

Summer
2011**FREE**

The Grundisburgh and District News

Serving THE BEALINGS ■ BOULGE ■ BREDFIELD ■ BURGH ■ CHARFIELD ■ CLOPTON ■ CULPHO
DALLINGHOO ■ DEBACH ■ GRUNDISBURGH ■ HASKETON ■ OTLEY ■ PLAYFORD ■ SWILLAND ■ TUDDENHAM ■ WITNESHAM

Buses: use them or lose them!

There are certainly fewer buses on the road since Suffolk County Council cut its funding for public transport by 52%. But it would seem that much of the 70/70A service which serves many of the villages in this area has been retained, albeit with heavily amended timetables.

The new operator, Carters Coach Services, has the contract for at least 18 months but on the basis that it runs commercially. The company does not receive the full economic rate for concessionary travel and so must operate efficiently to run a service at all. To do this, it uses just one vehicle for most of the day shuttling between Ipswich and Woodbridge. This inevitably means that there are longer intervals between services than previously and several people have complained that, for example, the morning buses to Ipswich leave either too little or too much time in the town to do shopping, etc.

Carters say timetables are not set in stone and might be amended in the light of experience. If you have suggestions to make, please do so, preferably by e-mail, via their website: www.carterscoachservices.co.uk, copying to Suffolk County Council.

Note: free bus travel is now between 9.30 a.m. and 11 p.m. on weekdays - and all day at weekends and Bank Holidays.

The News hopes to feature Suffolk-based Carters in a forthcoming issue.



✓ job done – Hasketon church gets a new lease of life.

A 'cherry picker' (above) being used to remove moss and other vegetation from both faces of the roof before repairs began. Other essential work to the tower, nave and buttresses and repointing between the flints has been completed in a £20,000 facelift. More news from Hasketon is featured on page 13.



Above: A happy customer at Otley Under Fives. More photos and details on the back page.

Left: Grundisburgh Scouts, Explorers, Leaders and parents safely back from Norfolk after a weekend of camping by the sea. More news about the Scouts' activities on page 9.

News Diary

JUNE

Thursday 2

Tiptoe Through the Tombstones, play iao GADS GVH 7.30pm PBE Contact 738648

Yoga etc talk Rita Dedman GrB&C WI GPR 7.30pm Contact 735838

Friday 3

Tiptoe Through the Tombstones as Thursday

Saturday 4

Bredfield Church Fete The Old Rectory 2.15pm Contact 01394 383156

Tiptoe Through the Tombstones as Thursday

Friday 10

Carl Giles talk John Field Hasketon VH 7.15pm supper PBE Contact 01394 388970/610214

Saturday 11

Tuddenham Village Fete, Poplar Farm 2pm Contact 785415

Guided tour of Otley Hall Gr Local History Soc PBE Contact 738455

Twelfth Night at Otley Hall from 6.30pm PBE Contact 0845 450 5157

Sunday 12

Ladies Tractor Run iao Breakthrough Breast Cancer Debach Airfield 11.30am Contact 735296

Monday 13

Otley PC Meeting VH 7pm Contact 892180

Wednesday 15

Otley Hall Gardens open iao Royal British Legion 11am-5pm Contact 890264

Thursday 16

Farming Bygones talk Mr R Ling Otley Friendship Club VH 2.30pm Contact 890477

New Plants for your Garden Bealings WI VH 7.30pm Contact 624308

Saturday 18

Hidden Gardens of

Grundisburgh Burgh & Culpho 1-6pm Contact 738267

Cream Teas in the Garden 2 St Peters Close, Charsfield 2-4pm Contact 737701

Witnesham Church Fete Manor Farm 2pm Contact 785464

Sunday 19

Hidden Gardens as Saturday

Saturday 25

Midsummer Music iao St Mary's Church, Grundisburgh House 2-8pm Contact 735857

Car Boot iao GrFC GPF 8-1pm Contact 738111

Open Garden Larks Hill Tuddenham 1-5pm Contact 785248

Sunday 26

Jazz & BBQ Shrubbery Farm, Hasketon 12.30-4pm PBE Contact 01394 383106/388970

JULY

Saturday 2

Burgh Dog Races Mill Hill 2pm Contact 735273

Monday 4

Otley PC meeting VH 7pm Contact 892180

Friday 8

Orford Ness Revealed talk Paddy Heazell, Hasketon VH 7.15pm supper PBE Contact 01394 388970/610214

Monday 11

Gr & Culpho PC meeting preceded by police public engagement mtg. St Botolph's Ch Culpho 7.30pm Contact 735541

Wednesday 13

Otley Hall Gardens Open iao St Elizabeth Hospice 11am-5pm Contact 890264

Saturday 16

Grundisburgh Village Show GPF 12.30pm Contact 738267

Show Disco GPF 7.45pm Contact 735469

Sunday 17

Craft Fair GPF 10am-4pm Contact 735524

Guided Visit to Suffolk

Punch Trust, Gr. Local History Soc 1.30pm PBE Contact 738455

Wednesday 20

Wave of Prayer MU GrPR 2.30pm Contact 735604

Thursday 21

Britain's Top Mrs Mop Bealings WI VH 2.30pm Contact 624308

Saturday 23

Duck Race & Fun Evening iao Gr Scouts/Guides GrVG 5pm Contact 735352

Open Garden Larks Hill Tuddenham 1-5pm Contact 785248

Bredfield Bowls Open

Tournament Contact 01394 383175

Saturday 30

Car Boot iao GrFC GPF 8-1pm Contact 738111

AUGUST

Thursday 4

Suffolk Churches & their Treasures, David Steward GrB&C WI PR 7.30pm Contact 735838

Friday 12

Evening Garden Party GrB&C Hort Soc, Culpho Manor PBE Contact 735517

Saturday 13

Hasketon Village Fete VH 2pm Contact 01394 388970

Open Garden Larks Hill Tuddenham 1-5pm Contact 785248

Sunday 28

Otley Hall Fun Day 1-5pm Contact 890264

Monday 29

Car Boot and Fun Day iao Gr Football Club GPF 2-5pm Contact 738111

SEPTEMBER

Thursday 1

Antiques Roadshow, Mr. Hazel GrB&C WI, GrPR 7.30pm Contact 735838

Saturday 3

St Mary's Church Fete GrVG Contact 735857

Family Fun Day Alan Pedgrift Memorial Field Charsfield 10am Contact 737701

Friday 9

When Holidays were Fun talk Hasketon VH 7.15pm

PBE Contact 01394 388970

Monday 12

Gr & Culpho PC meeting GrPR 7.30pm Contact 735541

Otley PC meeting VH 7pm Contact 892180

Thursday 15

History of the VH Otley Friendship Club VH 2.30pm Contact 890477

Digital Photography Mr A Little Bealings WI VH 7.30pm Contact 624038

Saturday 17

Open Garden Larks Hill Tuddenham 1-5pm Contact 785248

Tuesday 20

'Kidding Mr Hitler' talk Bob Crawley Gr Local History Soc. GrPR 7.45pm Contact 738455

Wednesday 21

Deanery Service, MU St Mary's Church Grundisburgh 2.30pm Contact 735604

Friday 23

Autumn Quiz Charsfield VH Contact 737701

OCTOBER

Saturday-Monday 1-3

Flower Festival St Mary's Church Grundisburgh Contact 735775

Sunday 16

The Big Breakfast Charsfield VH Contact 737701

Saturday 29

Pumpkin Festival GrB&C Hort Soc GrVG 10.30-4pm Contact 735226

NOVEMBER

Sunday 20

Hasketon Charity Fair VH 2.30pm Contact 735174/01394 383106

Key for abbreviations:

PBE – pre-booking essential

P/VH – Parish/Village hall

PF – Playing field

PR – Parish rooms

VG – Village green

All codes are 01473 unless given otherwise.

Diary items should be sent by 3 August for next issue direct to Heather Langdon, The Holme, The Green, Grundisburgh IP13 6TA, heather.langdon@btinternet.com ideally in the standard format used above.

