

# ASSIGNMENT

NEWS



DECEMBER 2021

# CLUBS & ORGANISATIONS (useful numbers)

If your club or organisation is not listed here and you would like to be included, then please let me know on 01787 210354 or email [bronwenstacey@btinternet.com](mailto:bronwenstacey@btinternet.com)

Allotments Secretary	Claire Osborne	07920 800108
Assington Baby and Toddler Group	Rev Tricia Box	01787 227528
Assington Books, Village Hall (see post office for times)	Michelle Bournier	07954 221773
Assington Farmshop	Maxine Gardiner	01787 211610
Assington Post Office, Village Hall	Mon 1.30-3.30,	Wed 9-12
Assington Village Charity Secretary	Claire Osborne	07920 800108
Boxford CEVC Primary School ( <a href="mailto:office@boxford.suffolk.sch.uk">office@boxford.suffolk.sch.uk</a> )	Head: Mrs J Davies	01787 210332
Brownies, Boxford	Moiria Grant	01787 211513
Church - Organist	Bronwen Stacey	01787 210354
Church - Reader	Dr John Symons	01787 211534
Church - Secretary	Emily Cartlidge	07976724266
Church - Treasurer	Ian Clark	01787 211133
Churchwarden	Roger Britcher	01787 211021
Churchwarden	Bronwen Stacey	01787 210354
Community Choir	Nettie Osman	07957 394780
County Councillor ( <a href="mailto:james.finch@suffolk.gov.uk">james.finch@suffolk.gov.uk</a> )	James Finch	01473 264993
District Councillor (Assington)	Lee Parker	01787 376073
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Doctors surgery – Bures	Bures	01787 227529
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Leavenheath Cinema	Ken	01206 263266
Member of Parliament ( <a href="mailto:james.cartlidge.mp@parliament.uk">james.cartlidge.mp@parliament.uk</a> )	James Cartlidge	020 7219 4875
Parish Council	Simon Thorogood	01787 227400
<a href="mailto:bronwenstacey@btinternet.com">bronwenstacey@btinternet.com</a>	Bronwen Stacey	01787 210354
<a href="mailto:whitemkevin@me.com">whitemkevin@me.com</a>	Kevin White	07477 580561
<a href="mailto:tony@howcroft.net">tony@howcroft.net</a>	Tony Howcroft	
<a href="mailto:hwallace58@gmail.com">hwallace58@gmail.com</a>	Helen Wallace	01787 211162
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<a href="mailto:andrewpeterhill@hotmail.com">andrewpeterhill@hotmail.com</a>	Andrew Hill	01787 827112
Parish Council - Clerk, ( <a href="mailto:assingtonpc@yahoo.com">assingtonpc@yahoo.com</a> )	Christine Hargan	01449 674727
Pub – The Shoulder of Mutton		01787 210334
Vicar (Associate Priest during the Interregnum)	The Revd Simon White	07572 418555
Village Hall – Bookings ( <a href="mailto:louisa@moorsfarm.com">louisa@moorsfarm.com</a> )	Louisa Symons	01787 211534
Village Hall - Caretaker	Paul Battle	07473 933320
Womens Institute, Boxford ( <a href="mailto:annie-phillips@hotmail.co.uk">annie-phillips@hotmail.co.uk</a> )	Annie Phillips	01787 211729

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# SEASON'S GREETINGS!

*WISHING YOU ALL A HAPPY CHRISTMAS AND A  
SAFE AND HEALTHY NEW YEAR IN 2022*

**At the heart  
of Christmas**



It was not until working there for five years I got my own rural delivery in Great Waldingfield. At that time, I was living in Sudbury, but after seeing a nice detached property for sale and knowing I was going to have good neighbours, I took the plunge and happy to still be living there.

In the 32 years of working for Royal Mail I have seen many changes, not always for the best.



## MALCOLM THE POSTMAN

After 32 years of working for Royal Mail as a Postman and driver, delivering to Great Waldingfield, Clare and for the past 12 years the villages of Boxford and Assington, I am regrettably retiring due to ill health.

I started with Royal Mail in February 1989, after being encouraged by my younger brother, who was already a postman, to join the company. Prior to working for Royal Mail I worked for a wholesale newsagent, after leaving school for a year. After passing my driving test I joined H Byham and Son as a milkman in Sudbury, delivering to Glemsford and surrounding villages for 13 years.

On joining Royal Mail for the first few years, I did most jobs from sorting, collecting and delivering mail, to lorry driving, as jobs were allocated according to seniority.

