

Box River News

February 2023

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MAKE MINE A DOUBLE!

It's been a few years since Boxford last had two pubs open at the same time. Now with previous White Hart landlords Rebecca Brown and Julie Bentley transferring back over the road to the Fleece Hotel whilst Sudbury's Maldon Grey landlords Tony and Rebecca Bayliss add a string to their bow and take over the running of the White Hart, Boxford once again has both premises open for business.



Back in March 2020, almost 3 years ago, Rebecca and Julie closed the door of the Fleece Hotel and opened the newly-refurbished White Hart, making a real success of it with outstanding food and service. Since that time the Fleece has remained closed during the period of uncertainty throughout the Covid pandemic when it was difficult to attract new tenants. Moving back into the Fleece, Rebecca and Julie are now able to offer the pub's function room with separate bar facilities for events and parties. The pair are offering regular guest real ales, with the kitchens opening mid to late February.



Meanwhile, having made a success of the Maldon Grey, Tony and Rebecca Bayliss identified the White Hart as an ideal premises to add to their growing Spectre Leisure Ltd. portfolio. Tony promises that the White Hart will be a community hub, involving local clubs and schools in events for all. Initial glimpses of the yet-to-be finalised menu show a mix of pub classics with fine-food options, whilst a tantalising partnership with hit Colchester vegan takeaway Vegalution has been announced for the future. The BRN is informed that Ken Fox's Wall of Death is already booked for June, an event that is always eagerly anticipated in the benefice and attracts visitors from far afield. Tony and Rebecca have also announced Happy Hour each day Tuesday-Friday between 5-6pm.

The ability to have two pubs open is a huge boon for the Boxford

community and surrounds, and offers a hint of business recovery in these cost-of-living stricken times. Both pubs have been cheekily playing off their rivalry with hints of inter-pub pool and darts matches but in a year that will see King Charles's coronation street party organised in the centre of Boxford, having both open is a wonderful thing for all residents. The BRN wishes both of them the very best of luck for the future!

For more information about events/reservations contact:

The Fleece Hotel

Telephone: 07368 959 745

Web: www.thefleeceboxford.co.uk

The White Hart

Telephone: 01787 703761

Web: <https://bit.ly/whitehart-boxford>

FEBRUARY 3PR UPDATE

We'd love to thank everyone who donated to help keep the First Responders up and running over the festive period - thank you so much, every single penny is spent in keeping our responders' kit-bags full of the lifesaving equipment they need and in maintaining defibrillator batteries and pads.



A huge thank you especially must go to singing group **Madrigalia** who donated the proceeds from the 'Carols Round the Chip Van' evening to 3PR and raised an amazing £100! Not only were chip van customers kept entertained whilst waiting in line, but the donations will go to emergency care response for all in our villages - vitally important given the problems that ambulance trusts face at the moment.

Just a general reminder in these dark winter nights - please ensure that your house number or name can be clearly seen from the roadside. If you should ever find yourself in need of paramedics or first responders to attend your house, a house number/name hidden away from sight can cause real problems for those trying to find you urgently.

Rich Wild

3PR Group Coordinator

01787 210 946 / office@boxfordresponders.com

Box River News

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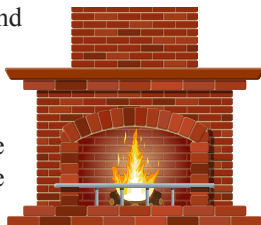
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Deadline date for the March 2023 Issue is:

February 15th at midday

NEWTON FIRESIDE CLUB

Well, 2023 arrived with very unkind weather and the day of our first meeting was no exception with heavy rain and a biting wind. I am pleased to say that eighteen of our regular members and one new member braved the storm and were welcomed by a roaring fire and a glass of hot mulled wine.



Alan had kindly prepared 2 quizzes for us. The first was a picture round on British birds. I have to say that my knowledge was confined to a robin and a sparrow, but some teams got nearly full marks. Well done to them. In the second round, all the answers began with the letter 'J'. It's always handy to have a clue and most teams scored well on this round.



As well as the mulled wine (non-alcoholic alternatives were available!), we had the usual refreshments of tea and coffee. Rather controversially, there were biscuits instead of cakes. Hmmmm, have no fear, definitely cakes next time.

The group also took the opportunity to discuss ideas for future sessions and trips. The organising team has noted these suggestions and will meet shortly to make plans for the summer. One event that will definitely take place is The Midsummer Munch, which proved to be amazingly popular and successful last year. We will publish the date for this in next month's BRN.

2023 Programme of Events:

Tues 24 th January	Beetle drive & other games
Tues 7 th February	An afternoon of popular music with a live singer & guitarist in aid of CAB
Tues 21 st February	Pancakes
Tues 7 th March	Cooking demonstration by Giampiero Romani from 'Cook Like the Italians' cooking school
Tues 21 st March	Easter crafts
Tues 4 th April	Trip to 'A Place For Plants' East Bergholt

All meetings are held in Newton Village Hall and start at 2pm unless otherwise stated and anyone is welcome. Subs for this term are £3 a session or, if possible, £25 for the term. This includes refreshments and activities. Non-members are welcome to come along to any session. The fee will be between £5 and £10 depending on the activity. If you would like to join us for the cookery demonstration you will need to book in advance.

Please contact Moira on 01787 374652 or Sue on 07881 383998 if you would like more details.

Sue

HADLEIGH & BOXFORD PPG

Demand on Practice services is exceptionally high at the moment with the resurgence of 'flu and Covid. This has been further exacerbated by doctors and other personnel also falling prey to the bugs and unable to work. The Practice is doing its very best to keep up with this high seasonal demand. For everyone's protection masks must be worn inside the building.



Yet another reminder that appointments can always be booked online. A number of next day appointments are made available after 7pm the night before. To take advantage of this simple, effective booking procedure new users need to show photo ID at reception and request the log in details.

A new check in machine has been installed to replace the previous outdated model. Patients are requested to make use of this to help keep the queuing at Reception to a minimum and free for patients not seeing a doctor.

Dr Hill retired at the end of December. She will be greatly missed by colleagues and patients.

There is a new defibrillator outside near the front door of the Practice. Free training sessions are available at the Hadleigh Leisure Centre for the next three months. For reservation details visit the VisitHadleigh website or look for posters on display throughout the town.

The PPG and the Practice Partners have both written to James Cartledge MP expressing their concerns about the plans for a new NHS database of patients' health and care records. For further information visit: <https://bit.ly/nhs-fdp> and <https://bit.ly/palantir-contract>

Website: www.hadleighhealth.co.uk

Facebook: <http://bit.ly/Hadleigh-Group-Facebook>

Email: hadleighboxfordppg@gmail.com

PPG Chair: Jan Devey 01473 827091

HAPPY 80TH BIRTHDAY CAROLE!

Newton resident Carole Langley celebrated her 80th birthday in mid-January and all of her friends in Newton's Art & Craft Group presented her with gifts and flowers. Carole has been the mainstay of the group for many years and her co-crafters wanted to celebrate her special birthday as well as thanking her for all she's done for the group. Thank you Carole and Happy Birthday!



Happy Birthday



A CHOIR TO INSPIRE

2022 was a very busy year for Madrigalia and it was great to be back singing together and to have dates in the diary.

In March we had our first joint venture with the Melody of Harps, a group of celtic harp students taught by Sudbury music teacher Anne Chorley. We performed first at Great Waldingfield Church raising £550 for Ukraine, and a week later repeated the concert for Boxford Church.

In June the Boxford Community Council arranged village celebrations to mark the Queen's Platinum Jubilee and on Sunday 5th June despite unseasonal weather, many braved the bitter cold to lunch on Boxford's playing fields while being entertained royally by the East Bergholt's Silver Band, followed by songs from Madrigalia and the Boxford Drama Group.



Thankfully, the summer improved dramatically and on a beautiful July evening we had the privilege of singing to a packed church at Borley. After the concert, wine was served and audience members were treated to a 'delightful selection of delectable desserts!' which raised funds for facilities there to be maintained and improved to make this beautiful little church more usable.

A sunny afternoon in August saw us entertaining the Sudbury Town Twinning Association at their annual garden tea party with an outdoor concert, and in September we entertained members of the Boxford Friendship Group, a fairly new organisation but already with a large membership.



December was frankly manic with 5 singing dates:

We joined again with the Melody of Harps in early December for two Christmas Concerts, one for The Hive in Sudbury & one for Lawshall Church. The blend of harps and voices works well and has been an inspiration for my husband Gareth to write and arrange music for the two groups to perform together. It was quite exciting to think that when we performed his carol 'Out of the Orient' which he wrote specially, it was a world premiere!

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We got to sing it again when we entertained a large and very appreciative audience of NHS members at their Christmas Dinner at Asher House in Bury St Edmunds. This was a lovely occasion and with a mixture of choir items interspersed with carols for audience participation which left everyone feeling very Christmassy.

Our final concert of the year was a Christmas Carol Concert at Borley Church on 22nd December. The organisers of this event excelled themselves as they arranged the most spectacular light display illuminating the church and its surroundings so spectacularly that they could be spotted from at least half a mile away.

I'd like to take this opportunity to thank both the Boxford Community Council who donated £100 to our funds and all the organisations who have asked us to sing for them.

Thank you especially to Trudi Wild, our amazing BRN editor who has always been so supportive of village organisations and works tirelessly to make this already successful magazine even better. We were therefore delighted to raise £100 for the First Responders (an organisation very close to Trudi's heart) from the carol singing evening in Boxford. Thank you to all who joined us to sing and donate.

CALLING ALL SINGERS

We're on the look-out for new people to join us! If you enjoy singing please do get in touch - we're a very friendly group and welcome newcomers to come and sing with us. We generally meet fortnightly on Thursdays & regularly sing for various engagements. We sing anything from madrigals and folk songs to modern songs and carols. From Thomas Morley to Caro Emerald and Bruno Mars. Come and give us a try!

Sue Price

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NEWS FROM BOXFORD SCHOOL

Boxford Primary School have continued to enjoy their learning in 2023. We have enjoyed hearing about what the different classes have been up to, and we hope you do to!

This half term's school value is based on perseverance - in assembly, we looked at the story of a shepherd who lost one special sheep. When he found that special sheep, he was stuck in boulders and other rocks, but the shepherd wouldn't give up on him! He later returned with the sheep he was searching for, and happy faces were spread all around. He showed perseverance and we are all hoping to learn from this story and have the same attitude towards our work. This will be celebrated in our Friday assemblies.

'Williams' class (foundation year) have started the year with an exciting new chapter. They have advanced into phase 3 phonics and are loving using the new sounds in their own writing. When we spoke to Aiken, he said, "We have been learning vowel digraphs". Classmate Laurie added, "We have been learning tricky words like - sheep, dog and she." In English, they have been learning about punctuation (capital letters and full stops) and using adjectives to make their writing and stories more interesting.



'Benjamin Zephaniah' class (year 4) have been lighting up this half term. They have also been enjoying yoga in PE. Michael commented, "It is really calming when holding the different yoga positions we have learnt."

Toby and Edward, in 'Garett-Anderson' class (year 6), have created a comic to raise money for Cancer Research. The comic has three different stores: 'Detective Bob', 'Mrs. Pea' and 'Big Brains'. "I loved the story about Mrs. Pea because the morning routine isn't going to plan," said Blare. They have been selling the comics in school for £1 each and have managed to raise nearly £400! Not long ago, the class had a trip to the playing field in Boxford to explore expressive vocabulary. It was a very muddy and windy experience, but everyone had fun!

In 'Beaumont' class (year 3), they have been designing, constructing and evaluating castles. This week they drew and labelled the features and elements of a castle. Arlie said, "We are extremely excited to design, make and evaluate our castles. We have been using materials at home to make our turrets." In English, they have been learning about how to write a set of instructions too!

We look forward to writing another update for next month's BRN and the exciting learning which has been happening.

Year 6 Roving Reporters, Boxford Primary School



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THE BUTCHER'S WIFE

I've mentioned the mini Leeders before and I don't really know why I call them that, they are all taller than me so *I'm* actually the mini Leeder. From now on I will refer to them collectively as 'The Teenagers' (or as my friend's 6-year-old daughter called them recently – 'the people upstairs').



I used to think the toddler stage was difficult - that was before I lived with three teenagers. There are many similarities but for those of you that have the joy of the teenage years to come, here are a few tips for you.

