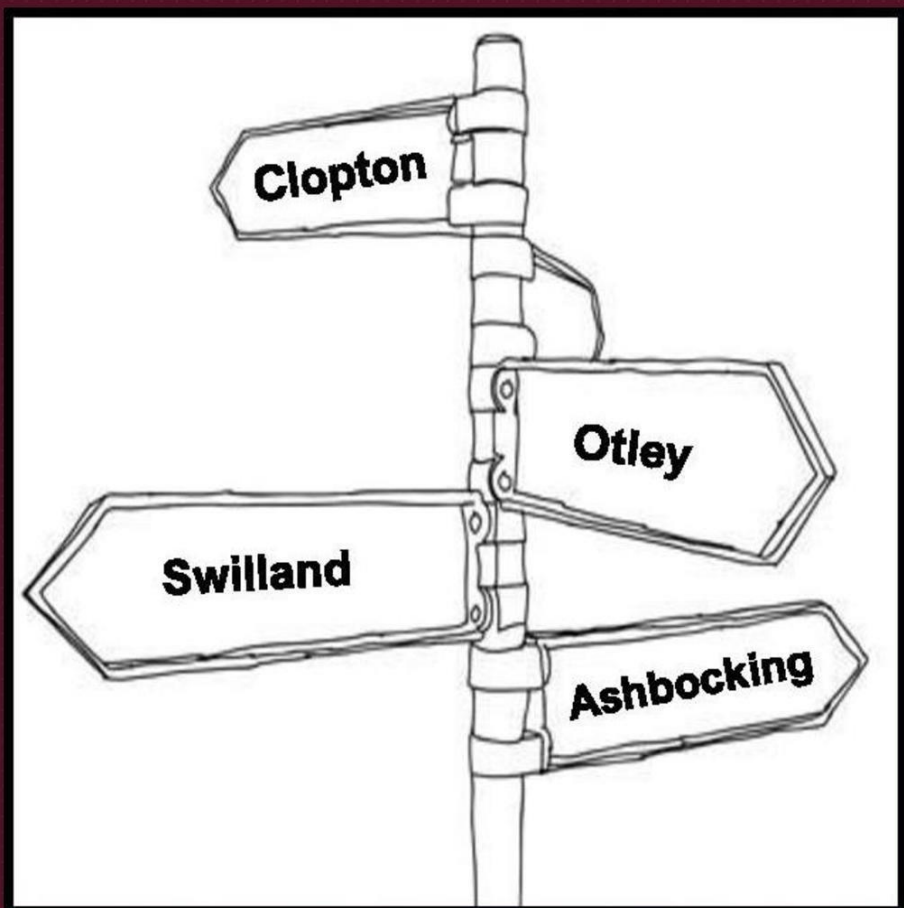
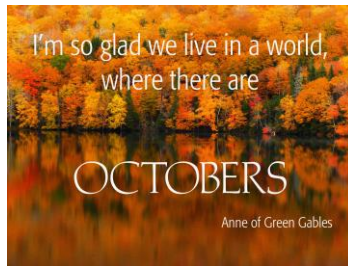


# *The Signpost*



*News from the Parishes*

## A Word from The Editor.....



Welcome to the **October** edition.

Well, September seemed a very short month, as the time as flown by and here we are again. I hope that life has settled back into a routine after many significant changes that will have taken place if you have school children that have started a new school, college or university.

October is such a pretty month of the year. The leaves turn, the hedgerows have pops of berries, and the trees produce a magical show of dainty golden or red leaves falling so gracefully and carrying away your thoughts as you sit and watch nature in all its glory.

But the one thing that October brings is plenty to do, endless jobs to do in gardens tidying up as flowers die back, as veggies get pulled up or planted, returning sensitive plants to warmer spots ahead of winter and colder temperatures. There will be cultivations and drilling to do on the farm too. What will you be up to in October? Will you be making costumes ready for Halloween, carving pumpkins or trick or treating??

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 November issue, with a deadline of 24<sup>th</sup> October 23.**

To register to receive The Signpost via email, each month,  
please email Amy [bakergirl174@gmail.com](mailto:bakergirl174@gmail.com)

News of the Carlford Churches and details of online Worship can be found on the website [carlfordchurches.org](http://carlfordchurches.org) and within the Mini Grapevine. If you would like to receive the Mini-Grapevine weekly via email, please register via the website [carlfordchurches.org](http://carlfordchurches.org) or with [amy@carlfordchurches.org](mailto: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 super October***

***Amy***

# October

Autumn leaves of red and gold  
that crunch beneath your feet,  
Pumpkins on front porches,  
candy corn, and trick-or-treat,  
Tart and tangy cider,  
apples ripened on the trees,  
A hint of winter coming  
on the chilly  
autumn breeze.



## August 2023

The first week of the month was very wet and on the fifth there was over an inch of rain. Fortunately, this dried up allowing the harvest to be completed before there was another inch of rain ten days later and from then on it rained on and off for the rest of the month. This has been the wettest August since 2010 with both years having 4.60 inches of rain.

*Russell Ling*

### *October Weather Sayings.....*

- *“If ducks do slide at Hallowtide, at Christmas they will swim; If ducks do swim at Hallowtide, At Christmas they will slide”.*
- *“A warm October means a cold February.”*
- *“Much rain in October, much wind in December.”*
- *“When deer are in a gray coat in October, expect a hard winter.”*
- *“If October brings much frost and wind, then January and February will be mild.”*
- *“A hard winter follows a fine St Denis” (October 9<sup>th</sup>)*

*“Life has no remote, so you need to get up  
and change it yourself.” - Anon*



## Brain teasers

Complete the famous number related phrases.

If you look at number 4, it should help you to get into these teasers.

1. Six -----
2. Seven -----
3. Eight -----
4. ----- nine
5. Ten -----
6. ----- Eleven
7. Twelve -----



**(Solutions on Page 43)**

## Little By Little Does Very Nicely

We've all heard the hype about the need to do 10,000 steps a day, to stay fit.

But recent studies have found that even just walking 4,500 steps a day can bring you significant health benefits. It seems that, compared to adults who take less than 2,000 steps a day, people who take 4,500 steps a day are 77 per cent less likely to have a cardiovascular problem in the following three years.

And it also seems that, no matter what you are currently walking, even just adding 500 steps a day to your distance can bring you significant health benefits.

“We were surprised to find that every additional quarter of a mile, or 500 steps, of walking had such a strong benefit to heart health,” says Dr Erin Dooley, an assistant professor of epidemiology at the University of Alabama at Birmingham School of Public Health.

“While we do not want to diminish the importance of higher intensity physical activity, encouraging small increases in the number of daily steps also has significant cardiovascular benefits.

Other recent research suggests that walking between 6,000 and 8,000 steps a day is helpful for chronic heart problems and cancer.



## **The 1<sup>st</sup> Grundisburgh Rainbows, Brownies & Guides**

### **1st Grundisburgh Brownies**



Having returned from our summer break, we are working on a brand new Brownie Badge called - Brownies Go Explore. As part of this we are looking at aviation starting with our own Flight School, flying paper planes made by the girls. We have also made vortex cannons from old plastic bottles and balloons demonstrating air movement by moving paper cups along the table. Future plans include some marble painting with oil and food colouring, building landmarks out of 'rubbish' learning how to use tools (hammers & nails), we have a fajita making evening planned and also having a Halloween party with Spooky Food!!! Nearer to Christmas we will be making some decorations and will also be having a Christmas Party to end the term. If you know of any girls between 7 and 10 years old who would like to join in the fun, please get in touch on [Grundisburgh.brownies@outlook.com](mailto:Grundisburgh.brownies@outlook.com)

### **1st Grundisburgh Rainbows**

On the 12th September we re-opened the Rainbow Unit in Grundisburgh. We have had lots of fun creating our own Rainbow Rabbits and learning how important muscles are in the body and how to keep them strong. Future activities planned include some cooking, learning lots of new games and preparing for Halloween. If you know of any girls between 4 and 7 years old who would like to come along, please get in touch on [sharon.kf@icloud.com](mailto:sharon.kf@icloud.com)



### **The 1<sup>st</sup> Grundisburgh Rainbows, Brownies & Guides**



A new term and lots of exciting things planned at Rainbows, Brownies and Guides. Challenge yourself to try something new – be adventurous – make new friends and have great fun!