The job was a service, now it is a business to make money. I remember on one occasion I was the relief cover for the regular postman in Bridge Street. I was delivering on one side of the street when I heard someone shouting "Postman, Postman" on the opposite side. "Have you got anything for me today?" I said "Sorry, no".

"Oh" she said "Ken always knocks every day to see if I am OK. No harm will come to me whilst Ken is on the delivery". Sadly, nowadays with trackers in the vans and being monitored on the PDAs you struggle to get the job done in time, let alone speaking to people.

After 32 years it has been only the last two years that has been the most difficult. The previous 30 years there was not a day that I got up and thought "Oh no I have got to go to work". I enjoyed going to work and meeting the customers, I thought of them as My customers not Royal Mail's. I have made many friends over the years, I will certainly miss the interaction with you all, the customers are what made the job for me.

Unfortunately, after all the years of being a milkman and postman I am now suffering with osteoarthritis in my hips, hands and knees and cannot manage the job anymore. I have been given the opportunity to take Ill Health Retirement, my only regret is that I did not get the chance to say a personal goodbye to you all.

May I take this opportunity to wish you all a Merry Christmas and a Happy Healthy New Year. Hopefully I will get to see some of you when I'm out and about.

**From Malcolm.**

*I am sure I speak for many of us when I say that we all missed Malcolm when he was not well enough to continue delivering our mail, and likewise we were disappointed not to be able to say our goodbyes to him. We have very much appreciated his cheery delivery of mail and the continuity of service. On behalf of local Assington residents we send him our very best wishes for the future.* Editor



  
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# RYES COLLEGE PUPILS' LITTER PICK

From Bryony Ellett

The Ryes College pupils and staff have taken part in a Community Litter Pick alongside the Sudbury Community Wardens. This is now going to become a termly event for the school, which we are extremely pleased about.

I have attached a quote from Mel, the Community Warden and a picture of what we collected in one afternoon:

"I felt compelled to send this email after spending an afternoon with the students from The Ryes doing a community litter pick.

The 4 students I spent the most time with blew me away with their passion and drive to do a good job, and not let any litter pass them by.

Litter picking is a thankless task at the best of times, and clearing up after others can be demoralizing, but not for your students!

Their positive attitude restored my faith in people and confirmed my hope for the young adults being the carers of our community."



Well done for such a tremendous achievement! - Ed

# A MESSAGE FROM BULGARIA

From John Symons

Our Church although of 'limited means'(!) always gives 10% of gross income each year to charity.

We usually give 1/3 to a local good cause, 1/3 to a national one and 1/3 to an international charity.

Over the last 5 years we have supported a Church in Bulgaria (ex Communist regime, chaos and poverty...) who make a little support go an amazingly long way.

I copy below a letter from them received in September:

*Dear friends,  
Sending the gratitude of our community of Faith, I share some things of our life.*

*The situation in our country is getting worse- the politicians cannot decide who will govern in the future and within six months we will have three times elections. Ordinary people are tired and lose faith and don't even want to vote any more.*

*On the other side all prices are rising, the pandemic reigns and the winter is near with all the troubles for the heating.*

*Having good friends like you is real treasure- our faith is renewed and the strengths refreshed. Recently we started a new ministry together with the Red Cross in our town- working with the young people on the street. It is a group of 20 kids between 12 and 17, 6 of them have parents who are alcoholics, others are in jail and nobody in the families is responsible. The others haven't parents and the social workers provide places where to sleep and study, and we (the church with your money) help with buying food parcels, shoes and warm jackets and school stuffs.*

*Last week of August they went to a mountain camp supported by the Friendship church. We hope to be able to share with them the important things about their lives, lifestyle and future, and to show God's love.*

*Lovely greetings to all our brothers and sisters in Christ.  
Connected with prayers- Daniel and Emilia*

**At the heart  
of Christmas**





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# ASSINGTON PARISH COUNCIL

## Matters of Interest Discussed at the meeting held in the Village Hall on Wednesday 27<sup>th</sup> October 2021

Present; Cllrs Simon Thorogood, Andrew Hill, Bronwen Stacey  
In attendance: Clerk Christine Hargan

The Clerk confirmed that the meeting was quorate.

### Apologies for absence

Cllrs Jordan, Howcroft, Wallace, and White

### Receive Declarations of Interest from Councillors None

- To consider the Public Interest Report issued by the External Auditor PKF Littlejohn, who have required that we hold an extraordinary general meeting to discuss the issue. The Chair had contacted PKF Littlejohn who informed him that due process was required to be followed.