- You can never tell a teenager anything, they already know it all.
- The cups and forks from the kitchen can be found in their bedrooms.
- Speaking of their bedrooms (and this is boys in particular), they will always smell like feet.
- They will eat huge amounts, all of the time and *still* be hungry.
- They won't wear a coat during the winter but they will still be walking around in a hoodie in the summer.
- Everything you do will embarrass or annoy them; talking, laughing, dancing, breathing etc.
- Getting them to get out of bed before 12 noon feels like it should be a scene from a Mission Impossible movie.
- You will never find your phone charger again.
- You won't understand their music and you will always be asking them to turn it down.
- As the saying goes, if you love something set it free. If it comes back to you, it's probably your teenager asking for money.

As frustrating and confusing as teenagers can be, if you catch them on a good day, they are excellent company but you have to get in there before the next mood swing!

Butcher's Beef Ragu

Serves 4

Ingredients

- | | |
|----------------------------------|-----------------------|
| • 1kg chuck beef, diced | • 3 tbsp tomato puree |
| • 3 tbsp olive oil | • 2 beef stock cubes |
| • 3 cloves of garlic, minced | • 250 ml red wine |
| • 1 onion, diced | • 375 ml water |
| • 2 carrots, finely chopped | • ¾ tsp dried thyme |
| • 1 stalk celery, finely chopped | • 3 bay leaves |
| • 1 tin of chopped tomatoes | • Salt & pepper |

Method

1. Heat 1 tbsp of oil in a heavy based pot and sear the beef for 3-5 minutes. Remove onto a plate.
2. Heat the remaining oil and add the garlic and onion. Sauté for 2 minutes. Add the carrots and celery and sauté for a further 5 minutes.
3. Add the tomatoes, tomato puree, red wine, water, herbs and salt and pepper. Crumble the stock cubes into the pot and add the beef. Bring it to a simmer and then turn down so it's bubbling gently.
4. Cover the pot and leave to cook for 2 hours.
5. Shred the beef with a knife and fork and cook for a further 30 minutes.
6. Serve with spaghetti.



Elaine Carpenter

N.R.H.P., C.H.P., Dip Psychology

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RAMBLINGS FROM THE RECTORY

What a delight and a privilege it is to be writing in this February edition of the Box River News. How time flies! No sooner are we passed Christmas, than we are looking forward to Lent and Easter. Spring is almost upon us and with it comes those little glimpses of new life and light. It was such a joy to witness an upturn in attendance leading into Christmas and across our Christmas services. The buzz in our villages and the generosity it garnered were notable. What a wonderful place to build from. So how might we grow as we look forward with optimism for all that the future may bring?



They often say that you are either a Christmas or an Easter Christian, as though the two are not mutually transformative. I would like to think that I am both. Recognising Jesus born amongst us in the manger is really important to our understanding of who God is. The fact that he has a concern to be one of us, living all the joys and sorrows that life brings, is significant. It means that in Jesus, we can see, hear, touch and smell God. It shows us that God has compassion and mercy for us and all the trials we may face, because it is a path he is willing to walk himself. Equally however, recognising the risen Jesus gives us hope in something more. It shows us that we are called to be the best version of ourselves. A version that gives each of us a divine heritage and calls us to an eternal vision in the here and now. It helps us to keep working towards heaven on earth.

A beautiful ethnic song popped up on my Facebook feed the other day, sung by a young African schoolchild. The words are poignant. It helps if you read it with an African accent: *'I don't want to act too high and mighty, cause tomorrow I may fall down on my face! Lord, I thank you for sunshine. Thank you for rain. Thank you for joy. Thank you for pain. It's a beautiful day'ay'ay'ay'ay'ay. It's a beautiful day'aay.'*

Sometimes we become fixed in our mindset and entrenched in a kind of quicksand of our own making, which we find it difficult to get out of, move on from or see the beauty around us. A tell-tale sign of this can be when an individual becomes overly sceptical, critical of others, or goes out of their way to try and trip other people up. I guess all of us fall into this trap from time to time, but we need to recognise it when it happens and try and improve things, because these traits are nearly always signs of a damaged or darkened soul that needs healing, and they also damage others.

The world can sometimes feel very dark at the moment, but it doesn't mean that light does not exist, nor that we shouldn't be striving for it. We just need reminding of where to look. We won't find it if we become too self-centred, self-important, in having unhealthy ambition, scrapping for power or control. We will find it when we praise others, look to build others up, accept the things we cannot control, look for the new opportunities God is placing before us, give thanks for the things around us and for the people God has given us.

As with all things, much of this is about the journey.

The 22nd of February is Ash Wednesday and marks the beginning of Lent. Lent is a time of renewal and refreshment. In Lent we are encouraged to put in place a discipline that will help us grow in perseverance, positivity, gratitude, kindness, motivation, generosity and love. A discipline that will help us grow in a more healthy direction. Traditionally, Lenten discipline has included 4 parts to help us grow holistically and 'live life in all its fullness'. This includes, fasting (a Lenten fast after our Christmas feast!), prayer and meditation (because we all need to improve our mental health and resilience), almsgiving (because the more we practice

generosity the more generous we become), study (because we should never stop trying to expand our minds and grow in wisdom and understanding).

To help you with some of this, we will be running a special Lent Study Group on Sunday evenings at Mary's House, 5 Swan Street, Boxford and Lent Evening Meditation on Wednesday evenings at St Mary's Church Boxford; there will be other special events taking place across the benefice and we will also be following through with Lenten themes in all of our services and events. We can't wait to see you there!

May God's light brighten your days this spring and may Lent be a time of renewal for you all.

With every Blessing,

Fr Rob - rparkermcgee@gmail.com, Tel: 01787 210434



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CONTACT INFORMATION

Benefice Office

Mary's House, 5 Swan Street, Boxford CO10 5NZ

01787 828046 email: boxriverbenefice@gmail.com

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SERVICE SCHEDULE FOR FEBRUARY 2023



Wednesday 1st February	10:00	<i>Midweek Eucharist</i>	Mary's House, Boxford
Sunday 5th February	09:30	<i>Sunday Eucharist</i>	St Lawrence's, Lt Waldingfield
	11:00	<i>BCP Matins</i>	St Mary's, Boxford
	16:00	<i>BCP Evensong</i>	St Bartholomew's, Groton
Wednesday 8th February	10:00	<i>Midweek Eucharist</i>	Mary's House, Boxford
Sunday 12th February	09:30	<i>Sunday Eucharist</i>	St Bartholomew's, Groton
	11:00	<i>Sunday Eucharist</i>	St Mary's, Boxford
	16:00	<i>BCP Evensong</i>	St Mary's, Boxford
Wednesday 15th February	10:00	<i>Midweek Eucharist</i>	Mary's House, Boxford
Sunday 19th February	09:30	<i>Sunday Eucharist</i>	St Mary the Virgin, Edwardstone
	11:00	<i>Sunday Eucharist</i>	St Mary's, Boxford
	16:00	<i>Compline</i>	St Lawrence's, Lt Waldingfield
Wednesday 22nd February	10:00	<i>Eucharist with Ashing</i>	Mary's House, Boxford
	17:00	<i>Eucharist with Ashing</i>	St Mary's, Boxford
Sunday 26th February	09:30	<i>Pilgrimage Eucharist</i>	St Mary's, Boxford
	10:30	<i>Confirmations</i>	Great Waldingfield

(Morning Prayer online every Tuesday, Thursday and Friday morning from 8.30am)

All our churches across the Benefice are OPEN EVERY DAY for Private Prayer.

If you need support, please contact Fr Rob or the Benefice Office

FOOD BANK

ST MARY'S CHURCH BOXFORD (NORTH PORCH)

IF YOU OR SOMEONE YOU KNOW IS IN NEED,
PLEASE VISIT OUR FOOD BANKS.

ALL DONATIONS OF NON-PERISHABLE GOODS ARE
GRATEFULLY RECEIVED



OUR BEAUTIFUL PARISH CHURCH STANDS AS A TESTAMENT TO THE PEOPLE WHO HAVE LIVED, LOVED AND MADE BOXFORD THEIR HOME THROUGHOUT THE AGES AND AT NIGHT THE TOWER SHEDS LIGHT INTO THE DARKNESS

"LIGHT UP"

St Mary's Church Boxford

In Memory of a Loved One
or
In Celebration of an
Anniversary, Birthday, or
Special Occasion

For a suggested donation of £15.00, the church will
be lit up in remembrance or celebration and a
commemorative poster will be put up in the church
to mark the occasion.

Contact boxriverbenefice@gmail.com or
01787 828046 for more information



The Box River Benefice

Boxford, Edwardstone, Groton,
Little Waldingfield and Newton

DATES FOR YOUR DIARY

Fri 3rd Feb 10:30am *Coffee Morning*, St Lawrence's, Little Waldingfield

Wed 15th Feb 10am *Coffee Morning*, All Saints', Newton

Thurs 16th Feb 7:30pm *Groton PCC*, The Rectory

Sat 18th Feb 10:30am *Coffee Morning*, St Mary's, Boxford

Tues 21st Feb 7:30pm *Boxford PCC*, The Rectory

Thurs 23rd Feb 7:30pm *Newton PCC*, Newton

THANK YOU

Apologies for mentioning Christmas as we head into February but so much happened after the last edition of the BRN was published, that we couldn't let them pass without saying thank you to everyone who supported the Benefice Churches over Christmas. Attendance at all our services increased significantly on previous years. In fact, we haven't seen numbers like it across this benefice since way back in 2015. This is testimony to the herculean efforts of our volunteers, the remarkable generosity of local people and everyone who made the effort to just turn up. We were delighted that so many of you chose to join us. It is so encouraging to see the positive impact our churches are having on the local community.

CAROL SERVICES

Whether at St Mary's Boxford, St Lawrence's Little Waldingfield, St Bartholomew's Groton, All Saints' Newton, St Mary the Virgin Edwardstone, our carol services across the Benefice were wonderfully enriching affairs. This year we saw increased numbers in all of our carol services with many churches full to bursting. We are so grateful to our choirs, organists and each and every one of you for having supported these events. We hope they helped to make your Christmas truly special.



MIDNIGHT MASSES & CHRISTMAS COMMUNIONS

The Midnight Mass Services on Christmas Eve and Communion Services on Christmas Day were ethereal, enriching, deepening and stirring – Christmas is, after all, the day of 'Christ's Mass'. These services saw an increase in those attending compared to previous years, and who can wonder at it? These services were filled with



deep symbolism, mystery and awe; beautiful singing and companionship, as we came together in humble adoration of our Lord and King: born in an earthy manger, reborn in the manger of our hearts and met as the resurrected Jesus through sharing God's gift of Holy Communion with one another.

CHRISTMAS DAY COMMUNITY LUNCH

To cap off a wonderful Christmas, the Christmas Day Community Lunch was another success. So much generosity was shown by members of the community in contributing with produce or time to make this happen. In all 32 meals were prepared and distributed, either through home deliveries to those who needed them or around a large dining table in the village hall. So much fun was had as we shared in this most beautiful reflection of the spirit of Christmas.



We are busy planning events in and around the Benefice for 2023. There will be something for everyone and we do hope that you will be able to join us and support your local churches during the year. As always, we will keep you posted in the Box River News, watch this space!

Did you know that we have a Facebook page and are on Instagram? If you would like to follow us, we are Box River Benefice-Boxford, Edwardstone, Groton, Little Waldingfield and Newton.

We also produce a weekly and monthly newsletter, detailing service information and lots of other information from the Benefice, if you would like to receive a copy of these, please contact the Benefice Office to join our mailing list.

BOXFORD CHURCH BUILDING FUND

The newly reconstituted Boxford Church Building Fund plans its Annual General Meeting to be held on Sunday 12th February at 2.30 in Mary's House. All who are interested in raising funds for the beautiful mediaeval church building in the middle of Boxford are welcome.

GIVING

Whether or not you attend church regularly, it is likely that you benefit in some way from a Church being in our villages. The church helps build community, provides a reassuring presence marking the seasons of the year and during challenging times in our lives. We live in a world where local community is threatened, public service undervalued and individuals all too often get lost in the system. It is no surprise that isolation, loneliness, depression and poor spiritual and mental health are at frightening levels in our society. The Church provides a counter to this at a local level. In many villages up and down the country, once the pub has closed, the Church remains the only remnant of community spirit and focus. We need to secure such assets if we do not wish for them to disappear from our national life. But a church is more than just a building. Are you able to contribute the cost of a coffee or newspaper each week, to help our churches survive and thrive?