WITNESHAM CHURCH FETE

Saturday 18 June 2.00pm

Manor Farm, Church Lane

IPSWICH COMMUNITY WIND BAND • DRAW
VARIOUS STALLS • GAMES • REFRESHMENTS

We look forward to seeing you

What's On

A Typical Village Fete

Hasketon will be in joyous mood again on Saturday 13 August at 2pm, when they will have their traditional Village Fete on the village green. It is always good fun at this annual event with many stalls to invite your luck or accuracy!

Give them stick....

During the Fete weekend (13 and 14 August), there will be an exhibition of 'Walking Sticks and Umbrellas' in the church. If you have any unusual or interesting sticks or umbrellas, please may we borrow them to add to our collection. We shall take great care of them, displaying them on stands. The church will be locked while there is nobody on duty with the exhibition. We should appreciate a short note letting us know why the stick or umbrella is so precious and important, and perhaps how you acquired it and when ... just anything to say why we have included it in our display. Please phone me if you can help.

Richard Smith, 01394 388970

Fun for the family

We at Grundisburgh Baptist Chapel are planning a Family Fun Night on 8 July at 6.30 pm. This will include games, competitions and food, raising money for a local charity. We are having our annual open-air meeting on the Village Green on 21

August at 3 pm with hymn singing and some brief gospel messages. Everyone is welcome to come along - even if you cannot stay for the whole hour.

*Colin Grimwood, 01473 738856,
candggrimwood@tiscali.co.uk*

ROLL UP, ROLL UP ...

Bredfield Bowls Club is having a Fun Day on Saturday 25 June, in conjunction with the annual cycling event on the field behind the village hall. This year will be even bigger with a variety of games and stalls around the green.

There will be a dog show - which was very popular last year. You will be able to try your hand at bowling. Refreshments and bar will be provided at the club, also a hotdog stall. We will be happy to welcome any local crafts people who would like to have a stall for £5. Please contact Pat Gooding 01473 735556.

Burgh Dog Races

The guessing's over - we now know who's opening this event on 2 July: none other than 'Dangerous Dave', winner of the TV competition to find Toto in the 'Wizard of Oz'. Dangerous Dave and his owner will also judge the 'Over the Rainbow' Fancy Dress competition - the winner receiving two tickets for 'The Wizard of Oz' at the London Palladium. Car park (£5 per car) from 1 pm, races 2 pm.

Gillian Gurdon, 01473 735273

SHOW TIME

Schedules are now being delivered around homes in Grundisburgh, Burgh and Culpho with full details of all the classes in the Village Show. Copies will also be available in shops and other outlets around the wider area as entries are always welcomed from people outside the three villages. Details also on our website and from me.

Grundisburgh Village Show, on Saturday 16 July, also has a packed programme of musical and other entertainment for visitors being organised by Julia Bentley. There are fancy dress competitions, races, display of vehicles, licensed bar, tea tent and burger stall. These kick off at 12.30pm. There will be a wide range of stalls; also a car boot sale (for which no pre-booking is needed). Setting up is from 11am, £5 a pitch, queries to Maggi Thompson on 735238.

Entry forms for the 146 different classes in the show are needed by 12 July and the entries themselves have to be delivered to the marquee between 8 and 10.15 am on show day. The marquee with its array of entries opens at 1.30 pm (1 pm to people with disabilities).

Post show disco

Richard Garrett (735469) is selling tickets for the disco held in the marquee on the evening after the show. These cost £10 and include a fish and chip supper.

Another fund raiser is the party in the gardens of Culpho Manor, by kind permission of Lyn and Rob Chapman, on Friday 12 August. Tickets (£5) have to be bought in advance from Olde Forge Stores or committee members.

The charities being supported this year by the horticultural society are the Meningitis Trust and East Anglian Air Ambulance.

Planting pumpkins

Now is the time to plant seeds in time for the horticultural society's first Pumpkin Festival. This takes place on Saturday 29 October on Grundisburgh Green between 10.30am and 3.30pm. Entries are invited for the best pumpkins to be judged in the biggest, smallest, ugliest and best carved categories. More details of this family day out in the next News and on the website www.gbchs.org.uk.

*Nicola Hobbs, secretary, Grundisburgh
Burgh & Culpho Horticultural Society,
01473 738267, nicola@nicolahobbs.com*



GARDENS OPEN

**in Grundisburgh
Burgh & Culpho**

Saturday & Sunday

18 & 19 June

1pm to 6pm

Admission by programme covering both days

available from Grundisburgh Green on the day & village shops in advance.

£5 per person, (accompanied children free).

Special lunches in The Dog Teas in the Parish Rooms Plant, produce & cake stalls

Run by Grundisburgh Burgh & Culpho Horticultural Society this year supporting East Anglian Air Ambulance and Meningitis Trust

Sponsored by Katie's Garden

Tuddenham - Fete -

(in aid of Church Funds)

**SATURDAY JUNE 11th
POPLAR FARM • 2PM**

Ipswich Community Wind Band
Stalls • Games • Grand Draw
Tombola • Tractor Rides • China
Smashing • Cream Teas
Ice Creams

Admission 50p • Children Free

Contact Tel: 01473 785415

REAL CRAFT FAIR

Sunday 17th July 10 am to 4 pm

Bigger and better than last year with skills being demonstrated throughout the day

● Free Admission ●

● Grundisburgh Playing Field ●

Contact Julia 01473 735524

What's On

Make more music.....

Grundisburgh House will once again be alive with the sound of music on Saturday 25 June for the whole family. The Midsummer Music Festival, now in its third year, will showcase local musicians performing a wide range of music to delight all ages. Organiser Julia Bentley is confident this year will be another great success.

Many local musicians will be performing. Pascoe Elvin is an experienced composer and guitarist: together with long-standing friend Clive Bentley, he presented some of his folk based/pop songs at the Grundisburgh Village Show last year. This year his group of musicians from the village will perform at Midsummer Music. Pascoe says the thing he enjoys most about being part of the group is "people wanting to play your own songs and receiving audience feedback".

The phrase 'mid-life crisis' was coined by Canadian psychoanalyst Elliott Jaques and has provided the inspiration for the name of Grundisburgh band 'Elliott's Remedy'. Originally, the band stemmed from the 'Dads of Grundisburgh Meeting Eating and Socialising Society' (DOGMESS – an informal pub gathering) and comprises Graham Seabrook (keyboard), Richard Sheridan (drums), Tom Bachelor (lead vocals), Paul Whittingham (lead guitar) and Kara Redman (bass). Their line-up usually features a variety of songs from 'The Beatles' to 'Coldplay'; songs people will hopefully get up and dance to, Graham says. Midsummer Music will spotlight their debut performance.



The Oddments from left Richard Smith, Tim Davidson, Jane Burns, Roger Mackay and Phil Bailey.

Perhaps though, if you prefer slightly more unusual styles of music, you could call on 'The Oddments' (above). From jolly Irish jigs to West End musical showstoppers to sultry Latin numbers, this band will surprise you! Accomplished musicians, they will provide a contrast to modern pop, rock and roll. They usually perform three or four times per year, sometimes playing background music for functions. These can go on for a couple of hours, so it's handy that they have 100 songs and pieces of music in the bank! They hope that this next performance at Midsummer Music will provide a refreshing accompaniment to popular music bands.

The festival will run from 1.30 to 8 pm. In addition, there will be a raffle, children's games and a barbeque so that everyone will be entertained. Tickets are available from the village shops and the organisers. Adults £4, children £1. For further details and ticket sales, please contact Julia Bentley on 01473 735524.

Katie Davies

...and more!

And if that's not enough music for you, there's jazz with 'New Orleans Heat' at Shrubbery Farm, Hasketon on Sunday 26 June from 12.30 to 4 pm. Tickets (£14 – accompanied children under 12 free entry) are available from Shrubbery Farm, Old School House or Church Cottage, Hasketon and include a 3-piece BBQ/salads/pudding. Special requirements can be met if advance booked. Licensed bar. Details from 01394 383106 or 388970.

and more still....

And if you really want a music-filled week, you could also drop in on the Otley White Hart's open acoustic session on Thursday evening, 23 June. Guitarists and other musicians are more than welcome. Incidentally, the pub is also hosting a Race night on 11 June and a Poker evening on 16 June as well as its regular Tuesday steak and wine nights.

THINGS THAT GO BUMP

Rehearsals for GADS' Spring Play are progressing well and director Judith Bignell-Pepper should be proud of her talented cast.



