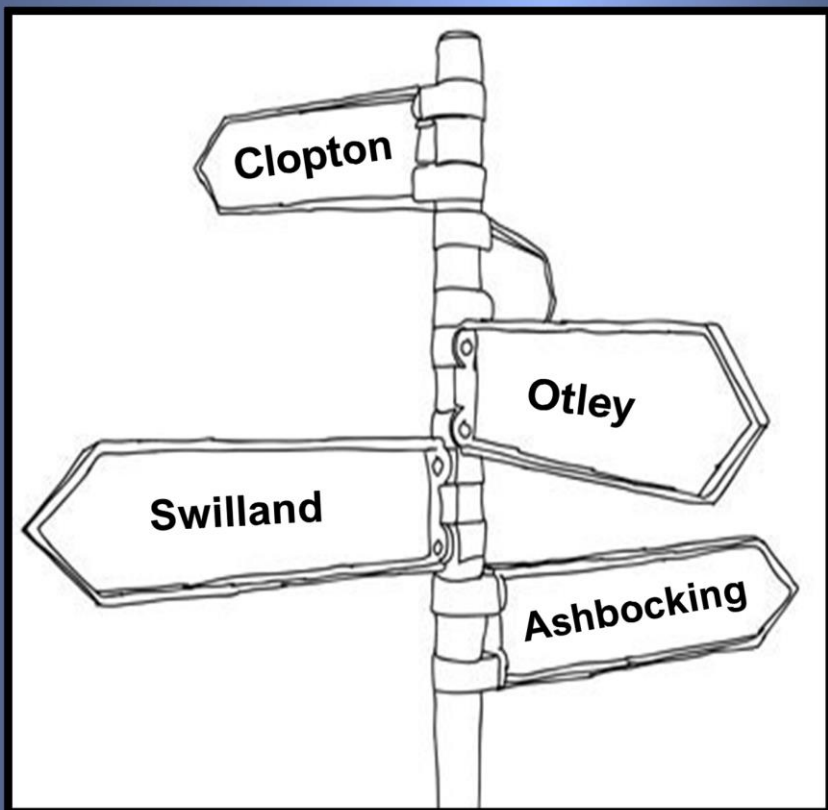


The Signpost



News from the Parishes

A Word from The Editor.....



Welcome to the **July** edition.

Well, what a warm end to June we have had. Let us hope that July will continue to be pleasantly warm and sunny. The grass is only just hanging on in there in places, areas are losing its green-ness already. The “every cloud has a silver lining” quote springs to mind. When the grass does die at least it means that it does not need mowing every week!! Although it is hot today, there is a beautiful breeze which is helping to keep it quite pleasant. Having seen some music over the weekend from Glastonbury, I can remember the years when it was a complete wash out and mud bath, but this year they have baked in glorious sunshine.

No doubt many of you will be looking forward to your summer holidays so whether it be home or away, I hope you have a fabulous time with good weather and come back feeling refreshed.

Lastly, I would like to say a **big congratulations** to Gail Minter. July will see a very special service take place in Bury St Edmund’s cathedral where Gail will be ordained as priest. Well done on all your hard work. Have a wonderful day.

If there is anything else you would like to see within the magazine, whatever it may be, I would gratefully receive it for consideration for upcoming editions.

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

**The next magazine will be the August issue,
with a deadline of 24th July 23.**

To register to receive The Signpost via email, each month,
please email Amy 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 Rev’d Katrina Dykes or a member of the benefice team,
please telephone 01473 735183.

***Keep safe and take care till next month..
Enjoy your summer holidays!***

Amy

Alfresco

We love to dine alfresco

(We love to eat outside)

Roast chicken on the patio

With salad on the side!

For in the warmth of summer

You really cannot beat

A meal in the open air

It is the place to eat!

A barbie or a salad

Or a fresh takeaway

A picnic in the countryside

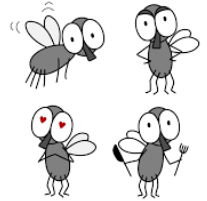
Just makes a summer day!

The birds a-singing in the trees

Bright flowers feast our eyes

The only thing that's not to like

Is beating off the flies!



By Nigel Beeton

May 2023

During the first two weeks we have had an unsettled period of weather with some warm days but also rain every few days with some occasional thunderstorms. We have got off very lightly with only 1.7 inches whereas some areas have had heavy rainfall with flooding. The remainder of the month was dry with sunny periods but this also coincided with at times cold north-easterly winds. The reason for this was due to a static high pressure area to the west of the British Isles which resulted in the wind coming in off the North Sea.

Russell Ling

"If you are bitter at heart, sugar in the mouth will not help you."

– Jewish proverb

July Weather Sayings.....

- July 15th (St. Swithin's Day)
"St. Swithin's Day if thou be fair,
Twill rain for forty days no mair,
St. Swithin's Day if thou dost rain
For forty days it will remain."
- "If the first of July it be rainy weather, Twill rain more or less for four weeks together."
- "When the months of July, August and September are unusually hot, January will be the coldest month."
- "The higher the clouds, the better the weather"
- "If there is dew in the grass in the morning, chances are it won't rain that day."
- "Three dewless morns, rain is for sure".
- "Bees a' swarmin' in July, Bring little more than dry."

Brainteasers

1. What proceeds out of the mouth comes from the ____?
2. After Jesus' resurrection to whom did he first appear?
3. How many days & nights was Jonah in the belly of the big fish?
4. Finish this verse from 1 Thessalonians: Pray without _____?
5. Who wrote the book of Revelation?

(Solutions on Page 37)



Henry Moore and His Monumental Sculptures



Henry Moore, the British sculptor and illustrator best known for his monumental semi-abstract bronze sculptures, was born 125 years ago, on 30th July 1898, in Castleford, a small mining town in Yorkshire.

He knew he wanted to be a sculptor from an early age, having heard at Sunday school about Michelangelo's life and work.

But his parents regarded sculpture as manual labour, and he trained as a teacher before joining the Army during the first world war. An ex-serviceman's grant brought him – via Leeds School of Art – to the Royal College of Art in London, where he met and later married Irina Radetsky.

In the second world war Moore became popular as a war artist – mainly through his drawings. But in 1943 he was commissioned to carve a Madonna and Child for the Church of St Matthew in Northampton.

Moore's fame as a sculptor grew quickly, with exposure in the media backed up by major exhibitions in London and Florence. In 1977, at the age of 79, he decided to establish the Henry Moore Foundation, partly for tax reasons but also to encourage "enjoyment and opportunity" in the arts – especially sculpture. It now runs his house and estate at Perry Green, Hertfordshire.

