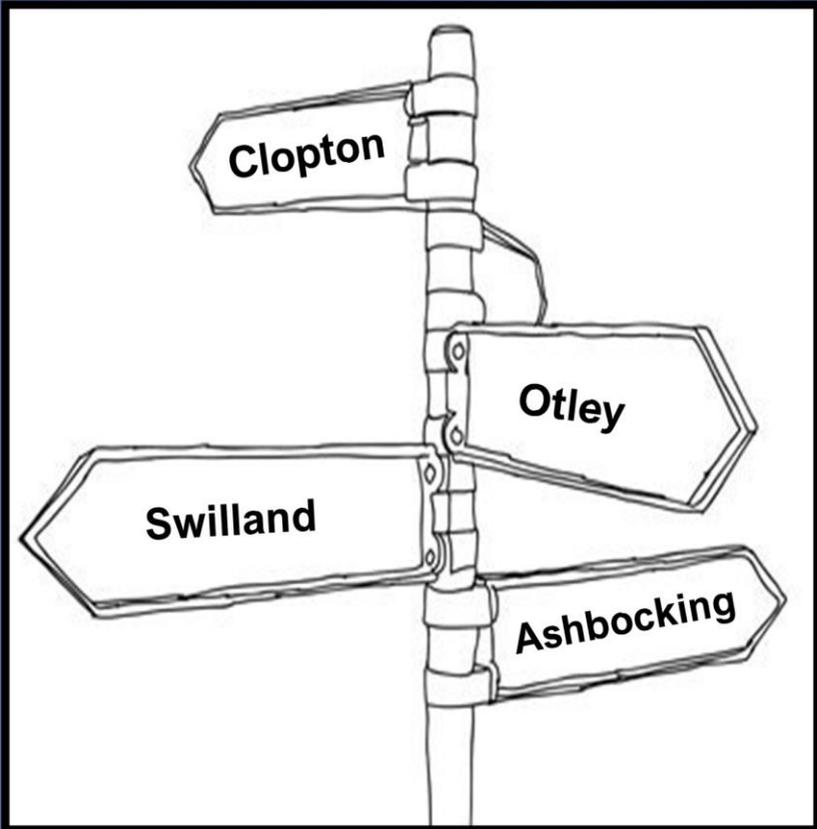


The Signpost



News from the Parishes

A Word from The Editor.....



Welcome to the **November** edition.

Unfortunately, I know that October has been very difficult for many with the floods we encountered across Suffolk, but I do hope that the recovery and clean up is well underway.

November brings opportunities to get outside into the cool fresh air at night with friends and family to enjoy some fireworks. Whether you have your own in the garden or you go to an organised event, I hope that you will have some fun but please do be careful as they can be dangerous when they go wrong!

We are now fast approaching the big day in December, but I don't like to think too much more about it yet, as for us it brings very busy and long days ahead of us, right up to Christmas Eve night, when we will finally be able to kick back and relax. If you would like to advertise an event you are running in December, please do get in touch so I can include details in next month's magazine, but please note an earlier deadline date of 20th November. I hope that whatever you are doing this November you have fun and stay nice and warm.

If there is anything else you would like to see within the magazine, or if you have any upcoming events that you are a part of and would like to advertise. 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 December issue,
Please note an earlier deadline of 20th November 23.

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

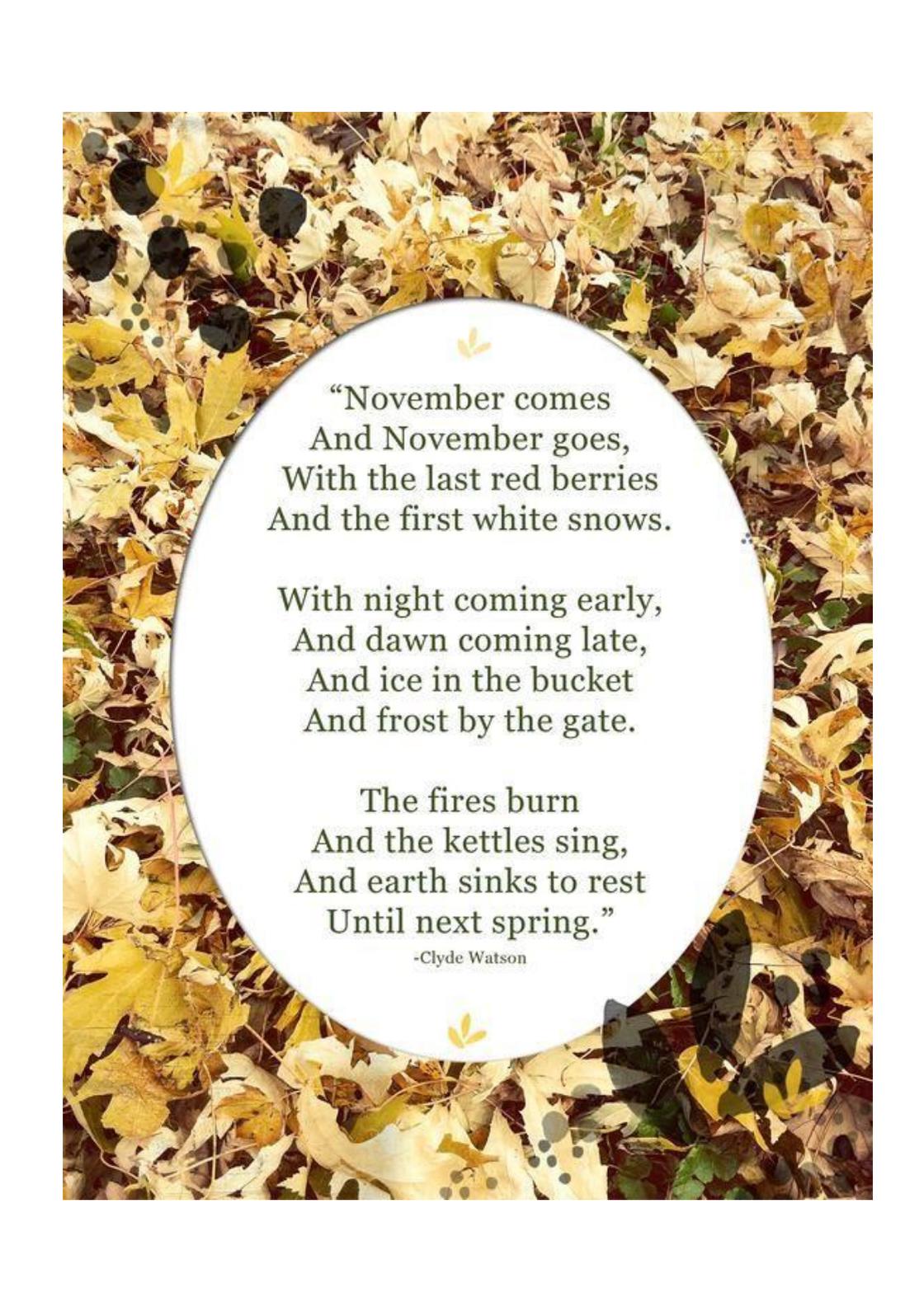
News of the Carlford Churches and details of online Worship can be found on the website carlfordchurches.org and within the Mini Grapevine. If you would like to receive the Mini-Grapevine weekly via email, please register via the website carlfordchurches.org or with amy@carlfordchurches.org. There are 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..

Wishing everyone a lovely November

Amy



“November comes
And November goes,
With the last red berries
And the first white snows.

With night coming early,
And dawn coming late,
And ice in the bucket
And frost by the gate.

The fires burn
And the kettles sing,
And earth sinks to rest
Until next spring.”

-Clyde Watson

September

At the beginning of the month the jet stream moved north allowing some very hot weather to come up from the Mediterranean with temperatures reaching 28c in Otley but up to 32.5 c in central areas, it was also extremely humid as well. On the 11th, low pressure came in from the west bringing in some cooler weather with .70 inches of rain. The remainder of the month had some rain at times but as the ground had dried out with the heatwave it soon dissipated again. The rainfall for the month amounted to 2.10 inches which is about normal for this time of the year.

November Weather Sayings.....

- As St. Catherine (November 25th) foul or fair, so will be the next February.
- If the leaves of the trees do not fall before St. Martin's Day (November 11), a cold winter may be expected.
- If there be ice in November that will bear a duck, there will be nothing thereafter but sleet and muck.
- As November, so the following March.
- Thunder in November indicates a fertile year to come.
- A warm November is the sign of a bad Winter.
- As high as the weeds grow, So will the bank of snow.
- Flowers bloomin' in late Autumn, A sure sign of a bad Winter comin'.

