

DENSTON
ASSINGTON GREEN

HAWKEDON
CLARE

POSLINGFORD
COWLINGE

STANSFIELD
THURSTON END and

STRADISHALL
WICKHAMBROOK

PARISH PUMP

No 371

parish.pump@gmail.com

March 2024

Pancakes aloft in Poslingford!



Spring is here



IMPORTANT EDITOR'S NOTE.

As a tribute to all the support we have received over the years, we have included a special two page colour centrefold of the life of Mary Evans, who sadly passed away in February.

We sincerely thank her husband Richard for all his help.

We at Parish Pump are very grateful to Mr Roy Elder of Old Goat Brewery, a friend, who has generously funded the colour front page of this paper edition. Thank you!

Rector's Ramblings MARCH 2024



The Revd Dr Karen Smith, Curate,
Stour Valley Benefice and The Revd
Mark Woodrow

Spring Blossoms and Rising Hope

As the crisp winter air begins to soften and delicate hues of green peek through the hedgerows, our hearts turn towards the promise of spring and the joy of Easter. Here in Suffolk, with its patchwork fields and picturesque villages, this season holds a special resonance. From the lambs frolicking in the meadows to the vibrant daffodils carpeting the churchyards, nature itself seems to sing a hymn of renewal.

And yet, as we witness the beauty around us, we also carry the weight of the world – the anxieties, losses, and uncertainties that linger despite the changing seasons. It is within this bittersweet reality that we embark on our Lenten journey, a time for reflection, introspection, and drawing closer to God.

This year, why not approach Lent not just as a period of sacrifice, but also as an opportunity for spiritual growth? Perhaps

you could commit to reading about the themes of Lent and Easter. Maybe you could volunteer some time to a charity (or your local church), or offer practical support to those in need. Or perhaps you could simply dedicate some quiet time each day for prayer and meditation, allowing yourself to be enveloped by God's love and grace.

Remember, our Lenten journey is not one we walk alone. As part of the wider Church of England family, we find strength and encouragement in our shared faith. Join us for our special Lenten services (www.achurchnearyou.com is a good place to start as it lists services for our parishes but also many parishes across England – handy if you are travelling to be with family or friends), where we will delve deeper into the scriptures, offer prayers for one another, and find solace in the company of fellow believers.

On **Mothering Sunday** (10th March), we celebrate the unique bond between mothers and children, reflecting on the maternal love that God bestows upon each of us. Take this opportunity to cherish the mothers in your life, be it your own mother, grandmother, or another nurturing figure. Remember, God's love encompasses all forms of mothering, the quiet acts of care and compassion that sustain and guide us throughout our lives.

As **Palm Sunday** (24th March) arrives, waving branches in remembrance of Jesus' triumphant entry into Jerusalem, we anticipate the momentous events that unfold in the following week. Join us for the **Maundy Thursday** (28th March) service in Clare, commemorating the Last



Supper and Jesus' washing of the disciples' feet – a powerful reminder of humility and service. **Good Friday** (29th March), a day of sombre reflection, will be marked with 2 special services (a 9am reflection in Stoke by Clare, and a 7pm service of Compline in Poslingford), both focusing on the sacrifice Jesus made on the cross.

Then, the glorious dawn of **Easter Sunday** arrives! Join us at any one of our joyful Easter service across the benefice throughout the day, filled with music, prayer, and the triumphant message of Christ's resurrection.

Remember, dear friends, the promise of Easter extends far beyond the Easter Sunday celebrations. It is a promise that carries us through the challenges of life, reminding us that even in the darkest moments, the light of Christ can shine through, offering hope, redemption, and everlasting life. As we journey through this spring season, let us walk together, embracing the beauty of the natural world, the solace of our faith, and the enduring hope that Easter offers.

With Lent and Easter Blessings
Mark The Revd Mark Woodrow
(Rector)

The People of Poslingford

Once again a fantastic show of support by everyone in Poslingford at the **Pancake Event**. The fun started with a hot chocolate and pancakes being cooked inside the Church, followed by a few games/competitions.

How many times can you flip a Pancake in 1 minute? Won by **Chris Ryan**

How far can you throw a Pancake? Won by **Tim Jackson**, throwing it over 10 metres

Rachel Huffey and Martin England were close runners up, with throws of 9 metres.

Judging by the laughter, and the photos, a good time was had by all.

We are hoping to put an event on the 2nd Saturday of each month: ideas are always welcome. March will see an **Eggstravaganza** on Saturday 16th March at 1pm. Bring a hard boiled egg for decorating. There will also be Easter Egg Hunting, Egg & Spoon Racing, a cup of tea and a Hot Cross Bun.



Suffolk County Council's efforts to help people install environmental improvements in their homes

Jess Miller at Suffolk CC contacted parish councils a while back to find out if they would be interested in borrowing a thermal imaging camera. We signed up and Jonathan very kindly volunteered to carry out the survey.

We received two FLIR One thermal imaging cameras. One was for use with an Apple device and the other with an android device.

We also received the following information to pass on to homeowners: Signposting suitable people to [Warm Homes Suffolk](#) and [Connected for Warmth](#).

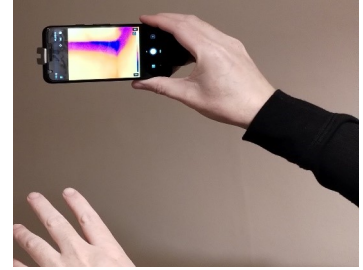
Encouraging & helping deliver easy DIY fixes, and encouraging positive changes in behaviour through our [Next](#) or visit the [Energy Saving Trust](#) website. We have also found out about a grant available for loft insulation: We are pleased to announce that

Suffolk's Public Sector Leaders have teamed up with Travis Perkins to offer Suffolk residents a great deal on loft insulation. Not only can you buy loft insulation at a much-reduced price, but you can also claim a further 50% discount (up to a maximum of £200) towards the final bill, and delivery is free! Whether you are topping up or installing from scratch, you can make great financial (and carbon!) savings.

*Please share this link for the online order form so that residents in your community can benefit from this grant: [Fill out the online order form](#) Please also see other grants available through this link: [Grants - Green Suffolk](#) Jonathan used the camera when one of his other parishes joined the scheme and found it really useful. He qualified under the **Connected for Warmth** scheme and someone came out and gave him some really useful tips which have helped him*

work out what he needed to do insulate his house better. It is definitely warmer as a result. . It is a shame that more residents did not sign up for a visit.

Personal outcome to the above Stradishall councillor **Jonathan Masefield** came round to our house with the thermal imaging camera and did a brief survey indoors . As a result we are going to fit more secondary glazing and some more curtains. . It was well worth doing. **Peter.**




FREE HELP WHEN YOU NEED IT MOST
Stansfield now has a friendly team of volunteers to help with a range of small tasks

- Collecting shopping or prescriptions.
- Minor household tasks. Help with pets.
- Driving to medical/dental appointments.
- Computer, TV and phone support.
- Emergency meals. One-off garden tasks.
- Form filling/letter writing. Call or visit for a chat.

Stansfield Good Neighbours
07827 128511
stansfieldgoodneighbours@outlook.com

Denston Village Hall 100 Club February 2024 DRAW

- | | |
|---------------------|-----|
| 1. Gill Bailey | £20 |
| 2. Rosemary Macaire | £10 |
| 3. Mike Holt | £ 5 |

STEFAN TREASURER
Denston Village Hall
Telephone:
01440 820675



Tank Replacement Specialists
Plastic & Steel Tanks
Base Construction
Tank Removal/ Disposal Service
Oil Bolier Servicing & Breakdowns
Heating Oil Supplier
DBS (CRB) Checked & Fully Insured

01440 820267
info@suffolk oilsolutions.co.uk



£ We Sell HEATING OIL email us for competitive daily price

Proud members of **Checkatrade.com**
Where reputation matters

Registered Heating Business
OFTEC

Prices for advertising in this magazine

INSIDE PAGES			
	Price for the period		Price per issue
	12 months	6 months	individual advert
Eighth page	£90	£50	£ 10
Quarter page	£ 185	£100	£ 20
Half page	£275	£150	£ 35
BACK PAGE			
	Price for the period		Price per issue
	12 months	6 months	individual advert
Eighth page	£ 165	£ 90	£ 20
Quarter page	£255	£ 140	£ 30
Half page	£ 420	£ 230	£ 45

Prices will change on 1 April please see page 5 for details



ROB HARRINGTON
— BUILDING CONTRACTOR —

From planning to completion and everything in between



New builds



Period Restoration & Listed Buildings



Extensions



Extensions



Extensions



Outbuildings



Bespoke Work



Landscaping



Alterations

07900 843329 / 01440 423783

robcharlesharrington@gmail.com

www.robharringtonbuilding.co.uk

Wickhambrook, Suffolk

A Big Night Out!!

The old codger was out litter picking early in February and he almost had a dicky fit when he came across more than **200 beer cans** scattered over a short length of about **10 metres** of a road ditch on the outskirts of Kedington. **Whatever next?!** About 50 of them are still there



PLEASE NOTE

We send an electronic version of our magazine to about **400** people. If anyone in the villages does not receive the Pump or if you know anyone who would like to have it, please message us with their email address. I will ensure you will be put on the list. Kind regards, Peter
parish.pump@gmail.com

could you foster?



PEST PROBLEMS SOLVED BY LOCAL SPECIALIST

Anglia DOMESTIC • COMMERCIAL • AGRICULTURAL
PEST MANAGEMENT

insects ✓ birds ✓ moles ✓ rabbits ✓ rats ✓

Based in Lawshall
Contact Tim Cox



- 24hr call out / 7 days a week
- Contract or individual treatments
- Traditional methods with modern technology
- Discreet service - unmarked vehicles
- RSPH and BCPA trained and qualified
- NPTA member
- £5million public liability

01284 831 042
07776 205 346

info@angliapestmanagement.co.uk www.angliapestmanagement.co.uk

BEWITD
GOOD TIMES

With over 15 years' experience
let us take care of your themed
parties, DJ, music and events

Call Dan on
07812 134 267



Martin Kinna

Where to place our concern

It rained almost all-night last night. Unfortunately, this is becoming more common and looking out over the fields of our beautiful village this morning we could see rivers of water being shed down the fields in the most spectacular way. Climate Change? If so we might find our farmers going back to Agricultural College to learn The Intricacies of Growing Rice. The world is certainly bent out of shape but if one is British, it is part of your DNA to be concerned about the weather.

Even what we are told on the news seems oddly out of kilter. Do you know which is the fourth largest country in the world? That is to say which is greater in size after China, India, and the United States. Or try this for size: which country has the largest Muslim community on earth? Try narrowing it down, which S.E. Asian country has the largest economy.? Still stumped? The answer is to all these is Indonesia.

For some extraordinary reason few people can point to it on the map and I was once asked by an American lady whether Indonesia was a part of Bali, just one of its tiny islands

I do not remember being taught

anything about Indonesia at school but, having been there many times, I do know it was the first country in the world at the end of the Second World War to achieve independence. It had been a Dutch territory since 1600.

Now why mention all this in the Parish Pump? Well, I thought you might like to know (because I am pretty sure nobody else has told you) that Indonesia held elections on Valentines Day this year. The hugely popular President Joko Widodo was defeated by Prabowo Subianto, a plump, avuncular chap who likes to dance a lot on the stump.

But don't be fooled, this new President is a son in law of former President Suharto and was a special commander during his 32-year regime, one of the most brutal and corrupt of the 20th century. This new President is accused of involvement in a series of rights abuses including disappearances and the torture of student activists. He has also been discharged from the military and banned from visiting the United States

Well personally, since I have many Indonesian friends and have found it to be one of the most exciting and beautiful countries on earth, I have found it interesting to know This hugely important land mass is likely to undergo enormous change. In addition, imagine what would

happen if it felt it obliged to take action in the Gaza conflict. I feel we should place our concern here too. You might consider, therefore, that the BBC and other media outlets might have mentioned it, even as a filler just before moving on to the Weather! Did they? Of course not!

At the beginning of this week, I was admitted to Bury Hospital with Heart Failure. I thought those two words meant I had snuffed it but thanks to those amazing Angels on Roller Skates, who keep that place going, here I am again. I have spent the week in what they call a Virtual Ward. This means one is treated at home, with visits twice a day by glorious nurses from all over the world, and has chats with consultants daily on the phone and the iPad with which they equip you. You take your own blood pressure, they take your own blood, drugs get delivered, they take photos of your legs, if they wish to, and generally they look after you just as wonderfully as if you are under their care in Bury but you are blissfully in your own home. It is a wonderful solution, and it is yet another unsung positive of the NHS which has literally saved my life on more than one occasion and to which I am totally devoted. **To each and all of you wonderful people I more that tip my hat, I send you my sincere admiration and love. Thank you.**
Martin

ALERT FOR ADVERTISERS

Advertiser Rate Changes from 1 April 2024

The Parish Pump is a free community magazine. We do not receive any grants or public funding and our advertisers are our only form of revenue. In the main, our advertisers live and work in our community and we are extremely grateful for their commitment and support to the Parish Pump. Over the past few years, we have not changed our advertising rates and have absorbed our ever-increasing costs from reserves. However, we are no longer able to do that so, with reluctance, we will have to increase our advertising rates. The table below sets out the new rates. These will come into force for any contracts that start after 1 April 2024.