#### **Rainbows – Aged 4-7 years old**

We meet on a Tuesday between 4 and 5pm at the Village Hall, Grundisburgh  
For further information please email: [sharon.kf@icloud.com](mailto:sharon.kf@icloud.com)



### **Brownies – Aged 7-10 years old**

We meet on a Tuesday between 4.45pm and 6.15pm  
at the Village Hall, Grundisburgh

For further information please email: [Gundisburgh.brownies@outlook.com](mailto:Gundisburgh.brownies@outlook.com)

### **Guides – Aged 10-14 years old**

We meet on a Tuesday between 6.45pm and 8.15pm in the Scout Hut.  
For further information please call: Jo on 07885 265074

To register your daughter for Rainbows, Brownies or Guides please  
visit: [girlguiding.org.uk/joinus](http://girlguiding.org.uk/joinus)

We look forward to welcoming you to the amazing work of Girlguiding.

*Sharon Proctor, Caroline Bell & Jo Saagi*  
1st Grundisburgh Rainbows, Brownies and Guides



### **Wildlife to Spot in October**

- **Pipistrelle Bats** – which will spend this month mating and feeding themselves up ahead of hibernation – these are the bats most likely to use bat boxes.
- **The Nuthatch** – They are increasingly seen in gardens, particularly in the autumn and winter, when natural food sources dry up. You might see it climbing up and down a tree trunk, like a tree creeper, looking for insects.
- **Common Carder Bumblebees** – Workers will be faded and worn by now, some almost bald.



## **1<sup>st</sup> October - Anthony Ashley-Cooper, Poor Man's Earl**



Think of Piccadilly Circus, and that small statue of the angel poised with bow and arrow. Most people think it stands for Eros. It does not. It stands for Anteros, his brother, the god of selfless love. It is a memorial to the greatest Christian Victorian philanthropist, politician, and social reformer of his generation – Lord Shaftesbury.

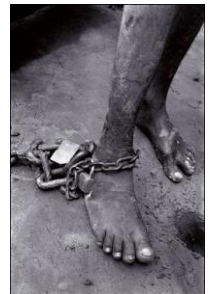
Anthony Ashley Cooper, the 7<sup>th</sup> Earl of Shaftesbury (1801 – 1885) was a devout Christian who spent his life fighting to help ease the plight of lunatics, chimney

sweeps, children in factories, women and children in the mines, opium addicts, and children without any education.

His own early life was loveless and bleak – his parents formal and frightening, his early schooldays a “horror” of “cruelty and starvation”. The only love came from the family’s housekeeper, Maria Millis. A biographer wrote: ‘She provided for Ashley a model of Christian love that would form the basis for much of his later social activism and philanthropic work.’ The reality and homely practicality of her Christian love were a beacon for the young Ashley. She told him Bible stories; she taught him a prayer.

After Christ Church Oxford, where he proved an outstanding scholar, Ashley turned to politics. In 1826, aged 25, he was elected as Tory MP for Woodstock. He was eager to serve on parliamentary committees that got things done; his great life’s work had begun.

Lunatics: In 1827 lunatics were kept chained naked in straw, forced to sleep in their excrement. They were washed in freezing cold water, with one towel for 160 people and no soap. There was gross over-crowding and inedible food: asylums were places to die in.





Shaftesbury's maiden speech in Parliament was in support of a Bill to improve their conditions. He wrote: *'By God's blessing, my first effort has been for the advance of human happiness.'*

It took years: from 1827 to 1884 he fought for a succession of Lunacy Acts, writing later of 'the years of toil and care that, under God, I have bestowed on this melancholy and awful question.'

Child Labour and Factory Reform. Again, reform took years, with Shaftesbury fighting for the Ten Hours Act from 1833, 1842, 1844, 1846 and 1847 – when it finally got through Parliament. No child under the age of nine should work in the cotton or woollen industries, and no one under 18 must work more than ten hours a day.\_

Miners. In 1842 he fought to outlaw the employment of women and children in coal mines.

Climbing boys. Thousands of young boys were dying in terrible pain – scorched, blinded and suffocated by soot, or with cancer of the scrotum. Ashley fought for Bills in 1840, 1851, 1853, 1855, and 1864 until finally the Chimney Sweepers Act 1875 closed the practise down.



Education reform: 1844 Ashley became president of the Ragged School Union that promoted education for poor children. He wrote that if it were to fail, 'I should die of a broken heart'.

Religion. Lord Shaftesbury was a devout Christian who became a leading figure in 19<sup>th</sup> century evangelical Anglicanism. He was President of British and Foreign Bible Society for nearly 30 years. He was very sympathetic to the Jews and advocated their return to the Holy Land.

Lord Shaftesbury's funeral service at Westminster Abbey on the morning of 8<sup>th</sup> October 1885 drew thousands of people. The streets along the route were thronged

with the poor: costermongers, flower-girls, bootblacks, crossing sweepers, factory hands and many more. They waited for hours just to see his coffin go by. He was dearly loved by them as the ‘Poor Man’s Earl’.

One biographer wrote: ‘No man has in fact ever done more to lessen the extent of human misery, or to add to the sum total of human happiness.’

The great preacher Charles Spurgeon called him ‘the best man of the age’. He ‘lived for the oppressed’, he was a ‘moral anchor in a drifting generation’, ‘friend of every living thing’, ‘he had a ‘fervent love to God, and hearty love to man.’

### **A Bear Called Paddington**

It was 65 years ago, on 14<sup>th</sup> October 1958, that Michael Bond’s children’s book, *A Bear Called Paddington*, was published. It marked the debut of the lovable Paddington Bear, who is now a household name after appearing in two irresistible films.

Paddington starred in more than 20 books written by Bond, who died aged 91 in 2017. The original story was inspired by the author witnessing Jewish and British evacuee children passing through Reading station. Bond wanted the bear to have come from “darkest Africa”, but this was changed to Peru when his agent pointed out that there were no bears in Africa.

Many people have found Christian characteristics in the bespectacled, kind, red-hatted, innocent Paddington, who always tries to do the right thing but often gets into trouble as a result. He is invariably polite but has a “hard stare” for those who behave badly. The two hugely successful films, with Ben Whishaw voicing Paddington and household names in other roles, established the bear in the national psyche – a natural successor to Winnie the Pooh.





A stuffed toy Paddington Bear was chosen by British tunnellers as the first item to be passed to their French counterparts when the two sides of the Channel Tunnel came together in 1994. The books have been translated into 30 languages and have sold more than 30 million copies.

Paddington has also reached the very top of society. Comedian and later President of Ukraine Volodymyr Zelensky dubbed him in the Ukrainian version of the films, and to cap everything, Paddington joined the late Queen in one of her last public appearances – a brilliant comedy segment in the Platinum Party at the Palace on 4<sup>th</sup> June 2022, in which the Queen ‘revealed’ that she always carried a marmalade sandwich – Paddington’s favourite food – in her handbag.

