animal abandonment incidents have reached a three-year high.

Latest figures for 2023 reveal more than 20,000 reports of animals being simply dumped by their owners.

Dermot Murphy, RSPCA inspectorate commissioner, says: “Behind these shocking statistics are thousands of vulnerable animals. Each one is a valuable life in urgent need of our help.”

He goes on: “The combined effects of the pandemic and the ongoing cost-of-living crisis has created a perfect storm, and means we expect more animals than ever will need our help this year.”

Yet many rescue centres are already full to bursting, “so we are facing an unprecedented winter crisis. Our rescue teams are busier than ever. We need animal lovers to donate to help us be there for animals in desperate need.”



Warshing Clothes Recipe!

A grandmother gave a young bride this recipe.

This is an exact copy as written and found in an old scrapbook, spelling errors and all.

Warshing Clothes

Build fire in backyard to heat kettle of rain water. Set tubs so smoke wont blow in eyes if wind is pert.

Shave one hole cake of lie soap in boilin water.

Sort things, make 3 piles

1 Pile White

1 Pile Colored

1 Pile work britches and rags

To make starch, sift flour in cool water to smooth, then thin down with boiling water.

Take white things, rub dirty spots on board, scrub hard and boil, then rub colored don't boil just wrench and starch.

Take things out of kettle with broom stick handle, then wrench, and starch.

Hang old rags on fence.

Spread tea towels on grass.

Pore wrench water in flower bed. Scrub porch with hot soapy water.

Turn tubs upside down.

Go put on clean dress, smooth hair with hair combs. Brew cup of tea, sit and rock a spell and count your blessings.



LIFE BEFORE THE COMPUTER

- * Memory was something that you lost with age
- * An application was for employment
- * A program was a TV show
- * A cursor used profanity
- * A keyboard was a piano
- * A web was a spider's home
- * A virus was the flu
- * A CD was a bank account
- * A hard drive was a long trip on the road
- * A mouse pad was where a mouse lived
- * And if you had a 3 1/2 inch floppy
....you just hoped nobody found out



1st February – Seiriol, Saint of Puffin Island

You can find traces of old saints in most corners of the British Isles, but Seiriol is one of the only two saints connected to Anglesey, and certainly the **ONLY** saint connected to Puffin Island.



It was back in the 6th century that this gentle abbot first settled in Penmon and built a little church. His ruined beehive cell still survives there today, as does the well from which he drew water, both for his own use, and also for baptising local people.

Like many other Celtic saints, Seiriol would have travelled by sea. So he felt comfortable near the coast on Anglesey, on low-lying land. Although he lived as a simple hermit, Seiriol soon attracted followers, and eventually he decided to establish a small monastery. He chose to build it on nearby Ynys Seiriol, now called Puffin Island.

That little monastery on Puffin Island saw some scary action in 632, when Edwin of Northumbria was chasing the Welsh king, Cadwallon, and ended up besieging him on the island. Cadwallon was finally conquered, and history moved on, but the monastic ruins of Seiriol's little monastery are still there today.

Seiriol seems to have been a purely local saint who never attracted a very great number of followers. The only known dedications to him are at Penmon and Puffin Island. But Seiriol's life and work are still a testimony today. He is a gentle and encouraging reminder of what an impact even a simple local Christian can achieve, by simply being faithful to Jesus Christ in the place where he is.

“Teach this triple truth to all: A generous heart, kind speech, and a life of service and compassion are the things which renew humanity.”

- *Prince Gautama Siddhartha*



Plant of the Month

Last year we looked out for wildlife in our gardens, this year we will look at the ideal plants for some all year colour in your garden.

Hellebores



Hellebores will flower in the depths of winter when needed most. Colours range from pure white to the deepest burgundy. Robust, free-flowering and easy to grow, these perennials like soil rich in organic matter and cope in shade but are happy in the sun if the soil is fertile. Most hellebores are compact, **30–**

45cm (12–18in) tall, but bolder types, such as *Helleborus argutifolius* and *H. foetidus*, can grow to 90cm (3ft)

What Can You Forage for This Month?

- ❖ **Stinging nettles** are fresh and delicious at this time of year.
- ❖ **How to use it:** the favoured leaves to pick are the tips – they're tender and give the best flavour. You can use gloves to avoid being stung. The leaves have a flavour somewhere between cabbage and spinach. You can use nettle in the same way as spinach or to make tea, beer or soup (try creamy nettle and potato).
- ❖ **What to look for:** it's an unmistakable plant familiar to everyone. It grows pretty much everywhere. Just remember to avoid roadside and pesticide-ridden areas. It's best picked from late February to early June.

- ❖ **Alexanders**, also known as **Horse Parsley** is a biennial plant and believed to be one of the best wild vegetables of spring.
- ❖ **How to use it:** every part of it is edible but the succulent stem is the best bit. People say it tastes similar to angelica and parsley, but there are many different ways to bring out its flavour. You can steam or boil them, toss in butter and season with black pepper. Leaves and flowers are also edible - add them to salads.



- ❖ **What to look for:** it's particularly widespread in coastal regions in the south of England. Look along cliff tops and hedgerows. You can pick the stems from February but they're at their best when the first flower buds appear in late March and April.
- ❖ **Take care:** *be careful not to confuse this with other umbellifers (plants in the Apiaceae family). Some species, like hemlock, are extremely poisonous.*
- ❖ **Wild garlic,** also known as ramsons, is a native bulb that often grows in dense clusters on the floor of damp woodland and along shaded hedgerows. It's a rich source of folklore and is credited with the ability to ward off vampires and evil spirits.
- ❖ **How to use it:** the leaves and flowers are edible and delicious and have an unmistakable smell. The flavour is mellower than that of cultivated garlic and can be used in many ways. Add leaves to soups, sauces or omelettes. Whizz them into a wild garlic pesto or use to infuse olive oil. They are also delicious in salads and sandwiches.
- ❖ **What to look for:** common throughout woodland in England and Wales, but less so in Scotland. Leaves appear as early as February and are best picked before the flowers have died (usually early May). Its white, star-like flowers make an appearance in April.