Please do get in contact the Benefice Office if you would like to talk to find out more about giving. Alternatively you can visit the giving page of our website to find out more: www.boxriverbenefice.com/support-us



BOXRIVER BENEFICE

COFFEE MORNINGS

EVERY TUESDAY, 10AM - MARY'S HOUSE, BOXFORD

FRIDAY, 3RD FEBRUARY, 10.30 AM - ST LAWRENCE'S CHURCH, LT WALDINGFIELD

WEDNESDAY, 15TH FEBRUARY, 10.00 AM - ALL SAINTS' CHURCH, NEWTON

SATURDAY, 18TH FEBRUARY, 10.30 AM - ST MARY'S CHURCH, BOXFORD

POP ALONG FOR A CUPPA AND CHAT

Boxford Rovers Quiz Night

March	11
Arrive for	7

Boxford Village Hall
Max 8 per Team
Raffle & Refreshments
 Support your local club in their fundraising efforts.

https://www.justgiving.com/crowdfunding/boxford-rovers-2023?utm_term=4Q8dAG8rr

Contact Steve for tickets 07815121155
 steveegglesstone@icloud.com

Tickets on sale January



KEEP WARM THIS WINTER AT MARY'S HOUSE

"A WARM, WELCOMING SPACE"

OPENING TIMES

Tuesday, 9.00 am - 12.30 pm
Wednesday, 9.00 am - 12.30 pm
Thursday, 9.00 am - 12.30 pm

**OUR REGULAR ACTIVITIES WILL CONTINUE
BUT EVERYONE IS WELCOME TO JOIN US**

Tuesday, Drop in for Coffee, 10.00 am - 12.00 pm
Wednesday, Midweek Eucharist, 10.00 am - 11.00 am



The Box River Benefice
 Boxford, Edwardstone, Groton,
 Little Waldingfield and Newton

POLSTEAD GARDENING CLUB

Our autumn season of meetings is now under way and coming up we have:

Tuesday 14 February at 7.30pm: Climate Change and Gardening with Jim Paine from Walnut Tree Nursery Garden

Tuesday 14 March at 7.30pm: Old Fashioned Roses with Matthew Tanton Brown

All meetings will be at Polstead Village Hall on the green in Polstead (CO6 5AL). Free to members.

Non-members are welcome £5 (cash or cheque please). Includes a drink and nibbles.

Queries to gardeningclubpolstead@yahoo.com

PROGRESSIVE WHIST DRIVE

Wednesday 8th February, 7pm Monks Eleigh Village Hall

We play 18 hands with a break for refreshments. £3 to play, we hold a free 'bring a prize, win a prize' raffle.

POLSTEAD FILM MATINEE

POLSTEAD VILLAGE HALL

Friday 25th February

Doors open 2pm film starts at 2.30pm

Pack up your worries and come to Polstead Village Hall for an afternoon showing of

THE RAILWAY CHILDREN RETURN

"A gentle film with a great deal of heart"

All welcome!

Tea, soft drinks, biscuits, cake, ice cream.

Tickets **£3** each.

To reserve email:

polsteadfilms@gmail.com

or buy in advance at Polstead Community Shop

All proceeds in aid of Polstead Village Hall Charity No. 304933



Appeal to Gardeners!

Show off your hard work
 Share ideas with garden lovers
 Support your community

Please open your garden
Boxford Open Gardens 4th June 2023
 Contact Audrey Zuck
audrey@a2zriskservices.com
 or
07852 102 455

BOXFORD GARDENING SOCIETY

SARAH COOK & LUCY SKELLORN

CEDRIC MORRIS AND THE GARDEN AT BENTON END



Sarah Cook & Lucy Skellhorn

Tuesday 7th February 7.30pm
at Boxford Village Hall



Fleece Jazz at Stoke-by-Nayland Hotel presents

Dave Lewis' 1UP Band

Wednesday 8th February 2023 8pm - Tickets: £20



American saxophonist Dave Lewis' raw sound is perfectly matched by the soulful intensity and searing blues vocals of Lizzie Deane.

Dave Lewis – Tenor sax
Al Cherry – Guitar
Robin Aspland – Piano
Neville Malcolm – Bass
Rod Youngs – Drums
Lizzie Deane – Vocals

Tommaso's "Power of Three" Trio

Wednesday 22nd February 2023 8pm - Tickets: £18



Tommaso Starace performs some of his favourite tunes across a range of styles: Funk, Latin, Bossa, Ballads and Swing.

"The sound of a trio having 'serious fun' that transmits itself to the listener"

Ian Mann – The Jazz Mann

Tommaso Starace – Sax
Jim Watson – Piano
Luke Fowler – Bass

Stoke by Nayland Hotel, Keepers Lane, Leavenheath CO6 4PZ

Ample parking; fully accessible. Directions: www.fleecejazz.org.uk

Tickets: 01787 210796 or via **WeGotTickets** (booking fee applies); or on the door (cash or cheque only; sorry no debit/credit cards)

SPECIAL OFFER: A double room with breakfast and two tickets from £109 (subject to availability) Phone: 01206 262836

Newton Village Hall Committee

are pleased to invite you to a

COFFEE MORNING

on

SATURDAY 11th February

10am

Newton Village Hall

REFRESHMENTS
CAKES
PRIZES

BRIC -A- BRAC
BOOKS
RAFFLE



All Welcome!!

Donations of raffle prizes, cakes, books, produce, plants and bric-a-brac would be most welcome and can be brought on the day or delivered to a member of the village hall management committee beforehand.

Committee members:

Fiona Garman, Joan Linney, Sue Presland, Rita Schwenk, Alan Vince, Janet Weavers.

Boxford
Community Council
charity number: 304862



RACE NIGHT

Boxford Village Hall

All proceeds will go towards the King's Coronation Street Party event fund

- Licenced Bar
- Hog Roast kindly provided by A. Leeder Butchers
- £1 Cash Only Tote
- Big Prize Auction
- Prizes for all Winning Owners

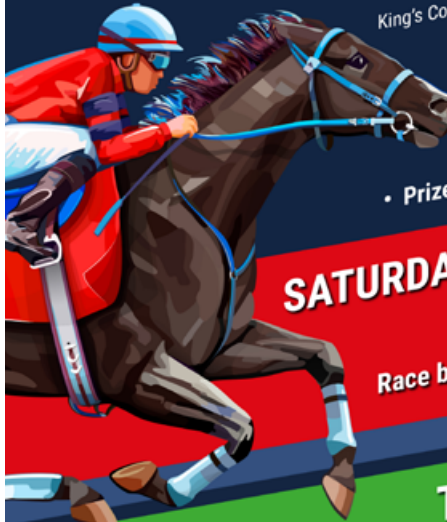
SATURDAY MARCH 4TH

Doors open 6:30PM

Race briefing 7:15PM

TICKETS £15

Individual tote bets £1 each. Horses can be owned & named for £10 each
BOOKING ESSENTIAL - phone Trudi on 01787 210946
or email tickets@boxrivernews.com
tickets also available from Boxford Post Office and A. Leeder Butchers



GROTON VILLAGE HALL MANAGEMENT COMMITTEE
PRESENTS



QUIZ AND CURRY EVENING

At
Groton Village Hall

On Friday 21st April 2023 7:30 for 7:45 start

£12.50 per head (entry plus choice of curry & dessert)

Teams of 4-6

B.Y.O. Bar

Raffle

Phone Joanna: 210619 or Jayne: 211360 to book your place

SHANTYFOLK

ShantyFolk is an a capella shanty crew, who have been together since 2014 having met whilst members of a local community choir. They have performed across East Anglia in support of various charities and non-profit organisations. ShantyFolk appeared at the prestigious Harwich International Shanty Festival, at the inaugural Brancaster Staithe Shanty Festival last year, and four times at The Apex. They sing and explain the stories behind numerous shanties and songs of the sea. To date their fundraising efforts include raising approximately £2,500 for the RNLI.



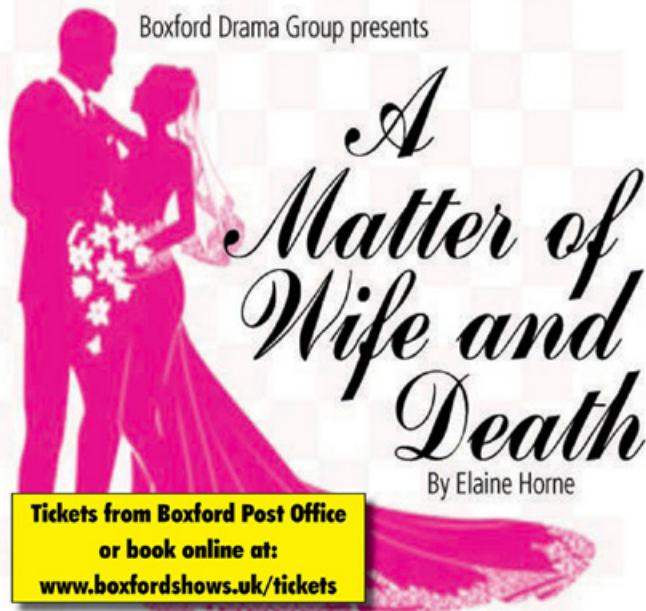
Audience participation at ShantyFolk events is actively encouraged and they guarantee a fun time wherever they perform.

On April 15th they will make their first public appearance in Boxford at the Village Hall, benefitting the Boxford Bowls Club (in its centenary year) and a to-be-selected charity.

A review of a ShantyFolk performance in 2022 can be found here: <https://bit.ly/shantyfolk-review>.

Email: shantyfolksuffolk@gmail.com

Boxford Drama Group presents



By Elaine Horne

Tickets from Boxford Post Office
or book online at:
www.boxfordshows.uk/tickets

16th March till 18th March
7.30pm at Boxford Village Hall

Thursday tickets £12.00

(with ploughmans served during the interval)

Friday and Saturday tickets £16.00

(with 2 course supper served during the interval)

Raffle and bar every night



MILDEN PAVILION QUIZ & GAMES NIGHT

Saturday 15th April 2023

**Please join us for a fun evening
to include Fish and Chips*
cooked on site from 6.30pm**

** Gluten Free and Vegetarian options available but must be ordered*

**Tickets £15 per person with
up to 8 per team or table.
Licensed Bar open from 6pm
Quiz from 7.30pm
Evening to include a Charity Raffle**

**Please email: info@mildenpavilion.co.uk
or phone 01787 248145 to book**



Milden Pavilion
Church Road
Milden
IP7 7AF



www.mildenpavilion.co.uk
Registered Charity No 304919



ShantyFolk

Rousing Shanties & Songs of the Sea



Boxford Village Hall

Saturday April 15th, 2023 at 7:30 pm

Doors open 7 pm

£12 (£8 under 16's)

**Audience Participation Encouraged
Fun Guaranteed**

Sandwiches, Cake, Tea & Coffee will be served at intermission. Licensed Bar
Tickets available at the **Boxford Post Office**, or contact: shantyfolksuffolk@gmail.com

Organised by:



Proceeds to be shared with a charity



This February

Month of Love

**Valentine's
3-Course Dinner**

SN Stoke by Nayland
RESORT

**Just the Two of Us
Couples' Spa Treatment**



£39.95pp



£114 per couple

Available Friday 10th - Tuesday 14th February

Available throughout February

Book your table online or by phone. Terms and conditions apply. Valentine's Dinner, B & B Package also available.

www.stokebynayland.com/monthoflove t: 01206 262836

Stoke by Nayland Resort, Keepers Lane, Leavenheath, Colchester CO6 4PZ



/SbNResort



**GOOD RESOLUTIONS
ON THE WANE?
DREARY REALITY SET IN?**

**THE ARTS SOCIETY
STOUR VALLEY BECKONS**



**On the 3rd Wednesday of each month at 11am
at Long Melford Village Hall, CO10 9QJ (opp The Bull)**

We offer illustrated Monthly Talks, Visits, Special Interest Days + a quarterly magazine & much more – all at a very reasonable cost

For further details: and to get your name onto the temporary membership waiting list

Contact: info@TASstourvalley.org.uk quoting **BRN21** or via our website www.TASstourvalley.org.uk

WEDNESDAY 15th FEBRUARY

THE WOMAN WHO TOLD US WHERE TO GO

The transformation of Britain with road sign systems from typeface to colours & shapes. Margaret Calvert and Jock Kinneir worked together and created the look of British Rail, the NHS and airports.