Please note we do not put in adverts on the front page or advise full page adverts. However in exceptional circumstances these can be subject to negotiation.

INSIDE PAGES			
	Price for the Period		Price per issue
	12 mths	6 mths	Individual Advert
Eighth Page	£90	£50	£10
Quarter Page	£185	£100	£20
Half Page	£275	£150	£35
BACK PAGE			
	Price for the Period		Price per issue
	12 mths	6 mths	Individual Advert
Eighth Page	£165	£90	£20
Quarter Page	£255	£140	£30
Half Page	£420	£230	£45

Henry Batchelor, Liberal Democrats.

Dear Resident,

My name is Henry Batchelor, and I am standing for the Liberal Democrats at the next general election in West Suffolk.

I have lived with my wife in Haverhill for the last 8 years and have been a councillor in nearby Linton for the last 9. I love living in West Suffolk, speaking to residents, and hearing their thoughts and problems. That is what motivates me to make this area a better place to live.

I want to know what really matters to you, so I can stand for all residents during the next general election campaign. Please get in touch with me using the email address below to tell me what is important to you or any issues that your local area is having.

If you would also like to join the team to fight for a local champion for West Suffolk: whether that is knocking on doors and speaking to people, delivering leaflets or using your individual skillset, please contact me using the email address below.

Email: hello@wslibdems.org.uk

Thanks,

Henry Batchelor



Books needed for Clare Church



We shall be holding a Bumper Sale of second-hand books in aid of church funds in Clare church over this year's May Bank holiday weekend (**4th, 5th and 6th May - a date for your diaries**) and are anxious to acquire any unwanted volumes. With certain exceptions (out-of-date guide books, Reader's Digest condensed books, encyclopaedias and a few other categories, , all books (especially older ones) in good condition on any subject would be most welcome. If you would like us to take them off you, please contact us at any time. .

James and Mary Standen 33 Callis Street, Clare CO10 8PX 01787 277134 admin@stanwo.co.uk

The Parish Pump does not normally enter the realm of politics. However, as we are moving ever closer to a General Election, we determined that, if asked to do so, we would include short information pieces on those candidates who seek to represent us in Parliament. **The Parish Pump does not** receive any payment for these articles and **does not** endorse any candidate.

Newmarket Cricket Club - Guest Article.

Newmarket Cricket Club is based at Dullingham Sports Field providing cricket to all in a fun, safe and inclusive environment. We wish to encourage anybody from your village interested in cricket to come and watch the game and to contact us.

We play Saturdays , Sundays & Wednesdays with training on Thursday evenings from April - September. We currently train indoors on Saturdays from 12.30 pm at Newmarket Leisure Centre (CB8 0EA) running weekly until the start of April. We welcome new players of all ages and abilities to our community club.

If you require any further information please contact me on:

07771 808606

info@newmarketcricketclub.co.uk

Or check our website out: www.newmarketcricketclub.co.uk

Kind Regards Tom Brame @ Newmarket CC

NEWMARKET CRICKET CLUB

JOIN US FOR THE 2024 SEASON

OUR TEAMS

- Saturday 1st XI**
CAMBS & HUNTS PREMIER LEAGUE
- Saturday 2nd XI**
CCA JUNIOR LEAGUE
- Sunday XI**
HUNTS BATS SUFFOLK LEAGUE
- Midweek 1st XI**
HAVERHILL & DISTRICT MIDWEEK LEAGUE
- Midweek 2nd XI**
HAVERHILL & DISTRICT MIDWEEK LEAGUE

ABOUT US

Newmarket Cricket Club is a community based cricket club with the aim of providing excellent facilities, and good value cricket and coaching to all.

We have 5 senior teams playing at various levels on Saturdays, Sundays & Wednesday Evenings. We also have a growing and thriving junior section from u5 - u13.

With outstanding playing facilities, we welcome new, present and past players, members, spectators, sponsors and the wider community to Dullingham Sports Field (CB8 9UJ)

INDOOR TRAINING sessions are held at Newmarket Leisure Centre: Saturdays 12.30 - 14.30pm, from 10th February 2024

OUTDOOR TRAINING sessions are held at our home ground on Dullingham Sports Field: Thursday evenings 18:00 - 20:00pm, from 18th April 2024

CHARITY MATCH: Newmarket CC v Famous Racing & Trainers XI at Dullingham Sports Ground on Sunday 14th July 2024 from 12 noon with a Bar, BBQ, Raffle, Silent Auction & Kids Activities

NEW PLAYERS of all ages & abilities welcome!

CLUB EVENTS -

www.newmarketcricketclub.co.uk [@newmarket_cricket_club](https://www.instagram.com/newmarket_cricket_club) info@newmarketcricketclub.co.uk

Well-presented office to rent in central Haverhill
Suitable for professional use as an office, studio or workshop.

Super-fast broadband



Good natural light
Letting term: negotiable & flexible.

Please call 01440 708063 to arrange a viewing or for additional information.



‘Lessons in Chemistry’, a debut novel by Bonnie Garmus.

There were widely differing views in the group about ‘**Lessons in Chemistry**’, a debut novel by Bonnie Garmus. Whilst some ‘loved it’ and ‘really enjoyed it’ others felt very disappointed in the face of all the glowing reviews and hype, ‘the number one global bestseller’, finding it ‘irritating’ and ‘tasteless’.

Set in 1950s/early 60s America, **Elizabeth Zott** is a research chemist, working in a man’s world where she battles misogyny at every turn in her career. When she is fired from her job for being pregnant and unmarried, she reluctantly becomes the host of what will become a hugely successful TV cooking show. Here she tutors housewives in how to prepare nutritious meals but cannot resist using her platform to inspire women to be the instigators of change in their lives – to design their own futures - ‘no more holding yourself back. No more subscribing to others’ opinions of what you can and cannot achieve... ask yourself what YOU will change. And then get started’. Powerful stuff for television of the times! With her acerbic world view, unyielding logic and sharp humour Elizabeth gets started, much to the chagrin of her male producer, by teaching the basic chemical processes which underpin everyday cookery – with a feminist commentary alongside! Women across the nation embrace this unconventional opportunity to learn and experience the power of knowledge through increasing self-belief and



**Harris & Harris Books
(NEW PREMISES)**

- Two floors of new and old books for readers of all ages
- Fast ordering service
- Books posted worldwide
- Gift certificates available
- Email for bookshop events and newsletter

agency. As one-woman viewer quite simply puts it ‘it makes me feel ... capable’.

Lots of very bad things happen to Elizabeth. At work there are the truly awful men who attempt to hold her back, steal her work, humiliate her and sexually abuse her, but with high minded determination she employs all the fire and feistiness of a mid- 20th Century American feminist to relentlessly pursue fairness and equality. On a personal level there is a doomed love story and excruciating loss and grief which is described with great tenderness and sensitivity by the author. Elizabeth, ever practical and rational, literally works through her grief by felling her kitchen and transforming it into a laboratory (!) – ‘people always underestimate what a grieving pregnant woman is capable of’.

Life starts off badly for Elizabeth, with woefully neglectful parents who ‘sell God’ for a living until her father is imprisoned for killing three people during a ‘spontaneous combustion’ which goes wrong. Her mother, ‘a serial wife’, runs off to Brazil. She never attended school, being completely self- educated using public libraries. It is these ‘extremities’ which start to grate for some readers - only to increase as the story moves on with teaching herself to row from a physics book, a genius daughter who can read Dickens and discuss tax evasion at 5 years old and a dog who knows several hundred words! Moreover, with the

constant shifting between tragedy and comedy, some felt the serious themes of sexual assault, domestic violence, child abuse and sexism, were not given the gravity they deserved, and they were ultimately left confused as to what the author was trying to achieve – ‘is this a serious book or is she just having a laugh?’ Others who were ready to ‘run with it’ were actually hooked in by all the exaggerations and ‘over the topness’ and, being prepared to welcome the more fantastical elements, found it all made for a compelling and entertaining read. We all shared a gripe about the predictability of the storyline. It was agonising waiting for the inevitable tragedy to unfold and the sentimental ‘feel good’ ending was no less unsurprising - but for those who backed Elizabeth it was the least she deserved! The main characters are certainly larger than life. Whilst for some this strengthened their appeal, others struggled with their ‘unreality’ and felt unable to relate to them. However, we did all agree on one thing – that Elizabeth’s ‘talking’ dog was the best and most likeable character! A mixed bag of feelings and opinions this month, let’s see what we make of our next book - **Miss Benson’s Beetle** by **Rachel Joyce**.

If you would like to join us please contact **Anne on 07557357362** or annedennis1@live.co.uk

Events at Harris & Harris Books

Storytime with Enna for the little ones on Saturday 9th March at 11am – no reservations required, just bring along your little ones, snuggle in and enjoy the stories.

On Wednesday 13th March, **C.L. Miller (daughter of Judith Miller, from Miller’s Antique Guides)** will be talking about and reading from her brand-new murder mystery – *The Antique Hunter’s Guide To Murder*. A sort of contemporary Agatha Christie meets Antiques Roadshow. Absolutely smashing. 6.30pm for 7pm start, at the bookshop.

Tickets only £5.00 and includes a glass of something.

Two weeks later on Wednesday 27th March, we welcome best-selling crime writing duo – Nicci French, who will be talking about their brand-new suspense thriller – *Has Anyone Seen Charlotte Salter*.

6.30pm for 7pm start, at the bookshop. Tickets only £5.00 and includes a glass of something.

Provisionally booked for Wednesday 8th May – Author **Richard Ashton** will be talking about his new book – *Where Are the Fellows Who Cut the Hay* – How

traditions from the past can shape our future. A terrific ode to rural life. More details will follow soon.

On Thursday 25th July, we will see the welcome return of **Annie Garthwaite**, who gave a smashing talk a couple of summers ago about her debut historical novel *Cecily*, based on the real **Cecily Neville**. Annie will be discussing her new book set 30 years later and the *Wars Of The Roses*.

Tickets from the bookshop 01787 277267. Please visit the bookshop, Instagram, or Facebook for updates.



No Increase - Good News for Stansfield residents!

Good news in these financially constrained times...Stansfield Parish Council will not be increasing its call on Council Tax for the coming year

This follows a 38% budget increase for 2023/24 by the previous Parish Council. "With the help of our expert financial officer, **David Lines**, and our new Parish Clerk **Annie Lines**, we have been able to avoid increasing our budget for 2024/25. We think this is important when many people are struggling to keep up with increases in food and other living costs," said Stansfield PC Chairman, **Rex Barnes**.

"Reducing the number of formal parish council meetings and replacing them with some joint community events has helped us to reduce our running costs." The first of these events was scheduled for Saturday February 24* and was to be jointly run with the Village Hall Committee and the **Good Neighbour Scheme**. "As well as an opportunity for residents to meet each other, Parish Councillors will be on hand for residents to give their ideas, suggestions and concerns in a less formal environment, at an event that does not entail expense from parish funds," added **Rex Barnes**. Between formal meetings, the PC now has working parties investigating topics including Speeding in the village and Community Engagement. All councillors

welcome input from residents on any issues of interest and /or concern to them. * (As this February event was too late for the March issue deadline, a report on this February event will be submitted for the April issue of **Parish Pump**.)

Hazard Warnings

Signs are to be erected at the entrances to the old Chapel graveyard warning visitors to take care. Many of the old graves have hidden kerbs, and some have fallen headstones. Our West Suffolk Councillor



A carpet of primroses just beginning to show their blooms mid February in the old chapel graveyard at Stansfield

Sarah Pugh is to be approached for funds from her Locality Budget towards the cost of these signs. Volunteers cleared much of the graveyard and trimmed the hedges in the Autumn so the hazards can now be seen more clearly. Suffolk Wildlife Trust have inspected the site and will be producing a report for the parish council about the habitat that the site affords wildlife, along with tips for enhancing this.

The new Local Plan affects YOU!

The new Local Plan will guide where new homes **can and cannot be built**. West Suffolk Council is inviting everyone to comment now. The consultation closes on the 12 March.