### **God Will Help Ukraine To ‘Destroy Evil’**

The Primate of the independent Orthodox Church of Ukraine, Metropolitan Epiphany (Dumenko) has praised the dignity and “self-sacrificing love” shown by Ukrainian soldiers. He said that God would help the country to “destroy evil”.



He said: “We are fighting for fully understandable fundamental values: for our independence and territorial integrity, which the whole world has recognised for 30 years. The Russian invaders constantly invent delusional, incomprehensible excuses for their attack. But these will not help them since evil is always overcome and punished.”

The Evangelical Baptist Union of Ukraine has urged its congregations to pray for “the spread of God’s light in all spheres of social life.”

Meanwhile, a former President of the Russian Union of Evangelical Christians-Baptists, Yuri Sipko, has fled to Germany to escape arrest in Russia. He said: “A criminal case has been opened against me – they are looking for me to put me in prison because I’ve spoken the truth that Russia waged war on Ukraine. People are dying and everything is being destroyed. It’s criminal, and they should not be doing this... I think everybody should be speaking out against it.”



## OTLEY AND DISTRICT GARDENING CLUB

Dear Readers,

Just a short one from me this month. Not much has happened since we last came together. Our first meeting of our programme year was a great success. Jim Paine was very entertaining talking about the secret life of plants. I was unable to attend so, can't speak from personal experience, but I've received brilliant feedback.



Our next meeting is at Otley Village Hall on Monday 2<sup>nd</sup> October at 19:30 where we welcome Jo from Benton End Flowers talking about the cutting garden. She has a huge following on Instagram and Facebook and were hoping to pick up some tips and tricks to get our own cuttings gardens under control. Their Instagram name is bentonendflowerfarm if you'd like to have a look at what she does.

If you'd like to come along, please feel free to come on the evening. We are a very laid-back lot of people and I'm sure you'll know someone there. Entry is £4.00 for visitors and £2.00 for members, so it's a cheap night out. Membership is due, so please bring an extra £10 if you're wishing to join.



Please feel free to bring a raffle prize with you if you have something laying around. Something gardening related is always good, but that's not hard and fast. So, chocolates or a bottle of wine are always nice.

We look forward to seeing you on Monday 2<sup>nd</sup> October at Otley Village Hall.

*Phil Pollard  
The Green Chairman*



"KINDNESS IS THE  
ABILITY AND  
DESIRE TO HAVE A  
POSITIVE IMPACT  
ON OTHERS."

- RAKTIVIST



## **DID YOU KNOW.....**

**1st 1207** King Henry III was born.

**1st 1971** The “Happiest Place on Earth”, Walt Disney World in Florida, officially opened its doors.

**4th 1957** Sputnik 1, the first man-made satellite, was launched by the Soviet Union. This marked the beginning of the Space Age.

**4th 1911** Britain’s first escalator opens at London’s Earl Court

**5th 1955** Jonas Salk announces the successful testing of the first polio vaccine, leading to the eventual eradication of the disease.

**6th 1889** Thomas Edison shows the first motion picture.

**8th 1871** The Great Chicago Fire occurred destroying the city, many lost their lives and 100,000 people left homeless.

**9th 1967** The first successful human heart transplant is performed by South African surgeon Dr. Christiaan Barnard.

**11th 1881** The Savoy Theatre, the first public building in the world to be lit entirely by electricity, opened in London.

**14th 1947** American test pilot Chuck Yeager becomes the first person to break the sound barrier in level flight.

**15th 1993** South African leaders Nelson Mandela and F.W. de Klerk won the 1993 Nobel Peace Prize for their efforts to end apartheid.

**15th 1989** Anthony Joshua, British Heavyweight boxer and two-time Former Unified World Heavyweight Champion was born.

**17th 1943** The Burma Railway was completed. The Japanese built it using Asian labourers and Allied Prisoners-of-war, thousands of whom died. One of the railway bridges is in the famous film, *Bridge over the River Kwai*.

**19th 2003** Mother Teresa was beatified by Pope John Paul II and given the title Blessed Teresa of Calcutta. (She was canonised as Saint Teresa of Calcutta in 2016).

**24th 2008** The financial crisis ‘Bloody Friday’ took place. The world’s stock exchanges suffered one of the worst declines in their history – about 10% in most cases. About £89.5 billion was wiped off the value of Britain’s biggest companies.

**24th** Is United Nations Day which aims to bring awareness to the work of the UN worldwide.

**25th 1983** Microsoft Word 1.0 was released. It was the first version of the popular word processor, and Microsoft’s first full-featured application.

**26th 1947** Hillary Clinton, American Politician, and former First Lady of the United States was born.

**27th 1948** The Morris Minor car was launched at the British Motor Show at Earl’s Court in London. It cost £358.

**28th 1958** The State Opening of the British Parliament was televised for the first time.

**30th 1953** Former US Secretary of State, George Marshall, was awarded the 1953 Nobel Peace Prize for engineering the Marshall Plan – a massive economic aid programme for Europe in the aftermath of WWII.

## Ice House Christchurch Park

Did you know that there was a hidden Ice House tucked away in the grounds of Christchurch Park?

An architectural gem which was built in 1735 and is an early example of refrigeration. Many do not know it is there or did not know what it was. You'd probably walk right past it unless you know where to look! Upon entering you follow a tunnel leading to a thick brick chamber with a domed ceiling. Acting as a natural fridge, this chamber maintained a constant temperature, which would help to keep food fresh!



The mansion staff would collect ice, during the winter, from the round pond – which is still present in the park. The ice would be stored within the chamber. This allowed for food preservation long before the invention of modern fridges.

While fridge freezers become popular in the 1920's, they were not common place in households until much later. The Ice House is a testament to human ingenuity long before the advent of modern appliances.

On your next visit to the park, see if you can spot the historical Ice House!

*"A clear conscience  
makes a soft pillow."*

*- Anon*







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](http://www.the-debenham-project.org.uk) ; 01728 862003



## Pets' Corner V September 2023

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 **Huxley** the extremely handsome Labrador.

### Questions for Huxley

**Name:** Huxley

**Date of birth:** 05/01/21

**Breed:** Labrador

**Colour:** Black

**Favourite food:** I love my kibble but it's even better with some meat in it!

**What are your nicknames?** Hux, Sir Huxleton, Baby dog

**Favourite human food:** Chicken or carrot  
Best place to sleep? On the sofa, on my back with my legs in the air!

**Who is your favourite human?** Daddy

**Proudest moment so far?** Climbing up a big mountain in the Lake District!

**What do you like doing the best?** It's a hard one... I love eating, but I also love sleeping, but also I really love squeaking my ball!

**If you were a person who would you be?** Someone who works with food, I've learnt a lot about cooking by watching mum cooking dinner!

**What job would you have?** I'd be chief taste tester

**Are you ticklish and where?** On my tummy & my chest, I like to lay on my back & shut my eyes whilst my slaves tickle me!

**If you had to tell us a secret about your family what would it be?** Daddy secretly enjoys it when I nibble his ears!

**What's the best thing about being you?** Getting to sleep all day & using my big beautiful puppy eyes to get treats! I also love wriggling on my back & making hilarious noises at my humans!



## Questions for the Huxley's family

**What made you fall for a dog like Huxley?** Reliability of the breed & his silky soft ears

**Most embarrassing moment so far?** Being overly affectionate with his bed in the office!

**Best walk location?** Beach, he loves a zoomie in the water, he gets very excited!

**Does Huxley like the Vet?** He likes the treats and fuss they make of him, so mostly yes!

**Favourite time of year?** Why? Autumn, it's lovely seeing Huxley running through the crispy leaves.

**Favourite trick?** Middle - when Huxley comes running from wherever he is, stops between your feet & sits down, on command .

