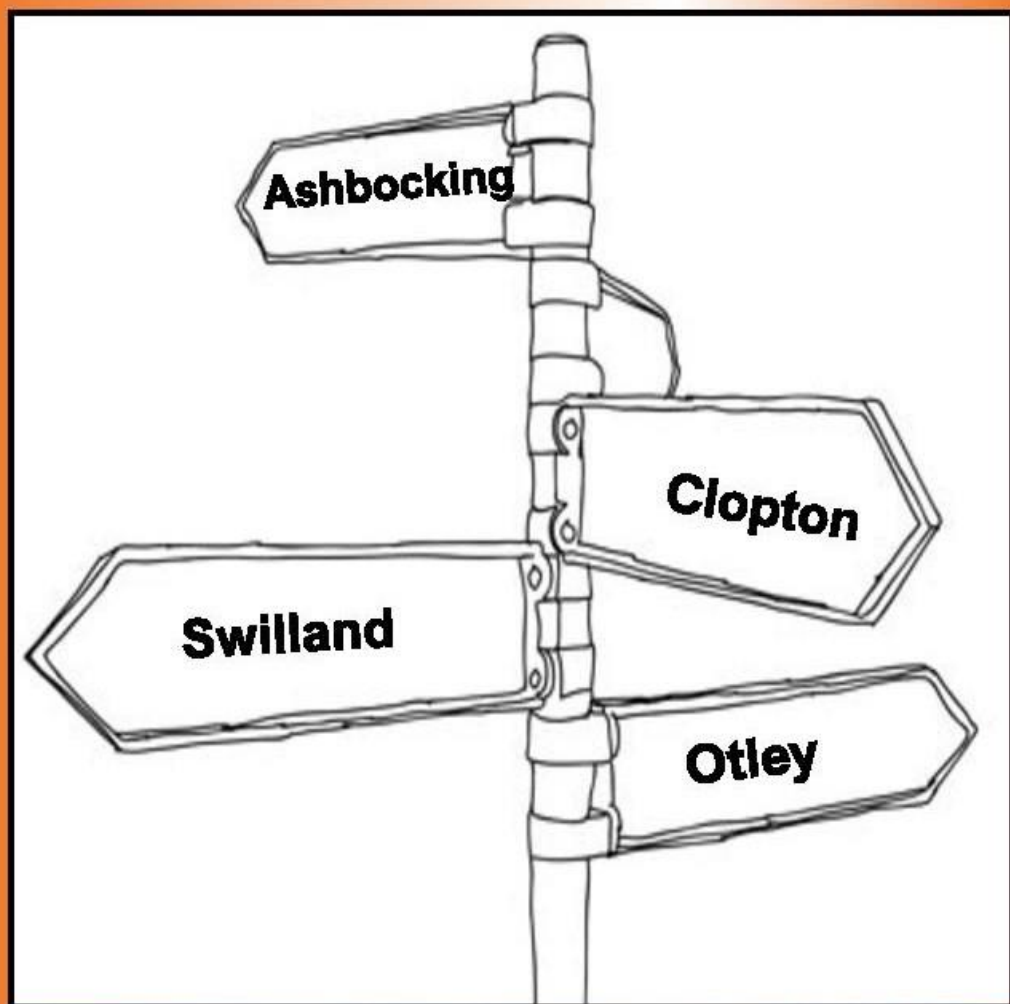


The Signpost



News from the Parishes

A Word from The Editor.....



Welcome to the **September** edition.

I hope that there will have been many happy GCSE and A-level students who got the grades they wanted and needed to be able to progress to the next steps in their lives. I am sure many a proud parent too. September is a month of new beginnings and challenges. Wishing them all enormous luck and hope they feel refreshed after their long summer break. If you would like them to get a special mention, please get in touch with me.

Has anyone else been inundated with ants this summer? We have had black ants, red ants, and countless flying ants too. One minute the grass is shimmering the next the sky is filled with hundreds of flying ants and then suddenly, they have completely evacuated the area, often happening after a rain. As fascinating as they are, they have caused damage to some of our plants and shrubs. We have also noticed an abundance of grasshoppers and crickets this year too. We had an unpleasant experience from a slightly larger animal in a sparrow hawk, which swooped in and took a sparrow from the bird feeder and made off with it in its yellow talons. It took a good couple of weeks for the sparrows to return to the feeders. I love all of nature, but it was a stark reminder that life can sometimes be so very cruel for creatures great and small too.

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

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

The next magazine will be the October issue, with a deadline of 24th September 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 fantastic September, don't forget to
embrace life's new challenges!***

Amy

September

Indian summer breezes blow
the geese are taking flight
A softly glowing harvest moon
lights up the starry night.
The special warmth and happiness
we feel throughout September
Will fill our hearts all winter long
with beauty to remember.

July 2023

The month began with cloud and some sunny spells but on the 15th and 16th there were some very strong winds which fortunately didn't cause much damage. The second part of July became very unsettled with some heavy rain at times this was due to the jet stream positioning itself below the British Isles, but this also caused a heatwave in the Mediterranean countries. The total rainfall for the month was 4.0 inches.

Russell Ling

September Weather Sayings.....

- *“St. Matthew brings cold, rain and dew.”*
- *“If the north wind blows on Michaelmas Day, the month of October is sunny and gay.”*
- *By all these lovely tokens September days are here, With summers best of weather and Autumns best of cheer.*
- *If rain be coming, geese always gaggle on the pond.*
- *Fair on the first of September, fair the entire month.*
- *Thunder in September indicates a good crop of grains and fruits the next year.*
- *When September has been rainy, the following May is generally dry. When May is dry, September is apt to be wet.*



*“The journey of a thousand miles
begins with one step.”*

Brain teasers

Complete the famous number related phrases.

If you look at number 5, it should help you to get into these teasers.

1. One -----‘- ----
2. Like two -----
3. Three -----
4. Four ----- is supposed to be lucky
5. One, two, three, four, five -----



(Solutions on Page 41)

Weather by App?

Do you watch the weather via an app? It seems millions of us do, as we try to outguess what the British weather is going to do next.

There are thousands of weather apps out there, and it seems that you can find one that will predict almost anything you want. But if you want reliability, you could do worse than choose the Met

Office app.

The World Meteorological Organisation (WMO) has recently named the Met Office as the world’s best public sector-provided app for usefulness, reliability and information quality. As its website says, “92.5 per cent of the Met Office’s next day temperature forecasts are accurate within two degrees Celsius.” As the UK’s official weather service, it is also responsible for weather warnings, and sends them directly to users as push notifications.

Or you might try The Weather Channel app. Some industry analysts say that the US-based Weather Channel is the world’s most accurate forecaster. Using data from IBM, the Weather Channel offers a main app with hurricane, lightning and wildfire tracker capabilities on top of all the usual functions, as well as a separate Storm Radar app.



Guiding in Grundisburgh



It is just over a year since we reopened the 1st Grundisburgh Brownies and Guides and we are now looking to reopen the Rainbows too. Rainbows are for girls between the age of 4 and 7 years old when they will move into Brownies and ultimately to Guides from the age of 10.

If you have a daughter who would be interested in starting Rainbows, please do get in touch so we can gauge the interest in Grundisburgh and all surrounding villages. If you, or if you know of anyone interested in helping run Rainbows, please let us know.