His work was not without controversy. An early 'modernist' sculpture bought by artist and poet Roland Penrose in 1937 – and put in his Hampstead garden – aroused indignation in some. Then in 1962, as a socialist, Moore sold another statue to London County Council at a fraction of its value so that it could enrich the lives of those living in a socially deprived area. It was installed on the Stifford council estate – but was vandalised and moved in 1997 to the Yorkshire Sculpture Park. The Stifford Estate was later demolished.



Grilled Halloumi with Warm New Potato and Beetroot Salad **With Tzatziki Dressing**

25 Mins, serves 2



Ingredients:

- 1 Shallot, finely chopped
- 2 Tbsp Olive oil
- 1 Tbsp White wine vinegar
- Small handful of chopped dill
- 250g vacuum packed cooked beetroot cut into matchsticks
- 250g baby new potatoes, halve any large ones
- 250g Halloumi, thickly sliced

For the Dressing:

- 3 Tbsp Greek yoghurt,
- ½ Cucumber halved lengthways, seeds removed and grated
- ½ Clove of Garlic, crushed

- Mix the shallot with the oil, vinegar, dill and some seasoning then add half of it to the beetroot and toss. Leave to one side. Add the potatoes to a saucepan of boiling water and cook until tender, then drain. Mix the potatoes with the remaining oil and vinegar dressing.
- Put the halloumi on a greased baking sheet under a hot grill and cook until golden.
- Mix the yoghurt with the cucumber, garlic, 1 tbsp water and some seasoning.
- Loosely stack the beetroot, potatoes and cheese on each plate. Drizzle over the tzatziki dressing and serve.

Identifying Hornets – What You Need to Know

Which one is a hornet? an Asian hornet or simply a moth looking like a hornet??

Here in the UK it is home to only one native hornet: the European hornet. Below you will see images to help you to tell these apart from the invasive Asian hornets (*sightings of which should be reported*), and a few similar-looking, but harmless and important UK species - especially the hornet moth and the hornet mimic hoverfly.



European hornet (*Vespa crabro*)

- Larger than Asian hornets
- Head yellow from front and red from above
- Abdomen mostly pale yellow with black stripes
- Thorax and legs black/ reddish brown

Asian hornet (*Vespa velutina*)

- Smaller than native hornets
- Orange head (from front)
- Abdomen almost entirely dark, with fine yellow stripes and a yellow or orange 4th segment near the base
- Black or brown thorax
- Legs with yellow tips



All Asian hornet sightings should be reported. See the link at the end.

What looks like a hornet?

There are other insects that have cottoned on to the fact that these striped predators inspire fear and use this to their advantage by copying them in appearance; a clever strategy to give the impression of danger, while in fact being completely harmless!

Giant horntail (*Urocerus gigas*)

- More elongated look than hornet
- The proportionately smaller-looking head is black with a yellow patch on each side
- The end of the abdomen has a strong yellow spike (females also have a long ovipositor)



Hornet moth (*Sesia apiformis*)

Hornet moths (pictured below) and the similar Lunar hornet moth are clearwing moths - a group known for their mimicry of insects that includes bees, ants and wasps. Here are some giveaway features:



- Small eyes
- Two pairs of boldly outlined wings
- Furry body
- Lack of a defined 'waist'

Hornet mimic hoverfly (*Volucella zonaria*)

- 'Waist' less defined than in wasps and hornets
- Yellow and brown bands on abdomen
- One pair of wings
- Short and stubby antennae
- Eyes large and round and prominently visible from above



Asian hornets

The non-native Asian hornet is an invasive species from Asia. It was first sighted in the UK in September 2016, confirmed by the National Bee Unit in the Tetbury area of Gloucestershire. Further UK sightings were made in 2017 and 2018, most recently in Cornwall.

What's the problem?

They are a significant threat to bee colonies and are most likely to be seen near beehives, preying on bees defending the hive.

How did they get here?

The hornet can be accidentally imported through goods such as timber, soil, fruit, potted plants, cut flowers, though it is most likely to be found in the southern parts of England as it cannot survive the colder climates in the north of the UK. Its active months are between April and November, though they're most active in August/September.

If you do see an Asian hornet, you can report your sighting via this link [Report Asian Hornet sightings | UK Centre for Ecology & Hydrology \(ceh.ac.uk\)](https://www.ceh.ac.uk/report-asian-hornet-sightings).

7th July - St Willibald – The First Ever Anglo-Saxon Travel Writer



Where do you go on your summer travels? If you enjoy including a Christian element to your trips, such as making a pilgrimage, or visiting places rich in Christian history, then St. Willibald (d. 876) is the saint for you this month. He was one of the most widely travelled Anglo-Saxons of his time.

Willibald began life in Wessex, becoming a monk at Bishops Waltham (Hants). But he obviously had the curiosity that besets all keen travellers – what is it like over there...just over the next hill, round the next corner? And so Willibald set out... for Rome, Cyprus, Syria and above all, Palestine. It was an amazing achievement, just to survive such journeys back in the early 8th century.

In Palestine, Willibald made his way round all the Holy Places associated with Jesus, as well as the numerous communities of monks and hermits living there. On his eventual return to Europe, Willibald decided to tell his story. He dictated an account of all his travels to a long-suffering nun, Hugeburc, who wrote it up under

the title of *Hodoeporicon* – the first ever travel book to be written by an Anglo-Saxon.

After a long stay in Constantinople, the year 730 found Willibald back in Rome, where he settled at the monastery at Monte Cassino. Under his reforming influence, the monastery began to prosper. That got Willibald ‘noticed’, and soon Boniface asked Pope Gregory III to send him on to Germany, where Willibald was made bishop of Echstatt. Here he founded a monastery that became an important centre for the diffusion and development of monasticism. After 45 years as Bishop at Echstatt, Willibald died in c. 786. His relics remain there till this day.



Wildlife to Spot in July

- **Grasshoppers** – the males of which rub their hind legs against their wings to chirp for the females.
- **Baby Hedgehogs** – making their first foray out of the nest at dusk. Leave dog or cat food (never mealworms), plus a dish of water for them.
- **Bats** – flitting about in search of insect prey, on still evenings. You can buy a bat detector to see if you can find out which species are visiting.



Happy Holidays

'From Troas we put out to sea and sailed straight for Samothrace... we went on to Neapolis. From there we travelled to Philippi, a Roman colony and the leading city of that district[a] of Macedonia. And we stayed there several days. (Acts 16:11-12)

I wonder if travel was in some ways easier in St Paul's day! No waiting at airports, cancelled flights or passport problems. The Roman Empire had an amazing system of well-maintained roads, provided with inns, guards, signposts and milestones. Everyone spoke Greek and the currency was interchangeable. We do not live in classical times so how should we prepare for holidays?



Choose your holiday from a reliable travel company that is a member of the professional bodies that protect customers if it all goes wrong. Pay for the holiday using a credit card, so you can claim against the credit company if there is a serious problem.

Prepare and research where you are going. Look up the Government travel advice pages on staying safe and healthy in that country.

