

August 2023

Box River News

Boxford • Edwardstone • Groton • Little Waldingfield • Newton Green



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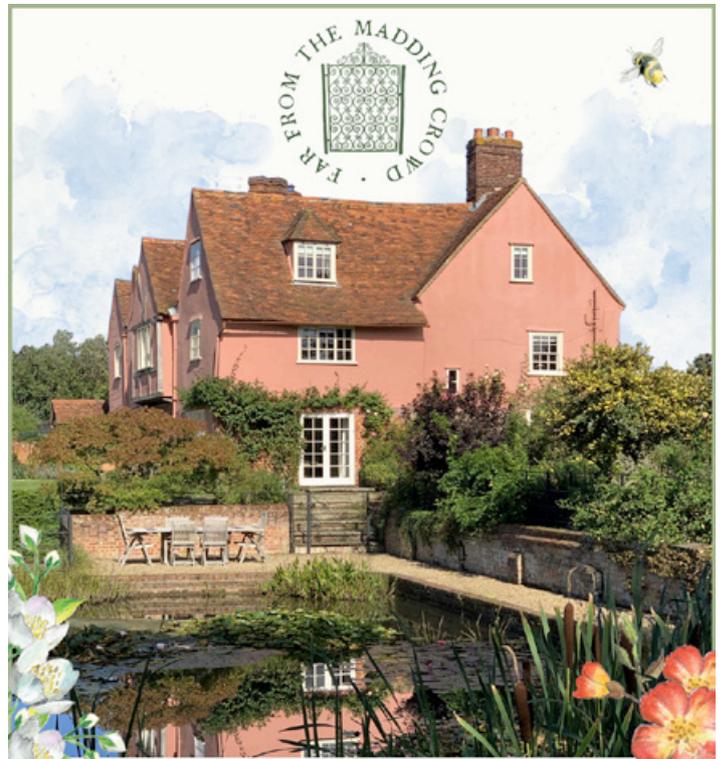
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BUDDY - THE LITTLEST HOBO

The residents of Boxford and surrounding villages swung into action at the start of July when Buddy, a timid young Labradoodle, suddenly went missing.

Buddy was staying at a boarding house in Bower House Tye whilst his family went on holiday when he decided to scale a fence and escape. People immediately rushed to recover him, but this spooked Buddy even more and panicking, he fled the scene.

Fortunately the owners had not yet left for their holiday, which they immediately cancelled and began a huge and tireless effort to locate their beloved family member. Family and friends canvassed residents over a huge area, visiting houses door-to-door to ask if anyone had any sightings of Buddy.

They contacted F.I.D.O. (Finding Ipswich Dogs Organisation) – a volunteer group with over 1300 members and 100 active dog search volunteers, co-founded by dog lovers Sam French, Linda Osbourne and Terry Hunter (who has since retired from the group). FIDO are experienced dog finders, employing custom-made dog-safe traps, drones, trail cameras and sniffer dogs to recover lost pooches.

Unverified sightings of Buddy began popping up in Stone Street, Boxford, Polstead and even as far away as Stoke-By-Nayland. Residents far and wide trawled the countryside, hoping to find poor Buddy before he starved or had an accident, but he remained resolutely at large. Social media groups were overrun with people wanting to hear updates about Buddy's status, with hundreds of well-wishers following every twist and turn in the saga and coordinating their search efforts.

Finally, 8 long nights since his first escape on June 30th, Buddy was found by pure chance by his owners as he crossed a road in front of their car and tried to run through a gap in a hedge not far from where he first went missing. It turns out that the sightings further afield weren't Buddy as he had remained nearby all along, albeit somewhat under the radar!

The owners are over the moon to be reunited with their beloved four-legged friend, who was taken to the vets straightaway and given a general all-clear.

A huge thank you, on behalf of everyone concerned, to all residents of the local area who put in a huge search and rescue effort, truly we are a nation of dog lovers.

Thanks also to FIDO, who recently celebrated their 1st year anniversary of reuniting man's best friend with distraught owners, in which time they've located many lost dogs and even been featured in the national press. FIDO give up all their time for free and employ considerable resources to finding dogs, incurring costs such as video cameras, wireless internet subscriptions, fuel, batteries, powerbanks and poster-printing.

If anyone would like to donate to FIDO to help keep them going, or register as a volunteer dog finder, their Facebook page can be found at: <https://bit.ly/fido-dog-rescue>



MASTER BUILDERS TAKE GROTON BY STORM

The Lego Building Fun Day at Groton Village Hall on the 9th July lived up to its name and a great time was had by all.

A full house of children, mums and dads came along on the day and enjoyed lots of games and other activities.

The centrepiece of the event was a competition for the best model made from Lego, with prizes for each age group ranging from 4 to over 13 years old. The event attracted a large number of entries with competitors building an amazing range of models to a very high standard. The theme was Summertime and the builders created some outstanding designs.

The entries were judged by special guest Mads Mikkelsen who has a background of designing for Lego and so was well qualified for the role, ably assisted by Bryn Hurren. Both were extremely impressed with the standard of the entries. In fact all the competitors should be congratulated on the effort they put in to their models.

In addition to the Lego competition and games there were other stalls and a barbeque with a selection of drinks available, so all ages were catered for.

The event was organised by the Groton Winthrop Mulberry Trust to raise funds for the upkeep of the Croft. The Trustees would like to thank all those that attended and particularly the supporters of the Trust who provided equipment and parking facilities and helped on the day and especially the local businesses that so generously donated prizes.



Box River News

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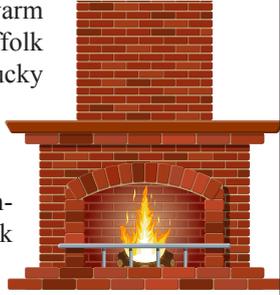
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Deadline date for the September 2023 Issue is:

August 15th at midday

NEWTON FIRESIDE CLUB

The morning of the 21st June started off warm and sunny once again for our annual Suffolk Day cream tea. We have always been so lucky with the weather and holding the event outside makes it very special. About 25 members and their guests attended. The best china was dusted off and many members kindly baked delicious scones. I think everyone had a good time and we also had a chat about future events.



On 27th June, we had a very interesting talk from a member of the Citizens' Advice Team. We learnt a lot and several members chatted afterwards about personal issues. The array of cakes was particularly glorious that afternoon but, unfortunately, the flies thought so too – not sure who won that battle!

On the 13th June 18 members went for lunch at The Foxes Den as an end of term treat. They were spoilt with a fantastic two course meal in the conservatory. Unfortunately, I couldn't make it, but I am told that everybody had a lovely time with great food and conversation.



The last event of the term, on 25th July, is a 'Bring and Share' lunch. This usually proves to be very popular, especially if we pop a few corks as well. Everyone brings something to add to the table and everyone shares. There's also going to be a 'foodie raffle' to maintain the theme.

We'll then have a break for the summer and let's hope we have some good weather. The 'Fireside Four' will be meeting soon to organise next term's events, so watch this space for more news.

Autumn 2023 programme of events TBC.

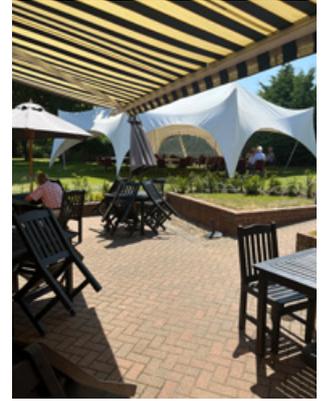
All meetings are held in the Village Hall and start at 2:00pm unless otherwise stated and anyone is welcome. Subs for the term are £3 a session paid termly if possible. This includes refreshments and activities. Non-members are welcome to come along to any session. The fee will be between £5 and £10 depending on the activity. New members are always welcome, the first session is free.

Please contact Moira on **01787 374652** or Sue on **07881 383 998** if you would like more details.

Sue Presland

NEWTON GREEN GOLF CLUB

Newton Green Golf Club has recently undergone a refurbishment of its clubhouse, as can be seen by the photographs, and would like to inform readers that the facilities of the bar and restaurant are open to non-members where food is available between 9:30am and 3:30pm every day. We would love people from the surrounding area to come and enjoy the facilities of this wonderful club which is so much a part of the village of Newton.



John Hughes
NGGC



MADRIGALIA NEWS



On 11th July Madrigalia & The Melody of Harps once again got together to give a free lunchtime concert at The Hive in Sudbury. We performed a mixed programme including Enya's 'The Humming' & Welsh folksong 'Suo Gan' arranged especially for our choir accompanied by the harps. This series of concerts, normally held in St Peter's, raises funds for The Hive (former united reformed Church) - a community hub which opened its doors in November 2021 to offer facilities to local groups.

Our next concert is a free lunchtime recital at Long Melford Church at 1:10pm-2pm on Wednesday 9th August, and we shall once again be joined by The Melody of Harps

Remember!

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

www.boxrivernews.com

LOOKING AFTER THE ENVIRONMENT & EACH OTHER

Our footpaths and pavements are an essential part of our localities. They are used by so many of us. Dog walkers are a particularly large group of people who use them, even if they are usually on their own. Every now and then, complaints surface about dog fouling. The complaints are about a small minority of people failing to clear up their pets' mess. The vast majority of dog owners are responsible people just as concerned about the environment as anyone else, but that small minority can have a disproportionate effect for others. Keep Britain Tidy says to dog owners:

- Dog fouling is unsightly, unpleasant and can occasionally lead to toxocariasis in humans which can cause serious illness, even blindness.
- Always be ready to clean up after your dog by taking a poop-scoop or a supply of bags with you. If you have a garden, train your dog to go there before you take it for a walk.
- If you do not clean up after your dog, you could also be fined. The maximum penalty for committing an offence is £1,000 in a magistrate's court. Alternatively, an authorised officer of an authority may issue a fixed penalty notice; the amount of the fixed penalty can be set by the local authority and is usually between £50 and £80.

At the end of the day, it's about care for the environment and consideration for others. The appeal to dog owners is simple – please help.

Robert Wheeler

Footpaths Working Group, Little Waldingfield PC.

GROTON EDUCATIONAL FOUNDATION

Registered Charity No. 1118325

The Trustees will meet on 7th September at Mary's House, Swan Street, Boxford, to consider applications for grant aid for educational or training purposes from residents of Groton and those parts of Boxford included in the 'area of benefit', i.e. Homefield, the east side of Swan Street and pockets of land in Stone Street south of the church - those parts which were included in the Tithe Map of Groton 1881!

We hope that newcomers to the area will be made aware of this charity by those who have themselves benefited from grants.

There is no means testing. Applications may also be made by organizations serving the area.

Recent grants have included help towards the costs of university education, travel fares to a sixth-form college, specialist sports coaching and library improvements at Boxford School.

Details and application forms are available from Stephen Watkins, Clerk to the Trustees, Whitewebbs, Daisy Green, Groton, CO10 5EN, tel 01787 210977, stephen_watkins49@yahoo.co.uk

Completed forms should be returned by 30th August.

BOXFORD CEMETERY DONATIONS PLEASE

If any readers happen to possess an unwanted metal trough in good condition would you be willing to donate it to Boxford Cemetery to aid rain water collection? Also donations of any spare unwanted watering cans would be most welcome.

Many Thanks.

David Warren (Boxford Parish Council)

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NEWS FROM BOXFORD SCHOOL

We cannot believe another academic year is nearly over. Year 6 pupils have completed transition to their secondary schools and the children at Boxford have met with their new teachers. It is always an interesting time of year: reflecting on the successes and looking forwards into the future.

Our Year 6 results this year were very strong. Across all subjects, the current cohort were well-above the national average. These outcomes are a testament to the pupils' commitment to learning and dedication of staff across the school. All children should hold their heads high and be proud of the academic outcomes they have achieved.

As we look back, this year has been very busy with many sporting opportunities for children. Mr Griffith has done a sterling job to organise many sporting events. As a result, the school has maintained the School Games Gold Mark. It's not long until we can achieve Platinum. The events have been inclusive with both boys and girls playing matches throughout the year. At Boxford, we are passionate about promoting sports for all, particularly getting girls engaged with football. Next year looks to be busy with extra enrichment opportunities for pupils.

There are many exciting events children are now looking forward to. The next academic year kicks off with our Year 6 residential - an excellent trip for the children to bond with their new teacher and push their comfort limits by trying new activities.

We hope you all have a restful summer. It has most definitely been a very busy term and the break is well deserved.



FRENCH'S CARE HAVEN

Hello to our readers, I hope as always you have all been keeping well. Thank you to everyone who came along to our open day, I hope you enjoyed the BBQ and meeting the horses, donkeys and Lucy. We are hoping to have another in September, so keep a look out for that date.

In the photo - Daren, Carmen, Lee and dog Molly are relaxing at the end of our open day.



There were lots of tears and laughter at our Psychic Night and the lady who spoke, Sharon from Essex Spiritual Centre, did well entertaining the people who came, thank you again to those who joined us on the night.

Next month, one of our volunteers - Jasmine is doing something completely crazy! She is wing-walking on an aeroplane to raise money for our rescued animals. Please support Jasmine in this adventure, by using her JustGiving page: <https://bit.ly/jasmine-frenchs>

On Sat 9th September we have a barn dance that our ladies have organised. Put this date in your diary and final details will be in the next magazine edition, as well as on our website. You can also find more details on our French's Care Haven Facebook page as well.

I have spoken recently about the widespread problem people are having with their horses and donkeys regarding laminitis, which is mainly caused by high amounts of sugar in the grass. We have been hit hard with this like no other year before - it has gone crazy. The vets and farriers are saying in all their years they have never seen anything like it. Laminitis is awful, it is extremely painful and can be deadly, to that point that a horse can end up having to be put down, because the pedal bone in the foot rotates and comes through the sole of the foot.

Our changes in weather that we are having nowadays is causing havoc for these animals, along with the world's wildlife. Our vet bills are near £4,000 at the moment and we are struggling financially with this, so please bear with me when I ask for your support in events we do, or helping us with donations, your input could make a real difference for our charity.



The next photo is of our lovely donkey Frankie - he is such a handsome young man.

French's 100 club has just restarted with tickets £30 a number. Tickets that you buy will last for a year. There will be a raffle draw once a month with 3 prizes drawn each time, first prize is £50, so come on let's get you in our monthly draw - please contact Sharon on 07999 051 401 or email frenchs.100club@gmail.com

If you are semi-retired or retired and have a couple of hours a week to spare to help as a volunteer, please contact me. We have some nice people in our small team and a lovely environment around nature, the horses and donkeys to work in, so come along and join us. Plus if you have any ideas, or would like to help organise an event, please let me know, you could make my day!

