

EASTON VILLAGE NEWS



A beautiful view from the Easton end of Kettleburgh Road taken in the past by Sue Piggott. Let's hope we don't get too much disruptive snow this year!

February 2024

Useful Contact details

Parish Councillors:

Sue Piggott T: 01728 746622 (Chair & Highways)
Fiona Siddall T: 01728 746517 (Vice Chair & Play Area Officer)
Bob Gibbon T: 01728 746866 (Emergency Officer)
Ian Palfreyman T: 07775 652820 (Footpaths Officer)
Gary Edwards T: 01728 747970 (Cemetery and Burials Officer)
Derek Balcombe T: 01728 768215
Dave Ladbrook T: 07730 432542 (Play Area Officer)
Clerk—Andrew Staples E: parishclerk@eastonpc.org.uk
Parish council website <http://easton.suffolk.cloud/>

Suffolk County Councillor:

Elaine Bryce T: 07955 434440 E: Elaine.bryce@suffolk.gov.uk

East Suffolk District Councillors:

Owen Grey (Lib Dem) E: owen.grey@eastsuffolk.gov.uk
Vince Landon-Morris (Green) E: vince.langdon-morris@eastsuffolk.gov.uk

All Saints Church

Rev. Ann Kember (Priest-in-charge) T: 07369 240252
Note: Ann is not available Weds/Thurs/Fri E: annkember58@gmail.com
Jane Woodbury-Eggs (Churchwarden) T: 01728 746667

Village Hall

Ian Palfreyman (Bookings) E: eastonvillagehall@icloud.com
Village Hall website www.yourhall.co.uk Search Easton

Village Website www.easton.onesuffolk.net

Cricket Club enquiries Tory Hughes E: easton1906@gmail.com

Bowls Club enquiries Mike Cattermole T: 01473 614845

Village News Editor

Clare Owen T: 01728 745015 E: clareeowen@tiscali.co.uk

If you have something to put in the Village News, please submit it by 14th of each month.

Editor's Introduction

Lots to interest you this month I hope. It's hard to believe it's been a year since the first issue of EVN. Thank you for your support.

As well as all our usual features, read about Framlingham Library who have lots going on. I've happily resurrected Village People—a lighthearted look at villagers and Peter Bennett-King is our first victim ... sorry ... subject. There's also a really interesting feature about our dear Postie, Jenny Armfield.

At this time of year it's difficult to think about a time when our gardens will come into their own, but Claire Balcombe, who is organising the Open Gardens again this year, would love to hear from anyone who is happy to open their gardens again, or for the first time, on 23rd June. She is delighted to have had a handful of people come forward, but she needs more! Please support this worthwhile village event if you can. More information separately.

Thanks to everyone who has already paid their £5 subs to help towards the cost of producing the magazine. Can I just remind everyone about the payment details, in case it's slipped your mind. Or pay your distributor direct.

Account No: 60191868
Sort code: 30-99-85
Account Name: C Owen

Please reference the payment with the first line of your address. If subs haven't been paid I shall assume you no longer wish to receive the magazine. Thank you so much.

Clare

Disclaimer. The Editor of Easton Village News produces this newsletter in good faith from articles submitted by local organisations and individuals. No responsibility can be accepted for any inaccuracies contained therein which must be taken up with the relevant organisation or individual.

What's On in February



Village Hall

Mondays:

Yoga with Ellie 9.30—11 am

Pre-booking

E: eleanorpenlo@gmail.com

Tuesdays:

50+ Keep Fit Class 10-11 am

£7 per session (block payment per term of 6/7 weeks)

Contact Clare Hassler on

01728 621247/07769 716761

for more information

Pilates for Riders with Dawn

7—8 pm

Pre-booking

E: dfkcoaching@hotmail.com

Wednesdays:

Pilates with Kelly

Advanced 9.15 am

Beginners/Intermediate 10.30 am

Pre-booking

E: pilateswithkelly@hotmail.com

Table Tennis

6:30pm £5 per session

Contact John on 746644

Thursdays:

Rabble Chorus

8pm

E: Kirsty@rabblechorus.co.uk

Fridays:

Yoga with Ellie 9.30—11 am

Pre-booking

E: eleanorpenlo@gmail.com

Sunday Café

18th February

10—11.30 am

Village Hall

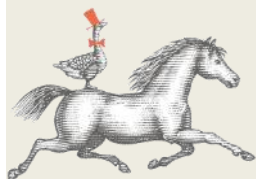
Pub Quiz Night

Thursday 22nd February

FULLY BOOKED

Mobile Library at Easton Primary School 12.25 to 12.45

Wednesday 7th



The Easton White Horse

Winter Opening Hours

Mondays: Closed

Tuesdays: 5pm - 10pm

(Tapas served 5:30pm - 8:30pm)

Wednesdays and Thursdays: 5pm - 10pm

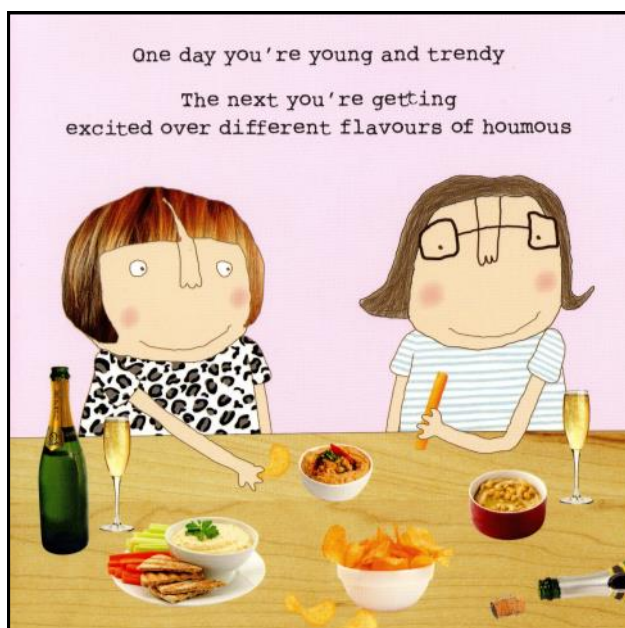
(Food served 5:30pm - 8:30pm)

Fridays and Saturdays: 12pm - 10pm

(Food served 12pm - 2:30pm and 5:30pm - 8:30pm)

Sundays: 12pm - 6:30pm

(Food served 12pm - 5pm)



A Day in the Life of our Postie



*With so much bad press surrounding the Post Office at the moment, I thought it would be timely to focus on a vital member of our village, **Jenny Armfield**, who provides such a great service to us all. Ed.*

Jenny says:

"I usually get up at 5:40am and leave home about 6:40am. I am a lark as opposed to an owl and I don't mind getting up early even at this time of year. My official hours are from 7:10am until 2:10pm and I work 5 out of 6 days per week. I can work past 2:10pm for which I get paid overtime, and this always tends to occur on Wednesday and Thursdays which are the busiest days. The weeks leading up to Christmas are obviously a whole different ball game with a slightly earlier start and longer days.

"The small office next to the carpet shop in Wickham Market is a sorting office and the lorry arrives between 6:30 and 7:00am. Four of us work from this office. We unload the lorry, and then spend the next 2 to 2.5 hours sorting the mail and parcels, prepping our round, bundling up in the order we are going to deliver and loading our vans ready for the day ahead.

"I used to have a town round which covered half of Wickham Market, and I delivered to approximately 550 properties, walking on average 12 miles per day. I now have a rural round delivering to approximately 350 properties in Hacheston and Easton and walk on average about 6 miles per day."

I asked Jenny if she finds dogs and/or people a problem when she makes a delivery.

"Most dogs are friendly. Posties quickly get to know which ones are not and which letter boxes you need to quickly get the mail through, so to avoid bitten fingers. There are a few gardens I won't go in if the dog is out – the uniform is definitely a trigger point – however I do enjoy making a fuss of the dogs I trust as I miss having a dog of my own at the moment.

"I think people are always pleased to see the postie. Problems only occur when parcels go missing, which is totally understandable."

For many of us it may feel like being a postie is hard work, but Jenny is very positive about it.

"I really like being outdoors, the exercise and getting to know the people on my round. The worst part of the job is the first hour of delivering in the winter when your hands are so numb with the cold!"

I asked Jenny what made her take the job in the first place? (By the way, aren't we glad she did!)

"Having started my thirty-year teaching career as a PE teacher and then becoming more classroom based, it was important for me to get back to doing something which was more physical and outdoors and a job I could leave behind when I got home. The idea of a postie ticked these boxes and here I am six years later."

And Jenny's background?

"My family and I have lived in Easton for just over 20 years. We moved here from Orpington, Kent. I was born in Leytonstone and grew up in Clayhall (Nr Woodford, Essex).

