BRETTENHAM MAGAZINE

OCTOBER 2022 No 417



"My whole life, whether it be long or short, shall be devoted to your service"

Welcome...

....to this edition of the Brettenham magazine. Of course, we were all saddened by the death of our Queen, Elizabeth II. Her life was lived in total service to this country and the events of the past month have been a mixture of celebration of a life well lived and sadness. Oz recalls his first glimpse of Her Majesty at the tender age of 4 (page 6). The harvest is complete—all is safely gathered in. There are requests again this month to help those in need locally with donations to food banks. Please give if you can. The nights begin to draw in and the Village Inn will give us a chance to meet socially through the winter months so do try and come along. Keep your contributions to the magazine coming in, we love to receive them. Contact bettenhammagazine@outlook.com.



The Book of Condolence at St Mary's Church, Brettenham



Flags at half-mast on the memorial

Bigger Ernie Winners

September Draw

1st - Jane Moulding

2nd - Cat Z

3rd -Ray Travers

Village Noticeboard



Village Hall

To book contact Julie or Ozzie on 07810434470 or email bvahallbookings@gmail.com
To request a licenced bar contact Peter Truin 07799
640326 or petertruin@aol.com



Village Website

www.brettenham.onesuffolk.net

If you would like to see something new on the website please contact Beth Clarke

clarkeeac3@gmail.com





Where to get Village News?

Check out the latest village news on the **BVA Facebook** page

Facebook.com/pg/BrettenhamVillage/posts

If you would like anything added to
the page contact Greg Potter at
greg.potter66@me.com

If you would like to receive regular village email updates please contact chairbva@gmail.com



Suffolk Mermaid Fish & Chips

Every Thursday, from 6.40pm to 7.10pm outside the church



Deadline: 15th October

Brettenham magazine is published and edited by the Brettenham Magazine Editing Team (brettenhammagazine@outlook.com) on behalf of Brettenham Parish Council. The views expressed by the contributors to the magazine are not necessarily those of Brettenham Parish Council. As well as the printed copy, the magazine is available online, in full, via the village website: www.brettenham.onesuffolk.net

Brettenham Parish Council

The Parish Council wish to join the village in expressing great sorrow at the passing of Queen Elizabeth II last Thursday. It feels like a great leap away from the uplifting events around her jubilee just a few short months ago, and I am so glad that the village came together in the spirit of celebrating her in such fond style while she was still with us. I hope as many as you who wished it were able to attend and witness the proclamation of the new King, Charles III, in one of our neighbouring towns.

As a result of the news on the day coming so close to the start of the Parish Council Meeting, it didn't feel appropriate to carry on and therefore I thought best to cancel. Obviously it was extremely short notice and although I know Della took great pains to contact as many people as she could, she may not have reached everyone in time. My apologies to anyone who did not get the message and was inconvenienced. The meeting will be reconvened at the earliest it can be rearranged once the period of national mourning is completed. It will be circulated via email (to those who have let us know they want to be included on a circulation list) and an update on the village facebook page — otherwise a notice will be place on the village hall noticeboard a few days before the meeting, so keep an eye out if you are interested in attending. The following planning applications have been received since our last report:

-	DC/22/04079	23 The Street, Brettenham, Ipswich, Suffolk IP7 7Q	Householder Application - Conversion of garage into garden room, creation of single storey link extension and erection of single storey rear extension off garage, removal of existing bathroom and partition walls, bricking up of rear kitchen door.
	DC/22/04080	23 The Street, Brettenham, Ipswich, Suffolk IP7 7Q	Application for Listed Building Consent - Conversion of garage into garden room, creation of single storey link extension and single storey rear extension off garage, removal of existing bathroom and partition walls, bricking up of rear kitchen door, as per schedule of works.
	DC/22/04161	Popples, Bury Road, Brettenham, IP7 7PN	Application for Listed Building Consent - Thatch repair and partial re-thatch including repair of tiled valleys.

Clerk / RFO: Della Clarke

Email: brettenhamparishcouncil@btinternet.com

Chair: Alyson Wilson



Friday Village Inn

7th October 2022
In aid of
St Edmund's Group Riding for the Disabled Association

MENU

Main Course

Aberdeen Angus boeuf bourguignon, baked potato and peas £10
Balsamic onion, goat's cheese and rocket tart with baked
potato and salad (v) £10
Puddings

Pear and chocolate crumble with cream £3

Orange and almond tray cake with crème fraiche £3

Remember—Tiffer's last service at Brettenham is our Harvest Festival Service on Sunday 2nd October at 11.15am.