Stansfield is designated a Type B village which means there are very few reasons that new homes can be built in the village. Documents relating to the proposed new Local Plan can be seen at:

westsuffolk.exhibition.app and comments can be made to planning.policy@westsuffolk.gov.uk

The funeral of Mary Evans

Councillor Slater represented the PC at the service on February 16th and Parish Councillors wish to offer their condolences to **Richard Evans** and family following their sad loss.

Please see our centrefold

Next meeting of Stansfield Parish Council: Wednesday 13 March 2024, 7pm Village Hall

A delightful article by Mrs Audrey Cullen (nee Dyson) from Pateley Bridge.

My grandparents **James and Eliza** were born in Clare but came to live in Catford in SE London where their two sons were born. Through contacts that they still had in Suffolk, my grandparents suggested that my mother should take me to Stansfield during the Second World War to stay with **Walter Cutmore** and his wife Doris, who ran The Compasses pub. Walter was also the local blacksmith and had a forge at the lower end of the village opposite some land used as allotments. He kept chickens there. For me, coming from busy London aged around 4/5, this was a time which gave me many happy memories.

I played in the field behind the pub where I saw my first haystack, picked strawberries on some land opposite the pub, and was taken to woods at the bottom of the village where I found cowslips, or peggles as they were known. I collected eggs from the hens and eventually went to the primary school which was almost

opposite the forge. The headmistress and her husband lived in the house next to the school. I was too young to stay up in the evening beyond seven o'clock, but my mother was then busy helping to pull pints at the bar and chatting to the locals.

Walter and Doris had three teenage daughters, **Denise, Rita, and Doreen**, who enjoyed the young American men who, based at one or other of the nearby airfields, came along to relax in the evenings or at weekends. They were always made welcome and often were invited for a meal. I learnt to say, "Got any gum, chum?" when they came when I was not at school and was often given the narrow pieces of chewing gum which they had in their jacket pockets. I was told that after the war some of these men returned to show their wives where they had been when stationed in England. Eventually Walter retired from running the pub and the family moved to a house on the same side as the forge and close by the village

pump. I will never forget the steep hill to the church, trips to Bury St Edmunds and wandering the small lanes and am sure that my time in Stansfield was important in forming my love of the countryside.

When my husband and I retired, we moved away from London to live in a hamlet in North Yorkshire. From my cottage I look over fields, sometimes with sheep or cattle grazing, to the wonderful scenic views of Nidderdale. **When I looked on my iPad at your newsletter, I was glad to see that you have various clubs in Stansfield, much as we do in the Pateley Bridge area. These are good for keeping a community spirit.**

Here we have a cricket club, an art club, a small museum of the area, a small theatre, churches, schools, a swimming pool and some shops. Above all, we have amazing scenery with good walks. What more could anyone need? Yours sincerely, **Audrey Cullen (Dyson)**

Country Cooking with Louise Mackrill



I know it was on last month's recipe page, but it really is nutritious, delicious and something of a vegetable delicacy. English asparagus needs to be enjoyed as much as possible while it is available, which is NOW. So here are a few ideas to make the most of its very short season.

Asparagus wrapped in Parma ham

This is so easy and quick, a real winner as a starter or with drinks

12 spears asparagus
12 spears Parma ham
Melted butter

Simply wrap the Parma ham around the asparagus, brush with melted butter and pop into the oven at 180deg for 3 or 4 minutes until the ham is crispy.

Sometimes I pop a slice of mozzarella on the asparagus before wrapping the ham around.

Asparagus & parmesan pastries

Ready rolled puff pastry
Mascarpone
Parmesan, grated
Fresh basil, chopped

Asparagus spears

Olive oil

Cut the pastry into squares the length of the asparagus spears. Mix some mascarpone with some parmesan and basil and spread over the pastry leaving a rim around the edge. Toss the asparagus in oil and then arrange on the mascarpone. Season and bake 180deg C for 20 mins until golden.

Sauteed asparagus

1 bunch asparagus
Butter
Garlic

Melt the butter in a frying pan, add the asparagus & garlic and sauté gently for about 10 mins.

Main Recipe - Asparagus Risotto

1 tbsp olive oil
1 shallot chopped
1 garlic clove chopped
7 oz risotto rice (Arborio)
9 fl oz white wine
18 fl oz hot vegetable stock

4 asparagus spears, blanched and chopped
1 oz unsalted butter
2 oz grated parmesan
Salt & freshly ground black pepper

Heat the oil in a frying pan and sauté the shallot and garlic until soft but not coloured.

Add the rice and fry for one minute, stirring. Add the wine and simmer until absorbed. Add the hot vegetable stock a ladleful at a time, stirring to absorb until the rice is cooked and all stock has been absorbed. Add asparagus, butter and parmesan, season & stir well.

If you are very clever, like my mother, top the risotto with parmesan crisps. To make these grate some parmesan and place spoonful's on a non-stick baking sheet at wide intervals. Flatten them and bake 6 mins or so until golden. Remove and cool.

disappointed with your website?
or looking for your first ...



mdsign
website design

mdsign.co.uk | coffee@mdsign.co.uk | 01440 820222

Barbara and Nick come to West Suffolk. This is their great perspective on volunteering

Having moved into Lidgate in August, I thought it was high time to look into volunteering opportunities in the area. Through conversations in Church, I heard about **IMB – the Independent Monitoring Board**, associated with Highpoint prison. My passion has always been to work with children/people less privileged in our society. After training as a teacher, I took a year out to work for social services



in an Observation and Assessment Centre, which was a sort of children's home. The children lived there awaiting the outcome of a case conference deciding their future. It was very challenging but rewarding and I always had the desire to return to this kind of work. In 2005 I applied for a job in an EBD (Emotional and Behavioural

Difficulties) secondary school in Sussex, which is a part residential school. Children attend here when they have been expelled from mainstream schools. Again, this was a very challenging job. There were 8 to a class and care staff with walkie-talkies were constantly on duty outside classrooms to deal with any incidents that might occur, which they invariably did. We all had to have regular training on how to restrain pupils. It was, however, the most rewarding job, particularly when you managed to build relationships with the pupils who were very emotionally damaged. In fact, the school had a 60th reunion where pupils stood up and said how important the school had been in their lives, providing them with 'a stable family life'. There were occasions where we took pupils to visit parents in prison and I am looking forward to finding out more about Highpoint. We read in the **Parish Pump about Clasp and Car Aid**. As we were involved with something very similar in Sussex we have both volunteered to be drivers for Car Aid.

Barbara and Nick Arundale



Jeff Fellows, wine connoisseur:

The Irish influence on March is well known: the annual invasion of Cheltenham

for the festival (12-15/03) and St Patrick's day(17/03). I have never tried Irish wine but there are small producers in Co. Dublin and Co. Cork. However there are some interesting historical wine connections with Irish people. Two are prominent in the classed growths of Bordeaux, namely Chateau Léoville-Barton and Chateau Lynch-Bages. The incorporated names are the clue.

When **Ronald Barton** was in charge of his estate in WWII the Germans were persuaded that because he was Irish he was therefore neutral in the conflict and they did not take over, or occupy, his vineyard.

I rather think that more Guinness will be drunk than wine on both these occasions. We also celebrate Easter on 31/03 and we can resume our vinous intake.

Salmon is the traditional dish on Good Friday. If you prefer crisp whites then Aldi have an Austrian Riesling for a reasonable £8.50 and 12.5%. If your palate is more for a buttery Chardonnay then rush to Waitrose who have Cave de Lugny Les Charmes Macon-Lugny. It is on offer at £10.99 (from£15.99) and will provide that soft rounded taste that goes so well with the fish. 13%.

Nethergate Wines have a Red and White from the same producer in Bergerac Chateau Les Miaudoux. All of their wines are organic. The white is Bergerac Sec which also shows crisp green apples on the nose. It is two thirds Sauvignon and 30% Semillon. £11.12 and 13%.

The red is Bergerac Rouge mainly made with Merlot with some Cabernet Sauvignon and Cabernet Franc. Think red fruit notes. £11.89 and 13.5%.

Whilst at Nethergate you may also wish to pick up a bottle or two of Bourgogne Aligote. This is the white wine made from the Aligote grape which is used to make Kir. A Kir is a base of blackcurrant liqueur, Crème de Cassis, topped up with

the wine. Cool the wine to make a refreshing aperitif. Of course if you have been successful at Cheltenham then



you may want to try a Kir Royale. Simply substitute the Aligote with Champagne. Please don't use any of the bottles I suggested last month. Any ordinary fizz would do.

£16.24 and 13.5%.

**Nethergate Wines, Gate House Farm, Depden Green, BSE, IP29 4BZ
01284- 852110.**

**Parish Pump
COPY DEADLINE
All contributors &
advertisers to submit
copy no later than the
21st of the month.**

PLEASE!

Advertise your Business

Not only will you appear in over 700 copies of the Parish Pump, hand delivered to all homes in **Stradishall, Stansfield, Hawkedon, Thurston End, Poslingford, Assington Green and Denston.** (also available in **Clare, Cowlinge and Wickhambrook**) you will also be included in our online edition, landing in over 400 email inboxes.

- Special rates for front or back page adverts
- We can help with your advert design.
- To discuss your advertising requirements, contact;

Peter Thompson

e: parish.pump@gmail.com or please ring 07711689171

Your Local Handyman Service

- Professional Painter & Decorator •
- General Handyman •
- Flat pack assembly •
- Garden Maintenance •
- Removals and clearance •

We are time served and professional.
Offering a friendly, reliable & efficient service

Contact us today on 07812 134267

Your handyman is Dan

FRESH FISH • SMOKED FISH • SHELL FISH



☎ 01787 377768

07971 811947

WEDNESDAY

Willow Tree Farm Shop
9am-1pm

THURSDAY

Coggeshall 7.30am-12.30pm
Long Melford 2.30pm-5pm

FRIDAY

Clare Market Hill 8am-10am
Lavenham Market Place 11am-1pm
Depden 2-4pm



Wickhambrook and District Gardening Club
'Meet your Local Wine Producer'
Nick Watson, Cooper's Croft Vineyard,
Ashfield Green, Wickhambrook

Nick started making wine 14 years ago, with his father, from various things, including parsnips. He took a degree in Biology and worked for a time with sugar beet. Then selling his house in Bury St Edmunds, he searched for the best place to plant a vineyard and chose **Ashley Green, Cooper's Croft** for the clay soil on top of chalk and the aspect, which has free drainage and less frost. He joined the **Wine GB Society** and decided to plant half his vineyard with Pinot Noir vines and the other half with Bacchus vines. These two varieties will ripen in an English Summer. It costs



£40,000 a hectare to plant and provide supports for a vineyard and about ten years to get back your investment. A well cared for vine will last for 40 years. All are grafted on American root stock, which gives a strong root system. Nick first had wine to sell seven years ago, when he had a stall at the Carnival. About 4,000 hectares in the UK. are growing vines, a minute amount when compared to France, but Sussex and Kent are able to produce a very good sparkling wine. There are over 80 vineyards in East Anglia. Nick's wines have wone a trophy and a gold medal. This year he is the Chairman of Wine GB. Following his talk there were lots of questions from members and we were all able to taste the three varieties. Much enjoyed by all!

Ruth Seal and Jacqueline Merry 24th January 2024

Ramping Up: Stansfield Good Neighbours.



Finding difficulty walking, a Stansfield resident was thrilled to be offered help in the form of a

mobility scooter. The problem, though, was how to get it into his property.

He rang the **Stansfield Good Neighbour Scheme Helpline 07827 128511** and a volunteer came promptly to the rescue to organise and build a ramp.