### Background :

In July 2020 the previous clerk had erroneously sent an application for exemption of audit to the external auditors, PKF Littlejohn. This error came to light when the current Clerk sent over the audit papers in July 2021 and the audit had shown that the previous year's books should also have been subjected to a full audit.

The Clerk investigated the previous accounts and found them to be factually correct, however, the existence of the exemption certificate could not be explained. The Chair contacted the previous Clerk who was unable to help as she no longer had access to any of the Parish Council's documents. We believe that the existence of the certificate was a genuine administrative error.

### Mitigating circumstances:

the country was in the midst of a pandemic and situation of lockdown where the entire nation was required to isolate and a high proportion of the population were required to work from home, therefore access to councillors was restricted to telephone or video conference. As the Parish Council was working in unusual circumstances the Chair did not have access to all of the documentation pertaining to the accounts.

Having considered the Parish Council's procedures the Clerk was instructed to make enquiries relating to annual audit services and related costs from Heelis and Lodge and also Suffolk Association of Local Councils (SALC), so that an informed decision relating to choice of internal auditors may be made at the next full Parish Council meeting to ensure that moving forwards all of the financial transactions are recorded in a clear format.

### ■ Questions to the Chair

- Payment of purchase of table tennis tables for the Village Hall. The proposed payment of £2000 had not yet been approved as there is no document trail. The Village Hall committee has been asked to invoice the Parish Council in order to ensure correct procedure for payments made by the PC. Invoices to be approved for payment
- PKF Littlejohn £288 approved
- SALC Provision of payroll services £27 approved
- Suffolk County Council £8217.16 deferred to November meeting

- Purchase of computer and scanner equipment for Parish Clerk.  
Cllr Stacey had previously been asked to research the requirements for suitable computer equipment for a Parish Clerk, and had prepared a report giving recommendations. Following discussion, it was agreed that the Clerk would arrange purchase of her preferred computer and scanner from the options provided and payment would be made by APC.

The meeting ended at 8.45pm.

The next scheduled meeting will take place on 29 November

\*\*\*\*\*

## SESAW NEWS

It's time to thank all the wonderful people who have supported SESAW in so many different ways over the last twelve months. Those who care for the animals, carry out maintenance, donate handmade or purchased items, visit our stalls at outside events to mention but a few. Your efforts ensure the charity continues to care for animals in need.

Thanks also to our fundraisers including Jayne and Karen who will be offering pet products and handmade crafts at the **Winter Market in Langham Community Centre car park, School Road, CO4 5PA on 5th December.**

We hope to hold sales again in 2022, assuming no Covid restrictions prevent it. Please leave a message on our ansaphone or email if you would like to help at events. Applicants to help with animal care are also welcome if you can commit to one morning a week.

Copies of Frank Payne's book, "Here Today, Gone Tomorrow" are still available, an ideal Christmas present when combined with the next instalment of the Author's biography, "Well Worth Waiting For". Frank details his wartime childhood, National Service and his career as a Sports journalist. Phone 01206 263006 to order the two volumes for £10, all proceeds to SESAW.

*Photograph of Frank Payne with Maggie, who runs Sesaw*



### Please Note:

We do not rehome animals over the Christmas period so we will be closed from 10th December to 10th January 2022 except for emergencies.

One last big thank you to the Editor for giving us a voice. Season's greetings to all our readers from my feline friend, Ollie and me, Kenny (the Boss) Chihuahua.

Suffolk & Essex Small Animal Welfare, Registered Charity No.1124029, Stoke Road, Leavenheath, CO6 4PP. Tel: 01787 210888 [www.sesaw.co.uk](http://www.sesaw.co.uk)

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# ASSINGTON'S AXE HAMMER HEAD

In the September 2018 edition of the Assington News, I wrote an article about the Neolithic Axe-head which Marney Jerrold had found some years previously.