*"The tragedy of war is that it uses
man's best, to do man's worst."*

- Anon

Brain teasers

We are back to our Biblical brain teasers.

1. Who got Joseph of Egypt thrown into prison by lying about him?
2. What catastrophe did Joseph predict from Pharaoh's dream?
3. Which New Testament book has Jesus' Sermon on the Mount?
4. Who were the first two apostles to follow Jesus?
5. What animal does Moses compare the people of Israel to when speaking to the Lord?



(Solutions on Page 44)

A New Kind of Remembrance Poppy



For the first time in 28 years, there is a new kind of poppy for Remembrance Sunday this year: it is plastic free.

Director of the Poppy Appeal, Andy Taylor-Whyte explains: “We are very proud to introduce the plastic-free poppy. It will not only enable people to support our Armed Forces community but also continues the RBL’s commitment to sustainability.”

The new poppy has been three years in the development and making. The aim was to reduce the use of single-use plastic and to “be economical, sustainable, and less impactful to the environment.”

The new poppy design has a 40% smaller carbon footprint, and it’s made from “bespoke red and green paper.” The paper comes from a blend of renewable fibres, 50 per cent of which has been recovered from the waste used in the production of coffee cups.

The plastic-free poppy will be available alongside remaining stocks of the current poppy, to reduce any waste of poppies already produced. Poppies containing single-use plastic can be returned to Sainsbury’s stores for recycling.

“The trouble with referees is that they just don’t care which side wins.”

– *T Canterbury*

Pothole breakdowns on the increase

The soaring number of pothole-related breakdowns has been blamed on Britain's wet summer. There are increasing calls for councils to fix the roads before winter.

This past July was the UK's sixth wettest on record, according to Met Office figures. The AA says that this would have made potholes even harder to spot, in time for drivers to avoid driving into them.

During one recent month, the AA received more than 50,000 callouts to vehicles who had broken their cars on potholes. Tyres, suspensions, and steering mechanisms could not withstand the shock of hitting a deep hole in the road at speed.



A spokesman for the AA said that Councils had been hoping to get as much repair work done as possible, "before the real winter weather hits and turns against them."

AA

He went on: "With 2023 looking to be one of the worst years on record for pothole damage, we need to see more investment in local roads maintenance funding."

And he warned that whereas cars suffer financial damage, potholes can be fatal for cyclists and motorcyclists.

Wildlife to Spot in November

- **Redwings and Fieldfares** – These migrant thrushes from Scandinavia eat berries and windfall fruit.
- **Foxes (which don't hibernate)** – This year's young are like teenagers now, exploring new territories and foraging for food, which is becoming scarce as the season progresses.
- **Tits and Finches** – They are now starting to gather in 'roving groups' looking for food.



3rd November - Richard Hooker – Priest, Apologist, Teacher

Richard Hooker lived at a critical time for the Church of England. He became one of the most important English theologians of the 16th century.



He provided the Church of England with a theological method which combined the claims of revelation, reason, and tradition. Traditionally, he has been credited as the originator of the Anglican *via media* – the middle way between Protestantism and Catholicism.

Hooker was born near Exeter around 1554, educated at Corpus Christi College Oxford, and was then made fellow there in 1577, and deputy professor of Hebrew in 1579. In 1581 he was ordained, and later appointed as Rector of Drayton Beauchamp.

In 1585 Hooker was appointed Master of the Temple Church in London, but returned to rural ministry six years later, first at Boscombe in Wiltshire, and then at Bishopsbourne in Kent, where he died in 1600.

The 1580s and 1590s were a time of bitter theological disputes between the Church of England, after the 1559 Elizabethan Settlement of the C of E, and the growing Puritan party within the Church.

Hooker was implacably against Puritanism, and set about refuting it, and defending the Church of England in his magisterial eight-volume book *On the Laws of Ecclesiastical Polity*.

The book has been called "probably the first great work of philosophy and theology to be written in English." In it Hooker set out to demonstrate the superiority of episcopacy in the C of E, as opposed to bringing in the presbyterian system that the Puritans wanted.

Anglicanism, he said, was rooted in both Scripture and tradition, as suited a Church both Catholic and Reformed. And as human reason is a gift from God, he argued that this, too, was a vital element in interpreting both Scripture and tradition.

So, Richard Hooker was the first real apologist for Anglicanism. His contribution to Anglican thought was so huge that down the centuries he has won the backing of all wings of the Church: the evangelicals, Anglo-Catholics, and central churchmen.

Sniffing Out A Wildfire



Have you ever been at home, and suddenly smelled something burning in the house? Most of us react to it immediately – fires spread quickly!

Well, now the National Trust has installed ‘electronic noses’ on a Yorkshire Moor to ‘sniff’ out wildfires. The electronic sensors will detect changes in the air at the very start of a wildfire, and immediately report its presence and exact location via a wireless network. This could prevent the wildfire spreading and causing havoc.

Currently most wildfires are only detected when people see flames and smell smoke – but by then the fire will have really taken hold – especially if it is in an obscure location.

Marsden Moor has been given the new sensors because there have been seven fires there already - this year alone. The fires have destroyed nearly two square miles of the moorland, which is a Site of Special Scientific Interest (SSSI) and is home to rare plants, wildlife, and carbon-rich peat.

This is the first time that detection devices have been used in Britain. If the scheme works, are electronic sensors the way forward for other conservation areas?



What is Courage?

courage

noun

noun: **courage**



1. the ability to do something that frightens one; bravery.

"she called on all her courage to face the ordeal"

- strength in the face of pain or grief.

"he fought his illness with great courage"

So what is courage? Courage is something we can all choose to have but is not always so easy to come by. We all have fears whether it be of death or illness, spiders or frogs.

How do we find courage? For some, we have to dig deep and have the belief that we can do something. Those around us, or even complete strangers, can give us the drive to be courageous, showing no signs of fear.



I have just recently been with one of my good friends whilst she did a sky-dive in front of her family, including two young children, and friends. I know she was terrified but, on the day, at the time her name was called forward, you would never have thought she was scared. She simply put a brave face on and got on and did it. Her children were so intrigued yet could not really comprehend what their mummy was doing – but to see their faces beam with such pride when mummy's parachute landed in front of us. Many may be thinking what drove her to hurl herself out of a plane at 13,000 feet. For her, it was the drive of helping others as her and her colleagues raised a whopping £22,000 for Suffolk Mind. We were all so proud of her and her colleagues not just because they faced their own fears to bravely fall out of that plane, but because they did it to help others. We are all so much more aware



of the battles so many people have with mental health and there are lots in need of help and support so the magnitude of money raised will be a huge benefit to Suffolk Mind.

Next time you feel afraid, think of others and how your bravery can benefit those around you, and try to embrace the challenges and find some courage deep within and prove to yourself and others that you can do it, you can do anything that you put your mind to.

If you show your children, you are not scared of that spider in the corner of the room – you are helping them to be less fearful in life. It may be that you are scared of starting a new group, a new school – but by showing you CAN do it, those around you will feel inspired to do the things that they feared. When you look back knowing you have faced your fears, you will be so very pleased that you did.



Legislation Clarifying Right of Local Authorities To Support Churches Clears Final Hurdle

Legislation clarifying that parish and town councils can provide support to churches for repairs and improvements has cleared its final stages in the House of Lords.

A Government amendment to the Bill makes it clear that local authorities can provide grants for parish churches or places of worship, following many years of legal uncertainty.

The amendment was introduced after the Bishop of Bristol, Viv Faulkner, highlighted the need for clarification of the law during the Bill's Committee Stage in the House of Lords.



Bishop Viv, who is the Church of England's joint lead bishop on church buildings, said: "This

amendment brings clarity to the law which will give local authorities confidence to award grants to local church buildings to enable them to serve their communities better.



“I have long been in conversation with Government about bringing in this change and have been contacted by both local authorities and church councils who are anticipating this change with enthusiasm and gratitude.”

The Levelling Up and Regeneration Bill recently received its Third Reading in the House of Lords. It will now go to the House of Commons for final consideration ahead of Royal Assent.

The clarification comes after the Taylor Review of the Sustainability of English Churches and Cathedrals, published in 2017, proposed a clarification through guidance or a change in the law.