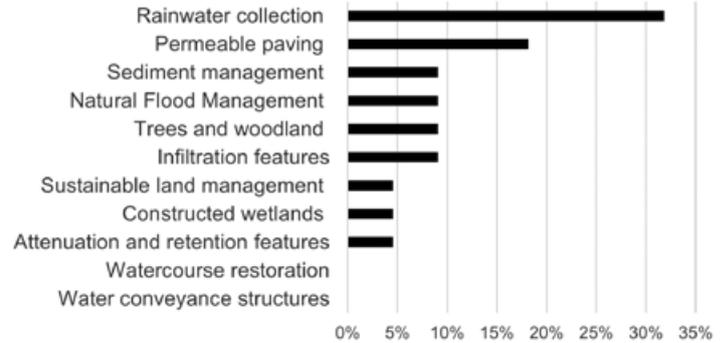
French's is a charity on your doorstep, can you help, either with time, donations, or sponsorship. You are welcome to come along and meet our animals. Call me for an appointment. Jann on: 07747 755 556 or email: jann.turner@hotmail.co.uk

Website: www.frenchscarehaven.org.uk

RECLAIM THE RAIN WISH LIST RESULTS

Thank you for participating in our Wish List Survey for Reclaim the Rain! We appreciate your continued support for the project. You will see from the below graph of results that rainwater collection was the top choice in Boxford, and interestingly the same applies for our other two Suffolk communities. There's a clear interest and support to manage water more sustainably, aligning with our aim to reuse and find value in water as a precious resource.

Boxford Wish List Options



We have also created an interactive dashboard for you to view by following the link below. You can choose Boxford from the drop-down menu to see specific results. Here you will see the rest of the results and can explore other communities too!

We'll use these insights to help inform what the community prioritises most in Boxford and add to our options selection process. Check out the rest of the results here: <https://bit.ly/rtr-boxford-survey-results>

BOXFORD CALENDAR 2024 PHOTO ENTRIES

Calling all photographers, professional and amateur!



Send us your best photos of Boxford life for a chance to appear in next year's calendar!

Please send submissions to: audrey@a2zriskservices.com



All proceeds from sales of the calendar are donated towards the upkeep of St. Mary's church, so it's a great way to showcase your talents AND help the local community.

JACK'S HOME TRUTHS

What time of year is best to put a property on the market?

This perfectly inquisitive and relevant question was raised by the newest member of our team this week and rather than my usual response of “we almost always agree the most sales between March and July” I paused for a moment to reflect. As the seasons have seemed to almost blend together in more recent years, the typical ‘house selling window’ has become a more fluid concept.



What seems to weigh as heavily on the decision making of our clients in recent times is what former Prime Minister Howard Macmillan was famously quoted when responding to the question of what was his greatest challenge, he replied ‘Events, dear boy, events.’ The same is true for most organisations. As a result, we more commonly see peaks and troughs in available levels of supply as a result of what is happening in the country, the wider world and the prevailing sentiment within the market.

With inflation remaining more stubborn than those charged with keeping it under control had anticipated, we have seen the average fixed rate mortgage rates reach the highest levels seen in 15 years. Whilst the natural temptation for some is to sit on their hands and wait for calmer news, it is important to remember that if purchasing another property then it is the difference between your sale price and purchase price that is ultimately of most importance. In the event that any sale price is less than that you may have hoped, it is likely that this relative loss will be absorbed within your onward purchase price. There is now more choice within multiple sectors of the regional market place, in contrast with the sellers’ market that dominated the 2020 – 2022 period.

It may be that you are not considering purchasing a property immediately following a sale and are wondering whether you are best served waiting to see what 2024 brings. If this is the case please do get in touch as we closely monitor a number of economic forecasting models and can guide as to anticipated market trends over the coming months that may impact your decision making and timing process.

We fully recognise that times have become more challenging for lots of people this year and have had conversations with a number of clients as to revaluations required for mortgage purposes. This is something we are always happy to provide with no charge and would urge all clients and readers to engage with a mortgage broker at least six months before any fixed rate mortgage expires on the basis that any new deal can be arranged (often without any financial commitment) that can then be improved upon in the event mortgage interest rates decrease in the interim.

For those wondering, we are still selling property and as per the case in most market cycles, the best situated, well presented, realistic market opportunities are generating sufficient interest and offers.

Should you require any advice or opinion regarding any element of the property market then do contact your local office and we would be pleased to assist to the best of our ability.

Jack Thornley

Director, David Burr Estate Agents

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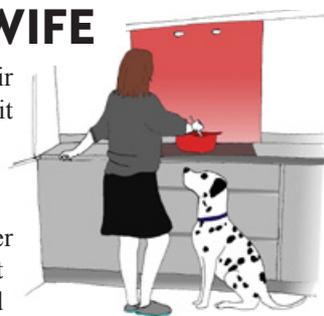
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THE BUTCHER'S WIFE

This week the Butcher bought an air fryer. I have no idea how to turn it on and so far we have only used it to cook chips but I'm told by many of you that it will become the most used kitchen appliance I've ever owned. You may be thinking I don't sound too enthusiastic and you would be right. It's not that I didn't want an air fryer, I did, but I didn't want one that was the size of a small planet. It's huge and I've had to reorganise the whole kitchen to fit it in. I'm also aware that it is now another thing to clean. No one told me that when I had my own house I would forever be cleaning the kitchen. It's a part time job and is made so much worse by teenagers. I love waking up to find a teenager has decided to make pancakes in the middle of the night. Now don't get me wrong, they do tidy up after themselves, but a teenager's idea of clean is not clean by anyone's standards.



Cleaning, especially when there are so many people living in my house, is a thankless task. I am however slowly reducing the number of rooms in the house that I actually clean. I no longer clean the teenager's bedrooms; I've decided if they want to live like slob's I'll leave them to it. I do a weekly cutlery and crockery collection and get out as soon as I can. I also leave the Butcher's office well alone. I've spoken before about the Butcher's habit of hoarding and the office is no exception. I honestly think that if he lived alone he would be on a Channel 4 documentary and climbing over piles of old newspapers to get through doorways.

Hopefully next month I'll have mastered the air fryer and will have a recipe or two to share but until then, here's one that uses the old fashioned hob. Right, I'm off to clean the kitchen...

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Ratatouille Pork

Serves 4

Ingredients

For the ratatouille:

- 2 tsp olive oil
- 2 red onions, sliced
- 2 red peppers, diced
- 1 aubergine, diced
- 2 courgettes, sliced
- 2 cloves of garlic, chopped
- 400g chopped tomatoes
- 1 vegetable stock cube
- 1 sprig of thyme
- 1 handful of basil, separate the leaves and the stalks

For the pork:

- 475g pork tenderloin cut into 2 equal pieces
- 2 cloves of garlic, crushed
- 1 tbsp thyme leaves
- 1 tsp olive oil

Method

1. Heat the oil in a large pan and fry the onions for 5 minutes. Stir in the peppers, aubergine, courgettes and garlic and cook for a few minutes. Add the tomatoes and 1 can of water, crush in the stock cube and add the thyme and basil stalks. Cover and simmer for 20 minutes or so and then add in the basil leaves.
2. Meanwhile, rub the pork with the garlic and scatter with the thyme and black pepper. Heat the oil in a pan and cook the pork for about 12 minutes, turning so it browns on all sides. Cover and rest for 5 minutes.
3. Serve the pork with the ratatouille and some brown rice.



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RAMBLINGS FROM THE RECTORY

Dear Friends,

This past month or so there have been a number of concerning news stories to have hit the headlines. I don't know about you, but the thing that concerns me most about so many of these stories is the way they are based on gossip which is then sensationalised. More and more news outlets get drawn in and commentators have their 'informed' say. All the while the truth gets lost and an irrational sense of vengeance takes over. Private lives get ruined. An individuals' misdeeds become laid bare for all to see. People are judged guilty, without any real evidence, in the court of public opinion.



It's a great way to sell newspapers or to increase a news channel's viewing figures, but let's be clear, our media does not have a care for our mental wellbeing or the health of the nation. I am glad that your sins and mine are not laid bare in such a fashion, and I pray they never will be. Beware of what you read!

This has caused me to ponder the problem of gossip more deeply. Gossip is always a problematic thing, yet which of us doesn't fall into the trap occasionally? We might do it through boredom, because it makes us feel better about our own inadequacies, or from a more sinister impulse to delight in another's downfall. We must be mindful that the information we pass on and the stories we tell about others always have the potential to ruin lives and communities. Sometimes that damage can never be undone. None of us have a right to inflict such pain on another person. I think this is why St Paul has so much to say about it, and our need for restraint, in the letters attributed to his name in the Bible.

Over the coming months, I am going to be trying much harder to curb my own tendencies towards gossip. Will you join me?

With every blessing,

Fr Rob

boxriverrector@gmail.com,

Tel: 01787 210434



The Box River Benefice

*Boxford, Edwardstone, Groton,
Little Waldingfield and Newton*

SUMMER 2023

**ST MARY'S CHURCH, BOXFORD
ON THE 4TH SUNDAY OF EACH MONTH**

BCP HOLY COMMUNION AT 8.00 AM

FOLLOWED BY

BENEFICE BREAKFAST AT 8.45 AM

FOLLOWED BY

PILGRIM SERVICE FOR ALL THE FAMILY AT 9.30 AM



BOX RIVER PILGRIMAGE WALK

Sunday, 27th August 2023

We will be starting at All Saints' Newton after Sunday Eucharist at 11.45 am and we will then walk to the other four churches in the Benefice, finishing at St Lawrence's, Lt Waldingfield for BCP Evensong at 5.30 pm. Join us for the whole walk, part of the walk or at the services



Please contact the Benefice Office if you would like further details of route and timings

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

CONTACT INFORMATION

Benefice Office

Mary's House, 5 Swan Street, Boxford CO10 5NZ
01787 828046 email: boxriverbenefice@gmail.com

Fr Rob Parker-McGee SR
01787 210434 email: boxriverrector@gmail.com

Summer Nails



Nothing says
'summer' quite
like freshly
painted nails...

Whether you're about to jet off on holiday or just making the most of the weather, a set of fresh, summery nails is sure to help you look the part. Gel nails have the look and feel of a regular polish but stay smudge and chip-free for 2-3 weeks.



Summer Special

This month, receive a free **NAF!** cuticle oil (worth £10) with every gel manicure or pedicure (from £28)*

Call 01787 211 000 to book.

* Offer valid once per person, until 31/08/23. Soak-off is an extra £5, if needed.

Suffolk Medical & Beauty Clinic, 6 Broad Street, Boxford.

Tel: 01787 211 000 www.suffolkmedicalclinic.co.uk





SERVICE SCHEDULE FOR AUGUST 2023



Wednesday 2nd August	10:00	<i>Midweek Eucharist</i>	Mary's House, Boxford
Sunday 6th August <i>The Transfiguration</i> <i>St Lawrence</i> <i>Trinity 9</i>	09:30	<i>Patronal Eucharist</i>	St Lawrence's, Lt Waldingfield
	11:00	<i>Forest Church</i>	Rectory Woodland
	11:00	<i>Sunday Eucharist</i>	St Mary's, Boxford
Wednesday 9th August	9:30	<i>Midweek Eucharist</i>	Mary's House, Boxford
Sunday 13th August <i>Trinity 10</i>	09:30	<i>Sunday Eucharist</i>	St Bartholomew's, Groton
	11:00	<i>Sunday Eucharist</i> <i>(Chris Kingsbury Retirement)</i>	St Mary's, Boxford
	17:00	<i>BCP Evensong</i>	St Mary's, Boxford
Sunday 20th August <i>Trinity 11</i> <i>Blessed Virgin Mary</i>	9:30	<i>Patronal Eucharist</i>	St Mary the Virgin, Edwardstone
	11:00	<i>Sunday Eucharist and Baptism</i>	St Mary's, Boxford
	17:00	<i>Patronal Evensong</i>	St Bartholomew's, Groton
Wednesday 23rd August	10:00	<i>Midweek Eucharist</i>	Mary's House, Boxford
Sunday 27th August <i>Trinity 12</i>	8:00	<i>BCP Holy Communion</i>	St Mary's, Boxford
	8:45	<i>Benefice Breakfast</i>	St Mary's, Boxford
	9:30	<i>Pilgrim Service for all the family</i>	St Mary's, Boxford
	11:00	<i>Morning Praise</i>	All Saints', Newton
	12:00	<i>Benefice Pilgrimage Walk between 5 churches</i>	Starting at Newton & finishing at Little Waldingfield
	17:30	<i>BCP Evensong</i>	St Lawrence's, Lt Waldingfield
Wednesday 30th August	10:00	<i>Midweek Eucharist</i>	Mary's House, Boxford

(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

BRING AND SHARE

FOOD BANK

St Mary's Church, Boxford
(in the North Porch)

IF YOU OR SOMEONE YOU KNOW IS IN NEED,
PLEASE VISIT THE FOOD BANK OR CONTACT THE BENEFICE OFFICE FOR A FOOD PARCEL.
ALL DONATIONS OF NON PERISHABLE GOODS, ARE GRATEFULLY RECEIVED.

TAKE WHAT YOU NEED. LEAVE WHAT YOU CAN

Thank You



BOXRIVER BENEFICE

COFFEE MORNINGS

EVERY TUESDAY, 10.00 AM - MARY'S HOUSE, BOXFORD

FRIDAY, 4TH AUGUST, 10.30 AM - ST LAWRENCE'S CHURCH, LT WALDINGFIELD

SATURDAY, 19TH AUGUST, 10.00 AM - ST MARY'S CHURCH, BOXFORD

THERE IS NO COFFEE MORNING AT ALL SAINTS' CHURCH, NEWTON THIS MONTH

CATCH UP WITH OLD FRIENDS, MAKE NEW FRIENDS



The Box River Benefice

Boxford, Edwardstone, Groton,
Little Waldingfield and Newton

DATES FOR YOUR DIARY

Tues 1st August 10am *Drop in for Coffee*, Mary's House
 Fri 4th August 10:30am *Coffee Morning*, St Lawrence's, L.W.
 Sat 5th August 1pm *Wedding*, St Bartholomew's, Groton
 Sun 6th August 11am *Forest Church*, Rectory Woodland
 Tues 8th August 10am *Drop in for Coffee*, Mary's House
 Wed 9th August 3pm *Bible Study Group*, 47 Swan Street, Boxford
 Tues 15th August 10am *Drop in for Coffee*, Mary's House
 Sat 19th August 10am *Coffee Morning*, St Mary's, Boxford
 Sat 19th August 4pm *Wedding*, St Mary's, Boxford
 Tues 22nd August 10am *Drop in for Coffee*, Mary's House
 Sun 27th August 11:45-5:30pm *Pilgrimage Walk around Benefice*
 Tues 29th August 10am *Drop in for Coffee*, Mary's House

BEREAVEMENT TEA AT THE RECTORY

A wonderful afternoon was spent in the sunshine at our recent Bereavement Tea. It was a lovely opportunity for bereaved spouses and families to meet and provide mutual support and companionship, a delicious tea was enjoyed by all.