The topic arose again a week ago, when Ellie Mead sent me a little "teaser", but before I continue with this explanation, I thought I should "remind" readers of the background from the original 2018 article, (re-worked), below:

*I recently took these photographs of this wonderful object.*

*The Axe Hammer photographed on a 1cm squared background, in order for you to appreciate its size*



*This incredible object has been researched and 'identified' as an "Ashbee Type 1" Axe hammer, and it was found by the sadly-missed late Marney Jerrold:*

*It was whilst Marney and husband Bob were working at Adams Well Farm orchard, one day in 1983 that Marney came*

*across this remarkable object in a ditch there. Marney recognised that this was no ordinary 'find', and contacted Ipswich Museum, the staff of which were most interested in it, and took it away for further examination, to authenticate it and to research its story.*

*They discovered that it was an approximately five thousand year-old late Neolithic/early Bronze Age Axe Hammer head. The stone from which it is made is believed to have originated in Wales, and is of the same type of stone as that which was used in the building of Stonehenge. Apparently there was a certain amount of trade between regions, and so....at some (?later) stage and in some way, the Axe-hammer ended up in Leavenheath-cum-Assington.*

*The late Neolithic/early Bronze Age saw the introduction of farming to this area. It shows that there was an agricultural community in this area that used these tools for land clearance and during the introduction of 'farming' to this area.*

*However in general, as axe-hammer heads were everyday tools, they were not usually as "unblemished" as this one. It is beautifully made and polished and it is thought to be of such a high quality that it meets the criteria for what could have been a battle-axe, and/or made for similar ceremonial purposes, and, (with the type of tools available), to shape it and polish it to this standard, would probably have taken three years in the making. It is a highly-prized object, and could possibly have originally been made for a person of status, as a battle-axe.*

*The museum returned the Axe-hammer to Marney, who put it on display at that year's Village Fete, which was held in Tim Harris's garden, at Assington House.*

*In 2010 BBC Radio 4 made a programme entitled 'A History of the World', which aimed to encapsulate the history of the world in 100 objects. In addition to sourcing their materials*

*from museums, members of the public were invited to submit information/items of interest, and many events were held across the country in conjunction with schools and local museums.*

*Marney submitted her fantastic find. Although it didn't make the "final cut" as one of the 100 objects, Marney's axe-hammer head was selected as one of the many objects made of stone, which featured on an accompanying website at that time. A BBC Programme and book resulted, to explain the history of the world!*

*How amazing is it that Assington (and Marney!) was so formative in World History!*

I take up the story of the moment:

When Marney's son, Ollie left the village, he decided that he should leave the Axe-Head in Assington, as that is what he thought his mother would have wanted. In the knowledge that Ellie has a great interest in, and some experience of archaeology, he left the Axe Head in her care.

Ellie made a number of enquiries of her Archaeological contacts, and, contrary to her initial thoughts, they all independently advised Ellie against donating the Axe Head to the Ipswich Museum.

Sadly, Ellie is now very ill, and she would like some local input from Assington residents to resolve the question of what should be done for the longer-term safekeeping of it? She sent me the photograph below,



and the following item:

## The Assington Axe by Ellie Mead

**The Assington Axe was found in a hedge alongside the A134 at Adam's Well farm by local resident Marney Jerrold in 1983.**

**It is made of blue granite from Wales and would have been a ceremonial axe owned by the local chieftain. It would have been a symbol of power and authority.**

**The question is: should it be kept in Assington in a place where locals could view it or should it be handed over to Ipswich museum?**

\*\*\*\*\*

If the local Archaeologists do not recommend that the Axe-head be placed in the care of Ipswich Museum, and we would like it to remain in the village, perhaps some method of secure display in a community building could be a suitable presentation site for this exceptional item, in order to retain it close to its long-term resting place and for local people to appreciate it and wonder at it?

Nettie Osman will shortly be seeking views, via the Facebook page.



# REMEMBRANCE SERVICE

On his parade from Rose Green, carrying the British Legion 1939 Union Standard, David Wiles was joined on The Street by Captain J H Beattie, who marched the distance to the church, followed by a number of local residents.



Upon arrival at St Edmund's they swelled the already good strength congregation, for the 2021 Remembrance Service.

Captain Beattie gave the address:



He had studied illustration at Camberwell art college, and combined two life interests by becoming a military oil painter, whilst also serving as a Yeomanry Soldier and Officer for over 25 years. This role took him to Bosnia, Iraq, Afghanistan and most recently Estonia in support of NATO.

He paints 'en plein air' as close to the action as possible, to capture the moment, and also prepares other works which he then works up on a larger scale in the studio.



*One of Captain Beattie's paintings of military subjects.*

The British Legion Standard was raised and carried to the war memorial inside the church, where the names of those earlier men from Assington who died during WWI were read out.