Don't forget those nestboxes!

On 14th February our annual National Nestbox Week begins.

Now an established part of the ornithological calendar, it aims to encourage people to help out the birds in their gardens each Spring. Everyone is invited to put up more nestboxes in their local area, and a very helpful website gives full instructions on how to do this. More details at: <https://www.nestboxweek.com>



NEWS FROM OUR CHURCHES

ASHBOCKING

Happy New Year from Ashbocking.

I have to say Christmas seems a long time ago already, but we are only just coming out of January. It's a time of year when things seem to go very quiet, a time to reflect and plan for the year ahead. This year is stranger than normal. This is due to us saying goodbye to Katrina and Phil as they move south to take on a new parish and look after their family. We wished them well at their send off Benefice service on January 14th.



This rather overshadowed our memories of the lovely Christmas services we experienced at Ashbocking. We will miss them, and we wish them well.

Due to this Benefice service, and the Benefice service with Archdeacon Rich on the 28th, it has meant no Ashbocking services for January.

January has been quite a month with all the storms we have endured, and we hope you are all dry and have not suffered too much damage by the high winds.

Travel has been a challenge on more than one occasion. We have stayed at home more than usual this year, but it has enabled us to do indoor pursuits such as crafting, crosswords and board games. The grandchildren love these games and often do better than us. I thought I'd try one of the riddles here and see what you think.



A bus is stopped every five minutes on a three-mile route. If it takes 25 minutes to finish half the route, how many times is it stopped on the whole route?

(answer at the end- No peeping!!!)



During February we are having home church planned due to the cold weather. We have café church on Sunday February 11th, at 11am. James Hall will be leading the service at Hawthorns, The Green. This is accessed via Ashley Grange from the Green, and we have plenty of parking. Come early from 10:30am and

enjoy some croissants or scones with tea or coffee before the service. Everyone is welcome.

There is no Lay led service in Ashbocking in February as we alternate with Swilland, and they will be having a service on 4th February at 11am.



Coffee morning is at Hawthorns on Friday 2nd February at 10:30am-12:00noon ish, everyone is very welcome to join us.

Knit and Stitch is on Monday 12th at 10:00am-12:00noon also at Hawthorns. Everyone is welcome to come for a chat and refreshments, whilst continuing with or deciding on your latest project.

Answer to the riddle, = 10.

Here is another,

Who is your aunt's daughter's son's great-grandmother's husband?

Answer next month!



Linda Pollard

Tel 07887537152 if you require further information

Church Wardens: John Pollard 07786 803490 or Duncan Bray 07933 705350

CLOPTON

A belated Happy New Year to you all! 2024 doesn't seem so 'new' now, and Christmas seems long ago. What a great Christmas it was though, starting with a lovely Gift Service in Clopton where St. Nicholas' arrival transfixed the children in the congregation. There were so many wonderful presents beneath the Christmas tree for distribution to needy children in Felixstowe. A big "thank you" for your generosity. And the village carol singing was a huge success despite the chilly wind! A magnificent £190 was raised towards urgent church repairs. But the pinnacle of the Christmas celebrations had to be our traditional Candlelit Carol Service. What a beautiful service - as



atmospheric as always - and how lovely to see so many friends and neighbours gathering to start their Christmas with the Christmas story and carols in their village church. We were also blessed with a lovely mild evening and a spectacular moon.



An evening to remember.

We gathered again to greet the Christmas morn with a simple, layled service, marking Christ's birth and the holiness of the day ahead. This was a special service and appreciated by all who attended.

January, in contrast, has been a much quieter month for St. Mary's, Clopton. We have said our goodbyes to Rev. Katrina and have begun to plan for the interregnum ahead. As the rhythm of our services was disrupted, it was decided, by general consensus, to mark the beginning of the New Year optimistically with a layled service on 21st January. The church looked magnificent, beautifully decorated by Charmaine Williams, with spring flowers, anticipating the arrival of Spring, which we hope is just around the corner. The service was well attended and an upbeat start to a new chapter in the church's long existence. Onwards and upwards!





And we definitely have much to look forward to this month!

On Sunday, **February 11th** at **11am** we shall be celebrating **PLOUGH SUNDAY**. Richard Taylor has kindly offered to talk to us again about ploughing in Clopton, and the service will be followed by a delicious **PLOUGHMAN'S LUNCH** at the back of the church, for which there will be no charge, but donations for the Organ Fund will be gratefully received. We really hope you will be able to join us for this very rural service!



Chase away the January blues with a reel or two! It is time to brush up your dancing shoes for our next village **CEILIDH**, on **February 17th**. Dancing will be from **7.30pm - 10.30pm**, doors open at 7pm. This amazing village event is always very well subscribed, so you would do well to book your tickets in advance from: juliegittos@hotmail.co.uk

Adults £10; Youth (10-16) £5; Family £20 (2 adults + 3 children);

Under 10's free.

We shall be serving yummy pulled-pork baps + cake suppers for £5 (GF and vegetarian alternatives will be available). There will be teas and coffees, but otherwise please bring your own drinks. And, of course, there will be a superb raffle with lots of great prizes. All the proceeds of what promises to be a fabulous night out will go towards the repair of the organ. See you there!

And finally, our regular gatherings in the village hall (IP13 6QN), between 10am and midday, for coffee and a chat will be as follows:

Hobbies Group - 7th February 2024 (£2)

Parish Coffee morning - 21st February 2024 (Free)

It is always lovely to welcome new-comers, so please do come along and join us.