"The resident was very apologetic about bothering us at the GN Scheme, and

wished to pay for the ramp, but had not known how to find an appropriate person to build it. We explained the whole idea of the GN scheme was to help in situations like this. We keep a list of various skills our volunteers have, as well as a list of various craftsmen and traders we ourselves have used and trust. It is a pleasure to be of help in such a variety of circumstances," said **Pat Barnes**, secretary of the Stansfield GN scheme. Volunteers have completed 7 tasks this year to the middle of February, ranging from taking residents to physio and medical appointments, to collecting

shopping, and giving lifts to social opportunities for those who would otherwise not be able to get out. "Please don't hesitate.... ring us if you have a need. We have 15 registered volunteers who are delighted to be able to help when they can," said Pat. At the time of writing this article, volunteers were busy organising the refreshments for their first joint venture with the Parish Council and the Village Hall Committee – a village coffee morning on the 24 February. **Pat Barnes**

Helpline: 07827 128511

Monthly Rainfall 2023/2024

2024	Jan	Feb	March	April	May	June	July	Aug	Sep	Oct	Nov	Dec
Nick Burton- Stradishall	55											
Tina Lee- Stradishall	57											
Sam Slater- Stansfield	51											
Rod Taylor- Stansfield	59											
Jay Gridley-Hundon	71											
Victoria Pakenham - Fenstead End	53											
Elaine Plumpton - Gt Saxham	54											

2023	Jan	Feb	March	April	May	June	July	Aug	Sep	Oct	Nov	Dec
Nick Burton- Stradishall	42	5.5	95	51	66	19.5	94	56	70	170	88	75
Tina Lee- Stradishall	50	1	75	57	75	22	93	55	68	168	88	69
Sam Slater- Stansfield	36	4.5	111	69	49	22	94	55	73	181	108	80
Rod Taylor- Stansfield	54	6	105	63	46	19	94	62	66	180	95	90
Jay Gridley-Hundon	40	4	111	60	56	24	84	69	66	187	96	89
Victoria Pakenham - Fenstead End	45.5	5.5	93	54.5	36	19.5	92.2	60	73.8	186.8	88	79.4
Elaine Plumpton - Gt Saxham	60	4	114	62	65	28	70	63	49	172	85	94

Stansfield Village Hall News

Cinema in Stansfield On Friday 9th February Cinema in Stansfield showed its first foreign language feature - *Lunana: A Yak in the Classroom*, to a sold out audience. We were delighted with the audience reaction to the film and the discussion it produced in the bar afterwards. Our next screening at 7pm on Friday 15th March will be the classic 'Tess' directed by Roman Polanski and starring Nastassja Kinski, adapted from Thomas Hardy's novel Tess of the d'Urbervilles. Tickets £5 on the door.

Spring Working Party

Willing volunteers are sought on the morning of Saturday 9th March for our annual spring working party. Drop in between 9am and 1pm if you can spare an hour or two, and give us a helping hand to keep your hall looking good. There will be tasks big and small for any ability, inside or out. Refreshments provided.

Murder at Stansfield Village Hall

On Saturday April 20th there will be a Murder Mystery Evening. Dreamstone Productions specialise in creating a truly unique live Murder Mystery theatre experience where the audience are the detectives - observing characters, weighing up evidence, solving clues and dodging red herrings, to finally figure out Who Dunit! Save the date, more details to be announced in the next issue of the Parish Pump. Further details and Tickets visit: ticketsource.co.uk/stansfield-village-hall Assistance/enquiries: friends@stansfieldvillage.org.uk or phone 01284 789 192

friends@stansfieldvillage.org.uk or phone 01284 789 192



**SAVE
THE
DATE**

**Saturday
20th April**

**Murder Mystery
Evening**

Stansfield Village Hall

For full details and tickets visit:
ticketsource.co.uk/stansfield-village-hall

Assistance/enquiries: friends@stansfieldvillage.org.uk
or phone 01284 789192

Registered Charity 304939

Friday 15th March
Stansfield Village Hall
Hall Lane, Lower Street, Stansfield CO10 8LW

Cinema in Stansfield presents

A Film by Roman Polanski

Tess

12A

Doors 7pm - Film 7.30pm - Licensed Bar - Tickets £5 on door
enquiries: friends@stansfieldvillage.org.uk or 01284 789192
Registered Charity 304939

Generously supported by Local Authorities and our principal funders:

LOTTERY FUNDED ARTS COUNCIL ENGLAND FAN Find out more by visiting www.creativeartseast.co.uk Please recycle me

Gardeners Get Ready!
donations wanted for
Stansfield Plant Sale
Saturday 18th May



*** Calling All Growers ***

Could you raise some extra plants this spring to support the Village Plant Sale

Herbs, flowers, fruit and veg - all gratefully received.

Stansfield Village Hall Charity No 304939

Stansfield Village Hall



Spring Working Party

Saturday 9th March
9am – 1pm

Can you spare an hour or two between the hours of 9am and 1pm to help the village hall committee spruce up the village hall and grounds?

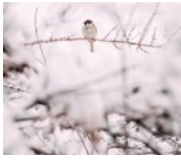
Jobs will include painting, weeding, cleaning, tidying up etc . . .

Indoor and outdoor tasks available.



Refreshments will be provided.

Stansfield Village Hall Charity No. 304939



Wickhambrook Parish Council February 2024



Hello, I hope you are all keeping safe and well. I've enjoyed some lovely weekends working in the garden and it really seems that spring is around the corner, with daffodils starting to peep through. March signals year end in the clerk's calendar, with preparation of accounts for the past financial year, and gathering together all the documents for the annual audit which takes place in April. It's already been a busy few months. Thank you to everyone who came along on a cold February morning and helped with the hedge planting on Cemetery Road – a fantastic turnout!

Thanks also go out to our Suffolk County Councillor, **Bobby Bennett**, for funding the cost of the hedging, and to the lovely ladies at Warm Winter Wednesday in the WI Hall, for the lovely refreshments afterwards. Our thanks go out to the team

of lovely ladies who have been running the Warm Winter Wednesdays from the WI Hall through January and February. The events have been a great success. We start back with our Cemetery Tidy mornings on 6th March (10am – 1pm) – do [drop me a line](#), or sign up through the individual events on the welcome page of the [website](#). At its February meeting, the Estates Committee:

- Set dates for litter picks this year on Sunday 24th March, 2nd June and 3rd November
- Approved the purchase of a bench to be located at the inner banks of Six Acres
- Authorised a move to new cemetery software and appointed a contractor to undertake further memorial testing
- Authorised the purchase of a further WW2 Memorial Bench Seat

At an Extraordinary Meeting on the same day, the parish council listened to, and carefully considered concerns raised by residents attending the meeting with respect to Policy WHB11 – Buildings and Structures of Local Significance (Non-designated Heritage Assets). The parish council resolved it would ask its planning consultant to remove the draft list of proposed properties in WHB11 – you can find out more about this at <https://wickhambrook.org/neighbourhood-plan/>. Do feel free to forward this message on to neighbours, friends and family in the parish and ask them to get in touch with me at parishclerk@wickhambrook.org.uk if they would like to be included in our e-newsletter mailing list! Wishing you all the best, Keep safe and well
Hilary Workman

Charitable Support for people with dementia in Haverhill

Memories are Golden
Open
Monday-Thursday 09.30-2pm

The Old Parkway School, Unity Offices, Park Road,
Haverhill, CB9 7YD

Memories are Golden specialises in offering day care services to individuals living with dementia and suffering from heart conditions, diabetes, and other long-term physical challenges.

We also support people in their journey towards combating loneliness and isolation from families, friends, and their community.

Our Community Hub provides a safe space to socialise and build friendships, as well as providing meaningful activities, entertainment, and social events, to improve well-being. We also provide a 2 course nutritious meal every day.

£55 per day

We are accredited with Suffolk County Council who can commission service users to attend the hub if they meet criteria

We offer a taster day FOC - If you would like to book a visit please call Kelly on 07538920731
Email: enquiries@memoriesaregolden.co.uk
Website: www.memoriesaregolden.co.uk

"Memories Are Golden has, for the last 5 years, brought together individuals living with dementia and those who may be at risk of social isolation from families, friends, and their community. It is a very special place run by community carers and volunteers who are passionate in their commitment to this wonderful charity who are driven by our values of empathy, commitment, and service excellence. At Memories Are Golden, every individual is honoured and celebrated. We believe in providing a happier, healthier and more peaceful experience to people in the autumn of their lives.



We have many regular attendees, most of whom come several days a week. We make sure to get to know all individuals on a personal level and get to understand their needs, likes and dislikes. We incorporate their interests into our activity weeks, too. They enjoy days out, especially the seaside and to see them enjoying the sea air and having fish & chips along the promenade along with a smile on their faces is heart-warming

A personal note from trustee Corinne

My family were particularly affected by my Mum's dementia diagnosis - on the website if you look at the gallery pics, my Mum is pictured getting a big cuddle from "Elvis". Ironically, she was actually telling Elvis that she never liked his music - which we all thought was hysterical as I know that she really enjoyed the day he performed at the Hub. "Elvis" is one of the bus drivers who chauffeured some of the visitors to the hub and does an Elvis impersonation in his spare time and couldn't wait to show off his moves to everyone there. **Please full article from Corinne on page 18.**

Wickhambrook History Society - The Lost Watermills of Cherry Hinton

We had a very lively and interesting talk by **Michelle Bullivant**, a local historian and archaeologist Michelle started her



career as an archaeologist and worked on digs at **Lakenheath and Mildenhall** for the County Council but is now self-employed. Digs are now funded by

developers rather than local authorities. Michelle noticed an entry for Cherry Hinton, then just Hinton, in the Domesday book which said there were four mills.

The term 'mill' means two stones grinding together and there might be two pairs in one building. No windmills existed at that time and no evidence showed above ground, but Michelle started looking around what is now to most of us just a suburb of Cambridge to see if she could find any trace of these early structures. Parts of the village have names like Spring Head and Mill End and the Hinton Brook flows into the River Cam so she started her search by looking at water courses and ended up in the grounds of Cherry Hinton Hall. By clever detecting work using her eyes, field walking, old maps before and after enclosure and sale documents she was able to prove that a watermill did exist in Cherry Hinton. She even found a millstone by the entrance to the Hall, very

overgrown, which now has pride of place as a seat!

Michelle brought along some clunch, pottery, buckles and fire tongs which were found in test pits and prove that people were living and working there in the thirteenth century. She was keen for us to have a look round Wickhambrook as there must have been watermills before our four windmills. Possible sites might be at fording places, near a manor house or where there is a pool. Once the weather cheers up, members might be out on the hunt near the ford/manor and by the woods past Australia Farm. Next meeting is a talk by **Martyn Taylor** on shops and pubs in Bury St Edmunds - '**Which Ones Do you Miss ?**' - on Tuesday 19th March, 7pm in the WI Hall.

Dorothy Anderson
<dorothy@btopenworld.com>

Gatehouse Charity: NHS Mindfulness Course

FREE NHS FUNDED ONLINE MINDFULNESS COURSES

FREE NHS FUNDED
ONLINE
MINDFULNESS
COURSES FOR
CARERS AND ADULTS
65+

LED BY A CLINICAL
PSYCHOLOGIST

MINDFULNESS HAS BEEN SHOWN TO:

- IMPROVE SLEEP, EASE STRESS & PREVENT BURNOUT.
- COMBAT FEELINGS OF LONELINESS
- IMPROVE MEMORY, ATTENTION AND CONCENTRATION
- HELP RELIEVE CHRONIC PAIN
- PROMOTE RELAXATION



NEXT COURSES BEGIN MAY/JUNE 2024

GO TO WWW.THE-MINDFUL-LIFE.COM
TO REGISTER YOUR INTEREST BY
CLICKING ON THE 'APPLY NOW'
BUTTON OR SCAN THE QR CODE
BELOW:



NHS
Health Research
Authority

Dear friends,

Are you over 65 or a caregiver? Join our specially designed online mindfulness course, led by a clinical psychologist, and experience transformative benefits from the comfort of your home.

Mindfulness has been found to:

Reduce Stress & Improve Mood

- **Boost Memory & Attention:** Particularly helpful for those in early stages of dementia or with mild cognitive impairment.
 - **Be effective in reducing the discomfort of chronic pain. Help prevent burnout.**
- Convenient & Engaging:** 1-hour weekly sessions via Zoom over 6 weeks, complete with a coffee break and optional extended practice.

Course Dates:

Various start dates in May/June 2024

Places are free but limited to 15 per course, therefore early booking is recommended to guarantee your spot.

Bookings can be made via our website: www.the-mindful-life.com by clicking on the 'apply now' button or email raechel@mindfullife.uk with any queries



Wickhambrook Summer Fete Committee needs your help

We are in search of committee members and volunteers to help organise and run the village Summer Fete which will be held on Saturday 13th July 2024

At present we are a small band of people organising the fete along with some excellent volunteers who help before the day and on the day but now with two people now leaving our committee, we need more committee members and volunteers.

Our meetings are not long meetings and until just before Fete day are held every two months, closer to Fete day, once a month.

If you feel you would be able to help out and would like more information, please contact

Deirdre Smith (didgesmith@hotmail.co.uk)

Maggie Elers (maggielers@hotmail.co.uk)

WE REALLY NEED MORE HELP IF THE SUMMER FETE IS TO CONTINUE



CLARE LIAISON AND SUPPORT PROJECT
(Charity No. 1029710)

2024 FUNDRAISING
TABLE SALES

CLARE TOWN HALL, 9.30 a.m. to 1.00 p.m.
On the following Saturdays
April 6 ` May18*
June 22
July 20*
August 17*
October 19*
November 16*

*Dates coincide with Clare Market

FOR INFORMATION AND TABLE BOOKINGS.

TEL. 07980 948167
email; fundraising@clasp-clare.co.uk

TABLES £9 (+ Tombola Prize Donation) Double table £15
Tables are provided size: 6' x 2'

DOORS OPEN TO TABLE HOLDERS 8.45 am.