OTLEY AND DISTRICT GARDENING CLUB

Dear Readers,



Time is flying by in the gardening world too quickly at the moment. Life gets in the way and all the jobs that Monty is suggesting on Gardener’s World, are going out the window. The leaves are starting to turn on the trees and things are decidedly switching to “Off” mode. The deluge of rain we had last week really put pay to any blooms in the garden. Roses are looking extremely sad, the grasses look wind battered and half drowned, the plants that seem to be growing beyond belief are the tomatoes!! They’ve gone ballistic. The fruits are everywhere. I’m sure we’ll miss a few and we’ll be pulling up seedlings for years to come.

This month at Otley and District Gardening Club, we welcome Susannah Robirosa of ActivLives coming to speak to us about "The People’s Community Garden”. A subject I know a lot of locals will be thrilled to learn more about

with the Community Orchard coming on leaps and bounds. Please come along and learn more about this brilliant topic on Monday November 6th at 19:30 at Otley Village Hall. I know from personal experience the benefit of community gardening when I used to attend a community allotment when living in Brighton. It was so beneficial for my mental health and for my own physical and emotional wellbeing.



Speaking of the community orchard, things are really moving down there! Please go and take a look if you have the opportunity. It's at the bottom of the Otley Village Hall playing field near the basketball court. It's going to be amazing, with its own shed no less. The trees will be delivered soon, so a working party to plant will be announced on its Facebook page. Please join if you're not already a member. You'll get all the updates that way.

If you need any further information about Otley and District Gardening Clubs event and meetings, please email Phil Pollard on philpollard81@hotmail.com

We look forward to hopefully seeing you at our next meeting.

*Phil Pollard,
The Green Chairman*



A POEM ABOUT LIFE AS IT WAS

“We met and married a long time ago.
We worked long hours when wages were low.
No telly, no bath, for times were hard.
Just a cold water tap and a walk in the yard.”

“No holidays abroad, no carpets on floors,
we’d coal on the fire and didn’t lock doors.
Our children arrived (no pill in those days).
We brought them up without any state aid.”

“They were safe going out to play in the park.
And old folk could go for a walk in the dark.
No Valium, drugs and no LSD.
We cured most of our ill with a good cup of tea.”

“No vandals, no muggings (not much to rob).
We felt we were rich with a couple of bob.
People seemed happier in those far off days.
Kinder and caring in so many ways.”

“Milkmen and paperboys would whistle and sing.
A night at the pictures was quite a mad fling.
We got our share of troubles and strife.
But we had to face it – the Pattern of Life”.



DID YOU KNOW.....

- 1st 1858** Following the bloody events of the Indian Mutiny Queen Victoria is proclaimed ruler of India, replacing the reign of the East India Company.
- 1st 1993** The Maastricht Treaty came into effect, establishing the European Union (EU).
- 2nd 1936** The world's first regular TV service was started by the British Broadcasting Corporation, an estimated 100 TV owners tuned in.
- 2nd 1755** Marie Antoinette, Queen of France was born.
- 3rd 1942** British Field Marshall Bernard Montgomery's troops break through the front line of Erwin Rommel's Afrika Corps capturing 9000 Prisoners.
- 4th 1843** The 5.5 metre statue of Lord Nelson was hauled to the top of its 60 metre column in Trafalgar Square, London.
- 4th 1948** American-born poet and playwright T S Eliot won the 1948 Nobel prize in Literature.
- 5th 1605** Guy Fawkes is arrested beneath the House of Parliament as a plot to blow up England's King James I is uncovered.
- 6th 1429** Henry VI is crowned King of England.
- 7th 1917** Bolshevik Red Guards seize control of the Winter Palace and confirm Vladimir Ilyich Ulyanov (Lenin) as leader of Russia.
- 8th 1656** Birth of Edmond Halley, English astronomer and mathematician, best known for identifying the comet named after him.
- 10th 1871** Henry Morton Stanley tracks down "missing" Scottish explorer and missionary David Livingstone to the shore of Lake Tanganyika.
- 11th 1918** After four years and 97 days the guns fell silent as the Great War ended. Around 9 million lives lost with a further 27 million injured.
- 13th 1955** Whoopi Goldberg, American actress and comedian, was born
- 15th 1968** The largest passenger liner in the world, Cunard's flagship Queen Elizabeth, docked in Southampton at the end of her last transatlantic voyage.
- 16th 1724** Highwayman Jack Sheppard is hanged at Tyburn, London in front of an estimated crowd of 200,000.
- 18th 1852** A massive state funeral for the Duke of Wellington is held in London.
- 19th 1863** Abraham Lincoln gave his Gettysburg Address
- 21st 1695** Death of Henry Purcell, English composer and organist.
- 24th 1859** Charles Darwin publishes his book Origin of the Species.
- 25th 1984** Band Aid rock stars gather at Sarm Studios in London to record "Do They Know It's Christmas", all proceeds to Ethiopian famine relief.
- 27th 1875** Britain buys shares worth £4 million (\$7 million) in the Suez Canal Company.
- 28th 1919** Nancy Astor is elected Member of Parliament for Plymouth, Devon, becoming Britain's first woman MP.
- 29th 1641** England's first newspaper is published.
- 30th 1936** One of London's best-loved landmarks, the Crystal Palace burned down. The huge glass building originally housed the Great Exhibition of 1851.

How to Deal with Enemies

In the season of Remembrance, we consider those who have heroically given their lives in war. However, Jesus calls all of us to a radical heroism in our daily lives: *'You have heard that it was said, 'Love your neighbour and hate your enemy.' But I tell you: Love your enemies and pray for those who persecute you, that you may be children of your Father in heaven.'* (Matt 5:43-45).

Love Your Enemies:



Our '*enemies*' are rarely life-threatening; they can simply be impatient, judgmental, self-righteous or just plain disagreeable! Whether the conflict is with a family or church member, work colleague or neighbour, our attitude toward them should be one of love. We will naturally want to retaliate, but Jesus commands us to love!

Pray for Your Persecutors:

It's only when we are ready to pray for someone whom we find difficult, that God can soften our attitude towards them. Like us, they are those in need of God's forgiveness and grace. Dietrich Bonhoeffer, the German pastor executed by the Nazis at the end of World War 2, wrote:

'This is the supreme demand. Through the medium of prayer, we go to our enemy, stand by his side, and plead for him to God. For if we pray for them, we are taking their distress and poverty, their guilt and perdition upon ourselves and pleading to God for them.'

Become More Like Jesus:

When we start loving our enemies and praying for our persecutors, we become more like Jesus Himself. He willingly laid down His life for us, prayed for His persecutors and gives us the power to love our enemies as He did.

At a time when we recognise that we all need heroes; how will we respond to this call to radical heroism in our own life?





Hi everyone,

Light at the end of the Tunnel?

Until recently research into a cure for Alzheimer's disease – the most common form of dementia – has proved fruitless and treatments limited. Currently, the only medications that are routinely prescribed for mild to moderate Alzheimer's symptoms are Galantamine, Rivastigmine, and Donepezil. These drugs work by helping to reduce or control some cognitive and behavioural symptoms, but they are not always suitable for all patients.

But, at last, a breakthrough has been achieved. Two new drugs have been announced. Lecanemab, as having been fully approved in the US for the treatment of early Alzheimer's disease. And Donanemab, which successfully completed its full-scale trials. Rapid approval is expected for their use in the UK. The drugs are claimed to offer up to a 30% slowing of the progression of the disease by targeting and removing amyloid, a sticky protein which forms toxic clumps in the brains of Alzheimer's patients. Without intervention, amyloid contributes to cognitive decline by slowly destroying the brain's neurons over time. What makes this breakthrough really special and exciting is that, for the first time, we have the prospect of attacking the **cause** of the disease and not just **treating** some of its symptoms.

However, on a note of caution, the benefits of these drugs have been shown only in the early stages of the illness, and there can be serious side-effects in some patients. Also, even once fully approved, there will still be a long waiting time before they can be widely prescribed.

Finally, I want to thank all who generously give their time and donations – You are what makes this project work. Also, do remember if you need transport to a medically related appointment, or might like to borrow a wheelchair, please do not hesitate to ask.

With all my best wishes,

Lynden Jackson

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



Pets' Corner 2023

VI November

This feature highlights some very special pets, and every month we'll be interviewing a pet and their families, to give you an insight into their lives, likes and loves. You can find out how your pet can be part of the Signpost online magazine below.