Most importantly, we look forward to welcoming you at our friendly, Parish Services, held in St. Mary's Church on the second and fourth Sundays of every month. In February, they will be as follows:

- **Sunday, 11th September, at 11am**, our layled service will celebrate **PLOUGH SUNDAY**, with a ploughman's lunch for all at the back of the church. This is an important service for our rural community, and we look forward to your joining us.
- **Sunday, 25th September**, a service of Holy Communion will be held at 9.30am, with refreshments, including homemade cake, after the service. You will be most welcome.

Thank you again to all who support us in the up-keep of our beautiful parish church. This QR code enables anyone with a smartphone to donate directly to a giving site for the Parish of St. Mary the Virgin, Clopton, should you feel able to do so. We are most grateful for any amounts received.



Enjoy February! Plough Sunday and a Ceilidh!

Jenny Schurr

OTLEY

Advent and Christmas seem a long time ago as 2024 is marching on apace. We started the Advent season on December 3rd being actually the 1st of Advent. Angela had made a beautiful wreath which we last used in Epiphany.

Our Carol service on the 16th of December was very well attended. TOADS - our community choir sang for us again contributing a carol and finishing the service with a round of Happy Christmas. Then we enjoyed mulled wine and mince pies.





On Christmas Eve Alyson and Ian Chilvers had opened their barn again for the crib service. Their efforts are very much appreciated by the families. My grandchildren were excited about the real live sheep. The whole setup in the barn makes the nativity story come alive.

On Christmas Day Phil Dykes took the service and we were fortunate enough to have Helen playing for us again as she had also played for the carol service. We thank the flower arrangers who had made the church look festive for the Carol service and their arrangements still looked lovely on Christmas Day. It is always a particular pleasure to be greeted with flowers on entering the porch. A Christmas tree, sparkling lights and the candles around the chancel and nave finished off the decorations. Our two nativity scenes were brought out as well and there is always a moment of anxiety when I get them out of the boxes, but all the pieces were still there and in good order.

We had our last service with Katrina on Sunday 7th of January when we thanked her for her service with us and gave her a card. Her farewell service was held in Grundisburgh church the following Sunday. It was a Benefice service with communion followed by a bring and share lunch. All 9 parishes were well represented and there was a good spread of food to enjoy. Katrina was given a collage of parish photos put together by John Pollard. Someone had remembered that she had always wanted a real Russian doll and got one for her. James handed her an 'envelope' with contributions from all congregations to use in whichever way she chooses. We wish her well in her new parish where she starts with a service on February 8th.

WE WILL
MISS YOU

Our Wednesday 'cuppa and cake' has started again, and the first meeting was well attended. It carries on every 2nd Wednesday of the month 2pm – 4pm in the village hall. Everyone is very welcome. The next meeting is on the 14th of February.



The next service in Otley church is on the 4th of February. Come and join us.



There was a letter from Geoff Partridge who used to live in Otley for many years and was very much engaged in the community. He is now in a home in Ipswich. The letter was written after the November Remembrance service but did not get into the December magazine.

So here is an edited version now. Geoff gave permission to publish it in the magazine. He writes:

‘Just a short note to thank you for the welcome the village gave me yesterday. It was for me a day of wonder and emotion. It started at the home. Some of my friendly residents showed great interest in my preparations. I was able to explain what it was about, and the send-off was absolutely perfect... My reception at Otley was very moving. I felt proud in my uniform. I’ve been at the service numerous times, but never felt like it before. They made me feel exceptionally special. When a complete stranger came to me and asked to shake my hand, I began to wonder what was happening to me..... Even now I feel a different man to what I was before so lots of thanks to my friends at Otley...’

Karin Upson

Otley Quiz



Don't forget this annual event enjoyed by all who take part ...

Saturday 10th February 2024 - St Mary's Village Quiz with supper

It's the usual format ... doors at 7pm, questions start at 7.30pm, £12.50 a head, teams of any number up to 8, individuals or couples can form teams on the day, includes jacket potato supper, cash only bar.

Please reserve your place by contacting Ruth Farnhill (01473 890543 /mob 07902024976) or Ruthie Bullock (01473 890970)



“True friendship comes when the silence between two people is comfortable.”

- *David Gentry*

SWILLAND

I write this envious of Ann your regular diarist who is gallivanting in the Far East where the temperature will be far in excess of -5.8C recorded on my roof this morning at 0800. Let's hope by the time you read this, the sorry state of frequent cold fingers and toes is past, and we have better temperatures to enjoy, but don't hold your breath even with climate change. There are however early signs of Spring along Swilland High Road with lots of green shoots of daffodils poking their heads up for all to see and to say thank you for. I have noticed as well that the days are just beginning to creep out a teeny weeny bit longer before we have to close the curtains to keep the very expensive warmth within the house.



No doubt other reporters of other Parishes will be mentioning we are now in a period of interregnum, when we have no official incumbent priest, and things are in a state of flux. However, we are lucky in our Benefice in that we still have a dedicated Ministry team all pulling that bit harder to maintain Church services for which all the villages are grateful. There will of course still be pastoral care as before when needed.



We in Swilland would like to extend our best wishes to Katrina and her husband Phil as she embarks on the next stage of her life in Somerset, and he takes time to reflect and look after his family in this time of uncertainty for them.

Our PCC has been recently discussing in depth at an extra meeting the funding problem for our Church extension of a kitchen and toilet plus internal reordering of the Nave and entrance. Just to bring you up to date on the status quo, the plans for this project are on display in the Nave of the Church. Go along and have a look; they are very informative. We received the final necessary permission, that of a faculty (Diocesan written permission) to actually alter the Church on December 1st last year, having obtained planning permission in 2022 but it has taken all this time since then to jump the final hurdle. Now all we need is the necessary spondolicks (technical term). To date we calculate we have managed to raise in both cash, pledges, and grants £63000. The total needed to achieve fruition is £122000 and that's the estimate by the architect before



inflation reared its ugly head in 2022, and some of you (including me) will say excessive but the estimated cost of the extension bit of the project was actually £66000. The rest is bringing in services, various necessary surveys and levelling the Nave so all people in any community have access to the church unaided to bring it into the 21st century. Fancy a public building not having the basic necessity of a toilet!