BENEFICE PILGRIMAGE WALK

This year our Benefice Pilgrimage Walk is on Sunday, 27th August. We will be starting at All Saints' Church, Newton after Sunday Eucharist at 11:45am and will then walk to the other four Benefice churches, finishing at St Lawrence's, Lt Waldingfield for BCP Evensong at 5:30pm. Join us for the whole walk, part of it or just the services. Last year the sun was shining, and we had a great day, walking around our beautiful part of Suffolk with time for prayer and reflection along the way. It would be lovely if you would like to join us. Please contact the Benefice Administrator for further details.

COFFEE MORNING UPDATES

All Saints', Newton will not be having a coffee morning in August but look forward to seeing you all on Weds, 20th Sep at 10am.

St Lawrence's, Little Waldingfield will not be holding theirs on Fri 1st Sept as the Flower Festival is taking place on the 2nd and 3rd.

BOXFORD PATRONAL FESTIVAL & FETE

Calling all Bakers! We are looking for baked goods for our cake stall. Whatever your specialty, we would be delighted to receive your baked donations. If you would like to get involved and bake something for the stall, please contact Jackie **01787 210918** or Frances **01787 211733**, they are happy to collect it if you are unable to deliver it.

Teddies and Soft Toys Wanted. We are in need of preloved teddies and soft toys for our Teddy Tombola, if you have any that are in good condition, that you would like to donate, please contact Sarah at boxriveractivities@gmail.com

Stall Holders wanted. Would you like to showcase your business in Boxford for the day, we are looking for additional stalls, if you would like to find out more, please contact Sarah at boxriveractivities@gmail.com.



FOREST CHURCH

RECTORY WOODLAND AT 11.00 AM
 SUNDAY, 6TH AUGUST
 SUNDAY, 3RD SEPTEMBER

Encounter divine things in the great outdoors, in the sky, the earth, the trees and the wildlife.

This service is for everyone, old and young who wants to connect with God in this beautiful environment. It will be alternative, fun and quirky.

WANTED

WE ARE IN NEED OF
 PRELOVED
 TEDDIES & SOFT TOYS
 FOR OUR TEDDY TOMBOLA
 AT

ST MARY'S CHURCH, BOXFORD
 PATRONAL & CHURCH FETE
 SUNDAY 10TH SEPTEMBER

12.30 - 3.30 PM

IF YOU HAVE ANY TEDDIES OR SOFT TOYS IN GOOD CONDITION THAT YOU WOULD LIKE TO DONATE, PLEASE CONTACT SARAH AT BOXRIVERACTIVITIES@GMAIL.COM OR DROP OFF AT MARY'S HOUSE, 5 SWAN ST, BOXFORD

CONTACT INFORMATION

Benefice Office

Mary's House, 5 Swan Street, Boxford CO10 5NZ
01787 828046 email: boxriverbenefice@gmail.com

Fr Rob Parker-McGee SR
01787 210434 email: boxriverrector@gmail.com


ST MARY'S CHURCH, BOXFORD
PATRONAL & CHURCH FETE
SAVE THE DATE
SUNDAY 10TH SEPTEMBER
12.30 - 3.30 PM
 TEDDIES FROM THE TOWER HOOK A DUCK
 SOAK THE VICAR WELLY THROWING
 CRAFT STALLS REFRESHMENTS
AND MORE


GROTON & THE WINTHROPS

You are invited to a concert by Madrigalia given to celebrate the long standing friendship between Groton and the Winthrop family of America. The concert will take place at Groton church on Saturday 12th August starting at 12:00. John and Libby Winthrop will be there and following the concert they would love to mingle and chat with local people. A buffet lunch will be available. The event will come to a close at about 2:30pm.

To give an idea of numbers attending, please ring Bob **211553** or Jayne **211360** if you would like to come. If you are able to provide a salad dish or pudding it would be much appreciated!


St Bartholomew's Groton

 A Concert by
Madrigalia
 To celebrate the Longstanding Friendship between
Groton and The Winthrop Family
of America
Saturday 12th August 12:00 – 2:30pm
At Groton Church
 John and Libby Winthrop will be present and would love to
 mingle and chat following the Concert.
Buffet Lunch available
 No charge but to book please contact
 Bob 01787 211553 or Jayne 01787 211360



Boxford Study Centre Literature Group

An 8 week course on Monday afternoons 2.30-4:30pm

Meeting in Groton Village Hall, CO10 SEL

Starting on Monday October 2nd 2023

POWER AND CORRUPTION

**'Man, proud man,
Drest in a little brief authority.
Most ignorant of what he's most assured ...'**

In our Autumn Course we shall explore the abuses of power and its corrupting effects with a study of these texts

Tutor: Hugh Black-Hawkins

Monday 2 nd Oct	Measure for Measure	<i>Shakespeare</i>
Monday 9 th Oct	Measure for Measure	<i>Shakespeare</i>
Monday 16 th Oct	Enron	<i>a play by Lucy Prebble (Methuen)</i>
Monday 23 rd Oct	Reading Week	
Monday 30 th Oct	The Leopard	<i>Tomasi di Lampedusa (Vintage)</i>
Monday 6 th Nov	The Leopard	<i>Tomasi di Lampedusa</i>
Monday 21 st Nov	Reading Week	
Monday 20 th Nov	Milkman	<i>Anna Burns (Faber)</i>
Monday 27 th Nov	Milkman	<i>Anna Burns</i>
Monday 4 th Dec	The Masque of Anarchy	<i>Shelley</i>

Course Fee: £75 for the complete course,
payable on the first or second meeting.
£10 for each single class.

Newcomers very welcome.

Please contact Mr David Jones for further information and if you are interested in attending. Telephone 01787 211104.

LAVENHAM AIRFIELD

Learn about life on a wartime American air base with a guided walk on Lavenham Airfield. Home to the USAAF's 487th Bomb Group during WWII

Sunday August 13th or September 10th 10am - 1:30pm

Adults £10 Under 16s £5 (sorry no dogs)

Booking essential - tickets available from Lavenham Information Point, 2 Lady Street 01787 249 939 (open Mon, Tue, Thu & Fri 11am-2pm)

All proceeds go towards the USAAF 487th Bomb Group Memorial Fund.

LEAVENHEATH CINEMA

SATURDAY 5th AUGUST

A MAN CALLED OTTO

Starring Tom Hanks

A comedy drama (PG 13)

Arrive 7pm For 7:30pm Start

2hr 6mins with 20mins interval

Leavenheath Village Hall, CO6 4NS

Tickets: Adults £4, Under 16 £2.50



Bar is open before showing the film & during the interval. Serving beer, wine, soft drinks, tea & coffee. Ice creams available during the interval.

For tickets phone Marion (01206 26330) or book online at www.leavenheath.org.uk. You can pay on the door either by cash or card

Proceeds towards LVH Capital Project Fund (Charity no 262816)

BOXFORD
GARDENING SOCIETY

JOHN LITTLE
OF THE GRASS ROOF COMPANY

Diversity of habitat, garden design & wildlife



Tuesday 1st August 7.30pm
at Boxford Village Hall



Fleece Jazz at
Stoke-by-Nayland Hotel presents

The Music of the Jazz Couriers

Wednesday 9th August 2023 8pm - Tickets: £20

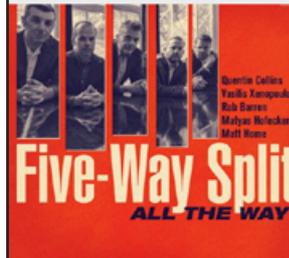


The band harks back to the heady days of the quintet co-led by Ronnie Scott and the great Tubby Hayes. Expect plenty of up-tempo tenor jousting and cascades of bebop quavers.

Simon Spillett – Tenor sax
Pete Long – Tenor sax
Prob Barron – Piano
Alec Dankworth – Double bass
Pete Cater – Drums

Five-Way Split

Wednesday 23rd August 2023 8pm - Tickets: £19



Featuring some of the finest bebop musicians in the UK with a vision to carry on the lineage of groups like Art Blakey's Jazz Messengers while mirroring the contemporary New York bop scene.

Quentin Collins – Trumpet/Flugelhorn
Vasilis Xenopoulos – Alto sax
Rob Barron – Piano
Mátyás Hofecker – Bass
Matt Home – Drums

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

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

Tickets: 01787 210796 or via [WeGotTickets](https://www.wegotickets.com) (booking fee applies); or on the door (cash or cheque only; sorry no debit/credit cards)

*Friends of Fleece Jazz discount

SPECIAL OFFER: A double room with breakfast and two tickets from £119 (subject to availability) Phone: 01206 262836



St Bartholomew's Church Groton

Presents a Traditional



"Harvest Horkey"



Barn Dance

with



*** Gareth's Band ***

Saturday 23rd September 2023 7:30pm – 11:30pm

at

Dove Barn, Groton

(by kind permission of Mr & Mrs Dixon-Smith)

Supper – Bar – Raffle

Tickets £20 available from

Jayne 01787 211360 jaynefoster715@gmail.com

Or Val 01787 211978



Little Waldingfield

FLOWER FESTIVAL

ST. LAWRENCE CHURCH

A GARLAND OF VERSE

Saturday 2 September, 10 am - 5 pm

Sunday 3 September, 10.30am - 5 pm

FREE ADMISSION - Donations Welcome

Refreshments in Church

Stalls Raffle





MELFORD MUSIC
presents



LUNCHTIME RECITALS

WEDNESDAY 1.10pm

ADMISSION FREE

Light Refreshments available

Retiring Collection to aid preservation of this Historic Building



AUGUST

- 2nd **TOM COGAN** Organ
Sponsored Anonimously
- 9th **MADRIGALIA and A Melody of Harps**
Sponsored by BESPOKE BLINDS
- 16st **THERESE MILLER** Piano
Sponsored by SUDBURY U3A
- 23rd **SOKOLOWSKI TRIO** Violin, Cello, Piano
Sponsored by THE BLACK LION HOTEL
- 30th **MICHAEL BALL** Oude Martinot

**HOLY TRINITY CHURCH
LONG MELFORD**

For details of the individual programmes visit
The Church Website/What's On at
www.longmelfordchurch.com/arts

COAST

Have you had chance to get to the COAST yet this summer?

The latest exhibition at Mill Tye Gallery takes you on a journey around the shores of the Suffolk and Essex coastline as seen through the eyes of five artists and photographers; Dan Sceats, Graham Cooper, Noel Myles, Roger Seaman and Tracy Tattersall.

Open to the public at weekends from 10:30am to 4pm, Mill Tye Gallery features exceptional new works from renowned and undiscovered talents and includes several exclusive pieces of work that have been created especially for the Gallery.



Noel Myles

Set by the idyllic River Stour in Great Cornard, just outside the centre of the historic market town of Sudbury, Mill Tye Gallery and Arts Centre is located in a historic mill building in the heart of Gainsborough territory, and has spectacular views across the river Stour to the water meadows beyond. On the 'Gainsborough Trail' from Sudbury, it offers a unique destination to be enjoyed by art lovers and visitors alike.

Mill Tye Gallery and Arts Centre is located at 3 Cornard Mills, Mill Tye, Great Cornard, Sudbury, Suffolk, CO10 0GW.

Visitors to the gallery will find free parking is available in the car park located before the level crossing.

To plan your visit to 'Coast' go to: www.milltyegallery.co.uk

**'MIDST THE DOG DAYS
OF SUMMER
THE ARTS SOCIETY GEARS UP
FOR AUTUMN**



**WATCH THIS SPACE FOR
the launch of its' new programme
commencing in September.**

Topics include:

- The Sun King and the Court of Versailles
- The Art of the Cartoonist by a Cartoonist (with live drawings)
- Gender & the Body – the story of the nude

The Arts Society offers a full programme of events plus an Arts Magazine and a series of 10 illustrated talks given by experts in all aspects of the Arts
in **Long Melford Village Hall, CO10 9JQ.**
(opposite the Bull Hotel).

FOR FURTHER DETAILS and to get your name onto the membership waiting list
Contact: info@TASstourvalley.org.uk quoting **BRN26**
or via our website www.TASstourvalley.org.uk

**LITTLE WALDINGFIELD
PARISH ROOM
AVAILABLE FOR HIRE**

at Competitive Rates

for: Meetings, (Children's) Parties, Functions
Fitness & Other Classes, Fund Raising Coffee Events

Kitchen facilities
Disabled access ramp available

Contact:
Sue Bowen 07962 210 359
sd.bowen@btoopenworld.com



The Dedham Vale Flower Co.

PYO FLOWERS

*Willow Farm
Polstead, CO6 5DL*

Come and pick your own beautiful selection of sustainably grown British flowers.