We hope as many people as possible will come along to give Tiifer and family a good send off as he starts his new post at

St Mary's in Bury St Edmunds. Light refreshments will be served after the service.

Brettenham Village Association (BVA) A Grand Farewell

This is not the anticipated piece that I'd been planning over the last month but feel it only fitting to reflect on recent events, which will undoubtedly reshape our nation and possibly how we are perceived across the globe.

The passing of Queen Elizabeth left me contemplating my first encounter with her on the 7th April 1971, when she officially opened a shopping precinct in Chelmsley Wood, Birmingham. Even at my tender age of 4 it clearly left a memorable impression on me. With my first ever sight of the Queen, I can remember it being a glorious day waving my polythene Union Flag with vigour, surrounded by hundreds of likeminded fizzy young people with glowing skin yet untarnished with 1970's disappointments. This formed one of my earliest childhood memories, although you'll have to ask me in private for my first ever memory of life in the Midlands.

Maybe that initial introduction subconsciously triggered something in me, which has led me to serve the 'Boss' for 37 ½ years as a member of the RAF. Over this period, I've had varying encounters with the Royals, but none have left such an indelible impression as the Queen did on that April morning in '71.

Brettenham has paid homage to the late Queen on several occasions and most notably, from a relatively confident authority, the last time St Mary's church had been illuminated had been during the evening of the Queens' Silver Jubilee celebrations in 1977. There have been many subsequent gatherings, festivals and parties all of which have helped commemorate those milestones within her reign, culminating in this year's Platinum Jubilee salutes. But if her very existence has captivated and inspired our next generation then surely this is something more we should celebrate.

The Queen preserved our unity and projected a true sense of Britishness, which I suspect will never be surpassed. It has been a privilege to have lived and served for our late monarch in this second Elizabethan age.

Dieu et mon droit, God Save the King, Ozzie, BVA Chair

The Sunday Village Inn Pumpkin Carving Competition Sunday 23 October

Please come along to our very own 'Pumpkin Carving' afternoon during the Sunday Village Inn.

The pumpkins will be supplied by the BVA for anyone wishing to carve out their ghoulish designs. All you'll need is creativity, carving implements and some supervision where and when necessary. The winning designs will feature in subsequent editions of the Mag (subject to timings) with the accolade of becoming Brettenham's 1st ever Pumpkin Carving Champion.

Pumpkins will be available at 12:30 inside the village hall and there will be a judging panel to announce the winner by 14:30. All ages welcome. In order to secure your pumpkin for the event, please contact the chairBVA@gmail.com

Additionally, there will be hotdogs on sale (£1.50) from 13:30 - 14:30 and a selection of grisly sweets for all to enjoy during this free event.



Brettenham Village Association Meeting

Please come along to the next BVA meeting scheduled for Monday 3rd October at 7.30pm. The meeting will take place in the village hall and take no longer than 1 hour. This is your opportunity to either get involved or merely have your say in our community.

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Dates For Your Diary

Monday 3rd October—Brettenham Village Association Meeting 7.30pm
Tuesday 4th October— Village Hall 6pm Pilates
Friday 7th October - Village Inn 7.30pm
Tuesday 11th October— Village Hall 6pm Pilates
Tuesday 18th October— Village Hall 6pm Pilates
Sunday 23rd October - Village Inn 12.30pm with Pumpkin Carving see p.X
Tuesday 25th October— Village Hall 6pm Pilates
Friday 4th November - Village Inn 7.30pm
Thursday 10th November - Parish Council Meeting 7.30pm
Sunday 20th November - Village Inn 12.30pm

Food Bank at Bildeston

We are still receiving food and other goods in donations to this cause, so as always, a big thank you to those people and a reminder below of how the foodbank works:

Food donations can be left in the church or my woodstore. If you prefer to donate financially, cheques are payable to Bildeston Community Support or via BACS to Bildeston Community Support, Account No 49886479, Sort Code 52-30-31.