The Gothic set has been relatively easy to portray although the pivoting bookcase hiding the entrance to a secret passageway added a

slight challenge. The chaise-longue was not easy to obtain as it's not the sort of thing found in the average house these days but one of our scenarists persuaded her husband to lend us an antique from his collection.

As the play progresses – one wonders who is bumping characters off and who will be next? It's not always obvious – and in the early rehearsals, even the cast were not always sure! There's elderly spinster, Octavia Tomb (played by Nikki Brown) with her lethal hairpins, and scathingly sarcastic comments from the tweed-clad Henrietta Tomb (Madge Nicholas). Miss Fabia, the youngest member of the Tomb family (played by Bettina Lambert) livens up the performance with ribald remarks about Clown Larry (Paul Whittingham) and her less than respectable intentions towards him.

Ian Frost's portrayal of Vernon, the cleaner employed to freshen up the house for the family reunion, is convincing. He is assisted by Edna, the maid (Natasha Lambert) but what are these two really up to? Was it purely by chance that they happened to be employed?

Come and see for yourselves – the play will be performed on Thursday 2, Friday 3 and Saturday 4 June at 7.30 pm at the Village Hall and tickets are now available from The Olde Forge Stores.

Marian Rosling



Old bikes – the chain reaction

The recent appeal by the charity Re-Cycle for unwanted bikes for Africa has met with a good response, with machines being donated from local parishes – 25 from Bredfield and 18 from Grundisburgh alone! A big thank you to everyone who donated.

But what happens to the bikes next? Kevin, a volunteer who collects bikes from this area explains:

“The bikes are taken to Colchester where I had a great day volunteering at Re-Cycle. I helped load a 20-foot container (in photo above) with 162 bikes and spares bound for Tanzania.

“When I put the seals on the doors at the end, it was strange and exciting to think that in a short time the doors

would be opened in a very different far-away country. There is already a volunteer from Colchester out in Tanzania, waiting to unload the bikes and spares we crammed in. The container will stay in Tanzania as a workshop and store.

“Re-Cycle works with several African countries, giving free or low-cost bikes to nurses, health visitors or HIV workers or to children to help them get to school. The gift of a bicycle is incredible: health workers can visit remote communities to help people. And students and adults can save valuable cash that they might have had to spend on bush taxis, travelling to school and work.”

Details of any further collections from our area will be featured in The News.

Lock up your notebooks – and your outboards

Even in rural areas, thieves don't miss a trick when it comes to parting you from your property. In just one night recently in Clopton, three unsecured cars parked on their driveways were entered and a wallet, phone, Notebook and other items were stolen. An Iphone was stolen from a house in Otley; elsewhere, bikes have been stolen from gardens. The shell of a new building in Witlesham was burgled and wiring stolen, causing much damage in the process.

Fortunately, you can do something to help prevent these sort of things happening to you.

Apart from the obvious, like locking your car and hiding valuables, Tom Coomber, the Neighbourhood Watch Co-ordinator in Grundisburgh, reminds us that he still has a range of security devices available for sale at extremely competitive prices. He particularly recommends the keypad PIR garage/home/caravan alarm as an effective anti-burglar or anti-vandal device. Tom can be contacted on 01473 738550. People living outside Grundisburgh should contact Anne Powell at Suffolk Police on 01473 383313.

And it isn't just cars that are at risk – boats' engines are an easy target and the police are again offering boat owners with outboard motors the opportunity to purchase a security device for well under £20. The idea is to reduce the appeal of an outboard to a thief by devaluing it. Removing the cowling makes it less financially attractive to steal. It also helps develop a trail of evidence if the criminal decides to try to chance it and source a new cowling.

A cover, suitable for small engines costs £14.50; for engines up to 8hp – £15. A large cover for engines up to 40hp is £16. Police advise you overtly and permanently mark the cowling with your name, address or vessel details and take it home with you when you are not using the boat.

Covers are available from Felixstowe Police Station but have to be picked up in person and will be sold on a first-come-first-served basis, subject to availability. Covers will also be available from Seamark Nunn at 400 High Road, Trimley St Martin.



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- Plant Heritage Spring Plant Fair – Sun 29th May
- Food & Drink Festival – Sat 18th & Sun 19th June
- Suffolk Dog Day – Sat 30th July
- Festival of Classic & Sports Cars – Sun 7th August
- Plant Heritage Autumn Plant Fair – Sun 18th September

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 Email: events@helmingham.com

Pushing on to Brighton

Peter and Davina Marshall from Burgh, John and Eily Buffone from Grundisburgh and Louise Witherden from Clopton will all be taking part in the London to Brighton Bike Ride on Sunday 11 September. The bike ride is 54 miles long, starting at Clapham Common, cycling through various locations including the South Downs, finishing with the gruelling Ditchling Beacon and then into Brighton. They are all training hard to make sure they make it!

Peter and Davina are raising money for Myeloma UK. John, Eily and Louise are raising money for The Eve Appeal. Whatever money they all raise will fund important cancer research.

Myeloma UK is the leading UK cancer organisation dealing specifically with myeloma and its related disorders. Myeloma is an increasingly common cancer of plasma cells. Plasma cells are found in the bone marrow and are responsible for protecting



Eily and Louise take a breather from training

the body against infection. There is currently no cure but treatment can halt the progress of the disease and improve quality of life. Peter and Davina are on the following Just Giving websites: www.justgiving.com/Peter-Marshall0 and www.justgiving.com/Davina-Marshall1. Their sponsorship forms are in The Grange Farm Shop, Hasketon.

The Eve Appeal funds ground breaking research into gynaecological cancers and into developing effective methods of prediction, detection, treatment and care that will help save women's lives. Their vision is a future where fewer women develop, and more women survive, gynaecological cancers. Eily and Louise have their sponsorship forms in the Grundisburgh Post Office and Olde Forge Stores.

One thing leads to another ...

In October 2009, The News featured Edward Chilvers and his fledgling career as a publisher. This led to Mike Stiff, a budding author (and who was himself featured in The News last year as a fundraiser and who has been a bulk distributor of The News for 17 years) making contact with Edward.

Mike - who writes under the name of Andy Childs - was unsure if the story he was writing about his family, in particular that of his son who has a learning disability, would be of interest to a wider audience. After browsing Mike's then only partially completed work, Edward encouraged him to continue.

The book is now finished and the outcome of their endeavours can be best described by Griff Rhys-Jones in the book's foreword: "This is a story of faith. In this book we do not see the disability - we see the ability. We do not witness the disability, we witness the achievement". 'Autism File' magazine called the book "brilliant.... can't put it down".

Mike's book 'You're not Alone' published by Edward's company, One Fine Day Reading, has been featured in the EADT and reviewed most enthusiastically by BBC Radio Suffolk. It is available locally at £8.50 from Otley and Grundisburgh Post Offices, Grange Farm Shop,

Hasketon, Williams' store in Grundisburgh, Browsers in Woodbridge and Waterstones in Ipswich. Or direct from Edward at www.onefinedayreading.co.uk

All profits are being donated to Home Farm Trust, a charity very dear to the heart of Mike and his family. But Mike stresses that of equal importance is the inspiration he hopes the book will bring to the 1.5 million families who have offspring with learning difficulties and to help others to understand the enormous challenges faced by their friends and relatives.

SURGERY NEWS

The Debenham group practice, which also has surgeries in Otley and Grundisburgh, is pleased to welcome three new members of staff. Janice is our new Health Care Assistant who will be working in all three sites, alongside Carrie our other HCA, while Shirley and Karen will be working as receptionists at Debenham.

Our Nurse Practitioner, Rachel, works five mornings a week based at Debenham. She can also be consulted by phone about most minor ailments and prescribe for them.

All patients can use our surgery website on www.debenhamgrouppractice.co.uk to arrange repeat prescriptions and book appointments. Just ask any of the reception staff for more details.

*Lesley Hutchings,
Business Practice Manager*

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Grundisburgh Gleanings

Wartime Remembered

The Japanese attack on Pearl Harbor brought the USA into the war. Apart from rumours of negotiations with the farmers round Debach, the first we knew of the airfield to be built, was the arrival of huge pieces of equipment being parked on Drabbs Lane by Burgh churchyard and the widening of the lane to enable these enormous machines to be moved up to Debach. For ten days the engineers, who were to build the airfield, lived rough in the hedgerows whilst their accommodation, which arrived in flat packs, was assembled.

