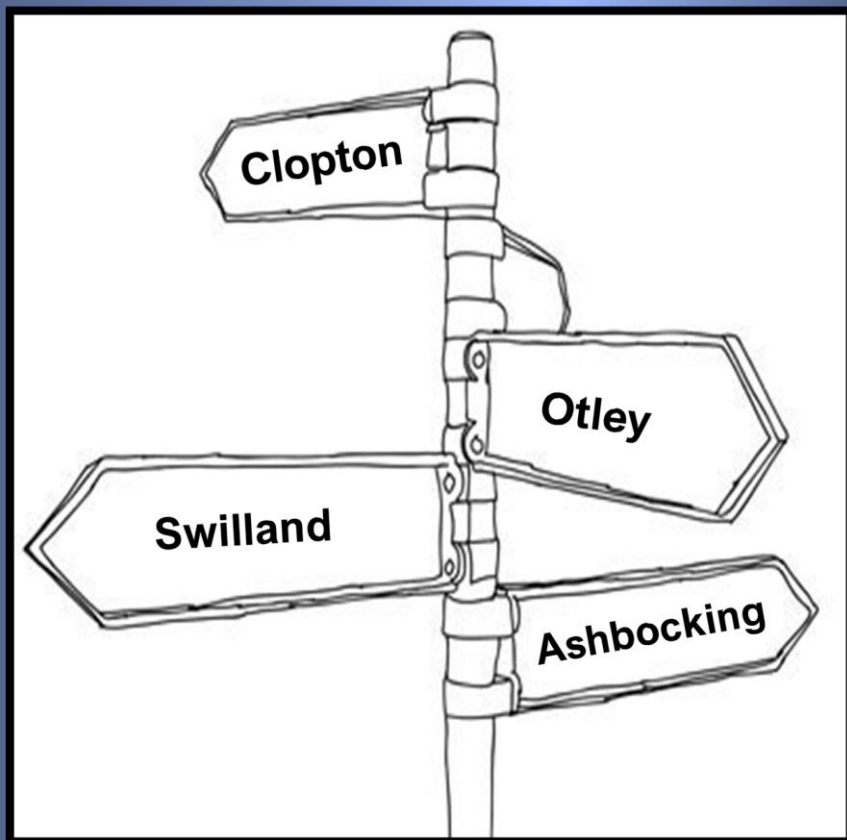


The Signpost



News from the Parishes

A Word from The Editor.....



Welcome to the **March** edition. A new month with lots of new growth in the gardens. The birds are chirping loudly, and the evenings are getting that little bit lighter. As I am preparing this month's magazine, we are seeing reports of potential snow in the coming week or so, but we must look beyond that and towards the warmer days. There are many plans taking place for events throughout the warmer months. March is a very special month as we take time to think of our mums whether they are still here with us today or those we have lost. We thank them for everything they have done for us and for our families, we would be nothing without them. So, I would like to wish all the mums reading this magazine a very Happy Mother's 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 April issue,
with a deadline of 24th March 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 Mark Cresswell – mark@carlfordchurches.org. There are links on the Carlford Churches website to the Facebook page, Mini-Grapevine and The Signpost. The Carlford Churches Facebook page can be accessed directly <http://facebook.com/carlfordchurches>.

Should you wish to speak with Rev'd Katrina Dykes or a member of the benefice team,
please telephone 01473 735183.

Keep safe, till next month...With best wishes, Amy



March

The sun is nervous
As a kite
That can't quite keep
Its own string tight.

Some days are fair,
And some are raw.
The timid earth
Decides to thaw.

Shy budlets peep
From twigs on trees,
And robins join
The chickadees.

Pale crocuses
Poke through the ground
Like noses come
To sniff around.

The mud smells happy
On our shoes.
We still wear mittens,
Which we lose.

—John Updike

January 2023

We had 1.5 inches of rain in the first half of the month, but the remainder was dry with a short spell when we had some night frosts. January's daytime temperatures were about average with the total rainfall of 1.70 inches, the rest of the country appears to be getting all the rain at the moment.

Russell Ling

March Weather Sayings.....

- *March comes in with an adder's head and goes out with a peacock's tail.*
- *On the first of March, the crows begin to search.*
- *A dry and cold March never begs it bread.*
- *March buys Winter's cloak and sells it in three days.*
- *In the beginning or the end, March its gifts will send.*
- *When round the moon there is a burgh, the weather will be cold and rough.*
- *When the winds in the south it blows bait in the fish's mouth.*
- *A peck of March dust and a shower in May, make the corn green and the fields gay.*
- *Beware the blackthorn winter.*
- *Spit on a frog's head in March and the frog will carry your cough away.*



4th March - Casimir, Godly King of Poland



Casimir is a good patron saint for anyone whose father drives them crazy. For Casimir did not let an unhappy background stop him from becoming the person he wanted to be. Yet Casimir's father, the King of Poland back in 1458, was no picnic as a dad.

For if you think your teens were difficult, consider this: when Casimir was only 13, in 1471, his father decided to send him to war. He put him in charge of a large army, aimed at fighting on the Hungarian border.

At 13, this was hardly easy, but worse was to come. Casimir's father had not bothered to pay the troops.

Very soon young Casimir faced a crisis: his soldiers, quite reasonably, were reluctant to fight Hungarians when they were not even being fed. The troops deserted, and Casimir had a difficult time surviving the journey home.

Then his father, far from welcoming his son's safe return, put all the blame of the lost army on Casimir. He banished his son to the castle of Dobzki. But instead of being crushed by this, Casimir used the time to think, and he grew up fast. Next time his father summoned him, he was met by a determined young man who had seized control of his own life. Casimir flatly refused to fight again against any Christian country, and he refused to marry a daughter of Emperor Frederick III. Casimir had decided he would prefer a life of celibacy, devotion to God, and austerity, and he stuck to his decision.