Individuals/families do not need to be referred by the authorities. Locally, for either help with giving or receiving donations, please contact in confidence:-

Alyson Wilson, Spinney Cottage 07798 633044 Anne-Marie Hodgkiss 07818 286770

If you would rather contact the Foodbank directly you can do this through Facebook messenger from the Bildeston Foodbank Facebook page. Tel: 01449 257136 Bildestoncsg@gmail.com

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Some ideas for food bank donations





We give a warm welcome to the Kafi family who arrived in Felsham in the summer. They had travelled from Egypt where they lived as refugees for several years having had to flee from their home country of Senegal.

Community Speedwatch Group

At the Brettenham Village Review in 2016 concern about speeding traffic through the village was one



of the topics with the highest number of votes. Since then a Community Speedwatch Group has been set up, but we need a few more volunteers to ensure it remains effective. It is not an onerous task and doesn't require a regular fixed commitment, just a willingness to turn out for an hour every so often. If you would like to contribute to slowing down traffic through the village, or want to find out more of what's involved, please get in touch with Val McGuill on 01449 736310 or valmcguill@live.co.uk.

St Mary's Church Brettenham

Church Warden Annie Tavener Tel: 736412

The Sixteenth Sunday after Trinity

rest day is on Fridays).

Email: annie_tav@hotmail.com. If you specifically wish to talk to a priest up until 3rd October 2022 please call Rev Tiffer on his mobile 07789 772024 or email tifferrobinson@gmail.com. From 4th October onwards call Rev Canon Sharon Potter, the Rural Dean,

October Programme of Services in the Benefice

Tiffer's Last Sunday

on 01284 828599 or 07825 086063 or ail revsharon2@gmail.com (Sharon's

2	The Sixteenth Sunday after Trinity		Tiffer's Last Sunday		
	Rattlesden	9.45am	Harvest Communion (streamed)		
	Thorpe Morieux	10.00am	Morning Prayer		
	Brettenham	11.15am	Harvest Family Service		
	Hitcham	3.00pm	Harvest Service		
5	Wednesday	7.30pm	Tiffer's Institution Service		
	St Mary's Church Bury St Edmunds				
9	The Seventeenth Sunday af	ter Trinity			
	Brettenham	8.30am	BCP Communion		
	Rattlesden	9.45am	Holy Communion (streamed)		
	Thorpe Morieux	10.00am	Harvest Family Communion		
	Hitcham	11.00am	Holy Communion		
16	The Eighteenth Sunday after Trinity				
	Rattlesden	9.45am	Morning Prayer (streamed)		
	Thorpe Morieux	10.00am	Morning Prayer		
	Hitcham	11.00am	Holy Communion		
	Rattlesden Pavilion	6.00pm	Praise and Donuts		
23 Last Sunday after Trinity					
	Brettenham	8.30am	BCP Communion		
	Rattlesden	9.45am	Holy Communion (streamed)		
	Rattlesden	11.00	Quiet Service		
	Hitcham	11.00	Holy Communion		
	Thorpe Morieux	6.00pm	Evensong		
30	All Saints Sunday				
	Rattlesden	10.30am	Benefice Memorial Eucharist		

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In July, I wrote about change, as I reflected on children leaving school, and knowing there was a chance that we would also be moving on soon. Little did I know that three months later, we'd have a new prime minister and indeed a new monarch. As I suspected it would, the death of Her Majesty Queen Elizabeth affected me deeply, even as I sought to lead these churches through our corporate response. It is something that I had prepared for, with condolence books and photo frames at the ready, but death is never something you can prepare for emotionally, even the death of someone well loved and well lived. Rest in peace, our gracious and noble Queen.

In 1 Corinthians 15 Paul says: "Someone will ask, 'How are the dead raised? With what kind of body do they come?' Fool! What you sow does not come to life unless it dies. And as for what you sow, you do not sow the body that is to be, but a bare seed, perhaps of wheat or of some other grain. But God gives it a body as he has chosen, and to each kind of seed its own body."

Paul is here using the analogy of planting seeds to try to explain the connection between our current physical existence with what we can look forward to in the resurrection. It's quite a literal analogy, as it is very much part of the Christian tradition to bury those who have died. Though an acorn is on one level very different from the oak tree that grows from its death, it is also one and the same: they literally share the same DNA. If we trust in Jesus, we can have faith that eternal life will be bodily, physical, and that we will be still be ourselves. If anything, we are now just a pale reflection of who we are truly intended to be.