For us children the excitement was intense. We had never seen a coloured person before or the enormous cigars they smoked or the abundance of chewing gum nor heard their strange accents: the rural isolation of Burgh and Grundisburgh was lost for ever. It was not long before the US servicemen ventured to the bright lights of Grundisburgh, namely The Dog. The local residents were stunned to a polite silence. Mr Watson, the landlord, was handed his first white, crinkly £5 note and had to send for Mr Raymond Burch, the butcher next door, to vouch for the legality of this strange currency.

The USAF and F Company of the local Home Guard met at the Home Guard HQ: neither side could believe what they were seeing. The locals quietly voiced the opinion that the New Boys didn't know much about war. Eventually there were 100 Flying Fortresses at Debach. They flew their first sortie on D-Day, June 1944, and every day thereafter, leaving at 8.30 every morning and returning at about 5.30 pm. From April to June 1945 the bombers dropped food to the starving people of Belgium and Holland.

We children loved it all. We were invited to marvellous parties at the Base and if any

of the airmen came to the house they would arrive laden with gifts, the best being a sandbag filled with sugar!

Several ladies of Burgh and Grundisburgh married USAF personnel and left in 1945/46 for a life in The States: at least three others married and stayed in Suffolk. And now a few of those, who left for the States, return and take part in the wonderful reunions organised by Richard Taylor on whose father's land the Airfield was built.

Adam Gurdon

Grundisburgh Revisited

Taking a trip down memory lane and clearly demonstrating that the pub is at the heart of village life, Susan Hall (née Martin) and her husband now living in North Yorkshire, called in at the Dog for lunch (where I just happened to be having 'a quick one').

She was delighted to find that progress has not spoiled the village. The house she lived in (The Crest – now Crest Cottage) with her parents, Reg and Edna, and elder brother Michael from 1953 to 1957 is still quite recognisable.

Her father was a keen member of the Bowls Club and a good friend of the blacksmith at Burgh, Stanley Baxter. She remembered Mrs Felgate and Mr Wurr at the school and a school-mate, Rosemary, who not only shared her surname but her birthday as well.

In the photo she gave me – shown to the right - Mr Wurr is receiving a Best Kept Village award in front of a highly appreciative audience. (Grundisburgh was runner-up in 1956). Unfortunately, Susan could not identify the people in the pictures - not even herself!

Richard Watkinson



This B17 Flying Fortress, named 'Taylor Made', was stationed at Debach Airfield during the Second World War. Photo kindly supplied by Prilly Taylor.



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Please Park Properly

In recent weeks it has been noted by a number of local residents and parish councillors that there is an increase in incidents of vehicles parking on pavements in the village. Most cases appear to occur on The Street, Rose Hill, Ipswich Road, Post

Mill Gardens and Stoney Road. A number of these occurrences have been photographed and in all cases they have been on a straight or slightly curved section of roads which are considered wide enough to allow correct and safe parking off the pedestrian pathways.

In Grundisburgh we have a number of elderly, disabled and partially sighted residents, some, of necessity, using either wheelchairs or mobility scooters. Additionally, those

insufficient space for the safe passage of pedestrians with or without wheeled vehicles, e.g. pushchairs, prams or wheelchairs.

Following discussions with the police it has been decided that, in future, any vehicle that is parked to any noticeable extent on the pedestrian footpaths and considered to be causing an obstruction should be reported to them on 01473 613500. If possible such vehicles should be photographed and, if considered necessary, copies forwarded to the police or the parish clerk for further action.

Tom Coomber – Chairman Grundisburgh
& Culpho PC Roads & Transport

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using walking sticks can find it quite difficult to negotiate even the lowest of kerbs. Mothers pushing prams or out walking with their young children face similar problems.

Whilst the actual act is not illegal, apart from in London, parking on the pedestrian footpaths is considered to be very anti-social, annoying and, in some cases, dangerous for the pedestrians. Where an obstruction is caused, the police may take action. This happens where there is

DUCK UPDATE

Having lost all the ducks bar four – three ducks and one drake – in the months since they were introduced back to Grundisburgh Green last year, we decided to take them to another location in the village to try to breed again. Pretty soon the drake went missing.

All three ducks were sitting, sadly two of the nests were destroyed. Next, two of the ducks disappeared, leaving us one duck sitting. Thinking these eggs were probably not fertile, we had a pleasant surprise when she produced babies. These have been caught and penned until big enough to release back on to the green. Let's hope we have better luck this time!

Barry Quinton and Philip Stebbings

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Grundisburgh Gleanings

Scouts' busy summer ahead

The camping season is now on us! The Beavers had a sleep-over at Thorington Campsite in Essex where they tried new activities such as crate stacking, bouldering wall, 3-D maze, orienteering and pedal go-karts. Twenty out of 21 beavers attended and we had fantastic support from 10 Beaver parents coming along to help out and experience the camp. The Beavers have also achieved their Promise Challenge badge and we were delighted to award three Beavers their Chief Scouts Bronze – the Highest level badge a Beaver can gain.

In February our Sixers and Seconders from the Cub pack hiked during the night and stayed at Otley village hall with other Cubs from the District. The Cub pack also visited the Fire Station and Police Station as part of their work towards the Community Challenge and is looking forward to our Air Activities camp in June. We also congratulated one Grundisburgh Cub who gained his Silver Chief Scouts Award by achieving all seven challenge badges.

In early April, 12 Scouts hiked from Framlingham Castle to St Mary's Church for Mothers Day Parade staying overnight at Debach Airfield. They had to carry parts of their tent, Scout uniform and smart shoes for parade, as well as their 24 hour army ration pack which contained all their food for the weekend. Everyone managed to return to Grundisburgh just in time for parade and carry the troop flag into church whilst still carrying their rucksacks.

Scouts and Explorers were busy during the royal wedding bank holiday weekend as we attended the 1st Kesgrave Scout Group Cycle Camp. This year we were transported by coach to Bacton on the Norfolk coast and during the weekend nine Scouts, five Explorers, three Leaders and

six very willing parents all cycled back to Grundisburgh which was just under 100 miles in total. They had to overcome traffic through Great Yarmouth and Lowestoft but, with brilliant weather, everyone was in high spirits. With a mix of cycling abilities, it was great to see everyone arrive back on to the village green for our final group photo (see front page). What a fantastic achievement and well done everyone, especially to our Scout parents!

During the rest of the summer term we have planned a weekend of 24 hours of continuous archery raising money for an international charity. This will be part of our next Scouting Partnership badge we hope to gain – the International Friendship Award.

We also look forward to another Family Camp in July with families from Brownies and Guides too. We will be camping in Thetford Forest and hope to try lots of activities such as canoeing, climbing, abseiling, crate stacking and zip line through the trees!

Don't forget our Duck Race on 23 July – buy your tickets early to avoid disappointment. More information and photos from our events can be found on our websites:

www.grundisburghscouts.org.uk,
www.fynnvalleyexplorers.org.uk

*Stuart Ross, Group Scout Leader,
01473 735352*

Pat Ross, who usually provides the copy for The News about the Scouts, is recovering from illness. She writes:

I would like to thank all the kind people for the lovely cards, flowers, gifts, messages and support after I suffered a stroke in February. Also thank you for the fantastic get well card from the church congregation at the Mothering Sunday service.

After several weeks in hospital I am now home and getting better every day. I look forward to seeing you all soon.

Playgroup News

The spring term proved busy for the children as they were taken on a visit to a local farm to meet alpacas, sheep and pigs and then came face to face with some creatures with many more legs when some mini beasts came to visit the primary school. They also had the chance to let off steam in a trial session for the new pre-school sports activity, Nimble Nippers.

The committee has organised a sponsored bowling trip to help raise funds for the playgroup. Then the children donned crazy hair for Comic Relief as they thought about less fortunate children in other countries who are not able to go to school.

With changes to the school admission policies in Suffolk, from September Grundisburgh Playgroup will be accepting children aged 2½ years old. However children are not eligible for the 15 hours of government funding until the term after their third birthday. Starting playgroup can seem very daunting to some small children but from attending the Toddler group organised by a group of parents on Monday afternoons, from 2 to 3.20 pm, the transition can be a lot easier.