I had to ask her what is the strangest thing that has happened to her as a postie?

"About three and a half years ago I was pinned between a front door and a car. As I was walking down a gentle drive towards a front door, out of the corner of my eye I noticed the car moving towards the house. I did think it was strange that the driver had decided to move at the exact same moment as I was at the front door and then I realised there was no driver!!

"I ended up being trapped between the front door and the bonnet of the car. The front bumper was pushing into my calves, and I was pushed right up against the door. I banged hard on the door and shouted for help. Luckily the homeowner was in. I had to put my hands on the wall either side of the front door to stop myself falling forward as my feet were trapped under the lip of the front step and I couldn't move.

"Thankfully the car was pushed backwards, and I was released. I was in a state of shock, laughing hysterically one minute and crying the next. I was very kindly taken care of and offered a lift back to the office. However, I had the big metal trolley with me, was only 5 minutes' walk away from the office and said I was OK to walk back. I had tears running down my face. I managed to ring my manager who then came out to see me before Doug came and picked me up to take me home. Luckily, I only suffered bruising to my legs. I count myself very lucky someone answered the door!!"



Personally I think she should get danger money!

Framlingham Library

The Wonder of Words

Dear Readers

As we move into the season of romance, we have three author talks lined up, a children's design project to announce, StoryFRAM and some questions to ask you ...

StoryFRAM - Five minutes, Recounting, An engaging, Memory - join a group who tell tales from their lives. A great way of building public confidence and sharing your tales of life's experiences with others. Come along and be a storyteller and/or listener in Fram Library - every 2nd Tuesday 2-3pm.

Saturday 3rd Feb 2:30pm - L C North author of 'Clickbait', Lauren writes psychological suspense novels that delve into the darker side of relationships and families.

Monday 26th February 7:00pm - Join Russell Webb talking about Love Beyond Love: This very personal and moving love story takes us from the anticipation of the very first date through to the moment of the very last breath - raising funds for cancer and fire service charities.

Thursday 14th March 7:00pm Louis de Bernières - Raising funds for Framlingham Library, in collaboration with Framlingham Book Shop and Ottie and The Bea - Louis will be sharing his poetry and talking about 'Light over Liskeard', his latest novel.



During February Half Term we will be asking children to share a 'Library in a Box' - their design ideas for how our new Children's Area could look. At the time of writing, we have raised over £5,500 towards our target - Thank You!

We want to hear from you. We have been asked about running a Menopause and Me Group, let us know what you think. We are also considering offering Leisure Learning courses, photography/ languages/history – what interests you?

See you in the library!

Vivia Bamford, Library Manager

Tel: 01728 723735

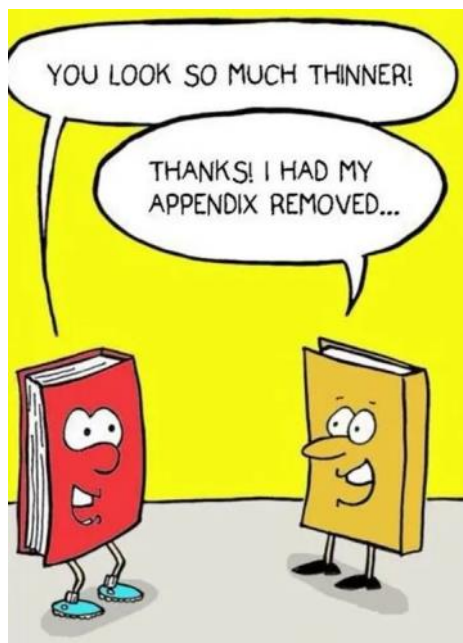
vivia.bamford@suffolklibraries.co.uk

Opening Times:

Monday	0930 - 1230
Tuesday	0930 - 1730
Wednesday	Closed
Thursday	0930 - 1730
Friday	0930 - 1730
Saturday	0930 - 1700
Sunday	1100 - 1500



Louis de Bernières



A Sense of Place and Time

'Rushing around'

At this time of year few plants are in leaf or flower but many can still be appreciated as architectural seedheads and distinctive silhouettes.



Perhaps one of the most distinctive and recognisable of these is the columnar seedheads of Bulrush or Reedmace – *Typha latifolia*.