**Favourite treat:** The chicken offcuts when mum's making dinner.

**Dislikes?** Flies

**What colour really suits him?** Red, especially when he wears his fancy Christmas outfit!

**What thing do you wish more people knew about having a dog in your life?**

They bring unconditional love, they know when you're upset & make it their job to make you feel better, they make great siblings to human children & their needle sharp puppy teeth don't last forever!

**If you had to describe Huxley in three words how would you do it?**

Handsome, playful & cuddly

**If Huxley was a celebrity who would he be and why?** Orlando Bloom, slim, dark haired with piercing eyes and devilishly good looking!

**Thank you to the Huxley's family and to the handsome chap himself! If you'd like your pet (no matter how large or small) to feature in next month's Pets' Corner, then please email us at [hello@nightingalevets.co.uk](mailto:hello@nightingalevets.co.uk)**



## Hello from Dr Emily!

October! Season of mists and fruitfulness! The nights are drawing in and it's out with the wellies and big coats! Muddy dog walks and cat cuddles on the sofa are now on the agenda!

## What have we been up to?

Our September was a busy one, full of highs and lows.

The good news is that we're continuing finishing the building works at our lovingly created practice in Ashbocking and we're on track to open next month!



During September, we've continued renovating two shipping containers, creating a modern and fully equipped dental x-ray, ultrasound and imaging suite, as well as a laboratory so we can analyse samples from our patients quickly, and get them back on the road to recovery as soon as we can.



We've also put in underfloor heating throughout the practice to keep little paws cosy, so together with consulting rooms, an operating theatre and bright welcoming reception, we are preparing to start bringing our care to our patients.

We've installed specialist electrical circuitry to allow us to install not one, but two x-ray machines- one for little mouths to assess their dental health, and another to help us look at lungs, tummies and bones. Thanks to local electricians Volt Electrical for their help with this complex project!

Our incredibly devoted and caring team are now assembled and are excitedly waiting in the wings for our opening date! We have created a team of highly qualified, experienced and knowledgeable pet professionals and we are so looking forward to opening our doors next month!



Sadly though, the Suffolk Dog Day was cancelled due to the very hot weather we had. Heatstroke is a common and avoidable condition, whereby dogs are unable to regulate their body temperature and they can become seriously unwell. We had been looking

forward to attending with our whole team and meeting lots of people and celebrating all the amazing things dogs bring to our lives. St Elizabeth Hospice have invited us to join them at the 2024 event so we hope for cooler weather then.

It had certainly cooled down a bit for the Swilland Dog Show organised by the samba dancing Shirley Hinchcliffe, and her fellow Bearded Collie devotees. The event was run to raise money for Beardies in Need, a rescue organisation that





helps rehome Bearded Collies, hosted by the Moon and Mushroom pub in Swilland.

Nightingale Vets were on hand for first aid and advice whilst the event was running, and the classes were full of all sorts of fabulous dogs. It was such a pleasure to meet so many of you and your canine companions.

Thank you to all the organisers, the entrants, the stall holders, the Moon and Mushroom staff (who kept us well plied with bacon butties and tea), Shirley and her team of organisers, and all the devoted owners and their beautiful dogs without whom this event would not have been possible!



**Finally.. (drumroll please.. )**

**WE ARE OPENING IN MID NOVEMBER!!!**

In anticipation of our opening date in November you can pre-register with us by joining our mailing list at

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

We'll update you with what you need to know and our official open date.. the countdown has begun!

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

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

Have a beautiful October.

Kind regards,  
Dr Emily Nightingale DVM MRCVS



## **Is Now a Good Time to Grow Old?**

“Don’t grow old,” a parishioner of advanced years warned some while back. “You won’t like it.”

Sadly, that dear woman is no longer with us, and I’m a whole lot older than when she offered me that kind advice. But was there wisdom in her words?

It’s true that generally people are living longer and in better health than in generations before, but there are increasing challenges for older men and women in our society.



Maggie Dodd is an ‘Anna Chaplain’ for older people. She is one of around 300 such chaplains up and down the country. They spiritually support people – of strong, little or no faith – in care homes, sheltered housing or in their own homes.

Maggie has said how life is becoming harder for older people, and we’ve swapped notes on what we have both observed.

She told me: “Some of the basic services older people need are becoming more difficult to access. I hear about doctor’s surgeries asking for patients to print out their own forms or send photos to or from smartphones. Banks are phasing out high street branches, pushing everyone towards online banking. Many older people feel very uneasy about going online, worried of being scammed out of their savings.

“A trip to the shops is also becoming more complicated. Checkouts in supermarkets are increasingly self-service. Mobility can also be affected as car parks often need an app to be uploaded onto a smartphone to park. In many car parks there is no option to pay by card or cash!”

Plans to remove the ticket offices at train stations will make matters worse for many older would-be rail travellers.





Maggie told me “This gradual marginalisation of people can leave them feeling lonely and isolated. Loneliness can have a huge detrimental effect on health and wellbeing. Prolonged social isolation and loneliness are the equivalent of smoking 15 cigarettes a day.”



It's good that many churches run special events and activities for older people, as well as groups for all ages. But is this enough? Christians are called to follow Christ's example and speak out for at risk of being marginalised in our society.

Today, that could be our older brothers and sisters.

### **The Man Who Created Those Lions in Trafalgar Square**

It was 150 years ago, on 1<sup>st</sup> October 1873, that Sir Edwin Landseer, artist and sculptor, died. He is known mainly for his animal paintings, and for the lion sculptures at the base of Nelson's Column in London.

He was a popular painter in his lifetime, appealing to people across class boundaries, and his death was marked by houses lowering blinds, flags flying at half-mast and crowds lining the streets for his funeral at St Paul's Cathedral.



An art prodigy, the young Edwin learned swiftly from his father, who was a talented engraver, and received tuition from several skilled artists. He first exhibited at the Royal Academy at the age of 13 (an 'Honorary Exhibitor'), was elected an Associate at the minimum age of 24 and became an Academician in 1831, aged 29.

*“Life starts all over again when it gets crisp in the fall.”*

*- F Scott Fitzgerald*

Although Landseer was a Londoner, having been born there in 1802, he became very fond of the Scottish Highlands, which he first visited in 1824, and many of his best-known paintings, such as *Monarch of the Glen* – (Pictured to the right), are set there. Queen Victoria commissioned many from him.

But his connection with the Highlands also stemmed from the time he enjoyed there with his lover Georgiana, Duchess of Bedford, the wife of his first major patron – John Russell, the 6th Duke of Bedford. She was twice Landseer's age when he met her at the age of 21, having been commissioned to paint her portrait, but they fell in love, and the Duke, who was considerably older, permitted the relationship, which continued after his death.

But because their only child, Lady Rachel Russell, did not bear his name, Landseer was unable to cope mentally, and he suffered a severe nervous breakdown, leading to prolonged depression and hypochondria. In 1872 he was declared insane at the request of his family. He had been knighted in 1850.





### Diary of a Church Mouse

Here among long-discarded cassocks,  
Damp stools, and half-split open hassocks,  
Here where the vicar never looks  
I nibble through old service books.  
Lean and alone I spend my days  
Behind this Church of England baize.  
I share my dark forgotten room  
With two oil-lamps and half a broom.  
The cleaner never bothers me,  
So here I eat my frugal tea.  
My bread is sawdust mixed with straw;  
My jam is polish for the floor.  
Christmas and Easter may be feasts  
For congregations and for priests,  
And so may Whitsun. All the same,  
They do not fill my meagre frame.

