

EASTON VILLAGE NEWS



Anyone for water polo?

November 2023

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-Eggins (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

Well, what a stark warning we've just had about global warming. We have lived here almost 27 years and have never seen anything like the floods on Friday 20th October. For once in my life I am glad to live at the top of a sloping drive! Others in the village have not been so fortunate and it has been a worrying time all round. Thank you so much for all the photos you sent — I have been inundated and obviously can't include them all.

On a lighter note, we have some interesting features this month. Sue Piggott brings us up to date with the Parish Council and an update from our District Councillor; mindful of Remembrance Day, Terry Carlin in Letheringham has sent in a moving poem by Wilfred Owen; Claire Balcombe invites villagers to take part in the Open Gardens event next year; John Owen (who?) writes about purchase protection and banking scams in the Neighbourhood Watch article; and Nikk Slowey's excellent articles on gardening throughout the year are also still a real delight.

And finally, don't forget the Sunday Café this month. As usual we are donating all profits to Children In Need and would be delighted to see you all.

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 November



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

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
19th November
10—11.30 am
Village Hall

Parish Council Meeting
20th November
7.45 pm
Village Hall

Table Tennis

6:30pm £5 per session

Contact John on 746644

Mobile Library at Easton Primary School 12.25 to 12.45
Wednesday 15th

EASTON PARISH COUNCIL

Easton Neighbourhood Plan

The Neighbourhood Plan has completed the work that involved actions following the Reg.14 consultation held in the spring. There has been a substantial amount of work involved which resulted from the extensive pages of comments received. As soon as the steering group were in receipt of the funding at the beginning of August the work began, all the documents along with the Neighbourhood Plan were formally submitted to East Suffolk Council at the beginning of October. East Suffolk Council now takes over, conducts their processes and takes the plan to independent examination and then on to referendum which is held for the people of the parish.

Disappearing Dog Bin

The dog bin with post that disappeared from Framlingham Rd at Harriers Walk junction has been found at the East Suffolk Council depot. After phone calls and e-mails the explanation is that it was taken by the operatives who discovered the post was broken, it will return to be installed with a new post, which is good to know.

Spring Bulbs for the Village

The 500 spring bulbs that have been given to the Parish Council for the village will be collected at the end of October beginning of November, they will be planted at the village entry gates, signposts and village green around the village sign. Any volunteers to help plant the bulbs would be warmly welcomed.

Sue Piggott, Chair

Following the traditional August holiday break, work routines and council meetings have vigorously re-established themselves in September!

Framlingham News

Wildflowers Sites: Following the successful establishment of several small wildflower sites this spring, *The Swift and Wildlife Group* have received permission from East Suffolk Council to establish three new, small wildflower sites on the grassed areas of Castle Brooks Park and Mowbrays. They also hope to establish a small area fronting Mills Meadow. All these sites will be set away from the beaten path and if successful will hopefully be expanded in 2024 😊



Framlingham Town Council has re-established a *Sustainable Framlingham Group* with four themes: **reducing our CO2 emissions footprint**; **biodiversity enhancement (making space for nature to sustain life)**; **least trace living (reducing waste and increasing re-use)** and **resilience to climate change**. I look forward to working closely with this group in the future.

Barclays Pop Up Bank: Has been established in the Crown Hotel in the town square. The service is open Mon to Wed, 9am to 5pm and closed for lunch between 12.30 to 1.30pm and then on Thursday 9am to 12.30pm. Please do use this service if you can, to ensure we maintain a bank presence in the town. Note that the Post Office also offers banking services, can provide cash and the Coop can also do cash-back.

Housing: In September I submitted a motion for debate at 'full' ES council, asking that outline planning permission for Victoria Mill Road be withdrawn and reviewed (*it's still with the Secretary of State, the developer is asking to expand house construction from 35 to 49*). The East Suffolk Council Legal team reviewed this and declared it illegal and therefore not debatable (*only the recipient of outline planning permission can withdraw an application*). My opinion remains that Framlingham has fully achieved its housing targets (as clearly set out in the Suffolk Coastal Local Plan). What is needed is investment in infrastructure, more especially ongoing water pollution.