When Casimir became king in 1481, he ruled over much of Poland for three years. In stark contrast to his father, he was loved for his justice, prudence and firmness. He died in 1484 of tuberculosis, at the age of only 26, and was buried at Vilna. But his good deeds lived after him, and he was canonised by Leo X in 1521.

"In the communion of the saints is wisdom, safety and delight."

– Richard Baxter

Otley and District Gardening Club

Dear readers,

It seems such a long winter so far, and no warm weather on the horizon to help germinate those seeds we've been planting just recently. It doesn't put us off though. Us hardened gardeners are used to having numb fingers whilst tinkering in the greenhouse. I still yearn for the warmth of the sun and thrive on seeing my plants grow in the garden and greenhouse because of it. So, brave it if you can. It's so worthwhile when it comes together.



The grass at the Community Orchard is growing like a dream and the hedging that we planted is shooting and sprouting. It's been quiet down there for a little while as it's been the wrong season to do anything, and we want the grass to establish as best it can. Suffolk Rural college's team of arboriculturists have been to survey the trees and have cut out the dead and dying limbs and trunks. They have done an amazing job so far! We can see what we're working with now.

This month's Otley and District Gardening Club's meeting is on 6th March at 19:30 at Otley village hall. We welcome the infamous Geoff Hodge to talk about "Propagating Plants for FREE". Geoff is a freelance gardening and horticultural writer, author, editor, radio and TV broadcaster living in the UK. His aim is to help gardeners get the best from their plants and garden and someone you can come to ask plant and gardening questions, solve your problems, and get his help, hints, tips, and advice. A definite meeting to get your fingers dirty as he'll be demonstrating and asking us to get involved. If you would like to come along, but you're not a member, it's just £4.00 entrance fee. So, if this is something you'd like to know more about, please come along and we'll welcome you to the group.



Our annual Plant Sale is going ahead again this year on May 27th & 28th. We'll be having 2 plant stalls, one in Otley and one in Ashbocking. The proceeds will be going to the local First Responders scheme. This will help buy equipment and train first responders in our area to help those that need urgent medical help. So, if you can plant a few extra seeds or maybe take some cuttings and split some clump forming perennials, we'd be happy to take donations to help raise some much-needed money for this local cause.



If you would like any more information about our gardening club programme or would like to get involved with our charitable work, please get in touch with me phil@florabundant.co.uk or 07880-627984.

Phil Pollard
The Green Chairman

Wildlife to look out for this March

- **Common Frogs** – which will be arriving in ponds in readiness for mating.
- **Chiffchaffs** – arriving in the UK from Africa.
- **Tawny Owls** – which are now breeding. Listen out for the females' screech which sounds like "Keewick" followed by the males "hoo huhuhuhooo"



The Real Secret to Skimming A Stone

Our parents taught us that when you want to skim a stone, use only ones that are circular, flat, smooth, and of medium weight.

But now scientists have discovered that this is not true. It seems that you do NOT need a perfect stone, in order to skim it successfully. In fact, even stones that are heavy, knobbly and a bit potato-like can be made to bounce across the water. The research shows that while a flat stone is best for several short, neat skips, a larger rock can skim with fewer – but bigger – leaps.

According to Dr Ryan Palmer, a research associate at the University of Bristol, "the heavier a projectile is and the more curved it is, the deeper and longer the skimming interaction. That means you can get really exciting skims known as 'superelastic' bounces.



"Essentially, you throw it in at one height and it has a monstrous leap out of the water – which is both surprising and unexpected."

Traidcraft Goes into Administration

Traidcraft PLC – a Christian group that has spent years campaigning for fair trade – has gone into administration.



The stands were familiar to many churchgoers, with almost 3,000 churches in the country selling Traidcraft products at some point in their 40-year history.

The brand cited the coronavirus pandemic, the war in Ukraine and soaring energy prices as the reasons behind the severe financial difficulties.

Brainteasers

Body Parts Brainteasers - *The answer to each of the following clues 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*

1. Be absolutely certain.
2. Cheap and already used.
3. Wow – that's delicious.
4. Captain Birdseye favourite for children.
5. Criminal justice is long reaching.



(Solutions on Page 32)

What do you see?



And what does it say about you?

(Find out on Page 32!)



Millions of children starving worldwide

More than 30 million children worldwide are suffering from “acute malnutrition” as the global food crisis persists into 2023.



That's according to international experts, who say that the 15 countries enduring the worst of the crisis are Afghanistan, Burkina Faso, Chad, the Democratic Republic of the Congo, Ethiopia, Haiti, Kenya, Madagascar, Mali, Niger, Nigeria,

Somalia, South Sudan, Sudan and Yemen.

In 2022 the key driver of food insecurity was massive inflation, which put even staple food such as bread beyond the financial reach of many. In 2023 there are likely to be increased shortages of food, owing to a global fertiliser shortage.

Natural disasters also have a terrible impact. Seven of the worst-affected countries are East African nations that have suffered several years of failed rainy seasons and droughts.

Now the Barnabas Fund has created food.gives – to supply food aid to needy Christians in many lands and meet this desperate, ongoing need. If you would like to help, please visit: <http://food.gives>

Give to the DEC Turkey-Syria Appeal 2023

Devastating earthquakes have recently killed thousands of people in Turkey and Syria. Hundreds of buildings have been destroyed. Survivors are facing freezing conditions and need urgent aid. As we go to press, more than 24,000 people have been killed, and 17 million have been affected. They urgently need shelter, food and medical aid, or they will also die.

- £10 could provide blankets to keep two people warm
- £25 could provide emergency food for a family for ten days
- £50 could provide emergency shelter for two families

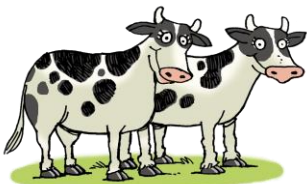
Please, if you can help, go to <https://www.dec.org.uk/appeal/turkey-syria-earthquake-appeal> and join the worldwide response to the suffering people of Turkey and Syria.