Get someone to look after your house and pets while you are away. Make sure it does not look as though it is empty.

Get proper insurance that covers what you need. The Association of British Insurers has advice online about travel insurance, including how COVID-19 can affect it, and a guide on choosing the right travel insurance policy.

Rules on claiming health benefits in Europe have changed. It is now the Global Health Insurance Card.



When on holiday, keep your belongings safe and avoid dangerous places. Do not keep all your holiday cash in one place. If you lost your wallet, would you have



details of what numbers to phone to stop your card? Take more than one credit/debit card with you and keep them separately.

For dealing with motion sickness, ginger capsules are your new friend. Available from any health store, they do a wonderful job in calming upset tummies.

And for fever or frayed tempers, take some camomile tea bags with you. Camomile tea doesn't just calm your nerves; cooled down, the tea also soothes sunburn.

For discouraging mosquitoes & insomnia, take some essential oil of lavender. Mosquitoes hate the smell, so if you put a few drops around your pillow, you may keep them at bay – and help yourself drift off to sleep.

Finally – have fun. You deserve it!

The Sweet Smell of Rain

Have you ever noticed the sweet, fresh smell after a downpour of rain? That 'smell of rain' is called petrichor, and it fascinates scientists.



It was back in 1965 that scientists first named it. Petrichor comes from the Greek for stone, 'petra', and the golden fluid flowing through the veins of the immortals, 'ichor'.

Petrichor is produced when raindrops form air pockets on the rocks and soil, and softly force the release of aromatic chemicals trapped there. The petrichor-scented compounds drift upwards into the atmosphere as a gas, like a glass of champagne.

The odour itself comes mainly from a chemical called geosmin, which is made by bacteria in soil. Geosmin is made by soil microbes, to fend off hungry worms. Geosmin is highly pungent, and even just five parts per trillion can be picked up by the human nose.





Pets' Corner

This feature highlights some very special pets, and every month we'll be interviewing a pet and their person, to give you an insight into their lives, likes and loves.

This month features Bumble owned by Clare Free and family in Otley.

Questions for Bumble

Name: Bumble

Date of birth: 6th September 2016

Breed: Labrador



Colour: Black

Favourite dog food: Wagg (I can't eat anything else!)

Favourite human food: I'm partial to a bit of chicken or fish

Best place to sleep? In a spot where the sunlight will warm me

Who is your favourite human? All my human family

Proudest moment so far? Winning best behaved dog at the local dog show

What do you like doing the best: Being stroked and fussed

If you were a person who would you be?
A detective, I can sniff out a treat easily so I could find baddies!

If you had to tell us a secret about your mum Clare what would it be? She shares her popcorn with me

Questions for Clare

What made you fall for a breed of dog like Bumble? My mum bred Labradors when I was a child and they make such amazing family dogs

Most embarrassing moment so far?

I was given loads of 'No Fouling' signs to put up around our village, Bumble took a poop right in front of the lady who gave them to me!

Needless to say, I always pick up her mess but it was a bit embarrassing.

Does Bumble like going to the vet?

No, but she's very good when we get there

Favourite time of year so far? Late spring when everything is bursting into life.

Favourite toy: Bumble has a toy pig which she adores.

Favourite treat: a sneaky bit of popcorn

Does Bumble like having a bath: She tolerates it but I wouldn't say she 'likes it.'

Dislikes? All my other dogs have enjoyed raw carrot, if I give it to Bumble she'll eat it (because she's a Labrador) but she looks pained and like it's an effort while doing so.

Taste in music? Bumble hasn't really indicated which bands she likes best but, if I make up a song with her name in it she seems to enjoy it.

If you had to describe your dog in three words how would you do it?

Gentle, trustworthy, affectionate.



Upcoming dates for your diary

Saturday 1st July: Otley Village Fete complete with Dog Show. 6 classes including waggiest tail, dog judge would most like to take home (Please note fancy dress has been substituted for another class to make sure our entrants don't get too hot), best young handler (for children age 5-8), best junior handler (for children age 8-12), best puppy (<12 months) and golden oldie (>8 years of age)

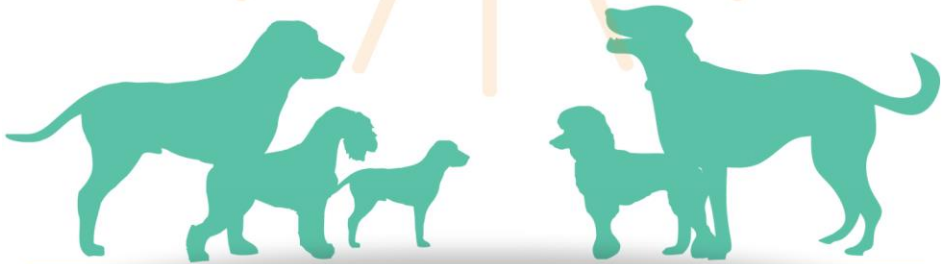


OTLEY VILLAGE FETE DOG SHOW

Saturday 1st July 2.45pm

Registration 2-2.30pm

- Waggiest tail
- Best Junior Handler (age 5-8)
- Best Young Handler (age 9-12)
- Golden oldie (>8 years of age)
- Dog judge would like to take home
- Best puppy (<1 year of age)



Sponsored by

All participants enter at own risk

One winner per class judged by

Mrs Jules Hamilton

Raising money for the Otley Community

Sunday 9th July: Pet Service at Ashbocking Church. All creatures great and small welcome.



PET SERVICE

Come and find out more about the bond between humans and pets and chat to Vet Emily about how to get the most out of your relationship



Sunday 9th July at 11am

All Saints Church, Ashbocking

Everybody welcome, including pets, however large or small

Sunday 10th September: Suffolk Dog Day at Helmingham Hall. Run by St Elizabeth Hospice, Nightingale Vets are in attendance for first aid, and advice.

Sunday 24th September: Beardies in Need Companion and Novelty Dog Show at the Moon and Mushroom, Swiland. Contact Shirley Hinchcliffe 07765630182.

Thank you to Clare and lovely Bumble! If you'd like your pet to feature in next month's Pets' Corner, then please email us at hello@nightingalevets.co.uk





About Nightingale Vets



Hello from Dr Emily!

Nightingale Vets is a new, independent small animal veterinary practice and we are so delighted to be opening our doors to welcome our patients and their people this summer.

Our vision is to provide excellent, experienced, loving veterinary care from our purpose built site in Ashbocking, as well as mobile care in the community courtesy of our “vet-mobile” Florence. We’ll be looking after you and your pet, supporting your pet parenting journey along the way with our

team of experienced and devoted pet professionals.