In so doing we are making it a community venture, one where all villagers can use the interior of the Church for meetings, concerts, social reasons, in addition to those of a religious nature. Previously when the Church needed funds for the tower repairs and organ refurbishment we appealed to all residents of the village and received excellent financial support in the form of regular giving. The village is already doing this for us but of course the project is greedy. The Moon Pub, led by Nikki (thank you) has already put on several events to swell our coffers and Pub Quiz regularly donates half they take monthly to the appeal fund. We will be sending out a mail shot to all villagers soon reviving our requests for regular donations from all in the village even if it just a few coins in an envelope. Even if you are not a Church goer often family will want to use the building for baptisms, weddings and funerals; it's a foundation feature of our home village, so everyone has a vested interest in this improvement project.



Some of you will remember we had a Men's supper group in the Benefice a few years ago which ran for about 6 years. We hope to recommence this group in the future, so watch this space for more news.

Regarding Services for February, we start with a Lay led Service on Sunday 4th February at 11a.m. We will be going to be singing and discussing something in the bible. All the kids who come along can join in at the chat as well, but there will be activity bags for any child who decides he/she would like to do something else. The service will be for about 45mins. We also have our Priest led Service. on Sunday 18th February also at 11 a.m. This service will be a communion and last about an hour. Coffee and biscuits accompanies both after the worship.

Brian Williams

Why Tea Is “The Drink of Getting Things Done”



The drinking of tea has found an unexpected new champion: James May, the former Top Gear presenter.

Speaking recently on Radio 4, James May said: “I’m just worried that the cult of coffee is going to destroy tea. And I don’t like coffee, it is just rubbish. I like tea.” He added: “Tea is the drink of getting things done.”

How did tea get so embedded in UK culture? Food historian Polly Russell says the answer lies in the Industrial Revolution of the mid-18th century. “Tea became less expensive and at the same time you had agricultural wages slumping, and agricultural workers literally not able to buy food, to buy fuel, or to afford a hot meal. So, tea became a way of having something hot and restorative – often with sugar – and that habit then also translated into the urban, as the industrial revolution expanded into our cities.”

And so it was that “tea became absolutely central to the diet of the working poor.” And this provided the basis for the idea “that tea and sugar were fuelling the industrial nation.”



James May argues that tea drinking is still fundamental to “bringing everyone together and ensuring happiness as well as productivity.”

He believes: “Tea in the British workplace is more than a drink, it’s a social glue. Britain is falling apart because we don’t drink enough tea.”

*“Keep love in your heart.
A life without it is like a sunless garden
when the flowers are dead.”*

- Oscar Wilde



The Cost of Parking At Your Local Hospital



Have you been a patient or visitor to a hospital this past year? If so, you are not imagining it: the cost of parking there has skyrocketed. In fact, parking charges for hospital patients and visitors have leapt by £50 million in a year.

Recent NHS accounts show that hospital trusts made nearly £146 million in income from patients and visitors in 2022-3. That is a whopping 50 per cent increase from the £97 million received the year before.

There has also been a major jump in the amount hospital staff have to pay to park. In 2021-22 the staff members paid just £5.6 million, which increased to £46.7 million in 2022-23. These latest figures have been met with criticism from Royal College of Nursing, which has slammed the growing cost of parking for staff.

Debenham Project

As we settle into January, Christmas feels some time ago, but before we lose the Christmas feel, I wanted to personally thank everyone who used the Otley Christmas Post, donated at our Christmas Tree celebrations and bought raffle tickets.

The money raised went to the Debenham Project, which supports families affected by dementia. This charity is very close to my heart, as my husband was and I still am supported by the project.



The Debenham Project comes alongside from the moment of diagnosis. At a time when we felt vulnerable and unsure about the future, we were welcomed and supported. This support came in many forms, from individual help with form filling, attending afternoon teas, monthly lunches, meeting others in need of help and finding activities that we could share together.

I knew that in times of real need, we were a phone call away from a listening ear and guidance. I shall always be grateful for their support and friendship. The Debenham Project, offers its support to everyone in Debenham and the surrounding villages who are struggling to cope with the impact of dementia on their lives. If you are worried about a loved one, need a bit of help, or just need to talk, please pick up the phone (01728 862003) or find us on the Internet (the-debenham-project.org.uk).



Caroline Manning

Wise Advice from a Farmer's Wife

- ♥ Whenever you return a borrowed pie dish, always make sure it has got a warm pie in it.
- ♥ Make home a happy place for the children. Everybody returns to their happy place.
- ♥ Always keep a small light on in the kitchen window at night.
- ♥ It's a whole lot easier to get breakfast from a chicken than a pig.
- ♥ Always pat the chickens when you take their eggs.
- ♥ Biscuits brown better with a little butter brushed on 'em.



Pets' Corner IX February 2024

Hello from Dr Emily!



Oh my goodness. We have been busy! From meeting lots of lovely new pets and their owners at the practice as we register new patients, to radio interviews on BBC 6 music and GenX Radio Suffolk and a talk to a packed Moon and Mushroom pub all about the Pet Effect.. It seems that 2024 has got off to a flying start.

Springtime is just around the corner but there's cold weather in the offing as I write this so I thought I'd share my tips on how to care for your pets when it gets chilly.

Keeping Pets Safe in Winter

The cold winter months bring particular challenges for our pets, and as their owners, we need to be aware of the problems they can suffer at this time of year.

Here are some of the most common winter hazards:

Anti-freeze in car radiators contains ethylene glycol as a common active ingredient and is a particular risk to pets. Sadly it tastes very sweet and pets, in particular cats, will drink it readily. Make sure your car isn't leaking any antifreeze and keep cans or bottles of it well out of reach and clean on the outside. Even a small amount can cause kidney failure and be fatal.