Do you know it is illegal to?

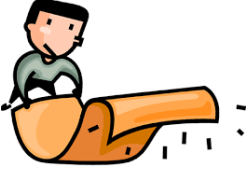
In England and Scotland

- Be drunk in a pub – if you are found to be intoxicated it could result in the owner of a bar being fined.
- You are not allowed to slide on ice or snow in London – This law dates back to 1989 and it prohibits people making or using a slide on ice or snow in any roadway or other thoroughfare if it poses a ‘common hazard’ to other Londoners.
- Flying a kite in a public place is technically illegal -If you thought that on a lovely summer’s day you would go to the park and fly a kite, under section 54 of the Metropolitan Police Act 1839 it is actually illegal. The law was originally brought in to prevent there being common nuisances and any danger to local passengers.
- It is unlawful to carry a plank of wood along a pavement unless it is being unloaded from a vehicle. The Met. Police Act of 1839 requires that any boards of wood carried on a pavement can only be done if it is unloaded from or being loaded onto a vehicle. This law goes back to the Middle Ages when carts were regularly overloaded and people were at risk of falling wood.
- Cab drivers have a legal responsibility to ask passengers if they have the plague or smallpox. Do not be offended if a taxi driver asks if you have the plague – it’s the law! As part of the Public Health (Control of Disease) Act 1984, a cab driver has a right to refuse anyone who may have a notifiable disease. They may also elect to transport you and then immediately disinfect their vehicle, unlike a bus driver who must refuse you altogether.
- You cannot stroll cows along the street during the day. The Metropolitan Streets Act of 1867 makes it illegal to walk cattle through the streets between 10am and 7pm. This law stems from the Metropolitan Police District but you can get around it by gaining special authorisation from the Police Commissioner. Just don’t be alarmed if you see people walking their cows down the high street at night, its perfectly legal. There is also a law under section 12 of the Licensing Act 1872 that prohibits you from being drunk while managing cattle. You cannot drunkenly ride a cow in Scotland, if found guilty one could be jailed for up to 51 weeks.



- Playing knock down ginger – Section 54 of the Metropolitan Police Act 1839 states that it is illegal for ‘every person’ who shall wilfully and wantonly disturb any inhabitant by pulling or ringing any doorbell or knocking at any door without lawful excuse.’ This might finally scare children off playing this annoying game once and for all.

- Shaking your carpet on a street in London is unlawful. According to Section 60 of the Metropolitan Police Act 1839 it is an offence to beat or shake the dust off your carpet or rug in the street in London. You are permitted to shake your doormat, but only if its before 8am. Clearly the Government don’t appreciate how to keep a house tidy.



- The head of a whale or sturgeon needs to be offered to the reigning monarch when they become beached. Dating back to 1322, this law was created when Edward II decreed that the head of a whale should be given to the King or Queen while the rest of the carcass belongs to whoever found it. Iceland has a similar law where any whale that washes ashore must be reported to the local sheriff who then decides if it should be given to the King or Queen.
- You cannot jump the queue at tube station ticket halls – according to London Underground by-laws imposed by Transport for London it is an offence to jump the queue at a tube station. The law was put in place as it can cause a lot of frustration for other people waiting in line and it can also be dangerous if people are pushing past each other to get to a train. If only they could impose these laws to all queues whether they be in supermarkets or theme parks.
- In Scotland, many Scots consider it law that if someone knocks on your door, you must allow them to use your toilet. Although there is nothing in Scottish legislation that suggests this is genuinely enforceable, it all stems from the country’s love of hospitality according to historians.

Other bizarre legal rules around the world:

- Illegal to flush the toilet after 10pm in Switzerland – It is not allowed in apartment buildings as the government consider it noise pollution.
- You must not fall asleep while in a meeting with Kim Jong Un – this could lead to you being sentenced to death.



- In the United Arab Emirates – if you are caught swearing you could face a fine, jail or deportation. It is classed as disgracing the honour or the modesty of a person. It even includes it being typed into a text message or a social media post.
- It is illegal to build sandcastles on some beaches in Spain, resulting in a fine of £130 if found to be building them.
- In Barcelona you cannot go bare chested or wear a bikini except at the city's beaches. Walking along the city's streets while only wearing swimwear could land you with a £250 fine.
- Other than New Year's Eve between 6pm and 3am, you cannot set fireworks off in Norway.
- Dog owners in Turin, Italy must walk their dogs at least three times a day with the worst case scenario of spending a year in prison if found guilty of abandoning their pets.
- It is illegal for married women to have more than one glass of wine in Bolivia to try and prevent women from flirting with other men while under the influence of alcohol. The law does not however apply to men.
- People are not allowed to mow their lawns on a Sunday in Norway. If your neighbours do phone the police, the police would visit you and ask you to stop.
- In France you are not allowed to kiss on train platforms which dates back to 1910 in an attempt to avoid costly delays to train services and overcrowding in stations. Since then, the law has become more lax and you would not face a penalty today.



8th March - Woodbine Willie, bringing love with cigarettes and the Bible



Here's a 'saint' that the Church of England remembers from the 1st World War - the Revd Geoffrey Studdert Kennedy MC, or 'Woodbine Willie', as everyone knew this popular, much-loved army chaplain on the Western Front.

Studdert Kennedy (27th June 1883 – 8th March 1929) had been born in Leeds as the seventh of

nine children. After reading divinity and classics at Trinity College Dublin, he'd studied for ordination at Ripon Clergy College, and served his curacy at Rugby.