The Brownies had a very busy time last term learning all about space and planets and should be awarded with their Space badge in the next couple of weeks. We celebrated our 1st birthday with Fish and Chips from the chip van in Grundisburgh, made pancakes on Shrove Tuesday and had an Easter Egg Hunt, sadly indoors due to the weather!! They made lovely cards and gifts for Mother's Day and designed their own astronaut space suits. We had a Foot Spa Pamper Night with some mindfulness and relaxation, foot soak, foot and leg massages before painting their toenails!!

This term we hope the weather will allow us to get outside more. We had a stall at the Grundisburgh Scout Duck Race in June selling duck shaped biscuits we made at Brownies, and we were also at the Grundisburgh Village Show on 15th July. For our final meeting we will be going on a visit to Woodbridge Library followed by some games in Elmhurst Park - fingers crossed the weather will be kind!

To contact us, please email Grundisburgh.brownies@outlook.com or to register your daughter for Rainbows, Brownies or Guides go to Girlguiding.org.uk/register

*Caroline Bell & Sharon Proctor
1st Grundisburgh Brownies*

3rd September - St Gregory the Great - The Man Who Saved The 'Angels'



Pope Gregory never called himself 'the Great', but instead 'the Servant of the Servants of God'. Nevertheless, Gregory was one of the most important popes and influential writers of the Middle Ages. The son of a very rich Roman senator, he left the

service of the State upon his conversion as a young man. Gregory then sold off his tremendous estates to found six monasteries in Sicily and a seventh in Rome, and gave generously to the poor. He became a monk and adopted an austere lifestyle. But he was destined to be a frustrated monk, because successive popes kept appointing him to jobs with major public responsibilities.

Christians in England owe him a great deal. When Gregory came across some English slaves for sale in Rome, he asked who they were, and was told, 'They are Angles.' Moved with compassion for these humiliated and despised men, he replied, 'They are not Angles, but angels!' He wanted to lead a band of missionaries to England to evangelise the Angles, but then plague broke out in Italy, and during this time he was elected Pope.

Reluctantly he accepted, and then sent to work to deal with the crises facing Christendom: plague, floods, famine, and a Lombard invasion. But busy though Gregory was, he did not forget the Angles. He sent Augustine to England, and so indirectly became the apostle of the English.

Paddy bought a
sleeping bag
He spent the next
3 hours trying to
wake it up



Wildlife to Spot in September



- **Ivy Bees** – emerge from hibernation in September and gorge on the nectar of ivy flowers.
- **Female Garden Spiders** – They are building wonderful webs across shrubs and garden paths.
- **Common Newts (also known as smooth newts)** – They shelter beneath logs or stones ahead of hibernation. Out of water they can appear shrivelled, but this is perfectly natural.

23rd September - When the Sun Goes Edgewise – And Daytime Equals Night

23rd September is the autumnal equinox (if you live in the northern hemisphere) or the vernal (Spring) equinox (if you live in the southern hemisphere). The equinoxes occur in March and September, when the Sun is 'edgewise' to the Earth's axis of rotation, so that everywhere on earth has twelve hours of daylight and twelve hours of darkness.



Are you always a bit late – for everything?

Is this you? – late for work, late for friends, nearly missing trains and flights, late for lunch dates, late for dinner dates, and late for just about everything else.

If you are habitually late for almost everything, is it an actual mental condition?

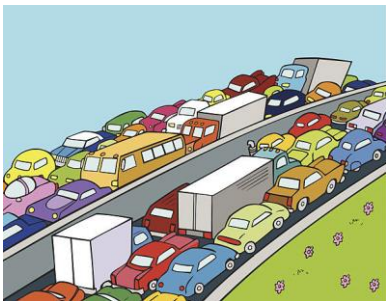
When a recent TikTok video called it 'time blindness', that struck a chord – the video has been viewed nearly five million times.

But some psychologists doubt you can just claim being late 'a mental condition'. Instead, they say that a major factor is our childhood experiences of lateness – whether we have since tried to mimic our parent's behaviour about punctuality, or rebel against it.



Certainly, once we have got into the habit of acting in a certain way, we tend to do it long-term, unless we make a really conscious effort to change ourselves.

One common reason for lateness is over-optimism. If we are a bit too positive about our abilities, we may assume that we can leave at the last minute and still get somewhere else in time. We don't factor in any possible problems along the way. Whereas pessimists always imagine there will be problems with the journey, and so give themselves more time.



Why Car Tyres Are Not Good for You

Here is a sobering thought: it is not just your car's exhaust fumes that damage the environment. It is also your car's tyres.

It seems that as rubber tyres wear down, they shed tiny particles that together with other car tyres, form vast clouds of toxic particles along the roads. These pollutants may be invisible, but they are washed into gutters and soil and rivers, and they are getting into everything.

And, unlike exhaust fumes, tyre particles are produced by all types of vehicles – petrol, diesel, electric, hybrid or hydrogen. Some scientists even warn that the heavier, electric cars, will produce even more of this hazardous stuff, because of the extra wear on the tyres.

These microplastics are now present in all ecosystems throughout the world. They have been found in the sea, in the placenta of unborn babies, and even in our lungs. How hazardous are they? It seems that no one has yet quite decided.



DID YOU KNOW.....

2nd 1973 JRR Tolkien, British fantasy writer, poet, scholar and educator died. Best known for his novels *The Hobbit* and *The Lord of the Rings*.

4th 1923 Noel Coward's musical revue *London Calling!* Was first performed in London. It was his first publicly produced musical work.

4th 1998 Google, the internet search company, was founded by Larry Page and Sergey Brin, both students at Stanford University in California. The company was originally based in a friend's garage at Menlo Park.

5th 1946 Freddie Mercury was born.

7th 1923 Interpol, the International Criminal Police Organisation was founded.

9th 2006 Typhoon Ketsana hit the Philippines, China, Vietnam, Cambodia, Laos and Thailand, resulting in 750 fatalities and over \$1.09 billion in damages.

10th 1943 The Germans occupied Rome, Italy, and took over the protection of the Vatican City.

10th 1953 The discovery of rapid eye movement (REM) sleep was published in the journal *Science*. It had been discovered in 1952 by Eugene Aserinsky and Nathaniel Kleitman at the University of Chicago.

13th 1988 Hurricane Gilbert becomes the strongest recorded hurricane to date.

14th 1901 President William McKinley was shot on September 6th while attending the Buffalo Pan-American Exposition in New York. He passed away 8 days later.

14th Holy Rood Day – Rood is another name for a cross and traditionally on this day children were freed from school or work so they could gather nuts.

18th 1970 Guitarist Jimi Hendrix dies of an overdose of sleeping pills.

19th International "Talk like a Pirate Day"

21st 1947 Stephen King, author, was born.

23rd 1846 Discovery of the planet Neptune.

22nd In the northern hemisphere, it is the Autumn Equinox. This means that the day and night hours are roughly the same. From here on out the daylight hours will begin to get shorter. In the southern hemisphere, it is the spring equinox which means that the daylight hours will begin to get longer.

24th 1948 The motor company, Honda, was founded.

25th 1690 The first American newspaper, "Publick Occurrences Both Foreign and Domestick", was published in Boston. However, it was shut down after its first issue due to the British authorities' disagreement with its content.

26th 1955 Bird's Eye fish fingers first went on sale.

26th 1898 George Gershwin, American composer, was born. Known for his operas, Broadway musicals and film scores.

30th 1955 James Dean, the famous movie star and cultural icon, died tragically in a car crash in California. Despite his short career, he remains a highly regarded and influential actor, particularly for his role in "Rebel Without a Cause".