Winter walks: It's important to make sure that your pets are adequately prepared for cold walks; they may need to wear waterproof and warm jackets, especially if they are older or are short-coated breeds. Some salt mixtures on paths or snow building up between the paws, can cause limping and pain. So, check your pet's feet regularly and make sure they are washed after walks.

Small Outdoor Pets: If you have small pets living outdoors such as rabbits or guinea pigs, it's important to ensure that they are kept warm and dry during the winter months. Bringing a hutch to an indoor area is ideal in the worst weathers or ensure that their hutch is in a sheltered spot where the rain or snow won't get in. A blanket over the hutch will help keep it insulated and keep your pet warm. Extra hay for bedding will give them somewhere to snuggle in to but remember to change this regularly to keep it fresh. Ensure that your pets' water bottles don't

freeze in the cold weather. These can be wrapped in a purpose made bottle cover or even a sock or bubble wrap will work!

If you have any concerns about how to keep your pet safe and well over the winter months do ask your veterinary team for further advice.

Nightingale Vets Welcome to the World Programme

We understand that having a new pet in your life can be a worrying time as there is so much to think about and so many different resources to navigate.

Our Welcome to the World programme is a health plan designed to help you spread the cost of your new pet's healthcare in the first year of their life.

This initiative gives you the peace of mind that you're being the best petparent you can be, at the same time as protecting your new pet and saving you money.

We want to make veterinary care accessible and easy, and with two options of health plan you'll be able to choose which suits you and your family's needs best.

We are very proud of this special programme we have created. Far from just a quick visit to the vet for vaccinations, this is a complete experience, giving your newest baby family member the best possible start in life from the day they join your family, until they reach adulthood. Nose to tail, every step of the way.

To welcome your puppy, kitten or baby bunny to our programme, please call 01473 598 398 and we will be happy to help.

Nightingale Vets Junior and Mini Vets programme

This spring we'll be launching our Junior and Mini Vets sessions on Sunday afternoons for the budding veterinary professionals in our community.

We will spend an hour on a Sunday learning about pet care and what vets do, with the children and their parents/guardians. The children will be asked to bring a favourite teddy so we can practise our first aid and bandaging techniques. We are asking for a voluntary donation of £6 per child, which will go to our nominated charity. If you would like your child to get involved drop us an email at hello@nightingalevets.co.uk and we will add them to the growing waiting list.

For now, stay warm and wishing you all a very lovely February.

Kind regards, Dr Emily x

In the meantime, from nose to tail, we're here for you and your pet every step of the way.



Reflecting Faith: Memorial Stones

When you last visited a churchyard with very old memorials, what did you notice?

The oldest stones probably just had the name of the person, date of death and perhaps their age.



But the slightly more recent stones may well have included where the person had been born, lived, and who they had married. These stones probably belonged to the wealthier people, as they needed to be large, to include all this information!

As for the poorer folk, as cheaper stone became available, they also wanted to mark their loved one's place of rest, even with just the bare details.

With the advent of the railways, a firm in Scotland started a business for shaping the stone with recessing, into which a local stone mason would be able to carve the words. This is why you will see many similar shaped stones in every churchyard in England, Wales and Scotland for that period.

In different areas of the country, both locally sourced stones and the availability of the stonemason create very different looks – whilst within that area are many reproductions.



Also, the 'floweriness' of the inscriptions grew over the years. What started with just the name of the person later had added before the name, 'With affection', then 'With great affection', then, 'Greatly loved' and so on. It was almost as if people were trying to outdo each other on who loves who most.

Meanwhile, by the early 20th century many churchyards were 'full', and if adjoining land was available this was consecrated, but otherwise separate land

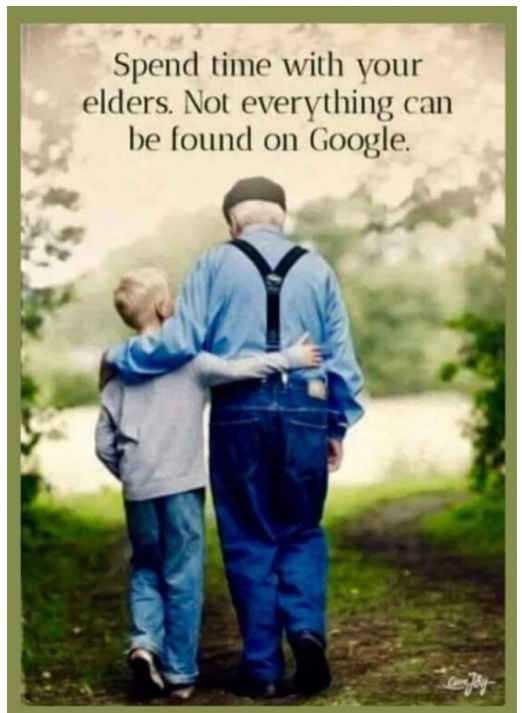


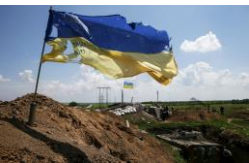
was purchased – which became a ‘cemetery’ and was usually not the responsibility of the church.

A churchyard, on the other hand, is by definition under the auspices of ‘the church’, whether open or closed.

Because people continued to want to be interred in ‘holy land’, eventually all cemeteries were set aside and consecrated by and for the different religions and denominations, reflecting the needs of the local communities.

Take time to think about where you’d like *your* final resting place to be. Whether you choose cremation or burial, is being in a set-aside ‘holy place’ important to you and to those who will visit? It is also important to share your wishes with your loved ones so that they know what is important to you.





Ukraine - Two Years Later

Although Russian troops were massing near the borders of Ukraine in February 2022, we naively believed their denial that an attack was imminent.

Since then, an all-out war has resulted in tens of thousands of civilian deaths, and hundreds of thousands of military casualties. A quarter of the Ukrainian population has been displaced. Eight million are now refugees, spread across Europe.