October is also the month we traditionally celebrate Harvest, as everything is safely gathered in. This year, it was safely gathered in by the middle of July! Farmers have been having to contend with fires and dry cracked soil. Although the shortage of Ukrainian wheat has kept prices high, the cost of farming itself has become astronomical in the wake of the energy crisis, and the financial risks our farmers take is tremendous. We pray for them, and for us, that they will be able to sow crops soon so that we can all give thanks for the Harvest next...June?

Although the timings seem to have changed, the regular rhythm of the agricultural year have a comforting effect in the midst of so much change. Amy and I will soon become townies again after 16 years living in rural villages, and I will greatly miss ministering to and worshipping alongside

members of the farming community, although we will only be a few minutes walk from the nearest field living on the edge of Bury St Edmunds...

We will miss you all terribly, and although many have said they hope I pop back, this would not be fair on the new Rector, whoever she or he is, and I have no doubt they will quickly become established and bring their own energy and unique giftings to the role. I have every faith in the churchwardens and ministry team as they work with the rural dean to ensure the vacancy is a smooth one, and build the kingdom of God in these villages.

This will be my last newsletter piece. I am grateful to our village magazines for always publishing whatever I write, regardless of the quality or quantity. I hope those who have read them have found something worthwhile, even if just to check on the state of mind of the Rector! As things change I find comfort in those words of Paul which continue:

"So it is with the resurrection of the dead. What is sown is perishable, what is raised is imperishable. It is sown in dishonour, it is raised in glory. It is sown in weakness, it is raised in power. It is sown a physical body, it is raised a spirit filled body"

God is the same yesterday, today, and forever, and if you trust in him, he will bring you through to that great and glorious day, when change and decay are no more. I hope to see you there.

Reverend Canon Christopher "Tiffer" Robinson

Brettenham Church Harvest Festival

Sunday 2nd October at 11.15am

We would be most grateful for donations of food and household goods to be given to the Stowmarket Food Bank. If you are not coming to the service but wish to make a donation, you can leave your items at the back of the church.

I will be taking the donations to the Food Bank during the week beginning 10th of October, so please make sure you have dropped them off by then. Please give generously. The Food Bank carries out vital work supporting local people and families by providing 1-3 day emergency food parcels. The following items are particularly needed: tinned and dried foods; tea bags; coffee; tinned meat; nappies; cleaning products and items for personal hygiene.



After such a long hot dry summer, it was like a blessing when rain finally arrived in September. The first morning I woke to find that it had rained, I went out into our garden in bare feet to feel the dampness of it. Then I found this poem by Winifred Mary Letts (1882 – 1972) which captures perfectly that feeling of gentle rainfall.

A Soft Day by W M Letts

A soft day, thank God!
A wind from the south
With a honeyed mouth;
A scent of drenching leaves,
Briar and beech and lime,
White elder-flower and thyme
And the soaking grass smells sweet,
Crushed by my two bare feet,
While the rain drips,
Drips, drips, drips from the leaves.



A soft day, thank God!
The hills wear a shroud
Of silver cloud
Of silver cloud;
The web the spider weaves
Is a glittering net;
The woodland path is wet
And the soaking earth smells sweet
Under my two bare feet,
And the rain drips,
Drips, drips, drips from the leaves.

Please send your suggestions for the page **Write On** to: brettenhammagazine@outlook.com . It can be poetry, prose, a book or film review or something you have written that you would like to share.

Carrie Dye



Nature Notes



2022 has been a good year for wasps. Like bees, wasps can be divided into two groups, solitary and social. The vast majority of species are solitary but the ones we tend to come into contact with are social. They operate a hierarchical

system consisting of one or several Queens, a few drones (males) and sterile females called workers. The Queen, a fertilised female, begins the colony in the spring by building a nest and laying eggs which hatch into workers. These workers expand the nest, which is made of chewed plant material, usually wood, that has been mixed with saliva and regurgitated. As we all know, these nests are found in cavities, hanging from tree branches or in the eaves of buildings. Wasps tend not to get a very good press, but a world without them would be a world of insect pests on our crops and in our gardens. They are voracious predators and valuable pollinators, transferring pollen as they visit flowers to drink nectar. Unlike bees, they can sting multiple times and they also inject a venom into our skin, which can add to the pain, especially if they surprise you.