These giant brown velvety seedheads can readily be seen in nutrient rich-wet ditches and in ponds in and around Easton. As the season passes, the seed heads begin to break up, exposing the cottony fluff that surrounds individual seeds which are then carried far and wide, either on the wind or by birds. If you are really lucky you may see a Reed Bunting feeding on the seedheads.

Reedmace or Bulrush is not a rush at all and is not to be confused with the 'true' Bulrush or Common Club-rush – *Schoenoplectus lacustris*. The latter can be seen growing in the river at Sanctuary Bridge and is one of the species used for rush baskets and seating.

Acetosella





Suffolk
Wildlife Trust

It's Wildlife Live Webinar season and we have some excellent topics planned for your enjoyment this Winter, including:

Gardens & Climate Change - with Sonya Burrows

Tuesday February 6th

Understanding your Local River - with Alice Wickman

Wednesday February 21st

The Importance of Bugs - with Kaitlyn Elverson

Monday March 4th

March Hares in Photos - with Stephen Hoare

Wednesday, March 20th

And more to come in April.....including Martlesham Wilds a Year On!

To find the full programme and book your place, please visit: www.suffolkwildlifetrust.org/wildlife-live-webinars<<http://www.suffolkwildlifetrust.org/wildlife-live-webinars>>

Everyone is welcome - the webinars take place at 7pm via Zoom and cost £3, £5 or £10 to join (booking ahead is essential).

We look forward to welcoming you soon!

February in the Garden

When February sun shines cold

There comes a day when in the air

The wings of winter slow unfold

And show the golden summer there.

Philip Henry Savage (1868–1899)



February is like a turning point in the garden. It's still cold outside, but there are signs of spring's imminent arrival everywhere. Bulbs are slowly emerging from the ground, and the days are getting longer at last.

This month's garden jobs are mostly about getting things ready for the spring. But there are also some early sowing and growing tasks to do to get you ready for the Spring rush.

The ornamental garden

- Keep on top of any weeds and prevent them from taking hold. In dry weather using a hoe is a great time saver, otherwise hand weeding can be very meditative.
- Garden birds need your help more than ever now. Keep bird feeders clean and topped up, and ensure their baths are filled with fresh water daily.
- If you are aching to get growing towards the end of the month, begin to sow hardy annuals either in the greenhouse or on windowsills. Choose from snapdragons, ammi, scabious, marigolds and the cup and saucer vine for extra early flowers
- Cut back deciduous grasses left uncut over the winter and remove the dead grass from evergreen grasses.
- As winter flowering shrubs finish their display, prune them back. Also consider pruning dogwoods, willows and smoke bush to keep them at a manageable size.



Ammi

- Prune winter-flowering jasmine (*Jasminum nudiflorum*) after flowering, to encourage new growth for next year's blooms. Cut back the previous year's growth to 5cm from the old wood.
- Divide spent snowdrops and re-plant whilst in the green to guarantee success.
- Harvest hazel by coppicing down to a foot of growth above soil level. Use the prunings to make tepees and arches for sweet peas and beans to climb in the summer,

The Vegetable Garden

- When your seed potatoes arrive, lay them to chit in egg boxes to give them a head start once in the ground.
- Top dress fruit bushes with manure or compost to feed plants for the forthcoming season.
- Sow hardy peas and broad beans which germinate at low temperatures.
- Force rhubarb for an early crop by covering the crown with a forcer or upturned bucket. Forced stems are especially prized for their sweetness.
- Protect the tender blossom of apricot, peach and nectarine trees by covering them with fleece if a dip in temperatures is forecast.
- Warm the soil with cloches before making early sowings of carrots, salads and parsnips.
- Keep up with the winter harvests of cabbages, kale, sprouts, sprouting broccoli, leeks, parsnips, cauliflower, chard and spinach.

February's gardening notes from local horticulturist Nikk Slowey FdSc H who along with her husband Christian are Honeysuckle Horticulture.





DR DAN POULTER MP

Member of Parliament for Central Suffolk and North Ipswich

With the hustle and bustle of Christmas and the New Year festivities firmly behind us, it seems like the opportune time to take a few moments and reflect back on some key highlights and events of 2023.

Last year saw the coronation of His Majesty King Charles III, a day of great celebration for many across the country and, of course, here in Central Suffolk and North Ipswich. It was an historic moment and once again, our communities rallied together to host an array of coronation events in celebration of this once in a lifetime event.

