ISSUE NUMBER 222

The Grundisburgh and District News

Winter 2011

FREE

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HE'S JOLLY (OLLY) WELL MADE IT!

Over the past two years, The News has been following the progress of 26 year old Olly Rofix from Clopton who bought, stripped out and totally refitted an old 18-foot sailing boat with the aim of sailing around Britain to raise awareness of - and support for - the Anthony Nolan Trust. With 2,500 miles on the log, Olly has completed his single-handed voyage, calling at some 50 ports and meeting hundreds of people - famous and otherwise - in his quest to raise awareness of the organ-matching charity to which he owes his life.

He left London on 28 March and returned there exactly six months later, with BBC TV coverage on both occasions and media exposure at every port en route. His home for over a year, 'Jolly Olly' (pictured above) has everything he needed, including heater, cooker, toilet and electronic navigation equipment. He couldn't go down into his cabin when the weather was bad because it was closed to prevent any rogue seas swamping the boat. *Continued on page 10*

LONDON LISTENED

Issue 221 of The News pointed to the window of opportunity for commenting on the Government's proposals for major changes to the planning process. So many people in this area put their views forward that, coupled with input from parish councils, Suffolk Coastal, with other authorities, was able to submit a very comprehensive document to Ministers. This drew the commitment from Government that local councils will be able to put in place local plans before the Government invokes the major changes it seeks. So, it would seem that local communities will still have some say on development in their area. So far, so good.....

Councillor Tony Fryatt

Photo: New chef Vincent, flanked by Charles and Eilir and colleagues with 'Harley', the resident dog at The Dog.

Dog collars talented new chef

The Dog in Grundisburgh is maintaining its reputation for outstanding food by appointing an award-winning head chef, Vincent Jeffers. Vincent has run the kitchens of many of East Anglia's well-known restaurants, including Hintlesham Hall, Mortimers, The Riverside, The Galley and The Rose & Crown in Colchester, as well as The Feathers in Ludlow.

Vincent replaces James Rogers in the kitchen. James, who ran the pub for eight years with his brother Charles, has moved on to a new challenge – a run-down pub in Battersea, south London, which he will no doubt turn around too.

James' share in The Dog has been bought by Eilir Watkinson, who also has a background in the catering industry, including chefing on a Monaco-based superyacht. She will be marrying Charles Rogers in December.

Charles and Eilir say "We are excited about the future and look forward to making further improvements to the pub whilst keeping its essential character – that of a friendly village local".

The News welcomes news about the pubs in our area. Information from the Admiral's Head in Little Bealings and the Three Horseshoes at Charsfield is on page 5.

News Diary

DECEMBER

Thursday 1
Star Making workshop Penny Chipperfield WI GPav 7.30pm Contact 735838

Monday 5
'Singing the Blues' talk Otley Gardening Club OVH 7.30pm Contact 738244

Thursday 8
Entertainment by Mike & Friends talk M Lacey Bealings WI BVH 2.30pm Contact 623985

An Evening of Clairvoyancy S Carr iao Otley Under 5s OVH PBE Contact 07747 698223

Saturday 10
Coffee morning iao Bredfield Play Area BVH 9.30-12.30 Contact 01394 387867

Tuesday 13
The History Beneath Our Feet - a metal detectorist's story Local History Soc GPR 7.45pm Contact 738455

Thursday 15
Craft Group Xmas Gathering. Bring & share lunch.Gr PR 9.30am. Contct 735517

Wednesday 21
Christmas Memories and Readings MU GPR 2.30pm Contact 735604

Saturday 31
New Year's Eve Ceilidh Clopton VH 8pm PBE Contact 737409/735417

JANUARY

Thursday 5
Bring & Share Supper + Quiz WI GPav 7.30pm Contact 735838

Monday 9
Gr Burgh & Culpho Parish Council Mtg GPR 7.30pm Contact 735541

Friday 13
Life in Japan talk C Wheatley HVH 7.15pm PBE Contact 01394 388970

Tuesday 17
The Making of the Suffolk landscape talk E Martin Local History Soc GPR 7.45pm Contact 738455

Thursday 19
Trip on the Orient Express talk Bealings WI BVH 2.30pm Contact 623985

Friday 27
Hansel & Gretel panto GADS GVH 7.30pm Contact 738648

Saturday 28
Hansel & Gretel panto GADS GVH 2 & 7.30pm Contact 738648

Monday 30
Right Tree in the Right Place Talk D Mitchell Otley Gardening Club OVH 7.30pm Contact 738244

FEBRUARY

Thursday 2
Galloway Coaches talk WI GPav 7.30pm Contact 735838

Friday 3
Hansel & Gretel panto GADS GVH 7.30pm Contact 738648

Saturday 4
Hansel & Gretel panto GADS GVH 2 & 7.30pm Contact 738648

Friday 10
Two Suffolk Artists talk M Mitchells HVH 7.15pm PBE Contact 01394 388970

Thursday 16
The Ipswich to Yarmouth Turnpike talk Bealings WI BVH 2.30pm Contact 623985

Tuesday 21
Working Horses in the 1960s talk P Ryder-Davies Local History Soc GPR 7.45pm Contact 738455

Monday 27
Vegetable Growing talk R Castle Otley Gardening Club OVH 7.30pm Contact 738244

MARCH

Friday 9
Pearly Kings & Queens talk G Baxter HVH 7.15pm PBE Contact 01394 388970

Monday 12
Gr Burgh & Culpho Parish Council Mtg GPR 7.30pm Contact 735541

Thursday 15
Help! I'm Stressed! talk Bealings WI BVH 2.30pm Contact 623985

Monday 26
Let's Go Gardening talk H Yemm Otley Gardening Club OVH 7.30pm Contact 738244

APRIL

Monday 30
AGM & SUFFOLK SQUIT talk C Haylock Gardening Club OVH 7.30pm Contact 738244

JUNE

Saturday 9/Sunday 10
Hidden Gardens iao Gr Hort Soc. Contact 738267

Sunday 24
Hasketon Jazz BBQ Contact 01394 383106

JULY

Saturday 14
Village Show Gr Hort Soc Contact 738267

AUGUST

Friday 10
Evening Garden Party Gr. Hall iao Gr Hort Soc Contact 738267

Saturday 25
Hasketon Village Fete & Teapots, Jugs & Mugs Exhibition Contact 01394 388970

Sunday 26/Monday 27
Teapots, Jugs & Mugs Exhibition HCh Contact 01394 388970

Key for abbreviations:
PBE - pre-booking essential
P/VH - Parish/Village hall
PF - Playing field
PR - Parish rooms
VG - Village green
Pav - pavilion
All codes are 01473 unless given otherwise.

Brief details of village events for the diary should be sent by 1 February for next issue direct to Heather Langdon, The Holme, The Green, Grundisburgh IP13 6TA, heather.langdon@btinternet.com. Please always give a contact phone and indicate if tickets must be bought in advance.

Longer items to editor@grunews.com.

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Christmas tours

Otley Hall invites you to experience a Tudor-style Christmas on Friday 9 December with a guided tour of the stunning 16th century hall rich in English history and still a family home. The tour will be followed by mulled wine and a selection of festive nibbles and the owner will be on hand to enjoy these with you and answer any questions you have about the Hall and what it's like to live there.