By the time war broke out in 1914, Studdert Kennedy was vicar of St Paul's Worcester. He soon volunteered to go to the Western Front as a chaplain to the army. Life on the front line in the trenches was a desperate affair, but soon Studdert Kennedy had hit on a way of bringing a few moments of relief to the stressed-out soldiers: as well as good cheer he gave out copious amounts of 'Woodbines', the most popular cheap cigarette of the time.



One colleague remembered Kennedy: "he'd come down into the trenches and say prayers with the men, have a cuppa out of a dirty tin mug and tell a joke as good as any of us. He was a chain smoker and always carried a packet of Woodbine cigarettes that he would give out in handfuls to us lads. That's how he got his nickname. He came down the trench one day to cheer us up. Had his Bible with him as usual. Well, I'd been there for weeks, unable to write home, of course, we were going over the top later that day. I asked him if he would write to my sweetheart at home, tell her I was still alive and, so far, in one piece... years later, after the war, she showed me the letter he'd sent, very nice it was. A lovely letter. My wife kept it until she died."

Kennedy was devoted to his men, so much so that in 1917 he was awarded the Military Cross at Messines Ridge, after running into no man's land in order to help the wounded during an attack on the German frontline.

During the war, Kennedy supported the British military effort with enthusiasm, but soon after the war, he turned to Christian socialism and pacifism. He was given charge of St Edmunds in Lombard St, London, and took to writing a number of poems about his war experiences: *Rough Rhymes of a Padre* (1918) and *More Rough Rhymes* (1919). He went on to work for the Industrial Christian Fellowship, for whom he did speaking tours. It was on one of these tours that he was taken ill, and sadly died in Liverpool in 1929. He was only 46.





His compassion and generosity in the face of the horrors of the Western Front was immortalised in the song 'Absent Friends': "Woodbine Willie couldn't rest until he'd/given every bloke a final smoke/before the killing." He himself had once described

his chaplain's ministry as taking "a box of fags in your haversack, and a great deal of love in your heart."

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DID YOU KNOW.....

In old Roman calendars, one year used to be ten months long, starting in March and ending in December.

Traditional games played in March were marbles or skipping. The games were stopped on the stroke of twelve noon on Good Friday, which in some places was called Marble Day or Long Rope Day.

1st National Day of Wales. Feast day of St David.

2nd 1969 Concorde, the Anglo-French supersonic airline, roared into the skies on its maiden flight. The aircraft would travel at twice the speed of sound.

3rd 1847 Alexander Bell, inventor of the telephone was born.

4th 1923 100 years ago, Patrick Moore, the amateur astronomer, TV presenter, writer and musician was born. He died in 2012.

5th 1936 The British fight plane Spitfire made its first test flight from Eastleigh, Southampton. Powered by a Rolls Royce Merlin engine the aircraft entered service with the Royal Air Force.

6th 1987 A British-owned cross-channel ferry the 'Herald of Free Enterprise' left Zeebrugge, Belgium, with its bow doors open; it capsized, killing over 180 passengers.

8th 1723 Sir Christopher Wren, English architect, died. Best known for designing St Paul's Cathedral.

8th 1702 Anne became Queen of Britain after William III died in a riding accident. He was thrown from his horse after it stumbled on a molehill.

9th 1074 Pope Gregory VII excommunicated all married priests.

10th 1876 Alexander Graham Bell made the first ever phone call to his assistant and he said "Mr Watson, come here. I want to see you."

11th World Plumbing Day.

12th 1904 Britain's first mainline electric train ran from Liverpool to Southport.

14th 1757 British Admiral John Byng was executed by firing squad at Plymouth, for having failed to relieve Minorca from the French Fleet.

15th 44BC "Beware the Ides of March" Julius Caesar is stabbed by Marcus Brutus.

16th 1872 The Wanderers beat the Royal Engineers 1-0 in the first English FA Cup Final at Kennington Oval.

17th 1766 Parliament in London votes to repeal the controversial Stamp Act in an attempt to stifle rebellion in the American colonies.

18th 1935 30 mile an hour speed limit imposed on built up areas.

19th 1953 The Academy Awards, (the Oscars) were televised for the first time.

20th 1653 Oliver Cromwell, Lord Protector of England, dissolves the Long Parliament.

21st Common Courtesy Day.

22nd 1824 The British Parliament voted to purchase 38 paintings at a cost of £57,000 to establish a national collection which is now housed in the National Gallery, Trafalgar Square, London.

25th 1948 Heathrow Airport opened.

31st 1889 The Eiffel Tower in Paris was officially opened.

26th March - Harriet Monsell – Compassion and Humour

The daughters of baronets don't usually choose to work with prostitutes and orphans, but Harriet Monsell was no ordinary woman.



She was born in 1811 into one of Ireland's oldest families. Her father, Sir Edward O'Brien, was 4th Baronet of Dromoland, and represented his county Clare in Parliament. Harriet married Charles Monsell, an Anglican clergyman connected with the Oxford Movement, and they moved to Derry, where his father was Archdeacon. But Charles developed tuberculosis, and soon he and Harriet were sent to the milder climate of Naples.

When Charles died in 1850, Harriet moved to England and continued her connection with the Oxford Movement. She also began working among former prostitutes and unwed mothers. Soon Harriet, along with two other women, decided to profess religious vows, and dedicate their lives to caring for the poor and needy. Inspired by John the Baptist's call to penitence, in 1852 they took the name of the Community of St John Baptist, of which Harriet became the Mother Superior.

They were one of the first Anglican religious orders since the Reformation, and because much of their work was in the Berkshire town of Clewer, they were often called the 'Clewer Sisters'.

Within five years their work had gone from caring for about 30 marginalised women to dedicating a building that would house about 80 such women. Mother Harriet guided the work with endless energy and extensive correspondence. The work grew to include 40 institutions, ranging from mission houses to orphanages, schools and hospitals.