The Service once again tuned into the BBC broadcast at 11am, to join with the nation in the memorial at the Cenotaph in London, and the two minutes' silence to commemorate those who gave their lives in the service of mankind.

At the close of the service the Standard processed out of church to the War Grave in the Churchyard, where a further short act of remembrance took place, with the placing of a second wreath on the grave there.



The congregation were invited to return for refreshments in the church following the service, which were very much appreciated.

The Offertory collection of £375 (made up of the church collection plus Gift Aid) will be donated to the Royal British Legion.

That is in addition to the annual Assington Poppy door to door collection plus box in the Village Shop.



Outside his army activities, Captain Beattie also paints portraits, in his studio in Eight Ash Green. His website may be viewed at [www.jh1b.co.uk](http://www.jh1b.co.uk)



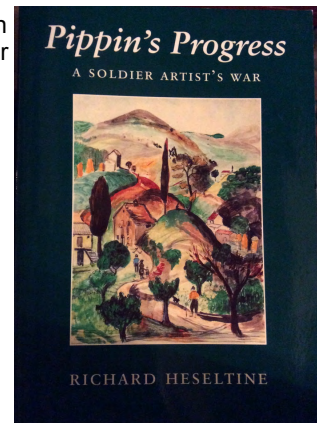
Some more of Captain Beattie's military service works:



However, there will probably be a number of "old residents" in the village, who, like me, can never attend an Assington village Remembrance Service without recalling the Addresses delivered by (Major) Richard Heseltine, MC, during his latter years.

Dick wrote a true account of his time in the army during the Second World War in his book entitled 'Pippin's Progress: a soldier artists' war'.

This most interesting and, in parts, also entertaining book (still available to purchase from his granddaughter, [annabel.thorogood@gmail.com](mailto:annabel.thorogood@gmail.com) is interspersed with the many illustrations and paintings which he drew or painted on whatever material and with whatever medium he could find to hand.



Dick was already a talented artist when he joined the 3rd Hussars in 1939, and the paintings and drawings were for his own interest and satisfaction, to record the many new places in which he travelled, and the numerous experiences which he encountered.

They were often done whilst he was actively engaged, in fact some (such as the one right) were done from the turret of his tank!

All proceeds from the purchase of Dick's book go to the following charities:



The Royal British Legion, The Art Foundation and The Orchard Project), all dear to Dick's heart.



Barren hills and fertile valley, the Voltorno (ink)

Loading at Alex for Italy (sepia)





# CHRISTMAS WITH THE CHOIR

We have welcomed some lovely new members to choir in the last month, and we've all been rehearsing like mad for our forthcoming Christmas concerts. We are delighted to be performing at selected Care Homes in the area, and also have a wonderful Charity event coming up - "Christmas With the Choir" - in the huge heated Marquee at The Crown in



Wormingford on Thursday 23rd Dec at 6pm. The audience will be provided with a list of songs and can google the lyrics and join in. There will be mulled wine and mince pies available, amongst other goodies! Tickets are £5 for adults and £2 for children, and proceeds will be going to local cause "My Little Sister Emmie".

4 year old Emmie Gizatullin from West Bergholt has a rare form of skeletal dysplasia and is the size of a 9 month old baby. She desperately

needs special equipment and therapy and we would love to be able to help her.

More info here: <http://www.treeofhope.org/my-little-sister-emmie/> or find her on Facebook.

Tickets available here: <http://www.thecrownwormingford.co.uk/order-online/>

We are also singing at the Wormingford Christmas Fete, in aid of the Wormingford Recreation Trust, at their Village Hall on the 4th December at 2.30pm.

It's possible we may have a Christmas singalong on the Playing Field at some point like we did last year to raise funds for Sesaw again, but this will be 100% weather dependent, and announced nearer the time!

Please keep an eye on Facebook, either on the Assington Community Group or HappySounds Music pages.

**Nettie**

## LETTER TO THE EDITOR

Dear Bronwen

I read your (November) Parish Church News and letter from Murray Emerson on page 3, paragraph four, with some interest. However, Wing Commander Branse Burbridge, although very successful, was not "the most successful night fighter pilot in RAF History". That position must be held by Wing Commander 'Bob' J R D Braham:

3 DSOs and 3 DFCs, he flew over 300 operational sorties against the enemy and his claims totalled 29 German aircraft destroyed, plus many damaged but not claimed, and also much shipping. This man was the finest night-fighter pilot that this country had ever seen, and many of his compatriots thought that he should have been awarded with a Victoria Cross!