'Body Movement for Seniors'
Polstead Village Hall



**Every Thursday morning
10 - 11 am
Polstead Village Hall**

A gentle keep fit and movement class for seniors.
Come along and join the fun
Loose clothing advised



Sponsored by Babergh & Mid Suffolk Council



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Church Road, Little Waldingfield, Sudbury, Suffolk

**BOB THE GARDENER'S
FEBRUARY THOUGHTS...**



**HOLLOW
TREES
FARM**

"One of the first jobs I had after leaving Chadacre, an agricultural college near Bury St. Edmunds, was working on a large dairy farm in Saudi Arabia. I worked a two-year stint rearing calves. Desert life was harsh, and with minimal change in the weather from one month to another, it really taught me to appreciate the changing seasons when I returned home to Suffolk."



We all have our favourite times of year. Without Winter, we would not appreciate Spring. My point is, as the days gradually lengthen, you may feel that unstoppable urge to get out in your garden and plant stuff! If you are afflicted with this desire, please think of us here at Hollow Trees farm plant centre. We have great plants at great prices, ready for their new homes!"

**SUDBURY INDEPENDENT
PARKINSON'S GROUP**

Sudbury's 'Parky People'

As I am writing this on a bright, sunny, if cold, Sunday afternoon, I can report that my fellow committee members (Lesley, Tracy, Mary, Joy, Eileen, Monica, Jackie) and I have been delighted at the big response we have had to our December / January promotional campaign. The bright, punchy poster designed by Lesley's son, Simon has certainly grabbed peoples' attention and it looks certain that we will have a good turnout at our January 18th open-house meeting at the Stevenson Centre. With a packed agenda for the afternoon our only problem is likely to be not having enough time, but, we know people will want to get home before it gets dark so we'll finish by 4pm for sure and anyone wanting to stay on for a chat afterwards will be very welcome to do so.

I must say a BIG 'Thank You' to Sarah who manages the Stevenson Centre. She has been incredibly supporting and helpful with our arrangements.

GOOD NEWS! - It now looks like we will be offering weekly 'Alexander Technique' therapy sessions, subject to feedback from our January meeting on exact dates and timings.

Parkinson's symptoms include: *Lack of, or slowness of movement; Rigidity / stiffness; Balance and stability issues; Tremor when at rest; Stooped posture; Cognitive issues, such as difficulty changing from one activity to another; Low mood (anxiety, depression).* Learning the Alexander Technique can help cope with all of these - it's a gentle hands-on method of postural re-education. It's safe and is recommended by the NHS - see:

www.nhs.uk/conditions/alexander-technique

Andrea Walsh will be talking to us about the technique and we should have time for Andrea to give a brief demonstration of how it works at the January meeting.

We are looking forward to a successful 2023 by helping as many 'Parky People' as we can - please help us to spread the message! and don't forget we have started the Working Age / Young Onset group meetings for informal get-togethers at the Maldon Grey family pub on the first Thursday of EVERY MONTH at 7pm - to which ALL are welcome - bring along partners / friends.

John Lane

07941 391 107 / info@parkinsonsudbury.org.uk



**HOLLOW
TREES
FARM**

COME AND SEE
WHAT ELSE WE
HAVE IN OUR
PLANT CENTRE
TO BRIGHTEN UP
YOUR GARDEN!



@HollowTreesFarm
#GreatDayOut

BOB THE GARDENER'S FEBRUARY SPECIAL



25% OFF



ALL Rhododendron and Azalea plants!



PLUS



25% off Ericaceous Compost

a must have for growing Rhododendrons and Azaleas!



You will find us on the A1141 Hadleigh/Lavenham Road

☎ 01449 741 247 ✉ shop@hollowtrees.co.uk 🌐 www.hollowtrees.co.uk

📍 Hollow Trees Farm, Semer, Ipswich, Suffolk, IP7 6HX



WELCOME PARKY PEOPLE

Sudbury's PARKINSON'S SUPPORT group – MONTHLY MEETINGS

NEXT AFTERNOON MEET: Wed' February 15th 2023 – 1:45 pm
for 2:00 pm – at Stevenson Centre – Gt.Cornard – CO10 0WD

Music & Song with Ben Smith – Guest Speaker(s) / Entertainers(s)
Refreshments – Information – Discussion.

We are now ALSO organising separate therapy sessions.

PLUS !!! WORKING AGE / YOUNG ONSET GROUP –
INFORMAL EVENING GET-TOGETHERS – “Just turn up for a Chat”
2nd THURSDAY Every Month at 7pm: Feb' 2nd; March 2nd etc.

at the Maldon Grey Family Pub, Cats Lane, CO10 2RZ

ALL WELCOME – including Carers / Loved Ones – FREE PARKING

Call John for more info on 07941 391 107

www.parkinsonssudbury.org.uk – Facebook: ParkySudbury Suffolk



Creative workshops and courses
set in a beautiful Suffolk surrounding

For more info on what's on and how to book go to
www.farfromthemaddingcrowd.co.uk

Far From The Madding Crowd Events Ltd
Leavenheath, CO6 4PU

BRIAN TORA'S SOAP BOX

Quite frankly, I was glad to see the back of 2022. It started badly for me and, if anything, finished on an even lower note. In the interim period there have been plenty of trials and tribulations, covering all manner of personal issues. And it has not exactly been a bundle of laughs on the wider scene, with war, inflation, strikes and the tail end of the pandemic all combining to wipe the smiles from our faces. Even the weather has been dubious at times.

But I like to consider myself to be a glass half full type of person, so I must look to the future with some degree of optimism. Might we expect fate to treat us more kindly in the months ahead? Only time will tell and, as I constantly remind those prepared to listen, forecasting the future is truly a mug's game. Indeed, my approach when addressing those investors seeking my assurance on what might happen to markets has been to quote that renowned economist, the late John Maynard Keynes, who said there were two kinds of forecasters – those who don't know and those who don't know they don't know.

On a personal level, what happens will, of course, depend on individual circumstances? Many of the events that have affected me and those of my friends who have been impacted adversely over the past year were impossible to forecast. Similarly, much of what took place both domestically and on the international stage would have been hard to predict, though with the benefit of hindsight, there were a few indicators that might have warned us of potential trouble ahead.

Can we find indicators in the flow of news that has been emerging as the New Year gets under way? Certainly, newspapers and other media are full of predictions of what may lie ahead for us all. Amongst the likely outcomes for later in 2023 is that inflation should moderate. This is fairly easy to predict. It doesn't mean the price of energy and foodstuffs will fall, but rather that future price rises may be less dramatic. Already we are seeing oil and gas prices move gently into reverse – and this despite no sign of an end to the Ukrainian conflict.

One of the pluses that has arguably emerged from what has happened in the past year is a demonstration on how much faster we have become at reacting to unexpected events. I'm talking about governments here, rather than the man in the street, though it seems we are able to change tack more swiftly too. As an example, gas consumption has fallen in Europe as a consequence of the action taken by Russia and a new emphasis on energy conservation should be of benefit in the longer term. Perhaps as dramatic was the speedy way in which Liz Truss's ill thought through economic plans were consigned to history as a direct result of adverse market reaction.

The biggest known unknown is, of course, the war in Ukraine. It retains the ability to escalate and threaten a far wider group of nations. And it is hard to see the Kremlin backing down, despite the fact that this special military operation has had the reverse effect of that which was originally intended. Ukraine has gained a sense of national identity that was arguably lacking before, while NATO is now likely to expand further and pull together with a renewed sense of purpose.

On balance I think I'll abandon any thoughts of trying to find crumbs of comfort in the entrails of current news stories and rely on good old fashioned hope that things can only get better. There are certainly arguments that should lead us to believe that the future could be rosier than it appears in the depth of winter. The search for a vaccination to ward off Covid has led to advances in manufacturing medicines for other diseases. But in the end it is a strongly held belief that, whatever the adverse conditions, the human race enjoys the ability to pull through. Perhaps it will be a Happy New Year after all.

Brian Tora

CITIZENS ADVICE

As the weather has turned colder, I've noticed mould and damp in our flat. It's mainly in our bedroom, including some black mould on the carpet. I've been chasing our letting agency, who say they'll speak to our landlord. I'm really worried about how this might affect our health. Our tenancy agreement isn't up for eight months, what can I do?

citizens
advice

It's good that you've already raised the issue with your letting agency. Unfortunately, it isn't always easy to work out the cause of mould or damp. This can make it difficult to work out if your landlord is responsible, unless there's an obvious cause, like a leaking roof.



There are many causes of damp that properties can get. The most common are rising, penetrating, construction and condensation damp. On our website www.citizensadvice.org.uk there is information that may help you work out what type of damp you have, who is responsible and what you can do. Check your tenancy agreement too for mentions of repairs and damp and reach out to Citizens Advice on anything you're unsure about.

A landlord will have to act in relation to damp if it makes the property unsafe for someone to live in. This could be for example, if it is making the tenant or a member of their family ill. The landlord will also be responsible if the damp is related to repairs they should have carried out, like if heaters are broken. If the damp has damaged items that the landlord is responsible for, such as carpets and window frames, they'll likely have to cover the cost of repairs.

One of the most common causes of damp is condensation. To prevent this, it's important to keep homes well-heated and well-ventilated, but for a lot of people this will be trickier to do given the colder weather and higher heating costs. You may be eligible for help to insulate and heat your home and should visit our website to find out more.

On our website we also have advice on things that can make damp worse and may impact the landlord taking responsibility for repairs. These include drying clothes on heaters or blocking air vents.

If your landlord is responsible for the damp in your property but doesn't act, there are steps you can take, such as reporting them to the local authority. If you're in social housing, you might also be able to use the landlord's formal complaints procedure. There is more information about this on our website. If it reaches the point where you want to get out of a fixed term tenancy agreement early, do speak to an adviser first, as there might be better ways to approach the issue.

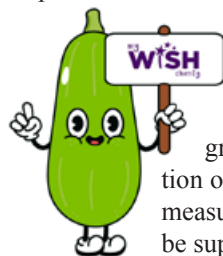
For information and advice on this or anything else, visit www.citizensadvice.org.uk or call Sudbury and District Citizens Advice on **01787 321400** and leave a message and someone will call you back when available.

We will attempt three times to call you back, so please expect a call from a withheld number. Alternatively, contact us via email at advice@sudburycab.org.uk or by using the contact facility on our website, www.sudburycab.org.uk/contact

We are providing advice by telephone and email Monday – Thursday, 10am – 3pm.

MY WISH CHARITY

The year is well underway and we are all systems go for our event calendar for the year. Take a look and see what you could enjoy while raising funds to help us support staff and patients across the West Suffolk NHS



Foundation Trust.

Spring means we start to think about the garden again. What better way to get started than to enter our first Marrowthon! The aim is to grow the heaviest marrow ready for our competition on 23rd September when we will be weighing and measuring in Newmarket where the money raised will be supporting the Newmarket Community Hospital.

Saturday 17th June sees our tandem skydive return as we've, once again, teamed up with UK Parachuting in Beccles. Join us as we take to the skies reaching a height of 5,000 feet. It's on the bucket list of many of you so make 2023 the year you tick it off.

Fancy something a bit more sedate? Then the NHS Big Tea could be for you. July sees the NHS celebrate it's 75th birthday and we ask you to join us as we raise a cup to the amazing staff who care for us all. We will also be enjoying a day dressed as a rainbow

as we raise funds to support the West Suffolk NHS Foundation Trust. You could just wear a pair of bright socks, dress as a NHS staff member or go the whole hog as dress up in all the colours of the rainbow!

And of course, a My WiSH year wouldn't be complete without our annual Soapbox Challenge on Saturday 2nd September. This thrilling event is back for its fourth year and will, once again, see soapboxes race down Mount Road in Bury. Previous years have had

an array of amazing teams compete including Postman Pat, a pirate ship, Top Gun and Del Boy's Robin Reliant. Places are limited and going fast so please get in touch if you think you could take on the challenge and win the coveted Overall Champion trophy.

We hope our amazing fundraisers will continue to come up with their own challenges and fun ideas to make a difference to the community. If you have an idea do get in touch.

To contact the team or for more about all of these events, please go to www.mywishcharity.co.uk/events.