1267 The World Gurning Championships are held at the Egremont Crab Fair in the Lake District in a tradition dating back to 1267. To gurn has many meanings but one of them is to "distort the face" and making faces is just what this competition is – to see who can make the most awful face.

OTLEY AND DISTRICT GARDENING CLUB

Hello everyone,

We are back with news from Otley and District Gardening Club after our summer break and excursions. With a new season's worth of speakers and demonstrators, we can't wait to get started with our first meeting of our programme on 4th September at Otley Village Hall at 19:30. We'll be welcoming Jim Paine to speak about the "Secret life of plants". I think even the most seasoned gardener will learn something from this speaker. He might even be bringing some plants along to sell too, so make sure to bring some extra money with you if you want to expand your plant collections.



We had two very successful trips at the beginning of this summer. Our first trip to Fellows Farm at Gosbeck was most illuminating. Such a great spot just around the corner from most of us, that produces vegetables, flowers, and grains for small batch artisan producers. Our host was very welcoming and very enthusiastic about his projects, which made the evening that bit more special. They also do veg boxes, so if you want some gorgeous seasonal vegetables delivered to you, please look them up - www.fellowsfarm.co.uk



Our second trip was slightly further afield to Easton Walled Gardens near Grantham, Lincolnshire. It was peak sweet pea season, and they certainly had a good selection on display. Their vegetable garden was not just functional but a thing of beauty. I loved some of the wild areas where you could see toadflax and wild native orchids growing. It's definitely a place to visit if you're in the area. A bit too far for a day trip as we found out.



It seems to have been a long summer waiting for the lovely weather to visit us, and we're still waiting for that nice snap of consistent warmth. Our garden has done quite well nonetheless, maybe due to all the rain we've had. That has meant

that the watering duties have been halved at least. The Poly tunnel is coming along nicely. We have cucumbers coming out of our eyeballs, the tomatoes are ripening nicely, and the aubergine plants are fattening up like a prize Christmas goose. Our runner beans have been a little disappointing though, but we've still had a good few meals from them. My sister has had armfuls. Do you get garden produce envy?! I know I do.



I look forward to letting you all know how it's coming along next month, and in the meantime, we look forward to welcoming you to our next meeting on 4th September, 19:30, Otley Village Hall. Please bring a garden related raffle prize if you can. There'll be the star prize as usual.

*Phil Pollard
The Green Chairman
Otley and District Gardening Club*

Charlie Chaplin

Charlie Chaplin died aged 88. He left us four statements:

- 1) Nothing is eternal in this world, not even our problems.
- 2) I like to walk in the rain because no one can see my tears.
- 3) The most wasted day in my life is the day we don't laugh.
- 4) The six best doctors in the world.....
 1. Sunshine, 2. Rest. 3. Exercise.
 4. Diet. 5. Self-esteem. 6. Friends.

Keep them in all stages of your life and enjoy a healthy life. If you see the moon, you will see the beauty of God. If you see the sun, you will see the power of God, If you look in the mirror, you will see God's best creation. Believe it then. We are all tourists, God is our travel agent who already made our itineraries, bookings and destinations. Trust him and enjoy life,

Life is just a journey, Live today!





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 IV 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 April the pony, owned by the Vernau family, in Ashbocking.

Questions for April

Name: April / April Torview Dawn

Date of birth 1st April 2013

Breed: Welsh Section C

How tall are you? 13.2 hands (134cm or about 4ft 3 inches for non-horsey folk)

Colour: Bay (dark brown with black mane and tail)

Favourite food? Banana

Favourite human food? Prawn crackers and marshmallows

Best place to sleep? Anywhere but my stable!

Who is your favourite human? Jess

Proudest moment so far? Training my humans to behave.

What do you like doing the best? Eating or Jumping it's a hard choice!

If you were a person who would you be? A food critic.

Are you ticklish and where? Nope

If you had to tell us a secret about your family what would it be? They muck out in their PJs!



Questions for Katy, Jess and Carl

What made you fall for a pony like April? She loves to jump and is very friendly.

Most embarrassing moment so far? Being dragged around by a 13.2 pony when she first came and was a little unsettled!

Best ride location? Boundary Farm Cross Country



Does April like the farrier and vet visits?

Always! They look after her.

As horsey folk what is your favourite time of year and why? Summer it's nicer weather and we get more time with April.

Does April have a favourite trick? She is a Houdini and has 4 locks on her gate!

Favourite treat: Has to be prawn crackers she will try to get into the house to seek them out!

Does April have any dislikes? Flies, flies, flies and sharing food!

What colour really suits April? Most colours she doesn't let white stay white for long!

What thing do you wish more people knew about having a pony in your

life? Horses are better than people.

If you had to describe April in three words how would you do it? Fun, Fast & Fizzy.

Thank you to the Vernau family and beautiful April! 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



Hello from Dr Emily!



September always feels a bit special to me. It's very much a time for new beginnings, challenges and adapting to new routines, particularly for children as they venture off into a new academic year.

Our pets have a huge part to play in family life, and we know from new research especially how beneficial the interaction children share with their pets is.

Did you know that...

- You are less likely to develop allergies if you have a cat in your home particularly in the first 12 months of your life?

- Children who grow up around animals are more likely to show compassion and empathy towards other people and animals.
- For some children, reading aloud to an adult can be challenging and they are more comfortable reading to their pet.
- Interaction with animals boosts confidence and overall well being.

These interesting benefits form part of a phenomenon called **The Pet Effect** and I'll be holding a talk about this in the Demo ring at the Suffolk Dog Day on 10th September. You can read more about the event below.

Upcoming dates for your diary

Sunday 10th September: Suffolk Dog Day at Helmingham Hall. Run by and in aid of St Elizabeth Hospice, Nightingale Vets are in attendance for first aid, and advice. The event organisers are looking for volunteers to help marshall. Tickets can be bought in advance on the St Elizabeth Hospice website and on the day. Gates open at 10am

<https://www.stelizabethhospice.org.uk/suffolkdogday/>

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

Finally..

We are so looking forward to opening our practice in the coming months, and in the meantime you can pre-register and be kept updated on our opening day by visiting

www.nightingalevets.co.uk

We are so excited to be part of this wonderful animal loving community and look so much forward to meeting you and your pets when we open our doors very soon! Thanks to the Vernau family and to April the pony for their contribution to this article. Have a beautiful September and best of luck to all the school children off on their new adventures at the start of the school year.

Kind regards,
Dr Emily Nightingale DVM MRCVS



WHAT HAPPENED TO THE CUSTOMER IS ALWAYS RIGHT?

I sometimes wonder about the customer being right, when customers are told off in shops for not doing what they want or even just asking a question. Perhaps it is just me.



The full phrase is “Rule number one: the customer is always right. Rule number two: If the customer is wrong, please refer to rule number one. It is attributed to Harry Gordon Selfridge, (11 January 1858 – 8 May 1947) an American retail magnate who founded the London department store Selfridges.

His 20-year leadership of Selfridges led to his becoming one of the most respected and wealthy businessmen in the country. He introduced the phrase in the early 1900s to encourage employees to promote customer satisfaction and create an environment where customers felt valued and respected. He was known as the ‘Earl of Oxford Street’. He also thought of the phrase “Only _____ Shopping Days until Christmas”.