The summer term is already looking to be a busy fundraising time with parents organising a cake stall on the Village Green on Sunday 19 June and a stall at the Village Show in July.

To find out more about Grundisburgh Playgroup, visit the website www.grundisburghplaygroup.org.uk or telephone 01473 735161.

Zoe Grant

Rags to riches

Plastic bags for alleged charity collections seem to be arriving through our doors with increasing regularity. Many of these are actually commercial businesses and their donations to charities are often very small. You can, however, be sure to help our

local organisations: there is a container for usable clothing at the Playing Field car park for the Scouts. Additionally, the primary school takes wearable clothes twice a year to help school funds.

Can you help?

Grundisburgh Youth Committee is keen to hear from anyone who would like to donate some time to help out on a regular basis at Grundisburgh youth club which meets during term time on a Thursday evening 7.30 to 9.15 pm at the village hall. The club provides a safe environment for young people to meet and provides the opportunity to play sports and computer games, chill out with friends and chat.

The committee also needs more members to share the management of the club. We meet three to four times a year but need people to support the youth worker with various tasks. If you are interested in finding out more about either of the above please contact Jo Bailey on 738042.

Don't be a Tosser!

Thanks again to the 15 who took part in this year's litter pick. Most of the rubbish seemed to be stuff chucked out of car windows. In response to a complaint, the parish council wrote to the Head at Farlingaye asking her to remind her Grundisburgh pupils not to litter, especially when waiting for the school buses. We hope this will have the desired effect. And Justin has posted a notice at Olde Forge Stores with a similar message. Littering is illegal apart from being anti-social and environmentally damaging. So, be green on The Green and bin your tins!

Sally Grahm

New food venture

James Rogers, chef at The Dog pub, has started a new outside catering operation with his partner Annie. We hope to feature this in a later issue of The News.

Weaving their Magic

The News always tries to avoid spinning yarns for its readers but the tables have been turned!

Every Tuesday afternoon in term-times, members of the Suffolk Village Spinners and Weavers meet in Clopton Village Hall to weave their magic with spinning wheels, tapestry frames and the other specialised tools of their trades – except that for most members of the group, it's a consuming passion in fibre-craft, rather than a business.

Most members work with wool but it's possible (with varying degrees of difficulty)



to spin and knit other 'substances', including soy, bamboo, nettle, cotton, silk (natural or dyed – above), linen, hemp, dog hair and even milk protein.

When I met the group recently, Helen Christian (right) from Hemingstone was selecting the best from the fleece of her own Southdown ewe 'Emerald'. The wool will be hand-spun and hand-knitted into hats, gloves and toys. Straightening the fibres is an essential early stage in preparing wool for use: here Lynda Pryke (below) is hand-combing prior to spinning.



The iconic image of the spinner is, of course, a lady at her wheel - and not to disappoint, Jean Turnbull (above) is spinning the wool mix (including that from a Jacob sheep) to knit her son a jumper. He works mainly out of doors so Jean will retain as much natural waterproofing as possible by washing the wool only in water (no detergents).

The group is again showing their skills at this year's Suffolk Show when they will be shearing a sheep, spinning, knitting and sewing up a waistcoat – all in one day! The next day they will do the same thing with a shawl.



If you would like to join this lively group and learn some new skills or share existing ones, call the Otley-based Secretary Agnes Dix-De-Hert on 01473 890537 or their Chairwoman Julie Gittoes on 01473 737409.

Membership is £25 for a whole year. Men are very welcome!

Words & photos Richard Watkinson

SUFFOLK STUDIOS OPEN TO VIEW

This stunning picture (right) in coloured pulp made by the artist herself from discarded junk mail and other paper is a fine example of the work of Judith Chestnutt of Great Bealings. Judith is one of artists in The News' area whose studios are open to the public during the Suffolk Open Studios event in June. Five of the studios are located in Great Bealings, where an artists' community seems to be developing.

Judith's studio is open on the weekend of 11/12 June. Three other artists' works are also shown at the studios in Annesley House, including Christopher Chestnutt, an architect and illustrator who works mainly in pencil or pen and ink.

Alison Calvesbert, in Boot Street in Great Bealings, is inspired by coastal environments and works with "detritus from Suffolk beaches". Alison is a printmaker and also works with ceramics and plaster. Her studio is also open on 11/12 June.

At the Granary, Hall Farm



This picture was inspired by the view from

Road – Leah Hinks specialises in hand-built porcelain jewellery, dishes and pictures whose forms are inspired by natural structures like spirals of a shell and by colours from a Moroccan soukh. Open 11/12, 18/19 and 25/26 June. Originally from London, Remraf at the Old Post Office in Lower Street specialises in local scene and nature photography and has also

Tribute to Bill Paternoster September 1941 to May 2011

Bill and Jill, and their daughter Monique, came to live at the corner of Grundisburgh Green and The Street 36 years ago.

Once a senior engineer at the Port of Felixstowe, Bill took very early retirement to use his extremely practical skills to become an 'odd job man'. He supported many of us with all manner of tasks – from gardening, to decorating, servicing mowers, fixing anything broken..... always making one feel that he was very pleased to help. I for one would have found it hard to cope without him. For a number of years Bill also kept

the green areas in the centre of the village in immaculate condition on behalf of the parish council.

Nicola Hobbs



Right: Bill with the 1960s TR5 he lovingly restored



from Judith Chestnutt's beach hut at Southwold.



Left: The Violinist by Remraf. Below: Porcelain bowl by Leah Hinks.



enjoy in Suffolk. She deliberately exaggerates certain elements to create her unique dream-like impressions. Cyndi's studio is at Meadowcroft in Meeting Lane and will be open on 4/5 and 18/19 June. All studios are open 11 am to 5 pm.

developed impressionist and an Australian aboriginal style. Remraf's studio is open every weekend in June.

Elizabeth Sadler at Bealings Barn on Grundisburgh Road creates beautiful necklaces using sterling silver and semi-precious stones. She relishes the challenge of special commissions. Studio open 4/5, 11/12 and 18/19 June.

Grundisburgh-based painter Cyndi Speer is an artist who gains her inspiration from our ancient history and from the natural environment that we

Culpho artist Paul Bruce has co-ordinated a book about the former Ipswich School of Art. Profits from 'High Street Heydays' will go to help fund the purchase of the former art school building in High Street, Ipswich, as a permanent exhibition and arts centre. The exhibition of work by former pupils and teachers continues there until the end of June, open free from Tuesday to Sunday, between 10am and 5pm. The book can be bought there or from Paul Bruce (01473 738265). It costs £12.50.

95+ and still going strong

Not many people outlive the house they were brought up in but Millie Harris has proved to be more durable than mere bricks and mortar! Born in a little cottage opposite the Parish Rooms in Grundisburgh, Millie (née Pipe) moved with her family to the then brand-new No.1 Meeting Lane in 1920

when she was five. The house was demolished in 2009 as part of the Pipes Close development but Millie is very much alive and well and living in a lakeside villa in sub-tropical Australia.



When I called on her a few weeks ago, she was taking a short break from her voluntary work, helping poorer children get a better education than they otherwise would and she is rightly proud of the certificate marking her 46 years' service to charity. Millie's husband, Les, was a bricklayer in Grundisburgh but work was hard to find in the 1950s and, attracted by the prospect of a better life (and weather), they emigrated as '£10 Poms' in 1954, living for their first two years in a hostel in Sydney, later moving north to Queensland.

Les was never out of work in Australia and wages were better there, too. Les died 17 years ago but, with two children, Millie stayed Down Under. Incidentally, her son Ron owns a gold lease in the Northern Territory and has had some success as prospector!

Millie has been a regular contributor to the News and is probably our furthest-flung reader. She most definitely belies her 95½ years (don't forget the half, she insists) as you can see when I called on her earlier this year. Millie keeps in regular touch with her niece in Martlesham and so is well up to speed with local news. Which possibly explains why she has still got a little bit of a Suffolk accent despite living in Australia for nearly 60 years.