Open every Saturday & Sunday from 1st July to mid/end September:

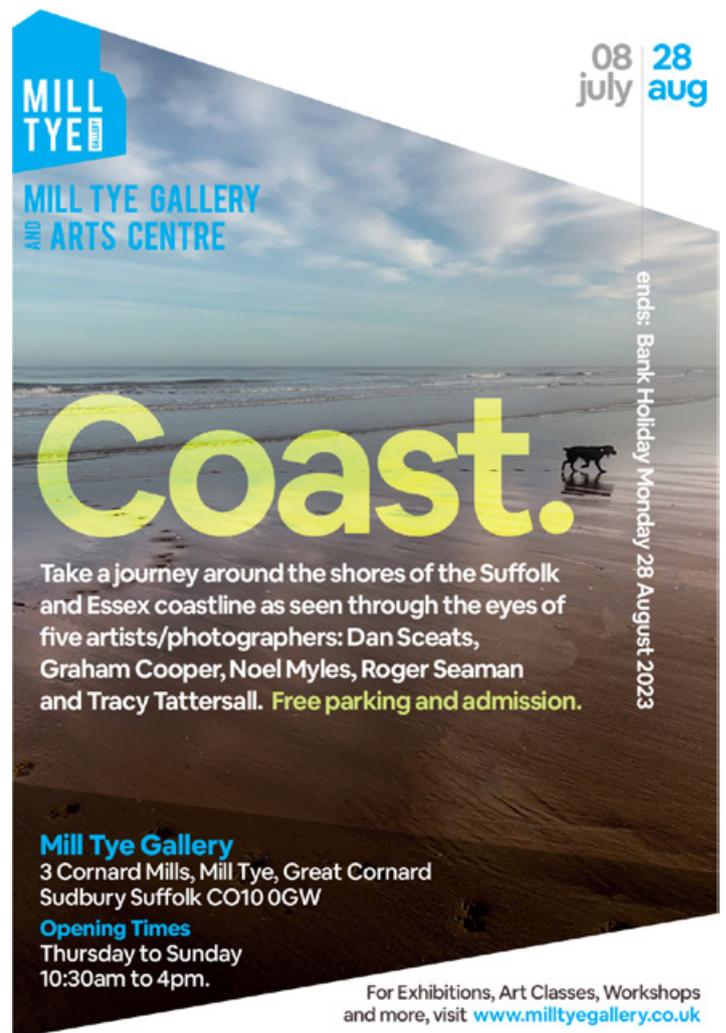
Saturdays: 10am - 4pm
Sundays: 11am - 3pm

Tel: **07747 135770**

Email: info@thededhamvaleflowercompany.co.uk

Web: www.thededhamvaleflowercompany.co.uk

  @thededhamvaleflowercompany



MILL TYE

MILL TYE GALLERY AND ARTS CENTRE

08 July | 28 Aug

ends: Bank Holiday Monday 28 August 2023

Coast.

Take a journey around the shores of the Suffolk and Essex coastline as seen through the eyes of five artists/photographers: Dan Sceats, Graham Cooper, Noel Myles, Roger Seaman and Tracy Tattersall. **Free parking and admission.**

Mill Tye Gallery
3 Cornard Mills, Mill Tye, Great Cornard
Sudbury Suffolk CO10 0GW

Opening Times
Thursday to Sunday
10:30am to 4pm.

For Exhibitions, Art Classes, Workshops and more, visit www.milltyegallery.co.uk

2024 COACH TRIPS



THERE IS ONLY ONE

Tina

THE TINA TURNER MUSICAL

© 2024 THE TINA TURNER MUSICAL

From humble beginnings in Nutbush, Tennessee, to her transformation into the global Queen of Rock 'n' Roll, Tina Turner didn't just break the rules, she rewrote them. This musical reveals the untold story of a woman who dared to defy the bounds of her age, gender and race. One of the world's best-selling artists of all time, Tina Turner has won 12 Grammy Awards and her live shows have been seen by millions, with more concert tickets sold than any other solo performer in music history.

DATE: Sunday 17th March 2024 – 15:00 (matinee show)

TIME: Depart Boxford at 9am

PRICE: £75.00 per person

INCLUDES: Return coach travel from Boxford
Seats in the Dress Circle (Rows D-H)



ABBA
Voyage

ABBA Arena, London

Blending cutting-edge technology, spectacular lighting, and some of the most beloved songs ever written, ABBA take to the stage in a whole new way. In a stunning, purpose-built arena, one of the most popular groups in history appear as digital avatars in a 'ground-breaking' concert that really needs to be seen to be believed

DATE: Saturday 15th June 2024 – 15:00 (matinee show)

TIME: Depart Boxford at 9am

PRICE: £95.00 per person

INCLUDES: Return coach travel from Boxford
Seats in Block K (Rows E - N)

Email: tracey@boxrivertravelboutique.co.uk **or call:** 07747 608509 **for tickets**

POLSTEAD VILLAGE HALL

Polstead Village Hall has a range of regular clubs and activities at specific times from Monday to Friday.

At all other times, the Hall is available for private bookings. There is a small room for hire, as well as the main hall with its curtained stage and an adjacent, well-equipped kitchen.

Please note that the Hall now has WiFi.

Anyone interested in hiring any of the Hall's facilities should contact the Bookings Secretary (Mrs. Sue Townsend) tel – 01787 828570 or email: polsteadvillagehall@outlook.com

If you think you might like to join in any of the regular weekday activities, please contact the relevant organisers (phone numbers below), even if it is just to make further enquiries.

Monday	Table Tennis	6:30-8:30pm	07470 635 600
Tuesday	Art & Crafts Club	2-5pm	07570 791 716
Wednesday	Zumba	6-6:45pm	07791 496 767
	Carpet Bowls	7pm	07969 983 554
2nd & 4th Wednesday	Craft Workshop	2-4pm	07394 149 472
Thursday	Body Movement	10-11am	07969 983 554
3rd Friday	Coffee Caravan	10-1pm	07969 983 554

New members are always welcome, the organisers will be pleased to hear from you.

POLSTEAD W.I.

The newly formed Polstead W.I. enjoyed its first outing in June. On the Summer Solstice, the 21st of June, eleven members visited Flatford for a guided tour by National Trust volunteer Pat Hodgins. The tour led members around the various viewpoints from which John Constable was inspired to make his sketches and paintings. The visit was carefully planned and timed so that members arrived at the site of 'The Haywain' at noon, to coincide with its original title – 'Landscape: Noon'. Most of Constable's paintings were done from sketches, which he then took to his London studio to convert into paintings.

The tour paused for lunch and was followed by a thirty minute trip in an electric riverboat.

The river trip was magical and the whole day out certainly a day to remember.

N.B. The next meeting is on 16th August at 10:30am when there will be a talk by Chris Freer - 'Wheelchair to Walking, living proof lifestyle works'. New members and visitors are welcome.

POLSTEAD CHRISTMAS FAIR

The Christmas Fair will be on Sunday 3rd December and will focus entirely on the festival of Christmas, with all stalls geared towards the Christmas theme.

If you would like to book a table to sell Christmas gifts or goods, please contact Angela on **07969 983554**.

CHILTON CHURCH EVENTS

Quill & Inkling are storytellers and their aim is to provide exciting theatrical experiences with dynamic retellings of classic tales. Experience the tales of the last of the great Knights, *Don Quixote*, which will be performed at St Mary's Church on the Chilton Industrial Estate near Sudbury on Friday 4th August at 7pm.

Tickets are £15 for adults, £10 for under 16s, £45 for a family ticket (2 adults and 2 children).

For more information and to book tickets visit the website: www.quillandinkling.com

THE SUFFOLK VILLAGES FESTIVAL

Friday 25 August at 7.30pm. St Mary's, Hadleigh

Heinrich Schütz: Drama, Virtuosity & Splendour

Charles Daniels *tenor*, Psalmody, The John Jenkins Consort

Saturday 26 August at 6pm. St Mary's, Stoke by Nayland

Steven Devine directs Bach

Suite no. 2 & three concertos

Sunday 27 August at 6pm. St Mary's, Wivenhoe

The Great Fugue: Haydn-Mozart-Beethoven

The Revolutionary Drawing Room Quartet

Monday 28 August at 11am. The Quaker Meeting House, Friars Street, Sudbury

The Golden Age of English Virginal Music

Steven Devine *virginal & harpsichord*

Monday 28 August at 6pm, St Mary's, Hadleigh

Henry Purcell: The Fairy Queen (1692)

soloists, Psalmody, Essex Baroque Orchestra

For more information and tickets: www.suffolkvillagesfestival.com

WHATFIELD CRAFT FAIR

Mandy's fundraising Craft Fair returns to Whatfield Village Hall on Sunday 15th October.

A wide range of stalls, delicious homemade snacks and a bumper raffle will be on offer at this ever-popular event.

Make a note of the date, call **07476 989248** for enquiries

VILLAGE HALL FUNDRAISER

Nayland Family Festival

Saturday 16th September

1pm to 10pm - Webb's Meadow, Nayland Village Hall CO6 4JH

Live Music all day
featuring: Beer Valley Drifters, Ady Johnson

Entertainment including:
Cheerleaders
Dancing
Classic Vehicle Display

Fun For All Ages
Punch & Judy and Circus Skills
Woodland Corner's Inflatable Fun
Raffle & Tombolas

Licensed Bar with Beer, Pimm's & Soft Drinks
Fabulous Spanish Food
Valentino's Ice Cream
and much more....

Disabled parking at Village Hall, main parking via Fen Street

Ticket Price: £12 adults over 21yrs, £5 for 10-21 yr olds;
Under 10's free.

available at: naylandevents.org
or Mill Street Store & Deli and Forget me Not

www.naylandevents.org - www.naylandandwiston.net

BOXFORD WI UPDATE

Boxford WI met on the first Thursday in July at the Village Hall. Once the business of the day had been discussed, the speaker, Hannah Powell gave a most interesting talk about the History of Perrywoods from the perspective of the family.

In 1955 her grandparents lived in a tied cottage linked to Braxted Park when they decided to buy a small bungalow and 4 acres of land for £2,375 next to Perry's Wood. They grew mainly strawberries which they sold at the end of their drive.

Her father worked for the Colchester Parks Department after leaving school and gained a great deal of knowledge about planting and horticulture and suggested that they buy a greenhouse for plants. They bought a second hand greenhouse and this small beginning expanded in 1975 to 4 greenhouses and 3 sheds where they started growing bedding plants.

In the late 1970s they bought a brand new greenhouse for £750 and created 1000 hanging baskets for sale.

In 1984 her family swapped houses with their grandparents and they moved to what has become Perrywoods Tiptree. They worked 7 days a week, and all the children were involved in the business.

A third version of the shop emerged and this included signage and trolleys, with a double door entrance.

They have a computerised pricking out machine and the culture of improvement and investment has stood them in good stead. A coffee shop was added in 1999 and in the 1990s they were fortunate enough to buy neighbouring land to expand the business even more. There are now 22 acres and in 2010 the current shop was built, which includes indoor retail. This ensures that they have customers all rear round.

They bought the second site at Sudbury in 2018 from Wyvale Garden Centre, and their TLC has brought the nursery to life once more with a £3.5 million turnover. The main focus is on plants here and they sell and cultivate plants on site too. There are 35 acres and there are plans to expand further once the economic situation improves.

Hannah's father is now 72 and is the main plant buyer. Simon, her brother joined the business in 2008 and he is the Retail Director. In 2010 Hannah joined the business as the HR and Communication director and in 2016 Tristram, her second brother joined the family business.

They now have 235 staff and a £15 million turnover over the 2 sites. and the future looks good for the company, but the ethos of taking things slowly and caring for the well-being of their staff is key to their success.

Hannah then took questions from the floor and a most enjoyable tea provided by the members took place.

Upcoming Events

Our members will be going on a summer outing to the Henny Swan via a river cruise in August. Otherwise we will be reconvening on Wednesday 6th September, when the speaker, Nigel Oakley, will be talking about Suffolk Punch horses.

Annie Phillips.

Secretary, Boxford WI

01787 211729 / annie-phillips@hotmail.co.uk

theWI
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Matilda

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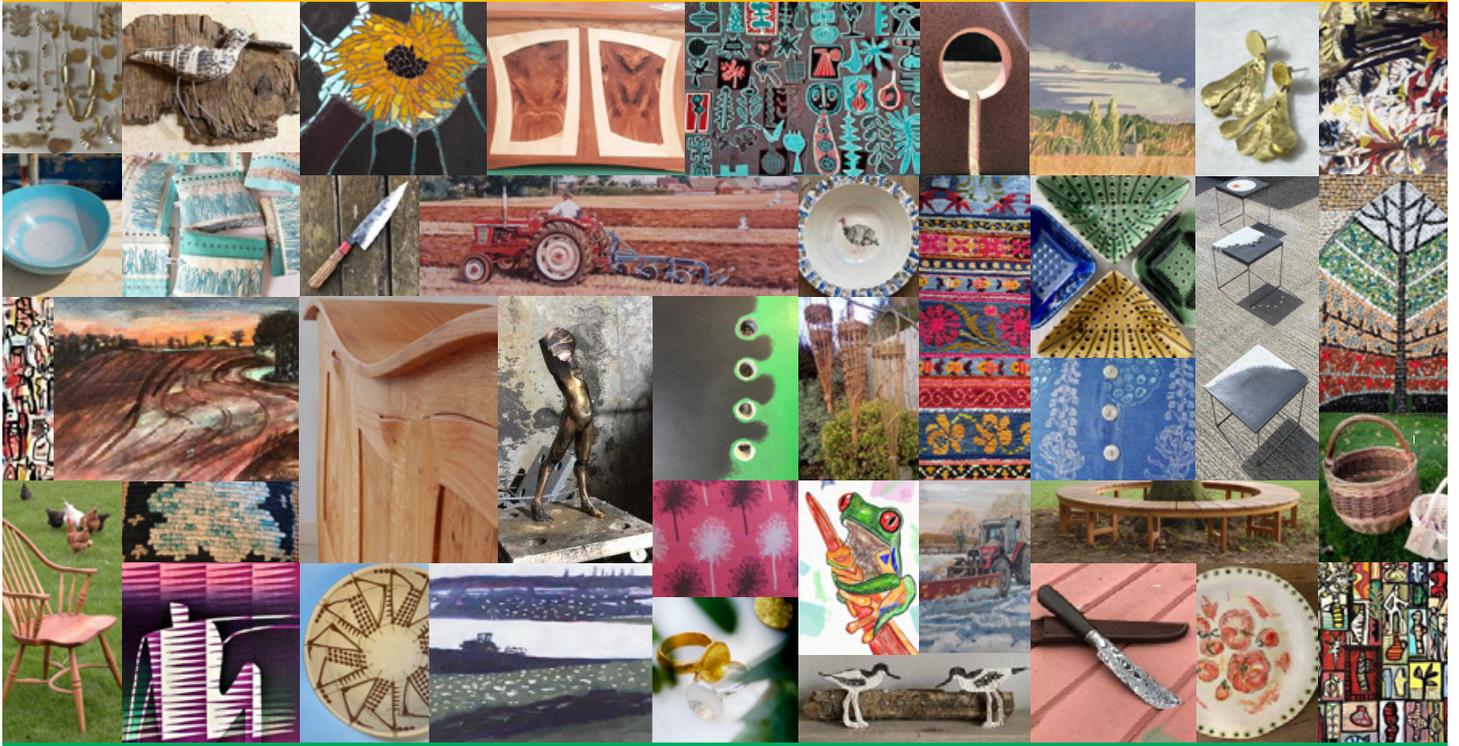
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NOTES FROM A BEEKEEPER'S DIARY

July marks the start of the honey harvest, both for bees and beekeepers. The first flush of nectar-bearing flowers in Spring is now well past, but the hedges are full of black-berry blossom, soon to be followed by lime trees, lavender and other garden shrubs. The wide ribbons of purple Phacelia growing in the field margins between Groton and Boxford are alive with insects: honeybees, bumble bees and a myriad of other tiny creatures gorging themselves on an abundance of nectar.