REFRESHMENTS and TOMBOLA in Aid of CLASP
Doors open to table holders 8.45am

For information and table bookings
07724 698 283
ek1000@btinternet.com

REFRESHMENTS and TOMBOLA
Charity No. 1029710

SUFFOLK
LIBRARIES

WHERE
I BELONG

LEGO Club

Clare Library

Saturdays 10:30-12noon



New free Lego club for 8+ at Clare Library,
CO10 8QF. No booking required. Get
building, meet new friends, take part in
challenges and have fun!

clare.library@suffolklibraries.co.uk

01787-277702



By donating to Suffolk Libraries you can help us fund crucial additional services that reduce social, digital and rural isolation in our communities. For details visit www.suffolklibraries.co.uk/donate

HMRC charity number: 1134476

Stowmarket Choral

Saturday 9th March at 7 pm



Stowmarket Choral perform
Sea Pictures by Edward Elgar and
Love's Philosophy by Alexander
L'Estrange at the John Peel Centre,
Stowmarket

Saturday 9th March at 7 pm

The Choral is delighted to present a programme of song arrangements for mixed chorus and piano: Elgar's *Sea Pictures* (1899), with Alexander Lestrangle's *Three Songs of Love* (2008), Lauridsen's *Nocturne, Sure on this shining night* (2007) and Quartel's *All the way home* (2018), reflective and stirring music, portraying the multifaceted strengths and weaknesses of love, and conjuring up the emotional resonances of the sea, from serene still waters, to a mighty ocean storm.

We are also joined by cellist Caio

Boyero, for Gjeilo's New York inspired *Sidewalks* and *The Hudson*.
Sir Edward Elgar's (1857-1934) *Sea Pictures* was initially written in 1844 for piano and soprano. However, in 1898 it was transposed to a lower key so that the alto Dame Clara Butt (dressed as a mermaid) could take the lead role in an 1899 performance for the Norwich Festival. The current arrangement for Chorus and Piano was first performed by the Kelvedon Singers in Coggeshall, Essex. Alexander L'Estrange (b.1974) is one of Britain's most popular living choral composers.

His flagship work, *Zimbe! Come sing the songs of Africa!* a 40-minute fusion of African song and jazz, had 150 performances worldwide within its first five years. *Love's Philosophy* is a trio of

exquisite original songs exploring love and longing, arranged for choir and piano. L'Estrange describes it as exploring the "beauty and simplicity of the English song tradition".

American composer and professor of composition, Morten Lauridsen (b. 1943) based his "Sure on this Shining Night" on a poem by James Agee describing the wholeness of the earth and the turning of the seasons. Morten Lauridsen's flowing music captures all of the beauty and wonder of the poem.

Together with "O Magnum Mysterium" this has become one of his most recognized choral works, performed by ensembles the world over.

Sarah Quartel (b. 1984) is a Canadian composer and educator. One of her earliest musical experiences was sitting by her father as he played organ for a church choir, and she is enthusiastic about the way that choral singing creates community. Her works are performed by choirs across the world.

"All the Way Home" was inspired by the Radcliffe Ladies' Choir and their motto, "Friendship through singing." The overall tone is one of peace and contentment with a lilting melody and delicate piano playing.

MARY EVANS 1955 - 2024

AT MARY'S FUNERAL ON 16 FEBRUARY IN ALL SAINTS CHURCH, STANSFIELD THE EULOGY WAS DELIVERED BY HER NIECE, KATE CHAPMAN.

From the tens of thousands of loving words to have flowed since Mary's death on 23 January, one message has a special resonance.

The writer wrote to Richard thus...

"Life and love...death and grief. These are the only enduring truths I find, but love lives on and on."

We are assembled today to grieve, as others have grieved here for hundreds of years.

The pain of Mary's passing is too raw...the anguish unfathomably deep... the heartbreak immense... the suddenness so shocking, that a celebration of her life feels impossible today.

However, in order to grieve we must trace the inspiration behind the love which has erupted spontaneously from our homes...our villages...our county... and far beyond our shores.

A love so intense that in time we hope it will help to soothe our pain.

Mary was born in Gainsborough Road, Ipswich on the 23rd of February 1955. She joined Elizabeth and Jim, her older siblings. Bill, her younger brother, would complete the quartet in due course.

On the day she was born, Jim recalls being taken into the bedroom where her mother was lying and being introduced to his new sister.

"Mary was a silent bundle in a cot beside the bed...."

"She wasn't silent for long."

Her parents, Jimmy and Elspeth Thom, were going to christen her Mary Alison

Thom but realised those initials spelt MAT, and as Elizabeth's initials spelt EAT, they decided on Alison Mary Thom instead. But she has always been known as Mary.

Aged three, she was already a stalwart figure and very clear about her likes and dislikes. If there was something on Mary's mind you were going to hear about it.

By now the family was living in Edinburgh. On the long journeys to visit grandparents in Colchester her siblings would try to distract Mary, if she was unsettled, by pointing out the countryside.

"Look at the nice cow, Mary"

"It's an 'orrible cow," came the reply.

"Look at the nice sheep, Mary."

"They're 'orrible sheep."

But she soon cheered up.

Jim believes Mary's character was fully formed at an early age, and she never changed.

I quote:

"She was utterly reliable and honest.

Always stood up for what she thought was right, but was always loving and compassionate in her dealings with the world. In a word, she was indomitable."

After attending Ipswich High School for Girls and Felsted, Mary flirted with the idea of acting before opting for journalism at the East Anglian Daily Times.

It was there, in 1975, she met Richard, the love of her life. It really was love at first sight and they knew within a fortnight



they wanted to spend the rest of their lives together.

After marrying the following year, they soon moved, at Mary's suggestion, to the evening paper in Cambridge and then, again at Mary's prompting, it was off to London and the Houses of Parliament.

Mary was boundless in supporting Richard's career but she was a talented journalist in her own right - Richard would argue by far the more talented of the two - whose skills were rewarded by being appointed political editor of the Aberdeen Press & Journal and the Western Mail in Cardiff.

However, it was after they moved to Berkshire that another side to her character emerged: a strong sense of public duty, inherited from her parents.

She was appointed a church warden in Chieveley, volunteered in the Oxfam shop

Two parts Katharine Hepburn to

THOMAS PHILLIPS READ A MEMOIR OF AUNTIE MARY ON BEHALF OF ALL HER NEPHEWS AND NIECES

As some of you know, my name is Thomas and I'm the oldest of Mary's nieces and nephews on the Thom side. Although I live thousands of miles away, my Auntie Mary was never far from my heart.

Speaking on behalf of the rest of the nieces and nephews, I can say this: our Auntie Mary was a force for good in our lives. She guided us just as a

parent would. She was kind and nurturing, but also morally uncompromising. She was both fiercely principled and impeccably well mannered. Or as Will put it: two parts Katharine Hepburn to one part Boadicea.

Put another way, we knew we couldn't away with anything under her watch. To paraphrase Bertie Wooster: "Aunts aren't gentlemen"

At the same time, as Freya and Eleanor pointed out, Auntie Mary took a great interest in us and especially our hobbies. Whatever you were passionate about, she was passionate about it for

you. Just to be in the spotlight of her enthusiasm was enough to buoy your spirits. As Alex said, she had a subtle genius for raising morale.

Auntie Mary was also possessed of enviable comic timing and a mischievous streak that could lighten the cloudiest of moods. Will observed that nobody else could communicate so much with a raised eyebrow or a narrowing of the eyes.

Auntie Mary worked hard to cultivate connection and cooperation whether working with her constituents or arranging the flowers at my wedding. Where there was no plan, she didn't

and helped the local Riding for the Disabled team.

When Mary and Richard moved to Stansfield 20 years ago, the community involvement intensified. She led a small team to save the village hall with a huge fund raising campaign which encompassed a revitalised village fete, popular film and theatre nights, successful Christmas shopping evenings and so much more.

And then, of course, there was the creation from scratch of a bridge club in the middle of nowhere which soon became the most popular in the county.

As so many have said, Mary was a 'doer', driven by a desire to improve the lot of other people. When she decided something was worth doing, she put her heart and soul into it. Above all, she was utterly selfless.

The secret of her success lay in her natural kindness, her warmth, and who can forget that captivating smile? She was one of those rare people whose presence lit up a room.

And, as so many of you have pointed out, straddling all of this was a sense of fun, embellished by a mischievous sense of humour.

She carried her intelligence lightly but did not suffer fools gladly; particularly when it came to the role of women in public life and women's right generally.

It is no coincidence that today's service, crafted by Mary after her diagnosis, features the involvement of so many women!

When, in 2013, a local vacancy arose on Suffolk county council, she was a shoe in. Mary was in her element. Her journalistic skills, which enabled her to cut to the chase in the blink of an eye, combined with a charismatic personality shone like a beacon in the stultifying greyness of council drudgery.

She loved visiting the 24 villages in her patch and helping to sort out some issue here, or take up a cause there.

And then it was into Ipswich to sort out the county. And how.

One story encapsulates her skills. When she was promoted to the county council's Cabinet in charge of highways she inherited the nightmare of potholes.

Mark Murphy on BBC Radio Suffolk referred to it as 'the story which never stops giving' and within days of her appointment he started baiting her on live radio by saying 'where is Mary Evans?'

Mrs Pothole, as she became known in the family, beard him in his studio. Two live



interviews later, the story stopped giving and Mark and Mary became the best of mates. So much so that when Mary came up with a brilliant idea to name Suffolk's gritter lorries after Suffolk characters, Mark was one of the judges - and he then agreed to her request to bring Suffolk Day to Clare.

Classic Mary...using her charm to turn a negative force into a positive one.

Her skills did not go unnoticed further afield.

As one national politician said recently: "Her clarity of view and background as a journalist stood her in good stead from the time she was first elected. She had a balanced and easy going approach but always knew what she wanted to achieve. Many have spoken of how every meeting was enriched by her presence. She was extraordinarily persuasive and a strong advocate of a greater role for women."

A government minister put it this way. "Mary was one of the very nicest and most approachable people I have ever had the pleasure to meet, especially in Suffolk political circles."

While a former Cabinet minister wrote: "She gave me so much advice and calm support, always pouring oil on troubled waters. I will always be so grateful for the time she gave to do that; and even more than time, for the wisdom."

Had she started her political career earlier there is no telling where it would have ended. Back in her old stomping ground at Westminster?

Perhaps. And what a force for good she would have been there.

When we arrived here today, at Mary's request we were each given a packet of Forget Me Nots.

Mary Evans.

Forget. Me. Not.

How could we?

A memorial service to which all are welcome will take place at St Edmundsbury cathedral on Monday 8

EDITOR'S NOTE:

As a tribute to all the work Mary did for 24 local villages in her role as a councillor, we have included this special two page colour centrefold on her life.

one part Bodicea

hesitate, she just created one from whole cloth, and everyone pitched in to make it happen.

We are grateful that her powers of organization were so often used to the benefit of others. In Cathy's words, "She knew the importance of bringing loved ones together and I have long considered her the focal point of our family; orchestrating gatherings, holidays and of course, some cracking parties."

Indeed, she hosted my 21st birthday in lavish style, and she was the life of the party at my wedding reception ten years later.

I have to agree with James, who wrote: "The memory of her bunny hopping through a dance floor of confused millennials in full wedding attire will always bring a smile to my face."

We thank Uncle Richard: Auntie Mary's husband of 47 years. As David rightly noted, the warmth and love we felt stepping into your home was a joint achievement. Your love and dedication to each other served as an example to us all.

Auntie Mary's sudden illness and passing were shocking precisely because of her vitality, her zest for

life. James captured it perfectly: around Auntie Mary there was always a feeling that life is exciting and its problems could be overcome if you rolled up your sleeves and got on with it. We all felt energized and more confident in her presence.

We shall carry Auntie Mary with us for the rest of our lives. She will greet us in the pop of a champagne bottle, in the clatter of croquet, in the excited scamper of a Labrador.

If we're lucky, we can channel her moral clarity, her kindness, and the love and loyalty she inspired in us all. May she rest in peace.

Personal experience of Corinne and her mum of 'Memories are Golden'

We moved into this area 2.5 years ago and my Mum had recently been diagnosed with Dementia. I had no idea of where to seek help nor had any knowledge of what was available. Whilst out at dinner at a local pub one evening, we got chatting to the waitress and she mentioned a lady called **Kelly Kennedy Smith** who ran an organisation called "**Memories Are Golden**". I spoke to Kelly and we arranged for Mum to have a taster session which went well. Mum started visiting the Hub 2-3 times a week until she passed away 2 years ago.