This tour is a great evening out and marks a wonderful start to the festive season! From 6.30pm to 9pm, tickets are £12 per person and must be booked in advance. Private tours may also be possible. To book or for more information please contact Louise Rutterford, Events Manager, 01473 890264 email: enquiries@otleyhall.co.uk www.otleyhall.co.uk

Grundisburgh Baptists

As we celebrate the birth of Christ once more, we invite you to join us for our Christmas events to find out more of what his coming into the world could mean for you. Sunday December 18th: Christmas worship 10.45am All-age Carol Service 4.00pm (followed by refreshments) Christmas Day service: 10.15am.

Colin Grimwood, 738856

Witnesham Baptists

A new event on Saturday 17 to Friday 23 December is a display of decorated trees from 2-4 pm each day with free drinks and cakes. On Tuesday 20 December we have our traditional candlelit carol service at 7.30 pm, preceded by mince pies and drinks at 7 pm. We will be holding a short family sevice at 10.30 on Christmas morning. All children are invited to a party with fun, games and food in the Church rooms from 3-6pm on Thursday 29 December: to come contact Jean on 01473 785478

Suffolk Singers

Suffolk Singers are performing a 'Prelude to Christmas' at All Saints Church, Wickham Market, on Saturday 10 December, starting at 7.30pm. Tickets £8 (under-14s £5) from Rob or Daphne Rose on 01728 748199 or the Teapot Tearoom, Wickham Market. More information from www.suffolksingers.co.uk

ART IN THE CHURCH

Every Tuesday members of Grundisburgh Art Group meet to have lessons with Culpho-based artist Paul Bruce. The morning sessions in Grundisburgh Village Hall are currently fully subscribed but there are vacancies on Tuesday evenings when members meet in the lovely surroundings of Culpho Church between 7.30 and 9.30. And in greater comfort now that the heating in the church has been improved, thanks to money from the sale of Colin Moss paintings there last year.

The classes, which cost £7 per session, are structured to include total beginners and those with experience, to work in the media of their choice. Anyone interested in joining the Culpho classes can contact Paul on 01473 738265, pauldbruce@tiscali.co.uk Members also benefit from the trips Paul organises to exhibitions - which have included Amsterdam and Paris.

An exhibition of work produced by Paul's pupils from both classes will be on view in Grundisburgh Village Hall between 9 and 11 December, 10am to 5pm.

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Grundisburgh Amateur Dramatics Society presents

Hansel and Gretel

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Norman Robbins

At Grundisburgh Village Hall on:

Friday 27th January 2012 at 7.30pm
Saturday 28th January 2012 at 2pm & 7.30pm
Friday 3rd February 2012 at 7.30pm
Saturday 4th February 2012 at 2pm & 7.30pm

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AWARDS TO REWARD - YOUR CHANCE TO BID

The High Sheriff of Suffolk, Stephen Miles, has launched the 2012 High Sheriff's Awards and is calling for voluntary groups to submit their entries. The Awards seek to recognise, reward and celebrate those who devote their time and energy to improve their communities and to make Suffolk a better and safer place in which to live. Please help to identify these groups and individuals whose unselfish efforts make such a difference.

The High Sheriff's Award Scheme has five categories:

* Suffolk Volunteer of the Year;
* Suffolk under-25 Young Volunteer of the Year;
* Suffolk Crimebeat Award;
* Community Group or Organisation of the Year;
* Suffolk Community Partnership of the Year.

Nomination forms and further information are available from the Suffolk Foundation's website. For advice on completing nomination forms for any of these awards, please call Elizabeth on 01473 734125 or email elizabeth@suffolkfoundation.org.uk The deadline for nominations is Tuesday 31 January 2012.

Bikes for Africa

A second load of some 40 bicycles kindly donated by Grundisburgh and Bredfield residents has been collected. These will be restored and sent to Africa shortly. No further collections are planned for the time being but if they restart, The News will promote this in advance.

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Heartfelt thanks

Sandra, Brian, Linda, Kathy, George, their partners and family would like to say a heartfelt thank you to all who contributed to the 'Friends of Grundisburgh Church' in memory of Sheila Paternoster. The amount raised was £1017.

Thank you also to all in the village and beyond for the support and comfort we received during our sad time. Sheila would have been so proud and, although her life was not always easy, she was always happy to be in the bosom of her beloved Grundisburgh.

Woolverstone Wish

In the last issue of The News we said the total amount raised so far is £250,000: this should have been £145,000.

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FROTH holding flyers with plans for their village pub which has been closed all summer. The society welcomes new members.

FRIENDS CLUB TO BUY PUB

Since Martin and Emma left the Charsfield Three Horseshoes in May, the Friends of the Three Horseshoes (FROTH) have been working to get it going again. We have been holding parties in the village hall, with over 70 people coming together every month or so for a sociable evening and to discuss ideas.

We are about to set up the Charsfield Three Horseshoes Community Pub Ltd., a Community Benefit Society. We will soon publish our 'prospectus', inviting people from the local area and beyond to become members of the Society and invest to help buy the freehold of the pub if no-one else comes forward in the meantime.

We plan to employ a manager to run the pub and to operate in an open, democratic, environmentally-sustainable and family-friendly way, providing welcoming facilities for all members of the community including using, where possible, local produce.

Anyone becoming a member of the Society will have an equal say in how the pub is run. Once the pub is running successfully, we hope to be able to pay interest to members on their investment.

In the meantime, dates for your diary:

* Join us for our party/meeting on Saturday 17 December from 6pm at Charsfield Village Hall (meeting at 7.30pm prompt);
* Also come to our 'pop-up pub' at lunchtime on Christmas day;
* FROTH New Year's Eve Party – tickets on sale now

More details on our website www.froth.org.uk

David Wolfe

BEWARE OF AIRBORNE PIZZAS!

Lots has changed at The Admiral's Head, Little Bealings, in the last 12 months. In January we closed for refurbishment: as well as updating the decor we installed an Italian stone-base pizza oven. This has proved to be a really popular move with our authentic Italian-style pizzas literally flying out of the door. We have also centred our menu on classic Italian cuisine. If you haven't visited in a while, why not pop in and see what we have been up to?

You can now follow us on Facebook (theadmiralshead). We try to keep it up to date with our specials, forthcoming events and beer selection.

Jazmine Dangelo

Miles of Smiles

Carters take a pride in offering a reliable, user-friendly, service and that's usually down to the individual bus drivers. And anyone who uses Route 70 between Ipswich and Woodbridge will surely recognise this smiley face! 33 year old Danny Holland has been driving buses since he was 22 and is very happy on our route - often getting gifts of sweets and apples in appreciation. He works a 12 hour day - with the necessary legal breaks - and doesn't mind early starts as he used to be a baker! His longest trip was Ipswich-Oslo and back last year when he was sent to pick up air passengers stranded by the Icelandic ash cloud. Ten days that took, rather longer than Chrissy, his partner of six years was expecting! When not driving, he loves to fish: his best catch a 23lb carp at Bromeswell. Or is that a fisherman's tale?

This is the first in a series of articles about the people who serve our communities so well: we welcome suggestions from readers.

Words and picture by Richard Watkinson

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Suffolk: a Gallic perspective

In early September a stranger to Grundisburgh might have been forgiven for thinking he had made some mistake: whether it was strolling over The Green or buying a battery at Williams', everyone, including the locals, seemed to be speaking French! Our stranger wasn't to know that the energetic Outside Events Organiser of the Friends of the Ernest Cognacq Museum on France's Ile de Ré had chosen this patch of Suffolk for a four-day visit.