Construction: Residents will have noticed construction and temporary traffic lights in Station Road (at the Co-op garage, see pic). I spoke with the construction crew and it is a rebuilt manhole and drainage pipe linked to the nearby River Ore. I want to find out why this is being done and why our Town Council was not informed that this was going to take place?



Other Parish news:

Brandeston: As Radio 4 listeners know, pubs have been in the news. In Brandeston, the Queen pub was sold and some reconstruction has now taken place? The premises were recently visited by an East Suffolk Council enforcement officer, I will hopefully give feedback in my next update.

AVOCET ACADEMY TRUST



IS YOUR CHILD
STARTING
RECEPTION IN
SEPTEMBER
2024?

EASTON PRIMARY SCHOOL

would like to welcome you to our Reception open evening
where you can tour the school and speak to the Reception
class teachers and Head of School!

NOVEMBER 15TH 2023

5PM-6PM
ENTRANCE VIA
THE FRONT
DOOR



The Easton White Horse

Tapas Tuesday

Due to popular demand
now running 5:30-8:30 pm



Quiz Night

Thursday 30th November

7 pm start

Teams of up to 4

£10 per head (includes food and prizes)

Book now at the pub or call 746456



Saturday 10th December - Christmas Market
at the Easton White Horse

A selection of businesses (mostly local)

With warming drinks and food.

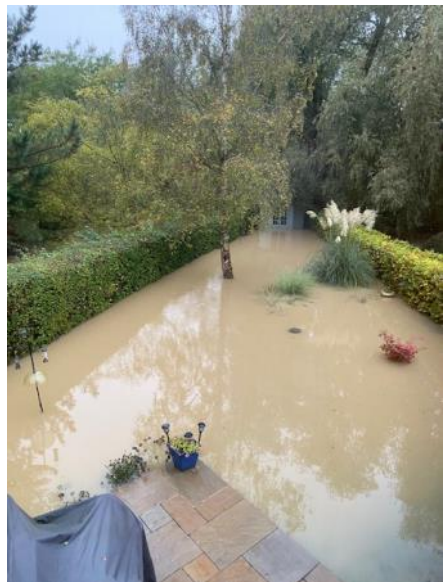
If anyone would like to get involved please email

camjbrown@gmail.com

Private hire of the pub is available for events/birthdays etc.

Ring 01728 746856 and talk to Cam.

Flooding on Friday 20th October (and beyond)









Accompanying these photos which were sent to me there have been several descriptions of acts of kindness from neighbours in the village. What a great place we live in, if a little soggy at times! Well done everyone who lent a hand where they could.

For everyone now going through the long process of cleaning up, drying out and negotiating with insurance companies, our hearts go out to you.

Ed

A Sense of Place and Time



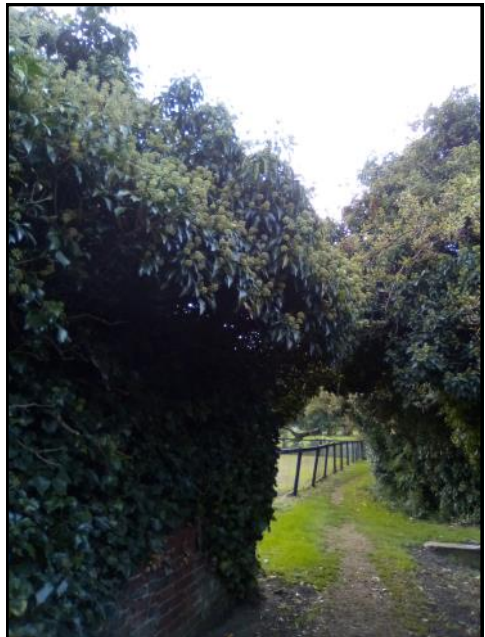
Ivy flowers

October is the best month to see Ivy - *Hedera helix* – in flower. On a sunny day in a warm sheltered spot, the flowers will be alive with insects taking advantage of this valuable early autumn source of pollen and nectar. Honey bees, hoverflies, hornets, wasps and even butterflies all crowd in for a feast. These days our native insects are now joined by the Ivy bee. This species was first recorded in the UK in 2001 and since then has been slowly moving north. As the name suggests it feeds on ivy pollen and is therefore best seen whilst foraging amongst ivy flowers. It's appearance is similar to a honey bee, but it has distinct yellow and black stripes on its abdomen.