As the bees fly back to their nest with their load of nectar the sucrose syrup is broken down in their honey crops by a natural enzyme called invertase, into glucose and fructose. At the same time tiny filaments in the bees' honey crop filter out unwanted pollen grains and impurities.

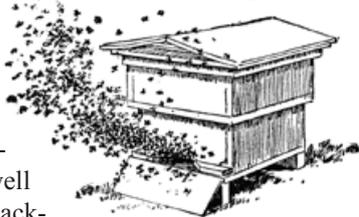
On arrival the foraging bees pass the nectar they have gathered over to the house bees. The water content of nectar can be as high as 75%, and the bees must reduce this to below 20% to ensure that the resulting honey will not ferment. They do this through evaporation, first by holding a tiny droplet in the curl of their proboscis before depositing the half-ripe honey into an empty cell at the top of the nest. Here the warm air from the nest will complete the process to reduce the water content to around 17%. Each cell is then sealed with an air-tight wax capping to protect the contents until it is wanted. Quite how the bees are able to measure the water content of honey is yet one more mystery of the honeybee world.



Beekeepers' honey is a wonderful amber colour that almost sparkles in the jar, but not all honey is this colour. Honey from Borage, a break crop with a blue flower, often cultivated for food supplements and cosmetics, is so pale you can hardly see it in the jar. At the other extreme horse chestnut blossom gives a dark honey (and perversely sweet chestnut an almost golden crop). Over any period of time the bees gather nectar from a variety of flowers, so the resulting blend normally has the mid golden-brown colour we normally associate with honey. This is called polyfloral honey. It is also possible to buy honey originating from one specific plant, but not so easy for UK beekeepers to produce so will be more expensive.

All honey has a high concentration of sugar and so will crystallise over time. This may take months or years depending on the nectar source but can be remedied by gentle heating. Honey with a high glucose content such as oil seed rape crystallises very rapidly, so beekeepers control the formation of crystals to produce "set" honey.

As well as the main fructose and glucose constituents, honey contains a vast range of other minerals and compounds. Minerals include calcium, copper, iron, magnesium, phosphorus, potassium, sodium and zinc....., all essential trace elements. Other compounds include vitamins such as B4, B6, thiamine, niacin, riboflavin, over 17 different amino acids, up to 7 proteins amino acids and more.



For good measure, the hypopharyngeal glands in the bees' heads produce an enzyme called glucose oxidase that causes the glucose on the surface of the honey to react with oxygen to produce hydrogen peroxide, a potent anti-microbial barrier that protects and preserves the honey from bacteria and moulds.

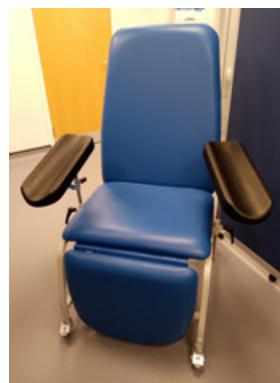
When people see a selection of honey ranging from clear through amber to dark in colour, they often ask me which is best. The simple answer is that all honey is wonderful stuff, but there are subtle differences of flavour. Pale coloured honey tends to have a lighter, more delicate taste but with intense floral aromas. Darker honey can be more complex with a stronger flavour. But it's all a matter of taste.

Finally, a word of warning. Once more, the scandal of adulterated honey hit the headlines a few weeks ago. Last year honey blenders imported 38,000 tons from China. In China sugar syrup is widely used to blend with honey and is openly advertised on websites such as Alibaba. Beekeeping standards are notoriously low, so use of antibiotic treatment of hives is commonplace. Importation of Chinese honey into the United States is banned outright, as it was in the EU until the ban was lifted because of commercial pressure in 2004. The only way to ensure that your honey is pure and unadulterated is to buy from a local beekeeper!

Tony Rand

HADLEIGH & BOXFORD PPG

The Phlebotomy Room is now functioning and sited upstairs in the Hadleigh Practice. This is where blood samples are now taken - not downstairs. A luxury phlebotomy chair was kindly funded by the Fidelis Ladies Group and



the state-of-the-art infrared vein finder generously provided by Beryl and Alan Meredith in memory of their son Gareth. Two plaques to this effect are now hanging in the Phlebotomy Room.

Nationally, all Covid boosters ceased on 30th June 2023. They will be resumed in the Autumn with the 'flu jabs. You will be invited to attend a vacc clinic when they start up again so no need to call for an appointment.

The Saturday doctor's service at the Hadleigh Health Centre, although housed in the health centre, is not run by our doctors. As it is not a walk-in or an A&E set-up an appointment is necessary. You can phone the health centre to make an appointment with this 'out of hours' service.

We can all help save the NHS an enormous amount of money simply by checking our medicine before leaving the pharmacy and cancelling unwanted appointments. Every year medicine waste accounts for a staggering loss of £300 million while missed GPs' appointments represent an eye-watering £216 million. How well that could be spent elsewhere in the NHS.

Why not consider walking to your appointments especially if it's a beautiful day? This will do much for your health, the environment and free up a car park space for those unable to get there on foot.

Practices: 01473 822 961

Website: www.hadleighhealth.co.uk

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

PPG Email: deveys@btinternet.com

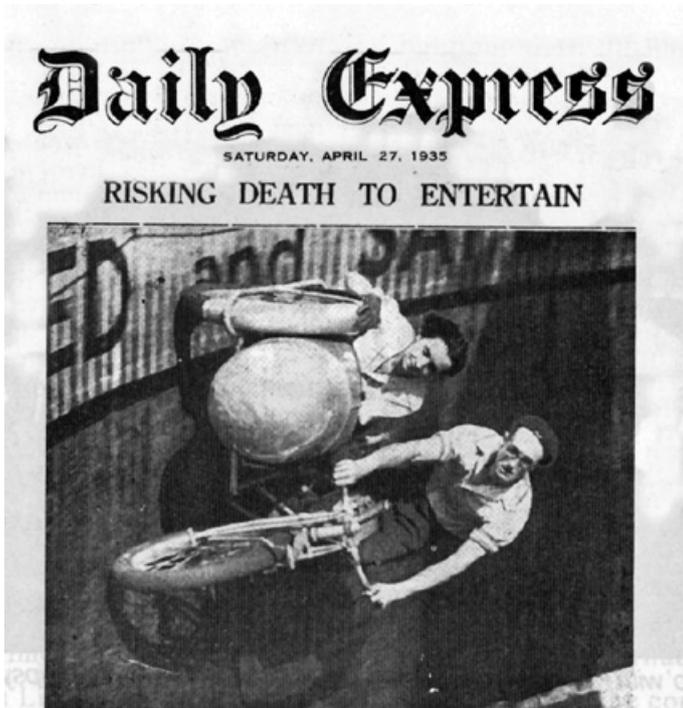
PPG: Chair Jan Devey 01473 827091

PHOTOS AND STORIES FROM BOXFORD SOCIETY VILLAGE ARCHIVE

When motorcycles were all the rage in Boxford.

Once again Boxford has had the delight of the Wall of Death for a weekend. For the people of Boxford it celebrates one of their famous sons, George William 'Tornado' Smith. He has been recognised by the British motorcycle industry as the first Englishman to perform the 'Wall of Death' ride. This month's pictures celebrate this and many of the other villagers who have enjoyed the pleasures of the motorcycle, or at the very least posing with one! Motorcycles became popular after 1900 as they were more affordable than the early cars, cheaper to run and improved work/life balance by enabling men, in particular, to spend less time travelling to work. Villagers in their eighties and nineties remember the difference access to a motorbike made. Riddlesdell's garage manufactured the 'Torpedo' motorcycle for a while with two or three wheels after World War I and other businesses locally sold motorcycles. Prior to his fame Tornado Smith travelled around the country on his motorcycle.

Tina Loose



Good advertising for the national celebrity Tornado in the Daily Express in 1935. By then he had his own show and brought it to his parent's pub in Boxford for winter refurbishment and lay-over. Before lay-over he provided shows for the villagers in The White Hart grounds. (See Tornado article BRN November 2021).



Tornado nursing his wife 'Marjorie Dare' following a performance accident. A reminder of the dangers motorbikes can present, particularly to Wall of Death riders wanting to make a good show.



Maggie Peachey, the baker's wife, enjoying their motorcycle in 1924 outside The Bakery.



George Henry Whymark's (another Whymark brother) daughters astride a Norton in the 1930s. Violet at back and Rose at front. Did they already know about Tornado and have ambitions? Village gossip will have been a powerful thing.

BRIAN TORA'S SOAP BOX

It was a little over 60 years ago that I alighted at Bank station in the heart of the City of London to start my first proper job. I say "proper" as I had worked during my summer holidays in a department store in my home town. This employment was altogether different as it precipitated me into the world of work that would occupy me for the next six decades.

My new role was very menial. It involved marking punch cards to be fed into the recently-installed computer in the firm of stock-brokers I had approached for work on leaving school. This was 1963, so installing a computer was forward-thinking and most unusual. This machine took up a complete floor in the office and required a complex air-conditioning unit to keep it cool. It is a sobering thought that there is probably more computing power in our cars or phones than existed in that facility then.

I was just a few weeks short of my 18th birthday when I took up my new job, to which I brought seven O levels and two A levels. Back then, that would probably have been sufficient to get me into one of the less-demanding universities, but I was keen to earn. There were girls to take out, smart clothes to buy and, anyway, I wanted a new and better set of drums to play in the rock group I had formed while in the sixth form at school.

Why am I mentioning this? Celebrating 60 years in the industry into which I entered back in July 1963 is one reason. I am, after all, still doing my bit for the financial sector, though not for much longer. Then there are the changes that have been wrought in this industry, which no doubt applies to many other professions and occupations. But the fortunate happenstance of answering an advertisement in the Evening Standard and ending up in a lifelong rewarding career is also worthy of reflection.

Joining a firm that was so forward-thinking as my first employer was a stroke of luck that took me many years to appreciate, but has stood me in good stead. This was a firm that knew what it was doing and understood that the world was changing rapidly and that the traditions of the Stock Exchange floor would not last indefinitely. Embracing change has helped me throughout my career, but many have been left behind as working practices develop and new approaches are brought into play.

Today we are facing the challenge of Artificial Intelligence, commonly known as AI. The concept of AI has been around for ages. An avid reader during my younger days, I consumed many science fiction novels and the all-powerful computer was a regular feature in many. Understandably, there are those who believe AI will ultimately threaten their ability to remain employed and thus earn a living. I am not so pessimistic, but it is likely that considerable change will be stimulated by these recent developments.

Technology has, after all, changed all our lives and generally for the better. While not everybody will necessarily agree with these sentiments, you only have to look at advances in medical science, distribution, communications and news dissemination to realise that technology has enabled faster and more efficient solutions to be applied in a wide range of areas. Today it is hard to imagine a world without emails and the smart phone, even if there are those who would like to.

So, I look to the future with a degree of optimism, tinged just a little with caution over possible unintended consequences as the pace of change accelerates.

Not all AI applications are to be welcomed. Might military uses remove the steadying hand of human intervention? Anyone who has seen the Terminator films will understand what that could ultimately lead to. But I am pleased now to be stepping back from a long and fulfilling career – one that I doubt AI could replicate anytime soon.

Brian Tora

FRANK'S NEW BOOK

Frank Payne, the 89 year old author of two books entitled *Here Today "Goon" Tomorrow* and *Well Worth Waiting For* has completed his third 'and probably last' book. The new title is *It All Kicks Off On Sunday* and it chronicles the myriad incidents occurring during his 42 seasons as a qualified East Anglian Football Referee. It will be available both nationally and locally in late September.

He finally retired at age 72 having been threatened, sworn at, spat at, kicked, punched, floored, hit by thrown coins and both he and his family subjected to life-threatening injury on and off the field of play. And yet, 17 years after hanging up his whistle, he says he'd quite willingly go back tomorrow if it were humanely possible.

Royalties from local sales will once again be given to the local small animal charity, SESAW. So far, money raised by Frank selling both of his previous books locally is fast approaching £3,000. He intends to do the same once the new book is published.

"I don't imagine there are many octogenarians who become authors so late in life," said Frank. "It was never my intention but with my family so involved physically with SESAW, I was persuaded to have a go. I found at 87 it was far easier to look back than forward and I knew how SESAW was suffering financially due to Covid-19. The rest you know."

To order your copy of "*It All Kicks Off On Sunday*" email cahors@live.co.uk

OLLIE'S NEWS FROM SESAW

Hello, Ollie here to give you a cat's eye view of SESAW. I have been under house arrest, recovering from an injury in the Spring. Mother decided to keep me in a while longer until most of the birds around the house had raised their young. Now I'm allowed out again Ken says "about time too!" He's fed up with competing for the best chair in the kitchen!

Gardeners, watch out for nesting hedgehogs, please make sure you do not disturb their nests when gardening. If you see any babies or older hogs in daylight do not leave them to get fly strike. Obviously it is better for the hoglets to be cared for by the parent but if this is not possible please bring them in to us. Mother has already taken in several casualties which will be returned to their original sites when healthy again.



Karen and the rabbits

We still have an abundance of rabbits looking for homes. Our rabbit expert, Karen, would be pleased to advise and help potential owners choose the right one for their family or help bond a new partner for their existing rabbit. Karen is usually available on Tuesdays and Saturdays but please phone ahead to confirm.

Right, I'm off to find a cosy cushion for a cat-nap. That pesky chihuahua is fed up with me commandeering the best armchair, silly lad doesn't realise that's the right of every cat, including me, Ollie (the Black) Cat.