The gardens at Helmingham Hall, 16th century Otley Hall, 14th century Columbine Hall, were all part of it. The French couldn't believe people still lived in historic houses and didn't mind visitors tramping over their ancient floors, the English owners allowing the group of 25 to roam - and even welcomed them personally. What did they make of it all? They were flabbergasted, especially by the residents who had gamely put them up in their village homes. They had, of course, been rather carefully matched: French ladies with beautiful homes were paired with the Grundisburgh equivalent; wine lovers stayed with an oenologist; gourmets at the Culpho b&b, where early morning full English breakfast was a wow. The Dog was COSY.

The overall impression was that this was an England that wasn't in line with the snippy "nos amis les Anglais" which, as we all know, means the opposite. Grundisburgh hosts can feel proud that their thoughtfulness and genuinely friendly approach was much appreciated.

Jenny Boys-Greene, Ile de Ré

Concerted effort by Burgh blowers

Sharp-eyed readers will have noticed the caption but not the correct photograph of the Burgh Wind Quintet in our last issue! By way of recompense, The News asked them to tell us more about themselves.

"We are Malcolm Cavanagh (french horn); Sarah Petts (flute); Terry Mott (bass clarinet); Catherine Laxton (clarinet) and Sarah Cavanagh (oboe). We meet once a month in one of our homes and play music, chat (quite a lot) and drink wine! We play all sorts from Mozart to film music, Christmas carols….you name it. We all live in Burgh (technically Catherine lives in Grundisbugh, but as the Burgh sign is in her garden we figured that counted!)

How did it all start? Well… in 2008 Sarah Cavanagh picked up her oboe after a 20 year lapse and joined the Woodbridge Orchestral Society. Terry also happened to play there then. In December 2009, Malcolm having been inspired by a young trumpet player at a Grundisbugh School concert, took his French horn out from behind the sofa for the first time since 1983! About then, we met a brilliant flautist who had recently moved to Burgh: so, for a quintet, all we needed was a clarinet. And as it happened, we were at the Laxton's house when we spotted on a high shelf what may have been a suitable instrument.

Catherine's husband, Bryan, denied all knowledge but, persevering, we established it was a clarinet! Catherine hadn't played since school either, but… we had our quintet! We got some music together and started playing in June 2010. It is all just a bit of fun but we were really thrilled to make our debut at this year's Mid Summer Music at Grundisburgh. And we hope to be asked in again in 2013."

as told by Sarah Cavanagh to Wendy Witt. Picture by Andrew West

Junior housebuilders at work in playgroup

Grundisburgh Playgroup has been having a busy autumn term. To enhance children's learning and development through play, there have been a number of major activities to focus on. These included a trip to Ipswich Museum, prior to which the children borrowed a treasure chest from the museum with Oscar the mammoth, fossils and shells in it. The children also made their own fossils with salt dough. Making the most of the unseasonably warm weather, there has continued to be a lot of play - with snack and lunch - under the canopy. They have also been on bug hunts, harvested more strawberries, planted for next spring and walking in long grass to pick blackberries at the Chapel on a lovely sunny day.

To help with reading and writing, playgroup has had a theme linked to animals to enhance the Jolly phonic order of letters, with supporting activities including making snakes in the grass. The children and staff also dressed up as book characters for Children's Book Week 2011.

With the letter P week, the children have enjoyed making three houses for the little pigs, gathering sticks with their wheelbarrows on the school field, having large boxes to build the houses themselves, all big enough for them to have tea in. In that week we took part in the breast cancer research wearing a little bit of pink, raising £27.23.

Due to popular demand, since September Grundisburgh Playgroup has been taking 2½ year olds. Work has been done to the playgroup facilities to accommodate these younger children, including a smaller toddler toilet. For more information you can visit the website at ww.grundisburghplaygroup.org.uk.

Alice Sim

PV PANELS FOR ST MARY'S

St. Mary's church will be one of the first in England to derive benefit from sunshine and a government subsidy. Grundisburgh PCC has approved a proposal to put PV (solar) panels on to the roof of the south aisle: the panels will not be visible from The Green. The work will be completed by 11 December (to attract the current subsidy level) by Doyle Electrical Services, run by local resident Cavin Doyle. All electricity produced from the panels will attract a government subsidy or feed-in tariff: any used by the church is free, any surplus will be transferred into the national grid and attract an additional government subsidy.

The feed-in tariffs are guaranteed for 25 years and (sunshine permitting) should provide the church with a regular flow of income. The pay-back period for the investment is 7-8 years: after then, the income can either be used to fund another system in 25 years time - or any other option chosen by the PCC..

Clive Willetts, Treasurer, Grundisburgh PCC

LION BIBLE A ROARING SUCCESS

Children attending Grundisburgh Primary School have been enjoying a different style of school assembly on one Monday morning each month over the past year and a half. 'Open The Book' is a project which offers primary school children a chance to hear major bible stories, using 'The Lion Storyteller Bible' by Bob Hartman, in an exciting and interactive way. Each story is narrated and acted out by volunteers who meet to plan and rehearse each session, create 'props' and costume, decide on a narrator and cast other roles in the story - some of which may at times be taken by children. Incidentally, no sexual stereotyping allowed! Jesus, God, Moses etc may all be played by women.

The project helps schools to meet their statutory collective worship obligation and can be used successfully in a multi-faith context. Otley and Bealings Primary Schools are also making use of the project as are other schools in our area.

In Grundisburgh a core group of seven adults, drawn also from Hasketon and Burgh, present the stories and are keen to recruit other volunteers. They point out that you don't have to be 'an

Molly Smith (left) and fellow actors

actor' - you may be a dab hand at making costumes (lots of 'over the top' head-dresses and rich cloaks!) or acquiring and making 'props' - (the odd lion's head, fishing boats and nets, the walls of Jericho - nothing complex!) A handbook advises how to present each story, including ways of engaging the children in the action and 'above all - have fun'. The Rev Canon Clare Sanders would love to hear from anyone who would like to become involved in the project and 'have fun' with the children and volunteers. She has also begun a popular weekly storytelling session after school on Mondays.

Madge Nicholas

Catwalk models, from left: Joan Hepburn, Ann Barton, Victoria Cox, Brenda Garrett, Clare Johnson and Barbara King.

Grundisburgh WI - à la mode

Our harvest supper was held in September, when we welcomed visitors from nearby branches. Antiques expert, Sheila Bullard, proved to be a very interesting speaker. She brought some fine examples of silver needle cases, vesta match holders and other small curios, giving us an insight to the antiques trade. She then put our brains to the test with a quiz, and finished by valuing items that members had brought along to our very own 'Antiques Roadshow'.

October saw us meeting in the pavilion for the first time. (We seem to be outgrowing the Parish Room). Eric Punaks, a retired English and Drama teacher, was booked to give a talk on poetry. He had us laughing all night long with his hilarious poems. He has such an insight into everyday situations, with the ability to turn them into rhyme. His delivery and timing were perfect.

Our fashion show proved to be a resounding success. Six very brave ladies agreed to be models for the afternoon. Adam's Apple of Woodbridge were booked, along with a beautiful selection of clothes from their shop. Volunteers had agreed to bake cakes etc. and the PA system was sorted, thanks to Geoff Caryer. All was ready, but would the people come? Well, on the day we had 70 ladies arrive to hear June Fooks from Adam's Apple give her commentary, while our models put on a very professional show. We were so proud of them. A big thank you to all who supported us.

We are continuing our experiment of using the pavilion for the next few meetings. If you would like to join us on the first Thursday of the month at 7.30 pm you will find a warm welcome. See diary page for details.