Mother Harriet was much loved for her "strength of character, firmness of faith, an infectious sense of humour, a gift for listening, and a magnetism which none could resist," according to one admirer. She had to retire in 1875 for health reasons but maintained an interest in the work until her death on Easter Sunday March 1883.

RHUBARB FOOL

Ingredients

1000g of rhubarb, roughly chopped
1 Vanilla pod, split and scraped
1 Lemon, Juiced
200g of Caster Sugar
400ml Cream
1/2 gelatine leaves, softened in water

Sponge fingers

Eggs separated
50ml of water
200g Caster Sugar
150g of ground almonds
70g of plain flour



Method

- Preheat the oven to 160°C/gas mark 3. Whisk the separated egg yolks, water and 150g of sugar in a large bowl over a pan of simmering water, making sure the water does not touch the base of the bowl. Continue to whisk until pale and thick and remove from the heat.
- Whisk together the egg whites and remaining sugar to stiff peaks. Fold into the yolk mixture and then very gently fold through the flour and ground almonds.
- Pour the mixture into a piping bag and on a lined baking tray pipe 1cm by 6 cm fingers. Bake in the oven for 10 minutes. Remove from the oven and sprinkle with caster sugar while still hot. Set aside to cool.
- For the fool, combine the rhubarb, sugar, vanilla and lemon juice in a pan. Bring to the boil and reduce to a simmer for 5-10 minutes with the lid on. When the rhubarb is tender, remove from the heat and add the gelatine, stirring through to melt completely.
- To serve, whip the cream to medium peaks and fold into the rhubarb mix to cool. Plate and serve with the sponge fingers.

Time for a Spring clean?



“Cleanse me with hyssop, and I will be clean; wash me, and I will be whiter than snow.” (Psalm 51:77)

People used to have an annual ‘Spring clean’ when they would clean the house from top to bottom. Perhaps it was a way of marking the new season or because the longer days and increasing sunlight rays made the dust stand out. Certainly, the coal fires used all winter before central heating would have made the houses dusty!

If you do have a clean-up, why not have a clear-out as well? Some of us are not good at throwing things away. Even if we don’t use the thing, we can have a sentimental attachment to it, and not want to let it go.

But what do you do with the stuff you no longer want, without simply adding to landfill? There are online places to sell second-hand goods and local online organisations that advertise things people want to get rid of. You could also have a garage sale where you sell stuff, or even go to a car boot sale.

Another way of passing things on is via a charity shop. But charity shops are particular about what they can accept. Many reject items that do not have a safety label, and items that could be potentially dangerous, such as electrical goods.

If you want to raise money for church funds, how about holding a church or village jumble sale? If you decide to go ahead, just give yourself time to plan it well in advance with rules about what you will accept, how you will publicise it, how you can keep everyone safe, and who will manage the money.



NEWS FROM OUR CHURCHES

ASHBOCKING

I can't believe we're writing for March already. Perhaps by the time this is published the weather will be a little more springlike and a little warmer. I'm delighted that some spring bulbs are now visible. Aren't they amazing? Regardless of the conditions they push through and give us the first display of the year. It is the beginning of Lent and we are now heading towards Easter. A full line-up of services is available on the Carlford website. During the cold days of January and February we have been successfully holding Ashbocking's services at our home. Now we are into March, which can still be very cold, we move back into the church.



Unfortunately, without regular cleaning since Christmas, it will be quite a task to evict the spiders and mice and get it clean again. As we are in Lent there are no flowers in the church which always makes it look a bit bleak. The first service in the church is on Sunday 12th March at 11:00am followed immediately by the Annual Parochial Church Meeting (APCM), to vote in the church officers e.g. Churchwardens etc. We are desperately looking for a new treasurer as Martin Watts is retiring from the post. We thank him for all his efficient work and keeping our books in order. If you think you might like to find out more then please contact us before the service. You do not necessarily have to be a churchgoer to do this. We will be giving reports on the church repairs and development of the church with ideas for fundraising. Refreshments will be available before the meeting.

The next service in the church is on Sunday 26th March at 11:00am. This will be a Lay-led service, so please join us to experience something a little bit different. Everyone is welcome.



Coffee Morning is on Friday 3rd March starting at 10:30am until 12:00 midday. This is at Hawthorns, The Green, home of John & Linda Pollard. Join us to meet other people for a chat and enjoy refreshments together. Coffee mornings are held on the first Friday of the month and if anyone is able to host one of these, it is always good to meet at other venues. Please let me know where and which month you are available, and I will circulate the details.

Volunteers for church cleaning are always appreciated, the more the merrier in getting the job done! At the moment it is the churchwardens and wives who end up with this task and some help would be greatly valued.

Knit and Stitch is also monthly on the first Monday, so will be held on 6th March 10:00 until 12 midday at Hawthorns. We are knitting socks i.e. tubes in sets of 4 to fit dogs undergoing anaesthesia. This is in preparation of the veterinary practise opening in Ashbocking soon by our wonderful vet, Emily Nightingale. It is lovely to support her in some way. You can of course knit whatever you like or continue with whichever craft you like. There is always plenty of tea/coffee and biscuits and loads of chatter. We do have members from other parishes which is really great. We look forward to being able to sit outside in the warm sunshine and knit! Looking forward to seeing you soon.



Linda Pollard: 07887537152 or 01473 890836
Church Wardens: John Pollard 07786 803490
Duncan Bray 07933 705350

Linda Pollard

CLOPTON

We had a very enjoyable Plough Sunday lay-led service on 12th February. Richard Taylor, our local farmer, gave a very interesting talk about ploughs and ploughing. We all enjoyed a Ploughman's Lunch at the back of the church after the service. We sent the collection, via the Salvation Army, to the Turkey and Syrian Earthquake Appeal.