Sadly, many of us were also impacted by the once in a generation flooding caused by Storm Babet in late October and I was pleased to play my part in securing the flood recovery relief fund, thanks to my direct intervention with the Prime Minister. I still continue to support residents as they recover from the flooding and continue to press our local councils to work together to get this money out to residents as quickly as possible in order that recovery works can get underway.

Representing the views of residents here in Central Suffolk and North Ipswich remains, as ever, my top priority, and throughout 2023, I have enjoyed visiting many schools, businesses, charities, health settings and other voluntary organisations. My team and I have dealt with thousands of casework enquiries from individuals needing help throughout the year and I have received over 15,000 emails on topics such as health services, the Israel-Gaza conflict, animal welfare, energy and the environment.

As a practising NHS hospital doctor, healthcare continues to be a top priority for me and it is vital that residents have access to high quality healthcare services. I continue to remain focused on securing a new GP practice in Needham Market which will support residents living in and around Claydon, Barham, Great Blakenham, Henley and the surrounding villages.

I continue to support residents in the fight against National Grid's Norwich to Tilbury pylon proposals and as a key member of the Energy Security and Net Zero Select Committee, and also the OffSET group of MPs, I have long supported an offshore route as the preferred option for energy transmission. In recent weeks, I met with the Defence Secretary to discuss my concerns over the impact of the pylon proposals on the operability of military flights in and out of Wattisham Air Base. This will continue to be a key focus for me moving into 2024.

Supporting our farmers and rural communities has also been a continued focus this year, and I have pushed for greater support for our sugar beet farmers in their recent round of negotiations with British Sugar.

Visiting schools across Central Suffolk and North Ipswich remains a key part of my role and, as ever, I will continue to push central government for further funding to ensure that every child in Suffolk has the very best start in life.

As ever, I look forward to meeting many of you at events during the coming months and, in the meantime, would like to take this opportunity to thank you for your support and wish you a happy, healthy and prosperous 2024.

WICKHAM MARKET FLOWER CLUB

Our next meeting is on Thursday 22nd February at Wickham Market Village Hall. Doors open at 6.30pm for 7.00pm start.

The demonstrator is going to be Doreen Robinson - "Embracing Colour".

There will be a Sales Table, Raffle and Refreshments. Visitors first meeting is FREE and thereafter £5.00 per meeting. Do come along, meet and make friends and enjoy a bright and happy evening.



All Saints Church

Plough Sunday Service

This was a great success and a really enjoyable occasion, with worship and the blessing of the plough, followed by a delicious ploughman's lunch in Parham village Hall. The photographs tell the story!



Lent Group

This year, Ann is leading a Lent group in Hacheston Village Hall on Mondays at 2.30 pm for about an hour and a half. All are welcome to attend. The sessions start on Monday 19th February and will run throughout Lent.

Church Services

The Benefice service on 4th February will celebrate Candlemas at Brandeston at 10 am.

In Easton, Ann will be leading a service of Morning Prayer on 11th February at 11 am and also a service of Holy Communion on 25th January at 11 am.

Ash Wednesday

This year, Ash Wednesday falls on Valentine's Day! A service will be held at 7pm at Hacheston church on that day.

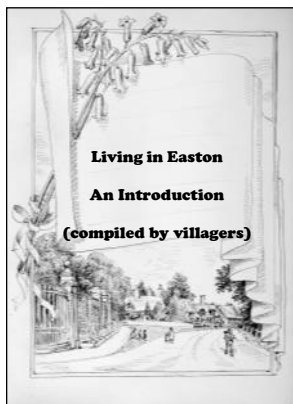
Services on Zoom

There will be a Zoom morning service on 18th February at 9.30am. If you would like to join our Zoom services, please register with Bill Clarke so that he can send you the link (bill78@btinternet.com).

Discussion Group

Having discussed aspects of Winter in January, our topic for February is "Spring" and we are due to meet on Wednesday 7th February at Ash Grove, Framlingham at 10.30 am. New members are always welcome.

Jane Woodbury-Eggins



New to Easton Village?

Please let me know if you are aware of anyone who moves into the village. We have always warmly welcomed newcomers and I am now very happily taking on this role. We can also provide the introductory booklet 'Living in Easton' which has lots of helpful information.