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EBONY'S DIARY

Our fabulous riders excelled themselves back in June. Nearly everyone participated in the End of Year challenge, with each performance watched and judged by Mary Thornley and the scores collated by our chairman Jan Derbyshire. 1st, 2nd and 3rd in each class received medals, and the winners took home silver cups to be displayed at home until next July. *Well done all of you!*



THE COUNTRYSIDE CHALLENGE RESULTS:

JUNIOR ACC DERBYSHIRE CUP

- 1st Rowan Garwood
- 2nd Sebastian
- 3rd Molly Head

JUNIOR LED DR FRANEY CHARITY

- 1st Annie Dewsbury
- 2nd Beckett Wild
- 3rd Millicent

JUNIOR UNLED PATON & LEE

- 1st Annie Austin
- 2nd Luke Tigges
- 3rd Jennifer

SENIOR LED/ACC SNEEZUM CUP

- 1st Isobel Jones
- 2nd Clare Wright
- 3rd Martha Evans

SENIOR UNLED MURRAY CUP

- 1st Abbie Smith
- 2nd Millie Smith
- 3rd Georgia King



All these riders had to start by collecting a letter and taking it to the letter box. Then steer their way in a zig zag to the 'hen house' and collect an egg for the basket. A tight figure of eight followed next before a halt between two trees to pick an apple and drop it in the bucket. A short ride towards the halt sign came next, where our riders had to count to five. When they got a "GO" sign off they went to circle right around the duck pond then giving their pony a loose rein, carefully walk down a road to the gate which they had to open themselves and pass through, thanking the 'farmer' as they did so.

THE DRESSAGE RESULTS:

JUNIOR WALK LED/ACC FELICITY REYNOLDS CUP

- 1st Rowan Garwood
- 2nd Morgan Ballard
- 3rd Jennifer Hammond Sheen

JUNIOR WALK/ TROT LED/ACC

- 1st Ruby-Blu
- 2nd Max

JUNIOR WALK/TROT UNLED CADMAN CUP

- 1st Annie Austin
- 2nd Daniel
- 3rd Aimee

SENIOR WALK LED/ACC

- 1st Clare Wright
- 2nd Ross Heward
- 3rd Cameron

SENIOR WALK/TROT LED

- 1st Bradley Vinyard

SENIOR WALK/TROT UNLED ALDOUS CUP

- 1st Abbie Smith
- 2nd Evie Tigges
- 3rd Millie Smith



When taking a dressage test it is customary to dress very smartly and have your pony looking immaculate. Our competitors looked amazing and rose to the challenge brilliantly. We should shout out for the volunteer helpers as well for their patience and encouragement.

SPECIAL ACHIEVEMENT SNR - SHIRLEY GREEN CUP: Martha Evans

SPECIAL ACHIEVEMENT JNR – LIZ GREEN CUP: Aimee Martin

TURNOUT JNR – ELAINE CROWE CUP: Dylan

TURNOUT SNR – IPSWICH LIONS CUP: Bradley Vinyard

So congratulations all round, now you can relax and enjoy the holidays. Have a great summer and see you all back in September!

For your diaries: *Stride Out for Shelley* is back on 3rd September, beginning 10-11am and our dog show is on 24th September, more details to follow!



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CITIZENS ADVICE

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I bought a pram for £400 online, but it never arrived. At checkout it said delivery would take 3-5 working days, but I never received any tracking information. I chased the seller and they said they'd speak to the delivery company, but now when I try to phone them my call goes straight to voicemail. I've had no response to emails either. The website I bought it through looked legitimate but now I've seen people posting on review sites about products that never arrived, and some are saying this is a bogus seller. Have I been scammed and if so, what can I do?

This sounds like a very frustrating situation, and unfortunately scammers are always finding more sophisticated ways to trick shoppers, including having very legitimate-looking websites.

From your letter, there are signs it could be a scam. We've detailed information on our website, www.citizensadvice.org.uk about how to spot the signs of a scam that you might find useful to check.

As you've already parted with your money, the first step is to contact your bank immediately to let them know you think you've been scammed.

In terms of getting your money back, a lot depends on how you paid. We have full details on our website on the routes you can take. For example, if you paid by debit card, your card provider can ask the seller's bank to refund the money. This is known as the 'chargeback scheme'. If you paid by credit card and the item cost more than £100 but less than £30,000 you might be able to claim under the Consumer Credit Act. This is known as a 'Section 75 claim'. Under £100 on credit card, you can't use Section 75, but you can use chargeback.

It's always a good idea to report a scam, even if you haven't got your money back yet. You can do this by contacting Action Fraud, <https://www.actionfraud.police.uk>

It's also worth knowing your rights as a consumer in case the seller does get back in contact and turns out not to be a scammer. If something you ordered hasn't arrived, it's the seller's responsibility to get the item to you. So, if they say they don't know where the pram is, you can ask for a redelivery or, depending on how long you've waited for a delivery, you may be able to get a refund from the seller. We have advice on our website about how to do this.

It's also worth knowing that if a trader, having taken your money, refuses to deliver an item, Trading Standards may be able to investigate them.

For more advice on dealing with suspected scams or problems with traders, call the Citizens Advice consumer helpline 0808 223 1133 or talk to an adviser online through the Citizens Advice website. Many people may need emotional support after falling victim to a scam, and we have advice on our website about how to get this too.

Citizens Advice runs Scams Awareness campaigns aiming to give people skills to identify scams; encourage people to share their experiences with scams; help people gain the confidence to report scams. The campaign is led by Citizens Advice in collaboration with the Consumer Protection Partnership (CPP).

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.

THE GLOW PRO



Now we're in full swing of summer, darker nail shades have taken a backseat, making way for vibrant colours and fun designs.

Whether you're into neon shades, sleek neutrals, or dainty nail art, we've got plenty of ideas to level up your nail game.

So, grab a drink, lather on your SPF, and get ready to browse my top picks and tips to ensure your nails stay beautiful all summer long:

Colours That Pop

Summer is the best time to experiment with new shades, in fact, there never feels like enough time to try them all! From ice-cool aqua to sizzling hot pink, these energetic shades make the ultimate accessory for any outfit and occasion.

Just remember to choose high-quality products or gel polishes, to maintain your manicure throughout your summer adventures.



Funky Nail Art



Nail art allows you to unleash your creativity and explore a variety of playful designs. Whether you're drawn to abstract patterns or coloured French tips, there are countless ways you can add a little something to your regular manicure.

Plus, if you're like me and deliberate over colours for far too long, fear not. Subtle mixing and matching not only looks fabulous but also offers the best of both worlds.

Pretty Pastels

Soft tones such as muted pinks and baby blues create a dreamy aesthetic for summer, which is why I have to mention that lavender shade!

This stunning colour has been trending since spring and it has no signs of fading. With its subdued and creamy undertones, lavender has become an unconventional neutral that we can't get enough of.



Make Minimalist, Maximalist

Sometimes, nails that create a statement are actually those which are understated. For example, a lightly-blushed, sheer design accentuates your healthy nails, which is a great option for a chic and natural look.

I personally love the added touch of chrome, which creates a perfect blend of shine and sparkle. If you really want the colour to pop, opt for a bold pink as the base colour.



Hydrate Those Cuticles



Nail hydration is non-negotiable for maintaining healthy nails. Just like your skin, they require regular moisturisation, so remember to apply cuticle oil to nourish your nails and protect against brittleness.

NAF! STUFF cuticle oils (usually £10, but free this month with any gel manicure or pedicure) are a hand-bag staple and come in a variety of mouth-watering, fruity scents. Your nails will smell as delicious as they look!

Protect Your Nails!

Picture this: You've just stepped out of the salon, feeling great, with your fresh manicure. It's a glorious day, so you're going to head home to do a spot of gardening....But wait! Have you remembered your gloves? When properly maintained, gel nails can last between 2 – 3 weeks, so always remember to protect them whenever you're engaging in activities (including household chores) that might chip or lift them.



We have a range of colours to choose from in the clinic, so you can be sure you'll find your perfect match. Just be mindful that summer is our busiest period, so to avoid missing out, get in touch: office@suffolkmedicalclinic.co.uk / 01787 211 000

Helena x



BOXFORD & DISTRICT BOWLS CLUB

As the bowls season moves into July, our bowlers are playing in lots of competition matches and doing really well.

On 15th/16th July we are cheering on individual players who are competing in the North Essex County Bowls Federation semi-finals. Good luck to Gillian Barnes in the ladies 2 bowls singles, Gillian and Lynda Oxford in the ladies pairs, and Malcolm Grimwood in the men's Veterans singles and the men's Secretary singles.

In the Bowls England National County competitions, Gillian Barnes has reached the semi finals of the senior singles, David Logan and Cynthia Hollingsworth the quarter finals of the mixed pairs, and Kevin Colling and Mike Billington the quarter finals of the Men's pairs over 60s.

Finally, well done to our men who have reached the semi-final of the Bert Edwards Cup, and also to the Boxford Blue Team who won their game against Mistley in the Sudbury Mixed Triple League double fours.

Good luck to everyone in the next rounds of your competitions!

MILDEN CC REPORT

There were mixed fortunes for Milden cricketers in late June and July, with two convincing wins, against Elmswell on 25 June and at home to Nowton on 2 July (thus completing the 'double' over that club), but a narrow defeat away at Elveden in a low scoring game on 16 July.

On a sunny and hot day at Elmswell the home side were dismissed for just 105 runs in 30 overs, the wickets being shared between four bowlers, and Milden then knocked off the runs needed to win for the loss of two wickets in just 26.1 overs. In their return fixture against Nowton on 2 July Milden, batting first, posted 187, with contributions all down the order. In contrast to the close finish at Nowton on 11 June, the visitors were dismissed for 100 to leave Milden comfortable winners by 87 runs. Joe Smith bowled through for a miserly return of 3 for 10 from his 10 overs, to be replaced by David Willis who was equally miserly, taking 4 wickets for 14 runs from 8.2 overs – intriguingly in four different ways (one lbw, one bowled, one caught, and one stumped.) Put into bat at Elveden on 16 July, Milden could only muster 137, thanks mainly to 59 from opener Guy Evans. Three run outs at the end of the innings with six overs left unused probably cost Milden the match as the home side (with only 10 men) fell to 77 for 6 at one point, but then staged a recovery, losing only one more wicket before easing to a two wickets win. Once again, Joe Smith was the pick of the Milden bowlers, ending with 4 for 18 from his 10 overs.



Joe Smith bowling at Elveden



Milden players celebrate the dismissal of Elveden captain Dan Aldous, bowled by Joe Smith for 6.

Postscript: Milden's swarm of bees on 18 May (see the July BRN, page 31) made the national press! A 'STAR BURST' item on page 7 of the Daily Star on 27 June informed readers of this 'red top' that "A cricket match was interrupted by the arrival of a giant swarm of bees that settled on the wicket in the tiny village of Milden, Suffolk." As we reported last month, the bees were in a tree on the boundary and never on the wicket, but, hey, let's not let the truth get in the way of a good story!



Recent results:

25 June: Elmswell 105 (*D Willis 3-38; K Gooderham 3-27*); Milden 106 for 2 (*G Evans 42 not out*); Milden won by 8 wickets

2 July: Milden 187 (*R Deal 45, W Ward 29, T Newbigging 27*); Nowton 100 (*J Smith 3-10, D Willis 4-14*); Milden won by 87 runs.

16 July: Milden 137 (*G Evans 59*), Elveden 141 for 7 (*J Smith 4-18*); 10-man Elveden won by 2 wickets.

Forthcoming fixtures:

- 23 July Stansfield (home – friendly)
- 30 July Stowmarket (away)
- 6 August Elmswell (home)
- 13 August Mildenhall (home)
- 20 August Haverhill (away)

Report and photos by David Lamming

SbN GC MEN'S CLUB CHAMPIONSHIP & AJB CUP

Over the weekend of the 8th & 9th July Stoke-by-Nayland GC played their Men's Club Championship & AJB Cup Competitions.

Both competitions consist of 36 holes playing the Gainsborough course on the Saturday & the Constable course on the Sunday.

The overall winners are the players with the best Gross score over the 36 holes and the best nett score over the 36 holes.

The winner of the Club Championship for the 1st time was Greg Smith with scores of 72+69=141 beating Joe Hanlon into 2nd place with 72+74=146 and Brett Patmore 3rd with rounds of 75+72=147.

The AJB Cup was closely contested but Brett Patmore took top honours with nett scores of 69+66=135 with Joe Hanlon 2nd on 67+69=136 and Mark Clark 3rd on 71+66=137.

Both trophies were presented by Glen Jackson, the current Men's Captain.



L-R: Brett Patmore (AJB Cup winner), Greg Smith (Club Championship winner), Glen Jackson (Men's Captain)

FEEDBACK FROM JAMES FINCH

County Councillor for the Stour Valley

Council to consider new chapter for library services.

Suffolk County Council's Cabinet discussed the future of library services in Suffolk at its next meeting on 11 July.

The current contract with Suffolk's Libraries Industrial and Provident Society (IPS), worth £5.92 million per annum, comes to an end on 31st July 2024. The Council now needs to consider how library services will be delivered following the expiry of the contract. The report to Cabinet recommended that a new Library Service contract is procured using a competitive tender process.

To enable meaningful engagement, public consultation, and a competitive tender process to take place, the report also recommends that the current contract with Suffolk's Libraries IPS is extended by 10 months, to 31 May 2025. The public consultation will be used to inform the requirements and future development of the new service.

Suffolk Fire Service to bring control room back to the County.

Suffolk Fire and Rescue Service has announced plans to create a new fire control centre here in Suffolk. Since October 2011, Suffolk has shared a control room with Cambridgeshire and Peterborough Fire and Rescue Service in Huntingdon. The joint project has worked well, saving both fire services money and enabling greater cross-border resource sharing.

However, the company behind a project to deliver a new IT system, initiated in 2019, has run into technical and financial problems, causing a significant delay. This, in addition to advancements in technology, has led to the decision to bring fire control back into the county by the end of 2024.

£100m broadband investment in Suffolk under government's Project Gigabit.

Better broadband is on its way for around 80,000 properties across rural Suffolk in a £100 million investment under a £5 billion government infrastructure programme. The county is one of three to benefit from Project Gigabit and was chosen to host the launch of the announcement by Minister for Data and Digital Infrastructure, Sir John Whittingdale.

Project Gigabit is the government's £5 billion mission to roll out gigabit-capable, reliable broadband across the UK. Improved connectivity unlocks new opportunities and fuels innovation, supporting the Prime Minister's priority of growing the economy by creating better paid jobs. This project is managed by BDUK who in turn have contracted City-Fibre to do the actual work of installing the cabling.

CityFibre, the UK's largest independent full-fibre provider, will deliver gigabit-capable infrastructure for around 218,000 homes and businesses having secured £318 million of Project Gigabit funding after a competitive process. The provider will also be making a private investment of £170 million to deliver the project.