More fundraising for the Organ Fund! This time there was a Ceilidh at the Village Hall. Eighty people enjoyed an evening of dancing and a supper of sausage and onion baps followed by a selection of delicious cakes. Jenny and Andrew worked hard to make sure that the evening went well and were rewarded by raising the

THANK

YOU!

wonderful sum of £910! A big thank you to all who supported the event and to all the cake bakers!

Hobbies morning will be on Wednesday 1st March from 10am until noon. Everyone is very welcome to join us, come along and meet some new friends and enjoy coffee

and a chat. No need to have a hobby!

The Clopton Coffee Morning is not just for people who live in Clopton. Several people come from surrounding villages, and everyone is made very welcome.

Coffee and biscuits are free, and our next meeting is on the third Wednesday of March (15th) from 10am until midday.

Coffee Morning

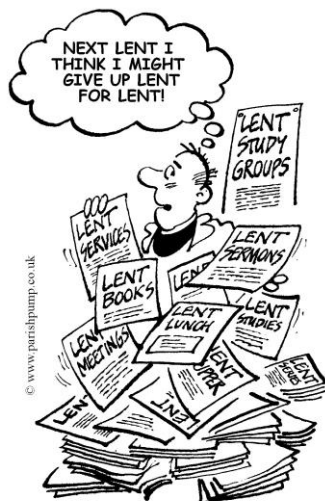
Everyone Welcome



Doris Main



As the servers's strike entered its third week, the Army was called in.



"The moment a child is born, the mother is also born. She never existed before. The woman existed but the mother, never.

The mother is absolutely new."

- Anon

Dementia
Debenham is helping
make life better



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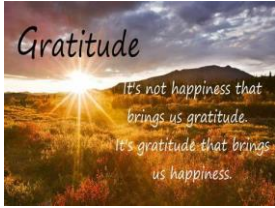


A local community project
supported by volunteers

01728 862003 www.the-debenham-project.org.uk

OTLEY

I am writing my notes the day after a very successful and enjoyable Quiz Night at Otley Village Hall on Saturday 18th February. Ruthie Bullock and Ruth Farnhill masterminded that event.



Our service this month was taken by Gail and Katrina. Katrina gave the address and left us with 3 memorable words: Encouragement, Gratitude and Help to give and to ask for.

Looking ahead we have two services in March on the 5th and the 19th. On Sunday 5th of March, we are supporting the Leprosy Mission with our collection. This time the focus is on leprosy amongst the tea pickers in North Bangladesh which are mainly women. As many as one in seven tea workers are thought to have leprosy. If untreated leprosy makes hands lose their feeling and leaves fingers unable to straighten which is the worst thing that could happen to them as their hands are their tools. If you would like to support the work of the Leprosy Mission but are unable to come to the Sunday service, you can bring your donation on Monday 6th March to 16 Spring Park any time or in the afternoon 2-4pm and have afternoon tea.

On March 19th we are having a special service for Mothering Sunday/Mothers' Day. There will be posies and refreshments. Come and join us for this celebration.



Karin Upson



Saturday 18th February saw the return of St. Mary's Village Quiz. Around eighty people attended, and a fun evening was had by all. Quiz masters Julie and Tania delivered the twelve rounds of questions that they had carefully prepared. A new addition this year was the screen projection of those all-

important (or not so important) scores which was made possible by Mike. Jonathan manned the bar, the drinks for which had been supplied by Otley Shop. Penny was in charge of the door and Alyson, Ruthie, Karin and myself made up the kitchen team that provided a really yummy jacket potato supper followed by

sweet treats. Lots of people stayed to help clear away. It was lovely to see the hall once more full of people having a good time.



We also raised a lot of money. Both St Mary's and DEC Ukraine Humanitarian Appeal will receive £525. Thank you to all who came and all who helped in any way.

The next St Mary's event for your diary is The Progressive Supper which will take place on Saturday 10th June, so keep an eye out for the publicity. I would just like to add that the improvements that have been made to the kitchen and bar at the village hall make life so much easier for those putting on events, so thanks to all responsible for that.

Ruth Farnhill

First Responders Kit

To help raise money for the first responders kit we are offering afternoon tea on Friday 28th April at 1, North Cottage, price £15. Space is limited so early booking on 01473890715 is essential. If this is successful, we will be offering further dates in May. Thank you for your support.



Joan, Liz and Sue

SWILLAND

Spring is certainly advancing. The daffodils that have been planted along the High Road are gradually coming into flower. There are a few gaps that we must mark and fill in next Autumn. Do walk into the churchyard and see the lovely primroses. It is good to have the lighter mornings and evenings. Not long now until we change the clocks.



The March coffee morning should be on 25th March. On that day the WI are organising a litter pick followed by a soup lunch in Winesham Village Hall to which we are all invited. We thought it would be good to socialise there instead. The time will be on the A Board, and it will be on the Swilland WhatsApp.

Ann Kent

noda

Be inspired by amateur theatre

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Music by special arrangement
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Adapted for the stage by Jeremy Sams



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Children £4

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Licensed bar

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Licensed script adapted by Ray Roderick

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All authorised performance materials are also supplied by MTL www.mtishows.co.uk



News Stories from The Stranger Side of Life



Marriage Helps Men Live Longer

Marriage may help men live longer; research has found. Lifelong bachelors are twice as likely to die from heart failure as men who get married, according to a study of 6,800 American adults. Men who had never married were 2.2 times more likely to die within five years of a diagnosis than those who had “tied the knot”, while for women there was no link between marital status and their risk of death from heart failure. Experts believe this is because women are better at looking after themselves.

Korea’s ‘DMZ zone’ becomes haven for wildlife

The demilitarised zone between North and South Korea has become a “haven for wildlife”. Newly released Google street view images show more than 6,100 species thriving in the 160-mile zone, ranging from reptiles and birds to plants. Google said that of Korea’s 267 endangered species, 38% live in the DMZ, because it has “built up a new ecosystem not seen around the cities and has become a sanctuary for wildlife”.