Few of us realised that a war between the two countries really started in 2014, when pro-Russian regions of Ukraine rebelled, and Crimea was annexed.

Hostilities between the two countries had begun even earlier. Ukraine had joined the Soviet Union in 1922 and ten years later lost more than a million of its population in the 'Holodomor' famine, now widely regarded as genocide inflicted by Joseph Stalin, the Soviet leader.

Relationships between the two countries have always been turbulent, and Russia's possessive attitude towards its neighbour is deeply resented.

Ukrainian refugees in the UK are mainly women and children, for their men are needed for war service. So, they have organised themselves into self-help groups, painstakingly learning to read and write in English, as well as working full or part-time and keeping up their morale by organising groups for young and old. Choirs have sprung up, often assisted by British musicians. One member wrote movingly of how singing helped her cope with the mental trauma of her homeland fighting for survival.



Ukrainians are unceasingly grateful for our hospitality, but they fear our compassion may wear thin, as our attention has been diverted by news of the barbarity between Israelis and Palestinians. That conflict also has a long history of smouldering hatred on both sides. Wars rarely solve disputes. When wearied people recognise their futility, settlements may be negotiated. Forgiveness takes longer.

All in the month of February....

It was:

- ❖ 150 years ago, on 15th Feb 1874 that Sir Ernest Shackleton was born. This Irish-born British polar explorer was one of the leading explorers during the Heroic Age of Antarctic Exploration. He led three British expeditions to the Antarctic.
- ❖ 100 years ago, on 5th Feb 1924 that BBC Radio broadcast the 'six-pips' Greenwich Time Signal for the first time.
- ❖ Also 100 years ago, on 12th Feb 1924 that George Gershwin's *Rhapsody in Blue* was performed for the first time, in New York.
- ❖ 90 years ago, on 23rd Feb 1934 that Edward Elgar, the British composer, died.
- ❖ 75 years ago, on 22nd Feb 1949 that Niki Lauda, Austrian racing driver was born. He was Formula One World Champion in 1975, 1977 and 1984. He was severely injured and burnt in a crash at the 1976 German Grand Prix. (Died 2019.)
- ❖ 70 years ago, on 23rd Feb 1954 that the first field test of the polio vaccine began in Pittsburgh. It grew into a year-long national trial involving 1.8 million children.
- ❖ 65 years ago, 3rd Feb 1959, became 'the day the music died', when American rock-and-roll performers Buddy Holly, Ritchie Valens and The Big Bopper were killed in a plane crash in Iowa.
- ❖ 60 years ago, on 7th Feb 1964 that the Beatles arrived in New York for their first US tour. They were met by thousands of screaming fans.
- ❖ 50 years ago, on 7th Feb 1974 that Conservative Prime Minister Edward Heath called a snap general election following the miners' strike and three-day week. It resulted in a hung parliament, and the Labour leader, Harold Wilson, became Prime Minister.
- ❖ 40 years ago, on 14th Feb 1984 that figure skaters Jayne Torvill and Christopher Dean won the gold medal in ice-skating at the Winter Olympics in Sarajevo. They scored the first perfect 6.0 in Olympic history.
- ❖ 30 years ago, on 25th Feb 1994 that serial killer Fred West was arrested in connection with the disappearance of his daughter. Police then discovered human bones buried in his garden. He was eventually charged with 11 murders, and his wife Rosemary with ten murders.
- ❖ 25 years ago, on 1st Feb 1999 that the International Maritime Organisation stopped using the Morse code 'SOS' distress call. All sea-going vessels were required to have a Global Maritime Distress and Safety System (GMDSS) fitted by this date.
- ❖ 20 years ago, on 4th Feb 2004 that Facebook, the social media networking platform, was launched.
- ❖ 15 years ago, on 7th Feb 2009 that the Black Saturday bushfires took place in Australia. The worst in Australia's history, they destroyed 1.1 million acres of land, killed 173 people, injured 414, and burned down more than 3,500 buildings, including 2,000 houses.

“Jesus Walks with Us Through Our Grief and Isolation”

Church of England Online Service

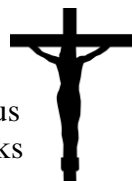
Jesus accompanies those experiencing grief, loneliness, and sadness. That was the message of a recent national online service.



In a sermon recorded at St Nicholas Church in Rattlesden, Suffolk, where she is Rector, the Rev Sharon Grenham-Thompson spoke of her grief for her teenage son Leo, who died in 2021.

But Jesus, she said, is the ‘Good Shepherd’, and He knows us “behind the outer masks we wear.” He calls us by name, and He will never cease to reach out to us.

She said: “Jesus died in pain and loneliness upon the cross – and He understands our isolation and grief. This Jesus speaks to me. This Jesus doesn’t trivialise or deny my tribulations – He takes my hand and walks with me through them. This is Mary’s Jesus, my Jesus, and your Jesus.



If you are going through a time of grief and isolation, you can access the Church of England’s mental health resources at <https://www.churchofengland.org/resources/mental-health-resources> or make a space to pray by lighting a virtual candle.

When you're already doing 5 things and a customer asks you for help 😞😞😞



29



20 years of Facebook

Twenty years ago, on 4th February 2004, Facebook, the social media networking platform, was launched.



Originally known as thefacebook.com, it was intended by Mark Zuckerberg and four other Harvard students – Eduardo Saverin, Andrew McCollum, Dustin Moskovitz and Chris Hughes – to create “a directory of information for college students”, but it soon expanded, and each of the five co-founders developed different roles. All except Moskowitz are now not part of the Facebook empire, but all are extremely rich.

A year after it was launched, Facebook lost the “the” from its name, and the following year it got rid of its students-only restriction. In its new form Zuckerberg, from an early stage the main man of Facebook, said the original aim was for Facebook users to take their online identities with them around the internet without having to register individual accounts for each website or app.