For me the only feast at all  
Is Autumn's Harvest Festival,  
When I can satisfy my want  
With ears of corn around the font.  
I climb the eagle's brazen head  
To burrow through a loaf of bread.  
I scramble up the pulpit stair  
And gnaw the marrows hanging there.  
It is enjoyable to taste  
These items here they go to waste,  
But how annoying when one finds  
That other mice with pagan minds  
Come into church my food to share  
Who have no proper business there.  
Two field mice who have no desire  
To be baptized, invade the choir.

A large and most unfriendly rat  
Comes in to see what we are at.  
He says he thinks there is no God  
And yet he comes ... it's rather odd.  
This year he stole a sheaf of wheat  
(It screened our special preacher's seat),  
And prosperous mice from fields away  
Come in to hear our organ play,  
And under cover of its notes  
Ate through the altar's sheaf of oats.  
A Low Church mouse, who thinks that I  
Am too papistical, and High,  
Yet somehow doesn't think it wrong  
To munch through Harvest Evensong,  
While I, who starve the whole year through,  
Must share my food with rodents who

Except at this time of the year  
Not once inside the church appear.  
Within the human world I know  
Such goings-on could not be so,  
For human beings only do  
What their religion tells them to.  
They read the Bible every day  
And always, night and morning, pray,  
And just like me, the good church mouse,  
Worship each week in God's own house,  
But all the same it's strange to me  
How very full the church can be  
With people I don't see at all  
Except at Harvest Festival.



## NEWS FROM OUR CHURCHES

### ASHBOCKING

Hello everyone, I hope you are still enjoying the warm days we are getting between showers, and now they predict an Indian Summer, what a funny year it has been!

I can't believe we are already thinking of Christmas services. However, for this month I am writing about our next service which is Harvest Festival.

Harvest Festival is on October 8<sup>th</sup> at 11:00am and we look forward to receiving produce to decorate the church and to donate to the food bank afterwards.

Rev Gail Minter will be leading the service, and we are lucky to be welcoming Anne Clark (nee Beecroft) to the service to play the organ. It was quite by chance that she and her husband were visiting Ashbocking church when John and I arrived to clean. We chatted and she told us that she used to play our organ at services at the age of 13!



She was delighted to be invited to play the organ on that day and we were pleased when she agreed to come for Harvest.

Everyone is very welcome to attend this service and refreshments will be available afterwards.

Our Lay Led services are held on alternate months so there is no Lay Led service in October although there is one at Swilland. Our next one will be in November.

Knit and Stitch will be held at Hawthorns, Ashbocking at 10am until 12:00 noon on 2<sup>nd</sup> October.



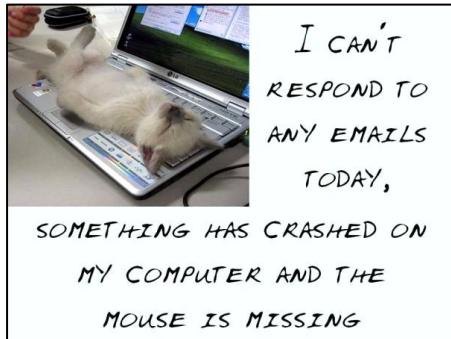
Anyone can come if you would like to continue a current project or get ideas for a new one.

We always enjoy plenty of chat, with tea or coffee and biscuits. We have people from other parishes than Ashbocking join us and it's always good to make new friends.

Our coffee morning is also at Hawthorns this month, starting at 10:30am on Monday 6<sup>th</sup> October. Yet another opportunity to chat with others, find out what is going on and enjoy refreshments together. All welcome.

*Linda Pollard 07887537152*

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



### CLOPTON

Another wonderful Clopton Ceilidh!



The band "Take the Biscuit" took the biscuit and gave us a great night of dancing! Welcome to several new-comers, putting on their dancing shoes for the first time - good job. The hall was buzzing, and everyone enjoyed the pulled pork baps and delicious cakes - nothing like home-cooked food, eh?



The raffle was a huge success too, and by the end of the evening the event had raised a magnificent £505 for the Organ Restoration Fund. A huge 'THANK YOU' to all for their amazing generosity, and of course to the organisers and helpers who brought the whole evening together. We'll keep you posted and let you know when our next event will be. These are evenings not to be missed!!



The church was beautifully decorated and looking lovely for our Harvest Festival - a particularly important service for our rural parish. Everyone was greeted by Charmaine's beautiful porch arrangement, and then enjoyed delicious bacon butties and a cuppa with friends and neighbours before the service. It was heart-warming to see the many offerings of harvest produce. As ever, the Salvation Army hostel in Ipswich was immensely grateful to receive these gifts that help them in their incredibly valuable work for those in their care. THANK YOU to everyone who generously gave.



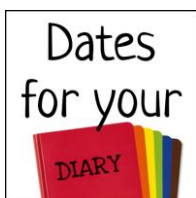
Work has finished on the altar: beautifully remodeled by Paul Mayhew, and now in its new, forward position. The inaugural Holy Communion service will take place on October 22nd at 9.30am, and we hope that you will be able to come along. But, of course, do feel free to drop into the church before then to have a closer look. Our altar project was totally funded by a Queen's Platinum Jubilee grant from the Suffolk Historic Churches Trust, to whom we are most grateful. The trust does incredible work across the county, supporting historic churches of all denominations. They celebrated their 50th anniversary on Sunday, 17th



September, with a service in the cathedral in Bury. The cathedral was packed with representatives from all over the county (including Andrew and Jenny from Clopton!) and it was wonderful to hear the enthusiasm and unbounded support for the great heritage that lies in Suffolk's spectacular store of fine churches. It is easy to take these beautiful historic buildings for granted, particularly as our county is blessed with so many fine examples, but we were reminded that our churches carry the memories and prayers of countless generations before us, and that it is our responsibility to make sure that they are cared for so that they will be there for the generations to come. The SHCT's iconic 'Ride and Stride' event this year raised £200,000 towards this endeavour, and Clopton was the recipient of some funds - well done Ali and Julie - great pedaling! Several visitors were warmly welcomed into our church on what turned out to be a sweltering day. The squash, biscuits and apples laid on by Doris were welcomed by many!



Don't forget, you can pop into the church at any time to enjoy a quiet space for peaceful prayer, thought or just to escape for a moment from the worries of a busy world. And while you are there, do have a peek at our Heritage Centre at the back of the church – it's just bursting with interesting information about the building, the bells, the locality, and former inhabitants.



Villagers will be getting together as usual, between 10.00am - 12.00pm, in the village hall (IP13 6QN), on the following dates:

- Hobbies/Craft Group, on the first Wednesday of each month: Wednesday the 4th October, with tea/coffee, biscuits and chat, for just £2 to cover the hall expenses.
- And our parish coffee morning, held every third Wednesday of the month, will be on 18th August, with free refreshments and plenty of chat and cheer to be had amongst friends and neighbours.
- Everyone is warmly welcome to these gatherings, so do come along!

And, most of all, we would love to enjoy your support for the church at our friendly, Parish Services, held in St. Mary's Church, on the second and fourth Sundays of every month. In October they are as follows:



- Sunday, 8th October, Lay-led Morning Prayer. At our last lay-led service we had planned to talk about the Virgin Mary – patron saint of our church - but this was postponed. This will, however, now be the subject of this month's talk! There will be the chance to chat with friends and neighbours over tea/coffee and homemade cake following the service.

- Sunday, 24th October, we shall be celebrating the first ever Holy Communion with the altar in its new position! The service will begin at 9.30am and will be followed by refreshments. Please, do join us!