Do you feel valued and respected when you buy something? I thought not! We spend so much money in supermarkets and they make lots of money out of us. I was particularly shocked recently when a shop had installed barriers so you cannot get out without swiping your receipt.

We probably should complain more, but also, we should acknowledge good service. If customers ask where the cat food is, it helps if an employee shows us by walking there, not just say opposite the dog food or ‘over there’ and point vaguely.

PORTION CREEP

Bet you didn’t notice this, but dinner plates have got bigger. In the 1950s, a dinner plate measured 25cm across; now the usual is 28cm. And look at those very old wine glasses in the charity shops: our grandparents served wine in what looks like liqueur glasses to us now. These days, many wineglasses seem to hold nearly half a bottle.



.7



Remembering W H Auden



Fifty years ago, on 29th September 1973, W H Auden, British-born American poet, died. He is widely – though not unanimously – regarded as one of the greatest writers of the 20th century.

Wystan Hugh Auden had been born in York and died in Vienna. In later years he had been splitting his time between Austria and New York, having become an American citizen in 1946 (though retaining his British citizenship). Having studied English at Christ Church, Oxford, he taught in British private schools, travelled to Iceland and China, and taught in American universities.

Auden's poetry is technically varied, ranging widely in style from haiku to villanelles and far beyond. Altogether, he published about 400 poems and a similar number of essays and reviews. He also collaborated on plays, notably with Christopher Isherwood, with whom he had a relationship for some years. His most famous poem is probably *Funeral Blues*, which is recited in its entirety in the comedy film *Four Weddings and a Funeral*.

His grandfathers were both Church of England clergymen, and he grew up in an Anglo-Catholic household that nurtured his love of music and language. Possibly of Icelandic descent, he loved Icelandic legends and Old Norse sagas. He returned to the Anglican Church after what he called a “vision of agape” in 1933, seeing Christianity as “the only mature way to understand human darkness and potential”.

In 1935 he married Erika Mann, the lesbian daughter of novelist Thomas Mann, to protect her from the Nazis; the marriage lasted until her death in 1969, though they never lived together.



It was recently revealed that Auden was considered as a possible Poet Laureate in 1967 following the death of John Masefield but was finally rejected because he had taken American citizenship.

Funeral Blues



Stop all the clocks, cut off the telephone,
Prevent the dog from barking with a juicy bone,
Silence the pianos and with muffled drum
Bring out the coffin, let the mourners come.

Let aeroplanes circle moaning overhead
Scribbling on the sky the message 'He is Dead'.
Put crepe bows round the white necks of the public doves,
Let the traffic policemen wear black cotton gloves.

He was my North, my South, my East and West,
My working week and my Sunday rest,
My noon, my midnight, my talk, my song;
I thought that love would last forever: I was wrong.

The stars are not wanted now; put out every one,
Pack up the moon and dismantle the sun,
Pour away the ocean and sweep up the wood;
For nothing now can ever come to any good.



"We have relatively few illiterates in the country, but millions of people who can't read the road signs." – Anon

NEWS FROM OUR CHURCHES

ASHBOCKING

I hope you are all enjoying the better weather at last. Many of us have had soggy holidays in this country this year. Dorset for us was no exception, but I would rather that than having to dodge devastating fires or floods. The fact that my beans have not done so well, when neighbours beans are flourishing, seems of little importance. I have not had a good year in the garden this year for some reason, even with all the compost and manure that was added last autumn. We have had a good crop of tomatoes and cucumbers, even the lettuces have been good, but the rest have not done so well. Anyone else had a disappointing year with their produce?



We had a lovely coffee morning at the Bray's house in August, with the weather staying fine until we left, when we had a deluge. It's always good to get together and find out what's going on in the village.

Our next Coffee Morning on September 1st, 10:30am -12:00noon, is not actually in Ashbocking, but is being hosted by Brenda Mitchell, who was a resident and church warden here for many years. She now lives at Knole House, Church Lane, Claydon, IP6 0EN.

If anyone needs a lift or directions, please let me know. She has a lovely garden and is looking forward to seeing friends old and new.



Our next church service is a Family Communion on Sunday 10th September at 11am, led by Rev Katrina Dykes. Everyone is welcome even if you do not usually take communion. You are invited to have a Blessing at the altar, children are very welcome too.

There is also a Lay Led service at Ashbocking church on September 24th at 11am. This is also a family service when we welcome everyone to join in. Refreshments will be available afterwards.



If you know of anyone who is housebound, unwell and unable to come to church we also offer home visiting and, if wished, Communion and prayers. Please let me know if you are aware of someone who would like this service. Apart from the Ministry team there are now a number of Church Elders, I am

Ashbocking's representative, licensed to lead Lay services in church and visiting at home.

Knit and Stitch which should have been held on Monday 4th September is unfortunately cancelled this month. The next one will be held in October, on Monday 2nd at 10am. I am sorry for the inconvenience, but unfortunately there was not another date available to change it to.



Ashbocking Church is still in need of a Treasurer. This role does not necessarily need someone who is a churchgoer. It does not require a huge investment in time but is a very necessary role within the church. If you are handy with figures and feel you might be able to support us, please give one of the church wardens a ring for further details.

I can't believe that we are now approaching autumn with October just around the corner. We do celebrate Harvest in October so please keep this in mind nearer the time so that we can decorate the church with home grown produce and to make an offering to FIND or local care home.

Linda Pollard

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

I'VE HEARD ABOUT THIS MY WHOLE LIFE



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CLOPTON

The annual “Ride and Stride, Pedal and Drive” event, organised by the Suffolk Historic Churches Trust, is swiftly approaching. This year, the SHCT celebrates its 50th anniversary, so let’s make it a bumper event. Please encourage family and friends to join in. It will be held throughout the day on Saturday, September 9th. Forms and information are available at the back of the church. Clopton Church will be offering its usual warm welcome with a promise of refreshment to spur you on your way. The SHCT does an amazing job helping to support the 500 or so medieval churches in Suffolk - of which ours is one. Indeed, Clopton has reason to be particularly grateful to the trust as they are generously funding our entire altar project with one of their Queen’s Jubilee grants. (To update you, oak flooring has been installed on the base while work continues in the workshop on the screen and altar back - exciting!). So, three cheers for the SHCT! Let’s do them proud!



This month we shall be hosting a **SPECIAL EVENT** on Saturday, September 16th - a fabulous CEILIDH, with Ceilidhs-on-the-Move, in Clopton Village Hall (IP13 6QN) - dancing to the wonderful band, “Take the Biscuit”. Put the date in your diaries! It is not to be missed! It is always a really fun village event.



Dancing will be from 7.30 - 10.30pm, doors open at 7pm. You might do well to book your tickets in advance as we had to turn people away at our last event!

Tickets are available in advance from: juliegittoes@hotmail.co.uk

Adults £10; Youth (10-16) £5; Family £20 (2 adults + 3 children); Under 10s free. We shall be serving pulled-pork baps + cake suppers for £5 (GF and vegetarian alternatives will be available). There will be teas and coffees, but otherwise please bring your own drinks.

There will also be a RAFFLE in the interval at 9pm, and funds raised from the evening's event will go to Clopton Church Organ Restoration Fund.
SEE YOU THERE!!