The swift development of Facebook, which went public in 2012, has involved Zuckerberg in many lawsuits, and he has demonstrated a wide-ranging ability to win people over. He is also extremely clever. He has never revealed his own political affiliation or voting history and is hard to pin down. He was raised as a Reform Jew, went through a period when he espoused atheism, but more recently has said he “believes religion is very important”.

In September last year his net worth was estimated at not far short of £50 billion, but he receives a one-dollar salary as CEO of Facebook, and he and his wife Priscilla Chan give away huge amounts of money, some of which goes to fighting antisemitism and backing educational and community initiatives. Facebook is banned in China.

As of late September 2023, Forbes estimated Zuckerberg's net worth at about \$64.4 billion, making him the 16th-richest person in the world.



29 February - Oswald of Worcester: The Saint for Leap Year



There is a saint for Leap Year: He is St Oswald of Worcester, who died on 29th February 992. His family story was extraordinary, and full of some surprising ‘leaps’, all by itself. It provides a tantalising glimpse of what happened to at least one of those pagan Viking warriors who settled in Anglo-Saxon Britain.

For Oswald’s great-uncle had come to England c 865, as part of the ‘Great Heathen Army’ of Viking invaders. But his son, Oswald’s uncle, Oda, forsook paganism, and not only converted to Christianity, but actually ended up as Archbishop of Canterbury. From there, Oda was in a position to help his nephew, Oswald, which he did.

Oda sent young Oswald to be educated at the abbey of Fleury, then a great centre of learning. There Oswald absorbed the Benedictine ideals which would guide his later life and work. Back in England, he became bishop of Worcester in 961, and with the support of King Edgar, eagerly joined in major reforms of the Anglo-Saxon church. In 972 Oswald was made Archbishop of York and seems to have taken a great interest in renewing the church in the Danelaw. He founded Ramsey Abbey, which became one of the great Fenland monasteries.

Oswald was popular as an archbishop, and always washed the feet of the poor every Lent. On 29th February 992 he had just completed this service at Worcester when he collapsed and died. In later years, Worcester adopted both him and Wulfstan to be its two chief saints: they flank the tomb of King John, which is before the high altar in the cathedral.



“Most of the important things in the world have been accomplished by people who have kept on trying when there seemed to be no hope at all.”

– Dale Carnegie

STORIES FROM THE STRANGER SIDE OF LIFE

Why Dutch people put pancakes on their heads



Dutch people were putting pancakes on their heads once more. Each year, on 29 November, Netherlands residents put pancakes on their heads and say: "We wish you a happy and blessed Saint Pancake (Sint Pannekoek)!" The tradition began in 1986, thanks to a cartoon by the artist Jan Kruis, in which a father comes home in the evening to find his family wearing pancakes on their heads.

Spider eggs toe story 'implausible'

A man's story that a wolf spider laid eggs in his toe while he was on holiday has been questioned by experts. Colin Blake was marking his 35th wedding anniversary in France when his toe turned purple overnight. The ship's doctor told him that the swelling had been caused by a wolf spider, but an arachnologist has said wolf spiders were incapable of laying their eggs inside humans. The British Arachnological Society also called the story "implausible".

Two-hour waste search for lost ring



Sanitation workers in the US dug through 20 tonnes of waste to locate a resident's lost wedding ring. Windham General Services received a call from a town selectman, who put him in touch with a resident whose wedding ring had accidentally been put out with the rubbish. A spokesman said his colleagues had to dig through 12 feet of rubbish bags for two hours to reach the right bag.

Judi Dench accidentally video called co-star from bath

Dame Judi Dench has admitted that she accidentally video called her James Bond co-star Ben Whishaw from the bathtub. The actress said she meant to send a message to her friend Chris Logan for his birthday. "I pressed something and said 'Chris, happy happy' and I just saw these two people," she said. "Well, it was FaceTiming them." She insisted that her phone is "anathema" and she "doesn't know what buttons are for".



American billionaire claims he faces prejudice for being white and rich

Jim Irsay, owner of the American football team the Indianapolis Colts, has claimed his 2014 arrest for driving under the influence was a result of prejudice against him for being white and rich. "I am prejudiced against because I'm a rich, white billionaire," Irsay said. "If I'm just the average guy down the block, they're not pulling me in, of course not." Asked by Kremer how he thinks it sounds for a white billionaire to claim that he's a victim of prejudice, Irsay replied: "I don't care what it sounds like. It's the truth."

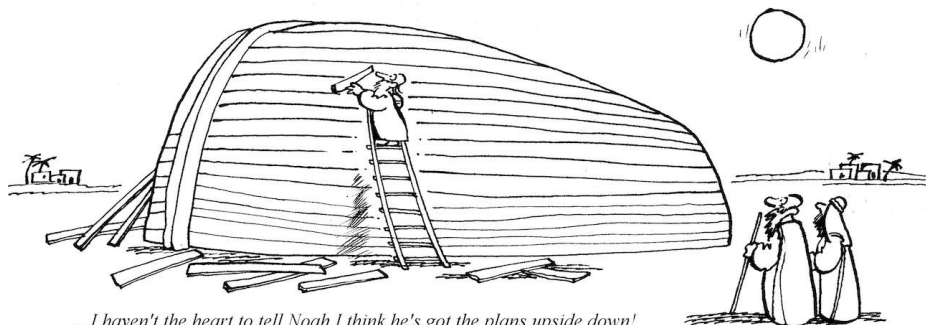


Man wins word count record

A man from Jordan has earned a Guinness World Record for the fastest time to mentally count letters in 10 sentences. Mohammad Sayaheen, 51, counted the number of letters in 10 sentences in 35.5 seconds. "I don't need any warm-up; I can instantly do these calculations first thing in the morning," he told Guinness World Record officials.