Peter Bennett King, 2 Black and White Cottages
T: 747370 E: thebks@btinternet.com

Church Services for February

4 th	Candlemas	10am	Benefice Holy Communion (CW)	Brandeston
11 th	Sunday before Lent	9.30am	Big Breakfast	Brandeston
		9.30am	Morning Worship	Campsea Ashe
		11am	Morning Prayer	Easton
		11am	Morning Prayer	Parham <i>with</i> Hacheston
		4.30pm	Holy Communion	Marlesford
Weds 14 th	Ash Wednesday	7pm	Ash Wednesday Service	Hacheston
18 th	1 st Sunday of Lent	9.30am	Zoom Morning Service	
		9.30am	Holy Communion	Marlesford
		11am	Morning Worship	Kettleburgh
		6pm	Evening Prayer	Parham
25 th	2 nd Sunday of Lent	9.30am	Morning Worship	Brandeston
		9.30am	Holy Communion (CW)	Campsea Ashe
		11am	Holy Communion (CW)	Easton
			Holy Communion	Hacheston <i>with</i> Parham
		6.30pm	Evening Prayer	Kettleburgh

For an invitation to our Zoom services contact Bill bill78@btinternet.com

Monday Prayers – 4pm at Brandeston

Compline is said at Marlesford every Wednesday at 4pm

The next Benefice Service is at Campsea Ashe on 3rd March at 10am

RIP KEITH TIFFANY

Many of you will remember Keith who lived in Harriers Walk for many years with his wife Val. He was often seen going for a walk round the village. We were sad to hear that he has died, but he had become frail in later years, especially since Val's death, and was living in care at Allonsfield House in Campsea Ashe.

We send our sympathies to his daughter, Jane, and all his family. JWE

Keith passed away on 13th November last year, aged 98 years. He and Val moved to Harriers Walk in 1982. He married Val in 1946 having met her in Germany whilst with the Royal Air Force working on transport logistics just after the war. It was quite a whirlwind romance.

Keith first met Val at a dance in Gatow in 1946 and they got engaged on New Year's Eve the same year. It was a military requirement to inform the authorities of marital intentions and Keith was sent back to England on enforced leave to think about it. But Keith and Val's intentions never wavered and he returned to Germany after three weeks where they laid their marital plans.

However, two days before the wedding date of 6th June, they realised that legal clearance for their wedding had still not been received from RAF HQ in far away Celle! Keith's Station Commander immediately sent a fighter plane on the long flight to collect the clearance papers and Keith, hours later and with some anxiety, watched the fighter touch down.

Keith brought his bride back to Rugby, England, where he resumed his career of Assistant Works Chemist with Rugby Cement. Two years later their daughter Jane was born. In 1949, Keith applied for the post of Assistant Station Chemist at the newly constructed Cliff Quay Power Station in Ipswich. In 1972 he was promoted to Station Chemist and in 1982 took early retirement. It was then that they moved to Harriers Walk. Val and Keith shared interests in gardening, and sailing on the Orwell in their Squib sailing boat.



Keith and Val on their wedding day

Edited and abridged from an article written by Peter Farley in July 2007 on the occasion of their 60th wedding anniversary. Ed.

Sunday Café

Sunday 18th February

10 — 11.30 am

Village Hall

Come and join us for delicious home made goodies all made by our lovely volunteers, bacon rolls (bacon from Revetts and rolls from The Bakehouse), croissants and our exciting 'specials' board, many locally sourced.

Read the newspapers, chat to friends, and make new ones in a lovely relaxed atmosphere.

If you haven't tried it yet, what are you waiting for? You'll be sure of a warm welcome.

EVERYONE WELCOME

(Cash only please)

Sponsored by All Saints Church





Neighbourhood Watch News for February

Text Scams

The number of text scams is growing. Mobile provider EE reported that it alone had blocked 45 million during 2023. Here are the four most common that are circulating at present.

- Fake bank texts

HS BC: GBP to
was attempted on your account,
please contact us on: [0330
822 4762](tel:03308224762) if this was not you.
REFR:

A typical example of a fake bank text claims to be from HSBC. It's sent from a random mobile number and tells you that you have spent a certain amount of money at a particular brand.

It states that the transaction was attempted on your account and to call a number if it wasn't you who made the transaction. This most likely leads to a vishing scam where a scammer then calls you impersonating the bank, and your personal and financial details will be asked for.

- Missed delivery texts

POST OFFICE: Simon attempted, but was unable, to deliver a parcel today from Royal Mail. To track and reschedule a redelivery, go to collect-fee-gb.com

EVRI - We missed you today, therefore your item has returned to our depot now awaiting a re-delivery. Please proceed to: <https://shipment-status.491gb.com>

As so many of us wait for deliveries, scammers bank on us clicking on dodgy links in 'missed delivery' texts. These scam messages impersonate popular delivery companies including DPD, UPS, Evri and the Post Office (see two examples at the start of this item)..