Ivy has two forms – the juvenile clinging/climbing phase that has sharply lobed leaves, and the arborescent phase where it reaches a 'summit' and begins to branch and flower.

Once pollinated, the flowers develop into the familiar 'globes' of interlocking berries – which are a wonderful source of winter food for birds, particularly blackbirds and thrushes.

Acetosella October 2023



Poppy Appeal 2023



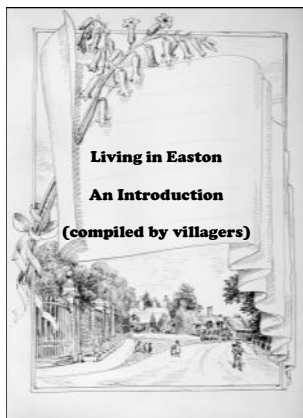
I will be collecting house to house again this year on the weekend of 4th and 5th November.

There will also be a box at The White Horse, Easton Primary School and the Farm Park.

Just to give you all a heads-up!

Thank you in advance for supporting this very worthy charity.

Anne Parkinson



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



Could you help?

St Elizabeth Hospice are looking to recruit a team of warm, caring and empathetic Community Volunteers to provide support to people living in their own homes.

The support provided may include tasks such as collecting and delivering shopping, collecting medication, making a snack or drink, light house work and gardening, or visiting to provide carer/loved one respite, reassurance or a cup of tea and a chat.

We have many patients requesting support in their own homes across various locations in Suffolk but in particular Saxmundham, Ipswich, Woodbridge, Eye, Felixstowe and Stowmarket areas. Visits can sometimes be up to 4 hours, but usually would be much less.

If you have any questions regarding the role please contact the Volunteer Team on 01473 707939 or email

volunteer@stelizabethhospice.org.uk

Thank you.

The Children's Society

Thank you to everyone who had a collection box at home all year for their loose change. We collected £52.53 for this children's charity which does such valuable work to help ensure those children who need it have a good life.

Please contact me if you would be prepared to have a box at home for the year to put your spare coins into. It's as easy as that! I'll deliver and collect.

Thank you.

Julia Smith T: 746658

DONATIONS TO ST ELIZABETH HOSPICE instead of CHRISTMAS CARDS



In the past several Easton households have made a donation to the Hospice instead of sending local Christmas cards round the village.

If you would like to do this again this year, please send your donation to the Hospice and contact Clare Owen so that she can put your names on the list in the December magazine.

T: 745015

E: clareeowen@tiscali.co.uk



DR DAN POULTER MP

Member of Parliament for Central Suffolk and North Ipswich

I write this just days after our Prime Minister made it clear that we cannot meet our climate commitments by penalising the disadvantaged or by imposing eye-watering financial burdens on people living in rural counties like Suffolk.

Let's be clear, I believe that climate change is real. Evidence indicates that there is a man-made component to the warming of the planet. As Earth's custodians, we have a duty to act, but we must do so in a pragmatic and proportionate way, bringing people with us as we take action.

This country should be proud of current achievements. Britain is a world leader in the target of reaching Net Zero by 2050. UK carbon emissions are now at their lowest level per head of the population since 1859. We have reduced carbon emissions faster than any other large economy, especially since 2010 under our current Conservative Government.

Britain has over-delivered and can now have a more proportionate, realistic approach that eases financial burdens on families, while doubling down on investment in new green industries of the future like Suffolk's offshore wind farms for renewable energy production.

Most families in Suffolk simply cannot afford to spend an extra £5,000 to transition to an electric car. The Government is therefore easing the transition to electric vehicles from 2030 to 2035, in line with countries similar to ours. After 2035 petrol and diesel cars will still be able to be bought and sold second-hand. It will be for the consumer, not the Government to choose when to change to an electric vehicle. Delaying until 2035 also allows time for the charging-point infrastructure to grow and electric car battery ranges to increase in line with the needs of car users, particularly those living in Suffolk and other rural counties.