Another date for your diary - Sunday, **September 24th**, at 9.30am, we shall be celebrating our **HARVEST FESTIVAL**, with our delicious, complimentary **Bacon Butties**, with teas and coffees from **9.00am** at the back of the church before the service. Bring along the family and enjoy seeing the church decorated for the occasion, and help us to celebrate this festival which, as a rural parish, is an important focal point of our year. Please bring your harvest gifts (tinned produce particularly welcome) which will be taken to the Salvation Army hostel in Ipswich, after the service, where they are always most gratefully received.

And, of course, don't forget our regular craft and coffee mornings, both held between 10.00am - 12.00pm, in the village hall (IP13 6QN).



- Hobbies/Craft Group, on the first Wednesday of each month with refreshments. This month on Wednesday the 6th September. (Cost: £2 to cover the hall expenses).



- Our monthly parish coffee morning, held every third Wednesday of the month, will be on 20th September. Everyone is most welcome to chat with friends and neighbours over a cuppa (and biscuits, of course!). (Free entry).

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

- Sunday, 10th September, Morning Prayer will be led by Doris Main. We shall be celebrating our church's patron, as the **Festival of the birth of St. Mary the Virgin** is just two days earlier. Teas, coffees and homemade cake will be served after the service, and we really hope to see you there.
- And, please do join us to celebrate our **HARVEST FESTIVAL** on Sunday, 24th September: see above for details.

Clopton Church PCC is hugely grateful for any support in maintaining our beautiful building, and in contributing towards the restoration of the church organ. Here is the QR code 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. A heart-felt "thank you" for everyone's continuing generosity.



We wish everyone a lovely September!

Jenny Schurr

OTLEY

We had our usual, first Sunday, Family Service on 6th of August. It was wonderful to welcome Jane Woods as the celebrant, assisted by James. Attendance in August is traditionally low due to holiday commitments; however, our numbers were much improved by Betty David, who arrived with her daughter, son-in-law, and two grandsons. They had travelled down from Aberdeen to stay with Betty for a week.



"To entertain some people, all you have to do is sit and listen" – Anon



The monthly 'warm space' initiative which started earlier in the year has been continued into the summer. It is now labelled 'cuppa and cake' and is held on the second Wednesday afternoon in the village hall. On 9th of August, we welcomed thirteen visitors who enjoyed tea, coffee and an assortment of cakes, as well as some lively conversation.

James Hall reminds me that the Christian Aid collection in May raised a total of £334.11. This is a very satisfactory result for a very worthy cause.



The annual Suffolk Churches Ride and Stride takes place on Saturday 9th of September. Sponsor forms, for those wishing to take part, are available at the back of the church. Hopefully the sun will shine, and it will be an enjoyable day for all concerned.



Our next Family Service will be on Sunday 3rd of September at 9.30 am.

Nigel Crowley

Reminder for Toads

Toads (The Otley and District Singers) will be having their next meeting on September 11th at 7.30 pm in the Village Hall.



**Do people say that you sing like a
bull-frog?**

Then you need to join ...

TOADS!

(The Otley and District Singers)



Where? - Otley Village Hall

When? - 2nd & 4th Mondays of each month

Time? - 7.30pm to 9.00pm

Our next meeting will be on Monday, 11th September, 2023.

**All are welcome and no previous experience is required...no
auditions, just come and sing for fun!**

For more information contact:

Judy on 01473 892681 (judycairns8@gmail.com)

or Gill on 01473 890884 (opio1959@gmail.com)

Otley Community Orchard

It doesn't seem possible that a seed of an idea two years ago would literally grow into an orchard, but that is exactly what has happened.



Before the pandemic, I used to have the help of a gardener, who just happened to be my friend too. We often used to garden together, share news and generally put the world to rights. We felt very fortunate and began to imagine how it would be if others could enjoy this way of getting time to connect in the fresh air.

So, the idea began to grow into reality as we spoke to the Parish and Community Councils and looked for some land, central to the village for all.

It was suggested that we should take over a piece of land in the top corner of the playing fields at the Village Hall. On our first visit in Spring of last year, we sat on a log and began to plan. We created a committee of four, myself, Issy, Sue and Phil and imagined a space for people of all ages, being in touch with nature and enjoying time with others.



We knew that we wanted to have seating, places for children to explore nature and play, raised beds for vegetables and of course, fruit and nut trees.

We've been very lucky to have the support from Austin and Anthony who helped clear and flatten the area, but our team of volunteers have been key to our success so far. Their enthusiasm and willingness to tackle any job has inspired us.

It's nearly a year since we had our first volunteer working party begin work to rake and prepare the ground for sowing the grass seed. With a donation of hedging from the Woodland Trust, we've created bird friendly food source within our boundaries.

Over the following months we would meet on a Saturday morning for two hours and work together, stopping for a coffee and cake.



As we enter our second year, we now have a water supply (thanks to Holmes), raised beds (thanks to Anthony) and are now looking forward to planting our first trees in late November.



By next spring we will be celebrating our first blossom and eventually our first crops for all to share and enjoy together. We're very keen to have gatherings throughout the year. We still have an area to clear, which will be created for the children to enjoy, with bug hotels and den building.

We hope that some of you might take a look and enjoy the space and might feel able to volunteer with us to continue to build a seed of an idea! Please call me if you have some spare time and would like to join us. We look forward to seeing you and hearing your ideas.

Caroline Manning (01473 892134)

Macmillan Coffee Morning



Come for a piece of cake, a coffee, tea and chat, on Friday 22nd September at the Parishes, 1, North Cottage, Ipswich Road. 10 am - 2pm. Includes a raffle.

Looking forward to seeing you all,

Joan, Liz and Sue

SWILLAND

Suffolk Historic Churches Ride and Stride - 9th September - if anyone would like to take part please contact me for a sponsorship form. We hope to man the church from 9 a.m. to 5 p.m. - please contact me if you are able to help.



Harvest Festival - this will be on 15th October this year and will be a Morning Prayer Family Service.



When Katrina arrived for our service on 20th September she was greeted as she drove in by a large sow on the loose in Church Lane! The sow was quite harmless and wandered into Amy and Simon's Garden. The sow was successfully driven back to Red Court.

Harvest is progressing slowly due to intermittent rain. Perhaps it is a good thing that our Harvest Festival is not until October this year as I doubt, we will be finished before well into September. The plus is that there is moisture in the ground for next year's oil seed rape crop to establish which is already being drilled. The sugar beet too will benefit.

Ann Kent



COFFEE IS GOOD FOR YOU

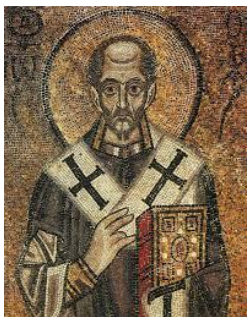
If you like coffee, then this is good news: it seems that coffee is quite good for you. For one thing, coffee contains chemicals called polyphenols, which protect against inflammation in the body and which repair damage to cells.

One study, known as the European Prospective Investigation into Cancer and Nutrition (Epic), found that people who drank more coffee were less vulnerable to a range of chronic illnesses. Another study, at the University of Verona, found that it can help prevent a toxic protein called tau from clumping together – which might help in fighting Alzheimer's.

Coffee drinkers have also been found to have different species of bacteria in their gut microbiomes, compared with non-coffee drinkers. This is believed to be one of the strongest protective factors against colorectal cancers.

Harvard University recommends two to five cups of coffee daily, and the NHS recommends that no more than about two and a half cups of coffee are consumed in one sitting, and no more than five cups per day.