Kevin Bacon the runaway pig finally caught after 18 days

A loose pig in Pennsylvania called Kevin Bacon was finally caught after 18 days on the run. "It was a game of hide and seek as his family followed his whereabouts with a drone and tried to lure him back from the woods with treats,". The pig's namesake actor even helped by posting over the weekend to "bring Kevin Bacon home!" The elusive pig was eventually caught by using a cinnamon bun filled with Benadryl and thankfully though "Kevin Bacon won't become breakfast for anybody" a spokesperson said. "The plan is to keep him as company for young piglets."



... I haven't the heart to tell Noah I think he's got the plans upside down!

SMILE LINES

Do what we can to help...

Several women in the church prayer group were visiting an elderly friend who was ill. After a while, they rose to leave and told her: "We'll do what we can to help. We promise to keep you in our prayers." "Thank you," she said. "But really, I can do my own praying. The thing I can't do is the dishes in the sink in the kitchen...."



Unhappy in love

I think my girlfriend's hallucinating. She keeps telling me she's seeing other people.

Off to the vet

In his younger days our golden retriever Catcher often ran away when he had the chance. The vet's surgery was about a mile down the road, and Catcher would usually go there. The nursing staff knew him and would call me to come pick him up. One day I called the vet to make an appointment for Catcher's yearly vaccine. "Will you bring him," asked the receptionist, "or will he come down on his own?"



And if love should die....

While we were working at a men's clothing store, a customer asked my colleague to help her pick out a tie that would make her husband's blue eyes stand out. "Ma'am," he explained, "any tie will make blue eyes stand out, if you tie it tight enough."

Family

Last night our wifi stopped working, so I had to spend a few hours with my family. They seem like good people.



Solutions to the Brainteasers on Page 5



- | | | |
|---|---------------------------------|-------------------|
| 1 | Eastern seductress | Black eyed beauty |
| 2 | Worried expression | Furrowed brow |
| 3 | The growing touch | Green fingered |
| 4 | Not a drop of moisture | Dry as a bone |
| 5 | Old fashioned breathing machine | Iron lung |

How did you do?

CHILDREN'S CORNER

How to Make a Flight School for Paper Planes



Get ready for some all-ages play with this DIY target game: Cut holes in a piece of poster board and assign a point value to each. Prop up with bookends, then send paper airplanes soaring!

Step 1



Crease letter-size paper the long way, then fold top corners into centre seam.

Step 2

Lower point to about 1 inch above bottom edge.





Step 3

Repeat step 1, then lift small triangle under folds so it points up.

Step 4

Uncurl a paper clip, leaving a hook on one end. Glue or tape it to centre seam so hook hangs.

Step 5

Fold both wings down so top edges line up with bottom. Loop a rubber band around end of paper clip to launch.



Let it fly!

Jokes

Q: Can February March?

A: No, but April May!

Q: How many seconds are in a year?

A: Twelve. January second, February second, March second, etc.



Q: Do you have a date for Valentine's day?

A: Yes, February 14th.

Q: Why did the man get fired from the calendar factory?

A: He took a few days off in February thinking nobody would notice.

Q: What is a frog's favourite month?

A: February. It has a Leap Year.



February

AQUARIUS
 CANDLELIGHT
 CARNATION
 CHOCOLATE
 COZY
 CUPID
 FEBRUARY
 FIREPLACE
 FRIENDSHIP
 GROUNDHOG DAY
 HEART
 HUG
 KISS
 LEAP YEAR
 LOVE
 MARDI GRAS
 PINK
 PISCES
 PRESIDENTS DAY
 RED
 ROMANCE
 ROSES
 SKIING
 SNOW
 SWEETHEART
 VALENTINE
 WINTER

WORD SEARCH DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

O	D	Z	C	J	Y	A	D	G	O	H	D	N	U	O	R	G	A	B
K	N	I	P	P	W	I	N	T	E	R	I	A	S	G	C	N	G	N
D	B	K	P	S	U	I	R	A	U	Q	A	Y	V	A	S	N	O	W
F	Y	R	A	U	R	B	E	F	N	R	Z	F	N	K	I	P	F	E
I	I	D	F	B	C	Q	P	J	C	O	B	D	S	S	R	M	R	I
R	C	B	F	O	E	A	Q	B	C	J	L	Q	A	E	L	O	V	E
E	H	S	P	T	R	A	E	H	T	E	E	W	S	K	J	R	Y	L
P	O	A	T	L	V	A	Z	U	L	L	K	I	Y	N	L	R	P	F
L	C	R	A	L	Y	F	R	I	E	N	D	S	H	I	P	M	B	K
A	O	G	H	Y	X	A	G	U	N	E	W	J	V	H	M	W	I	L
C	L	I	J	D	M	H	P	X	N	K	A	J	Y	A	V	S	V	E
E	A	D	V	K	T	I	D	T	L	J	V	Y	L	Z	S	Z	A	A
K	T	R	S	Z	S	J	S	C	A	R	N	A	T	I	O	N	L	P
Q	E	A	K	C	C	D	S	E	S	O	R	I	W	R	R	D	E	Y
R	K	M	E	U	A	L	J	Q	W	R	O	M	A	N	C	E	N	E
O	T	S	I	Y	E	D	M	X	E	H	E	A	R	T	T	X	T	A
G	N	I	I	K	S	K	E	H	M	O	Z	F	T	E	R	C	I	R
Y	E	B	Y	H	X	I	U	R	S	U	X	C	H	Z	G	R	N	Z
Y	W	O	F	Z	T	G	D	C	H	I	V	R	S	G	F	Q	E	M

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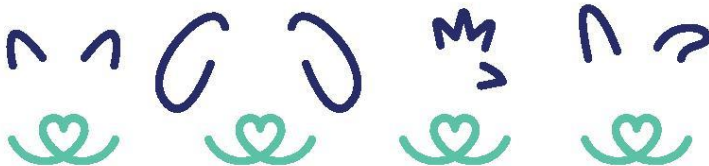
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- Turfing
- Planting
- Gate installation
- Site clearances
- Garden design
- Ponds/Water features
- Garden maintenance

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

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