Some other wasp facts: Workers live between 12 and 22 days and Queens up to a year. Dragonflies, beetles and centipedes eat wasps

If you find a wasp nest in a place that's not bothering you, leave it alone and it will naturally die off at the end of the year.

Killing a wasp does not necessarily attract more wasps but research has shown that it can make other wasps more aggressive.

You can naturally repel wasps by mixing together an essential oil blend of clove, geranium and lemongrass. Then put into a spray bottle topped up with water.

Wasps are attracted to pink, green, yellow, white and purple and they are least attracted to blue and black. So now you know what colours to avoid and wear



A wasp nest

next time you have a picnic or gathering in your garden in the summer of 2023.

David Golding



Brettenham Gardening Club

Well what a challenging year it has been for gardeners! The drought over the last few months has made a lot of us re-evaluate our gardens and think hard about what to plant next year and the years that follow. For me several things have been disastrous but let's start with the positive. My roses have been amazing but needless to say during the extreme heat the blooms only lasted a day or two and the same with Clematis which were over very quickly. All the Mediterranean plants, woody herbs like Rosemary Sage and Lavender all did well and needed little watering. And now, later flowering herbaceous plants like Rudbeckia and Hellenium have done well. So maybe we can learn from that. The Begonias on the green were disastrous but of course the Pelagoniums have been fine and are still going thanks to the hard work of our volunteers. It's all a steep learning curve and we, as gardeners are all learning all the time. Next year will probably be completely different and rain continuously.

The plants for the Autumn planting on the green have been ordered and we hope to plant in the middle of this month.



Apple Day 2022



We did think long and hard as to whether it would be appropriate to hold Apple Day as it was so near to The Late Queen Elizabeth's funeral but we came to the conclusion that it would be a good opportunity for us

all to get together and meet up at such a sad time for so many.

The weather was kind and many kilos of apples were pressed and many litres of juice produced. We

ate Cornish Pasties and drank cider and a good time was had by all.

Many many thanks to Mark and his team for organising the Pressing, a huge thank you to Lyn for taking the bookings and to Carrie and her team for organising and serving the food. Thanks also to those who helped with the marquee, Tom for dealing with the left over pulp, all the bar staff and everyone who helped clear up afterwards. You all helped to

make it a really great day. THANK YOU!

As always, if anybody wishes to join the Brettenham Gardening Club please contact either of us on the contact details below.

Jane McDonald 01449 736957 felicityjmcdonald@hotmail.co.uk
Jane Moulding 01449736178 grahame.moulding@btopenworld.com

Getting To Know John & Margaret Tinworth

Full Name:

John Francis Tinworth and
Margaret Anne Tinworth

Birthplace: John was born in Hertfordshire and

Margaret in Middlesex

Current/Last Job:

John was an antique dealer and

Margaret a legal secretary

Do you have any pets? We have fish in the pond

What is your biggest fear?

John says his wife and Margaret says

being unable to drive

What makes you laugh the

most?

John says his wife and Margaret says children, grand children and great

grand children

What would you change about yourself if you could?

John would like to be more tolerant and Margaret wishes she didn't feel the

need to organise everything

What is the favourite place you have visited?

John: South Devon

Margaret: Costa Blanca

What really makes you

angry?

John says poor driving makes him angry

and for Margaret, it's litter

What is your favourite book/

film/play/show?

John: Zulu

Margaret: Crocodile Dundee I

What has been the proudest moment of your life?

John turned a hobby into a successful business and Margaret was very proud to pass her driving test first time

A Rural Education Part 2

Stuart remembers Class 2 at Rattlesden Primary School in the 1960s.