Words Carol Barker, photo Pauline Coomber

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Grimms' Abiding Devilish Story

Rehearsals are well underway for GADS' winter production of Hansel & Gretel, a traditional Panto with two local children in the leading roles. Judith Bignell-Pepper is directing.

Ian Frost is coping admirably with the part of Dame "Do-Good", likewise his wife Christine is competently organising the scenery. Joel Tatham plays the villainous part of Sir Rupert de Rottweiler, Mayor of Pumpernickel, while Jo Bailey chimes in as the rhyming Forest Fairy.

Nikki Brown as principal boy, plays a convincing young forester Karl, and Kate Adams is portraying Dickie Dymwit with gusto. Be prepared for some scary moments with Debbie Osborne's manifestation of the wicked witch!

Newcomer John Siswick is debuting as Potz, half of a comedy duo Potz'n'Panz, with Rob Attwater as his accomplice. Patsy Frost is making her debut as Melindra, the gypsy queen. Villagers and gypsies are played by other GADS' members and many local children are involved in the Panto this year, tackling chorus parts, dancing, singing and village scenes with their usual verve and expertise.

Come and enjoy the jokes, the singing and the general mayhem and see whether the Gingerbread House is really edible.....

Performances are on Friday 27, Saturday 28 January, Friday 3 February and Saturday 4 February 2012. For more details see our ad on page.3.

Marian Rosling

Learning their lines: Rob Attwater, Mick Lacey, Kate Adams and John Siswick - with Jared the ghost 'behind them'.

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Debbie's Labours of Love

Grundisburgh resident Debbie Savage is raising funds in a wide variety of imaginative ways to support AIDS orphans in Uganda. This includes delivering her home-cooked meals at weekends (we've enjoyed a delicious green curry and a dish of meat balls with pasta so far), babysitting, dog walking, ironing, gift wrapping ….

She will be giving the meals a rest for December but will be starting off again in the new year. Details will be on her website - see below.

The charity Debbie works for is called 'Possibilities.' It was started by a couple from Needham Market to provide direct help to improve the lives of AIDS orphans and to encourage self sufficiency.

Debbie hopes to be able to visit Uganda and work with the project for a couple of weeks in 2012. Africa has always fascinated Debbie and to go there is a long held dream.

She now lives in Post Mill Gardens with her two children, Ellie and Lauren, and Grundisburgh School teacher John Richards. She herself teaches at a primary school in Stowmarket.

To find out more about all her fund raising activities and the charity, contact Debbie on 01473 735044, email deb290478@hotmail.co.uk. plus web: http:grundisburgh2uganda.moonfruit.com

Words Nicola Hobbs, photo Peter Kendall

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CLARE AT THE ABBEY

Clare arriving at the Abbey with her family and Rev Jane Hedges.

A large party of parishioners from Hasketon and Grundisburgh caught a coach one September Sunday morning for Westminster Abbey. We were off to hear our local rector, Canon Rev Clare Sanders, preach at Evensong.

The abbey has a tradition of inviting outside preachers to its services and a packed church (the Royal Wedding effect was still drawing in the crowds) heard Clare give an inspiring sermon about 'choices'. She opened with quotes from Harry Potter, which was particularly relevant as the service included the presentation of surplices to new choristers and singing boys who were formally joining the Choir.

The very special occasion for the Suffolk visitors was enhanced by having a personal tour of the Abbey while it was otherwise empty of visitors. This included places not normally open to the public, such as the shrine of Edward the Confessor (right). Our guide was the Reverend Jane Hedges, Canon Steward at the abbey and responsible for welcoming over one million visitors and pilgrims a year. We finished up by having tea in St Catherine's Garden in the area of the ruined monastery before being taken home by bus. This fascinating day was organised by churchwarden Val McLuish.

Eighteen teams representing village organisations took part in the 25th annual village quiz (above) on 30 September at Grundisburgh school under the control of quizmasters Clive Willetts and Mark Sanders. Winners this year were the Grundisburgh News team, who now have the pleasure of organising next year's event! Ann Willetts, who has so ably set the questions for all 25 quizzes, is retiring from her role: the questions next time will be devised by Phil Bailey.

ALLEN AND PETER AT THE CHURCH

Local business Voller and Dunnett have made and installed fine oak cupboards in the entrance porch of St Mary's Church, Grundisburgh. These are to provide much needed storage for stacking chairs and flower arranging equipment.

Benefitting from their 50 years of combined cabinet making experience, Peter Voller and Allen Dunnett manufacture bespoke kitchens, bookcases and cupboards in their Grundisburgh workshop in Elm Tree Lane. They can be contacted via their website www.volleranddunnett.co.uk or telephone 01473 738379 or email: petevoller@hotmail.com

Notice

Do you have an event you need to advertise? Grundisburgh & Culpho Parish Council could help by lending you its 'A' board to locate conspicuously on Grundisburgh Green. It is used regularly by the walking group and the church but it is for the whole village. Just contact Sally on 738219 to arrange its use.

All photos on this page courtesy Peter Kendall.

PUMPKIN PIONEERS

Pumpkin rolling, pumpkin soup, pumpkin curry, pumpkin carving, apple bobbing, prizes for the biggest, the smallest and the ugliest pumpkins .... all part of the ingredients for Grundisburgh's first ever pumpkin festival, which took place on Grundisburgh Green on 29 October - the first event of Grundisburgh Burgh & Culpho Horticultural Society's 2011/12 season. £354 was raised for the charities the society is supporting.

Jo Lawrence, Jason Brown and Ali Turk, the main organisers of the event, were delighted by the response and the enthusiastic participants, and very grateful for all the help received. Ideas for next October's pumpkin festival are already being developed.

Despite bad weather having hit many of its events last summer, the horticultural society was able to distribute £2,600 between its two nominated charities: the Meningitis Trust and East Anglian Air Ambulance - while reserving enough funds to make sure next season's events can go ahead.

The Hidden Gardens weekend is booked for 9 and 10 June, the Village Show for 14 July and the evening garden party for 10 August. The organisations to be supported during the 2011/2012 season are Grundisburgh Scout Group for the building of its new hut and the Woolverstone Wish Appeal.

Anyone wanting to get involved in any way is asked to contact the society's secretary, Nicola Hobbs, on 01473 738267, nicola@nicolahobbs.com. More people are always needed to help with events!

Clockwise from top left Alan Billings shows off his prize winning carving;

Festive food for the occasion;

Just some of the entries in the children's freestyle competition;

Pumpkin carvers at work.

Photos Peter Kendall

Olly's voyage, continued from p1

His route took him up the East coast of England and Scotland, through the Caledonian canal, down the Irish Sea, around Land's End and up the English Channel and Thames Estuary to complete the circuit.

It was not all smooth sailing as you can see above with 'Jolly Olly', well reefed in strong winds, running up the English Channel towards Dover. His hairiest moment was off the Isle of Man when, contrary to the forecast, gale force winds met an angry sea, resulting in two hours of "very nasty conditions", as Olly put it, with waves coming in over the stern and drenching him several times. But, undaunted, he carried on to Holyhead for a good shower and a curry - one of many he managed to eat on the trip! And he had some mechanical problems, especially with the main gearbox which broke down twice.

But there were lighter moments, too: he met Rick Stein in Padstow, The Worzels in Falmouth and dined with Dawn French (pictured) and friends at her house in Fowey.

Olly is planning a second offshore adventure: more in a future issue.

Richard Watkinson

Tales of town, country.....