Decisions on where broadband infrastructure is installed will be made by BDUK and not by SCC. Survey work in all three counties commences immediately, with the first installations in the New Year and the first live connections expected by summer 2024. Once connected, residents and businesses will enjoy access to broadband services over a network capable of supporting speeds of up to 10Gbps.

For those who are aware of pockets of houses and businesses still suffering from poor broadband in this area, would they please let me know.

Ancestry appointed to digitise Suffolk's popular family and local history sources

More than 400 years of fascinating historical documents held at Suffolk Archives are to be digitised and made available online, thanks to an agreement between Suffolk County Council and Ancestry.

Suffolk Archives will work alongside the family history website Ancestry to create high-quality, full-colour digital images of millions of baptism, marriage and burial records from parishes within the Diocese of St Edmundsbury and Ipswich.

The earliest records being digitised date back to 1538 and include events in the lives of notable historical figures, such as the 1776 baptism of landscape artist John Constable, and the 1846 burial of Thomas Clarkson who devoted his life to the abolition of slavery.

It is hoped that Suffolk's main parish records will be published online in early 2025 with other collections of local interest to follow. Public access will be free of charge in Suffolk Archives branches or at any Suffolk Library. Anyone with an Ancestry subscription will also be able to access the records as part of their research from their own computer or device.

New public project celebrating migration to Suffolk receives grant from The National Lottery Heritage Fund

Suffolk Archives has been awarded a grant of £126,523 to deliver the community-based project 'Arrivals'. This project will celebrate and explore historical and contemporary stories of migration to Suffolk.

Arrivals: Celebrating Migration To Suffolk will collect and preserve the histories of ethnic minorities, underrepresented and marginalised groups and individuals, who have travelled to Suffolk from overseas to make it their home.

The project will be delivered by Suffolk Archives, Suffolk County Council's Archives Service, and provides an opportunity to meaningfully engage with diverse local communities, strengthening connections and putting recent migration into a longer historical context of people settling in Suffolk. Made possible by National Lottery players, this exciting project begins with the recruitment of volunteers, the launch of a community forum and a range of community-based activities which will collect stories and build relationships with communities from across the county.

The programme of supporting activities will include engagement with local schools, in addition to free workshops for community groups that will offer training in identifying, organising, and preserving their archives and the opportunity to co-create activities that will share these stories with the wider community.

The project will also include the cataloguing and selective digitisation of relevant records already in our collection to make them easier for the public to use. We will also be using the project as an opportunity to add the records for more ethnically diverse groups to our archive collections. The project will inform the contents of a free exhibition taking place at The Hold on Ipswich Waterfront from November 2023 to April 2024. Research and community curation for the exhibition will take place throughout the summer and autumn.

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 7:00pm in your home.

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

James Finch

james.finch@suffolk.gov.uk

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Mobile: **07545 423796**

FEEDBACK FROM PAUL CLOVER

Babergh District Councillor for Lavenham Ward

While the current new Administration continues to bed in, my fellow District Councillor, Margaret Maybury and I have been heavily engaged in the various courses Babergh and other agencies have to offer. These include such wonderfully named themes as Planning and Development Control, Overview and Scrutiny, Licensing, Local Govt Finance etc., By way of example, who would have known that Greco-Roman and freestyle wrestling and Morris Dancing are

regarded as excepted/exempted from Regulated Entertainment under Licensing Regulations?

In seriousness, these courses and their speakers are highly interesting in helping to understand the processes by which local Govt works. Most importantly, they are often accompanied by case histories that identify what can go wrong when the process isn't followed correctly. The workings of District Councils can often appear complex. However, armed with this insight can only assist in serving the residents of Babergh better.

On the domestic front, illegal speeding through our villages continues to be a challenge and working with the various Parish Councils we continually review the measures and options available to us. Sometimes one of the most effective deterrents is a residents speed watch group, luminescent yellow high viz jackets et al. If anyone is interested in helping by being a monitor, please contact your local Parish Council.

Another issue, at this time of year, is overgrown grass verges, which can restrict a motorist's view, particularly at junctions or on driveways. This year this was perhaps exacerbated by Suffolk County Council opting in to 'No Mow May' agenda. If anyone knows of any particularly difficult spots, you can report direct to Suffolk County Council (Highways). It will help the process if you are able to supply photos and a clear description of the location of the site.

Finally, I have to say a big thank and congratulations to all the organisers and helpers behind the hosting of the Disraeli Band plus Support at the Little Waldingfield Playing Fields on 8th July. On a wonderfully warm Summer's evening, it was a pleasure to see families from the local area all sharing a convivial time with a couple of temporary unscheduled breaks where so much power was being mustered, the main circuit board tripped out. True Rock 'n' Roll!

I am told that the Sale Trail on the previous weekend, where neighbours could recycle items no longer required was also a big success. Well done to all. Events such as these can have a galvanising bonding effect on village life that is easily transferable to other villages.

As always, if anyone has any issues they need to discuss, Margaret or I are available most of the time. Please see our contact details below.

All our best wishes,

Paul and Margaret

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margaret.maybury@babergh.gov.uk

Paul: 07770 914704 / Margaret: 07860 832010

FEEDBACK FROM BRYN HURREN

Babergh District Councillor for Box Vale Ward

It's tough times to be your local councillor at the moment with the cost-of-living crisis still badly affecting most individuals and those that provide public services, life has certainly got harder.

It is not hard to notice that fuel prices remain high despite the barrel price paid by the fuel giants coming down considerably, another example of profiteering I am afraid. This should have been a golden opportunity for pioneering work to set our sights differently with a move away from fossil fuels and more onto wind, wave and water-powered generation, but I am afraid this dreadful government we are still stuck with seems joined at the hip with the large corporations who continue to milk the population dry. This is not to mention the Kwasi Katastrophy Trash Budget that has impoverished householders and businesses alike.

Maybe one day we will get back to being able to get our teeth fixed and hips and knees (ouch) replaced so that our potential workforce can get out of their sickbeds and back to work.

It would also be so nice to take our children and animals for a occasional bathing and splashing trip along rivers and beaches but no, the shareholders' moneyfest has meant that there is no money left to build and replace old infrastructure and now raw sewage is pumped freely out into our water systems and the government-appointed regulator seems powerless or just too lethargic to stop it. This is a very serious man-made disaster and no-one should even let their pets *near* the water at the moment until this is sorted out. I just pray that in the upcoming by-elections that an even clearer message is sent to those that have misgoverned, and have obviously profited from us for so long now.

Nearer to home, dealing with things that I do have direct influence over in my local capacity, myself, along with Boxford PC have managed to bring a stay of execution to the 91 Sudbury to Ipswich bus service. If anyone reading this column uses this service, please make it known that you would like it to continue. While enough people using this service should keep it going and make it financially viable, it seems that commercial companies still struggle to break even without subsidies, Babergh along with CC have invested money to buy an electric 18-seater bus, although we cannot take delivery until maybe early next year, this may just be the place where we could try it out. Watch this space.

The lack of affordable housing and homelessness is becoming ever more evident within this current mess we are in but every effort is being made by Babergh Mid-Suffolk to build or purchase more homes that people can actually afford to rent or buy, if anyone is known to be in difficulty, please let the council or myself know about this.

A gentle reminder that with the mass exodus of banks throughout our region and market towns, we do have a local replacement at our wonderful network of Post Offices, where you can do almost any transaction previously carried out by our once well-known banking system who are now regrettably too busy making too much money, to offer us a service. The hierarchy that now run the Post Office are not great either and could not organize a rice pudding to go cold in a freezer but the wonderful postmasters and postmistresses are hugely capable and will explain what can be done in their facilities. Footfall, local and from afar also helps keep local trade and facilities going as well - why get in the car?

Much work is also going on with our tourist strategy which will help local businesses as well. We live in a lovely area and should open it up and aim to share it as well for the benefit of local trade, B&B's, guest houses, pubs, restaurants and even churches, whose historic past still attracts visitors. I am also continuing to campaign to restore our decrepit road signage and get the vegetation cut back to reveal them. Not everyone has sat navs, especially from overseas and better signage might stop visitors crashing though the same pot-holes 16 times on the same journey.

Also now looming fast on the horizon is the appeal by Catesby to build 64 houses at the top of Station Field, Boxford, with all its traffic and water run-off problems. We do desperately need another affordable housing scheme in Boxford along with an improvement in infrastructure to accommodate the sons and daughters of the village along with those that wish to downsize into smaller properties, but another tranche of unaffordable houses is just what we do not need at all. Now is also the time to ease the traffic problems in Boxford by providing our school with some much-needed parking facilities and updating the pool, so that our young generations can access proper facilities along with all people in the village and those around who need to. Another win for the environment and more fossil fuels saved. Some positive moves are now being made locally despite the total ineptitude of the national 'dieselheads' and their shareholders and cohorts.

If you should need the help and services of your hard working local councillor, I can be contacted on the details below.

Bryn

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Tel: **01787 210854** / Mobile: **07771 508348**

PARISH COUNCIL UPDATES

BOXFORD

Summary of Council Meeting 27th June 2023

Public Forum at the Parish Council Meeting - A resident asked for the timescale in getting the churchyard boundary wall restored. Cllr Warren explained the preference is over the summer holidays next year and traffic control will be operating. Another resident raised the damaged wooden bollards at Homefield Court. This was reported between meetings to Samphire Homes. He then went on to ask about the bin emptying and Cllr Munson confirmed this is arranged by BDC Public Realms. He then chased the speed survey which is being addressed by obtaining the data and working with County Highways towards the aim of a 20mph limit in Boxford. He has been told by other residents of overgrown rural footpaths. Cllr Wortley confirmed our Footpath Wardens are aware of the delay by the County Council in cutting these and were chasing. He finally asked about the standard of sweeping by the Community Wardens. Cllr Munson reported on a recent meeting and we are working with the wardens to resolve the issues. Cllr Watts thanked the resident for his observations.

On-going Matters - A planning sub committee was formed including Cllr Phillips, Cllr Wortley, Cllr Carpenter and Cllr Watts. This Group will be for applications and strategy, however, all recommendations and decisions will continue to be made by full Council and where possible at meetings held in public. Cllr Munson will represent the parish on the Wild Fires & Emergency Planning Team. Cllr Parr explained the Saturday bus service was to continue for now.

Finance - The Annual Governance and Accountability Return (Audit Return) for the year ending 2023 was duly approved together with the CIL return for the same period. The PC had been asked for a grant towards a survey of the village hall and this was agreed. The PC were also to discuss their on-going use of the committee room at the hall. A payment of £3220.38 was agreed to fund the shortfall for the Coronation event. This figure was much lower than expected due to the fund raising by the Community Council. All agreed the event was excellent due to their hard work.

District Council Report - Cllr B Hurren reported on the first full council meeting at BDC. The first challenge they have at BDC is to balance the books with the increases in costs due to high inflation. Rent has needed to increase. Locally he has been heavily involved in the bus service issues. BDC continues to invest in green technology. He is pressing for the meeting with Flagship at The Croft. He will look at the restoration of the bench outside the cemetery.

County Council Report - Cllr J Finch attended and his report, issued in advance, covered the support the County Council are giving to Ukrainian refugees moving to private rented accommodation. A revised policy has been agreed by the County Council Cabinet to protect water supplies. Residents are urged to put clean and dry recycling material directly into the bins and not introduce bagged material - this is part of their #shakeitout campaign. Foster care and adoption sessions continue. Locally J Finch is pleased that The Causeway was resurfaced. He thanked everyone for their involvement in the extension to the Saturday bus service in Boxford. Cllr Parr outlined concerns to Cllr Finch including the condition of Butchers Lane and The Wash and gullies and drains in the Village. He wants to work with Cllr Finch very soon to get these areas addressed.

Planning - The decisions from the planning authority can be viewed on the full minutes on the Parish Council webpage.

The following applications were discussed: -

1. The PC had no objections to the listed building application to repair and render 15 Swan Street - DC/23/02474.
2. The appeal against refusal of farm shop, holiday cabins, car park and 7 single storey dwellings (2 affordable) at The Brewers Arms, Bower House Tye, Polstead - DC/22/01060. Boxford is a neighbouring Parish to this application. BDC, the Planning Authority, had refused to grant planning permission.

BPC had originally objected and then changed to no objections following consideration of views expressed by the applicant and residents who attended the public forum in support of this application and the sustainability of the pub. This appeal is from the applicant to challenge the refusal by the Planning Authority. BPC has had a change in members following the recent elections, so the planning documents were viewed afresh. Following discussion it was resolved that the reasons for refusal stated by the Planning Authority have merit and this council now supports those reasons for refusal and was to write to the Planning Inspectorate using the online link provided.

3. Listed building application for internal and external alterations at Vermont, 13 Stone Street - DC/23/02713. BPC had no objections provided the heritage team are satisfied.
4. Conservation area tree application at Mill House, 3 Church Street to reduce silver birch - DC/23/02821. BPC had no objections and supported the assessment by our tree warden.
5. Planning application to erect cart lodge at Plot 1 Hawthorn Business Park, Calais Street - DC/23/02802. BPC had no objections providing the increased roof height will not affect light/amenity to the neighbour.
6. Catesby Appeal against refusal of outline planning for up to 64 dwellings on land to the East of Sand Hill - DC/20/00330. The Chairman has requested a meeting via our District Cllr with the BDC team looking to defend their position to refuse planning. BPC restated its support to the refusal to grant planning consent and will support the Planning Authority to oppose the appeal. The previous PC had legally challenged a decision by the Planning Authority to approve plans for this development. In response to this challenge, the planning authority accepted their error and the proposals went back to the planning committee. The refusal by the latest planning committee (BDC) is the one which is being appealed by Catesby Development Land Ltd. BPC had previously worked with community groups to gather evidence in support of the refusal. It was agreed for Cllr Wortley to work on the BPC draft to support the BDC position and oppose the appeal. The planning authority have requested a hearing as opposed to written representations. The development plan policies at the time of the hearing/or decision will be relevant, not at the time of the original application. Therefore, relevant changes can be included in our representation to the planning inspectorate.

Full minutes can be found at:

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

Debbie Hattrell

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LITTLE WALDINGFIELD

Summary of Council Meeting 4th July 2023

Reports by County Councillor and District Councillors.

SCC Philip Faircloth-Mutton: The county libraries contract is due for renewal in 2025 and has been put out to tender. As part of contract the mobile library service will be preserved along with the use of more environmentally friendly vehicles. A new highways maintenance contract has been placed with Milestone Infrastructure from October 2023. Part of the contract called for the provision of 10 apprenticeships in Suffolk of which 5 are already in place. It is planned to cut carbon emissions from highway work from its present 12,500 tonnes/year to 4000 tonnes/year by 2030. Work on identifying drainage problems and preventing potential flooding issues has been increased ahead of the winter season.