This month features **Aza** the distinguished older gentleman owned by Liz and Steve Stegman of Ashbocking. Liz's words really do paint the most beautiful picture of the important part their Aza plays in their family. I know many of you will be able to relate.

"Dear Dr Emily the Vet,

It's been so lovely of you to take an interest in me. I know my 'humans', otherwise known as Mum and Dad, have been concerned about me.

I remember how carefully you held me when you visited me about my 'lump.' But I can't complain. I've been a healthy dog for 13 years and I know I give pleasure and company to Mum and Dad.

Now to your questions.



My name is Aza. It means mutt in Polish. I don't know if that's a good or bad thing, but I like my name!

I was born on February 8 2010. I'm a Whippet, light fawn in colour, and I have 9 other brothers and sisters. My dad was part of my family too, and I had an auntie who helped bring us all up.

I enjoy my food and frankly I will eat anything that I can get hold of. With long legs and a long snout, I can get to places other dogs can't reach! However, my humans keep me in check. I love chicken and rice and can't get enough of human cheese!

I sleep almost anywhere but I prefer my human's bed when I get the chance. What

self respecting Whippet doesn't?

I guess my favourite human is my dad Steve. In the past he's always taken me on my longest walks, but human mum comes a close

second as she always seems to know when I need a wee, or a cuddle or some food. I'm a lucky dog.

I do have many proud moments but one of the proudest was when I was running my fastest along Sizewell beach. All the people on the beach just stopped and watched me. I could hear them say, 'look how fast he is,' 'look at his style', 'what a beautiful dog.' I know my 'humans' were really proud!

It's hard to choose the favourite things I like doing. Love my walks. Love chasing rabbits - or I used to. Love caravanning with my 'humans.' But my favourite thing is playing the ball game. I get a small treat every time I bring the ball back! What's the point of doing it otherwise!?

I don't know many people, I guess, but if I HAD to be one of them I guess I'd like to be my human dad. He's

so capable and always finds time to help others, even though he's got loads of jobs to do for himself.

Well, I don't know if I should tell you all this, but my family does their toilet in the house!! I would never do that, but I guess they'd find it difficult to balance on one of their legs. Fortunately, I've got 3 other legs so it's easy for me.

Lovely to tell you things about me and my family. Keep loving your dogs. We're worth it! "



Here is a letter from Aza's owners Liz and Steve Stegman from Ashbocking.

"We fell for a breed of dog like Aza because we read an article in the Guardian, that if you like cats you'll love whippets. We'd always had and loved our cats, but had not had a dog. Our daughter wanted us to have a dog to get us walking more. Both she and the Guardian were spot on!

Aza does tend to have a sniff in all our visitors' handbags or shopping bags. On one occasion he took this further and decided to chew the strap off, to make it worse, a designer handbag.

I think our best walk location with Aza is Sizewell beach or the woodlands around Martlesham. Of course, he loves North Yorkshire.

Aza hates going to the vets, although his reaction to them has always been respectful and well controlled. But he tends to shiver and shake while waiting but is always very well behaved when with the vet.

Aza tolerates having a bath but tends to stand in the water with, what can only be described, as a disgruntled expression!

Both my husband and I reckon Aza would go anywhere as long as either he, and/or I, was with him. He has total trust. I walk him to the church regularly and he often comes inside if I'm doing some flowers, so he feels quite relaxed around the church. So the pet service was a pleasant experience and getting blessed was very special.

How would I describe Aza in 3 words? Faithful. Fun. Friend.

Wouldn't have missed the experience of having him as our pet."



Thanks to Amy Waspe, the editor of the Signpost for welcoming our contributions, and to Aza and his family for their part in this article.

Have a lovely November- we can't wait to be your local vets. My dream is about to come true!

Kind regards,
Dr Emily Nightingale DVM MRCVS



The Two Minutes Silence



Remember, Lord, Your great mercy and love, for they are from of old. Do not remember the sins of my youth and my rebellious ways; according to Your love remember me, for You, Lord, are good. (Psalm 25:5-7)

I love the Psalms, as they cover every emotion and religious experience, from despair to praise and from fear to rejoicing. Some say they are difficult, but life is difficult, and so the book of Psalms is great for dipping into and finding the right one for you. This one is about remembering – remembering the past failures in our lives, and dealing with them.

What do you think about during the Two Minutes' Silence on Remembrance Sunday? Perhaps you do not think about anything. I find it helpful to make an effort to think about the war dead. I used to do some research into local men who were casualties. I had some photos taken from newspapers or sent home. These memories added some personalities and characteristics to the names on memorials.

I also think of members of my own family, who lived through the wars, and the experiences they had. Most did not go off to serve away from home, but lived through the blackouts, blitz, and evacuation and rationing. My grandfather left

a photo of some comrades and had written on the back a request to 'keep this safe'. And so we have, for over one hundred years! I also remember, with thanks, the comparatively peaceful lives we have had.



There are some things we do not want to remember, usually bad things we have done or had done to us. When we turn our memories over to God, we are asking God to be merciful and loving, for although we make mistakes we can appeal to His enduring love.

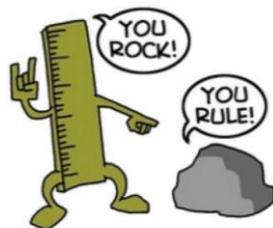
Be A Barnabas - Encourage One Another

'You'll never amount to much' said a Munich schoolteacher to the ten-year-old Albert Einstein. Good thing that he did not listen – and instead went on to prove his teacher wrong!

Just as children need encouragement, so do God's children. St Paul urged the Christians in his young churches to '*encourage one another.*' (1 Thess 5:11). In the Upper Room, Jesus used the same word to describe the Holy Spirit, meaning one '*called alongside to help.*'

When we encourage others, we exercise a ministry like that of the Spirit to each other. In Acts we read of Joseph, a wealthy Levite from Cyprus. We know him better by his nickname Barnabas, which means '*Son of Encouragement*' (Acts 4:36). How did Barnabas encourage others?

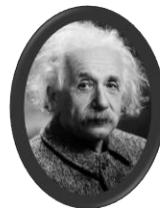
He was an example of *generous giving* (Acts 4:36-7), when he sold property and offered the money to the church for those in need. In the midst of a caring and sharing community, he was singled out as a symbol of generosity. Are we prepared to be generous to those in need around us?



*"Life is really simple,
but we insist on making it complicated"*
- Confucius

He later gave *encouragement to a new Christian* in the person of Paul (Acts 9:27). After Paul's conversion and aware of his reputation, Barnabas came alongside Paul and brought him into the fellowship of the Church. Are we ready to help those who are new to the faith to find a place in our church?

Finally, Barnabas was sent to the church in Antioch and there '*saw the evidence of the grace of God*' (Acts 11:23). Here was a church which brought together Jewish and Gentile believers together for the first time. Like Barnabas, are we able to rejoice when we see God doing new things? Are we also willing to encourage others to embrace these things and facilitate change?



Don't forget, '*In the middle of every difficulty lies opportunity.*'
(Albert Einstein)



Happy Birthday, King Charles!

King Charles was born 75 years ago this month, on 14th November 1948, at Buckingham Palace in London. He was the longest-serving monarch-in-waiting in British history and did not ascend the throne until he was 73, following the death of his mother in September 2022.

Charles was crowned in the first coronation in seven decades, on 6th May 2023. His current title is King of the United Kingdom of Great Britain and Northern Ireland.

But King Charles has also become head of the Commonwealth, an association of 56 independent countries and 2.5 billion people. For 14 of these countries, as well as the UK, the King is head of state. These countries are known as the Commonwealth realms. They are Australia, Antigua and Barbuda, the Bahamas, Belize, Canada, Grenada, Jamaica, New Zealand, Papua New Guinea, St



Christopher and Nevis, St Lucia, St Vincent and the Grenadines, Solomon Islands, and Tuvalu.

THE CLOCK

By Maura Kelly

As another day begins to dawn
A piercing sound I hear
It is the clock beside my bed
That screams at me so near



And as I place my hand upon it
To block its constant cry
The noise is stopped at once – hooray!
So I lay down and sigh



But as I snuggle deep within
The comfort of my bed
The motion of the clock I hear
'Get up, you're not yet dead'

Tick tock, tick tock
The rhythm of the clock
As the time of day is racing by
I shout out loud 'please stop'

But the clock it does not listen
It covers up its ears
So once again I raise my voice
'Be quiet, I'm sleeping here'

Then the clock becomes defiant
As time is on its side
And as its hands turn round and round
I slide down the bed to hide

But even in the darkness
Trapped and all alone
The calling of the clock surrounds me
In the bedroom of my home

And so we start to argue
As it tries to get its way
'Get out of bed you lazy thing
Get dressed and start your day'

This clock it does annoy me
But what is it I can do?
Then suddenly a thought pops up
I'll drop it down the loo!