As a 'Friend' of Christchurch Park in Ipswich, Reg Snook (right) has been producing fortnightly articles for the park noticeboards. Now his writings have been compiled to form a book entitled 'Portrait of a Park - a year with the wildlife of Christchurch Park'. Reg has also illustrated his book with coloured and black and white plates. Profits from the book, which costs £7.50, will go towards funding projects in the park.

Derwent May, who writes the 'Nature Notes' column in The Times, has praised the book as informative and enjoyable. "The author has a really deep and intimate knowledge of the birds and other creatures found in the park and his colour illustrations are splendid", he says. Simon Barnes, writer on country matters, comments "Urban parks are the interface between people and the wild world. They need protecting. They need celebrating. This book does both".

To coincide with the book's launch on 24 November at the Reg Driver Centre at the park, Reg is exhibiting his new wildlife watercolours there. These will then transfer to his studio at Hill Farm, off Stoney Road, Grundisburgh (near the pylons) on 9 December, running until the new year.

Everyone is welcome to visit either venue. The exhibition will be open between 10am and 3pm. One watercolour will be raffled in aid of Cancer Research UK, and signed copies of the book will be on sale. Reg lives in Ipswich but cycles almost every day to Grundisburgh. He can be contacted on 07870 294173.

Words Nicola Hobbs, photo Peter Kendall

.....and city life

Next time you pick up a copy of 'Country Living' or buy a notelet or Christmas card, you might well find the credit for photography goes to Charlie Colmer, who, with his wife Sophie, (below) and black Labrador 'Lily' are welcome newcomers to Grundisburgh. Charlie is a professional photographer who studied (briefly) at Camberwell College of Arts, then left to earn his living as a dark-room assistant. This led to work on Freeman's mail-order catalogues and a 20-year relationship with Country Living and with the booming greetings card industry.

Charlie's current major project is a sequel to his photographic collection 'The Street' that came out in 2009 (see left). Shot exclusively in black and white, it depicts street life - mostly in London - with striking images of people going about their daily lives, unaware of the camera. "More like anthropology than art. And colour gets in the way", says Charlie. "Shape and form is the important thing".

Charlie reckons it will take about two years to get the right images for his next book 'The Pursuit of Happiness'. Favourite location? - Bond Street . "If I get two pictures a week, I reckon I'm doing well". Charlie uses a Nikon digital but says he's not that interested in the technology - "a camera is just a tool to get the job done". His most useful piece of equipment? "A good pair of walking shoes with air-cushioned soles - when I work, I walk 10 to 12 miles a day."

Sophie was born in Suffolk and also studied in London, gaining a degree in graphic design from Kingston School of Art. She, too, is a professional, describing herself as "more of an illustrator, specialising in still life pictures and trompe l'oeil." And dramatic her works are: she recently completed a 40 square metre mural for the end wall of a swimming pool in Spain, with groves of orange trees apparently disappearing into the distance. And be careful where you put down your cup because the table in her kitchen may just be a vertical, two-dimensional panel!

You can see more of Charlie's and Sophie's work on their respective websites: www.charliecolmer.com and www.painted-panels.co.uk

Richard Watkinson

HISTORY ON THE HOOF

On 24 September, Val Norrington led a walk across the fields to discover more about Bredfield's history. We heard how an old army hut brought from Bredfield House served as a 'temporary' village hall for 30 years until volunteers built the new hall in 1983. The community shop was later added.

In The Street, we saw where the village school had been built on the site of the old Parsonage House. The Town House, adjacent to the Church, housed some of the parish poor, including Richard King, a Waterloo veteran buried with great ceremony in 1878 at the age of 90. A footpath from the church led us to the probable route of Bigod's Way, a medieval road which passes the early 17th century High House. Here, we were welcomed with cold drinks; learned how large wooden barns had been built for grain storage when meadows were ploughed up during the Napoleonic Wars; and heard about the inquests into the sudden deaths here of both Thomas Grimwood (1844) and his grandson (1857). Nearby, nearly 50,000 trees were planted in 1901, creating Queens Wood in memory of Queen Victoria. Pylons carrying electricity from Sizewell changed the landscape again in 1964. In Caters Road, we saw the pond which provided drinking water for this part of Bredfield until mains water arrived in 1938 – so recently! And Val explained how workshops and cottages were built illegally on the "Lord's Waste" (the ancient green) between 1760 and 1850. The builders would then go to the Manor Court and ask permission to keep them, so these cottages are better documented than many grander houses. Back at the Hall Denise Causier and her team provided tea and cakes, raising £105 for the Village Hall Refurbishment Fund. Our thanks go to Val for a most illuminating excursion – history means so much more when one is actually standing on the spot, so we eagerly await another walk.

Ann Pilgrim

Churchyard spruce up

A huge thank you to everybody who came along to help at the churchyard clear-up on 15 October. The weather couldn't have been better and the churchyard now looks wonderful.

There were loads of jobs on the list I prepared and most of these were completed. One major step forward is the clearing of the nettles and other debris from along the fence behind the shed. This has really opened up the area. Grass was mown and strimmed where necessary; fenced tombs cleared of weeds and debris and the trees were generally tidied up.

Earlier in the year Susan Stone of the Suffolk Wildlife Trust surveyed the churchyard for us and came up with some suggestions as to how best to manage it for wildlife. This is why, for example, we have not strimmed half way along the hedge on the north side in order to accommodate over wintering insects and the like. The area just inside the gate on the right contains garlic mustard which is a valuable food source for the orange tip butterfly. This will be cut back later. The whole churchyard has been divided up into such areas, each with its own suggestions for management.

Everyone enjoyed lovely refreshments provided by a group of willing volunteers.

Steve Stammers

PLAY AREA

The Play Area Working Group (PAWG), a sub-committee of the Village Hall Management Committee, has been formed so we can raise funds to refurbish, replace and/or renew the play area in Bredfield.

We have returned surveys from the children of the village, detailing what activities they would choose in the play area and now we intend to invite the grandparents to give us some feedback - if your grandchildren use the play area, please do get in touch with me so that I can give you a survey to complete.

Our first coffee morning was held at the village hall on 17 September. Visitors were drawn into the hall by the scent of bacon cooking (bacon butties were very popular) and were able to choose from a wide selection of cakes, brownies and flapjacks (also extremely popular - thanks to all who contributed).

It was a lovely morning and a great chance to catch up with friends.The coffee morning raised £317.16 plus another £14 from the sale of cakes after the event. We have also, so far, raised over £20 from the sale of apples outside the Stammers house (many thanks to Anne and Steve).

Roswyn Bradshaw, 01394 387867

Another play area coffee morning is being held on Saturday 10 December, from 9.30 am to 12.30 pm in the hall. The contact is Paul Cannard.

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Fete organisers are no mugs

Our really successful exhibition of 'Umbrellas and Walking Sticks' was so enjoyed by many visitors to Hasketon Church during the village fete this summer that we have set in motion our theme for next year. The Fete will be on the Bank Holiday Saturday, 25 August. The exhibition will be open during the weekend. Trying to be original, we have decided on 'Teapots, Jugs and Mugs' and we hope to get support from friends who have interesting pieces for us to include in our displays. We will want a note with each item you lend to us, describing its history and why it is important to you. We have already been given our first teapot ... it is one that Clare Sanders found at the Grundisburgh Church Fete in September!