Welsh farmers break their own sunflower record

A Welsh family broke their own Guinness World Record when they harvested a sunflower head that weighed 14.21 pounds. Kevin Fortey, a farmer, who grew the colossus with help of his relatives, said he was “shocked” by the weight of “the monster flower”. The new sunflower weighed 2.71 pounds more than the Fortey family’s previous record-breaking sunflower head, which was harvested in 2021.



Man strikes gold in Birmingham

A former squaddie, who once guarded the Queen, has struck gold in Birmingham. Andy Brooke, 37, discovered specks of the precious metal while checking a stream in the city. He is keeping the location of the discovery “under wraps” for fear of “sparking a stampede to the West Midlands”. However, he advocates his detectorist hobby, telling the tabloid: “I would say if anyone wants to get outdoors and have a bit of fun, I’d recommend anyone goes and does it.”

*“Love is blind. Your mother started loving you
before she ever saw your face.” – Anon*



Olive Oil Coffee

Starbucks is launching a line of olive oil-infused drinks in Italy. CEO Howard Schultz said olive oil's “unexpected, velvety, buttery flavour... enhanced the coffee and lingers beautifully on the palate”, adding that “in over 40 years, I can't remember a moment in time where I've been more excited, more enthused”. Other strange coffees that have appeared over the years include Kopi Luwak coffee, made from beans that have been eaten and defecated by a cat, and mushroom coffee.

Rare JFK picture discovered in thrift store

An unpublished photograph of JFK from the day of his assassination has been found in a CD case purchased at a thrift store. George Rebeles said he was at the Souls Harbor Thrift Store in Texas when he decided to buy Bachman Turner Overdrive's The Anthology on CD. A month later, he opened the CD case to find the polaroid. “I was shocked. I was shocked,” he said. “And that's putting it mildly.”

Space trip yours for £150,000

A Japanese firm is offering travellers the chance to take a “gentle” journey 15 miles up into the sky where they will have a perfect view of space and be able to see the curve of the Earth beneath them. “The idea is to make space tourism for everyone,” said Keisuke Iwaya, president of Iwaya Giken, a Japanese start-up that hopes to “democratise space”. The fee for the trip is around £150,000.



Germiest Place in a Kitchen

A new study had found that the spice rack is one of the “germiest” places in the kitchen. Having analysed spice jars, the team found that 48% showed evidence of cross-contamination. They were more intensely contaminated than bin lids, knives, and sinks. “Consumers may not necessarily think to wipe down or decontaminate spice containers after cooking because they are not typically targeted as high risk for cross-contamination in consumer messaging,” said the report, by the US Agriculture Department Food Safety and Inspection Service.

**“YOU CAN GIVE WITHOUT LOVING,
BUT YOU CANNOT LOVE WITHOUT GIVING”
— ANON**

RUSSELL LING REPORTS

While my previous article on Otley in Wartime only gave information on how it affected the village, I thought that you may be interested on how the country coped. War on Germany was declared in September 1939 when that country invaded Poland with whom we had given a guarantee. This occurred despite Neville Chamberlin PM meeting with Hitler who assured him that there would be no invasion. It had been obvious for some time that Hitler intended to invade the

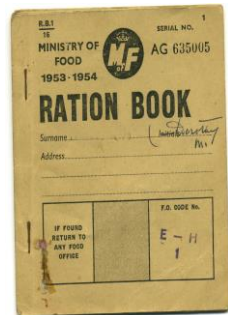


European countries and we were totally unprepared for it. Churchill was the only politician who continually warned that this would happen, and he was for the most part ignored. There is no doubt that if it hadn't been for the development of the Spitfire and the Hurricane fighter planes Germany would have got control of our air space in

1940 and we would have been invaded.

In the early 1940s nothing much happened and life carried on as normal and this was described as the Phony War, of course it all took time to convert factories to making armaments and prepare the country for a war footing. Everyone was issued with an identity card to prove that you were a British Citizen if questioned and posters were everywhere saying "Walls Have Ears" to discourage any gossip. Then the German U boats started to sink many of the Merchant Navy ships bringing supplies from America where there was a strong neutral stance to being involved in a European war, we were now really on our own. In order to give these ships some protection they were put into convoys and escorted by warships but there were still some losses. The U boats started to hunt in packs and it wasn't until the Sunderland flying boat came into service that losses appreciable diminished. The reason for this was that the Sunderland had a long range and were able to spot and bomb the U boats and this diminished the losses considerably. Up to this point there had been a gap in the Atlantic Ocean that was out of range of plane flying from either here or America.

Rationing was perhaps the hardest thing to bear as it affected everything that was normal in everyday life, Ration Books were issued to everyone, and these had coupons which had to be cut



out when any purchases were made. The allowance for food for a week was 2 ounces of butter, cheese, tea, bacon or ham, margarine and cooking fat was 4 oz, meat the equivalent of two chops, sugar 8 oz, and milk 3pints, there was a sweet ration as well. Extra rations were given at times for workers who were carrying out exceptional heavy work such as threshing or harvest on farms and there were

extra rations at Christmas time. Fortunately, bread was not rationed, although there was only the standard loaf which was part white and part wholemeal.



Vegetables were not rationed but certain ones were only available in season. The population was encouraged to grow their own vegetables and, in the towns, parks were used to provide allotments for those who hadn't got a garden and posters which said "Dig for Victory" were everywhere. More daytime was made available to grow vegetables by the introduction of double summer time, by turning back the clock two hours during the growing season and one hour for the rest of the year. This gave factory workers time to grow vegetables after they had finished work while it

was still light, leaflets and radio programmes were also there to help the beginners as well. Recipes to make meals from unusual ingredients such as nettle soup and helping to make the rations to go a long way were also available.