Words Richard Watkinson, photo Cathy Ferguson

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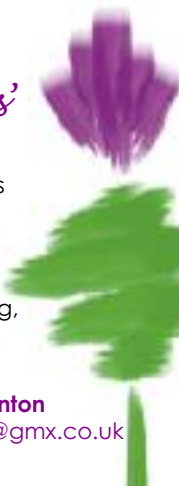
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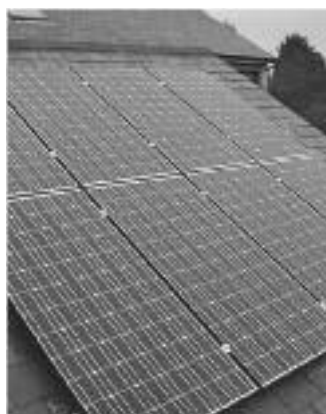
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Hasketon Highlights

CHURCH FABRIC IN FINE FETTER

We have now completed the quinquennial tasks around the church. There have been a lot of relatively small repairs done to the tower and in the nave, but more obvious are the repairs to the buttresses, the repointing between the flint stones, especially to the front of the porch, and the complete clearing of moss off both faces of the roof, followed by the repair or the replacement of tiles.

It was fascinating to watch the operator in a 'cherry picker' towering over the roof (see photo on front page) patiently using a high pressure hose to dislodge the offending plants which were firmly attached to the tiles. We are a lot poorer financially but hopefully we now have all this work behind us for a few years.

Books? sorted

The Plant & Book Sale in The Victory Hall on May Day Bank Holiday was another Hasketon triumph. Besides our display of homegrown potted plants, we invited two local nurseries to bring their plants along too, on which we were paid a sales commission.

We also had lots of books on view, the majority of which were new to us this year. We sorted them by subject to make it easier for hunters who

are usually fairly specific in their search. As always, this stall attracted a substantial crowd of people. We are grateful to all our visitors and the people behind the stalls and serving teas.

Grandma's secrets

In June and July we will have two '2nd Friday' evenings. On 10 June, John Field will tell us about that wonderful cartoonist Giles who continuously supplied his interpretations of news events for both the Daily and Sunday Express. He always found the funny side of a serious situation and then drew a humorous cartoon with a suitable caption, often depicting his family of characters like 'Grandma' – who besides being an Ipswich Town supporter was stubborn, self-centred, contradictory and difficult! There is a statue of her in Ipswich town centre.

On 8 July, Paddy Heazell will relate the story of the hush-hush military research station on the Suffolk coast: 'Most secret: the hidden history of Orford Ness'.

Holiday souvenirs

We shall start our autumn talks on 9 September when we hear about 'When holidays were fun!' from Tom Tyler. As usual, we shall start our ploughman's supper at 7.15pm and you pay your £5 on the door, but do please tell me in advance that you are coming so that we know how much food to prepare by ringing me on 01394 388970.

During August we shall have our 'Hasketon Village Fete' on Saturday 13th, starting at 2 pm. Inside The Victory Hall we shall have even more books for you to buy; stalls of produce, bric-a-brac ... and of course teas! More information about the fete is in 'What's On' on page 3 as we are keen to attract visitors from as wide an area as possible.

Richard Smith

goes to print two more events will have happened as well! We are well on our way to being able to add one new piece of equipment! Please keep your eyes open for future events...some of which will be organised by the children themselves. If you can help in any way, or would like to make a donation, please contact me.

Niki Field (01394 382059)
niki.field@btinternet.com

New playgroup takes off

A big thank you to all those who came and supported our launch event in April or delivered donation envelopes and cakes.

We have raised over £500, which is a fantastic start and a healthy addition to the generous donations from the Hasketon Mother and Toddler Group and the Victory Hall Committee. By the time this

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Bredfield Barometer

VILLAGE HALL PROGRESS

Over the last 12 months work has continued to update and improve the facilities in the village hall. The work on the car park has been completed with the fringe to the north being sown with a mix of wildflower seeds (courtesy of Copella); a ramp to improve disabled access has been purchased and, with the aid of a grant from Suffolk Coastal District Council, new goalposts have been erected on the playing field.

Work has also continued inside the hall. Thanks to a grant from Adnams Brewery, we were able to install a new, energy efficient boiler. A full set of new curtains, including for the stage area, has been purchased. With the assistance of Bredfield Community Shop and the Bredfield Ladies Group, a new set of crockery has been obtained.

The next year will not see quite so much activity – in the present financial climate, bodies such as the local authorities are less likely to be so generous with grants. However, the Village Hall Committee still sees the need for some improvements, and

we hope that the play area will receive some attention during the next year. The committee has also tried to boost income by arranging entertainment in the hall. Quiz nights have become a regular feature, whilst a recent visit by the Eastern Angles theatre group in April proved very popular. We hope that such activities can continue over the next 12 months.

David Hepper, Village Hall Treasurer

Eastern Angles theatre group is a professional company, mainly supported by grants, and committed to touring village halls and community centres throughout East Anglia with plays focussing on a local theme. They arrive complete with everything - staging, lighting, sound systems and props which are put up with remarkable speed. For the latest production the staging was placed in the centre of the hall, with chairs flanking the action, which not only placed the audience closer to the action, it involved them. The cast of five gave an excellent performance, as may be expected.

COTTON ON

The Cotton Club, a textile group, that attracts members from all over the area, is a regular village hall user and is going from strength to strength with some of its membership winning national prizes and exhibiting at national shows.

Although primarily set up with patchwork and quilting in mind, its members have interests across a wide spectrum of textile arts and crafts and meets in the hall on the third Wednesday evening of each month (except January) to enjoy visiting speakers on an equally diverse range of textile subjects.

In addition, there are opportunities to participate in daytime 'workshop' sessions at Bredfield or Charsfield village halls. The next meetings are on 15 June when

Bredfield Barometer

the speaker will be Liz Hewitt and the talk is entitled 'Strip Joint Revealed' and 20 July with Jane Callender on 'Surfacing with Shibori'. Guests are welcome to attend at 7.30 pm with an entrance fee of £4 to include tea and biscuits. For more details please email:

jean.minns@btinternet.com or just turn up on the night.

The Club is holding its third major quilt exhibition in Woodbridge Community Hall on 30 September, 1 and 2 October (10 am- 4 pm/3 pm on Sunday). There will be trade tables and a raffle.

Angela Seabrook

Church fete maintains its traditions

Bredfield's church fete takes place at The Old Rectory on Saturday 4 June, starting at 2.15 pm, with the grand draw at 4.30 pm. Admission and parking are free.

With over 40 stalls and games, the fete is a traditional affair, promising fun for all the family. Attractions include the auction, book stall, Bredfield Boutique, homemade cakes, china smash, face painting, horse racing, ice creams and candy floss, nearly new, pony and tractor rides, plants, putting, tombola, toys and white elephant. Teas and homemade cakes and savouries will be served.

To call the fete 'traditional' might evoke images of serene ladies with parasols parading around the beautiful grounds of the Old Rectory but, although there might be parasols due to the fine weather (the fete has been postponed only once in 40 years due to bad weather) the barrel organ serenades us and leads us on into an afternoon of excitement, laughter, competitiveness and bargains.

Come and join us and bring your friends and family - no one goes home empty handed!

Andrew Millar 01394 383156.

Bowls Family Fun

Bredfield Bowls Club is having a 'fun day' on Saturday 25 June, for the second time in conjunction with the annual cycling event on the field behind the village hall. This year will be even bigger with a variety of games and stalls.

There will be a dog show - very popular last year. Visitors will be able to try their hand at bowling, while refreshments, bar and a hotdog stall will be provided at the club. We will be happy to welcome any local crafts people who would like to have a stall for £5. Please contact Pat Gooding 01473 735556.

Jumbo Jumble

A huge thank you to all those wonderful people involved in the jumbo jumble sale event in March: for those who helped on Friday evening getting the hall ready and bringing in the items, of which there were plenty, and those who helped to sort through the things Saturday morning. And a bigger thank you to the energy of all during the event.

I believe we had 250 people coming in from the cold and wet to grab a bargain or two: a Bernard Rooke vase, a few first edition books, some fabulous children's toys all in good condition, as well as lots of other items. Every year I am amazed at how many things are contributed and how many people come to buy them, and for that, I am continually grateful. This year we raised £1,232.