“At Nightingale Vets our team will care for you and your pet, nose to tail, every step of the way”

At the practice we will be inviting you and your pets to

- Our bespoke Welcome to the World programme for new puppies and kittens, including vaccinations, confidence visits and the preventative care they need to keep them healthy.
- Dental care including dental x-ray so we can help keep our pet-patients’ oral health and mouth comfort tip top.
- An imaging suite complete with X-ray facilities and ultrasound equipment. We’re going high tech, for better quality images giving us more information about the conditions our patients are dealing with so we can make them better and back home with you sooner!
- Community events, evening talks and educational events for “MiniVets” and “JuniorVets” so your family can see what goes on behind the scenes at our veterinary practice.

- Fully equipped operating facilities with everything we need to help our patients who need our surgical skills including video endoscopy using specialist camera equipment so we can view our patients internal organs.
- An onsite laboratory so we can run samples in-house leading to rapid knowledge about our patients conditions, determining the right treatment and getting them back to health as soon as possible.
- A mobile veterinary service for patients who prefer to be seen in the comfort of their own home. We'll be introducing "Florence" to you very soon! Look out for us driving around and give us a wave and a tail wag!
- Monthly memberships to help spread the cost of your veterinary care.
- Our carefully curated Final Journey Planning service. This is a bespoke, sensitively created end of life service. If this is something you're facing with your pet and would like more details about, please feel welcome to email me personally at hello@nightingalevets.co.uk. More information about this very specialised and personal service will be available on our website shortly.

We are gearing up to open in the coming months, and in the meantime you can pre-register and be kept updated on our opening day by visiting

nightingalevets.co.uk

We're also on Facebook and Instagram and will be at the Otley Village Fete on the 1st July running the annual dog show. Do come and say hello!

We are so excited to be part of this wonderful animal loving community and look so much forward to meeting you and your pets when we open our doors very soon!

Kind regards,

Dr Emily Nightingale DVM MRCVS



DID YOU KNOW.....

- 1st 1963** The British government revealed that intelligence officer Kim Philby was a long-term Soviet spy and that he was the 'third man' in the Cambridge spy ring.
- On **30th July** the Soviet Union announced they had granted him political asylum.
- 3rd 1938** The 'Mallard' broke the speed record for steam engines, 126mph.
- 4th 1623** William Byrd, English Renaissance composer, died. Regarded as one of the greatest British composers, and best known for his sacred music.
- 5th 1948** The National Health Service (NHS) began operating.
- 6th 1885** The first successful administration of the rabies vaccine by French microbiologist Louis Pasteur to a 9yr old boy called Joseph Meister.
- 7th 1848** Waterloo railway station in London opened.
- 7th** National Scarecrow Day
- 9th 1944** Battle of Normandy in WW11
- 12th 1963** The Moors murderers, Ian Brady and Myra Hindley, killed their first victim, 16-year-old Pauline Reade, on Saddleworth Moor.
- 13th 1923** The Hollywood Sign was officially dedicated in Hollywood, Los Angeles. Originally erected as a temporary advert for a housing development called Hollywoodland.
- 15th 1998** During the 2nd Sudanese Civil War, both sides declared a ceasefire because of the famine. It lasted until April 1999, the war then continued until 2005.
- 19th 1873** British-born Australian explorer William Gosse discovered Ayers Rock and named it in honour of Sir Henry Ayers, the Chief Secretary of South Australia. It is now known as Uluru/Ayers Rock.
- 19th 2013** Mel Smith, British comedian and screenwriter, died. Best known for the TV comedy series *Not the Nine O'Clock News* & *Alas Smith and Jones*.
- 21st 1837** Euston Railway Station, the first in London, is opened.
- 23rd 1829** The typewriter was invented.
- 25th 1943** Britain's RAF bombed the Fokker aircraft factory in Amsterdam.
- 26th 1958** Debutantes were presented at the British royal court for the last time.
- 27th 2003** A team from the BBC reported that the Loch Ness monster did not exist. They had combed every inch of the loch using 600 sonar beams guided by satellite navigation, and still found nothing. The search operation was covered in the documentary, *Searching for the Loch Ness Monster*.
- 29th 2005** Astronomers announce the finding of a 10th Planet, 2003 UB313
- 28th 1586** The first potatoes arrived from Columbia.
- 28th 1901** First fingerprints used for identification.
- 30th 1973** Pharmaceutical companies in the UK agreed to pay more than £20m in compensation to about 400 children who were born with birth defects after their mothers took thalidomide during pregnancy.
- 30th 1898** Henry Moore, British sculptor and illustrator, was born. Best known for his monumental semi-abstract bronze sculptures.
- 31st 2008** NASA reported that its Phoenix Mars Lander had found frozen water in a soil sample taken from two inches below the surface of Mars.

How To Keep Young, As You Grow Old



When the US President Joe Biden announced that he was running for re-election, many of us thought he was too old. He will be 86 by the end of 2028. Trump will be 82. How could either of them run the United States at such an age?

The argument about Biden and Trump will doubtless carry on, but meanwhile, there is some encouragement for the rest of us who are ageing.

A 2012 study by the University of Edinburgh found that only about a quarter of the cognitive changes that occur as we age are determined by genetics. The other three quarters are based on our lifestyle choices.

Firstly, choose to exercise. When you exercise in any way, you are not just making your body fit, you are also improving your brain health. This is because exercise promotes the release of a cell-making protein in the brain called BDNF (brain-derived neurotrophic factor), which is linked to learning and memory.

Secondly, choose to retain a sense of control and purpose in your life. We can't all influence world politics, but we can act for the general good of the people around us. In 2022, researchers found that people who have a greater sense of purpose in life not only live longer, but have fewer health problems, including depression, blood pressure problems and heart attacks.



Thirdly, choose to set yourself some realistic personal goals, no matter how small. Research shows that setting a goal – even just to lose weight, or tidy the garden, can make you feel immediately more worthwhile.

Fourthly, choose to keep spending time with other people. Remaining sociable in old age is vital – we are social animals and really do need those meaningful relationships.

Fifthly, choose to follow activities that allow you to keep learning – perhaps take up a hobby such gardening, or even begin a foreign language.



“Love does not consist in gazing at each other,
but in looking together in the same direction.”
– *Antoine De Saint-Exupery*

The Rise of Sourdough



We seem to love bread. In Britain we buy 11 million loaves of the stuff *every day*. For years it was just the base for our breakfast marmalade or lunchtime sandwiches, until sourdough arrived.

Sourdough has exploded in popularity. Global sales are forecast to grow \$2.36bn (£1.92bn) during 2022-2026. UK craft bakers point to its flavour and perceived health benefits.

Sourdough is a seemingly simple mix of just flour, water and salt. But it isn't made with traditional bread yeast. Instead, it's fermented by lactic acid bacteria and naturally occurring wild yeasts. A single teaspoon of sourdough starter can contain 50 million yeasts and 5 billion lactobacilli (lactic acid bacteria) that originated in the environment and made a home in it while the starter was fermenting and growing. And a lot of scientists think that that is good for us.