I would take Mum to the Hub and she wasn't always very happy to be going as she wasn't always a very happy Bunny as the dementia grew worse and she was often morose. The staff and volunteers at the Hub were always happy, cheerful, caring and made a huge welcome to her every time she arrived. This was on the cusp of the end of COVID so things were very difficult for the staff but they coped admirably with all the constraints. In all honesty, there were times that I could have quite happily strangled my Mum if I'd spent another 5 minutes with her as there were times when it was so difficult to deal with. The fact that I knew she was well cared for with kindness and respect as well as entertained at the Hub was such a weight off my mind. It also allowed me to have some space and time to myself as I'm self-employed and my business suffered a great deal during this time as I was unable to devote enough time to it.

The Hub is a happy, warm, friendly and safe place. There are always activities in

full swing from cake making, games, trips out to eg. the Seaside, the theatre, afternoon tea, singing entertainers, the list goes on. They celebrated the Kings Coronation, Pancake Day etc. etc.

Kelly was instrumental in starting the charity and has done a wonderful job but it's an uphill struggle raising funds as dementia isn't a "sexy" charity. Additionally, the Charity has been given notice that they have to vacate their premises this year and it's proving difficult finding a suitable venue.

On a personal note, I'm actually very surprised at myself to have become reasonably active with a charity. I'd always been the type of charity giving person to put a few quid in the tin if someone's shaking but never to this degree - I've always thought of myself as selfish with my time. However, if this Charity hadn't existed, both my Mum and myself would never have received the level of support, friendship and kindness that we did.

Mum was still capable of living by herself and on the days she wasn't staying at my house, I had carers going in to check on her etc. Mum lived in the new retirement flats in Haverhill opposite the Rec where there was a friendly community and on site manager. Mum was a very fit and active 85 year old and I was actually going to take her to the gym for an induction class. On my way to collect her, I received a phone call asking me to get to her quickly. I arrived moments later and Kelly was there. Mum hadn't gone to the coffee morning and the carer had also gone into see her but found

her collapsed on the floor. Ambulances were called etc. but by the time I got there, she'd passed away. The carer also worked for Haverhill Community Care which also employs Kelly and she'd called Kelly. Kelly rushed over there so that she would be there when I arrived. It was a shock.

After a while, Kelly gave me a photograph album of pics that they'd taken of Mum when she'd visited the Hub - they showed my Mum having a good time, laughing and taking part - a different side to what I had become used to seeing on a constantly downward spiral. The illness had changed my Mum from such a vibrant, sociable and active person into a totally different person and it was so lovely to see the photos.


After my Mum's funeral, we requested no flowers and all donations were given to the **Memories Are Golden** and I supported all their fundraising events and made regular donations to raffles etc. Yet I still didn't feel that I wanted to break the bond with the charity and it surprised me. So, when they asked me to become a Trustee recently, I did have to think quite hard about it as I didn't really know what I could offer as I'm not sure I'm the type of person who could easily become a "carer". What I did realise was that if that charity hadn't had been there when I needed it, I'm not sure how I would have coped. Even though my Mum is no longer there, there will always be people in the same boat as me and hopefully we will be there for them....even if it's for complete strangers.

Corinne

DATE FOR YOUR DIARY
CLASP will be holding a Race Night in Clare Town Hall on Saturday 6th April 2024
This is a great activity for all ages

Please make a commitment to attend and invite family, friends and neighbours






Clare Liaison and Support Project (C.L.A.S.P.)

DO YOU DRIVE?

DO YOU LIKE HELPING PEOPLE?

DO YOU HAVE A LITTLE SPARE TIME?



Car Aid is part of CLASP and provides a free service for the people of Clare and the surrounding villages who need to visit a hospital, health centre, their doctor, dentist, optician or physiotherapist, but have difficulty in organising or affording transport. The service is provided from a pool of voluntary drivers who use their own cars to transport their clients to and from their medical destination. All drivers, each of whom have been DBS checked, are reimbursed according to the destination visited.

WE URGENTLY NEED MORE VOLUNTEER DRIVERS TO MAINTAIN THIS VITAL COMMUNITY SERVICE

CAR-AID
JOHN WEBB
0724 698283

CAR-AID
JOHN WEBB
0724 698283

CAR-AID
JOHN WEBB
0724 698283

CAR-AID
JOHN WEBB
0724 698283

CAR-AID
JOHN WEBB
0724 698283

CAR-AID
JOHN WEBB
0724 698283



CAR AID REPORT - JANUARY 2024 CLASP Committee Meeting Thursday 8th. February 2024



Dear Drivers

I attach the Report I presented to the CLASP

Committee last week. You will note that January was a record month for CarAid with 47 trips having been made. **IT LOOKS CERTAIN THAT FEBRUARY WILL BE ANOTHER RECORD MONTH. TODAY, FEBRUARY 13th. I HAVE TAKEN 45 BOOKINGS. YES, I REPEAT, 45 BOOKINGS. ONLY ANOTHER 16 DAYS TO TAKE MORE BOOKINGS TO BEAT THE 47 PREVIOUS RECORD.**

As you may imagine, this level of activity has presented significant problems with

finding drivers for these trips, given the understandable non-CarAid commitments that many of our drivers routinely have. Thankfully we have not failed so far to satisfy demand, but to quote the Duke of Wellington it has been "A Damn Close Run Thing". Some of our drivers have responded magnificently, doing unusually high numbers of trips. They know who they are - THANKYOU.

We have lost two drivers this month, one due to other domestic demands, and the other failing to commit following an initial interest. However, some good news. Two drivers, Antonia Brandes and Heide Daniels, have made their first trips

in February. Also, two new drivers, Nick and Barbara Arundale, are currently going through the DBS process. Lastly, I will shortly be updating the Car Park lists for the WSH and BMI Hospitals in Bury, and would appreciate you confirming your current car registration so that I can do this. NB. The current passes expire on 31st. March next. Please remember - the CLASP AGM will take place at the Clare Old School on Thursday 23rd. May at 7.30pm. This will be a very important meeting so please attend if you can. Many thanks for your continuing efforts
Best regards as always John

Car Aid Statistics

Monthly trips made, historical easy reference summary:-

17-24-30-14-28-22-24-22-18-29-21-24
Total Year 2022 = 273 c/w 237 in 2021
32-32-42-24-41-48-31-26-21-25-35-32
Year 2023 total = 389
47
Year 2024 total to date = 47
Bookings February month to date – 19

The number of trips made in the 2023 year, at 389, was 42% more than made in 2022.

The initial indications are that 2024 will be even busier. In January this year we made 47 trips, which is almost 50% higher than the 32 trips made in January last year. This January was a record month for CarAid compared with the 48 trips made in June last year, if we

disregard the 21 trips made for Allie Godwin during that month.

As stated in previous months the demand for our service continues to grow, but sadly our pool of volunteer drivers does not increase making it more difficult for CarAid to continue to serve our community as effectively as in the past. Once again can I urge all our volunteer drivers to try to identify and encourage any potential new persons to join our drivers' pool.

In December we were asked to take, and later pick up, a Clare gentleman to a Stroke Centre in Haverhill. This has been followed by weekly requests in January to take the same gentleman to a similar Stroke Centre in Great Cornard. All of these requests have been fulfilled, but we

still have to consider whether we can continue to take on this type of regular service in the future.

I REPEAT: although having a pool of thirty volunteers, some of whom have limited availability, driver resource still continues to be a problem given the increase in client demand this year. Clearly, we still need to attract more drivers in order to provide the level of service to which we aspire, and our community requires, particularly now that demand seems to be increasing following some NHS returning to normal activity levels.

The ongoing interesting CarAid Statistic - In the last 70 months, since April 2018, CarAid has helped 219 different clients, making 1,440 trips.
John Webb 3rd. February 2024

**CLEMENTS
CHIMNEY
SERVICES**

HETAS Checkatrade.com
Proud members of
Where reputation matters

07810 616 837
clementschimneyservices@outlook.com

The Lees of Stradishall enjoying themselves!



PARISH COUNCILS - WHO'S WHO in YOUR VILLAGE?

Parish Council	Chair	Vice Chair	Clerks
Denston	Jeff Fellows jefffellows.crown@gmail.com 01440 820 310	N/A	Jeff Fellows
Hawkedon/ Thurston End	Rotating	Rotating	David Jarrold dmj1800@icloud.com
Poslingford	Martin England poslingfordddd@outlook.com 07814 246 204	Marc Allison marc@theallisons.co.uk	Chris Turner 07814246204
Stansfield/ Assington Green	Rex Barnes cllr.rbarnes@stansfield.pc.gov.uk 07778 058425 www.stansfield.onesuffolk.net	Andrew Pallett andrew.pallet.spc@btinternet.com 01284 789434	David Lines (Locum) clerk@stansfield-pc.gov.uk
Stradishall	Ian Hutchinson stradishallparishcouncil@yahoo.co.uk 07970717116	Robert Deeks 07940548407	Joanna Kirk stansfieldparishcouncil@yahoo.co.uk 07880 686 069
Clare	Rob Eyre rob.eyre@clare-suffolk.co.uk 01787 277 559	Paul Bishop rob.eyre@clare-suffolk.co.uk	Davina Nealec lerk@clare-suffolk.co.uk
Cowlinge	Linda Aston lindaaston555@gmail.com	Jane Nesham	John Barnett 01440 783 903
Wickhambrook	Mike Lavelle mike.lavelle@wickhambrook.org.uk	Paul Couzens 07713 740 984 paul.couzens@wickhambrook.org.uk	Hilary Workman 07508 039 810 parishclerk@wickhambrook.org.uk

West Suffolk District Councillors (People relevant to Parish Pump villages)

West Suffolk District Councillor for **Denston, Stansfield, Hawkedon, Brockley, Wickhambrook, Stradishall, Clare, Hundon, Cavendish, Stoke by Clare, Kedington and others** Bobby Bennett bobbybennet@suffolk.couk

West Suffolk District Councillor for **Whepstead Wickhambrook Denston, Stansfield, Brockley, and Hawkedon** Sarah Pugh sarah@sarapugh.co.uk

West Suffolk District Council for **Clare, Kedington & Hundon ward**

Cllr Nick Clarke - nick.clarke@westsuffolk.gov.uk

Cllr Marion Rushbrook marion.rushbrook@westsuffolk.gov.uk

Cllr Karen Richardson karen.richardson@westsuffolk.gov.uk

Please note this month we have made a determined effort to update these tables. However if anyone sees any mistakes or any changes please let us know

Clare Community Food Bank

Free food at the Community Pantry in Clare Parish Church

07456 863 555

www.boomerangspetfoodbank.co.uk/



You can donate to our pantry by following this link www.tinyurl/ClareCommunityPantry

Guess who? Guess who? Guess who? Look at those beautiful mountains





Smallholding by Chloe Gridley

The ewes are now in the shed, as I write, we are a week away from expecting our first lamb. The ewes

are comfy with plenty of fresh bedding, adlib hay to eat and concentrate feed (pellets) morning and night - they really are very content, it is now a waiting game! The bonding pens are all ready for when the ewes have given birth. Putting the mother and her lambs in a pen together allows them to make a strong connection ready for when they move out into the fields in spring. It also allows us to keep a close eye on them and give any extra care to the lambs or mother if they need it. The nursery is ready too, the mothers and lambs will come out of their bonding pen and into the nursery, this is where the lambs will begin to jump around, play with other lambs and venture a little further away from their mothers

but still close enough to come back for a drink and extra warmth from mum when needed.

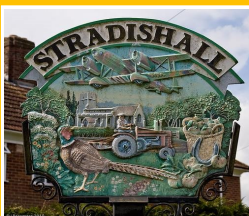
I love it when they go out to the grass paddocks, this is a lovely sight, and I would say the best job on the farm, watching them feel the fresh grass between their hooves and springing in the spring sunshine is a joy to see. The ewes also like this time of year, being able to go back outside in drier conditions and eat lots of rich sugary spring grass.

We will be at Horringer Farmers Market on Saturday 2nd March and Saturday 6th April. We will have lots of fresh lamb to choose from on our stall, including joints, chops, mince, neck fillets and our minty lamb burgers. Come along to the community centre between 9:30-12:30 to choose your fresh lamb before its gone. If you have freezer space, I am currently taking lamb box orders, whole or half fresh lamb, ready for the first weekend of every month. Please contact me through Instagram or Facebook [chloesfarmproduce](https://www.instagram.com/chloesfarmproduce) or text 07496303604

if you have any questions. I can tweak any box to meet your requirements if a certain cut is required.

Chickens; Good news! The chickens are back in lay, at last! Eggs are now becoming more available now the warmer weather is here and the hens are drier under foot and happier with it. They have gone through their moult, where they shed older feathers and grow new ones. This can be very demanding of energy for the hen and during this time she will not lay eggs. The cockerels are looking in tip top condition at the moment too and making bonds with the females, although mum won't be breeding this year, keeping her numbers low while the feed is so expensive. Some of the breeding groups are available to new homes if anyone is looking to start with Ixworth or Modern Langshan.