To be continued

Russell ling

An American in Otley: Clues I Lived in England

When you live in a community, you absorb aspects of it whether it is habits of speech, food preferences, or even beliefs. Often you adopt these patterns unconsciously or as protective coloration. This is certainly true of the “ANGLO-isms” still in my life.

I feel great joy when listeners cannot pinpoint from what country I hail. Apparently, I don't sound American enough. I pronounce



my vowels more softly, especially by avoiding the long “A” sound and I don’t have a southern drawl or nasal Midwest accent. When expressing surprise my voice rises at the end of “real-LY” or “par-DON.” My grammatical constructs apparently reflect some non-American usage. All of this is unconscious, but some people, hearing me, suspect I am either Canadian or even German and have spent time in the U.K.



Occasionally I find myself eating with my fork held in my left hand, its tines facing downward. This is especially true when I have cut meat and am then eating it. If I am setting a proper table for one of those increasingly rare

dinner with company, I will place the dessert spoon and/or fork above the main courses’ place settings. Neither of those habits is typically practiced by average Americans.

I crave the tangy goodness of Branston Pickles, especially when eating a cheese sandwich. Happily, I can find it in specialty shops that carry products from the U.K. My daughter taught me about a drink that was to become a favourite – Ribena. She would visit the homes of friends and tell me about a drink made from a purple liquid that came from a bottle, was poured into a glass, and then had water added to it. I hadn’t a clue until I asked my neighbor! I still search it out here.

Cracklings – there is something I learned to love. In the states, roasts are sold devoid of the fatty layer that wraps around a juicy joint. Fat is not healthy according to our dieticians. That is probably true, but it is tasty. Now I search out the fattiest layer on a pork roast for sale and look forward to the succulent crispness when it comes out of the oven.



I can’t insert “U’s” in the spelling of words such as “color” or substitute “s” for “z” in the word “realize” unless writing for The Signpost. If I do, my Spellcheck function is mystified. The last letter of the alphabet is “Z”, not zed. But I comment on the weather when first meeting neighbors and prefer to go through the side or kitchen door rather than the front entrance of a home. I rarely indulge in long



telephone conversations, a lingering influence of BTC's costly message units. In a myriad of ways the U.K. left its imprint on me and our on family. I am grateful!

I, like many others in the States, follow the news about the Royal Family. Unlike some, I do not read, listen to, or view news that reports every statement or event written or said about the family. I am sorry for the current disagreeable news that surrounds Harry and Meghan. Very few people I know have viewed the Netflix saga or plan on reading Harry's book. I think the couple are both products of their upbringing and environments. In any event, the current royal news is not consuming Americans thoughts – we have enough madness of our own to worry about.

Mary Miner

susiespinner36@msn.com

IF YOU HAVE TO CHOOSE
BETWEEN BEING KIND &
BEING RIGHT, CHOOSE
BEING KIND & YOU WILL
ALWAYS BE RIGHT



LIFE HAS
NO REMOTE,
GET UP AND
CHANGE IT
YOURSELF.

KUSHANDWIZDOM



Solutions to the Brainteasers on Page 8

1. Cock sure
2. Second Hand
3. Lip Smacking Good
4. Fish Fingers
5. Long arm of the Law



How did you do?

What do you see?



If you saw a woman, it meant you are optimist and curious.

While if you saw an elderly man, you are calm, honest and a natural leader.

SMILE LINES

Carry On

The vicar was making an appeal for more help with the Sunday School: “At the moment I’m just carrying on with a couple of single ladies!”

GO!

A teenager was always asking his father if he could borrow the family car. Pushed to the limit, the father asked his son why he thought that God had given him two feet. Without hesitation, the son replied, “That’s easy, one for the clutch and one for the accelerator.”



Musings on daily life

‘Ecclesiastic’ is material used to fasten a clergyman’s robes.

A day without sunshine is like, well, night.

I am in shape. Round is a shape.

I plan on living forever. So far, so good.

I am having an out of money experience.

What’s the leading cause of dry skin? Towels.



A cashew is a peanut with back trouble.

What’s a perfect gift for a person who has everything? Storage space.





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Sundays 12th Feb;

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Friday 7th April, (10am.)

All welcome

Grundisburgh Church

Sundays 5th Feb;

5th March

11am-12 noon

All welcome

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HAPPY MOTHER'S DAY!

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CANDY
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CARING
CELEBRATION
CHERISH
CHOCOLATE
FLOWERS
HOLIDAY
HONOR
HUG
KIDS
LOVE
MEMORY
SWEET
TRADITION
WISE
WOMAN

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

The words appear UP, DOWN, BACKWARDS, and DIAGONALLY.
Find and circle each word.



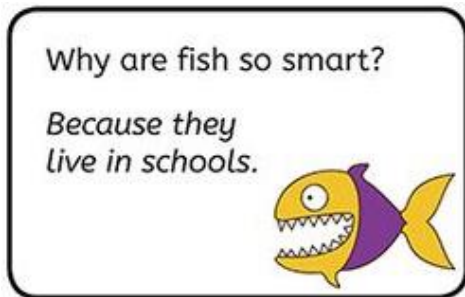
How to Make a Mother's Day Handprint Art Flowers



What you need:

- non toxic washable paints for younger kids or craft paints for older kids (selection of floral colours)
- green paint
- paint & paintbrush
- white paper (2x)
- scissors
- glue
- ribbon (optional)

- Paint your child's hand, then let them press down their hands on the white paper firmly and then, in one swift motion remove the hand to make the handprint.
- Make one, two, three, four or more handprints in one or more colours.
- Let the paint dry. Once dry, cut along the handprint and glue the handprint on a sheet of paper or canvas.
- Draw flower stems with green paint (or marker).
- Decorate with a bow and write your Mother's Day message.



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