He was shot down in 1944 and became a POW until wars end. He died in the mid 1950s.

Sincerely  
Robert Bousfield

*Thank you very much for your letter and information, it is very much appreciated. BS*

For more details on the above see opposite page.





# BURBRIDGE AND BRAHAM: BOTH OF THEM "UP THERE"!



**Branse Burbridge**  
(4 Feb 1921–1 Nov 2016)

Wing Commander  
**Bransome Arthur "Branse" Burbridge**,  
DSO & Bar, DFC & Bar  
was a Royal Air Force  
night fighter pilot and  
flying ace—a pilot  
credited with at least five  
enemy aircraft destroyed

—who holds the Allied record of 21 aerial victories achieved at night during the Second World War.

Burbridge was born in February 1921 into a family with strong Christian and pacifist beliefs. Upon the outbreak of the Second World War in Europe on 3 September 1939 Burbridge registered himself as a conscientious objector but changed his mind in 1940 and enlisted in the RAF.

Burbridge completed his training within a year and was posted to No. 85 Squadron RAF and claimed only one probable claim against enemy aircraft with a further aircraft damaged by the end of 1942. Burbridge was then posted to an Operational Training Unit (OTU) as an instructor before spending a year as a staff officer. In July 1943 he had reached the rank of flight lieutenant.

Burbridge returned to operations in late 1943 with No. 85 Squadron, now equipped with the de Havilland Mosquito. The unit performed night defence operations over the British Isles. Burbridge was assigned radar operator Bill Skelton who flew with him. Burbridge achieved success in a relatively short time period. By the end of the German air offensive *Steinbock* in May 1944 he had shot down five enemy aircraft making him a night fighter ace. Both men were awarded the Distinguished Flying Cross (DFC) in May 1944.

In June 1944 Operation Overlord and the Allied invasion of German-occupied Europe began reopening the Western Front. Burbridge flew a number of sorties as an intruder pilot with No. 100 Group RAF over the front. He achieved a further two aerial victories with one probable and another damaged in combat in these operations. Burbridge also destroyed three V-1 flying bombs over southern England.

In September 1944 No. 85 Squadron returned to intruding over Germany and supporting RAF Bomber Command. Burbridge was awarded a bar to his DFC in October 1944 and a Distinguished Service Order (DSO) the following month. From September 1944 to January 1945, Burbridge claimed 13 enemy night fighter aircraft destroyed—including four in one night. In February 1945 both men were awarded a bar to their DSO.

After the end of hostilities in May 1945, Burbridge stayed in the RAF for a further seven months before resigning his commission. After the war he studied at Oxford University and then Cambridge University before entering the Christian ministry. He remained in its service until his retirement. Burbridge resided in Chorleywood up until his death in November 2016.

## "Bob" Braham

(6 April 1920-7 Feb 1974)

**John Randall Daniel "Bob" Braham**, DSO & Two Bars, DFC & Two Bars, AFC, CD( Belgium) was a Royal Air Force night fighter pilot and fighter ace during the Second World War.



Braham was born in April 1920. Upon leaving school as a teenager he worked for his local constabulary as a clerk. Bored with civilian life, Braham joined the RAF on a five-year short service commission in December 1937. He began basic training in March 1938 and then advanced training from August to December. Upon the completion of flight training, he was posted to No. 29 Squadron RAF based at RAF Debden, where he learned to fly the Hawker Hurricane and Bristol Blenheim. In 1939 the squadron began to organise itself as a specialised night fighter unit.

By August 1940, the Battle of Britain was underway. He gained his first victory on 24 August, which remained his only success in the battle. In September 1940, No. 29 Squadron was re-equipped with the Bristol Beaufighter. Braham continued operations during "The Blitz", claiming the destruction of two more enemy aircraft. By the end of 1940 he had been awarded the Distinguished Flying Cross (DFC).