Chloe



ST. MARGARET'S REVITALISATION PROJECT STRADISHALL



STRADISHALL COMMUNITY SURVEY UPDATE

As mentioned in the January/February edition of the Parish Pump a survey has been circulated to all the households in Stradishall.

The purpose of the survey is to help Stradishall's various community organisations assess the level of interest of the residents of Stradishall for a community facility within the village. The survey posed two crucial questions.

The first was to determine the interest of the village for a community facility. The second question sought to understand if those in favour of a community facility considered it should be located either integrally with the Church or a purpose-built building within the village.

The survey return date was Wednesday 21st February and the returns are currently being assessed.

It is anticipated that the outcome of the survey will be presented to the various community organisations in early March.

Further updates on the project will, amongst other sources, be provided in future editions of the Parish Pump.

Advertise your Business

Not only will you appear in over 700 copies of the Parish Pump, hand delivered to all homes in **Stradishall, Stansfield, Hawkedon, Thurston End, Poslingford, Assington Green and Denston** (also available in **Clare, Cowlinge and Wickhambrook**) you will also be included in our **online edition**, landing in over 400 email inboxes. • Special rates for front or back page adverts • We can help with your advert design. • To discuss your advertising requirements, contact:

Peter Thompson: parish.pump@gmail.com or please ring 07711 689 171

VOLUNTEERS ARE OFFERING HELP WITH A WIDE RANGE OF TASKS SUCH AS:

- Collecting shopping or prescriptions
- Driving to medical/dental appointments
- Minor household tasks
- Computer, TV and phone support
- Emergency meals
- One-off garden tasks
- Help with pets
- Form filling/letter writing
- Call or visit for a chat



Our friendly volunteers will normally answer calls made between 9 am and 4pm on weekdays and we will aim to check phone and email messages daily.

Call: 07827 128511

Email: stansfieldgoodneighbours@outlook.com



RED KITE TILING

Floor and Wall Tiling Specialist

Do you need tiling work done?

Based locally to Wickhambrook, and covering the West Suffolk area, Red Kite Tiling provides Ceramic, Porcelain & Natural Stone floor and wall tiling services.

If you have tiling requirements you would like to discuss, including small jobs or repairs, please get in touch for a **FREE** no obligation consultation and estimate.

Reliable, friendly and responsive service. Fully insured

07833 794570

info@redkitetiling.co.uk www.redkitetiling.co.uk



Red Kite Tiling

Based locally to Wickhambrook and the surrounding villages, and newly established in the area, **Red Kite Tiling** provides a floor & wall tiling installation service across West Suffolk, aiming primarily at the domestic interiors market. From smaller jobs such as tiling repairs, utility or cloakroom splashbacks, through to complete new floor or wall tiling schemes for kitchens, hallways, utility rooms, bathrooms, conservatories etc., my ethos is that each tiling installation

deserves the same focus on quality and attention to detail, and that reliability, communication and fully understanding clients' individual requirements are essential to ensuring a successful project, and happy customers. Approachable and friendly, I'm also a perfectionist, and my expectations for every tiling project are the same as if it were in my own home. Trained and fully insured, I cover ceramic, porcelain, and natural stone tiling, and provide a free and no

obligation estimate. No two tiling installs are the same, and where possible I like to take a consultative approach and can provide advice and guidance to customers before the installation process- for instance, highlighting potential technical issues and solutions- all of which are important to creating a long-lasting tile installation that can be enjoyed for many years to come. **Please swoop in on the Red Kite Tiling website, for further information, www.redkitetiling.co.uk.**

Happy beginnings, Happy futures.



Happy Days Childcare



- Accept golden tickets for two year olds.
- Offer up to 30 hours funding for preschool children.
 - Open 7am – 6.30pm.
 - Dedicated baby room with own garden.
- Wrap around and holiday care for children aged up to 11 years.
 - Fresh, home cooked meals daily.

Based at Stradishall, we are a set in a rural location on convenient commuter routes to Haverhill, Newmarket, Clare and Bury St Edmunds.

01440 820 027

debbie@happy-days-childcare.co.uk

1, Lancaster Way, Stradishall. CB8 9YD.



refinedblinds

A bespoke service for all domestic blinds throughout Suffolk.

Makers and installers of a wide range of window blinds, from Venetian to Roman, Vertical to Wooden.

01284 388 779

refinedblinds.co.uk

OLD GOAT BREWERY

FINE ALES, BREWED ON THE PREMISES
WINE, SPIRITS & SOFT DRINKS ALSO AVAILABLE

WWW.OLDGOATBEER.COM

THE COMPASSES
HIGH ST,
STANSFIELD
SUDBURY. CO10 8LN











TAPROOM HOURS:
FRI: 4PM – 10PM
SAT: 3PM – 10PM
SUN: 3PM – 7PM

01284 789009

Church Services in Bansfield Benefice in March 2024

Services for March 2024

<https://www.bansfieldbenefice.org.uk/services/>


Date	Time	Church	Details
02 Mar	10:30 am	Benefice Hall  (Next to Wickhambrook church)	Monthly Traidcraft Coffee morning (10:30 am until noon)
03 Mar	10:00 am	Denston (Third Sunday of Lent HC)	Celebrant: Revd Eve Bell Organist: [CM] Liturgical colour: 
10 Mar	10:00 am	Cowlinge  (Mothering Sunday HC)	Celebrant: Revd Eve Bell Organist: [KJ] Liturgical colour: 
17 Mar	10:00 am	Ousden (Passion Sunday HC)	Celebrant: Revd Eve Bell Organist: [CM] Liturgical colour: 
24 Mar	10:00 am	Stansfield (Palm Sunday) HC)	Celebrant: Revd Eve Bell Organist: [DO] Liturgical colour: 
29 Mar	10:00 am	Wickhambrook* (Good Friday Walk of Witness)	Celebrant: Revd Eve Bell Organist: [-] Liturgical colour: -
31 Mar	10:00 am	Stradishall  (Easter Day) HC)	Celebrant: Revd Eve Bell Organist: [] Liturgical colour: 

Year B

*Walk of Witness - From the Wickhambrook Memorial Social Club car park to the Methodist church.

Please note the Old Goat Brewery is currently undergoing a substantial refurbishment and should be back available in the early Spring.

Who is who in our local church benefices?

BENEFACTORY	CHURCH	INCUMBENT VICAR	CONTACT	ELDERS AND OFFICIALS
 BANSFIELD	COWLINGE	The Revd Eve Bell	07815441304	Dr Paul Bevan Mrs Fiona Evans
	DENSTON			
	LIDGATE			
	OUSDEN			
	STANSFIELD			
	STRADISHALL			
	ASSINGTON GREEN			
WICKHAMBROOK				
STOUR VALLEY	CLARE	The Revd Mark Woodrow	01787277515	The Revd Dr Karen Smith
	POSLINGFORD			
SUFFOLK HEIGHTS	HAWKEDON	The Revd Clive Fairclough	01284 615828	Mrs Heather Phillips Mr David Taylor
SUFFOLK HEIGHTS	THURSTON END	As Hawkedon	As Hawkedon	As Hawkedon

Free Online Mindfulness Courses

LED BY A CLINICAL PSYCHOLOGIST

Week commencing 8th January 2024:

Mindfulness for Carers and Former Carers aged 65+

Week commencing 29th January 2024:

Mindfulness for Later Life Adults aged 65+

For more information and to book visit:



<https://the-mindful-life.com>

Bookings can be made via the 'apply now' link on the website

DKC PLUMBING Oil Boiler Specialists

We Are An Ex-military Run Business With Good Standards And We are Highly Rated By Our Customers

• Oil Boiler Servicing

Oil Boiler Breakdowns

• General plumbing

• and More...

Call **07375995198**

www.dkcplumbing.co.uk



95% of
boilers are
fixed in the
first hour!

Check Us
Out On
Line



INFORMATION
PACK



YOUTUBE
VIDEOS

Wickhambrook fire-station now recruiting
WWW.SUFFOLK-FIREFIGHTERS.CO.UK



HOW TO APPLY



EMPLOYERS
GUIDE



SWIFT TO SERVE

**BE AN ON-CALL FIREFIGHTER
PROTECT YOUR COMMUNITY
CHALLENGE YOURSELF**

**APPLY
NOW!**



For specific questions on fire fighting please email: sfrs.recruitment@suffolk.gov.uk
See page 25 (over)

Wickhambrook Farmers' Market



With your continued support we will return in the New Year in March and then the second Sunday monthly.
We wish you a very prosperous New Year
Thank you
Martin

Wickhambrook Fire Station

Recruiting *On Call* Firefighters



NEED MORE?

OPPORTUNITY
BELONGING
COMMUNITY



Recruitment hotline 01473 260588
www.suffolk-firefighters.co.uk

SUFFOLK FIRE AND RESCUE SERVICE

Wickhambrook needs some more firefighters. If you are interested in any way whatsoever, please contact Martyn Hazelwood at sfrs.recruitment@suffolk.gov.uk or telephone the number below 01473 260588 at 9am to 5pm from Mondays to Thursdays and 9am to 4pm on Fridays

A1CARS

SUFFOLK (LTD)

24 hour taxi and
Executive Service
Airport Transfers

book@a1cars.co.uk

www.a1cars.co.uk

01284 766 777

**Try our new app
Search A1 Cars Suffolk on the App Store or Play Store**

Denston Village Hall presents:



DENSTON

QUIZ NIGHT

Saturday
20 APRIL

£5

Doors open at: 07:00pm
Start at: 07:30pm
@ Denston Village Hall

Come alone, or
form a group

Bring your own drinks

For registration & further information:
denstonvillagehall@gmail.com
or phone: 01440 821641

Gardeners Get Ready!

donations wanted for
Stansfield Plant Sale
Saturday 18th May



* Calling All Growers *

Could you raise some extra plants this spring
to support the Village Plant Sale

Herbs, flowers, fruit and veg - all gratefully received.

Stansfield Village Hall Charity No 304939

Denston Village Hall

is holding its successful annual quiz on Saturday 20th April in the village hall at 7pm. The quiz comprises various rounds of general knowledge questions set by the resident quizmaster **Hilary Bradfield**. There will be a small prize for the winners (bragging rights are the real prize!) and a midpoint raffle with attractive items to suit all tastes. The event is team based: some come either as a team (with a suitably silly name) or individually, when you will be put together with others. All proceeds of the evening will go towards the maintenance of the village hall. The event is usually very popular so book early. Details can be found in the advertisement contained in this edition of the Pump.



Alan Jarvis (chair of trustees of the village hall)



07827 128511

**FREE HELP WHEN
YOU NEED IT MOST**

**Stansfield
Good Neighbours**

Stansfield now has a friendly team of volunteers to help with a range of small tasks (*see overleaf*).

Call them on: 07827 128511

stansfieldgoodneighbours@outlook.com

Our friendly volunteers will normally answer calls made between 9 am and 4 pm on weekdays, and we will aim to check phone and email messages daily.

YOUR CARAID NEEDS YOU - VOLUNTEER DRIVERS

If you have seen the regular reports on CLASP CarAid in this monthly magazine, you will be aware that more volunteer drivers are needed to continue to provide the ever increasing demands for its service to your community. Last month we made 48 trips, compared with only 10 in June 2018. At the moment CarAid only has one volunteer driver living in your area, meaning that requests for medical visit trips have to be met using drivers from Clare, regularly creating organisational difficulties. **Please consider becoming a CarAid Volunteer Driver.** This is not an onerous commitment and may only require one or two trips per month and our drivers all say how much pleasure they get from helping and meeting others. Drivers are paid 45 pence per mile if requested.

If you would like to find out more, please phone **John Webb on 07724698283.**

Stansfield Village Hall



Join our friendly committee

Stansfield Village Hall needs new volunteers to join the committee and undertake some of the tasks of running a successful village hall.

The main qualifications we are looking for are enthusiasm and a willingness to do something for your community.

Specific roles that need filling are Treasurer and Booking Secretary, anyone with bookkeeping experience or good people skills would be particularly welcome.

Come and join us!

Interested? – get in touch
01284 789 192

friends@stansfieldvillage.org.uk



WATSONS PLANTS

Watsons Plants is bursting with a beautiful array of perennial plants. The quality of our plants is second to none and we are confident they will be thriving in your garden for years to come. We have a substantial choice of quality shrubs and garden plants at hugely competitive prices.

For the discerning gardener or enthusiastic beginner, we have something for everyone.