Susie France

40th Birthday Party for Bredfield Ladies

On 9 March 1971, Bredfield Ladies Group was founded. Their books had an opening credit of 90p and after they had paid for the hire of the hall, 75p, they were rich to the sum of 15p. On 5 April,



Above: fortieth anniversary celebrations

subscriptions of 25p were paid by the 22 members but, since we were obviously in the transition to decimal currency, this was marked down as 5/- each.

On 9 May 2011, some of these original members joined the current members to celebrate the 40th anniversary of this great Bredfield group.

Members enjoyed a supper of Chilli con Carne, Chicken and Pasta and Ratatouille. And over supper and a glass of wine there were many reminiscences of speakers and meetings from the last 40 years. In the last few years, meetings have ranged from James King, film critic on ITV2, to a Ghost Walk in Ipswich.

As it is the 40th year, Bredfield Ladies Group made

a substantial donation to the purchase of new crockery for the village hall. Jenny Pryke, the first Chairwoman, was invited by myself, the present Chair, to cut the beautiful cake and nominate a charity of her choice to receive the proceeds from the raffle.

The annual subscription has gone up a little since 1971 but is still a bargain at £12 per year.

Bredfield Ladies Group meets on the first Monday of each month at 8 pm in Bredfield Village Hall and always welcomes new members.

The next meeting is a Treasure Hunt in Woodbridge and therefore meets at the earlier time of 7 pm in Woodbridge Station Car Park on Monday 6 June. Visitors are welcome.

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The News has learnt of a number of new and exciting activities to keep you fit and healthy. Here are some of them ...

FIGHTING THE FLAB

Feeling fat, flabby and unfit? Grundisburgh-based Jay Close, an experienced fitness instructor, has just the thing to turn you into a lithe, fit, toned and buffed individual – man or woman. Can't be done? Not so, according to Jay, who told The News:

"I have worked as a trainer in Suffolk for seven years, helping people understand how to better themselves and feel the difference. I started running Bootcamps four years ago in Ipswich parks but my main experience is 12 years in Martial Arts.

"I have just set up EastCoast CrossFitness where I am the sole trainer. My partner, Caroline Wilson, is a long-distance open water swimmer, teacher and coach. Both of us have the same passion: technique. How to perform an exercise or swimming stroke is as important as the stamina needed to do it. No two fitness sessions are ever the same, so you never know what to expect next - therefore you have to use the correct technique to accelerate through it.



Here Jay is leading Gavin Doyle, Debbie Savage and Ruth Turnbull through a warm-up session.

"Moving to Grundisburgh, I started off running village Bootcamps but our biggest news is our new venture called 'The Barn', which is a fitness training facility situated on private farmland right in the heart of Grundisburgh village.

"The Barn will be aimed towards functional fitness classes, Bootcamp, one-to-one personal training and sports-specific team training. 'EXF Perform Better Europe' will make the equipment and will be as unique and bespoke as the styles of classes taught. Both will encourage clients to do more, focussing on everyone's individual needs but worked as a group.

"The ethos of our training is 'Freestyle Fitness' which can be taught anywhere, indoors and out, utilising the immediate surroundings as much as possible. Outdoor Bootcamps are already well established with a good core of mixed ability rookies. Not only will EastCoast CrossFitness be creating a learning culture, but will cater for all levels of fitness from the complete beginner to the finely tuned, highly buffed athlete."

Jay can be contacted on 078 2563 9172 or www.eastcoastcrossfitness@gmail.com

Caroline can be contacted on 075 4504 4909 or www.caroline@theshawmethod.co.uk

NEVER TOO YOUNG

Nimble Nippers is pre-school sports coaching which introduces 2-5 year olds to a variety of sports skills associated with Football, Badminton and Tennis. Nimble Nippers has been set up by two enthusiastic local mums, Alice Sim and Sandy Page.

Sandy was bought up at Hill Farm on the outskirts of Grundisburgh and now lives in Burgh. She has coached and managed two successful men's football teams, represented Suffolk and played for Woodbridge Town Ladies FC for over 14 years. Sandy is also a fitness instructor.

Alice moved to Grundisburgh after marrying her husband who grew up in the village. Alice is a badminton coach and plays competitively for Meridians badminton club. Alice is also a swimming instructor with specialist pre-school qualifications.

Alice says "With the current focus on the promotion of an active lifestyle and early years skills development we thought that it was an ideal opportunity to combine all our coaching skills to the benefit of the community.

"The aim of Nimble Nippers is to promote the fundamentals of sport from the earliest age. The activities assist development of key motor skills through staged learning, repetition and targeted applications to a variety of sports.

"The lessons help to promote body awareness, coordination, agility, fitness and confidence all of which are all key elements in any sports discipline".

Sessions run on a Friday afternoon on Grundisburgh Playing Field: 2-3 year olds starting at 1.45 pm and over 3s from 2.15 to 3.00 pm. For more information or to book a place (spaces are limited) please contact Alice Sim 01473 735150, Sandy Page 075 9327 3187 or email nimblenippers@hotmail.co.uk

NEVER TOO OLD

Buoyant Bingo is a brand new game designed to be enjoyed by the over 60s and to contribute to a healthy and active lifestyle. It is form of the game that, with a few twists, can be played in the swimming pool through the use of giant bingo cards.

The beauty of swimming is that the buoyancy of the water protects the body from strains by taking away excess pressure on bones, joints and muscles.

The game itself involves short stretches of swimming as a team to music and every participant will be equipped with special buoyancy belts and cuffs so anyone can take part, regardless of their swimming ability.

Buoyant Bingo is played at the Deben Pool in Woodbridge. It costs £2 a session. Ring 01394 388484 for details. www.debenpool.co.uk

ON THE MAT

An eight-week Pilates course for adults has just started at Grundisburgh Primary School. The current sessions are full but the course might be re-run at a later date. Sessions cost £3 each or £22 for the whole course. For information and to book please contact Henry at Suffolk Sport on 01394 444289 or email henry.tapp@suffolksport.com

A six week course is also running at Charsfield Village Hall.

Pilates is the first activity in Grundisburgh set up as a result of the 'Fit Villages' project launched and subsidised by Suffolk Sport to give rural communities the chance to run physical activity sessions near to home, reducing the need to travel far. Other activities that could be in the pipeline include badminton, Nordic walking, Tai Chi, chair-based exercise and yoga. Alice Sim is our local 'activator' – she can be contacted on 01473 735150 or alice.sim@hotmail.co.uk

Otley Offerings

New parish clerk

Otley Parish Council is delighted to welcome Vanessa Osborne as the new Parish Clerk. Vanessa has only recently moved to Otley with her husband and young son and is already an active member of the Otley Under 5s committee.

She brings a wealth of experience to the role of parish clerk, having previously



worked as assistant buyer for a multi-national company and in other client-facing roles in the City.

Since starting her family, she has set up her own part-time business as a beauty and holistic therapist and is very keen to become more involved in the community.

Vanessa said she was pleased with her appointment, adding "I am used to being very busy. I am looking forward to becoming fully involved with my new role, meeting the needs of the parish community and liaising with the district

and county councils and supporting the village's interests".

Contact Vanessa at 5 Pearl Close, Otley, IP6 9QP., 01473 892180 or martynosbourne@btinternet.com

Otley & District Friendship Club

Summer programme

2 June: Cream Tea at Wendy's

16 June: Farming Bygones with Russell Ling

7 July: Coffee morning at Wendy's

21 July: Favourite poem

4 August: visit to Lowestoft

18 August: visit to Suffolk Punch Trust, Hollesley.

The contact is John Jay on 01473 890477

Otley Hall events

On Tuesday 7 June we have our first 'deep silence' Quiet Day led by Canon Christopher Chapman, focusing on the Beatitudes. Revd Catherine Beaumont, owner of Otley Hall, will be leading a day on Psalm 23 on 23 June. This is another day of deep silence with the beautiful grounds available to wander in and explore.

On 7 July, Revd Andrew Dotchin will lead a day on 'the suburbs of the Kingdom of God'. Elizabeth Moore will be leading a day on

Gardening with God on 14 July, exploring the significance of gardens in the Bible and other traditions and includes some gentle hands-on activity in Otley Hall gardens for those who wish. We will be exploring important hymn-writers and hymns of the last 300 years with Revd Martin Davies on 19 July.