EBONY'S DIARY

Looking back at previous blogs for February I see masks everywhere. I like this picture of a rider trying out the pad on my back, with two masked helpers giving him confidence. I'm there gently giving his muscles a workout and strengthening his core, but he won't know that! It's my secret which I share with all the live ponies who work here. We have been lucky to engage the help of Abi Sinclair to help the team out with expert horse care whilst Lyn takes some time off. Welcome, Abi, even though Babs and I don't need your help at all, we hear the herd is so glad you are here.



As usual for February we are muddy and wet, but the super big sitting-room/kitchen is sheltering the human volunteers from the worst of the weather. There's lots to look forward to in 2023: we shall reinstate the Shelley Show; the Hadleigh Show will sport our amazing cakes and plant tent; the volunteers will continue to stimulate and educate the riders and to cap it all, Anglian Water will be driving a large pipe through Shelly and there will be attendant disruption! Exciting.

Mid-February will see our school-age riders taking half term off, so have fun and keep well!

The Shelley Centre for Therapeutic Riding, Shelley, IP7 5QY
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PHOTOS AND STORIES FROM BOXFORD SOCIETY VILLAGE ARCHIVE

Village fun and activities at Rectory Park

The sites of the rectories of the Rectors of Boxford before the 16th Century are lost in the mists of time, though we do know that earlier monks from the Augustinian Kersey Priory (dissolved 1443) lodged at Riverhall in Ellis Street and made their way to prayer in the church via a causeway, across the river. This route gives its name to The Causeway estate today. It is said that they entered the church via the small door on the North side of the church.

The first rectory we can identify for certain was originally sited at Parsonage Farm in Stone Street. Parts of Parsonage Farm date to the 16th Century and were built at the same time as the rectory itself. Rectors of Boxford lived there until about 1820. By 1827 the old rectory had been taken down leaving just Parsonage Cottage. The beautiful dovecot associated with the farm was built in the 18th century. It eventually fell into disrepair and was reconstructed in 1978.

The Reverend Thurlow (Rector of Boxford), a man of some substance, decided he wanted something grander and more appropriate to his station and breeding. His impressive rectory (now called Boxford House) was built across the road on parsonage land by Kingsbury's between 1819 and 1820, and at his own expense of £2,000. Today's rectory, off School Hill, was built after the Second World War and Thurlow's Rectory fell into disrepair and its lead roof was stolen. The Church Commissioners sold it to Mr V Leeder for storing grain. In 1962 Sir Conrad and Lady Hilda Swan purchased it and made it into a family home again.

From 1919-1952, under the Reverend Thomas Rice and his predecessor, Rev. William Shaw Andrews, the grounds of the rectory were known to villagers as Rectory Park. We did not have a playing field at that time, and the Park supported all kinds of fun events, games and activities. In the last 20 years older residents and even evacuees have told us of their attachment to that Park and their appreciation of the kindness of the Revd. and his



Boxford Rectory, now Boxford House, is set in extensive grounds once used for village games and events.

second wife. The walk between the Church and the Park through the wooded plantation would have been a joy in all seasons (there was no bypass cutting through it back then).

The pictures chosen this month show some of the activities and happy times for villagers at Rectory Park. One of the biggest events was "Salute the Soldier" week in 1944. On Saturday 3rd June a week of village events culminated in many activities at Rectory Park and an adult fancy-dress dance at the village hall. During the day there had been a childrens' fancy-dress competition, football match, tug of war, races, treasure hunt, darts match, drama, bowls, baseball match, etc and 'pig pelting' - a game from the 1920s where balls had to be thrown through holes in a board. This was followed by a Sunday service with the Suffolk Regiment marching band leading everyone from the village to Rectory Park. The reported list of prize winners, performers and event organisers includes an impressive list of hundreds of village people. The village raised £5,000 over the week for field hospitals and other military equipment in the final stages of the war.

Tina Loose



Village Air Raid Wardens at Rectory Park. They patrolled the streets to ensure that no light was visible after dark. They were trained to report the extent of bomb damage and assess the local need for help from the emergency and rescue services. They had basic First Aid training too and were responsible for handing out gas masks and pre-fabricated air-raid shelters. Was this picture taken at the "Salute the Soldier" event? Can you name any of the wardens?



The “*Salute the Soldier*” Saturday 3rd June 1944 service was held in Rectory Park. American Service Men, police, the band that led the procession through the village and the Red Cross Nurses were all present.



Red Cross Nurses at Rectory Park:

Back row from left to right: Doris King, Brenda Moody (nee Rule), Jennie Rice (nee Walker), Lady Corry, Elsie Ward (nee Crompton), Trixie Gunn, Mrs Manson.

Front row: Katie Younger, Mrs Williams, Elsie Ward, Evie Fletcher (nee Grimwood), Peggy Matthews, Eileen Kingsbury (nee Skim).

Evie Grimwood ran the Brownies at the Rectory and married Percy Fletcher. The Brownies would fight over who would push baby Robert Fletcher’s pram up to the Rectory for Brownie night. Others remember the Baby and Mother group in the Doctor’s Surgery at the Rectory. Eight WWII evacuees stayed at the Rectory in the care of the housekeeper, Jennie Walker, before she married the Revd. Rice in 1941.



The fancy dress competition for “*Salute the Soldier*” on Saturday 3rd June. It includes WWII evacuees. We have named Ann Conroy, Ruth, Geraldine, Susan and Marina King, Margaret Reeve, Muriel Griggs, Maureen and Valerie Moody, Margaret Griggs, Polly Anderson, Ann Rumbelow, Nobby Clark (an evacuee staying with Mrs Rule), Dorothy, Sylvia and Marjorie Sore, Daisy, Mark and Jean Gant. Others are listed in the news report and some of these people still live in the village or are related to other residents.

THE GLOW PRO

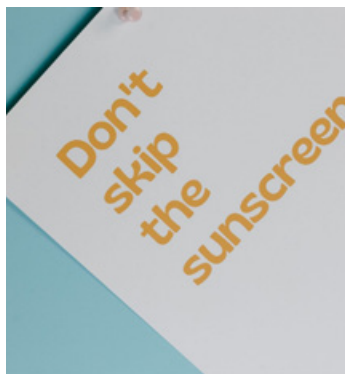


Whether you love it or hate it, social media has opened our eyes to a bunch of topics that we've never had access to before. We all know it's an incredibly powerful communication tool but it can also be a hotbed for misinformation. That's why, when it comes to skincare, you should always head straight to a trusted source or skincare professional!

This month I've teamed up with Eve, our Beauty Therapist and ALLSKIN|MED Specialist, to share tips on how to get the best results from your skincare:

Use Sunscreen Daily

If sunscreen isn't already a habit, it's time to make it one! With a huge range of sunscreen products available that are tailored to individual skin types, it really is the most effective way to protect your skin from sun damage and premature ageing. Daily use, no matter what the season, should be non-negotiable as part of your skincare regime.



Be Realistic



Everyone's skin needs are different and can be influenced by a range of factors, including genetics, hormones and lifestyle. Set yourself realistic expectations and remember the old adage: *"If something sounds too good to be true... it probably is."*

Avoid products that claim to provide instant results, as this will inevitably lead to disappointment. Instead, focus on skincare that is clinically proven and look out for the percentage of active ingredients in your products.

Avoid Using Too Many Active Ingredients At The Same Time



With so many hero products that help to refine, brighten and firm skin, it can be tempting to use them all at the same time. Retinols, chemical exfoliants such as glycolic acid, and antioxidants such as vitamin C, are a few examples of powerhouse ingredients. Nonetheless our skin won't reap the benefits if we don't layer them properly or control how often we use them. More is not always better, so remember to rotate your products to avoid irritation.

Find The Right Products For Your Skin Type

When trying to tackle a skin concern, it's easy to get caught up in something that works well for a friend or beauty guru, hoping it will work the same for you. Unfortunately, it's not always that simple!

One of the most important things you can do is spend time researching skincare that is developed to help your unique skin type. If something no longer seems to be working for you, hit the reset button and take it back to basics.



Good Results Take Time

Patience is a virtue when it comes to skincare. A very common mistake is throwing in the towel before giving your products enough time to work. It can take months of consistent use before seeing a noticeable difference.

It's also worth mentioning that some skin conditions respond to treatment more efficiently, such as dryness, compared to fine lines. Keep your skincare routine simple and consistent, as that's when you'll yield great results. Remember, it's a marathon not a sprint!

If you'd like to book in for a consultation, contact us on: office@suffolkmedicalclinic.co.uk / 01787 211 000

Helena x

Suffolk Medical & Beauty Clinic
Medical Aesthetics



Thank you for all of your questions and comments for this month's Q&A! Our chosen question comes from Nicky, based in Great Waldingfield. She asks:

Q: "How do I choose the right skincare products for my skin?"

A: I would recommend booking in for a beauty consultation at Suffolk Medical & Beauty Clinic. During your appointment, one of our Beauty Therapists will assess your skin, discuss any products you currently use and advise you on products that are suitable for your skin type. You may also benefit from an Express Facial (£40.00), which is a relaxing treatment using advanced, professional products.

Email your beauty questions to theglowprosuffolk@gmail.com for a chance to be featured next month!

READERS' LETTERS

Dear Editor;

I would like you to put a thank you in your magazine for the help I received when I collapsed in Leavenheath Church during the Service just before Christmas.

A First Responder was on the scene in a matter of minutes and I was very grateful to see a friendly face when I came round (although she had her mask on).

She monitored my blood pressure and looked after me together with my wife until the ambulance arrived (it came from Kings Lynn).

After an ECG and more tests in the Ambulance I was taken home and told to rest.

I am now fine, so please thank her if you can.

Cheers for now,

David and Sue Handley, Leavenheath.

Dear Editor;

It is with great disappointment that the planning application for six bungalows just off Corner Green, Newton has been granted. So much for neighbourhood planning!!

Not only will this create an increase in traffic (private and commercial) using a very unsuitable track which is too narrow and uneven but also the added safety issue of traffic entering the A134 on a bad bend where frequent incidents occur.

Yours, very concerned,

Maureen Williams, Newton.

Dear Editor;

I'm just writing to thank Tina Loose and the Boxford Society archive for the wonderful photos that are printed each month. I've lived my entire life in the village and it's amazing to see how the village has changed over time. It's good fun recognising old friends, village characters and family. In the last issue I loved to see the old Edwardian photo taken along Stone Street showing a small boy leaning against the houses that were owned by my grandfather - I was born in the middle one albeit about 50 (ish) years after the photo was taken.

It is a wonderful thing that the fascinating history of our village is being kept, studied and printed for all to enjoy. So much work has clearly been put in every month that on behalf of everyone I'd love to say thank you and long may it continue!

Yours sincerely,

Andy Sargeant

KENNY'S NEWS FROM SESAW



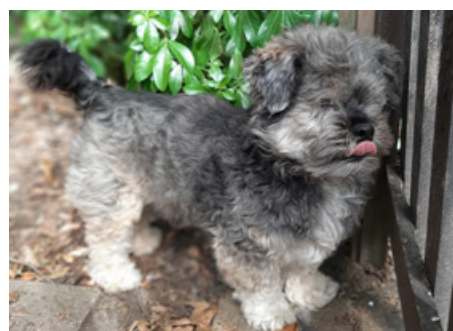
Anyone remember last summer's heat-waves? Me neither, but there must be some sunlight getting through the clouds, judging by our quirky mascot outside.

A few years ago, a small plastic solar powered Pug was left at our gate.

Perhaps a dog lover thought

he would bring us more luck than

the traditional waving cat. Apparently these Chinese talismans are actually Japanese and not waving but beckoning. The right paw invites good fortune but our Edmond beckons friendship with his left paw, perhaps suggesting true friends are worth more than money? We are certainly blessed with wonderful people who come in each day to care for the animals awaiting new homes, including dogs like seven year old Buster who cannot see.



His sense of space and touch is fantastic but he likes his world to remain static so that he can negotiate it accurately. Buster enjoys his walks, he knows the exact whereabouts of his dinner - and the treat you are offering him!

Slowly build up trust, talk to him as you approach so he is not frightened and a rewarding relationship will develop.

Please leave a phone message or email if you would like to meet this special boy, or if you would like to become a volunteer. New adults are always welcome to help with feeding, walking and cleaning the living quarters. All we ask is commitment to one morning per week. There are lots of grateful animals waiting to meet you, including me, *Kenny (the Boss) Chihuahua*.

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FEEDBACK FROM JAMES FINCH

Your County Councillor for the Stour Valley

Council to protect frontline services and increase funding in '23/'24 budget proposal

Adult care services and children's services will receive £47m more funding as part of Suffolk County Council's £685m budget proposals. Despite an incredibly challenging economic climate, the council has been able to produce a balanced budget.