Our '2nd Friday' events are really doing well and we can expect between 70 and 90 people each time. Most speakers talk for 45 minutes to an hour and they welcome questions at the end. Our September talk was light-hearted about 'When holidays were fun' by Tom Tyler, who traced a possible history of the package tour (The Vikings coming to visit our East Anglian coastal resorts) and the visiting of Stately Homes (such as Queen Elizabeth 1 demanding to be entertained by noble families). We have a break during December because there is too much going on with the lead up to Christmas. So you will have to wait until 13 January to hear what Carole Wheatley has to say about modern day Japan, which she visited recently. Our future programme with entertaining talks has so far been arranged up until next June.

The Harvest Lunch, following the church service celebrating 'Harvest Home', attracted a happy crowd of nearly 70 people, including 15 children. We had a delicious meal of roast local beef followed by a host of homemade puddings. Everyone in the village was invited, whether they had been to church or not.

For their October meeting, the WI had a talk on belly dancing and heard how the skill originated. They were given an idea of the movements and then volunteers were put through their paces, obviously enjoying themselves, so I am told. Sadly we men were excluded from the show as the curtains were drawn!

The Hasketon Playground Project team is working hard to raise more funds to go towards paying for improvements to this popular corner of The Green. They recently had a Boden party with exclusive clothing offers and a Family Halloween Pumpkin Drive at the end of October.

The annual charity fair on 20 November raised a total of £870 for a range of good causes. The fun atmosphere was helped along by a community choir formed from WHC Moseley church in Birmingham and local residents.

Richard Smith 01394 388970

Tasty, tasty, very, very tasty

Another of Grange Farm Shop's popular tasting weekends took place in mid-September, when visitors were invited to to sample many of the products by the local suppliers that are on sale in the shop.

Marjorie Reeve (above), the general manager at Grange Farm did a series of demonstrations of both savoury and sweet dishes using many of the ingredients on sale .

First-time exhibitors of their produce were Alastair and Jenny McWhirter (right) with their Hasketon honey.

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RICHARD ON THE MAT

Great Bealings resident Richard Parry is 44 and has been practising Choi Kwang Do (CKD) for nearly 20 years. This year he gained his Third Degree, Sam Dan and he is a Black belt, Chief Instructor and a Fourth Degree in Freestyle martial arts. This is his story....

"I discovered CKD in February 1992 when I wanted to learn a martial art to boost my self confidence. For me CKD was exactly what I wanted, a martial art that was easy to learn with a printed syllabus and in a friendly, family atmosphere which didn't feel intimidating. Eventually I got my children to go too and now my son is a black belt and assistant instructor.

CKD is a non-contact, non-competitive art that enhances mental, physical, emotional and social development. Students focus on achieving optimum health and fitness by training at a moderate level of intensity in classes, rather than training at a high intensity for a competition.

Classes are for children from the age of 12 and for men and women of all ages and levels of fitness. Please bring a water bottle to keep hydrated and wear loose-fitting clothes and suitable footwear such as trainers. Uniform, martial arts shoes and training equipment can be purchased from Suffolk Choi. Your first 2 weeks' classes are free!

Ipswich classes are on Fridays from 7 to 8 pm at the Red Cross Hall, 15 Chevallier St, IP1 2PF - next to Lloyds Bank - there is free parking behind the hall. Woodbridge classes are on Mondays from 7 to 8 pm at St. John's Church Hall, St. John's Street, IP12 1ED. There is nearby parking on and off street.

I look forward to meeting you – come along and try it out!"

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Richard Parry

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SCOUTING NEWS

During the Summer holidays 50 Scouts, Explorers and Leaders from our Group and Kesgrave travelled to the Isle of Wight for our Summer Camp where we spent nine days exploring. The Scouts, Explorers and Leaders cycled around the whole island in two days, hiked to the Needles (pictured below), visited the beach, went canoeing, rafting and ice skating, and took a ride on a steam train. Everyone really enjoyed themselves, especially the Leaders who didn't have to drive all week! We now look forward to our next Summer Camp in the Peak District in 2012.

Also during the Summer holidays two Explorers attended the 22nd World Scout Jamboree in Sweden for 19 days, spending some time in Denmark on the way. Every nation that has a scouting movement had representatives at the Jamboree. Both boys had a fantastic time and learnt so much about the worldwide scouting movement. Before they returned home they spent some time in Romania with some Scouting families.

On our return after the Summer break there has been a bigger growth in numbers across all the Sections. The Group now has 17 Beavers, 25 Cubs, 27 Scouts, 34 Explorers and 12 Leaders, with more members due to join in the New Year.

In September, four Scouts went hill walking in the Peak District, across Kinder Scout and Dovedale Valley. The hikes were challenging but the views and scenery, including the peat bog that one Scout decided to jump into, were spectacular. While the Scouts were away, some older Cubs and a few younger Scouts attended the District Link Camp at Hallowtree with over 100 other Cubs and Scouts.

In the middle of October Cubs and Scouts participated in our annual Fynn Valley Night Hike from Playford to the Martlesham chip shop. 52 young members were joined by over 18 adults and helpers and along the way we stopped under the A12 to invest seven Cubs and five Scouts. Although it was a cool, clear night we all managed to get to the chip shop to enjoy a good supper.

The Beavers have recently completed their Air Activities Badge, by identifying different aircraft. The Beavers and the Explorers enjoyed a Halloween Party at the Scout Hut when we swopped all the lights for UV black lights which illuminated the inside to a bright purple glow and allowed us to play lots of messy games.

More information and photos from all our events can be found on our websites: www.grundisburghscouts.org.uk and www.fynnvalleyexplorers.org.uk

ps the scouts are again delivering Christmas cards in the Ipswich area - see local publicity or contact Stuart Ross on 01473 735352 for details.

Hilary's pet treatments

Hilary Legard lives in Playford and is a practitioner in both Usui Reiki and the Bowen Technique. Both are are energy treatments which stimulate the body to heal, balance and strengthen itself and provide complementary – not alternative, Hilary adds – therapies to medical treatment.

Hilary used to work in social research, during which time she learnt about Reiki and its effect on animals. She experimented on her own cats who reacted profoundly to the treatment. Her love of animals inspired her to train as a practitioner in London. "Animals become so traumatised by humans," Hilary says, "yet they give us so much pleasure and companionship. I wanted to give something back to them."

Hilary and patient.

Reiki is an excellent de-stresser and deeply relaxing, helping in particular abused, elderly, depressed or terminally ill animals. Hilary also performs Reiki distant healing, which involves her simply being in the same room as the animal - not touching it, but connecting mentally with it. This may be a hard concept to grasp, but it can be very beneficial; for example, when touching an aggressive dog would only cause further aggression and defensiveness. Hilary has now been a Reiki practitioner for fourteen years and works voluntarily at Melton Veterinary Surgery. In addition, she travels to owners' homes to treat animals ranging from horses to tortoises; treating animals in a familiar environment enhances the therapy's effect and reduces anxiety.

One yearling horse Hilary treated had been poorly all winter, suffered from repeated infections and wasn't picking up, despite eating well. His owner said it was noticeable how he improved both in his energy levels (he had been very lethargic) and in his general condition, increasingly as the sessions went on. He's now a fine, healthy youngster.

Since 2004 Hilary has provided Bowen Technique therapy for humans at the Natural Healing Centre in Woodbridge, Ufford Park Spa and at Elmhurst and Grove Court residential homes. Bowen is a non-invasive treatment which can benefit sufferers of ailments as diverse as muscle spasm to hay fever. Being a very gentle therapy which requires time to take effect, Bowen should not be mixed with other treatments, as the effects may be difficult to gauge.

Hilary greatly enjoys practising both treatments and finds positive results very uplifting, while learning from negative results and drawing on previous experience.