The Government has also made sensible changes to rules around new boilers. Around one in four homes in much of the central Suffolk area are off grid and/or have oil powered central heating. Previous proposals to mandate the installation of heat pumps from 2026 for homes that required new boilers would have cost off-grid Suffolk households between £15,000 and £40,000. This was simply unaffordable for many off-grid households.

Much more time will now be given to all households to make the change to heat pumps.

Homes will no longer have to rip out existing boilers and heating systems and many households are now exempt from having to do so at all, due to reasons of practicality and/or affordability. However, should households wish to make the switch to heat pumps, the Boiler Upgrade Scheme grants will be increased to £7,500 per household, encouraging more homes to install heat pumps when they come to replace their existing boilers.

From amidst our often-polarised debates around climate change, has emerged a pragmatic and realistic Government plan to both improve our energy security and to reduce our carbon emissions. If we want to bring people with us on this important energy journey, the future must be about consent, not imposition, honesty, not obfuscation, and pragmatism, not ideology.

Let's celebrate our successes and be proud to be a world leader in reaching net zero, but let's also ensure future energy policies continue to be more mindful of reducing energy costs to rural households and to poorer homes.

All Saints Church



Remembrance Sunday



We shall be marking Remembrance Sunday on 12th November beginning at **10.45 am** so that the minute's silence takes place at the same time as everywhere else in the UK.

There will also be our usual Act of Remembrance on 11th November at 10.55 am in front of the War Memorial inside the church.

Other Church Services

The benefice service on 5th November is at Hacheston at 10.00 am.

At Easton, the service of Holy Communion on the fourth Sunday of November (Christ the King) is on 26th at 11.00 am.

Sunday Cafe

The Sunday Café is on 19th November in the Village Hall from 10 – 11.30 am.

School Harvest

Easton Primary School held their harvest celebration in the church on Thursday 19th October. The church was full and the children sang and spoke really well.



Discussion Group

The next meeting of the Discussion group is at Ash Grove, Framlingham on 1st November when we shall be studying the Magnificat.

We meet at 10.30 am and start with coffee/tea. New members are always welcome.

Services on Zoom

The Zoom service is on 19th November at 9.30 am. If you would like to join our Zoom services, please register with Bill Clark so that he can send you the link (bill78@btinternet.com).

NOTE:

Please note that there is no Christmas Fayre this year.

Jane Woodbury-Eggins

HARMONIUM

We no longer use or need the harmonium in the church and the PCC would be happy to give it to someone for a small contribution.

If you don't want to play it (and it could be refurbished), it might recycle as a bar or cupboard.

The new owner would need to collect and transport it.

Any offers? Pop into the church sometime to have a look. It's on the left hand side as you enter.

Contact Easton PCC on 746667

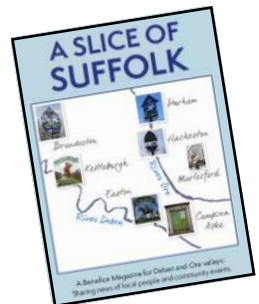


*A Slice of Suffolk
The benefice magazine
with all you need to know about church
services and what's going on in the other
villages.*



**Please send any items of interest about
your village by 21st of the month and if you
can keep your article to less than 120 words
that would help enormously.**

E: infoforSOS@gmail.com

The magazine covers Campsea Ashe, Brandeston,
Parham, Hacheston,
Kettleburgh, Marlesford and Easton.



Church Services for November 2023

5 th	4 th Sunday before Advent	10am	Benefice Holy Communion *	Hacheston
12 th	3 rd Sunday before Advent	10.45am	 Remembrance Services 	Brandeston*
				Campsea Ashe
				Easton
				Hacheston
				Marlesford
19 th	2 nd Sunday before Advent	9.30am	Holy Communion*	Marlesford
			Zoom Service	
		11am	Morning Worship*	Kettleburgh
			Morning Prayer	Parham
26 th	Christ the King	9.30am	Holy Communion*	Campsea Ashe
			Morning Worship	Brandeston
		11am	Holy Communion*	Easton
			Holy Communion	Parham
		6.30pm	Evening Prayer	Kettleburgh

Monday Prayers are at Hacheston at 4pm
 Compline is said at Marlesford every Wednesday at 4pm
 The next Benefice service will be at
 Kettleburgh at 10am on 3 December
Rev'd Ann

Sunday Café



Sunday 19th November

10—11.30 am

Village Hall

Come and join us and help raise money for Children in Need. All profits made will go to the charity.