This will protect the services that people rely on the most and continue to care for the most vulnerable, which accounts for 75% of the whole budget. Adult care services will have £34m more in their budget, and children's services will have a further £13m. This will help with the extra expense needed to meet the huge increase in demands for services, as well as higher costs due to inflation.

The budget-setting has been achieved with input from the council's partners, officers, departments and notably, Suffolk residents. Over 2,600 local people contributed to an online survey and focus groups, asking where they would spend more money, spend less money, and their views on Council Tax. The top service areas where people wanted to spend more, were social care services for adults and children. This year, it's a case of being prudent across all areas of the organisation. Even though we have created £15.5m of savings, our frontline services are protected and receiving more funding.

Some of the service areas where people also said they wanted to see more money spent, will receive additional funding:

- £700,000 for SEND (Special Educational Needs Services) to support new recruitment, which is on top of the £1.1m invested this year
- £110,000 for tree management: to support the 'right tree right place' policy, having an appropriate inspection regime and supporting the resulting tree management requirements.
- £45,000 for Citizens Advice: to support work during cost of living challenges.

Could you help a Ukrainian family in need? There is still more need for help

Guests on the Homes for Ukraine scheme who are not yet ready to leave sponsorship and move into their own alternative accommodation, but who cannot stay with their current host after 6 months, can move to a new host. We are now looking for hosts for these families as well.

We also sadly continue to see more people fleeing the conflict each day. We are therefore asking anyone who thinks they may be able to help a family in need to sign up to the Homes for Ukraine scheme on the Suffolk County Council website.

Cassius wins Best Elderly Care Technology Solution Award

Cassius also 'highly commended' at Health Tech Awards 2022. The Council's digital care technology service, Cassius, was named 'Best Elderly Care Technology Solution' at the Health Tech Digital Awards, presented by Health Tech Digital magazine in August 2022. Cassius was also 'highly commended' in the Partnership of the Year category at the Health Tech Awards 2022, presented by Health Tech Newspaper in October 2022.

Both awards recognise and celebrate the digital teams, programmes and initiatives which have made a difference throughout the year and are judged by health and care professionals from a range of backgrounds, professions, and healthcare settings.

Preparation for the 2022/2023 Winter Season

The winter season for the gritting programme is well underway. Salt deliveries continued to be added to the Council's current stock, as of 13 December the total salt stock purchased was 24,000. Grit bin refills have begun across the county, a total of 2124 grit bins have been visited following their use in the December arctic conditions. If you need more salt please request on the Suffolk Highway reporting tool.

Suffolk archives online gallery showcasing the death of Queen Elizabeth II

As part of Suffolk's response to the death of Queen Elizabeth II, Suffolk Archives put together an online gallery which showcased the Queen's visits to Suffolk during her 70-year reign. This was created very quickly in collaboration with RAF Honington, Archant and The National Horseracing Museum in Newmarket. The gallery was shared by the Council's Communications Team. Suffolk Archives has also put out a call for donations of materials to add to our collections recording how Suffolk marked the momentous events of the death of Her Majesty Queen Elizabeth II and the proclamation of King Charles III. Whether it has programmes from proclamation events, or photographs from a community coming together to watch The Queen's funeral, these will form an important historic record for future generations.

Virtual Fostering and Adoption Sessions for the Stour Valley

A foster carer recruitment event is held the 1st Wednesday of every month, and an adoption event is on the 1st Thursday - all 7pm in your home.

To book a place please email Claire.Gwatkin@suffolk.gov.uk.

My Priorities

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FEEDBACK FROM BRYN HURREN

Your Babergh District Councillor

I am sure that as one gets older the world spins faster on its axis and time goes by quicker and quicker. It is nearly a month into the new year already and although the mornings get just a little lighter and evenings have pulled out nearly a full fifteen minutes, we are really having a dreary spell of wet and grey weather to match the circumstances we find ourselves in as a nation.

I would have optimistically hoped that the strikes that are threatening and destroying our nation, safety and way of life would have been settled by now, or at least more effort made to bring all sides together for talks and negotiations to settle the problems for the sake of all the population young and old.

If we want good modern services, we have to somehow find the money to pay for it and the wages to employ good staff and in the case of nurses and doctors train them to good standard.

It was always the case that bursaries were given to train our health workers to a high standard, which was the envy of many others and why many across the world paid their own way to access this same training which was fee-earning in itself. Now, since the end of the bursaries, (another massive own-goal) nurses and doctors have to go into such huge debt to train themselves that they are struggling from the very start and we are left with the haemorrhaging of staff and higher costs to the detriment of us all. Maybe we should train our so-called politicians to a much higher standard and fine and severely punish them when they let us down and fail us so miserably instead of grinding down those that are doing their very best to just survive, serve us and just earn a wage they can live on.

Nearer to home, although Babergh are by no means perfect, we are doing somewhat better. Our efforts at working more environmentally and competently are paying off with good schemes to produce more of our own electricity from solar panels such as the ones at the Kingfisher leisure centre. Visitors will now notice the new solar panels above the car park which can be extended upon with another scheme; we can now produce around 50% of what it takes to run and heat the pool and its surroundings which will be even

higher if we have as much sunshine as last year. We have also this month taken delivery of our new fleet of refuse vehicles (dustcarts) which, like their predecessors, run on hydrated vegetable oil instead of fossil fuels and have no harmful emissions. We have even given them names, thanks to public help, and I look forward to seeing Ed Sheerbin and Gary Bineker on the Box Vale streets very soon!

We are also doing so much better across Suffolk with finding markets for our recycle from our Blue bins. Now around 85% of the 2,961 tons of waste metal collected from the kerbside finds markets within British shores, along with 5,135 of the total 6,621 tons of plastics is now sold and used in British industry on many and varied products. Paper is still much sought after across the global markets with India and the Netherlands between them buying up around 20,000 tons and 8,121 tons staying local for our home industries - a true success story indeed.

None of our recycle goes to China at all and long may that continue.

Our annual budget this year is once again going to be a very hard exercise to reconcile and conclude. While we have been given permission to raise our council tax to a higher level and while the County Council, Police and Crime Commissioner and others may look for bigger increases, I feel we must resist that temptation and keep any increases to the lowest level we can manage.

If we can keep any increase to just under 3% which in real terms is about £5.00 per household per year, we will have done quite well, especially as our raw materials have gone up by around 15% and our wages bill has increased by about 9% due to our desire to pay a little extra to keep our staff working and with a living wage as well. I would not want to see the Babergh bins standing unemptied on our streets and a disgruntled and disenfranchised workforce.

Maybe our Babergh councillors and staff should take over the running of our beloved country, we would do a very much better job than the present incumbents who have wrecked so much of what was held dear and good about our nation and the way we have been regarded by others for centuries. We no longer have an esteemed place at any table of power and with yet more revelations from the Johnson era, we can no longer hold our heads high with any pride.

Maybe the coming spring will bring more common sense and responsibility from those in power, along with more morality and less desire to pilfer and help themselves while others struggle and don't even "just about manage" anymore. I look forward to sensible change.

I will be at every PC meeting that I can possibly get to in the coming months and look forward to seeing any constituent who has a point to raise or has help to give.

May all our gods be with us.

Bryn xx

bryn.hurren@babergh.gov.uk

Tel: 01787 210854 Mobile: 07771 508348

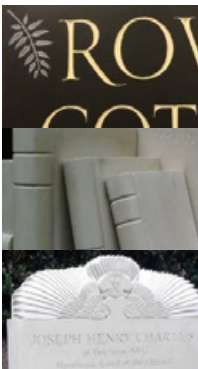
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PARISH COUNCIL UPDATES

LITTLE WALDINGFIELD

Summary of Council Meeting 10th January 2023

The meeting opened with the announcement of the resignation of Cllr Braybrook, the longest serving member of the council, having been a councillor for more than 10 years. The Chair and council wish to record a vote of thanks for all his hard work and dedication to the village during his time as a councillor, particularly in his desire to retain its historical character.

Reports by County Councillor and District Councillors:

SCC Phillip Faircloth-Mutton was unable to attend but requested the council be informed of the following: -

- i. Suffolk County Council Proposed Budget 2023/24 will be debated in early February: - It is proposed that frontline services would be protected with 2% increase in base rate and there would be a 2% increase in Adult Social Care Precept. The proposed combined 4% increase would add £1.10 per week to an average band D property, which is a below inflationary increase, and is less than numerous other authorities providing social care, who are expected to raise rates by a combined 5%.
- ii. £500,000 funding for an eco-friendly alternative to glyphosate to treat weeds on highways, following the Conservative administration's earlier ban of the substance.
- iii. £45,000 extra funding for Citizens Advice centres, including our local Sudbury office and an additional £700,000 for SEND recruitment.

DCC Clive Arthey referred to BMSDC's monthly Town & Parish Briefing. Details are given at Annex A to the draft minutes. Of note were the devolution deal for Suffolk, the new council fees and charges for 2023/24, and the new tenancy policy. He also advised that Cabinet agreed lease arrangements to help support the provision of the new Hardwicke House doctor's surgery.

Clerk's Report: Councillors discussed the clerk's report contained in Annex B to the draft minutes on the council's website and noted the ongoing actions in respect to the village sign restoration, speeding data and ANPR camera.

Planning:

- a. The approval of application DC/22/04808 - Erection of a two storey and single storey rear extension - Surprise Cottage, Church Road was noted.
- b. Members discussed application DC/22/06324 - Discharge of Conditions – Chilton Wood Mixed Development and resolved not to comment.

Recruitment of new clerk: The contract and remuneration details for the new clerk were discussed and approved.

Finances:

- a. Members reviewed and approved the financial statements and reports for the period since the last meeting. Full details can be seen in Annex C to the draft minutes on the council website.
- b. The final Budget, Precept, and Reserves figures for 2023/24 were approved and are in Annex D to the draft minutes. There will not be any increase in the parish precept.
- c. The donation request from Headway Suffolk to help fund a mobile charity shop was discussed. It was agreed to obtain further information on the direct benefit to the parish before proceeding further.

Highways & Footpaths: Following extensive documenting of public rights of way in the parish, the Footpath Working Group presented a very comprehensive set of proposals for a revised cutting schedule for 2023 and the Chair thanked Cllr Wheeler and the FPWG members for their work. Following discussions, members

agreed that footpaths are an essential fundamental of the parish and resolved to accept the FPWG's prime recommendation for the 2023 season. This would then be reviewed at the end of the year.

King Charles III Coronation: It was decided to liaise with the Playing Field Committee as to how the coronation may be celebrated and report back to the next meeting.

Questions to the Chair: It was suggested that the date for the annual litter pick be set for Saturday 11th March 2023. The clerk agreed to make the necessary arrangements

Next Meeting: Tuesday 7th March 2023 at 7.30pm in the Parish Room.

Full minutes can be found at:

<http://littlewoldingfield.onesuffolk.net/lwpc>

Chris White Chair & Acting Clerk

07541 133535 / clerk.littlewoldingfieldpc@hotmail.co.uk

NEWTON GREEN

Summary of Council Meeting 11th January 2023

23/004 Councillor Vacancy

The councillors reviewed the application from Ian Cole to fill the councillor vacancy at NPC. The councillors resolved unanimously to co-opt Ian as a councillor of NPC and he signed the Declaration of Acceptance of Office accordingly.

23/006 Emails circulated

The councillors agreed to a Coffee Morning / Litter Pick on Saturday 11th March 2023. Cllr Everett updated the councillors on the results of the 2022 SID data which will now appear on the website.

23/008 Finance

- a. All payments made and due for authorisation, as itemised in the RFO Report as well as a payment to Mrs J Taylor of £100.00 for christmas parcels were authorised by the councillors. The councillors also noted the income received since the last meeting.
- b. The councillors reviewed the agreed Expenditure Budget and NPC Reserves policy before resolving to set a precept of £18,242.81 for 2023 / 2024. This will mean that a Council Tax Band D household will pay an increase of £13.00 per annum.
- c. The councillors resolved to set a budget of £600 + VAT for the purchase of the projector and screen to be used by the Newton community groups.