On 25 August we have another day of deep silence led by Canon Sylvia Chapman, entitled 'deep calls to deep'. Quiet days run from 10 am to 4 pm unless otherwise stated and cost £18 pp, including lunch and refreshments.

Otley Hall will be open to the public on Sunday 29 August from 1 pm. to 5 pm. Adults £6, children £3. For SatNav users the postcode is IP6 9PA. The gardens are also open every Wednesday afternoons until September. Please contact me for details.

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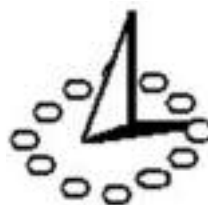


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Sporting stories

Another really good season for Grundisburgh footballers

With the season now over, it has been another successful one for all the sides involved with Grundisburgh Football Club.

The Under 15s have won the Eastern Alliance League and had a great win in the final of the Suffolk FA Minor Cup: an exceptional season bearing in mind this is their first season with us. Hopefully this is a sign of things to come and we hope to bring some of the lads through into our Reserve side and then ultimately into the Senior side.

The Reserves finished a respectable third in the Intermediate A league and only lost 2-1 in extra time in the final of the league cup against Ransome Sports.

With an unbeaten run since

January and only losing four games, the Senior side have won the Suffolk and Ipswich league again, a great achievement. This is the ninth time the club has won the league.

As always, we are always looking for more help up at the pavilion – so if you are interested in local football and want to get involved with a very successful club or you just want to come and support, please give me a call.

Jon Trenter, chairman, 01473 735377

New bowls season

Grundisburgh Bowls Club's green was opened on 24 April and despite the bad winter is looking exceptionally good thanks to green keeper David Leech.

There was a very good turn out for the opening day. Club captain Mick Jones has once again organised friendly matches against other local



Joyce Cubitt presents the Stan Kirsopp Trophy for indoor bowls to Colin Day (centre) and John Ager.

clubs which are always keenly contested.

The social calendar is shaping up with a day at Newmarket races on 7 July as a starter and other events to follow, organised by social secretary Laura Kavanagh. This year the club is headed up by new chairman John Broad who, it has to be said, is also pretty handy with a hammer and pipe wrench judging by the excellent work being carried out.

We are always looking for new members so if you would like to come along and give it a try – just bring some flat soled shoes and we'll supply the bowls.

We play on Tuesday evenings, Wednesday afternoons and Thursday evenings. For more information please contact me.

*Jean Broad, Club Secretary,
01473 735393*

The cake stall on The Green organised by Heather Langdon in early May raised £184.10 for the club.

Indoor bowls trophy

The end of a very successful season was marked by the presentation of the Stan Kirsopp Trophy during lunch at The Dog. With seven teams of three playing at the Felixstowe Leisure Centre from October to April, the competition was, as always, very friendly but keenly contested. The winners this season were Colin Day and John Ager. Jean Broad should have completed the team but unfortunately was unable to play for most of the season. Her place was taken by various substitutes, all of whom, as Colin said, played as if they were regular members of the team and determined to win.

Stan's widow, now Mrs Joyce Cubitt, presented the trophy and spoke warmly about the group and how fitting it was that in this, the fifth anniversary of the competition, Colin was using the bowls which belonged to Stan in whose memory she gave the trophy.

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For sale: Dyson vacuum cleaner. Bagless. Very powerful. Working order. Offers for charity. 738267.

For sale: Old iron and brass weights ½oz to 56lbs. 623253.

Lost: The Guides have lost a tent. It was last used at last year's village show – if anyone finds they have a tent they don't recognise, please would they ring 735788.

Free: Self-tied bow ties. 735856.

Donations in return for plants in aid of Send a Cow. Perennials, herbs, veg, fruit Drop in when the sale sign is outside Ford House, near Grundisburgh Green or ring 738267.

It's free to advertise in 'small ads'. Details to be sent to editorial at Ford House (not to Liz Binns please) by 3 August. All phone numbers are prefixed 01473 unless specified otherwise.

Have your say

The local Suffolk Police Safer Neighbourhood team holds monthly meetings where you can have your say on issues that concern you, as follows:

Monday 6 June 6.30-7.15 pm
Grundisburgh Primary School

Monday 11 July 6.30-7.15 pm
St. Botolph's Church, Culpho

Thursday 11 August 6.30-7.15 pm
Village Hall, Winesham

Tuesday 15 November 7.00-7.45 pm.
Village Hall, Little Bealings

Tuesday 6 December 6.30-7.15 pm
Village Hall, Tuddenham

Congratulations ...

... to Ron Last, former Burgh resident who marks 55 years as a lay reader in the Church of England in June. He was licensed to Grundisburgh & Burgh, and took his first service as a licensed reader at

Bredfield Church on 15 July 1956 and his second in Grundisburgh a week later.

More RSPCA collectors wanted.

Patricia Monk, who is the house-to-house collections organiser for the local RSPCA branch, is after more volunteers to undertake collections for the charity in Grundisburgh and surrounding villages.

She gets strong support from Ann Franklin and Maggie Goddard in Grundisburgh but two more volunteers are needed there and eight more to cover Hasketon, Burgh, Tuddenham, Coddenham and Otley.

The RSPCA particularly needs funds for the Martlesham Animal Home and the Ipswich Clinic, both of which are struggling financially. Anyone who could help should contact Mrs Monk on 01394 284605.

The News by post

Increases in postal charges have led The News to review rates charged for its mailing service. To receive six copies of The News now costs £4.50 for UK addresses, £10 for mainland Europe and £13.50 for anywhere else in the world. Requests should go to Pat Hall with payment made out to Grundisburgh News.

About The News

Grundisburgh & District News is a free community newspaper produced by volunteers. Around 3,000 copies are distributed to homes and a range of central locations in Grundisburgh and 16 other villages (as listed on the front page). Four issues are published annually. Ideas, comments and contributions are welcomed: editor@grunews.com

Information can be supplied on paper or emailed. If emailed, please give clear indication of topic in the subject box. Photos should be sent as JPEGs (but **not** embedded in documents) or as prints (please include self-addressed envelope if to be returned). All items will be in the internet version unless otherwise requested:

www.grundisburghnews.org.uk

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ADVERTISING RATES

1/16 page (44mm x 66mm or 33mm x 92mm) £18.00

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A charge of £10 is made for originating artwork.

Local organisations advertising fund raising events are charged at half the normal rate.

**Adverts for next issue to be sent by
Wednesday 3 August to Liz Binns
e-mail liz.binns@talk21.com**

Earlier booking of space is advised as there is often a waiting list for inclusion.

OTLEY'S UNDER FIVES FLOURISH

Otley Under Fives Playgroup has a new addition to its play area – a lovely playhouse (right) made by one of the children's parents, Mr Spalding. This adds the finishing touch to the new 'all weather' play area.

OUs are a small and friendly playgroup committed to providing quality care for children aged between 2 and 5 years old in a safe and nurturing environment.

Our philosophy is that early childhood should be a time of fun, learning through exploration and discovery. We encourage social, emotional, physical and intellectual growth and development of the child as a whole and activities are designed to challenge and stimulate your child according to his or her individual needs. Theme based activities and resources are planned round the children's interests which encourage them to become more active learners in a wide range of areas, including village life, farming, different seasons and the world around us.

We are a registered charity and a non-profit making organisation and are proud to have an 'Outstanding' Ofsted rating: we strive to continue to offer this high standard of childcare. We open every weekday in termtime.

For further information or to arrange a visit, please contact



Mel or Michelle on 077 8946 8853 (term time only) or visit our website www.otleyunderfives.co.uk.

We are also looking for a volunteer to take over from the current treasurer on our committee. If you are interested in putting in a few hours a week for a good cause, please contact us as above.

We hold a number of events throughout the year. Our next 'Car Boot' sales on the village green will be on 5 June and 9 October.

Anne Austin



A ladies' tractor road run in aid of Breakthrough Breast Cancer starts at Debach Airfield on Sunday 12 June at 11.30am. To take part, contact Julia Taylor (whose mother, Annie Chapman, is shown above at an earlier event) on 01473 735296. Spectators welcome – bring a picnic lunch! The WWII museum at the airfield will be open all day.

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