Enjoy good coffee or tea, juices, bacon rolls (bacon from Revetts and rolls from The Bakehouse), croissants, delicious homebakes (there may be a few Pudsey surprises too!) and our exciting 'specials' board, often with seasonal goodies, many locally sourced. Read the newspapers, chat to friends, and make new ones in a lovely relaxed atmosphere.

We've got toys for the children and a covered seating area outside if you'd like to bring your dog.

EVERYONE WELCOME

Sunday Café is sponsored by All Saints Church



Easton Open Gardens

23rd June 2024



Having had a rest this year, we are planning Easton Open Gardens for next year, an event that many villagers and visitors enjoyed last year.

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 you 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.

All gardens that are cherished and cared for would be interesting for visitors. A range of different gardens adds variety and interest. Of course please ask us or other open gardeners any questions or concerns that you might have.

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

T: 768215

E: clairebalcombe@email.com



Neighbourhood Watch

News for September

How to pay for goods online

Generally speaking, if you're buying something that costs more than £100 but less than £30,000, a credit card is your best bet. That's because many credit card purchases benefit from legally binding protection under Section 75 of the Consumer Credit Act. In a nutshell, Section 75 makes your card provider jointly liable with the retailer for any breach of contract or misrepresentation. If you pay £1,000 for a laptop that never shows up, and your emails to the seller go unanswered, Section 75 offers you a different way of getting your money back. Paying by credit card can be a good way to cover yourself when buying big-ticket items such as tech, white goods and furniture.

Chargeback

If you're spending less, or you don't have a credit card, paying by debit card can still protect you. A scheme called chargeback, operated by the card schemes Visa, Mastercard and American Express, works in a similar way to Section 75 if goods or services are damaged, not as described or haven't been delivered. PayPal also offers its own Buyer Protection scheme which can award refunds in similar circumstances. But all these schemes have time limits, so get your complaint in promptly if there's a problem.

Bank transfer

If a bank transfer is the only payment method on offer, be extremely cautious. It doesn't necessarily mean the retailer is dishonest - it's common for genuine small businesses and sole traders to only accept bank transfers. However, this method offers shoppers the least protection of all.

Bank transfers used to attract virtually no protection at all, but thankfully that's no longer the case. Since May 2019, the Authorised Push Payment (APP) scams voluntary code has seen some fraud victims refunded by their bank, providing they upheld certain standards, such as heeding any fraud warnings from their bank.

However, it's still best to avoid paying by bank transfer unless it's the only payment method available, you have done your own checks and you're sure the retailer is trustworthy.

Beware fake Halifax emails

We received multiple reports about unsolicited emails from scammers posing as Halifax.

These messages appear to come from 'Halifax' but the true sender addresses are hijacked Tiscali and TalkTalk accounts.

The scammers used convincing Halifax branding and claimed to be asking customers to 'refresh their contact details' as an extra security measure, inviting them to click a link provided to do so.

Anyone who clicks on one of these links will be redirected to a copycat Halifax website [hlfx-online.com].

Although this fake website may look identical to the genuine Halifax website, the real Halifax domain is [halifax-online.co.uk] not [hlfx-online.com].

Using a protected device, we visited this phishing website, which asks you to enter a Halifax username and password.

Once these details are captured, the fake site then invites you to reset your password and memorable information, or call the bank.

This number is a genuine Halifax customer number that appears on the real website for current account customers who wish to call the bank from abroad.

Halifax confirmed that this number is still in use and receiving thousands of calls from customers on a daily basis, explaining that the scammers most likely showed a genuine telephone number to provide a degree of credibility if anyone suspicious conducts any checks.

Information from the Consumers' Association



John Owen

November in the Garden

‘There is the touch of November air, chill enough to have a slight tang, like properly aged cider. Not air that caresses, nor yet air that nips. Air that makes one breathe deeply and think of spring water and walk briskly.’ Hal Borland



Local gardener Nikk Slowey FdSc Hort. Who, along with her husband Christian are Honeysuckle Horticulture, shares her tips for the garden in November.