23/009 Planning

- a. The councillors reviewed **Planning Application DC/22/06132 Tinkers Croft, Sudbury Road** - Erection of Two Storey Front/Side Extension, Single Storey Rear Extension & Detached Cartlodge (following demolition of existing garage and conservatory and resolved to support the application so long as the conditions sought by the neighbour, relating to the treatment of the boundary, are included in any permission.
- b. The councillors reviewed **Planning Application DC/22/06324 Chilton Woods Mixed Development To North Of Woodhall Business Park** - Discharge of Conditions Application for B/15/01718 - Condition 30 (Construction Environmental Management Plan) and resolved that they had no comment.
- c. A further planning application had been received since the agenda was posted requiring a response before the next scheduled meeting. The councillors reviewed **Planning Application DC/22/06400 7 Links View** - Erection of part one and half storey, part single storey lean-to rear extension (following demolition of existing rear extension). Erection of first floor side extension and front open sided porch. Insertion of 2no rear dormers and front rooflight and resolved to support the application.

d. The councillors reviewed the permission granted by the LPA on **Planning Application DC/22/05206** for 6 dwellings on the land to the rear of Juglans and resolved to write to Babergh outlining NPC's concerns.

23/019 Clerk's Contract of Employment

The councillors resolved the changes to the clerk's contract of employment which are to come into force on the 1st April 2023. The chairman will write to the clerk detailing the changes.

Full minutes can be found at www.newton.onesuffolk.net

Dave Crimmin PSLLC

01787 375085 / clerk@newton-pc.gov.uk

OTHER PARISH COUNCILS

Boxford PC

Clerk: Debbie Hattrell - 01787 210943

d.hattrellhattrell@btinternet.com

<https://boxfordsuffolk.com/BoxfordParishCouncil/minutes>

Edwardstone PC

Clerk: Richard Jones - 01473 828246

edwardstoneclerk@outlook.com

<http://edwardstonepc.onesuffolk.net/parish-council/minutes>

Groton PC

Clerk: Richard Jones - 01473 828246

grotonclerk@yahoo.com

<http://groton.onesuffolk.net/parish-council/documents/>

BOXFORD BIKE CLUB

Boxford Bike Club ("BBC") is a community cycle club based in the picturesque Suffolk village of Boxford. Founded in 2012, and with a membership of around 80, we take pride in being an open, friendly and inclusive group catering for riders of all ages and abilities.

Club rides are throughout the year, weather permitting, led by experienced ride leaders. Our rides include Off Road Mountain Bike, Rough Stuff (quiet lanes and trails), and a variety of road rides including a Slow Group (rides at the pace of the slowest rider), a Medium Group and a Faster Group. Ride duration is around two hours covering 20-30 miles of quiet lanes and roads around Suffolk and North Essex.

Rides typically take place each Sunday Morning leaving from the White Hart Public House. The Mountain Bike Group also have regular rides on Thursday evenings, and Ladies Only rides (open to both members and non-members) are occasionally held. Longer Saturday rides, usually taking in a breakfast stop, are also often organised.

Membership/guest ride info: www.boxfordbikeclub.co.uk or email kevbike@btopenworld.com.



FIRST HOLE IN ONE OF THE YEAR AT STOKE BY NAYLAND

2023 was just hours old when Stoke by Nayland saw its first hole in one of the New Year.

Playing in the traditional New Year's Day Scramble, Dan Mills aced the short par 3 third hole on the Gainsborough Course.

Dan, who lives in Colchester, used a 53-degree gap wedge, pitching the ball directly over the flag where it bounced once and spun back into the hole.

What a way to start 2023!

In the Sports Bar after the event Dan rang the bell and shared a bottle of brandy with the members.



CROWDFUNDING GOAL

The Boxford Rovers still need your help! As detailed in last month's BRN, Football Association rules over venue facilities mean that currently Boxford's Playing Field and Pavilion fall short of the minimum standard and as a result our adult teams are required to practice and play matches at Nayland instead. But we're *Boxford* Rovers, not *Nayland* Rovers, so we're trying to raise money to upgrade the facilities that will allow us to return to using Boxford as a venue.

The FA requires home and away team showers, a referee changing room (with shower) and improved pitch-side facilities. The funding goal is £10,000 of which just £915 has been raised, which falls somewhat short. If you are able to donate even just a small amount to help upgrade the Pavilion it would be amazing. A JustGiving page is available here: <https://bit.ly/boxford-rovers-2023> or you can email boxfordrovers@aol.com. Any assistance is greatly appreciated to avoid the club becoming homeless and pitchless!



Remember!

The Box River News can be seen in full colour each month by downloading from the website.
www.boxrivernews.com

The Blooming Garden

Winter Flowers.

The most eye-catching flowers in my February garden emerge on the wonderful Japanese Apricot, *Prunus mume*. They look far too delicate to appear in the middle of winter. This tree comes from China, but it is highly prized in Japan where there are many varieties available. Here, the most commonly available is *Prunus mume* 'Beni-chi-dori' which means 'Flights of Red Plovers'. The flowers are the deepest



Above: *Prunus mume* 'Beni-chi-dori'

Right: *Prunus mume* 'Omoi-na-mama'



the picture was photographed last year and it died in the summer drought. So I have learnt a lesson from that.

I searched for the beautiful white form of *Prunus mume* for several years after seeing it in Cambridge Botanical Garden; for some reason it is quite rare. Now that mine is established I love it as much or more than the pink one. It is quite compact and smothered in white flowers starting in January and getting more and more beautiful as we go into February. It is called *Prunus mume* 'Omoi-na-mama' which I am told means 'Memories of Mother'.

Fragrance is one of the great delights of winter blooms and the queen of all shrubs for glorious scent is the Daphne. The best of them all is *Daphne bholua* 'Jacqueline Postill' which comes from the Himalayas. It has an erect habit and grows to about 2 metres. It is expensive to buy and not long-lived but I would never be without it. I have one by my front door which loses its leaves in winter as it is quite an exposed place. This doesn't seem to do it any harm and in fact I think it is an advantage, as the blooms stand out even better on bare branches. Another one which I bought as a back-up is sheltered by a wall and keeps its leaves.



Daphne bholua 'Jacqueline Postill'

Coming in at number two on my list of fragrant winter shrubs is the Winter Sweet, *Chimonanthus praecox*. This needs a privileged sunny, sheltered spot which you may begrudge it because it makes rather a boring shrub for most of the year, although you can brighten it up in summer with a *Clematis viticella*. In winter it bears delightful, shiny, waxy, yellow claws with maroon centres. The scent is exquisite and a tiny sprig will pervade a whole room.

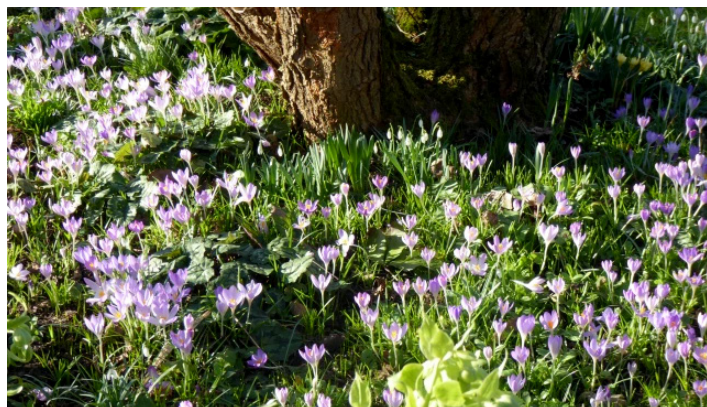
Number three for delicious fragrance is *Sarcococca* which has far too many 'c's'. It has a lovely musky spicy smell. *Sarcococca confusa* has shiny evergreen leaves and tufts of white flowers. My favourite used to be *Sarcococca hookeriana* var. *Digyna* which suckers

obligingly so you can get new plants. The creamy tufts of flowers are delightful. But there are some lovely new hybrids which I am looking out for. One is *Sarcococca hookeriana* 'Winter Gem' and another is *Sarcococca hookeriana* 'Purple Stem'.

Witch Hazels top my list of winter blooming shrubs even though they cannot compete on the fragrance list. They are deliciously scented but the scent is not strong enough to be noticeable outside. If you pick a few sprigs and bring them inside then you will notice how delightful it is. But even without much fragrance these spidery flowers in yellow, orange or even red are gorgeous.

Viburnums are useful at this time of the year and many of them are fragrant; my favourite is the pink flowered *Viburnum bodnantense* 'Dawn'. One I would avoid even though it does bloom throughout winter is *Viburnum tinus*. The flowers are not fragrant and the foliage smells of wet dog after rain.

At ground level, winter flowers spread like jewels and in many ways they are much more precious than anything which blooms in summer as they bravely withstand the cruellest weather. I can't talk about winter flowers without mentioning snowdrops. I have a lot of different ones and I could talk about them at length and frequently do. But even if you think all snowdrops look alike, you have to have several clumps of them to mix with your drifts of buttercup yellow Winter Aconite, *Eranthis hyemalis*. Some people find this difficult to establish but once it gets going it seeds everywhere. If you mix in a few clumps of the winter flowering *Cyclamen coum* then you get bacon and egg splashes of colour everywhere.



Crocus tommasianus

I am not too keen on the fat, shiny Dutch crocuses which bloom in March. The species ones are earlier and far daintier. On a sunny February day finding a sea of silky, lilac flowers of *Crocus tommasianus* opening up is one of the joys of winter. And once you have this lovely crocus it will seed prolifically and delight you and the bees for years to come.

I am running out of space and I have not mentioned so many other winter treasures, such as the deliciously scented winter honeysuckle, gorgeous winter-flowering clematis, winter jasmine and all the lovely little irises and early daffodils. We all need a winter garden to brighten up the gloomiest months and to provide little vases of loveliness for the house.



January Jewels

Chloris.

DIRECTORY OF CLUBS & ORGANISATIONS

CLUBS & GROUPS

Boxford Bellringers	<i>Richard Gates</i>	01787 210432
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Boxford Bowls Club	<i>Lea Blackham</i>	01787 210313
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Little Waldingfield Over 60s and Friendship Club	<i>Tricia Eddington</i>	01787 247932
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Local History Recorder Groton	<i>Joanna Roberts</i>	01787 210619 jgant87618@aol.com
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Milden Singers	<i>Pearl</i>	01449 741876
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Newton Fireside Club	<i>Moir Evans</i>	01787 374652
Primrose Wood Volunteers	<i>Evan Flockhart</i>	07968 336883 obliquewoodland@protonmail.com
Swing jive & Lindy Hop Dance	<i>Sarah Boldock</i>	07956 614824
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Edwardstone Millennium Green Trust	<i>Claire Mortimer</i>	01787 210051
Edwardstone United Charities	<i>Nick Raymond</i>	01787 210461 ncraymond@hotmail.co.uk
Groton Educational Foundation	<i>Stephen Watkins</i>	01787 210977 stephen_watkins49@yahoo.co.uk
Groton Winthrop Mulberry Trust	<i>James Wills</i>	01787 210484
Little Waldingfield Charities	<i>Mary Thorogood</i>	01787 247658
Newton Green Trust	<i>Philip Taylor</i>	01787 211265 philiptaylor433@gmail.com

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Boxford Bounty	<i>Mark Miller</i>	01787 211596
Boxford Community Car Scheme	<i>Jen Eastwood</i>	01787 211853 jen.eastwood8@gmail.com
Boxford Community Council	<i>Ward Baker</i>	01787 210129 boxfordcommunitycouncil@gmail.com www.boxford.me.uk
Boxford Playing Fields	<i>David Burden</i>	01787 211926 d.burden379@btinternet.com
Boxford Society	<i>Jen Eastwood</i>	01787 211853 jen.eastwood8@gmail.com boxfordsuffolk.com/boxfordSociety
Boxford Tennis Courts	<i>Yvonne Woodfield</i>	01787 210151
Ltl Waldingfield Playingfield	<i>Jennie Jordan</i>	07522 352558 52Jennie1@gmail.com

SCOUTING

1st Boxford Beaver Scouts	<i>Greg Roberts</i>	07578 825971 beaversboxford@gmail.com
1st Boxford Cub Scouts	<i>Liv Hoy</i>	07801 548854 livkarine@hotmail.com
1st Boxford Scouts	<i>Neil Barkham</i>	01787 211916
1st Boxford Rainbows	<i>Janice Macmillan</i>	07779 303690
1st Boxford Brownies	<i>Janice Macmillan</i>	07779 303690 janice.macmillan@yahoo.co.uk
1st Boxford Guides	<i>Bethany Ireland</i>	07522 352558 bethanyireland11@gmail.com

CHILDREN FAMILIES & LEARNING

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Friends of Boxford School (FoBS)		talktofobs@gmail.com
Sunflowers Childcare	<i>Moir Grant</i>	01787 211363 info@sunflowers-childcare.co.uk
Boxford Baby & Toddler Group		facebook.com/Boxfordbabyandtoddlergroup

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Edwardstone Parish Hall	<i>Daphne Clark</i>	01787 210698 daphne.clark@btopenworld.com
Edwardstone Millennium Green	<i>Gordon</i>	01787 211605
Groton Village Hall	<i>Joanna Roberts</i>	01787 210619
Little Waldingfield Parish Room	<i>Sue Bowen</i>	01787 249473 sd.bowen@btopenworld.com
Little Waldingfield Pavilion	<i>Jennie Jordan</i>	07522 352558 52Jennie1@gmail.com BoxfordMarqueeBooking@gmail.com
Marquee Booking	<i>Pearl</i>	01449 741876 info@mildenpavilion.co.uk
Milden Pavilion		
Newton Village Hall	<i>Alan Vince</i>	01787 373963

WOMAN WHO WALKS

Hills? In Suffolk?