The Down-Fall of That Pizza



Summer evenings make it so easy to want a pizza – but before you reach for your next slice, there's something you should know.

Pizza is very high in salt. When the campaign group Action on Salt analysed the salt content of more than 1,300 pizzas from restaurants, takeaways and supermarkets, it found that one in two pizzas contain a whole day's recommended intake. That is 6g of salt a day, which amounts to roughly one level teaspoon,.

Takeaway pizzas were found to be the worst culprits. A basic Domino's cheese and tomato pizza contained 10.77g of salt, and a Papa John's double pepperoni stuffed-crust pizza contained 14.31g. Franco pizza, with spicy salami, fried onion & chilli-infused honey, contains 7.18g, more than a whole day's worth. A Zizzi's rustica pizza margherita contains the equivalent of 1.2 teaspoons of salt.

The human body needs some salt to function properly, but too much can lead to high blood pressure, which can lead to heart disease.



NEWS FROM OUR CHURCHES

ASHBOCKING

June was a busy month, and July looks like it will be just the same. With this exceptional weather people are out and about and we are now looking forward to our summer breaks away, if not gone already. Let's hope the weather continues for when the children break up. Last night I watched my eldest granddaughter, and her friends go off to their School Prom, having finished their exams, and looking forward to the next leg of their life journey.

I was thinking of all the youngsters across the country as they leave their schools and the feelings this evokes for them and their families. Not all will have the support of loving families to guide them, and I must say, I did say a prayer for them.

It makes my worry about my garden, while we are away, somewhat insignificant, and generally everything carries on as normal.



Here in the benefice of course we are looking forward to Gail Minter's Ordination at the Cathedral on the 1st July, followed by her first Communion service as a fully-fledged priest at Grundisburgh the next day. Many Congratulations Gail from us all in Ashbocking.

We are also looking forward to the annual **Pet Service**, which Gail is taking, on the **9th July at 11am.**

All pets large and small, with their owners and families, are invited to attend this lovely service. Pets must be tethered or contained to avoid any mishaps.

We are outside in the sunshine but can accommodate most things in the church, even the occasional donkey! Please bring something to sit on, and we do have a water tap for topping up your pet's water.

Emily Nightingale, our local vet, who is opening her practise in the village soon, will be there to give a short talk on the emotional bond that we form with our pets and will answer our questions. However, this is not a time for individual consultation as it is very much a time of praise and blessing for our pets.

Do come and join us, refreshments will be available afterwards.



Following this is the **Lay Led service** in the church on the **23rd July at 11am**. This is a family service which will be led by Brian Williams from Swilland, standing in for me as I am on holiday. Everyone is welcome.



Our **coffee morning** is on **Friday 7th July at 10:30am**, hosted this month by Liz and Steve Stegman, at Oldhouse Cottage, the Green. Their house is found on the left just after Nelson Close coming from the crossroad. There is some parking in the lay-by in Nelson close. Do come and enjoy a cup of coffee and a chat and wander round their lovely garden.

We are always glad to welcome volunteers to host coffee mornings in the village, please let me know if you would like to do this.

Knit and stitch is on Monday 3rd July at 10am, we may find it a bit hot for knitting but it's always good to chat and enjoy refreshments together. We always enjoy welcoming new members, regardless of your craft. It is always good to learn about something different.

Finally, I put out another plea for a church treasurer. I am told that this is not an onerous task, especially as we only have one regular service a month and a lay service every other month. If you would like to find out more, without obligation, please contact one of the church wardens for more details. Either Duncan Bray 07933 705350 or John Pollard 07786 803490



We wish everyone a good summer, and if you are off on your travels, we wish you a safe and pleasant journey and a lovely holiday.

Linda Pollard

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

*"Perhaps the straight and narrow path would
be wider if more people used it"
- Kay Ingram*

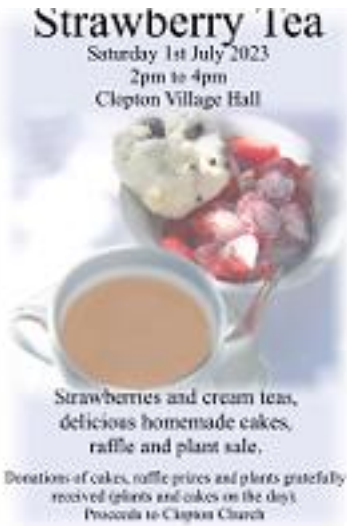


CLOPTON



The weather was perfect for Rosie and James Atkinson's wedding at the end of May, and everyone wishes them a very happy life together in this most beautiful corner of Suffolk. Ronnie and Scott Woods did a great job cutting the grass together to make the churchyard look so neat and tidy for the occasion, and Tanya Cox made the inside of the church all spick and span ready for the beautiful flowers and decorations that Rosie and her mum had prepared. The church bells rang out across the fields, thanks to David Stanford and his skillful team of bell ringers, marking this very special day for the young newly-weds.

We are all looking forward to the Strawberry Tea which is fast approaching. This year, it will be held in the village hall on 1st July. Let's hope that the sun shines for us. It is wonderful that the village has kept the tradition going. Doris' strawberry teas were a thing of legend. She will be there to keep an eye on us all to make sure standards are maintained! Well done, Doris, for establishing the event, and well done everyone else, especially Julie Gittoes and Charmaine Williams for keeping it going.



Several visitors stop by our parish church each year, some visiting family graves or following a trail of family history, while others drop by for a moment's peace and quiet reflection, or to admire the ancient architecture. The church is there for everyone, and its door is always open in welcome. The beautiful building, however, needs to be maintained, which is, of course, a constant worry for us all. Now, when you visit, you will see that St. Mary's Church is moving into the technological age! We have our own QR code (shown here) which allows those wishing to offer a donation in support of



our church to do so directly through their smart phones. This is very helpful as so few of us carry cash nowadays. It allows for either a single donation or, should anyone wish to support the church on a more regular basis, for repeat giving.

Just a reminder again of Clopton's regular get-togethers in the village hall (IP13 6QN).



- Hobbies Group, on the first Wednesday of each month, will be on Wednesday the 5th July. Whatever your craft/hobby, bring it along, or just bring yourself, for a fun and relaxed morning with tea/coffee, biscuits and chat. (Just £2 to cover the hall expenses).
- And our popular coffee morning, set up by the church, is held every third Wednesday of the month. Refreshments are free and it's a wonderful chance to meet new people and have a chat with friends and neighbours. This month it will be on Wednesday, 19th July. We offer a friendly welcome to everyone from Clopton and the surrounding villages, and we love to see new faces, so do join us.

Both gatherings run from 10.00am - 12.00pm.