Autumn's leaves are falling rapidly, and inclement weather is on the increase. Tender plants will benefit from frost protection. Move plants into the greenhouse, or into a sheltered spot, but if you can't it is worth wrapping them with fleece or hessian.

Winter can be a tough time for birds so keep supplies well topped up.

Jobs for the Kitchen Garden

Cover brassicas with netting if pigeons are a problem

Stake brassicas and remove any yellowing leaves to the compost heap.

Sow winter hardy peas and broad beans for an early crop next year.

Continue to plant garlic which needs a cold spell to form individual cloves.

Mulch empty beds with a 1 inch layer of well rotted manure or garden compost and leave the worms and other soil organisms and bacteria to flourish. Next spring plant directly into the mulch.

Begin to prune apple and pear trees as well as gooseberries and currants.

Check stored fruit and potatoes for rot regularly to avoid it spreading to the whole crop.

Prevent winter moth damage to fruit trees using grease bands around the trunks

Jobs for the Ornamental Garden

Plant out winter bedding in borders and containers.

Clear up fallen leaves - especially from lawns, ponds and beds. Use them to make leaf mould perfect for mulching and adding to potting mixes.

Raise containers onto pot feet to prevent waterlogging if wet weather is forecast.

Divide early flowering perennials such as oriental poppies, lupins and peonies and replant the divisions straight into the border.

Prune your shrub roses. Take out any dead, diseased or dying material first, then remove any large woody stems. Finally, reduce the year's growth by up to two thirds.

Plant tulip bulbs for a colourful spring display next year.

Tie in long shoots of climbers such as clematis and honeysuckle to prevent wind damage over the winter months.



Letheringham Notes

Wilfred Owen's poem "Dulce et Decorum Est"

Andrew Spacey has a keen interest in all aspects of poetry and writes extensively on the subject. His poems are published online and in print. "Dulce et Decorum Est" is a poem Wilfred Owen wrote following his experiences fighting in the trenches in northern France during World War I. Spacey writes:-

"Here is a gas poem ... done yesterday," Owen wrote to his mother from the recovery hospital in Craiglockhart, Scotland, in 1917. He was 24 years old. A year later he was killed in action, just one week before the Armistice of 11 November 1918 was signed to signal the end of hostilities.

The poem was published posthumously in a 1920 book simply called *Poems*. Wilfred Owen's preface reads: *"This book is not about heroes ... My subject is War, and the pity of War. The Poetry is in the pity."*

Dulce et decorum est pro patria mori, which is a line taken from the Latin odes of the Roman poet Horace, means it is sweet and proper to die for one's country. In his poem, Wilfred Owen takes the opposite stance. He is, in effect, saying that it is anything but sweet and proper to die for one's country in a hideous war that took the lives of over 17 million people.

This poem, written by a young soldier recovering from his wounds who was brave enough to return to the battlefield, still resonates today with its brutal language and imagery.

Bent double, like old beggars under sacks,
Knock-kneed, coughing like hags, we cursed through sludge,
Till on the haunting flares we turned our backs,
And towards our distant rest began to trudge.
Men marched asleep. Many had lost their boots,
But limped on, blood-shod. All went lame; all blind;
Drunk with fatigue; deaf even to the hoots
Of gas-shells dropping softly behind.

Gas! GAS! Quick, boys!—An ecstasy of fumbling
Fitting the clumsy helmets just in time,
But someone still was yelling out and stumbling
And flound'ring like a man in fire or lime
Dim through the misty panes and thick green light,
As under a green sea, I saw him drowning.

In all my dreams before my helpless sight,
He plunges at me, guttering, choking, drowning.

If in some smothering dreams, you too could pace
Behind the wagon that we flung him in,
And watch the white eyes writhing in his face,
His hanging face, like a devil's sick of sin;
If you could hear, at every jolt, the blood
Come gargling from the froth-corrupted lungs,
Obscene as cancer, bitter as the cud
Of vile, incurable sores on innocent tongues,—
My friend, you would not tell with such high zest
To children ardent for some desperate glory,
The old Lie: Dulce et decorum est
Pro patria mori.