In one message we found, a text impersonating the Post Office and the Royal Mail tells you that your parcel is unable to be delivered and prompts you to follow a malicious link to 'reschedule a redelivery'.

The link leads to a convincing fake Royal Mail website which asks for your postcode before asking you to pay £1.45 for your parcel to be redelivered. This is where your personal and financial data will be stolen.

- Wrong number scams

Scammers attempt to groom you into their elaborate fraudulent schemes by sending 'wrong number' texts.

These texts begin by saying something you would say to a friend, such as: 'It was nice seeing you the other day,' in anticipation of you replying asking who it is.

The scammer will then say a random name and you'll tell them that they have the wrong number. This typically leads to a conversation which ends with a dodgy crypto investment scheme being promoted by the scammer.

- HMRC refund text

Scammers are impersonating HMRC in a bogus tax refund text which tells you that you're owed £277. It then prompts you to follow a malicious link to 'claim your tax refund'.

If you receive a text claiming to be from HMRC, log in to your official HMRC online services account to verify any information in it.

HMRC does send texts to some customers, but it will never ask for personal or financial information. Never click on links in messages claiming to be from HMRC.

Courtesy of the Consumer Association

Avoid slips and falls in icy conditions

Slips and falls in icy conditions are a common problem. But there are things that you can do to reduce the risk of getting hurt. Follow the guidelines below if you do have to go out in icy conditions.

Tips for avoiding slips and falls

If you have to go out in icy conditions, you should:

- think about the best route to your destination and plan on taking a little extra time to get there
- avoid rushing or taking shortcuts over areas where snow or ice removal is incomplete
- select suitable footwear - flat footwear with rubber soles provides better traction on ice and snow than leather-soled or high-heeled shoes
- use handrails where you can
- take small steps to keep your centre of balance under you
- avoid carrying lots of heavy shopping bags, especially on steps
- walk slowly and never run on icy ground
- keep both hands free for balance, rather than in your pockets
- always be aware of your surroundings - some places will stay icy for longer than others for example places that do not get the sun
- be particularly careful getting into and out of vehicles - and hold on to the vehicle for support
- keep paths clear of debris, water, ice and snow
- be sure to use floor mats when entering a building to remove moisture from the soles of your shoes - this will help protect you, as well as others who follow, from having to walk on wet or slippery surfaces

Helping the elderly

The elderly are particularly vulnerable during periods of cold weather. If you have an elderly parent, relative or neighbour, you can help them avoid injury. For example, you could offer to go to the shops for them or grit their garden path.

John Owen

Village People

*Before the pandemic some of you may remember that we used to have a feature taking a light-hearted (but often enlightening) look at people in the village. This month it's the turn of **Peter Bennett-King** who will be known to a lot of you as he's very often 'lending a hand' one way or another around Easton. Enjoy! Ed.*



How long have you lived in Easton?
Since 2000

Why did you move here?

A sudden closure of a large school in Warwickshire and family relations in East Anglia caused us to accept local teaching appointments.

What's your favourite thing about living here?

The potential for connectivity among this small community, the nature of local people and the feel of our surrounding countryside.

What's your least favourite thing about living here?

The distance from first-class cricket and rugby venues!

What's the most interesting job you've ever had and why?

A day in the life of a schoolmaster - which involved introducing Ian Botham to a crowd at Edgbaston, teaching cycle proficiency at a school and a revealing night out with some Warwickshire policemen!

Have you ever lived in another country and if so, where and why?

Yes, in Scotland – Dumfries and Galloway, teaching; and learning that if my rugby team travelled to England wearing their best Sunday regalia (kilts, etc) coaching skills were of minor import on the path to victory!

Your greatest strength is ...

... yet to be determined!

If you could pass any law you would ...

...claim political licence, admit selective aural and optical limitations then promote a “lore” which invites people to join the ‘Dance in the Rain’ club: regularly to engage in such exercises as squats, to take vitamin D in winter, to practise nasal breathing, to experience cold water showers and to share laughter and music. On that basis I am serving a long sentence!

Your greatest weakness is ...

Since we have preservation orders on trees in Easton, they are considered too many to be included in this edition!

Your favourite TV programme is ...