Services in our parish church continue to be held on the second and fourth Sundays of every month. July services are as follows:

- Sunday, 9th July, Lay-led Morning Prayer, where we shall be thinking about Thomas à Becket who is celebrated in the church on the 7th of July. After the service there is a chance to meet friends, and to enjoy a hot drink and homemade cake. Do come and join us.
- Sunday, 23rd July we shall be celebrating Holy Communion, at 9.30am, and this service is also followed by refreshments. Everyone is most welcome.

We wish you a lovely July!

Jenny Schurr

OTLEY

Our regular service on the first Sunday of June was especially memorable for two reasons.



We commenced the service with a special presentation to Penny Clark, who had stepped back from her duties on the PCC after more years than most of us can remember! During most of this time she has acted as a wonderfully quiet, yet efficient, secretary, both for Otley PCC and for the benefice combined PCC meetings. Penny is a keen gardener, and a collection from the current PCC members resulted in a gift of a National Garden Centre voucher. Pauline Crowley also presented her with a floral table arrangement.

We have few baptisms in Otley and it was wonderful to welcome Rosie, daughter of Zoe and George Chilvers, into our church family. Many friends and family had been invited to the service, which greatly added to our usual congregation, and made for a very joyous occasion.

On Saturday 10th June the fundraising committee organised a progressive supper. This event is always popular, though numbers attending were fewer than usual. Twenty five participants enjoyed three courses, culminating in meeting up at the home of Ruth and Jonathan Farnhill for tea and coffee. It was a great evening and raised £375 for church funds. Thanks are due to Vanessa Ling and Ruth Farnhill, who organised the entire event.

The monthly 'warm space' organised by the church, and other individuals, in Otley village hall during the winter months has been continued into the summer. Renamed 'cuppa and cake' it is held on the second Wednesday of the month between 2 and 4 pm. A rota of volunteers to run it has been drawn up and attendance on 14th June was twelve.



On Saturday 1st July, our curate, Gail Minter, will be ordained Priest in Bury St Edmunds cathedral. This is a very special and significant event for Gail, and her family. It is hoped that representatives from all parishes in our benefice will be present to support Gail on this wonderful occasion. We are truly blessed to have Gail as part of our ministry team.



Just as baptisms are uncommon in our church, so too are weddings. However, we are very pleased to have a wedding on Saturday 8th July. It is especially significant in that it will be the first wedding service conducted by newly ordained Gail. Let us hope that the current fine weather continues!

Nigel Crowley

SWILLAND

We had a visit from the Church Crawlers of U3A recently. Over 20 people came, and it was a pleasure to show them round the church. Our thanks to Richard Stennett for allowing them to park in his farmyard.

Thank you to the Moon and Mushroom for money raised at the recent quiz and to Gina for selling plants from her drive. Both helped to boost our Kitchen/Toilet fund.



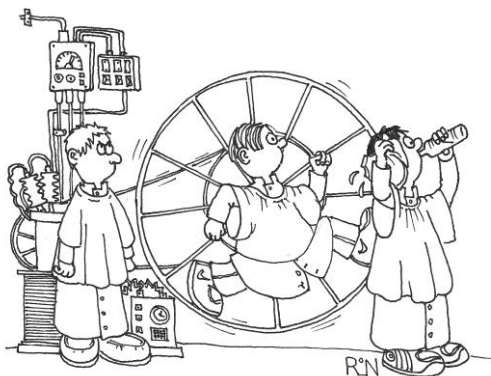
The next village coffee morning will be on Saturday 22nd July. The venue will be announced on the A Board and on Swilland WhatsApp.

Ann Kent



"It's not a new stained-glass window – the Youth Club put its skateboard ramp too close to the church's west wall!"

27



When the solar panels weren't working, there was Plan "B"

75 years of the National Health Service



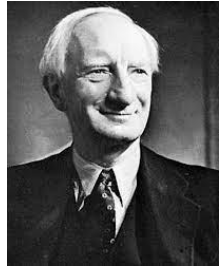
It was 75 years ago, on 5th July 1948, that the National Health Service (NHS) began operating – formally opened at the Park Hospital in Manchester, now renamed Trafford General.

The National Health Service Act provided for the establishment of a comprehensive health service for England and Wales. (Separate legislation was produced for Scotland and Northern Ireland.)

The Minister of Health at the time was Labour firebrand Aneurin Bevan, but the NHS came into being through the efforts of many others as well – notably Conservative Sir Henry Willink, who was Minister of Health in the Coalition government in 1944. His White Paper laid down all the basic elements of an NHS – that no-one was excluded, and that healthcare was free and based on need, not the ability to pay.

But the origins of the NHS went back many years, starting perhaps in the early 1900s, with socialist Beatrice Webb's Minority Report of the Royal Commission on the Poor Law. It aimed to get away from the workhouse system, where those with no resources were expected to look after themselves. The report was dismissed by the Liberal government.

Strong ideas in the same vein had also come from biochemist Dr Benjamin Moore, from Liverpool, who is also credited with first use of the words "National Health Service". A novel called *The Citadel* by D J Cronin (also a doctor) drew attention to the inadequacies of health care at the time of its publication in 1937.



In the end, the NHS was based to a large extent on the Beveridge Report, published in 1942. William Beveridge was a Liberal politician, economist and social reformer who also had a strong interest in eugenics – the aim of improving the human race by controlling reproduction.



"What your heart possesses, your life expresses"

- Anon

Storms of Life



The boat was tossed from side to side
Buffeted by the wind and rain,
Alarm and panic filled their hearts
Would they ever reach the shore again?

The sky was dark and looking out
They thought they saw a ghost appear,
Transfixed with horror, what could it be
Treading on water and drawing near?

Their hearts were stilled as hope arose
As they heard the voice of the One they knew,
'Do not be afraid, this storm will pass'
And the sea grew calm and the wind withdrew.

When storms of life assail our boat
And our hearts are filled with dread and fear,
Remember the One who treads the waves,
He sees our plight - He's drawing near.

By Megan Carter

STORIES FROM THE STRANGER SIDE OF LIFE

Knocking from within the coffin

A woman who was found to be alive after knocking inside her own coffin has been declared dead for the second time. Bella Montoya, 76, was pronounced dead after she was admitted to hospital in Ecuador on 9 June with a suspected stroke and cardiopulmonary arrest. However, at her wake, family members began to hear signs of life. She was rushed back to hospital and placed in intensive care under intubation where she remained for seven days before she died.



US hotel honours old certificate

A hotel in Kansas has agreed to honour a 40-year-old gift certificate found by a local couple in their wedding album. Tim and Melinda O'Brien, who spent their wedding night in 1983 at the old Muehlebach Hotel, discovered the certificate as they prepared for their 40th anniversary. It states that the bearer can use it any year on the month of their wedding anniversary to stay at the same price as their wedding night – in this case, \$38 (£29.64).