13th September - St John Chrysostom - Living A Public Faith



John Chrysostom (347 – 407) is the saint for anyone who applies their Christianity to public life, and also for anyone who hates travelling in bad weather. Chrysostom did both and had trouble both times.

Born into a wealthy home in Antioch, John Chrysostom studied both oratory and law. In 373 he became a monk, where his talents were soon spotted by the bishop, who put him in charge of the care of the many poor Christians in the city.

Chrysostom's oratorical skills made him a popular preacher, even when he spoke out against the riots against the emperor's taxes. The emperor, in fact, liked him so much that he had him made Archbishop of Constantinople in 397. Then the trouble began: because Chrysostom had firm moral views and wanted to reform the corrupt morals of the court.

Nobody at court liked that at all – especially the Empress, whose make-up, clothes and behaviour were all criticised by Chrysostom. (It's as if Justin Welby began calling the Queen's dress sense or Kate's lipstick immoral.) When his enemies claimed that he had gone on to call her a 'Jezebel', the emperor had to exile him – until an earthquake scared everyone into recalling this strict Archbishop – just in case God was trying to tell them something. Even the Empress was shaken – for a while.

A few years later, Chrysostom was exiled again over another false charge – and forced to travel for many miles in appalling weather. If you've been stranded in any heatwaves or thunderstorms this summer, imagine walking up the M6 in that – for weeks on end. In the end, Chrysostom died in September, on the road to Pontus.

His body was later brought back to Constantinople, and over the ensuing centuries, the Church came to see him as having been a great church leader, in fact, one of the Four Greek Doctors (with Athanasius, Basil and Gregory of Nazianzus).



The Importance in Having a Cause Greater Than Yourself

A survey was conducted among people who lived to be more than 100 years old. What had kept them going so long? You'd have thought that they would recite their health diets, their miracle drugs, or their devotion to strenuous exercise. Instead, the one thing all these centenarians had in common was a purpose in life. They had had a good reason to get out of bed each morning.

St Paul writes: *'For me to live is Christ'* (Philippians 1:21). For Paul, that kept him going. He lived to exalt the name of the Lord Jesus Christ, and to share the Good News.

Sadly, too many of us are instead like the man who said; 'No matter what I'm working on, I'd rather be doing something else.'



A wise man once said: There are two most important days in your life. The day you were born, and the day you discover WHY you were born. God made you for a purpose. Have you discovered it yet? You haven't really lived until you know what it is.



"Er... vicar – does the church have a position on the donation of GM vegetables for the Harvest Festival?"

30

Getting angry with somebody? Think before you talk.

If the person is junior to you .. count to 10 and then talk.

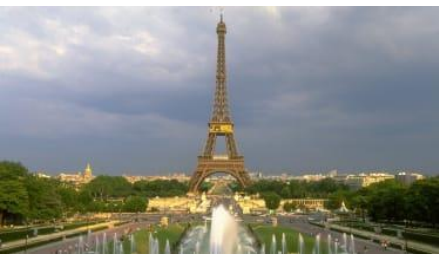
If the person is equal to you .. count to 30 and then talk.

If the person is your senior .. count to 50, then talk.

If the person is your wife .. keep counting ..don't talk.

STORIES FROM THE STRANGER SIDE OF LIFE

Man parachutes off Eiffel Tower



A man was arrested in Paris after jumping off the Eiffel Tower with a parachute and landing nearby. The experienced climber entered the tower's perimeter before the opening time on Thursday. Although he was spotted, he managed to get to the top before anybody could stop him, carrying the parachute in a backpack. Attempts to stop him were unsuccessful and he went ahead with his jump, landing on the roof of a nearby sports centre before being arrested by police.

Bonnie Prince Charlie's face revealed

Scientists say they have created the “most lifelike” reconstruction of the face of Bonnie Prince Charlie. Following his death in 1788, a cast of the prince's face was taken, and now a team at the University of Dundee's Centre for Anatomy and Human Identification used death masks to recreate the Scottish prince's features. The development offers historians a “first glimpse of how the pimpled prince looked”.

Driving school employee crashes into workplace

An employee at a driving school in the US literally drove into work when they accidentally ploughed into the Community Driving School in Colorado. Local police shared a photo of the crash, which showed most of the car stuck inside the driving school's front windows under a sign that said “Learn to Drive”. The staff member was a new employee on his second day, said a spokesperson. “He had not started any training to be a car instructor”.



Restaurant charges to slice cake

A restaurant in Sicily has sparked anger by charging diners €20 to slice a birthday cake. After spending €124 on pizza at the unnamed restaurant in Palermo, a table of customers asked a waiter to slice the cake they had brought with them to celebrate a birthday. They were shocked to find a €20 charge for the slicing added to their bill. The news comes after a café on Lake Como charged €2 for cutting a customer's toasted sandwich in half.



Photo of UK big cat surfaces

The “clearest ever” photo of a big cat prowling the British countryside is featured in a new documentary. A “muscular” cat with the appearance of a panther is seen lying among grass and scrub in the image, which was unearthed in a filing cabinet with some text on the reverse side, explaining that the image was “the last sighting” of the “Beast of Smallthorne”, an area of Stoke-on-Trent. The picture is “proof” that “big cats are roaming the UK”.

Pen pals meet after 68 years

Two pen pals have met for the first time, 68 years after they began exchanging letters. Patsy Gregory and Carol-Ann Krause, both 80, began writing to each other in 1955 while members of the girl guides living on opposite sides of the Atlantic. Although they have exchanged at least 800 letters, they did not meet until Gregory, from Lancashire, travelled to Conway, South Carolina, to meet her co-correspondent.



Famous iceman has male pattern baldness

A study has revealed what Otzi the Iceman looked like. Europe's oldest mummified human, dating back 5,300 years, was found in the Otztal Alps, near the border of Austria and Italy. He was probably bald with dark skin, “not too dissimilar to his present desiccated state”, said experts. Their analysis found he had a genetic predisposition for male pattern baldness, with dark eyes and dark skin.



How not to be a Grumpy Old Man (or Woman)

Marvel. Marvel every time you see a child learning to walk and speak at the same time. Share in their delight. Wonder at the dawn of each new season: sunshine and shadows, falling leaves, frost, sudden new growth. You are still alive to take it all in. That's an unexpected bonus.



Appreciate. Have a look around your living room and concentrate on items designed for your comfort and entertainment, which your forbears never had. Think of someone you don't like; now ponder a couple of their good points. Try to desire their welfare more than their downfall.

Forgive. (That's a condition for being forgiven). You may have to do it over and over again for the same person. Unearth grudges which have been lying under the surface. Are they worth preserving that much? Think of the damage they are doing you.

Married or Single? Don't envy. The grass on the other side of the street isn't greener, it's just different. Count your blessings – some will be uniquely yours. Be concerned for the welfare of someone whose circumstances are unlike yours.



Deal with disappointment. If you have become grumpy it's probably caused by a deep-down dissatisfaction with yourself. Stop raking over past failures. Each morning when you wake up, say with the Psalmist, "This is the day the Lord has made; let us rejoice and be glad in it."

Change. No, it isn't too late. It will only be too late to change when you are in a coffin. In the meantime, there's still room for manoeuvre. Remember John Henry Newman's words, *"To live is to change, and to be perfect is to have changed often."*

A Bit of History for You

There is an old Hotel/Pub in Marble Arch, London, which used to have a gallows adjacent to it. Prisoners were taken to the gallows (after a fair trial of course) to be hung.