The Annual International Rugby Union match between England and Wales from Twickenham or Cardiff - both of which venues have abiding memories for me.

Your favourite book ever is ...

Ration Book Serial No. CA023136, which reminds me as a post-war baby boomer how fortunate I was and continue to be.

Your favourite place in the UK (other than Easton!) is ...

Lord’s Cricket Ground in St. John’s Wood, London. Amongst several occasions, I can recall a special Final’s Day involving Warwickshire and Worcestershire.

The best day of your life was ...

!7th August 1984 , playing against Worcestershire and top scoring, then capturing the wicket of Basil D’Oliveira.

However, I am bound to say that the above was superseded by a happening on 25th July 1987 when a certain lady from Norfolk set off with me on ‘ a long and winding road’ which involved travelling on the day dressed in wedding gown and top hat and tails respectively – to Corsica!

Also, through the good offices of our Editor and the permission of my wife, I am able to say that completing my last marathon in London in 2007 was also a great day!

Milestones & Waymarkers

Living near to the old coaching route from Ipswich to Great Yarmouth, I am sure many will have noticed the milestones at Melton and Wickham Market. Below is an article on the origin of these stones, reproduced by the kind permission of the Milestone Society.

The Romans laid good metalled roads to move soldiers and supplies quickly across their Empire: they measured distance to aid timing and efficiency, possibly marking every thousandth double-step with a large cylindrical stone. 117 still survive in the UK. The Latin for thousand was 'mille' and the distance was 1618 yards; the eventual British standard mile was 1760 yards, although 'long' miles also existed into the 19th century. After Roman times, roads developed to meet local community needs: in 1555, an Act of Parliament made local parishes (or often townships in the North) responsible for their upkeep and boundary markers became important. In 1697, the Justices were ordered to erect guideposts at cross-highways and on the moors.



Photo © C Minto & JR Dowding
(with kind permission)

At this time, travel by road was slow and difficult. The sunken lanes became quagmires in wet weather and occasionally both horses and riders were drowned. It took 16 days to cover the 400 miles from London to Edinburgh. So Turnpike Trusts were set up, by Acts of Parliament, from 1706 to the 1840s. Groups of local business people and landowners raised money to improve or build stretches of road and then charged the users tolls to pay for it – just like the 'M6 Toll' today. The name 'turnpike' comes from the moveable pole barrier originally used by the Toll collector before gates were installed. The poor bitterly resented having to pay to use the roads and there were anti-turnpike riots.

From 1767, mileposts were compulsory on all turnpikes, not only to inform travellers of direction and distances, but to help coaches keep to schedule and for charging for changes of horses at the coaching inns.

The distances were also used to calculate postal charges before the uniform postal rate was introduced in 1840. At the height of the turnpike era, there were 20,000 miles of roads with milestones.

From the 1840s, rail travel overtook road for longer journeys and many turnpike trusts were wound up. In 1888, the new County Councils were given responsibility for main roads and rural district councils for minor routes. As faster motorised transport developed so the importance of the milestones waned.



‘Milestone’ is a generic term, including mileposts made of cast iron. Such way-markers are fast disappearing; around 9000 are thought to survive in the UK. Most were removed or defaced in World War II to baffle potential German invaders and not all were replaced afterwards. Many have been demolished as roads have been widened, or have been victims of collision damage, or have been smashed by hedge-cutters or flails.

Roadside milestones generally fall within the remit of the local Highways/ Roads Authority, or for those on trunk roads, National Highways/ Transport Scotland/ Wales Trunk Road Agencies and their contractors.

To be continued ...

Easton Open Gardens

23rd June 2024



We are planning Easton Open Gardens for this year, an event that many villagers and visitors enjoy.

As is tradition, money raised will help support All Saints Church, but this year a donation will also be made to the Suffolk Wildlife Trust.

We hope that many of the villagers who have previously kindly opened their gardens will do so again next year. However it would enhance the day to have some new gardens open to visitors for the first time. **Please get in touch if you would consider opening your garden for this event.**

People who like to visit other gardens are almost inevitably keen gardeners themselves and enjoy seeing other types of planting and styles of different gardens. Visitors are almost unanimously kind with their comments and we found the experience very rewarding.

We would also be grateful for volunteers who could help with providing refreshments in the village hall on the day?

Please contact me if you are willing to open your garden for this event or if you can help with the refreshments. Thank you.

Claire Balcombe

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