Having seen my niece at a similar stage of her education, the methods now employed bear no relation to my experience, adding, subtraction, multiplication and division taught using number lines, partitioning, compensation, expanded columns, inverse operation and chunking. It can be unhelpful trying to assist with a child's homework using completely different methods to those which they are taught and leads to confusion and contradiction. As with many things in life, change is constant and clearly systems of learning are no different. Class 2 (maybe it was called something else) was taught by Mrs Raffe. There was more writing, reading and arithmetic. The big hall was where the music and movement class took place. The BBC broadcast the programme and a rather inadequate speaker was placed on the table at the front of the hall from which, with a bit of luck and a fair wind the broadcast could be heard. Mrs Raffe played the piano for the morning assembly and in the weekly music class, mainly a singing class and some percussion work by clapping. Some years ago the late DJ Terry Wogan made a tape reading extracts from the "Janet and John" books. This recording can be heard on YouTube and appeals to my somewhat odd sense of humour. Apparently by 1968 some 81% of children were learning to read using these books. Mrs Raffe lived at Barkers Farm and her husband farmed the land there. From a young age I have always enjoyed reading and remember fondly the Biggles books, featuring an RAF pilot. The war had finished less than two decades prior to when I started school. I also enjoyed the Jennings and Derbyshire books written by Anthony Buckeridge and of course the "Famous Five" adventure stories. These have been given a somewhat more humorous take in recent years with such titles as: "Five on Brexit Island", "Five Go Gluten Free", "Five Go on A Strategy Away Day". I'm not sure what Enid Blyton would have made of these. Other than books, comics of the time were also enjoyed. The "Dandy" lasted until 2012. The other comic with such characters as Dennis the Menace and the Bash Street Kids was the "Beano" which is still available for weekly delivery to your door. Maybe I should take out a subscription, probably excellent escapism.

Christmas time usually saw one or two annuals to supplement my reading material and one which I particularly remember is "The Lone Ranger". This

What did you want to be when you were growing up?

By coincidence, both wanted to be in the police force

If you could choose to do anything for a day, what would it be?

You would find John pottering in the garden and Margaret on the beach with all the family

What is your favourite game/ sport?

John: River fishing Margaret: Tennis

If you could only eat one meal for the rest of your life, what would it be? Macaroni cheese and chips for John please and simply anything cooked by a chef for Margaret

Have you ever had a nickname? What is it?

John and Margaret aka Tintacks and Kiddy

What would you do if you had a significant win in the lottery?

John would think about it for a long time before doing anything but meanwhile Margaret would be giving it away to the family to make them comfortable (not too comfortable) and some to charity

If you could go back in time, what year would you travel to and why?

John 1954 when he left school and Margaret 1960, the year they were married

What skill would you like to master?

John thinks he's too old to master anything new and Margaret really wants to get to grips with the TV remote was also a very successful TV show with over 200 episodes. One other book I recall from those years was a history of the Bertram Mills Circus. It contains lots of information about the history of circus and the characters involved such as Coco The Clown. It has many photographs taken during performances many of which feature wild animals including lions, tigers, elephants and monkeys. When I was about eight I recall going to a performance by Chipperfield's Circus in Ipswich, despite the ring having security fencing I still was a bit scared when the lions and tigers were performing. Recently I purchased an autobiography by Jimmy Chipperfield in which he shares some fascinating information about his circus family. In fact Ipswich was one of the regular venues for a visit from

Chipperfields circus although by then Dickie Chipperfield was running it. The Big Top could accommodate approximately 8000 people. In England from January 2020 wild animals either performing or being exhibited in a travelling circus are banned. I was surprised as I thought this had happened many years ago.



The Headmaster with connections During these first few years at Rattlesden the Headmaster was a Mr O'Hagan. His full name was Ian Desmond Townley O'Hagan. Unusually when he married in 1940 he had to adopt the surname of his wife. She was Helen Alice Townley-O'Hagan, the daughter of the 3rd Baronet O'Hagan. There is a picture of her in the National Portrait Gallery from 1932 when she was 28 years old. The 1st Baron O'Hagan had been the Lord Chancellor of Ireland between 1868-74 and 1800-01. My former Headmaster therefore had to agree to change his name prior to his fiancé being allowed to marry him. Prior to the marriage his surname was Curry. He had been in the Army and had reached the Rank of Captain in the Royal Artillery. Mr O'Hagan lived in the house attached to the school and had a son Padraic (spelt in the Irish way) who was born in 1946, he later directed the Rocky Horror show.

After Mr O'Hagan left the school the house was occupied by another teacher by the name of Mr Armitage. He would march briskly around the playground and had a powerful voice. I have been told that his wife was German and that he spoke and read German fluently; he would read and translate stories which he read to the class. Some of these were quite frightening so perhaps a way of maintaining order in the class.

Stuart Earle

Like music? Like dancing?
Why not have a go at something a bit different?
We're a friendly group, it's good exercise and it's fun!