DCC Margaret Maybury: The latest Parish Briefing notes give details of planned summer holiday activities and free family fun days throughout the district. She requested the details be circulated. The road name sign at the entrance to Grove Avenue has been

reported for repair. There have been no replies from BT & Openreach to enquiries regarding fixing the broken telegraph pole and downed wires.

DCC Paul Clover: BDC have put out a media release giving information on what help is available from both Babergh and Citizens Advice to anyone suffering with the rising cost-of-living. He requested councils publicise it as widely as possible.

Routine Correspondence: Councillors reviewed the correspondence circulated by the Clerk; it was agreed to: Publicise BDC summer holiday activities and food programme for children on the council website and via email. Publicise BDC's media release regarding what support is available to those affected by the rising cost-of-living. Publicise the leaflet requesting volunteers to become 'Digital Champions' and help teach people in the local community basic digital skills. Discuss arrangements to celebrate next year's 80th anniversary of the D Day landings at the next meeting.

Highways & Footpaths:

Footpath Working Group Report: It will be finalising the results of the questionnaire at its next meeting and present them to the Council at the September meeting. Footpath 4 off the playing field was not currently being cut and had become badly overgrown. It had now been cut by a member of the group; however, it was requested that it be added to the contractors cutting schedule. Members agreed the contractor would be asked to add FP4 to his schedule. Dog fouling of footpaths is a constant issue, and it was recommended that the laws about dog fouling and potential fines are publicised more widely including an article in the Box River News. Councillors supported the proposition that the FPWG put such an article in the BRN. It was proposed that 50-100 copies of the Little Waldingfield Circular walks leaflet be printed and placed in local venues and funding requested from the PC. Councillors agreed in principle however the actual costs would need be established and submitted for discussion and approval at the next meeting.

Overgrown Pavements: At the meeting in May a member of the public raised concerns about private hedges encroaching on pavements, restricting their width such that parents with children were forced to walk in the road or on adjacent grass verges. The clerk presented the results of a survey of all the pavements in the village identifying a number of instances where vegetation or hedges were restricting their width. Following discussions councillors agreed that a volunteer working party could be raised to clear the areas of overgrown vegetation. It was further agreed that a polite request be sent to all properties with hedges adjacent to pavements requesting the owners ensure their hedges are not overhanging the pavement and offering volunteer assistance if necessary.

Speeding: The chair suggested that this item be postponed until a comprehensive review is carried out of all the information and data regarding speeding through the village. This review would determine whether further measures are merited and if so, what they should be. The clerk reported that the Speed Indicator Devices are now over 7 years old and are currently only giving reliable data for 65% of the time. He suggested that costs of replacing the SID's and the merits of the Council owning its own device, rather than sharing, be part of the review. Councillors agreed to review all aspect of the speeding issue before the next meeting. Any further measures, including the possible replacement of the SIDs with council owned device(s) would be discussed at the next meeting.

Disabled Parking Bay: It was established that the land in question is owned by BDC, permission to establish a bay would need to be sought from them and a design approved. It was agreed to initially identify the precise requirements for the bay and then formulate a proposal to be submitted to BDC at the next meeting.

Full minutes can be found at <https://bit.ly/lw-parish-council> under Meetings Agendas & Minutes

Chris White

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NEWTON GREEN

Summary of the Annual Meeting 12th July 2023

23/143 Newton Footpaths - There was no further update on the creation of any new footpaths. The councillors reviewed a communication from the new owner of Newton Hall in which he shared his disappointment at residents using his fields as unofficial footpaths along the back of Church Road. The councillors hope that all residents respect that the fields are private land and that trespassing on these, without the owner's permission, is not acceptable.

23/144 Allotments - There has been no further update from the council's solicitors on the transaction. Cllr Schwenk will contact them to establish the current status of the project.

23/145 Traffic Calming - It has been confirmed by SCC Highways for Newton to take part in the ANPR pilot scheme in the Autumn.

23/149 Fireworks in 2023 - The councillors resolved to proceed with the fireworks in November 2023 subject to Lee Parker being able to raise sufficient volunteers to run the event in accordance with the prescribed risk assessment. The councillors agreed a budget of £850 for the cost of fireworks.

23/151 Village Hall & Trust Updates - Cllr Taylor reported that following the latest trust meeting they are:

- reviewing the latest incursions of the Trust land with their solicitor
- looking at changes with the Trust deed with the Charity Commission
- looking at complaints regarding the condition of the Little Green track
- discussing options for a no-mow area in the recreation ground with Babergh's Bio-Diversity Officer and subject to volunteers being found to manage it, hope to implement a project next spring
- Trust meeting minutes are now updated on the Newton website.

The village hall committee are looking at maintenance projects for the hall, are to use a mobile number for bookings and now have a new post code which should enable broadband to be installed.

23/152 Questions to the Chair - The councillors discussed a recent post on the Newton Facebook page in relation to "having something to remember Harry Buckledee by". The clerk outlined that following Harry standing down from the council in 2007, a reception open to all Newton residents was held on the 19th September 2007 where he and John Taylor were presented with long service awards by the Suffolk Association of Local Councils followed by refreshments for all and flowers to their wives. Later that Autumn, trees for both, along with plaques were planted on the Green. At the Annual Parish Assembly on the 23rd April 2014, Harry was presented with a Lifetime Newton Community Award for all the work he had undertaken on behalf of the village.

It was suggested that in the forthcoming email communication that the clerk is to produce for residents, villagers from the past who have made lasting impacts on the village should be profiled from time to time.

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

Dave Crimmin PSLCC

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

OTHER PARISH COUNCILS

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/>

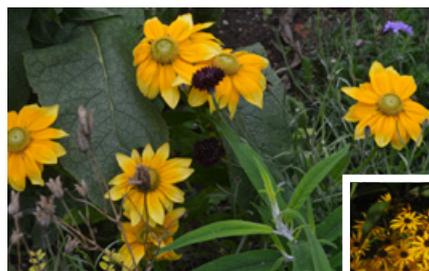
The Blooming Garden

Daisies.

The August garden sags a bit. Plants look as if they have spent too long at a cocktail party and have trouble staying upright. They loll about, leaning on each other and they have all taken off their corsets and let their hair down. You have to constantly run round with drinks of water, trying to tidy everything up with string, stakes and secateurs. The plants are probably singing bawdy songs and behaving improperly when you're not watching. All the aristocrats of the garden; the roses, peonies and irises have had their moment and now the daisies seem to have taken over. The daisy genus '*compositae*' is huge and consists of 32000 species of flowering plants. It includes all the stars of the August garden; sunflowers, rudbeckias, gaillardias, helianthus, coreopsis, heleniums and echinaceas. Of course, many of these daisies are yellow and I think you have to weave them in amongst foliage and other plants so as not to over-egg the garden. Yellow is a cheery colour but I am always a little worried about having too much of it in August.

Harold Nicholson wrote in one of his letters: '*Vita will now only grow plants which are difficult or have brown flowers*'. Anyone who has been to Vita Sackville West's Sissinghurst will know that that this is not entirely accurate. I do share Vita's love of brown flowers but let's not call them brown; let's say mahogany, cinnamon, paprika, copper, nutmeg or bronze. These are all lovely late summer colours.

I suppose I should say a word or two about heleniums here as they come in a range of warm colours. I see nice big daisy clumps of them in other people's gardens. I admire them and I am told that 'Sahin's Early Flowerer' is a good one to go for. But I have to admit that I can't grow them. I have tried a few times and totally failed. I wouldn't mind if they were some haughty aristocrats of the garden, but to fail with a daisy is deeply shaming. So I have decided I don't like them. If anyone does grow them successfully I'd like to know your secret. I haven't even got a photo to show you because when I see a nice big flourishing clump in someone else's garden I look the other way.



Above: *Rudbeckia hirta* 'Prairie Sun'
Right: *Rudbeckia fulgida* 'Goldsturm'

I love rudbeckias; they have a nice dark central cone and come in a range of annuals or perennials. The short-



lived perennial *Rudbeckia hirta* 'Nutmeg' is easy from seed and comes in sumptuous colours. Another beauty is *Rudbeckia hirta* 'Prairie Sun' with its bright two-tone yellow petals. *Rudbeckia nitida* 'Herbstonne' grows to 6 feet tall and has buttercup yellow flowers with droopy petals so is good for the back of the border. The shorter perennial *Rudbeckia fulgida* 'Goldsturm' makes a nice statement with its bright daisy flower.

Annual sunflowers are lovely and jolly, they provide vases full of flowers and the ones that are left provide seeds for the birds. They come in a whole range of colours from yellow to orange and brown.

In August we have the first Michaelmas daisies, except we have to remember to call some of them '*Symphiotrichum*' now, and



Aster frikartii 'Monch'

some of them are asters and others something entirely different. My first one in bloom is still an aster, thank goodness. *Aster x frikartii* 'Monch' begins blooming in August and goes on for weeks. Beth Chatto thought it was the best aster and I tend to agree. And it doesn't need staking like so many other ones do and it spreads to make a nice clump.

I am trying a gaillardia this year called *Gaillardia x grandiflora* 'Mesa Red'. I don't know how long-lived it will prove to be but it is such a fabulous colour that I really recommend it. It flowers for weeks and butterflies love it.



Gaillardia 'Mesa Red'



Echinacea purpurea

I find echinaceas irresistible. Modern echinacea hybrids come in some incredible colours and I have wasted money on quite a few gorgeous ones in recent years but the fancy new hybrids never survive the winter, I suspect it is winter wet rather than cold that kills them. But still I can't resist them and each year I try something different. The ordinary pink one, *Echinacea purpurea* spreads and comes back each year as does a white one called 'White Swan' which even seeded around in one garden I had. Another lovely pink one with larger heads is *Echinacea purpurea* 'Sensation



Echinacea 'Sombrero White Purple'

Pink'. It is worth trying some of the new hybrids, if you can keep them dry in winter. In any case who can resist ones like 'Hot Papaya' even if you only have it for one season? This year I am trying *Echinacea* 'Sombrero Halo White Purple'. I do hope it will come back next year.

There are several gorgeous 'Sombrero' colours so it will be interesting to see if they are stayers.

I'll finish with a brown flower that beguiled me one year, and one year only; it never came back. It is a bit of a travesty I suppose as it is a cross between a rudbeckia and an echinacea. It is called *Echibeckia summerina* 'Brown Improved'. I fell for its sophisticated rusty brown flowers; of course I did. I bet Vita would have fallen for it too. Difficult and brown, what's not to like?



Echibeckia summerina 'Brown Improved'

Chloris.

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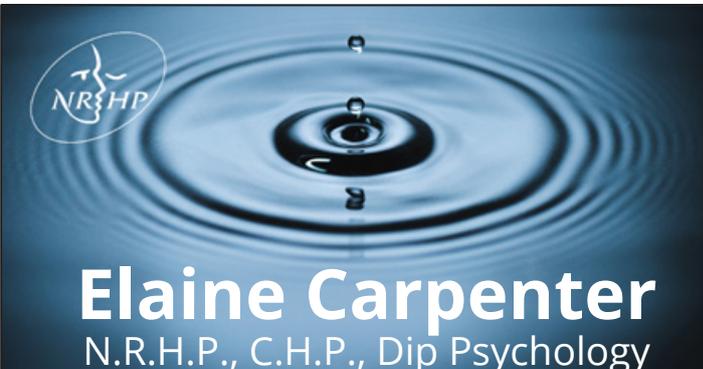
- | | | |
|------------------|--|--------|
| 24
MON | Boxford Friendship Group
Boxford Village Hall | 2-4pm |
| 25
TUE | Fireside Club - Bring & Share Lunch
Newton Village Hall | TBC |
| 29
SAT | Boxford Farmers, Arts & Crafts Market
Boxford Village Hall | 10-1pm |

AUGUST 2023

- | | | |
|------------------|--|-----------|
| 1
TUE | BGS - Diversity of Habitat, Garden Design
Boxford Village Hall | 7:30pm |
| 5
SAT | Cinema - A Man Called Otto
Leavenheath Village Hall | 7pm |
| 9
WED | Madrigalia & The Melody of Harps
Long Melford Church | 1:10pm |
| 11
FRI | Relaxation & Sound - all welcome
Boxford Village Hall | 6-7:15pm |
| 12
SAT | Madrigalia Concert
St Barholomew's, Groton | 12-2:30pm |
| 13
SUN | Lavenham Airfield Guided Walk
Lavenham Airfield | 10-1:30pm |
| 28
MON | Boxford Friendship Group
Boxford Village Hall | 2-4pm |
| 26
SAT | Boxford Farmers, Arts & Crafts Market
Boxford Village Hall | 10-1pm |

SEPTEMBER 2023

- | | | |
|-------------------------|--|--------------|
| 1
TUE | BGS - From Sea to Soil
Boxford Village Hall | 7:30pm |
| 2-3
SAT-SUN | Little Waldingfield Flower Festival
St Lawrence's, Little Waldingfield | 12:30-3:30pm |
| 3
SUN | Stride Out For Shelley
Shelley Centre, IP7 5QY | 10-11am |
| 5
TUE | BGS - From Sea to Soil
Boxford Village Hall | 7:30pm |
| 6
WED | Boxford WI - Suffolk Punch Horses Talk
Boxford Village Hall | 2pm |
| 8
FRI | Relaxation & Sound - all welcome
Boxford Village Hall | 6-7:15pm |
| 10
SUN | Lavenham Airfield Guided Walk
Lavenham Airfield | 10-1:30pm |
| 10
SUN | Church Fete
St Mary's, Boxford | 12:30-3:30pm |
| 16
SAT | Nayland Family Festival
Webb's Meadow, Nayland Village Hall | 1-10pm |
| 20
WED | LWHS - Inconvenient Truths
Parish Room, Little Waldingfield | 7:30pm |
| 23
SAT | Harvest Horkey Barn Dance
Dove Barn, Groton | 7:30pm |
| 24
SUN | Dog Show
Shelley Centre, IP7 5QY | TBC |
| 25
MON | Boxford Friendship Group
Boxford Village Hall | 2-4pm |
| 26-28
SAT-MON | Polstead Exhibition
Maria Martins Cottage, Polstead CO6 5AG | 10-5pm |
| 29
SAT | Boxford Farmers, Arts & Crafts Market
Boxford Village Hall | 10-1pm |

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