Then its petty voice can't wake me
In the early morning light
And work will be a distant dream
As I roll over and say 'goodnight'!



NEWS FROM OUR CHURCHES

ASHBOCKING

November already, I suppose I can forgive people for saying how many weeks it is to Christmas, but we still have firework night and remembrance to go before we get to Advent at the beginning of December.

I hope you all survived the recent floods and let us hope we have some good weather to enjoy the fireworks, wherever you may be. Please remember to keep your pets out of harm's way. Our little dog is terrified of them so will be tucked up in her crate with a black out cover, and classic FM if we are out.



Our Harvest celebrations at Ashbocking went well and it was a joy to welcome Richard Garnham to talk and answer questions on how the crops are grown and harvested. It was also a delight to welcome Anne Clark to play the organ for us after all these years. She last played here at the age of 13. Her husband and her elderly father, Brian Beecroft, were also in the congregation. It was lovely to speak with Brian, a previous resident of Ashbocking, now at the age of 102!

Thanks to all who helped prepare the church for this service and for the gift of lovely flowers. All donated produce went to FIND which was much appreciated.

At the time of writing, we are preparing for the Benefice Service this coming Sunday. This may be out in time for you read and for me to invite you all to join us at Ashbocking at 11am. This will be led by Mark Cresswell and his wife Sandra. Refreshments will be available afterwards.

We kick off November with the coffee morning here at Hawthorns, The Green, Ashbocking, from 10:30am until 12:00noon. Everyone is welcome to join us for coffee and cake and a chat and catch up.



Knit and Stitch is on Monday 6th at 10:00am until 12:00noon. We invite anyone to join us, bring your knitting or any other project you are working on or just come to get some ideas or a chat. Refreshments will be available throughout the morning.



Services for November are the Remembrance Service on the 12th at 10:50am. Please note the early start time, as we will be starting promptly, to accommodate the two-minute silence at 11:00am.

There is also an informal Lay Led service on Sunday 26th November at 11:00am. Everyone is welcome to join us. Refreshments will be available at both of these services.

Tel. 07887537152 if you require further details.

Linda Pollard 07887537152

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

CLOPTON

The completion of the beautiful oak joinery on the altar of our parish church was marked at our Holy Communion service, led by Archdeacon Annette Cooper, on Sunday 22nd October. The altar's new position works very well with the liturgy - do join us at one of our communion services and see for yourself! This project was undertaken to celebrate the late Queen Elizabeth II's Platinum Jubilee, and her long reign. The alterations were made possible by a generous grant from the Suffolk Historic Churches Trust, a fact that will be noted on a plaque that is in the making. Wonderful to see the successful completion of this venture.

Exciting news! Our other project, the restoration of the church organ, is progressing apace, and the organ builder would like to start on the project in January next year. The dream is becoming a reality! Thank you so much to everyone for your kind and generous support, not only



through individual donations but also through attendance at all the various events that have been laid on over the past couple of years. We have already managed to raise a staggering £16,750, mainly through fund-raising at events such as the Village Ceilidhs, cake stalls, bring-and-buy and, of course, at last year's very successful Christmas Fair. We are still short of around £10,000 as the rise in costs of materials has made an impact, but we have plans! Watch this space for news of progress in the work and of our up-coming events!

The next important item in the church calendar is the Remembrance Day service which will be held as usual by the Debach Airfield Memorial in Clopton (up the lane to The Oaks, off Snipe Farm Road). Please be there ready for a 10.50am start to the service on Sunday, 12th November. Thank you.



Related to this, we have decided to individually recognise, honour and remember those many men who lost their lives in the two world wars, not only from our parish but also the hundreds of American Airforce personnel from the 493rd Bomb Group stationed at Debach Airfield whose names are listed on the Honour Roll Memorial board at the back of our church. At each service throughout the year, we shall name five men and read out the details, such as we have, of their lives and actions. It was felt that we had a duty to remember their sacrifice as their names and their flag are preserved with us. Between services, we shall also place the folder from the Heritage Centre, open on their names, on a stand in front of the memorial. It will take us some two years to complete the full roll.

If you have a moment, do come and read the entries and the moving information about these men, most of whom were in their early twenties - we owe them such a great debt. And, of course, the church is open and welcomes a visit at any time

for quiet reflection, or perhaps to look in on our informative Heritage Centre at the back of the church.

You will also find this QR code in the church. It will link you directly to the giving page for the Parish Church of St. Mary the Virgin, Clopton, enabling you to donate directly via your smart phone, should you feel able to do so. Every donation helps us to maintain this beautiful building and the churchyard and is very much appreciated. Thank you very much.



And please don't forget our regular get-togethers, held between 10.00am - 12.00pm, in the village hall (IP13 6QN).

- Hobbies/Craft Group, on the first Wednesday of each month, will take place on Wednesday 1st November, with tea/coffee, biscuits and friendly chat. (Just £2 to cover the hall expenses).
- And our parish coffee morning, held every third Wednesday of the month, will be on 15th November. With free refreshments, enjoy the companionship, chat and cheer to be had amongst friends and neighbours. Everyone is most welcome.

Also, please join us for our friendly, Parish Services, held in St. Mary's Church, on the second and fourth Sundays of every month. In November they are as follows:

- Sunday, 12th November, as mentioned the Remembrance Sunday service will be held at the Debach Airfield Memorial (IP13 6SL), commencing at 10.50am.
- Sunday, 26th November, we shall be celebrating Holy Communion, at 9.30am, and the service will be followed as always with tea/coffee, home-made cake and a chance for a friendly chat.



Enjoy November and keep cosy!

Jenny Schurr

OTLEY



Autumn is here and most of the harvesting is finished. In our own garden the fruit has been very plentiful, and the leaves of the creeper have changed from green to beautiful orange, yellow and red colours. There is much to be thankful for. Our Harvest Festival service on the 1st of October celebrated the beauty of the autumn colours in wonderful displays of flowers and we thank our flower arrangers for making the church look festive. Our thankfulness for the harvest was expressed through prayers and hymns. Gail and James took the service and James interviewed Anthony about his grain harvest which he said was reasonably good despite the strange weather patterns that turned the harvest into a ‘start – stop’ affair. The collection money from that service has gone to Farm Afrika and the produce went to FIND.

For many years we have been sponsoring a child in India through the organisation ‘Save a Child’. The boy we have been sponsoring for the last few years is called Abhi who is now 16 years old and is very interested in life sciences and his ambition is to become a teacher in that subject. ‘Save a Child’ is enabling children – both boys and girls - from very poor backgrounds to get an education and with it a better chance of employment. The children are sponsored till the end of their education. We had an informative report from the organisation which has been put on our notice board inside the church. Have a look at it if you are interested in their work.

‘Cuppa and Cake’ in the Village Hall is still going and the last meeting for this year will be on November 9th from 2-4pm. A decision about whether to carry on next year will be made in due course.

On the 29th of October at 4pm we are holding a remembering service – a service especially for those who have recently lost loved ones.



Our next regular monthly service is on November 5th at 9.30am with refreshments afterwards. Please join us - you will be very welcome.



A service of remembrance will be held at the War Memorial on the 12th of November starting at 10.55am.

Karin Upson

SWILLAND

The Dog Show at the Moon and Mushroom was a great success. It was run by The Bearded Collie Society. There were a lot of entrants of all shapes and sizes and lots of stalls. The pub provided an excellent barbecue breakfast and lunch. Thank you to everyone who worked so hard to make this event such a success. About £700 was raised for our kitchen and toilet project.



Thank you to the Moon and Mushroom for the money raised for the Church from the monthly quizzes. Plans for our kitchen and toilet are displayed in the church.

The church looked lovely for our Harvest Festival. The tins and produce were taken to FIND.



The storm on Friday 20th October caused extensive flooding to the houses at the top of Kirby's Lane and Margo and Pete's house. A great many people came to help get rid of the water. The Stennett's provided pumps and a lot of people worked hard with buckets and brooms. It was wonderful to see the community spirit. We send our sympathy to those whose houses were flooded.