We hope that you may feel moved to support our beautiful, medieval church, as there is always much to do for its care. We rely wholly on donations for this. As well as maintaining the church building, our present fund-raising project is for the restoration of the church organ. This QR code for the Parish Church of St. Mary the Virgin, Clopton, enables anyone with a smartphone to donate directly, should you feel able to do so.



Thank you very much.

We hope you have a lovely October!

*Jenny Schurr*

## **OTLEY**

Our regular service on the first Sunday of the month was a family double act! Katrina was the celebrant for Holy Communion and her husband, Phil, delivered the sermon. It was a lovely bright September morning and refreshments were served after the service.

On the previous day a team of volunteers including Tig and Phil Sweet, Matt Newsom and James Hall cleared a large area of the overgrown churchyard. This included an area left to re-wild in an effort to attract wildlife.



Saturday 9<sup>th</sup> of September was the day of the annual Historic Churches ride, walk, or drive. Otley welcomed around twelve visitors, mostly cyclists, who were very glad of cold drinks on an extremely warm day. The visitors included a couple from North Norfolk who were not part of the fund raising, but simply enjoyed cycling and visiting different churches.

Harvest Festival will be celebrated in Otley at 9.30am on Sunday 1<sup>st</sup> of October.

*Nigel Crowley*

## SWILLAND

**SHCT Ride and Stride** - The church was manned all day and we welcomed 11 cyclists, 2 walkers and 1 driver. It was a very hot day and those taking part were glad of refreshments. We had no-one taking part for Swilland this year.

**Harvest Festival** - This will be on Sunday 15th October at 11 a.m. gifts of produce, tins, packets and bottles will be gratefully received and will be taken to FIND. Do come and join us.



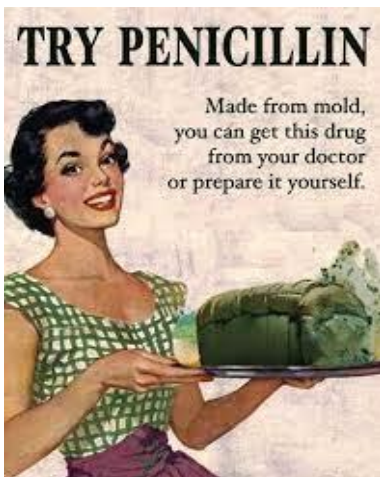
### **Coffee Mornings**

30th September at Brian and Jackie Williams, 2 Church Lane  
28th October - venue will be on the A-Board and Swilland

WhatsApp

*Ann Kent*

**"We are wishing Sam Salter, a speedy recovery and hope he will be home soon!"**





## Eating in the 50's



1. Pasta was not eaten.
2. Curry was a surname.
3. A takeaway was a mathematical problem.
4. A pizza was something to do with a leaning tower.
5. Crisps were plain, the only choice given was whether to put the salt on or not.
6. Rice was only eaten as a milk pudding.
7. A Big Mac was what was worn when it was raining.
8. Brown bread was something only poor people ate.
9. Oil was for lubricating; fat was for cooking.
10. Tea was made in a teapot using tea leaves and never green.
11. Sugar enjoyed a good press in those days and was regarded as being white gold. Cubed sugar was regarded as posh.
12. Fish didn't have fingers.
13. Eating raw fish was called poverty, not sushi.
14. No-one had ever heard of yoghurt.
15. Healthy food consisted of anything edible.
16. People who didn't peel potatoes were regarded as lazy.
17. Indian restaurants were only found in India.
18. Cooking outside was called camping.
19. Seaweed was not a recognised food.
20. Kebab was not even a word never mind a food.
21. Prunes were medicinal.
22. Surprisingly, muesli was readily available, it was called cattle feed.
23. Water came out of the tap. If Someone had suggested bottling it and charging more than petrol for it, they would have become a laughing stock!
24. And the things that we never ever had on our table in the 50s and 60s:  
elbows or phones!



## SAD People Need Our Help and Understanding

The nights are getting darker, and many people are getting SAD, as the autumn closes in around us. SAD is properly called ‘Seasonal Affective Disorder’, and it is a kind of seasonal depression.



How can you tell if someone has SAD? The symptoms include: a persistent low mood, a loss of pleasure in everyday things, irritability, despair, guilt, lethargy, sleepiness, a craving for carbohydrates, difficulty in concentrating, and decreased sex drive.

No one knows exactly the cause of SAD, but it is often linked to reduced exposure to sunlight during the short autumn and winter days. Lack of sunlight may affect the part of the brain called the hypothalamus, which then affects the production of melatonin, the production of serotonin, and the body’s own internal clock.

If you suspect that you may be getting SAD, contact your doctor. Doctors can offer tips on lifestyle changes, light therapy from a light box, talking therapies, and antidepressant medicine.



### 12<sup>th</sup> October - Elizabeth Fry, Prison Reformer

Elizabeth Fry had endless compassion and endless energy – and together with a steadfast determination to do God’s work, this outstanding philanthropist became one of the foremost promoters of prison reform – not just in Britain, but in all of Europe.

Elizabeth was born in 1780, far from any prison. The family lived in Norwich, where her father was a wealthy Quaker banker and merchant. In 1800 she married a London merchant, Joseph Fry.

Elizabeth could have spent her life safely at home, raising her many children. But instead, she felt compelled to help the desperate social needs of the time.

There was a good reason for this. Back in 1798, when she had been attending a Quaker meeting in Norwich, someone had spoken what Elizabeth felt was a prophetic word for her life. As she noted in her diary at the time:

‘Deborah Darby then spoke... she addressed part of it to me; I only fear she says too much of what I am to be. A light to the blind; speech to the dumb; and feet to the lame; can it be? She seems as if she thought I was to be a minister of Christ. Can I ever be one? If I am obedient, I believe I shall.’

And she was.

Elizabeth was accepted as a Quaker ‘minister’, and her good works in London began.

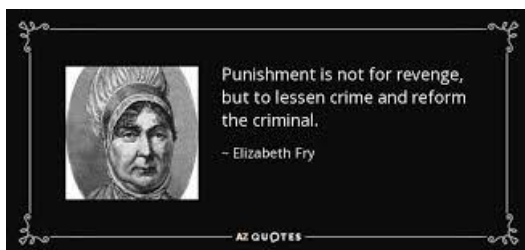


But it was not until one day in 1813, when she visited Newgate Prison in London, that Elizabeth’s life changed forever. That day she witnessed such horrors of the circumstances in which women and children were kept, that she knew she had found the focus for her life’s work.

Soon her daily visits to the prison, where she read the Bible and taught the women to sew, grew into a campaign to achieve basic rights for the women prisoners. She fought for the classification of criminals, the segregation of the sexes, female supervision of women, and some provision for education.

In 1817 she created the Association for the Improvement of Female Prisoners, and then lobbied Parliament. By 1818 Elizabeth had raised such a storm that she was called to give evidence to a Parliamentary Select Committee who was examining conditions in prison. They accepted many of her proposed reforms.

In 1820 Elizabeth tackled the huge problem of destitution in London. She opened a ‘Nightly Shelter for the Homeless in London’, which became the first of many.







She founded a society to help released prisoners with rehabilitation. And she was certainly a ‘hands-on’ sort of lady; it was said that for the next 20 years she personally inspected every single ship containing women convicts before it sailed to Australia.



Between 1838 and 1842 Elizabeth visited all the prisons in France, reporting to the Interior Minister. She then inspected prisons in Belgium, Holland, Switzerland, Germany, Denmark, Scotland and Ireland. Elizabeth also founded schools for poor girls, soup kitchens for the hungry, better housing for the poor, and also investigated mental asylums. She even established a nursing school, which influenced her distant relative, Florence Nightingale.