The horse-drawn dray, carting the prisoner, was accompanied by an armed guard, who would stop the dray outside the pub and ask the prisoner if he would like "ONE LAST DRINK".



If he said YES, it was referred to as ONE FOR THE ROAD.
If he declined, that prisoner was ON THE WAGON.

They used to use urine to tan animal skins, so families used to all pee in a pot and then once a day it was taken and sold to the tannery. If you had to do this to survive you were considered poor, but worse than that were the really poor folk, who couldn't even afford to buy a pot. They were labelled the lowest of the low.

The next time you are washing your hands and complain because the water temperature isn't just how you like it, think about how things used to be.

In the 1500's:

Most people got married in June, because they took their yearly bath in May and they still smelled pretty good by June. However, since they were starting to smell, brides carried a bouquet of flowers to hide the body odour. Hence the custom today of carrying a bouquet when getting married.



Baths consisted of a big tub filled with hot water. The man of the house had the privilege of the nice clean water, then all the other sons and men, then the women and finally the children. Last of all the babies. By then the water



was so dirty you could actually lose someone in it. Hence the saying, "Don't throw the baby out with the bath water!"



Houses had thatched roofs, thick straw piled high, with no wood underneath. It was the only place for animals to get warm, so all the cats and other small animals (mice, bugs) lived in the roof. When it rained it became slippery and sometimes the animals would slip and fall off the roof. Hence the saying "It's raining cats and dogs."

There was nothing to stop things from falling into the house. This posed a real problem in the bedroom, where bugs and other droppings could mess up your nice clean bed. Hence, a bed with big posts and a sheet hung over the top afforded some protection. That's how canopy beds came into existence.



The floor was dirt. Only the wealthy had something other than dirt. Hence the saying, "dirt poor." The wealthy had slate floors that would get slippery in the winter when wet, so they spread thresh (straw) on floor to help keep their footing. As the winter wore on, they added more thresh until, when you opened the door, it would all start slipping outside. A piece of wood was placed in the entranceway. Hence: a thresh hold. (Getting quite an education, aren't you?)



In those old days, they cooked in the kitchen with a big kettle that always hung over the fire. Every day they lit the fire and added things to the pot. They ate mostly vegetables and did not get much meat. They would eat the stew for dinner, leaving leftovers in the pot to get cold overnight, then start over the next day. Sometimes stew had food in it that had been there for quite a while. Hence the rhyme: "Pea's porridge hot, peas porridge cold, peas porridge in the pot, nine days old".

Sometimes they could obtain pork, which made them feel quite special. When visitors came over, they would hang up their bacon, to show off. It was a sign of

wealth that a man could, "Bring home the bacon." They would cut off a little to share with guests and would all sit around talking and "chew the fat".

Those with money had plates made of pewter. Food with high acid content caused some of the lead to leach onto the food, causing lead poisoning and death. This happened most often with tomatoes, so for the next 400 years or so, tomatoes were considered poisonous.

Bread was divided according to status. Workers got the burnt bottom of the loaf, the family got the middle, and guests got the top, or "The Upper Crust".



Lead cups were used to drink ale or whisky. The combination would sometimes knock the imbibers out for a couple of days. Someone walking along the road would take them for dead and prepare them for burial. They were laid out on the kitchen table for a couple of days and the family would gather around and eat and drink and wait and see if they would wake up. Hence the custom of "Holding a Wake".

England is old and small and the local folks started running out of places to bury people, so they would dig up coffins and would take the bones to a bone-house and reuse the grave. When reopening these coffins, 1 out of 25 coffins were found to have scratch marks on the inside and they realised they had been burying people alive. So they would tie a string on the wrist of the corpse, thread it through the coffin and up through the ground and tie it to a bell. Someone would have to sit out in the graveyard all night (the graveyard shift) to listen for the bell; thus someone could be, "Saved by the Bell "or was considered a "Dead Ringer"



Help More Children Get Back to School This Month

As our children return to school this month, World Vision has been reporting on its work in countries where more and more children will NOT be going to school this autumn.



Instead, the worldwide cost-of-living-crisis means that such children will either be skipping meals to make ends meet, unable to go to school because of the fees, ‘sold’ into early marriage, or sent to work as child labour.

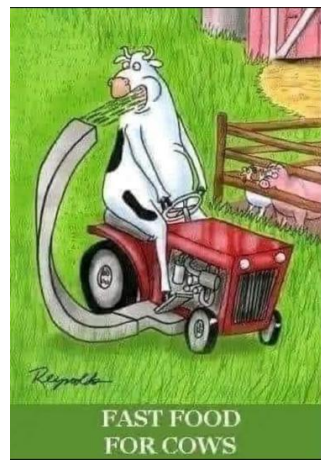
World Vision is warning that: “Forcibly displaced children are paying the price for the international community’s failure ... new and protracted conflicts, disasters, and extreme weather, alongside the reverberating impacts of the pandemic and higher costs are driving the shocking rise in hunger and malnutrition seen in many parts of the world today.”



And so it is that 85% of forcibly displaced families are unable to afford enough food to meet their daily nutrition needs. 25% of families are responding to increased financial pressures by keeping their children out of school, and 19% have sent their children to work.

Meanwhile, significant numbers of families in Afghanistan and Niger (12% and 7% respectively) are using child marriage as a coping mechanism for decreased income.

If you can help World Vision to provide help for such children, go to: <https://www.worldvision.org.uk>.



RUSSELL LING REPORTS

Wartime Continued

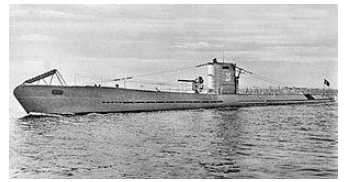
Being an island, this country relied heavily on imports for essential products that we didn't produce ourselves such as oil and also foodstuffs for humans and animals. Coal was the main source for generating electricity and also heating homes, fortunately we had plenty of coal mines to supply all our needs. During the 1920s and 1930s this country was in a depression and many farms were not producing the maximum amount of cereals that were needed. This was due to imported wheat from the Canadian and American prairies which were undercutting the wheat from British farms. The prairies had plenty of humus and with large caterpillar tractors to pull the ploughs plus the newly invented combine harvester's wheat was very cheap to produce.

When World War 2 began many farm workers were called up to join the forces and the Women's Land Army was formed to replace them known as the Land Girls. The work was hard for them to start with as these girls were not used to doing hard physical work but they soon got used to everyday farm work and the country certainly needed them. They were issued with a uniform and boots and were also found accommodation. There were also girls called Lumber Gills whose job was to fell and prepare trees to be used in the war effort.



A War Agricultural Committee was formed in order to organise the production of the food that was more urgently required. The Committee was mainly made up of farmers who knew the district and it was their job to make sure that the maximum amount was produced from the farms in the area. In order to get this done it was necessary to order the farmers to grow pacific crops even if they objected. The committee had overriding powers to get this done and any farmer who refused could have his land taken away from him and the required work carried out by contractors. This obviously was a last resort, but it did happen and some farmers lost their land for a long time after the war.

This increased output quite substantially but even so farms could only supply 60% of the country's needs which meant that the rest had to be imported from America plus oil and other essential wartime requirements. The German U boats at this time caused heavy losses to merchant navy vessels.