Our next church services are:

November 12th – 12.15pm Remembrance Service which will be held at the War Memorial.

November 19th – 11.00am Holy Communion



Ann Kent



What Children Worry About

Millions of children, some as young as ten, are worried that they will not have enough money for their future.

So reports the annual *Good Childhood Report* from the Children's Society.

The recently published report found that more than one third of ten-to-17-year-olds said that they were either 'very' or 'quite' worried about having enough money in the future. If the percentage of children interviewed is applied to the whole UK population, then it would suggest that about 2.3 million young children are worried about their future.

The report also found that children are worried about the environment (37 per cent), crime (33 per cent), new illnesses or pandemics, inequality, and online safety (all 30 per cent), homelessness (26 per cent), unemployment (25 per cent), and the refugee crisis (22 per cent).

In comparison with ten years ago, the study suggests that this age group is significantly less happy with their friends, appearance, school and schoolwork, and their life as a whole.

Children's Society's chief executive, Mark Russell, said: "The last few years have been extremely tough, and life is just too hard for too many children. It is a national scandal that children's happiness continues to slide."



Frozen Niagara Falls, 1911

30



*Children's bike seat in
Amsterdam, Netherlands
1925*

8th November - Four Crowned Martyrs



Has your boss ever tried to get you to do something that is against your Christian faith? If so, here are some saints for you. They chose to make a Christian ‘stand’ at work, even though it really irritated their boss.

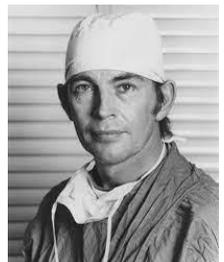
Claudius, Nicostratus, Simpronian and Castorius were simple stonemasons in early 4th century Rome. They worked in the imperial quarries and workshops of Sirmium. They made a number of carvings for the Emperor Diocletian, who had a passion for building.

Then Diocletian decided he wanted a statue of Aesculapius, the ancient Greek god of medicine. Here Claudius, Nicostratus, Simpronian and Castorius hesitated: they were Christians, and not comfortable about making a ‘god’. They demurred. Their line manager Lampadius was furious, and soon had them imprisoned for refusing to sacrifice to the gods. Claudius and his friends were in bad trouble – and then it got worse. Lampadius suddenly died. His family were distraught, and so blamed the stonemasons. Claudius and his companions were killed by drowning.

The courage of these four simple stonemasons to risk everything rather than make a stone statue of a god, was a great inspiration in the early Church. Their story was told and retold down the centuries.... eventually Claudius and his friends became the patron saints of guilds of stonemasons in England.

Remembering The First Heart Transplant Surgeon

100 years ago this month, on 8th November 1923, Christian Barnard, the South African cardiac surgeon, was born. He made history when he carried out the first successful human heart transplant in 1967.



Barnard qualified in medicine at the University of Cape Town in 1946. After practising for several years in Cape Town, he moved to the USA in 1955, where he worked at the University of Minnesota, partly with the open-heart surgery pioneer, Walt Lillehei.

Barnard returned to South Africa in 1958 as head of the Department of Experimental Surgery at the Groote Schuur Hospital in Cape Town. It was here that he established a successful open-heart surgery programme.

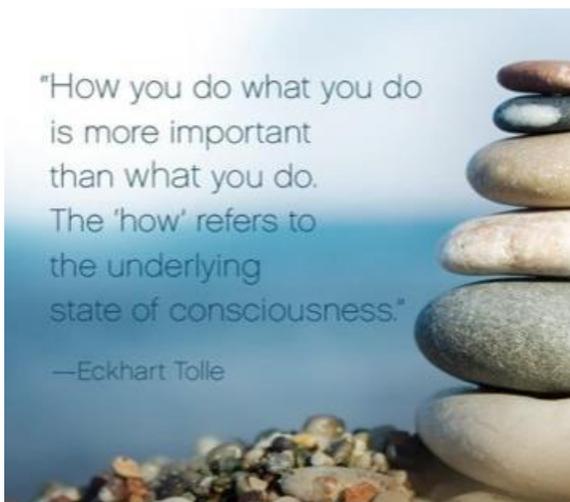
In 1967 Barnard led the team that performed the world's first human-to-human heart transplant. The heart of Denise Darvall, an accident victim, was placed into the chest of 54-year-old Louis Washkansky, who then regained full consciousness and could even talk easily.



Sadly, he died 18 days later of pneumonia, probably caused by the anti-rejection drugs which had suppressed his immune system.

In all, four of Barnard's first 10 patients survived for more than a year, with two of them living on for 13 and 23 more years respectively.

Barnard retired as head of the Department of Cardiothoracic Surgery in Cape Town in 1983. He was only 61, but rheumatoid arthritis in his hands ended his surgical career. During his remaining years, Barnard established the Christian Barnard Foundation, helping underprivileged children worldwide. He died in 2001, aged 78.



STORIES FROM THE STRANGER SIDE OF LIFE

Drug Could Allow You to 'Grow New Teeth'



Scientists in Japan are developing a drug that would allow people to grow new teeth. Toregem Biopharma, a pharmaceutical start-up based in Kyoto, has reported successful results in laboratory experiments using mice, ferrets and dogs and plans to begin testing the drug on humans next year. The drug stimulates dormant "tooth buds", which normally "dwindle and disappear in people who have grown a full set of healthy teeth".

Bear Crashes Birthday Picnic

A family picnic in Mexico was interrupted by a hungry black bear who leapt onto their table and proceeded to "wolf down their tacos". Silvia Macias shielded her son Santiago's face after the bear discovered their birthday celebration at Chipinque Park near Monterrey. "The worst thing was that Santiago might get scared,". "Santiago is very afraid of animals, a cat or a dog, any animal scares him a lot."

BA Pilot's 'Air Lines' Scandal

A married British Airways pilot snorted cocaine off a woman's bare breasts before trying to fly a "packed jet" to the UK. Mike Beaton boasted of his behaviour to a stewardess friend, admitting: "I've been a very naughty boy." But the "appalled pal" reported him to managers who cancelled last month's flight, drug-tested and sacked him. His wife declined to comment, saying: "You must speak to my husband about it."

Giraffe Poo Seized After Woman Wanted to Use It to Make A Necklace

A box of giraffe faeces was seized by US customs agents after a passenger tried to bring the droppings into the country to make a necklace. The woman declared the "small box of poo" when she was selected to have her belongings inspected at the Minneapolis-Saint Paul Airport in Minnesota. She said she had previously made a necklace with moose faeces. A field director at US Customs and Border Protection, said: "There is a real danger with bringing faecal matter into the US."



Cannibalism Was a 'Commonplace Funeral Practice'

Cannibalism was a commonplace funeral practice in Europe about 15,000 years ago. A study, published in the journal *Quaternary Science Reviews*, found that people ate their dead not out of necessity but as part of their culture. The experts found human remains with chewing marks, skull bones with cut marks and bones purposefully broken in a pattern associated with the extraction of bone marrow for nutrients. "Mortuary cannibalism was a method Magdalenian people used to dispose of their deceased," they said.



Rat and Otter Cause Plane Panic

There was panic in mid-air when a giant albino rat and a foot-long otter escaped from a passenger's hand luggage during a flight to Taiwan. "Astonished travellers" spotted the rodent "en route to the bathroom" and the plane was "thrown into chaos", as cabin crew on board the three-hour VietJet flight from Bangkok to Taipei "battled to recapture the furry creatures". The crew eventually "wrestled the animals into black plastic bags".



Europe's Oldest Shoes Found in Spanish Caves

Experts have found what they believe are the oldest shoes ever found in Europe. The pair of "intricately-woven sandals made of grass", that date back more than 6,000 years, are among dozens of items that were discovered in a cave system in southern Spain, as scientists hunted for bat droppings. The shoes were preserved by the "very low humidity levels inside the cave".

Watts's Books Auctioned

Original copies of "The Hound of the Baskervilles" and Agatha Christie's "The Thirteen Problems", which once belonged to Rolling Stones drummer Charlie Watts, have set two world auction records. The late rock legend's extensive collection of first edition books went under the hammer at Christie's as part of a specialised sale. During his career Watts "curated a superb collection of works", inspired by "his passion for jazz and literature".



Bonfire Night

“Remember, remember the fifth of November, gunpowder, treason, and plot.”

It is almost Bonfire Night, and I see no reason to forget this evening of explosive drama!