No experience needed and no obligation New dancers and musicians welcome (portable acoustic instruments)

> Practice sessions from 18thSeptember 7.30 – 9 pm Haughley Village Hall, near Stowmarket

Ring 01449 766747 (Sue) or 01449 673518 (Gill) to find out more



Find Haughley Hoofers on Facebook

Rambling with Gus

Nowton, Bury St Edmunds, IP29 5LU

Distance: approx. 3 miles, approx 1 ¼ hours

Start: Nowton Park car park

My thanks to Kay Thomson for suggesting this walk on the outskirts of Bury St Edmunds. It is easy walking (although can be muddy) on well-marked paths across flat terrain through parkland, countryside and short distances on quiet roads.

Start at the car park and make your own way along the network of paths in the park to exit on the north side of the park. Then, cross a narrow road to reach the

forecourt of a small row of commercial units, one of which is the Friendly Loaf Bakery. If it is open and you have time, do call in to sample some of their delicious products.

Walk along in front of the units then take the path, as sign posted, onto fields heading towards Sicklesmere. Before reaching Sicklesmere, take the path that doubles back towards Nowton. At the road, turn right and walk for a short distance then take the first footpath on the left. This leads to Nowton church – worth popping in to see the stunning colours on the stained-glass windows. Shortly after the church take the path on the right and follow this all the way back to Nowton Village. Turn right onto the road by the village sign and walk approx. 500m to reach a pedestrian entrance back into the park on the eastern boundary. Make your way back along the many park paths to the car park where The Grounds café offers good light refreshments.

You can find this walk listed on the online OS maps under the name: Rambling With Gus at Nowton.

I have marked the exit and re-entry points on the map below of the park as used for Gus's walk. To access the map of Nowton Park online visit:

https://www.whatsonwestsuffolk.co.uk/parks/nowton-park/upload/NP-Site-Map-Download.pdf

For further information about the park eg times of opening, parking fees and events, visit:

https://www.whatsonwestsuffolk.co.uk/parks/nowton-park/upload/NP-parks/nowton-p



Recipe - Christmas Cake

I've made my own Christmas cake for as long as I can remember. That delicious smell as you are preparing and baking it! When I was teaching and my children were young, this was the October half term job that always got done.

Ingredients

1Kg Mixed Dried Fruit,

1 Orange (zest and juice)

1 Lemon (zest and juice)

150ml Brandy/Whisky or Cooled Tea

(plus extra for feeding each week)

250g Butter

200g Light Brown Sugar

200g Plain Flour

½ tsp Baking Powder

4 Large Eggs

100ml Milk

100g Ground Almonds

100g Flaked Almonds

3 tsp Ground Cinnamon

1 tsp Vanilla Extract



Method

- 1. Put the dried fruit, zest and juice of the orange and lemon, brandy (or own choice), softened butter and sugar into a pan. Bring to the boil then reduce the heat, simmer for 2 mins then leave to cool.
- 2. Prepare the pan whilst it is cooling. Double line a deep cake tin with baking paper. Also wrap a layer around the outside and tie with string.

- 3. Pre heat oven at 150/130 fan/gas 2.
- 4. Put the cooled mixture in a large bowl and add the rest of the ingredients. Make sure you mix in each ingredient well.
- 5. Tip the mixture into your prepared tin and level the top.
- 6. Bake for 2hrs 30mins or until a skewer comes out clean when poked into the middle of the cake.
- 7. When done, remove from oven but leave in the tin to cool completely.
- 8. Remove all baking paper and feed the cake 2 tablespoons of chosen alcohol or tea every two weeks.
- 9. Wrap in cling film and store in an airtight container in a cool dry place.
- 10. Decorate with Mazipan and icing Christmas eve

Michelle Harvey

Ed's note:

11. Invite neighbours,(even those in Dux Street)round to sample...





Thank you Viv Bourne for this lovely photo of the sun setting over Buggs Farm.

St Mary's Church Stall

People are being very generous with items they have left in the cart lodge at Buggs Farm for the stall. I can't thank you individually as I don't know who you are but without your donations the stall would come to a grinding halt. Very many thanks and please keep up the good work and do a clear out or empty a drawer!

If anyone needs to ask me anything feel free to ring 01449 736901.

Thanks again, Viv



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