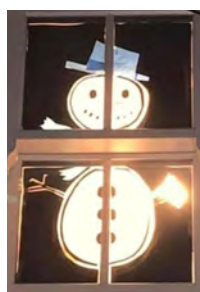
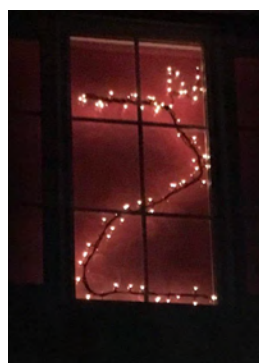
Braham continued to operate as an anti-intruder pilot after the Blitz ended in May 1941. He became an ace in September 1941, having achieved five victories, and was awarded a bar to his DFC in November 1941. In June 1942 he was promoted to squadron leader. By October 1942 Braham had claimed 12 enemy aircraft destroyed and he was awarded the Distinguished Service Order (DSO). Braham also flew missions with RAF Coastal Command during this time and claimed a U-boat damaged and an E-boat destroyed. He was then promoted to wing commander and given command of No. 141 Squadron RAF. Braham undertook more intruder sorties into German-occupied Europe at this point and received a second bar to his DFC in June 1943 and by September 1943 had gained seven more victories, including three, possibly four, German night fighter aces. Consequently, he was awarded a bar to his DSO.

The squadron soon converted to the De Havilland Mosquito and in February 1944 Braham was transferred to the operations staff at No. 2 Group RAF but was permitted to fly one operation per week. He achieved nine victories in the Mosquito and in June 1944 was awarded a second bar to his DSO. Braham's war came to an end on 24 June 1944 when he was shot down by a pair of single-engine German Focke-Wulf Fw 190 fighters. Braham was captured and spent the rest of the war as a prisoner. He was liberated in May 1945.

Braham was the most highly decorated airman in RAF Fighter Command. He claimed the destruction of 29 enemy aircraft. In addition, he claimed a further six damaged and four probable victories. One of these probable victories can be confirmed through German records, making an unofficial total of 30 enemy aircraft destroyed. Nineteen were achieved at night. He was the most successful British pilot on twin-engine aircraft. The 19 victories claimed at night rivalled John "Cats Eyes" Cunningham's tally and was bettered only by night fighter pilot Branse Burbridge.

After the war he was offered a permanent commission, which he initially accepted. Having resigned his commission in March 1946 he re-enlisted briefly. After struggling to find a career that would support his family, Braham emigrated to Canada with his family and enlisted in the Royal Canadian Air Force (RCAF) in 1952. Having held office at the Supreme Headquarters Allied Powers Europe, Braham retired from military life and began working as a civilian for the Department of Indian Affairs and Northern Development. He continued to work there until his death from an undiagnosed brain tumor in 1974, aged 53.