That is right, Bonfire Night is soon approaching, and that means fireworks, sparklers, and tasty treats. But do we know exactly why we celebrate Bonfire Night?

Bonfire Night, or the 5th of November, marks the evening when Guy Fawkes and 12 other men planned to blow up the Houses of Parliament.

For over 400 years, we have burned bonfires and lit fireworks to celebrate the failed Gunpowder Plot. But what else do you know about the history of Bonfire Night?

Some fun facts below...



1. It was once illegal not to celebrate Bonfire Night in Britain

Until 1959, it was illegal not to celebrate Bonfire Night in Britain. During this time, there was only one place in the UK that refused to mark the failed attempt. Out of respect for their alumnus, St Peter's School in York, where Guy Fawkes attended, was excused from burning a photo of its former pupil.

However, during the First and Second World Wars, no one was allowed to set off fireworks or light bonfires. During these times, Bonfire Night was celebrated indoors to protect the people and avoid revealing their location to the enemy.

2. It is celebrated on the 5th of November because of the Gunpowder Plot

The 5th of November is etched into history as the day when a notorious conspiracy, known as the Gunpowder Plot, was foiled.



In 1605, a group of conspirators, including Guy Fawkes, plotted to blow up the Houses of Parliament, an act aimed at assassinating King James I and many members of Parliament. This event marks the genesis of Bonfire Night. The act was rescinded in 1859.

3. It's still possible to see the lantern Guy Fawkes was carrying when he was caught in the Houses of Parliament

Housed today in the Ashmolean Museum in Oxford it is said to be the lantern that Guy Fawkes himself was carrying when he was arrested in the cellars of Parliament.

The famous object was given to the University of Oxford by Robert Heywood and then was transferred to the Ashmolean Museum.



4. The Yeomen of the Guard still search the Houses of Parliament...

...just in case anybody tries to take a leaf out of Guy Fawkes' book this Bonfire Night.



5. The village of Ottery St. Mary sees a time-honoured tradition in celebration of Bonfire Night

This unique tradition during Bonfire Night sees the locals of the East Devon village taking turns carrying large barrels of burning tar on their shoulders in celebration – perhaps not one to try at home.



6. Fireworks were invented by accident



It was a Chinese cook in the 10th century who accidentally invented fireworks by mixing the common ingredients found in the kitchen back then: sulphur, charcoal and a salt substitute.

The mixture was set alight and resulted in colourful flames making this fact a beautiful disaster!

7. The 36 barrels of gunpowder would have destroyed how we see London today



If successful, Guy Fawkes and his accomplices would have completely destroyed the building, as well as caused damage to buildings that surround the Houses of Parliament and transformed how we see London today.

Research tells us that the blast of 2,500kg of gunpowder would have destroyed Westminster Hall and the Abbey. Ironically, in 1834 the cellar where the gunpowder was stored was destroyed in an accidental fire.

8. Guy Fawkes has an island named after him

The next Bonfire Night Fact remains somewhat mysterious!

The uninhabited island is located to the northwest of Santa Cruz Island in the Galapagos Islands, called Isla Guy Fawkes or Guy Fawkes Island. To this day, no one knows why the island claimed the name; maybe it was where he planned to escape to...



9. Your average sparkler burns at between 1000-1500°C

This means that three of them burning together can reach the same temperature as a blowtorch. So, make sure you put them out in a bucket of water to avoid any accidents!



10. Queen Elizabeth I honoured the best firework maker in the country

The former monarch loved fireworks so much that she created a title for the lucky person she considered to be the best firework maker in the country, who would then be known as the “Fire Master of England”. How about that for an accolade?

C S Lewis – Remembering the Creator of The Chronicles Of Narnia

It was 60 years ago this month, on 22nd November, that the famous writer C S Lewis died. This Irish-born British academic, novelist and literary critic is best known for his novels on *The Chronicles of Narnia*, and his books on Christian apologetics.

Clive Staples Lewis was born in Belfast November 1898. He arrived in Oxford in 1917 as a student and stayed on as a fellow and tutor at Magdalen College for 29 years. In 1954 he moved to Cambridge University’s Magdalene College, until his death in 1963.



C S Lewis’s books include *The Chronicles of Narnia*, *The Screwtape Letters*, *the Space Trilogy*, *Mere Christianity*, *Miracles*, and *the Problem of Pain*.

Lewis was a close friend of JRR Tolkien, who also taught at Oxford. They were both active in the informal Oxford literary group known as The Inklings. Lewis had been baptised in the Church of Ireland, but then had abandoned his faith as a young man. He was converted to Christianity and became an Anglican at the age of 32, influenced by Tolkien and others. Lewis’ faith had a profound effect on his work and writings, and his wartime radio broadcasts on Christianity made him famous.

*“We can make up our minds whether our lives
in this world shall wound like thorns and nettles
or be beautiful and fragrant
like the lilies of the field.”*

– Fr Andrew SDC



In all, Lewis wrote more than 30 books, which have sold millions of copies. His *Chronicles of Narnia* was televised and filmed, and his Christian apologetical writings are still widely used today.

In 1956 Lewis married American writer, Joy Davidman, who died of cancer four years later, aged only 45. Lewis died on 22nd November 1963 from kidney failure. In 2013, on the 50th anniversary of his death, Lewis was honoured with a memorial in Poets' Corner, in Westminster Abbey.

16th November - St Margaret of Scotland

Some women have power, and some women are good. When a woman with power is also good, she can achieve an astonishing amount.

Margaret of Scotland has been called 'The Pearl of Scotland', but she began life in Hungary about 1045. She was born to the expatriate English prince Edward the Exile, and so was an English princess. The family returned to Wessex in 1057, when she was 13, and following the death of King Harold II at the Battle of Hastings in 1066, her brother Edgar Aetheling should have been King of England, but he was never crowned. Instead, the family fled north, to Scotland, where she was married to Malcolm III of Scotland by 1070. As a Scottish queen she went on to become mother of three kings of Scotland, and of a queen consort of England.



Margaret was a Christian, and became a good friend of Lanfranc, a future archbishop of Canterbury. Her biographer tells of how she read narratives from the Bible to her husband, thus helping to 'civilise' him. He was illiterate, but so admired her reading, that he had her books decorated with gold and silver. She was also credited with helping her youngest son, the future King David I of Scotland, towards becoming a just and holy ruler.

Margaret introduced the worship and practise of the Church of Rome into Scotland. She also wanted to help the many pilgrims travelling in Scotland, and so she established a ferry across the Firth of Forth, which is where the towns South Queensferry and North Queensferry got their names.

Margaret performed many charitable works for the poor, and she interceded for the release of English exiles who had been forced into serfdom following the Norman conquest. She also began the restoration of Iona Abbey.

In private life, Margaret spent much of her time in prayer, using a cave on the banks of the Tower Burn in Dunfermline as a place of devotion and prayers. St Margaret's Cave is still there today, covered beneath a municipal car park.

Margaret died in 1093, and in 1250 Pope Innocent IV canonised her. Her relics were dispersed after the Scottish Reformation, but at one time Mary, Queen of Scots, owned her head.

Air Fryer Scones

- Preheat your air fryer to 180c
- **Ingredients:** 2 cups of All Purpose Flour, ¼ cup granulated sugar, 1Tbsp Baking Powder, ½ Tsp Salt, ½ cup cold cubed unsalted butter, ½ cup milk, 1 Large egg, 1 Tsp Vanilla Extract, Optional add-ins: Raisins, currants, chocolate chips or dried fruit

1. In a large mixing bowl, whisk together the flour, sugar, baking powder and salt.
2. Add the cold cubed butter to the dry ingredients. Use a pastry cutter or your fingers to work the butter into the flour mixture until it resembles coarse crumbs. You want small pieces of butter throughout the dough.
3. In a separate bowl, whisk together the milk, egg, and vanilla extract.
4. Pour the wet ingredients into the dry ingredients and stir until just combined. Be careful not to overmix; you want the dough to be slightly shaggy.



5. If you'd like to add any raisins or chocolate chips, fold them into the dough at this point.
6. Turn the dough out onto a lightly floured surface and gently knead it a couple of times to bring it together. Pat it into a 1 inch thick circle.
7. Using a round biscuit cutter or a glass, cut out scones from the dough and place them on parchment paper-lined tray or in the air fryer basket, leaving some space between them.
8. Place the tray or basket in the preheated air fryer and cook for 10 or 12 minutes or until the scones are golden brown and cooked through.
9. Enjoy!