Shooting oneself in the foot

A US man facing firearm charges told officers he accidentally shot himself in the leg while dreaming that an intruder was breaking into his home. Lake County Sheriff's deputies were called to his suburban home in Chicago, Illinois, following a report of a person with a gunshot wound. The man told investigators he "had a dream that someone was breaking into his home" and during that dream he "retrieved his .357 Magnum revolver and shot at who he believed was the intruder". Investigators found that his state firearm owner's identification card had been revoked.



Geese 'terrorise' locals in Norfolk

"Violent" geese and "out-of-control" horses are "terrorising" people at a UK beauty spot. Locals in Berney Arms, along the Norfolk Broads, are angry with a neighbour over her "aggressive" geese, which they claim are "attacking walkers". There are also tensions over horses and a pet fox cub. The woman denies the allegations and insists she keeps her animals safe and secure.



Message in a bottle from 1989 found

A woman in Quebec has discovered a message in a bottle that had been hurled out to sea by a Newfoundland man 34 years earlier. Trudy Shattler was strolling on the beach near her Pagouatchiou cottage when she found a bottle on the rocks



containing a note that was dated 29 May 1989. “I was so excited,” she said. “I mean, what I’m looking for all the time is a note in a bottle.” After she shared the news on Facebook, it eventually reached the son of the man who wrote the note.

Route 666 renamed in Poland

Passengers “taking the highway to Hel” in Poland will no longer be able to travel on bus route 666. Transport operator PKS Gdynia has announced the route’s title will be changed to 669 after pressure from religious groups, who objected to the satanic number. The management board “buckled under the weight of letters and requests that were sent to us”, said spokesperson Marcin Szwaczyk, “maybe not in large numbers, but cyclically for many years with a request to change the line number”.

Man spots snake while sitting on the loo

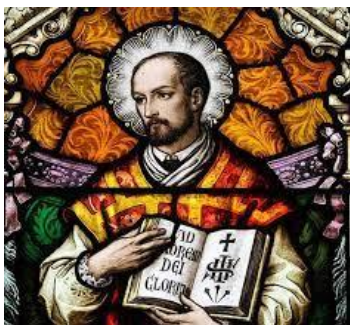
An Australian man sitting on the toilet in his home had quite a fright when he spotted a nearly 10-foot python on top of his shower. The snake catcher who was called to deal with the serpent found the episode more amusing than the man who first discovered it. “After I stopped having a laugh for a few minutes, I got the hook and took it down and then it was cranky,” Anthony Jackson said. The snake has now been released into the wild.

AI collaborates on ‘final’ Beatles song

The Beatles’ final single will be released this year after being completed with the help of artificial intelligence, said Paul McCartney. The rock legend told how AI technology has “extricated” John Lennon’s vocals from a rough track and he has polished the recording into what he has termed the “final Beatles record”. The track, thought to be named Now and Then, is one of several on a cassette recorded by Lennon before his death and handed to McCartney by Yoko Ono in the 1990s.



31st July - St Ignatius Loyola – Founder of The Society of Jesus



Ignatius came from a noble Basque family in north-east Spain. Born in 1491 in his family's castle near Loyala, he was sent to serve as a page at the court of King Ferdinand V of Castile. Ignatius entered military service, but was wounded in 1521, at the French siege of Pamplona. While convalescing, he read the life of Christ, as well as the biographies of various saints.

Like those saints, Ignatius felt the call of Christ on his life, and responded. He made a pilgrimage to Montserrat (near Barcelona) where he firmly hung up his sword over the altar. He exchanged his clothes with a beggar, and settled in nearby Manresa, where he helped care for the sick in the hospital there. Then he spent some time as a hermit in a local cave, praying and studying Thomas a Kempis's book '*The Imitation of Christ*'. It was probably during this time that Ignatius wrote his famous '*Spiritual Exercises*' on Christian prayer and meditation. It has been valued by Christians of many traditions for centuries.

Ignatius then went on pilgrimage to Rome and Jerusalem, studied at the universities of Barcelona, Alcalá and Salamanca, and ended up in Paris to continue studies. It was there, in 1534 that Ignatius and a group of six students (including Francis Xavier) vowed to go as missionaries to Islamic Palestine.

They were prevented from travel by a war in Europe, and so, in 1537, the group, now ten in number, offered their services to the Pope. By 1540 they had been ordained, and with papal approval, formed the Society of Jesus, with a vow of personal obedience to the Pope, in addition to the traditional three monastic vows.

Ignatius became the first general of the order, and in the following 15 years the order grew hundred-fold, to become the vanguard of both the Counter Reformation and the missionary work of the Roman Catholic Church.

Ignatius died on 31st July 1556, but even today his famous prayer is treasured by Christians of all traditions:

Teach us, good Lord, to serve You as You deserve.
To give and not to count the cost.
To fight and not to heed the wounds;
To toil and not to seek for rest;
To labour and not to ask for any reward;
Save that of knowing that we do Your will;
Through Jesus Christ our Lord.
Amen.

TIPS FROM GRANDMA

- Don't go where you are not invited.
- Don't talk about what you don't know.
- Don't open the fridge in other people's houses.
- Don't call someone after nine o'clock at night.
- Don't visit someone at lunch.
- Don't enter other people's bedroom without permission.
- Always flush the toilet when you use it.
- Always, always speak the truth.
- Please & Thank you are good words, use them often.
- Love the soul of people, not their physical – it is what is inside that matters.
- Be kind to your fellow humans and all living things.
- Give from the little you have, expect nothing in return.
- Be conscious of your words, they matter!
- Wake up & be grateful.
- Pray daily because prayer brings peace to our heart & soul.



RUSSELL LING REPORTS

The Country in Wartime

Last month I said that Hitler's invasion of Russia named Operation Barbarossa in June 1941 was our salvation, why did he do it? One of the answers was the fact that he needed the oil as Germany didn't produce any and it all came from America



or Russia. Also, he didn't trust the Russians despite the fact that he had signed a non-aggression pact with Stalin in 1939. He was advised by his generals not to invade as it would mean having a war on two fronts, but Hitler knew best and always got his way. He tended to ignore history as Napoleon also invaded Russia and found that it was not an easy country to conquer losing both his

equipment and most of his soldiers in the winter conditions. Stalin was taken completely by surprise despite being told by his own generals and even Churchill that Hitler was about to invade. Consequently, the Germans with their tanks and three million troops advanced 300 miles in a few days also destroying much of Russia's air force and ground equipment at the same time. However, Stalin ordered a scorched earth policy which meant that there was no food and fuel available for the Germans to make use of in their advance. The Germans were eventually stopped just before they reached Moscow unlike Napoleon who did occupy the city which he found deserted with no provisions left.