From Terry Carlin


Dingbats

(answers on page 31)

£humerus
+
£femur

1

1 3 5 7
1 3 5
1 3
1 3 5 7 9 11 13 15
1 3 5 7
1 3 5



2

Gorgeous
Epidermis
Dermis
Tissue

3

HEAR CAN'T SEE

SMELL TOUCH

4

ABC....YZ

5

Preserving

Repairing
Replacing
Mending

6

owt the
2550

7

O E R T O

8


Happy Jolly Fun-loving
Cheerful

9

gathering bash
celebration do
function
banquet

10

give GET
give give
GET GET
give GET

11

icy chilly
icy
freezing icy wintry
icy frosty
icy
icy
icy



12

teenagers utd - 2
middle-aged - 0

13

liquids
liquidsolids
gasolid

14

THEHANGRE

15

stay pause
hand foot

16

worldwide
c
r
m
s
o
n

17

inha ling
respir atory

18

2pm occurence
4pm sage

19

G G G
AFIALLA
P P P

20





FLOWER AND FOX
NATURAL HEALING

Discover the benefits of homeopathy. Does something feel out of balance in your body, or are you struggling with an issue that won't go away? Homeopathy is a holistic practice that can support your body to heal itself and find balance. From hay fever and eczema to gut health and skin issues, it can help with a huge range of conditions by working in sync with your body. Suitable for everyone, at all times of your life.

Contact me - Caroline Smith, Registered Homeopath (LHCEA, RS Hom)
07796332459; flowerandfoxnaturalhealing@gmail.com
www.flowerandfoxnaturalhealing.co.uk



The Easton White Horse

BAR:

Tues: 5pm to close

Weds/Thurs: 12pm—2:30pm & 5.30pm to close

Fri/Sat: 12pm to close

Sun: 12pm—7pm

FOOD:

Tues: 5.30pm—8.30pm

Wed to Sat: 12pm—2:30pm & 5:30pm—8:30pm.

Sun: 12pm—5pm.

Monday closed (except bank holidays)

Tel: 01728 746456

For up to date information visit our Instagram page:
[the_easton_white_horse](https://www.instagram.com/the_easton_white_horse)

We look forward to seeing you soon!

PRIVATE TUITION



Heather Whiffin, B.Ed, MaST
Primary Maths and English
bespoke lessons.

Primary Maths Specialist
DBS checked

Contact: heatutor21@yahoo.com

Are you looking for someone to help
with

Odd Jobs/Light Maintenance/ Gardening?

Based in Easton covering the
surrounding area including:
Wickham Market/Framlingham/
Woodbridge/and surrounding villages

Please call Oli on 07496 517909
or email

omummery@googlemail.com
for more information/quotes etc.

AR Smart Systems WiFi & Security Experts

Whether you are struggling with internet connectivity
or looking to improve your home security, we can
help.

WiFi Solutions CCTV Installations
 Alarm Systems 4G Mobile Broadband

Professional • Knowledgeable • Reliable

01473 875975 al@arsmartsystems.co.uk



www.arsmartsystems.co.uk
3 Ullswater Road, Campsea Ashe
IP13 0PN



Dingbat answers

1. Costs an arm and a leg
2. Long odds
3. Beauty is only skin deep
4. Blind corner
5. Split ends
6. High maintenance
7. Back to the future
8. Painless operation
9. Merry-go-round
10. Tea Party
11. Forgive and forget
12. Common cold
13. Lost generation
14. United States
15. Hang in there
16. Wait on hand and foot
17. International red cross
18. Breathing space
19. Wise after the event
20. Fill in the gaps

DAVE CHAPMAN

MoT and Service Centre

MoTs • Servicing • Tyres • Exhausts • Brakes
Air Conditioning • Diagnostics • Cambelts • Batteries

Unit 2, Anson Road,
Martlesham Heath, Ipswich IP5 3RG
Telephone: 01473 927927



GPM Mortgages



Looking for a mortgage? We're here to help.

Get a **FREE** mortgage assessment and find out if you could save money

Why choose us?