Katie Davis

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WI master their cameras

Take control of your digital camera - was the advice given by Bealings WI's speaker, Andrew Little, at their September meeting. He suggested exploring all the functions to make the most of the camera, rather than just using 'auto'. With his camera connected to a computer, he pictured the audience using different exposures and focusing, producing a variety of tone and clarity. A portfolio of wedding pictures showed traditional groups, but the highlights were delightful informal shots of unsuspecting guests.

Jennifer Cook

Selling well

Six months ago, I self-published 'You're not Alone' which told the story of my family's plight over 40 years with a severely autistic lad in our midst. My first goal on publication was to get back my outlay of £3,530, the second to donate £5,000 to the Home Farm Trust (HFT).

Quite incredibly, without professional help, I have reached both goals, and sales now top 600. Copies are available through Browsers, Waterstones, Grange Farm Shop, Grundisburgh Post Office and Williams' store.

I am now in my 18th year as a Christmas card agent for HFT, and, thanks to the generosity of local people, have been their top seller for the past 12 years. There is a full display of cards at Grange Farm - who take not a penny in commission for the sales they make on HFT's behalf. Cards are also available at the charity card shop in Woodbridge, which this year is in the new library. I am very grateful for so much support.

Mike Stiff (Andy Childs)

TUDDENHAM BLOG

Tuddenham St Martin residents can now find out what's going on in the area via their parish council's new website: pc@tuddenhamstmartin.suffolk.gov.uk Sign up to receive new postings on the parish council blog by e-mailing to the website.

Police Extra

Suffolk police report a recent outbreak of anti-social behaviour in the Gurdon Road area of Grundisburgh, with residents complaining of children knocking on doors and running off. There have also been instances of damage to garden plants. The police remind parents that they should be aware of their children's whereabouts and what they are up to at all times.

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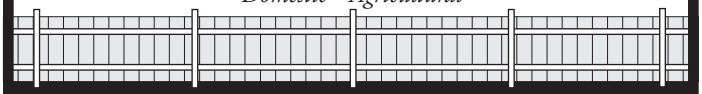

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Otley Offerings

Gamble pays off

A year ago my daughter, Helen Barrett, died from cystic fibrosis at the age of 31. She had fought long and hard to stay alive in the hope of receiving a lung transplant. Unfortunately the dreadful lack of donors in this country meant the disease won. Everyone should consider becoming an organ donor. It only takes a minute and can be done online. Your body could save and transform several lives: to become a donor visit ww.organdonation.nhs.uk/ukt/RegistrationForm.do

The Cystic Fibrosis Trust funds research into this devastating genetic disease. I run a successful monthly Texas Hold-em poker game at the White Hart, so it seemed to make sense to run a poker tournament to raise funds for the trust. The game took place on Sunday 20 November and started with over 60 players, many of them first-timers. Prizes were donated by local businesses - and the day sponsored by Hubbards. We raised £900 and hope to make this an annual event. I would like to thank everyone involved

Tony Barrett

Top of the crop

We had another successful Otley Village Show. Although there were fewer entries, many remarked on the high standard and plenty of people came to visit during the afternoon. Some of the highlights were the best exhibit winners - chillies, a bouquet of flowers, a loaf of bread and a quilt. There were some lovely paper mache items and interesting entries in the wind-chimes made out of recycled materials. It was also nice to see some new faces this year, not just from Otley, but surrounding villages too!

Show visitors admire the vegetable entries.

Many thanks to the committee and to all the other helpers. We are now planning next year's show, scheduled hopefully for Saturday 8 September, so if you have any ideas or suggestions about any aspect of the show, please contact a committee member or email carolinemanning @hotmail.com or myself.

helen.quilliam@btinternet.com.

Otley Village Fete 2012

The Community Council is down in strength at the moment. For the 2012 Fete to take place in July we will need more help with the preparation work. This is an important fund raiser for the village hall and one of the highlights of the village year. We aim to have an initial planning meeting in January. If you can help with a few ideas, a bit of organising and some doing, then please give a me a call on 01473 785228 or Vanessa Ling on 01473 890767. Many thanks.

Chris Taylor – Chairman.

RBL - the first 90 years

The Witnesham & District branch, covering also Ashbocking, Otley, Swilland, Tuddenham and Westerfield celebrated the Legion's 90th anniversary in September by holding a variety concert in Otley Village Hall. Some sixty members, wives and friends enjoyed an evening with Ron Markwell, who is a well-established comedian in the area. The event raised £630 which will go to the Legion's Poppy Appeal.

Artist's impression

COMMUNITY WIND TURBINE FOR OTLEY?

Imagine what a village could do with an income of £6000 a year for the next 19 years. An income even guaranteed to rise with inflation.

The money could support environmentally friendly projects, particularly those that help village organisations. There are lots of exciting possibilities, including solar panels for the village school, subsidised travel if we lost our bus service, better insulation for the village hall. To achieve all this we would have to install a wind turbine so we can benefit from payments for generating green electricity. Wind power is not new to Otley: the village used to have three windmills.

There are, however, a couple of problems with wind turbines:

1 - they are expensive to install and need a substantial grant to maximise the income for the village; and

2 - that even small turbines such as this, the height of a mature tree, can raise strong feelings with some people.

OtleyGreen has tried to address concerns expressed about this project: for instance, we managed to find a turbine site that meets the technical requirements and surpasses those required by planning. The proposed site has been provided by a very generous donation of land from a local farmer. It is an excellent site with great wind potential and well away from the centre of the village and the nearest houses. The project has received widespread community support with 68% of households voting in favour of the project, with another 6% 'unconcerned'. This was from a return of 74%. Interestingly another question asking if households were in favour of 'other turbines' received a 49% - 51% split.

Planning permission has been sought, with Suffolk Coastal due to hear the application in January. You can obtain further information on this project from our web site http://www.otleygreen.org and from Suffolk Coastal.

OtleyGreen's previous energy project, bulk-buy solar photo voltaic, is already on track to generate 4 megawatt/hours of pollution free electricity every year. This new project and its spin offs would make a significant, further contribution to reducing Otley's carbon footprint.

Tony Barrett, Chairman, OtleyGreen

1922 RELIVED ON STAGE

TOPS' recent production of Thoroughly Modern Millie fully justified the confidence of its youthful director (Nathan Cant) and the prolonged dedication of its cast members and production team rehearsing as they did throughout the summer.

Particular praise must be given to the precise yet joyous choreography (Nathan Cant, assisted by Nick Ling) and the vocal and musical arrangements (Greg Beale and Rob White) which were a delight to see and hear.

The set – needing to depict so many different locations from New York streets to a nightclub via a stenographers' pool and a rooming house - was ingenious but constrained by 'village hall' logistics. A dedicated team worked efficiently under these constraints and achieved a credible depiction. Expert lighting (Mike and Olivia Bullock) enhanced the credibility of the set. Vanessa Ling gave us a really lovable Millie, never failing to fully portray each and every nuance of mood in her superb singing and acting. Mark Robinson excelled as Jimmy Smith transforming smoothly from a hard-edged New York hustler (ostensibly) into a love-lorn swain and, finally into a tycoon. Their songs caught the appropriate mood and were completely audible.

Every member of the large cast deserves mention and it is so refreshing to see so many youngsters coming up the ranks of TOPS. I hope they will continue to be encouraged and included. However, if space here will only permit selective mention, then Mike Sheppard's handling of the patter song, daunting for even an accomplished G&S singer, was superb.