An American Thanksgiving at Otley Primary

Mr. Colby's class of students stared at me with curious eyes. Laura Miner's mum had come to Otley Primary with paper plates, forks, and plastic containers. Why?? Headmaster Colby just looked dubious! (If anyone remembers Mr. Colby, he could look properly dubious about many things.)



It was November, 1982, and I wanted to explain the origins of American Thanksgiving – how did 53 English Pilgrims who landed in Plymouth eat a harvest meal with 90 plus Wampanoag native Americans and what did they eat in 1621? My purpose was to try to explain how different were the lives of the English settlers who arrived Massachusetts through the food that they ate. Few of the students' favorite foods were on the menu at that first meal – certainly not crisps, sweeties, chocolate, or chips!

By 1982, I had partially learned of the close association that Otley had English colonization efforts along the east coast of America. Otley Hall was the birthplace of Bartholomew Gosnold, an explorer and leading organizer of colonizing ventures to New England in 1602 and Virginia in 1607. I did not realize the extent of his involvement with the Virginia Company or that he had died in Jamestown, Virginia on August 22, 1607, of the disease that was rife in the colony.



Those details were left out of my Virginia history classes I took throughout my childhood. [Encyclopediavirginia.org/entries/gosnold-bartholomew-1571-1607](https://www.encyclopediavirginia.org/entries/gosnold-bartholomew-1571-1607)

I did not incorporate local Otley history in the presentation I made. I did however try to explain what it would have been like for the average English Pilgrim, religious nonconformist that he/she was, to adapt to the life in a primitive frontier setting in the Plymouth Colony. I wanted students to think of when they were in unfamiliar situations, perhaps homesick, confronted with strange foods and people who looked and acted differently from them. Most children could relate.



I wanted them to think of times when they had to trust people who looked vastly different and who spoke a different language but on whom they were dependent for information and survival. That was harder for the children to grasp. Otley

was not particularly diverse and most young ones lived with their parents and had access to their extended family all of whom spoke English. I wanted them to eat some of the unfamiliar foods that colonists might have encountered and sympathize with settlers who were missing the tastes of home.

I took in cornbread muffins – unsweetened and without butter. I did provide maple syrup as a dipping sauce. I cooked cranberries, mashed them, and offered the sauce as a jam which was unstrained but sweetened. Even sweetened, cranberry sauce can be tart, and the colonists did not have sugar. I took in pumpkin pie tarts which I sweetened with maple syrup and molasses and spiced with cinnamon, ginger, cloves, and nutmeg. I explained that those spices probably weren't available. I did not try bringing in goose or duck, venison, corn, squash, and other fruits and vegetables that the Wampanoag would have contributed, and I explained that what children did have was considerably tastier than what would have been served. <https://food52.com/blog/20949-what-was-actually-served-at-the-first-thanksgiving#>:



“The Feast” received mixed reviews. Many ate the tart crusts but not the pumpkin filling, the cornbread was not a hit, and the cranberry sauce was barely touched. The maple syrup was licked up as I remember. I enjoyed the venture and hope they did too. I never did figure out what Mr. Colby thought.



The First Thanksgiving in Massachusetts in 1621 came at a time of relative harmony between the English colonists and Native Americans in Massachusetts. However, by 1610 skirmishes over food and cultural issues had already broken out in

Jamestown. Similar divisions occurred in Plymouth Colony in upcoming years. The resulting struggle between European immigrants and indigenous peoples continued throughout American history. The goodwill felt in 1621 was not long lasting; the disagreements over each other’s ways of life as well as colonists’ prejudice and religious zealotry would make that impossible.

Mary Miner susiespinner36@msn.com

SMILE LINES

Died in the services

Little Alex was staring up at the large brass plaque that hung on the side wall of the church. The plaque was covered with names, and it seemed to fascinate the seven-year-old. “All those names,” he said to the minister. “Who are they?”

“Well, they were people who used to go to this church,” explained the minister. “This is a memorial to all the young men and women who died in the services.”

Soberly, they stood together, staring at the large plaque. Little Alex's voice was barely audible when he asked, "Which service, the 9 o'clock, or the 11 o'clock?"

Cheese

Ban sliced cheese. Make Britain grate again!



Scare it

A man had the courage - but not always the skills - to tackle any home-repair project. For example, his garage was littered with the pieces of a lawn mower he had tried to fix. One day his wife found him in the living room, attacking the vacuum cleaner with a screwdriver. "I can't get this thing to cooperate!" he exclaimed.



His wife replied, "Why don't you just drag it out to the garage and show it what happened to the lawn mower?"

Did Noah fish?

A Sunday school teacher asked, "Johnny, do you think Noah did a lot of fishing when he was on the Ark?"

"No," replied Johnny. "How could he, with just two worms?"

Answered prayer

During the minister's prayer one Sunday, there was a loud whistle from one of the back pews. Tommy's mother was horrified. She pinched him into silence and, after church, asked, "Tommy, whatever made you do such a thing?" Tommy answered soberly, "I asked God to teach me to whistle, and He did!"

Thine

A Yorkshireman wanted an inscription on his wife's grave to read: 'She was Thine'. The engraver mistakenly put 'She was Thin'. The man wrote to explain that they had left off the 'e'. The next attempt read: 'E', She was Thin.'



The vicar got a little carried away with the church's new state-of-the-art PA system



...his constant droning from the pulpit is really getting on my nerves!

Solutions to the Brainteasers on Page 5

1. Potiphar's wife
2. A seven-year famine
3. Matthew
4. Peter and Andrew
5. Sheep



How did you do?

CHILDREN'S CORNER

Painted leaf collage



Collect different leaves and twigs on a family walk, then use them to make your own creative collage.

Takes 20 mins plus drying time

You will need:

newspaper
white card
assorted paints
sponge or paintbrush
leaves and twigs
glue
coloured pens

1. Lay down newspaper to protect the work surface. Paint a backdrop for your scene – we used a sponge to paint patches of blue sky on our card.
2. Glue down the leaves and twigs to make whatever characters and shapes you like. Leave to dry.
3. Add details to the leaves with paints or coloured pens. You can add eyes and faces to your characters or have fun with patterns and details.

Poppy wreath Remembrance Day craft for kids

This is a beautiful and simple craft children can make for Remembrance Day. You can use the same technique to make a poppy brooch, a poppy wreath or a display of poppies for your home, church or school.



Materials needed

1. Watercolour paper or card
2. Watercolour paints
3. Black marker pen
4. Scissors
5. Green drinking straw or rolled up card (or brooch pin or paper plate – optional)
6. Sticky tape



We used watercolour paint to begin our poppy craft.

If you can, do use a good quality watercolour paper for this as it takes the paint so well and dries quickly, enabling you to move on to the second stage of the design.

If you don't have watercolour paper, use a thick card.

Use red paint to create circles on your paper. You don't need to worry about making a perfect circle, as the slightly bumpy edges give a better poppy shape. Studying some real poppies before painting would be wonderful.



Then use a black permanent marker to make a design in the centre, to be the seeds of the poppy. Think of your black centre as a mini mandala and see what circular designs you can make.

Wait until your red paint has dried before using your marker pen if you want the black to have a strong colour. But it's also interesting to use the marker pen while the paint is still a little wet, to experiment with the looks you can create.



Then, cut out your poppies.

To make a poppy brooch, glue on a brooch pin so you can fasten your poppy to your coat.



To make a poppy display, fix a green drinking straw, or tube of rolled up green card, on to the back of each poppy using tape or glue.

If you're working with a group of children, each person could make a poppy to join the collaborative display.

You might like to use the reverse side of the poppies to write the name of someone you wish to remember or give thanks to for their service.



You can also use your poppies to make a wreath. Use a paper plate or a piece of card and cut it into a ring. Then fasten on your poppies around the wreath using glue or tape.





Q. Waiter! Waiter! This coffee tastes like soil.
A. Yes, sir, it was ground this morning.

My friend thinks he is smart. He told me an onion is the only food that makes you cry, so I threw a coconut at him.

Q. What do you call a girl who stands inside goalposts and stops the ball rolling away?
A. Annette.



Q. What vegetables do librarians like?
A. Quiet peas.

Q. Why did the scarecrow get a pay rise?
A. Because he was outstanding in his field.

A kid threw a lump of cheddar at me. I thought "That's not very mature".

Q. Why do ducks make good detectives?
A. They always quack the case!



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