If you are up for this reasonably long walk (around 8 miles/12.8 km), you can start from Boxford or Whitestreet Green. For a shorter stroll, you can start from Withermarsh Green.

Proper winter has arrived. Blustery, showery days with hardly a leaf left on the trees, but that doesn't mean there's no colour in the landscape. A thousand shades of green glow from the grass and winter cereals and the sun, when it arrives, picks out highlights that you never notice in summer.

I walked from Whitestreet Green towards Polstead, down the hill and past the pond. Or rather, past the gloopy moonscape of deep grey mud that used to be Polstead pond (and will be again, when the de-silting work has been completed). Strange hieroglyphs cover the surface, left by streams of water inching their way across. When it was first drained, a couple of inexplicable, loopy doodles appeared which had me baffled. Closer inspection showed they were stranded eels of considerable size. I knew that the pond contained huge carp (temporarily accommodated elsewhere), but had no idea that these mysterious creatures also inhabited its depths.

Past the pond, I continued up Marten's Lane. January is not a dead month: already

hazel catkins line the hedgerows and the first shoots of what will be lords-and-ladies are pushing their way through last autumn's leaves. I stopped in my tracks as a buzzard burst noisily skywards from behind the hedge. When you see them up close, it's surprising how huge and menacing they seem, like something primaevial that doesn't quite belong in gentle Suffolk.

Hills don't belong in gentle Suffolk either, but this route has its fair share. Marten's Lane was just the first of them. At the top, I turned right, along the path to the side of the wood, then left through a kissing-gate and across the field towards Withermarsh Green. This field also has something primaevial about it. The soil here is littered with big pebbles, some cobble-sized, now high and dry, but worn perfectly smooth by running water millions of years ago.

By now the rain clouds had given way to a grey, patchy veil. The sun looked as though someone had pencilled it in, then smudged it with a grubby thumb. But it was trying its best. By the time I reached the green at Withermarsh Green, it had gathered itself together enough to pick out brilliantly the white-wash on the ancient cottages.

I continued past the green and then right, on the route of the St Edmund Way. After a while the track turns

to the left leading down Snow Hill Lane. This is one of my favourite paths in the area. At all times of the year, there's something to see in this mini wilderness. In this leafless season, the highlights are the wide views it reveals across the valley towards Higham and Boxted.



At the bottom of the hill, I turned right along the permissive path running along the edge of the field, following the Stoke to Higham road. The going was much easier today than back in the late summer, when giant burdock plants blocked my way and secretly attached their spiky burrs to every part of me they could reach.

Over the bridge next to Thorington Hall, I turned right and followed the road past Thorington Mill. The River Box is at its most beautiful here, a clear stream running between Wind-in-the-Willows banks, seemingly miles from the modern world. I crossed over the bridge and carried on to the right, up the road back towards Withermarsh Green.

Here is another steep (for Suffolk) uphill section. Water runs down this road even when it has not been raining; probably a natural spring which has found the path of least resistance down what remains of the tarmac. The result is a strip of pebbly beach running down the middle of the sunken road. This, along with the steep banks covered in dry bracken and the undulating fields on either side, gave me the impression of suddenly being transported to continue my walk in Devon or Cornwall.

At the top of the hill, I turned left, back along the St Edmund Way. I followed the path through a small wood, which is particularly beautiful in bluebell time. At this time of year, the huge oak trees are the stars, with their bare branches perfectly framing a fine distant view of Stoke-by-Nayland church on the opposite side of the valley.

Down another steep hill, then over a stile and right past a farmhouse, where a frenzy of tiny piglets was out to enjoy the sunshine with their huge, docile mothers. They came by the dozen, in every shade from black to ginger to white, via striped, spotted and patched, and were just at the age of perfect, curly-tailed cuteness. They were a highlight of my walk, which I continued up another steep track through

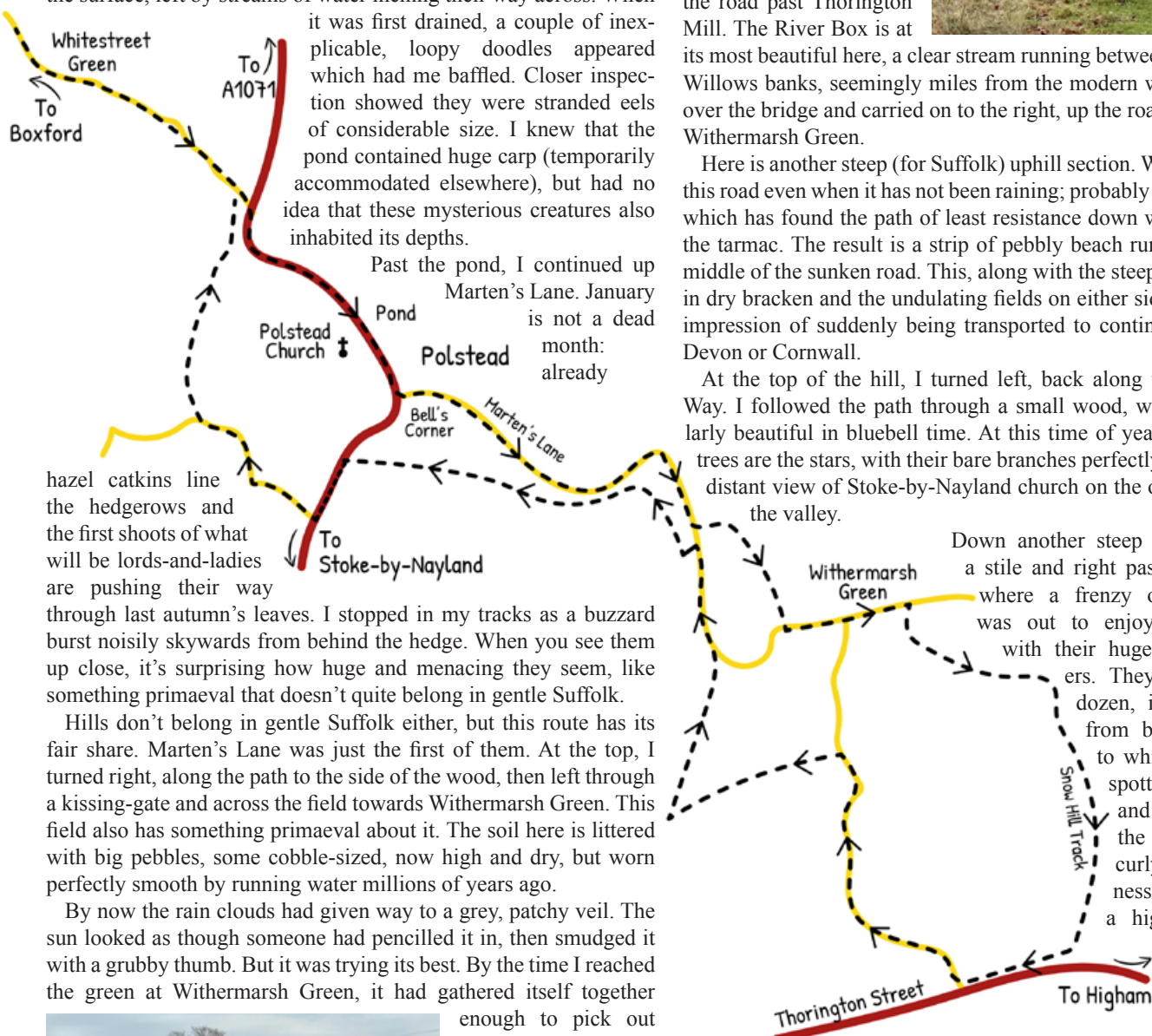
the woods and back to the Withermarsh Green road.

If you have left a car at Withermarsh Green, you turn right here to return to it. I turned left, then right at the junction and back down Marten's Lane. I turned left at the first footpath sign and followed the track past several fields, through a gate and to the top of Bell's Hill, the steepest slope in the area. Here, I chose the path towards the left and went down the hill, a short way along the road, then right, along Mill Lane towards Homey Bridge. Here I had one more hill to climb, up the track to the road and back to Whitestreet Green.

Lisa

www.womanhowalks.com

Instagram: [@womanhowalks](https://www.instagram.com/womanhowalks)



EVENTS CALENDAR

JANUARY 2023

21	Groton Neighbourhood Plan Open Session	12-4pm
SAT	Groton Village Hall	
21	Milden History Afternoon	2-6pm
SAT	Milden Pavilion	
23	Boxford Friendship Group	2-4pm
MON	Boxford Village Hall	
24	Fireside Club - Beetle Drive & Other Games	2pm
TUE	Newton Village Hall	
27	Pop-Up Pub	6:30-10:30
FRI	Little Waldingfield Pavilion	
27	Film Night - Mrs Harris Goes To Paris	7pm
FRI	Polstead Village Hall	

FEBRUARY 2023

1	WI - Talk - The Power of Colour	2pm
WED	Boxford Village Hall	
7	Fireside Club - Live Music in aid of CAB	2pm
TUE	Newton Village Hall	
7	Defibrillator Awareness Session	7pm-9pm
TUE	Hadleigh Leisure Centre	
7	BGC - Cedric Morris & Benton End	7:30pm
TUE	Boxford Village Hall	
8	Progressive Whist Drive	7pm
WED	Monks Eleigh Village Hall	
11	Coffee Morning	10am
SAT	Newton Village Hall	
11	Barn Dance	7:30-11:30
SAT	Boxford Village Hall	
15	LWHS - The Mysteries of Easter Island	7:30pm
WED	Little Waldingfield Parish Room	
17	Deep Relaxation Workshop	6pm
FRI	Boxford Village Hall	
21	Fireside Club - Pancakes	2pm
TUE	Newton Village Hall	
24	Pop-Up Pub	2pm-10:30
FRI	Little Waldingfield Pavilion	
25	Film Matinee - The Railway Children Return	2pm
FRI	Polstead Village Hall	
27	Boxford Friendship Group	2-4pm
MON	Boxford Village Hall	

MARCH 2023

1	WI - Talk - Beatrix Potter's Code Breaker	2pm
WED	Boxford Village Hall	
4	Race Night	6:30pm
SAT	Boxford Village Hall	
7	Fireside Club - Cooking Demo	2pm
TUE	Newton Village Hall	
7	BGC - Gladioli at Chelsea	7:30pm
TUE	Boxford Village Hall	
11	Boxford Rovers Quiz Night	7pm
SAT	Boxford Village Hall	
15	LWHS - Did The Sewers Save Lives	7:30pm
WED	Little Waldingfield Parish Room	
16-18	BDG - A Matter Of Wife & Death	7:30pm
THU-SAT	Boxford Village Hall	
21	Fireside Club - Easter Crafts	2pm
TUE	Newton Village Hall	
27	Boxford Friendship Group	2-4pm
MON	Boxford Village Hall	

APRIL 2023

4	Fireside Club - Trip	2pm
TUE	'A Place For Plants' East Bergholt	
7	BGC - The History of Perrywood	7:30pm
TUE	Boxford Village Hall	
15	Quiz & Games Night	6pm
SAT	Milden Pavilion	
15	ShantyFolk	7pm
SAT	Boxford Village Hall	
21	Quiz & Curry Evening	7:30pm
FRI	Groton Village Hall	
24	Boxford Friendship Group	2-4pm
MON	Boxford Village Hall	

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