Stalingrad situated on the river Volga was one of Hitler's objectives which gave access to the oilfields of the Caucasus but by the time his army reached there it was winter. The battle of Stalingrad was one of the bloodiest in WW2, there was street fighting on a vast scale as neither would give way. Hitler gave orders to take the city at all costs and Stalin gave orders that it should not surrender, and all the population was to fight to the last person if necessary. Due to the river Volga being frozen over it was not possible to reinforce or get supplies to the inhabitants. Food supply got to the point that the inhabitants were eating





dead horses before the Germans eventually gave up as they were also getting short of ammunition and food. When Hitler originally invaded Russia he didn't anticipate that it would last so long and hadn't made sure that the troops were adequately supplied with winter clothing. With the low temperatures and the long distances for supplying his troops it was only a matter of time before the Germans

retreated. The German soldiers carried on the fight for as long as possible mainly because they knew that to surrender to the Russians would result in a terrible existence in their prisoner of war camps. In fact, they were quite correct as out of 91,000 prisoners taken by the Russians only 5000 eventually returned to Germany after the war as many died through forced labour and cold. It was in February 1943 when the Germans eventually capitulated from the attack on Stalingrad, but the German army continued their fight on other fronts but were gradually driven back through Europe.

To be continued....

Russell ling

An American in Otley - The Birds of Summer



I am sitting at my computer and watching one of summer's delights – hummingbirds. Exclusively residents of the Americas, the western United States is lucky to have some of these fanatical flyers throughout the summer months. Southern states in the West can enjoy some varieties year-round. We in northern Utah have at least 3 varieties of hummingbirds who visit our feeders – Black-Chinned (left image), Anna's (centre image) and Rufous-Sided right image). The

Black-Chinned males come hunting their sugar fixes at my 5 feeders by the end of April. They remember where the jars of sugar water are located quite reliably. If I have failed to hang them or if they arrive slightly earlier than normal, they will fly up to a nearby window and peer in as if to remind you they are hungry. Black-Chinned hummers are among the smallest of the varieties, no more than 2 inches long. The males are distinguishable by a velvety black chin and purple iridescent feathers at the base of the black chin. The females, like most of the varieties, are olive green, grey, and beige.

Anna's hummingbirds usually arrive next, in early May. They are slightly larger, perhaps almost 3 inches long, and the males are a brighter olive green and grey. Their heads are larger and bedecked with outrageous magenta coloured feathers. Caught in sunlight, their plumage almost appears as a laser beam. These males perform amazing courting dives in front of interested females perched demurely on nearby branches. The males dive 30 feet downward and then soar up in unbelievable flights of fancy.

You don't often see these birds' feet – they rarely stop hovering even when feeding. Any species will dive into a feeder, dart at the spouts with their long bills, and grab a drink. They do not cooperate with each other and do not share feeding opportunities willingly despite multiple spouts on each feeder. In the evening, at dusk, more than one bird may “tank up” at a favourite feeder but not during the day.

The last variety to arrive in late summer is the rufous-sided hummingbird, a reddish-brown and rust-coloured sparrow with a flaming orange-red gorget. When these minute little hellions turn up, you have non-stop aerial battles at the feeders. You may have thought it was raucous before; after the rufous comes, it is brutal. These little ones have travelled in a circuit around the west from Mexico, to California, then Oregon and Washington, and onto the Rocky Mountain states. They are on their last stop when they reach us and ready to migrate back to Mexico. They are hungry.

Nectar for all the varieties is the same – 4 parts sterile water to one part sugar. I do not add red food colouring as it is not necessary and may be harmful. I do not use



honey or any other sweetener except white sugar because it will spoil in the feeders too quickly. I also wash the feeders carefully between each refill. All varieties also eat flying insects.

These little jewels can brighten any day and are a special pleasure in an otherwise hot and dry summer. Wish I could share them with you. For the curious, a flock of hummingbirds is called a bouquet, or sometimes a glittering.

Mary Miner
susiespinner36@msn.com

Solutions to the Brainteasers on Page 4

1. Heart
2. Mary Magdalene
3. Three
4. Ceasing
5. John the Beloved



How did you do?

SMILE LINES

Church School Test

For a church school exam, young children were asked questions about the Old and New Testaments. These were some of the (real) results...

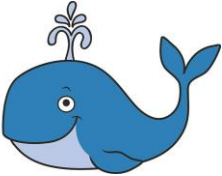
1. In the first book of the Bible, Guinness, God got tired of creating the world, so He took the Sabbath off.
2. Adam and Eve were created from an apple tree. Noah's wife was called Joan of Ark. Noah built an ark and the animals came on in pears.
3. Lot's wife was a pillar of salt during the day, but a ball of fire during the night.



4. The Jews were a proud people and throughout history they had trouble with unsympathetic Genitals.
5. Sampson was a strong man who let himself be led astray by a Jezebel like Delilah.
6. Samson slayed the Philistines with the axe of the Apostles.
7. Moses led the Jews to the Red Sea where they made unleavened bread which is bread without any ingredients.
8. The Egyptians were all drowned in the dessert. Afterwards, Moses went up to Mount Cyanide to get the ten amendments.
9. The first commandment was when Eve told Adam to eat the apple.
10. The seventh Commandment is thou shalt not admit adultery.
11. Moses died before he ever reached Canada. Then Joshua led the Hebrews in the battle of Geritol.
12. The greatest miracle in the Bible is when Joshua told his son to stand still, and he obeyed him.

Grandchildren

Grandchildren don't stay young forever, which is good because grandfathers have only so many horsy rides in them. - Gene Perret



Swim?

If a lot of swimming is so good for your shape, then why do the whales look the way they do?

Puppy

I arrived home from work to find all the windows and doors wide open. Apparently, our new puppy had had an accident. "Yeah, it was awful," my daughter told me. "In fact, when we first walked in, I thought you had come home early and were cooking dinner."

Water

My friend was working at an amusement park when a couple stopped him. "Excuse me," said the woman, pointing to a pond. "What is that water made out

of?" Bemused, my friend replied, "Two parts hydrogen and one part oxygen."
"See?" she said to her boyfriend. "I told you it wasn't real."



Bathroom tidy

Constant nagging didn't seem to provide any relief from having to clean up the bathroom after each of my three teenage children. After I cleaned it one day, I resorted to posting a sign that read: 'Please leave the bathroom as you found it'.

Then I noticed the bathroom was in the usual mess after my son used it, so I called sharply: "Brian, how did you find the bathroom?"
After a brief pause, he replied, "Straight down the hall, first door on the right."

CHILDREN'S CORNER

**WHICH SCHOOL
DOES AN ICE CREAM
MAN GO TO?**



**WHY DID THE DOG DO
SO WELL IN SCHOOL?**



**WHAT DID THE
PAPER SAY TO
THE PEN?**



**WHO IS THE LEADER
OF SCHOOL
SUPPLIES?**





Summer Search

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

August

beach

bikini

boat

camping

fan

fishing



hat

hot

ice cream

July

June

lotion

mosquito

shorts

sunburn

sunglasses

suntan

swimming

tent

vacation



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