Russell ling

An American in Otley: The Uncommon Sunflower *Helianthus annuus*

Throughout last winter's many snowstorms, the birds at my feeders gorged on sunflower seeds. They ate their way through pounds of them and at least 20 uneaten ones germinated under the feeders. It has been an unexpected joy to watch the different varieties bloom, some with only one large flower head, some with many smaller blossoms, growing upwards on sturdy stalks. Little did I know that they are remarkable and complex visitors to my garden – and perhaps to yours.

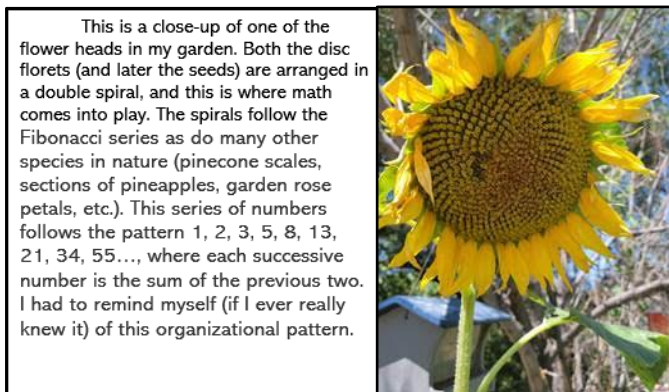


Sunflowers have been cultivated by indigenous people in northern and central America for over 5000 years. Native Americans improved the wild multi-flowered, small-seeded plant through selective breeding and gradually grew plants that yielded larger flower heads and seeds. Although it

was the seed that was most valued, all plant parts could be eaten, and inhabitants brewed medicinal tonics and teas from the leaves. Sunflower seeds were eaten as a snack and or crushed and ground into flour and meal. Hopi and Navajo dyers also extracted a dark blue or purple dye from one variety of seed.

This versatile plant was taken to Spain and Portugal from North America in 1510. Spaniards were reportedly growing them in a Madrid Garden a few years later. Sunflowers' bright summer blooms spread (<https://walterborolive.com/stories/sunflowers-a-native-plant-with-an-amazing-history.32426>) throughout western Europe and Russia in the following century, and by the 18th century the English and Russians were cultivating the plant commercially for the oil contained in its seeds. Now, of course, cultivation

has become commonplace, especially throughout eastern Europe and the Ukraine.



I widened my botanical knowledge and refreshed my math skills while reading about the *helianthus annuus*,. The Latin name of the sunflower recognizes the plant's affinity for the sun. In their early growth period before blooming, sunflower plants exhibit the phenomenon of heliotropism, facing the sun throughout the day. However, once the flowerhead is in bloom it generally faces eastward throughout the remainder of its life.

<https://www.scienceabc.com/nature/sunflowers> In 1597, John Gerand, a noted English botanist, determined that sunflowers only tracked the sun's movements in their early development and his discovery has withstood later scientific inquiries.

Once blooming, the flower head reveals surprises. The brightly coloured outer "petals" are actually ray florets called ligules. "Each 'petal' on the flower heads is, in fact, a tiny separate flower called a ray floret. The ray floret produces a long, yellow strap (ligule) to help guide...insects toward the fertile disc florets that make up the centre of the flower head."

<https://torontobotanicalgarden.ca/blog/word-of-the-week> In the interior of the flower head are disc florets. The disc florets are small and with a hand lens you can see that each is a complete, separate flower with 5 petals. It is from these disc florets that the seeds will form. The disc florets are arranged in a double spiral, with the ones closest to the ray floret opening first.

Mary Miner susiespinner36@msn.com

SMILE LINES



Off to school

Mother to young daughter after first day at school: “Well, dear, what did they teach you today?” Daughter: “Not much. I’ve got to go back again tomorrow.”

As Party Conference season gets underway:

We pay a tremendous crime bill each year, but we do get a lot of crime for our money. What this country needs is fewer people who know what this country needs.

In common

I was the supply teacher for a class that was learning about groups. In one exercise, pupils were asked to label a group of items according to their common characteristics. Pictured were onion rings, doughnuts, and party biscuits. The correct answer would have been that all the items have holes in the centre. But one health-conscious boy pointed out: "All of those things contain far too much cholesterol."

Going to college

Lecturing is transferring information from the notes of the lecturer to the notes of the students without passing through the minds of either.

Scientists have finally discovered exactly how much sleep a human being needs ... just five minutes more.

People say 60 is the new 40. The policeman who just pulled me over didn't agree.



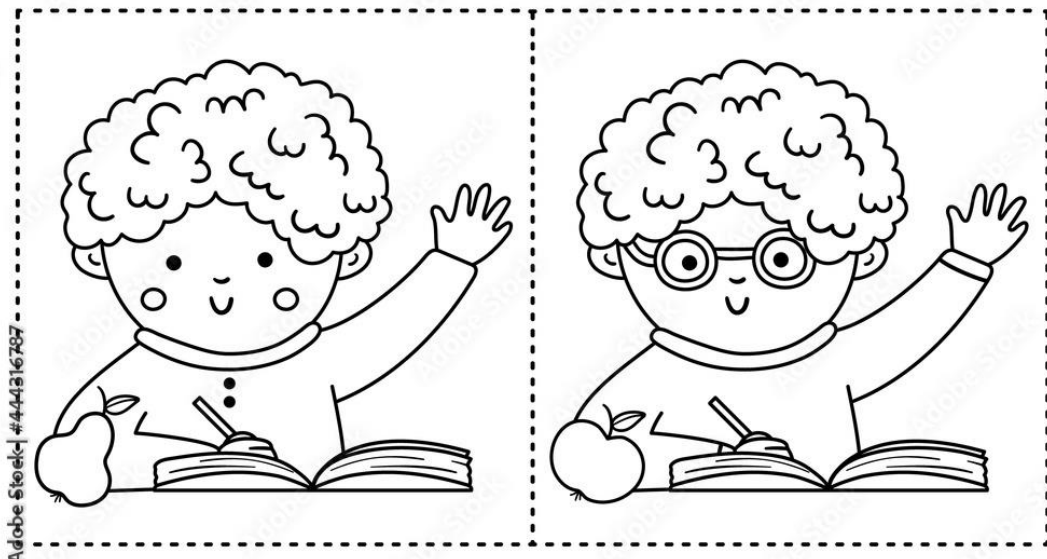
Solutions to the Brainteasers on Page 5

1. One flew over the cuckoo’s nest
2. Like two peas in a pod
3. Three witches in Macbeth
4. Four leafed clover
5. One, two, three, four, five once I caught a fish alive





Spot 5 differences and color



TIME FOR SOME INDOOR BOWLING FUN

To create your own skittles all you need are cardboard tubes, scissors, some glue, paint, pens, shiny bits and bobs, scraps of paper or whatever you have to hand.

No glue? Not a problem, just mix up a little flour and water to make a paste. It works a treat! Finally, a rolled-up sock makes a great little ball, or you may already have one of your own to use.



Try to decorate the tubes, then once dry, line them up and roll your ball. Try and knock down as many as you can and whoever knocks down the most, wins.

Why not number each of the skittles, if you have younger brothers and sisters, this can help teach them numbers or colours.




Why are sport stadiums always so cool?

They are filled with fans.



HOW DO YOU GET A SQUIRREL TO LIKE YOU?

Act like a nut.



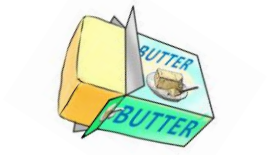
Why did the toddler toss the butter out the window?

So she could see a butter-fly.



What did the pig say on a hot day?

I'm bacon.



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