The pure, clear tones of Emma Liddell's Dorothy were a joy to hear in her solo pieces and harmonised beautifully with the voices Vanessa, Mark and Mike, although some words were occasionally lost. Ching Ho (Chris Barker) was suitably angst-ridden in contrast with Bun Foo's (Richard Brook) world-weary pragmatism. Their heroic exchanges in Chinese amused the audience – who got instant translation provided on stage.

Well done Richard Brook for a fine production. And to the whole cast and crew – what a vindication of your wish to produce a musical. Nathan, I hope you have been heartened by your success as a director and that you will delight us all again soon. A thoroughly enjoyable musical!

Graham Hudson

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X-Cube ready for take-off

There are gyms and gyms - but The Barn300, which has just opened at Brook Farm in Grundisburgh - certainly has the X-factor. It's equipped not with exercise bikes, treadmills or weights machines but what's known as an X-Cube, futuristic equipment that looks like a climbing frame – for adults. Designed and built in Grundisburgh by EXF-Perform Better, similar cubes have just been installed at a leading national gym chain. But our X-Cube takes the concept one stage further and is the most advanced piece of gym equipment of its type in Britain.

Barn300 has been created by local fitness professionals Jay Close and Caroline Wilson. Jay already runs regular 'boot camps' but the new gym, housed in a renovated 16th century barn, will allow him to do even more, with a series of additional group classes both inside and outside that will include Freestyle Fitness, Performance Fitness, Martial Arts and Combat Fit. There are even plans to link up with Grundisburgh School to run a junior bootcamp.

Jay said, "We've chosen group classes because research shows those who exercise in groups work harder and therefore should get better results. "Apparently it triggers the same responses as dancing, laughter and religion so can help mind and body too." Caroline will also be running a Food Club to help people with nutrition, either sport-specific or for weight loss.

Barn300 will be officially launched early next year with a series of free talks and workshops, all are welcome to attend. For more information: Jay 07825 639172 and Caroline 074540 444909.

GRUNDISBURGH FC UPDATE

With the 2011/12 season well under way the senior side, currently sitting in second place behind local rivals Woodbridge Athletic, continues its winning streak in the defence of last season's league title, having lost only two games so far although the league points do not reflect this. Due to a management error we were deducted six points for playing an ineligible player, making the defence of the title even more difficult.

The reserve side, after a slow start, is now back to winning ways and currently sits fifth in the league but will be there - or thereabouts - come the end of the season. Having also won last season's league title the youth side continues to dominate this season winning five out of five so far. They have some great young talent, and the hope is to introduce some of them into the reserve side and ultimately into the senior side.

As always, we are still looking for help on match days so if anyone is interested in local football, why not come along on a Saturday.

On a more serious note recently a game had to be stopped so dogs mess could be cleared up off the field. There are numerous 'NO DOGS ALLOWED' signs around the field but still some irresponsible people let their dogs on and let them foul. This is a serious health issue not only for footballers but also for young children and anyone who uses the field.

Jon Trenter

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Grundisburgh FC 100 Club results

August: £50 Perry Howell, £35 Rob Smith, £25 Gill Juby.
Sept: £50 Mark-Van-Oene, £35 Steve Gray, £25 Wayne Souza.
Oct: £50 M Squirrell, £35 M Warmisham, £25 Wayne Souza.

Time is running out.....

Would you like to see a Zumba class in your village? Or maybe pilates, tai chi or yoga? Nordic Walking perhaps? These are just a handful of the activities the Fit Villages project has delivered since April and we are looking for more villages to get involved! All you need is a space to exercise in and some enthusiastic people! For further information, please visit us at: www.suffolksport.com/fitvillages or get in touch for an informal chat. The deadline is 27 January.

Miles of fun

Comic Relief are currently looking to recruit towns and villages throughout the county to put on a 'Sport Relief Mile' next year. Current locations are: Eye, Bury St Edmunds, Stowmarket, Ipswich and Otley But we need more: if you would be interested in organising or participating, contact either J.Seymour@comicrelief.com or A.McEvoy@comicrelief.com

less strenuously.....

Grundisburgh Parish Council organises walks starting from the Green at 2.00 pm on the second Sunday of each month. This is a great way to meet people and to discover new routes in lovely countryside. Please wear suitable footwear and clothing. Dogs welcome. Walks last about two hours.

However, please note that December's walk will be the traditional moonlight walk on 20 December, starting from the Green at 6.45 pm. Destination Hasketon and, as usual, delicious refreshments will be supplied free of charge. More information from Sally Grahn on 01473 738219 sally@grahn.net

Otley bowls highlights

Sadly, soon after the start of the seasonOtley Bowls Club lost one of its oldest members, Wally Hoyle of Woodbridge. Two lady members were selected for the Suffolk County teams namely Elizabeth Aldred in the Donald Steward team and Jackie Whitlock in the Silver Jubilee Vase team, who were both part of the winning teams in the National Championships at Skegness. Elizabeth was also presented with her 100 game badge, and Jackie was presented with a County badge. In the Woodbridge League competitions Jackie retained her 2-wood singles title.

and finally,

Otley were only just beaten by Bawdsey in the final of the first inter-village rounders tournament at Hollesley in September.

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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 front page). Four issues are published annually. Ideas, comments and contributions are welcomed.

Information can be supplied on paper or emailed. If emailed please give an indication of topic in the subject box. Photos can be sent as JPEGs (but not embedded in Word documents) or as prints. All items will be in the internet version unless otherwise requested:
www.grundisburghnews.org.uk

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Next issue No 223 Spring 2012
Publication Saturday 25 February
Deadline for editorial Wednesday 1 February
(All phone codes are 01473 unless specified otherwise).

ADVERTISING RATES

1/16 page	(44mm x 66mm or 33mm x 92mm)	£18.00
1/8 page	(92mm x 66mm)	£35.00
1/4 page	(92mm x 136mm or 190mm x 66mm)	£80.00

Cost for full colour available on request.

Booking a run of four entitles advertisers to a 10% discount, provided payment is made within 30 days of invoice.

Single adverts must be paid for in advance.

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 1 February to Val Crouch, email val.crouch@btinternet.com

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

THE NEWS WISHES ALL ITS READERS, CONTRIBUTORS, ADVERTISERS AND DISTRIBUTORS A VERY HAPPY CHRISTMAS AND NEW YEAR

Grundisburgh celebrates harvest earth to ocean

After much planning and hard work, St Mary's flower festival went really well. We had over 600 visitors plus the school, and made a grand total of £1663. Half of this will help with church improvements; the remainder has been given to the Woolverstone Wish appeal to help refurbish the Chemotherapy outpatient clinic.

The school came in three groups and on arrival were split into smaller groups to make origami boats at the Harvest of the Ocean, sow seeds in pots at the Harvest of the Garden, taste bread at the Harvest of the Grain, shape fresh clay at the Harvest of the Earth and weave wool at the Harvest of the Flock. Finally, all gathered at the Thanksgiving - the Sukkah or prayer shelter. The children enjoyed their visit and went home with lots to think about.

Our success is due to all the people who helped in so many ways and to those generous donations.

A huge thank you to everyone, especially the flower arrangers for their interesting and beautiful displays.

Pat Fletcher

Photos clockwise from top: 'Harvest Past and Present' by the Girl Guides; 'Fifty Years of Suffolk Wildlife Trust: working with wildlife and farming' by Ingrid McIvor; Grundisburgh School pupils making notes; 'The Blacksmith' by Barbara Wood. Photos Peter Kendall.

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Printed by Healeys Print Group 01473 461122