By the time Elizabeth died in 1845, she had helped tens of thousands of helpless people to find some relief from their suffering. She had indeed lived her life as a ‘minister of Christ’.

### **Those Endless Roadworks**

Do you keep encountering roadworks? No wonder. There have been more than 200,000 of them in the UK over the past three years – due to the need to fix faulty water pipes.

Here is another depressing statistic: an average of 159 road repairs has been carried out *every day* since the start of 2020, again, because of the leaks. A recent investigation by the Liberal Democrats uncovered the scale of the problem. Tim Farron, Lib Dem environment spokesman, says: “The water companies have caused misery right across the country. From pumping out raw sewage into our waterways to now causing traffic jams, they are a complete shambles.

“Whilst they have been stuffing their pockets with dividends and bonuses, people have suffered at their lack of investment in infrastructure. It is time to get tough with the water companies.” Mr Farron wants “a new regulator with teeth that can hold these firms to account.”



## STORIES FROM THE STRANGER SIDE OF LIFE

### Selfies Cause Pony Death

People taking selfies with ponies at a tourist hotspot in Wales caused a newborn foal to fall to its death from a cliff, a farmer has said. Visitors "are now being warned not to touch the ponies in Gower, Swansea". The foal's death occurred in April when its mother gave birth "a couple-hundred yards" from the cliff edge, and farmer Nicky Beynon said people were crowding the animals "trying to take photographs and forced her closer and closer to the edge". Beynon, who looks after the animals, said his gypsy cob ponies are overwhelmed by people trying to touch them and take selfies up close. "They all want to take a photograph, but they don't realise what they're doing - the amount of stress they're putting on the animal," Beynon said.



### Cockatoo Breaks Scooter Record

A seven-year-old cockatoo has claimed the title of fastest parrot on wheels after breaking the Guinness World Record for riding a "pint-sized scooter". Chico navigated a distance of five metres in 17.79 seconds while riding his vehicle. "He is a natural talent," said his owner, Kaloyan Yavashev, a professional parrot breeder and trainer. "We started to train him to do more serious tricks, but he did everything very easily and without any problem," he added.

### Dodgy Cash Disguised as Sandwiches



A lorry driver has been sent to prison after police seized £70,000 in criminal cash disguised as sandwiches. The vast sum was wrapped in tin foil and hidden in the cab of the driver's vehicle in Harwich in Essex. It was discovered during routine checks after cops noticed the lorry driving the wrong way, "perhaps in an attempt to avoid detection". Marius Raczynski has been jailed for 20 weeks for concealing criminal property after pleading guilty at Chelmsford Crown Court.

### **Bear Enjoys Garage Feast**

A bear slipped into a Florida family's garage, got into the freezer and "feasted on pizza, burger patties, bread and vegan ice cream". When Konrad Umpenhour realised, he had forgotten to close the garage door, he attempted to use a smartphone app to shut the door but got an error message telling him something was in the way. After reviewing security camera footage, he found video of the culprit, a big black bear, which had crossed a neighbour's driveway and entered the garage.



### **Ruins 'Could Prove Noah's Ark Story'**

Ruins found in Iraq could prove that the Noah's Ark story in the bible is true, according to a documentary. The Bible Conspiracies programme claims remains found in the Babylon Province of Iraq match the description of the Tower of Babel, which is integral to the biblical flood story. The documentary also insists that the true son of God was not Jesus Christ, but a Greek philosopher.

### **Mystery White Object in US Sky**

Police in a US town are trying to identify a mysterious white or translucent object seen flying in the daytime sky. Illinois police boss Bruce Franks said he was off-duty when he received a call about a crowd that had gathered to watch a mysterious object in the sky. A spokesperson said police are still trying to identify the object, but they do not believe it originated from space or from China.

### **Onion May Break Record**

A gardener from Guernsey took his nearly 20-pound (8.97kg) onion to an England flower show and was informed it was a new world record. The Harrogate Autumn Flower Show told Gareth Griffin his 19.77-pound onion outweighs the previous world record, an 18.68-pound onion brought to the Harrogate Autumn Flower Show by Tony Glover in 2014. The onion was among "colossal cabbages, monumental marrows and very big beetroots judged" at the show.





## Halloween Statistics

We are following the Americans in spending more and more money on Halloween.

Since 2013, UK consumer spending for Halloween products has more than doubled. It's gone from about £230 million in 2013 to about £687 million last year, according to the statistics website statista.com.

Of that amount, we spent nearly £29 million last year on pumpkins alone. If you get a pumpkin this year, consider leaving the carving of it until the day before, as pumpkins perish quickly when exposed to the air.

After Halloween, the jack o' lantern pumpkins are a bit too stringy to eat, but their seeds are delicious. Simply scrape them out of the pumpkin, rinse them clean, and bake them on a baking tray with olive oil, salt, and chilli flakes until golden brown. They make a delicious snack.

As for the scary decorations, how seriously do people take them? A recent survey found that the over-55s are least likely to believe in real ghosts, while over half of 18-to-24-year-olds either do believe in them, or else are not quite sure.



Research has shown that  
laughing for 2 minutes is just  
as healthy as a 20 minute jog.

So now I'm sitting in the park,  
laughing at all the joggers. 😂



## RUSSELL LING REPORTS

### Wartime Continued

I mentioned U boats in my last article and at the beginning of the war they hunted in packs which gave them a far better chance of sinking more merchant ships. The



U boats were first used in WW1 when we again had to import from America as this country was reliant on their wheat. The Germans therefore already had experience of the best ways of attacking shipping and already had built a considerable number of U boats before the war started. They were also

able to remain at sea for long periods of time as they could be refuelled by German surface ships which meant that they didn't have to travel long distances to carry out their attacks. The method of propulsion underwater was by electric motors the batteries which were recharged at night by their diesel engines when they could surface without being seen.

If the convoys followed the most direct route from America to England it was very easy for the U boats to lay in wait until they were in their view for an attack with the use of torpedoes fired from tubes in the bow of the submarine. Convoys therefore had to vary their route which of course took them longer to reach their destination. The only defence from these attacks was firstly by putting the merchant ships into convoys with an escort of Navy Destroyers which circled round them. The main problem of having a convoy was that the speed that they could go depended on that of the slowest ship and bearing in mind that they were fully loaded it wasn't very fast.

One of the few methods of sinking the U boats at the beginning was the use of ASDIC this device sent out a



pulse of sonar waves into the water. If there was a bleep on the screen it would show the approximate distance of the U boat and the destroyer could travel as fast as possible towards the site and drop depth charges. These were barrels of high explosive which were rolled or discharged over the side into the sea and drop down into the depths and exploded with the hope that the submarine hadn't got too far away. The main difficulty with these attacks is the advantage that the U boats had with having just a periscope above water so that they could see the destroyer coming thus giving them the chance to dive out of the way. The disadvantage was that as they could only use electric propulsion to move which wasn't very fast. There were occasions when the destroyer was able to ram the submarine before it dived and so sinking it as water would flood into the hold. Later in the war Sunderland flying boats were used as they had a long flying range and could cover the middle part of the Atlantic which were out of range of other aircraft. They were very successful as the crew would be able to see the U boats and could bomb or depth charge them while they were still underwater. Any vessel that had been torpedoed would have unfortunately been left as if any of the other ships had stopped to rescue the crew, they also would have been liable to being sunk in the same way.



As the war progressed, we got the upper hand due to more successful sinking of the U boats and the destruction of the replacements being built. The number of U boats that were built by the Germans was 1,162. At the end of the war 785 had been sunk the remainder either surrendered or were scuttled.