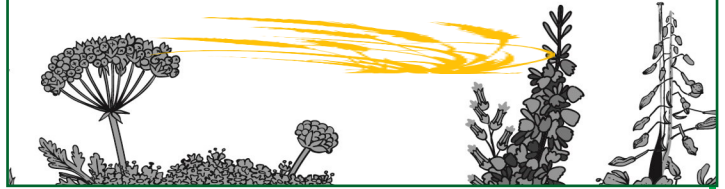
enquiries@watsonsplants.co.uk

watsonsplants.co.uk

Watsons Plants Ltd, Bury Road, Depden, Bury St Edmunds, Suffolk, IP29 4BU

Louise Watson 07952 638016

Chris Watson 07941 640560



Please note that in the winter months Watsons are not open on Mondays or Tuesdays.

Rural Coffee Caravan

Making a difference to rural communities throughout Suffolk

Come and share a pot of tea, our welcome is warm and our friendship free!

We'll be visiting
Stansfield Village Hall
Hall Lane, Lower Street, CO10 8LW
Thursday 21 March
11:00 - 1:30 incl' Soup + Roll

We would like you to have the opportunity for some company and a catch up with your neighbours over a cup of tea or coffee with biscuits and cake. We bring a great source of information along with the free refreshments.

We look forward to seeing you.
All Welcome!



www.ruralcoffeecaravan.org.uk tel:01379 855 338



Rural Coffee Caravan is a registered charity No. 1187673



SUFFOLK FRAMING @
www.seapicturesgallery.com

For advice on restoration, conservation and framing, come and talk to us for a quote.

Well House | Well Lane | Clare | Suffolk | CO10 8NH
01787 279024 | sarah.alaric@seapicturesgallery.com



Mary Cleaver



Address: 6 Signet Court, Swann Lane Cambridge CB5 8LA Telephone: 01223 792331 Email: cambs@oslers.co.uk

Supporting children with extra-curricular activities when you are a separated parent

Most children will engage in some form of extra-curricular activity during the week such as sports, drama or music lessons. For separated parents, however, juggling these activities can be challenging.

For parents that are recently separated there will be a period of adjustment. For those that have been separated for some time, yours and your children's commitments will change over time. Things won't always go to plan but, where possible, parents need to be able to work together. It is in the children's best interests to see both parents cooperating to ensure that their child's interests and talents are nurtured.

Here are some tips to help separated parents manage arrangements:

1- Be in agreement
If you wish for your child to attend an extra-curricular activity, it is so important that both parents are fully on board with the activity and the commitments that

come with it. Keep note of the activity schedule in order to decide which parent can be available to take the child. This would also ensure the activity does not unfairly take from any quality time between one parent and the child.

2- Be flexible

If your child really wants to do an activity but it doesn't fit with your current schedule, consider how you can be flexible to accommodate the commitment. You may find it useful to share the travel, costs or offer to care for any other children while the other parent takes the child to the activity.

3- Be in the know

Sign up to any available mailings or apps related to the activity to ensure you remain up-to-date with any news, changes, or requests from activity leaders. Both parents can then positively engage with the child and make arrangements more efficiently.

4- Be consistent Particularly for sporting activities, if children do not attend training, they may not get selected for the team so you both need to be on board with the activity. If the child doesn't want to attend on a particular occasion, listen to their reasoning and decide together. Do you both agree that they shouldn't go, or should the child be positively encouraged to attend?

5- Be organised

Extra-curricular activities typically come with additional kit (ie costumes, sports kits or instruments). On handovers, ensure that the child has everything they need to attend their activity. This can help avoid unnecessary stress, anxiety and worry for either parent or the child.

Should you wish to speak to a solicitor about child arrangement matters, contact **Oslers Solicitors on 01449 774670** to discuss your case with a specialist lawyer

Mary Cleaver

Guess who?



Cine Clair Film Night

**Last
Thursday
Every
Month**

Doors Open 6:30 PM
Film Starts 7:00 PM

At Clare Library, Guildhall,
High Street, Clare, CO10 8NY.

Email for a full film programme
clare.library@suffolklibraries.co.uk

By popular request Clare Library is going to trial having subtitles to help those with hearing difficulties.

B Z Alexander Ltd Chartered Accountants

For all your business requirements including:

Accounting

Self assessment tax returns

Bookkeeping

Payroll

Initial consultation FREE OF CHARGE

Contact Stefan Bransby-Zachary FCA

Located in Denston

Tel: 01440 820 675

Email: stefan@bzalexander.co.uk

Chimney Matters Town and Country



Professional Chimney Sweeping

Fully Insured

Mobile : 07767 864127

Phone: 01284 789663

www.chimneymatters.co.uk

Young People of the Year

Reveals, Recognises and Rewards Positive Role Models

Tony Gearing MBE

Founder, YOPEY (charity 1145573)

email: tony@yopey.org

tel: 01440 821654

mob: 07711 255 675

Woodfarm Cott, Bury Rd, Stradishall, Newmarket CB8 8YN

www.yopey.org | yopeybefriender.org



CARS WANTED PETROL OR DIESEL



CASH PAID

WITH OR WITHOUT MOT
CARS, ESTATE CARS, 4X4s,
TRUCKS, VANS

ALL MOTORCYCLES WANTED

Darren 01376 326163

Problem Page

with Carol Reay-Glover



CAROL is a trained counsellor living locally who can offer advice on personal problems, such as relationships, divorce, child issues, employment, depression - or general worries. Email her in complete confidence at carolreay1@icloud.com

Dear Carol,

I am a late middle-aged woman (not going to say my exact age). For lots of years (almost 20, well 17) I have been a housewife. It's not a term you hear much these days but that's how I'd describe myself on forms. I stayed at home with our 3 boys and my hubby went out to work. Many of my friends worked but I was happy with my choice.

Anyway, the kids are grown now and we find ourselves a bit strapped for cash. I said to xxxxx my hubby that I'd get a job.

Before I gave up work I had a very good job. I know I have been out for a long time, but I assumed I could step back in if not where I left off, then a bit down the ladder. I have found it the devil's own job to get a decent job – a job I feel qualified for. It's made me quite annoyed actually. And knocked my sense of who I am. I could get a job if I accepted just any job. But that makes me even more cross. I will admit my computer skills are rusty.

Do you have any advice?

Thank you B

Dear B,

Thank you for writing in. I feel for you in this situation. It's very tricky. I also get your anger and frustration. I wonder if looking at it from a completely different angle could start to help you. Imagine if, instead of giving work up to take care of your children, you had instead changed careers. Say for example you had been a nurse and then decided to become an accountant. Then you spent 17 years as an accountant. Would you then expect a similar level nursing job if you decided to go back? In your 17 years looking after your children, you have learned and honed so many other valuable skills. Just as many as an accountant. Skills that I agree should be valued in the workplace.

The other thing to consider is that the job applicants for the jobs you're going for will have very recent experience of the current workplace and it's easy for an employer to think they might be a safer bet.

Now let's turn to your sense of self which you say is being challenged.

I suggest channelling your anger and indignation into action.

If the need to earn is pressing, there is no shame in taking a temporary job. Then hone up your computer skills with a course or two. There are some free courses available. Or maybe your grown-up boys could help. Be sure to put these up-to-date skills on your CV prominently. Then think about all the skills you have gained as a mother bringing up your boys – negotiation, dealing with confrontation, organisation, motivating people, understanding new situations and challenges, setting clear boundaries, understanding people - the list is endless, and I am sure you will think of many many more. Then re-write your CV to take out any sense of having 'taken time out'. Instead give yourself 17 years positive experience as a homemaker and child carer and list those skills. Think about adding an opening statement that says what a better employee you would make now than 17 years ago. In short show the prospective employer they'd be a fool not to consider you. If you get a rejection, consider calling the employer and asking to meet for feedback. Try if you can not to take no for an answer. And consider different options maybe beyond your past field in case you come across a new option or way forward.

I guess what I am saying B is accept the situation and see it in the round. Then step into who you are with pride and gusto. Your sense of self can grow because you will have experienced so much in those 17 years. I hope you get a job you feel you can do with enthusiasm.

Do keep me posted. **Best wishes, Carol**

Wickhambrook WI February Meeting

Have you ever wondered which colours really suit you and which ones you should avoid? **Mandy Wild** gave an interesting and sometimes humorous talk on "**The Power of Colour to Effect Wellbeing and Success**" to our members.

Individuals were singled out as examples of different colour types :- Deep, Blonde, Strawberry Blonde and Cool among them.

Mandy was keen to show people which colour range was best suited to their complexion and hair colouring using various swatches of fabric made up of different colour palettes. Members were surprised to find that their colour choices were not always the most flattering!

Several ladies were asked to take the floor to have their colours assessed and often all

that was needed was a flash of colour in the form of a scarf to lift their overall appearance. This provided a great deal of hilarity on the part of the audience as members were given short shrift on some of their choices. We were sent home with the intention of re-appraising our wardrobes with an eye on which colours to keep and which ones to ditch!



HAWKEDON VILLAGE HALL PRESENTS:

QUIZ NIGHT



SATURDAY 23RD MARCH

- 7-00PM FOR A 7-30PM START
- TEAMS OF 6 (ISH)
- £10 A HEAD TO INCLUDE HOT SUPPER
- BRING YOUR OWN DRINKS
- TO BOOK EMAIL:
hawkedonsuffolk@gmail.com

ALL ASPECTS LANDSCAPING AND FENCING

- | | |
|---------------------|-----------------------|
| - FENCING / GATES | - TURFING / SEEDING |
| - PATHS / PATIOS | - DRIVEWAYS |
| - CURB STONE EDGING | - TARMAC / TAR & CHIP |
| - GARDEN CLEARANCE | - DIGGER WORK |

Father and son business Many Years Of Experience

JOBSALLASPECTS@HOTMAIL.COM

01284 624089 - 07990 795302



e with PosterMyWall.com

treeworx NPTC QUALIFIED



All aspects of tree surgery undertaken, fully insured and to British standards 3998.

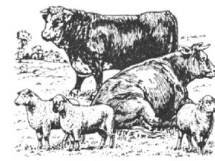
- Crown reductions
- Crown thinning & lifting
- Felling & removal
- Fruit tree pruning
- Hedge work

To discuss your requirements and for a free no obligation quote please call:

CLARE BASED
07796 848928
tree_worx@yahoo.com



J.R. HUMPHREY & SONS YOUR LOCAL FAMILY BUTCHER



Always a fine selection of meats, cheeses, dairy products, poultry and smoked hams

5, Market Hill, Clare, Suffolk.
Telephone 01787-277294



K T GRIDLEY
GENERAL BUILDING

All types of building works undertaken

Groundworks

Cart-lodges and Extensions

Brickwork, Blockwork and Flint Walls

Garden Fencing, Paths and Patios

Maintenance and Repairs

Springbank, Stansfield, CO10 8LP
Tel: 01284 789309 Mobile: 07702 265 425
Email: kevin.gridley12@gmail.com



Rothwell's Carpet Cleaning

Carpet Cleaning & Stone Floors, Upholstery, Rugs

A few points that make us stand out,

Rothwell's has been in business since 1993

We're an honest local family firm.

Our large truck mounted machines mean more cleaning & drying power for excellent results.

Members of both the NCCA and TACCA.

We will move the furniture.

100% satisfaction or it's FREE.



*Call Oliver and Max Campbell
for expert help today.*

01638 428 060 www.Rothwells.biz



EXPERT FOOTCARE

AVAILABLE IN WITHERSFIELD, CB9 7SE

FREE ONSITE PARKING AVAILABLE



ALL ASPECTS OF FOOTCARE COVERED INCLUDING:

- Nail trimming
- Cracked heels
- Corns
- Callus
- Fungal & thickened nails
- Ingrowing toenails
- Athlete's foot
- Verruca's

☎ 01440 421 798
✉ rosehillfoothealth@yahoo.com
🌐 www.rosehillfoothealth.co.uk

**Book your
appointment!**



J.A.P. Architects

Market Hill, Clare, Suffolk CO10 8NN

T: 01787 279490

E: enquiries@japarchitects.co.uk

W: www.japarchitects.co.uk



Established in 1965 J.A.P Architects is an award winning chartered practice.

Our services range from feasibility stage and project conception through to design and detailing, building regulations and, if required, contract administration.

We offer a free first-stage consultation to establish the scope of our client's requirements



David Pryke Motor Repairs Limited



**FOUR WHEEL ALIGNMENT
DIAGNOSTICS
TYRES AND BATTERIES
CLASS 4 MOTs
ALL MECHANICAL REPAIRS
AIR CONDITIONING**

Unit D Townsend Bridewell Street
Clare Suffolk CO10 8QD
Tel/Fax 01787278016
www.davidprykemotorrepairs.co.uk
Email: davidpryke@aol.com