- ✦ We're totally independent which means we work with you, for you.
- ✦ We have access to the whole mortgage market.
- ✦ You get access to exclusive rates and incentives.
- ✦ We can help you whether you're looking to borrow for the first time, remortgage or raise capital.
- ✦ Even if you have a low credit score or have complex borrowing needs, we can still help.
- ✦ We help people from all walks of life, from employed to self employed, retired to expats and everyone in between.

**To find out more about what mortgages
are available to you, get in touch today.**

GPM Mortgages, Easton, Woodbridge, Suffolk IP13 0FA
gpmmortgages.co.uk | 07772 457 658 | gpm.mortgages@yahoo.com

Please be aware your home may be repossessed if you do not keep up repayments on your mortgage.

Victoria Bradfield



BEAUTY THERAPIST AND MAKE UP ARTIST

I OFFER HIGH END BEAUTY TREATMENTS ENJOYED IN THE COMFORT OF YOUR OWN HOME INCLUDING FACIALS, WAXING, MASSAGE, EYELASH EXTENSIONS. CONFIDENTIALITY ASSURED. I LOOK FORWARD TO INTRODUCING YOU TO A MORE RELAXED YOU. CALL TO MAKE AN APPOINTMENT OR DISCUSS ANY QUESTIONS YOU MAY HAVE.

07775662725
VEBRADFIELD@YAHOO.CO.UK
WWW.VICTORIABRADFIELD.CO.UK

aaron
nobb
ELECTRICAL LTD.

DOMESTIC, AGRICULTURAL AND COMMERCIAL
INSTALLATION AND MAINTENANCE. ELECTRIC
VEHICLE CHARGE POINT'S.
ESTABLISHED OVER 20 YEARS

A: Bramble Cottage | 33 The Street | Brandeston
Woodbridge | IP13 7AE

T: 01728 684422 M: 07976 638434

E: info@aaronnobbslectrical.co.uk

www.aaronnobbslectrical.co.uk

aaron
nobb
ELECTRICAL LTD.

RENEWABLE ENERGY SOLUTIONS

| SOLAR PV | BATTERY INSTALLATION |
| HEAT RECOVERY SYSTEMS |



THE SUFFOLK SWEEP
- No. 1 for chimney care -

Chimney sweeping

Cowl fitting

Camera inspections

Stove refurbishment

Smoke tests

Certificates issued

Please call Ben on 07766 235607

www.thesuffolksweep.co.uk



WINDOW
CLEANING

only chance is to act now

Are you looking for a window cleaner that's
regular, reliable and professional?

- Gutter, Fascia, Soffit, Solar Panel and Sign Cleaning
- External and Internal Window Cleaning to you so you like them and want to please them

PHONE: 07541576780

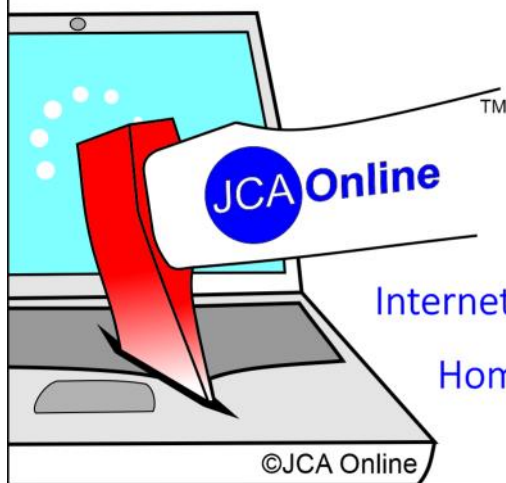
EMAIL: abahrami112@gmail.com



Give Us A Call!

01728 726509

Before this gets too tempting



Computer Repairs

Data Recovery

Backup Solutions

Antivirus Solutions

Internet / Wireless Issues Resolved

Home or Business



www.jcaonline.co.uk

Office in Framlingham
Workshop in Earl Soham



Office Sale Room 2

*Need a valuation for
sale or other purpose?*

*Let us point you in
the right direction...*

*Expert valuers available
six days a week at our
Campsea Ashe Auction
Centre or on-site by
appointment*

Tea Rooms