*Russell ling*

### **An American in Otley: A Sticky Topic**

The topic of this article is occasioned by our upcoming trip to New England and Canada. I began thinking about the deliciousness of the region's maple syrup and the beauty of sugar maples in autumn!

When I arrived in Otley, I learned about Golden Syrup. I knew about molasses, corn syrup (both light and dark), caramel syrup, and the pancake syrup my Gran



made. Of course, I loved honey and had heard of Treacle. I did not know about Golden Syrup, but I knew it was used in British baked goods, desserts, and as a topping for pancakes.

With all those sugary choices, I was surprised when a neighbor asked if I could get maple syrup for them. While I could never allow friends to pay me for purchases at the base commissary as that would violate both US military regulations and UK import laws, I happily gave the gift of it to my neighbor. The family had discovered its flavor when visiting the States,



Maple syrup is a North American product, the gift of indigenous peoples in Eastern Canada and the northeastern States who relished the sweet sap of the sugar maple tree (*Acer saccharum*). Native Americans were drinking the sap of maple trees well before the first century C.E. They probably saw sap oozing from scars in a tree's bark in the early spring and tasted it out of curiosity. Occasionally it would freeze

overnight and could be broken off the tree bark and eaten like an icy treat. This only happened in early spring when tree sap would rise to the canopy with the warmth of the day but fall back down to the roots during the icy nights.

Native Americans quickly discovered the delicious sweetness of thickened maple sap which had had excess water removed. By the first century C. E. tribes refined the process of open-air evaporation by applying heat. They used ceramic bowls to collect sap that flowed from "V" shaped grooves cut in the sugar maples' bark. The sap was poured into large ceramic bowls or hollowed out logs and hot stones dropped into the sap to heat it to boiling. Over successive days, this process concentrated the sap. It was allowed to harden and then formed into blocks of maple sugar. Indigenous people found carrying liquids, like syrup, difficult but could easily travel with and trade these blocks of maple sugar. <https://www.wxpr.org/news/2020-01-08/how-did-native-americans-make-syrup>



When Europeans arrived in Canada from France and England, they applied their knowledge of sugar making learned in the Caribbean slave-colonies. They used wooden collection buckets and spikes as well as metal pans which could go directly onto fire. This hastened the process of evaporation. In colonial times the maple sap was boiled until it hardened. Blocks could be ground into a loose sugary substance for use. Syrup was rarely made until the 20<sup>th</sup> century. The French were disdainful of maple sugar until they lost their colonial possessions in the Caribbean and had to settle for “country sugar.”



Maple sap contains a 2% - 3% complex sucrose along with minerals which give it its unique taste. The collected liquid must be boiled to evaporate the water in it – 10 parts of sap will give 1 part of syrup! A productive tree (a tree with at least an 8” diameter and about 45 years old) can produce 1 gallon of sap per day during the 6-week sap run. The season occurs between March and April. Once trees’ buds are set and nights stay above freezing, collection must stop for the trees’ health.



While sugar maples will thrive in England’s green and pleasant land, its moderate climate lacks the necessary early spring conditions the cause the rise and fall of the sap. When buying maple syrup try to find either Amber Grade (Full of characteristic maple flavour with a rich taste) or Dark Grade (More robust maple flavour ideal for all kinds of recipes), Refrigerate after opening the tin or bottle. Whether it is from Canada, Vermont, or Indiana it will taste grand over ice cream, on pancakes, or over custard.

Or try Scottish Birch Syrup made through the same process by your neighbors to the north.

Mary Miner [susiespinner36@msn.com](mailto:susiespinner36@msn.com)

## SMILE LINES



### *From medical records....*

- ~ On the second day, the knee was better and on the third day it had completely disappeared.
- ~ The patient has been depressed ever since she began seeing me in 2022.
- ~ Alive, but without permission.
- ~ She slipped on wet leaves in late September, and her legs went in separate directions.
- ~ The patient was released to the Outpatient department without dressing.
- ~ She is numb from the toes down.

### **Noise**

The wheel of my grocery cart was making a horrible scraping sound as I rolled it through the supermarket. Nevertheless, when I finished my shopping and saw a cartless woman, I offered it up, explaining, "It makes an awful complaining noise, but it works."

"That's okay," she said cheerfully, taking it. "I have a husband at home like that."



### **Apples**

Mother: "Martin, last night I put two apples in this cupboard and now there is only one. How do you explain that?"

Martin: "I expect it was so dark I couldn't see the other one."

## Salt

The Sunday School teacher was describing how when Lot's wife looked back at Sodom, she turned into a pillar of salt. Young James nodded with understanding. "My mum looked back once while she was driving," he observed, "and she turned into a telephone pole."



## Chicken and pig

A chicken and a pig were walking by a church where a gala charity event was taking place. Getting caught up in the spirit of the fun, the chicken suggested to the pig that they each contribute to the meal. "Let's offer them ham and eggs!" "Not so fast," said the pig. "For you, that's a contribution. For me, it's a total commitment."



## Working

First friend: Who are you working for nowadays?

Second friend: Same people. The wife and four kids.

## Heredity

Everyone believes in it, until their child does something really stupid.

## Relativity

Theory of relativity: If you go back far enough, we're all related.

## Past & present

As half-term ended, the English teacher returned to teaching with a sigh. He felt nostalgic. He found the past perfect and the present tense.

## Prove it

The biggest joke on mankind is that computers have begun asking humans to prove they aren't a robot.



The harvest produce was taken to the old people's bungalows



Thanks to technology, replacing the worn-out hymn books didn't cost a penny

### Solutions to the Brainteasers on Page 5

1. Six nations rugby
2. Seven colours in a rainbow
3. Eight legs on a spider
4. Cloud nine
5. Ten green bottles
6. Legs eleven
7. Twelve labours of Hercules



How did you do?



## CHILDREN'S CORNER

### To Make a Bat Sock Puppet:

*You may need an adult to help you make this!*



1. Begin by sliding one hand inside a children's black crew sock, until your fingertips reach the end of the sock and its heel rests on the palm of your hand. Using our photo as a guide, determine where the ears, eyes, mouth, fangs, and wings will go; mark with chalk. Remove sock.
2. Hand-stitch two red button eyes in place, then hand-stitch on a single-line mouth with red embroidery floss. Cut out two black felt triangles for the ears and two white felt triangles for the fangs; hand-stitch all in place.
3. Cut two wings out of black felt at least 5"W x 14"L and hand-stitch to the sock as shown.

### Spider Suckers



Lollipops get a scary twist dressed as creepy crawlers.

#### Supplies

- Lollipops
- 12-inch Pipe cleaners (2 per spider)

Googly eyes

Scissors/wire cutters

Glue

Each spider will use 2 pipe cleaners. Begin by taking your pipe cleaners and cutting them in half so that you have 4 pieces.

Each spider will use 2 pipe cleaners. Begin by taking your pipe cleaners and cutting them in half so that you have 4 pieces.



Align the 4 pipe cleaner pieces and place a lollipop in the centre. Wrap 1 side the pipe cleaners all the way around the lollipop stem. Pull tight.



Flip the sucker over and separate the “legs”. Bend the ends to create little feet. It can be a little tricky to get the spider to lay flat with the weight of the sucker, so you have to play with it. It helps to have the back feet closer to the head of the sucker.

Once you have the legs positioned, dab a little glue onto the back of the googly eyes and place them on your spider.



Now take a step back and admire your little spider sucker! Isn't he cute? Not at all creepy, like the real ones.



You can even venture to make a daddy-long-legs by using the entire pipe cleaner, rather than cutting them.

**Q. WHAT DO YOU CALL  
TWO WITCHES LIVING  
TOGETHER?**

**A. BROOMMATES.**



WHAT DO YOU GET WHEN  
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