## SOME PREVIOUS YEARS' ADVENT WINDOWS TO INSPIRE:

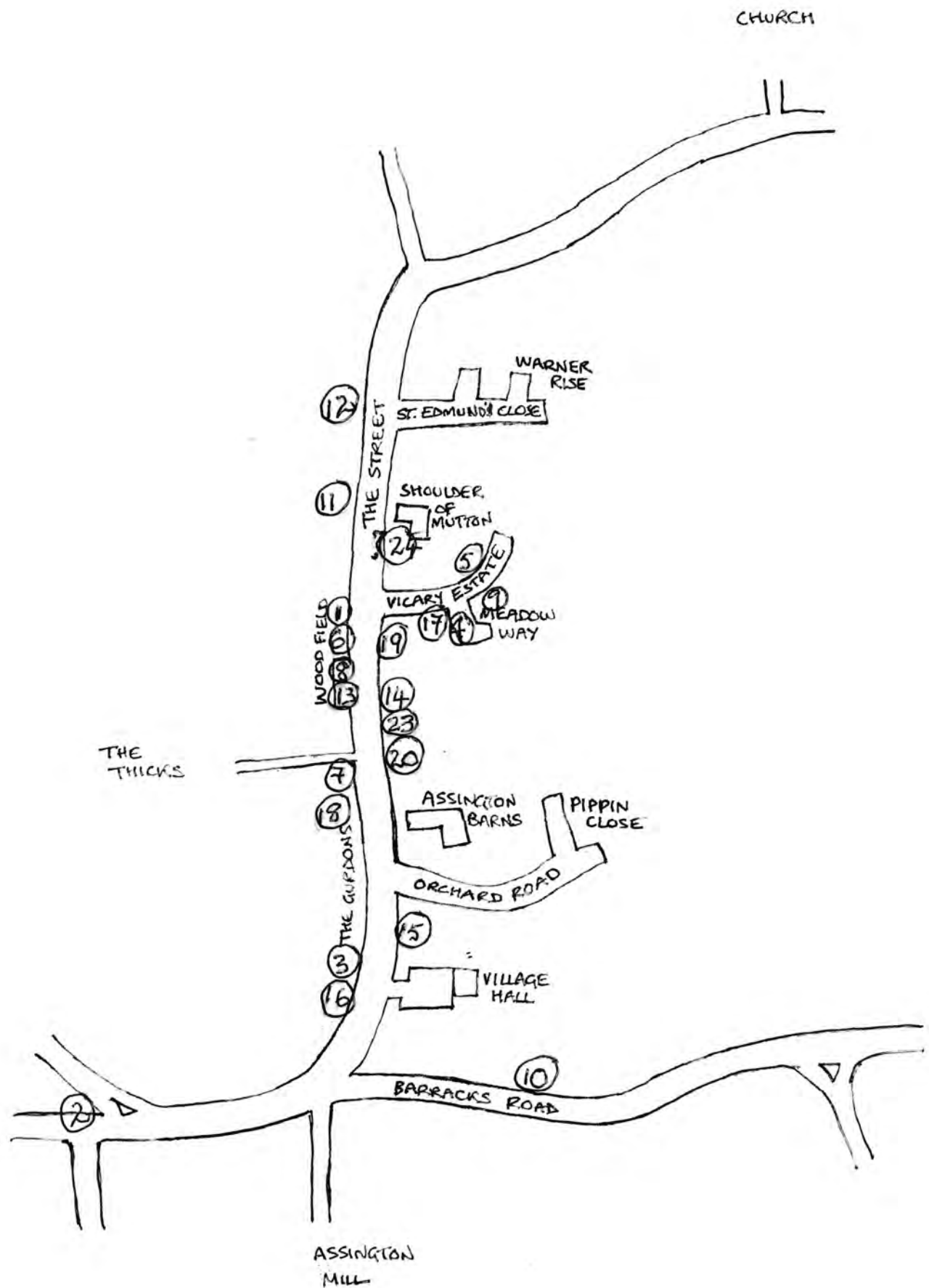


## ADVENT WINDOW GUIDE

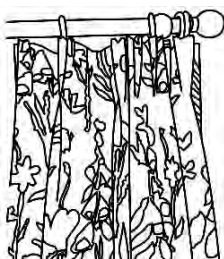
Date	Map No.	Address
Dec		
1st	1	Squirrels, The Street
2nd	2	1 Rose Green
3rd	3	6 The Gurdons
4th	4	4 Meadow Way
5th	5	Vicary Estate
6th	6	10 Woodfield
7th	7	Russett, The Street
8th	8	8 Woodfield
9th	9	3 Meadow Way
10th	10	Hill House, Barracks Road
11th	11	16 The Street
12th	12	The Old School House
13th	13	7 Woodfield
14th	14	St Edmund's Cottage
15th	15	Hollybush House
16th	16	7 The Gurdons
17th	17	17 Vicary Estate
18th	18	Elm Lodge, The Street
19th	19	25 The Street
20th	20	Stag House, The Street
21st	<i>Unallocated at time of printing</i>	
22nd	<i>Unallocated at time of printing</i>	
23rd	23	Skimbles, The Street
24th	<i>the pub (hopefully!)</i>	



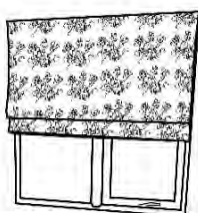
# YOUR GUIDE TO 2021 ASSINGTON ADVENT WINDOWS



# Little House Designs



Based at Cootes Cottage, Assington, I specialise in machine embroidery and design. With 40 years experience working in textiles I can help you refresh your home with new curtains, blinds and personalised items including cushions & framed embroidery.



I can visit you in your home to discuss your requirements or you are very welcome to come to see me at the cottage. I can show you examples of my work, fabric books and colour options, talk through different ideas and give you a quote without obligation.



If you have any ideas you would like to discuss, or want some help to create the look you are after, please don't hesitate to contact me.

Jacqui Egglestone  
01787 211154  
07770 520198  
[jacqui@littleshousedesigns.co.uk](mailto:jacqui@littleshousedesigns.co.uk)  
[littleshousedesigns.co.uk](http://littleshousedesigns.co.uk)



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# PARISH CHURCH NEWS

## At the heart of Christmas



*Letter from the Rev Simon White  
Associate Priest, Bures with  
Assington and Little Cornard*



Dear Friends,

For many, the Christian year starts on 28<sup>th</sup> November with the season of Advent which is a time of waiting and preparing for the coming of Jesus. A time for reflection in darkness, for renewal of hope and for a movement towards a new beginning. Christmas day on 25<sup>th</sup> December may be the best-known date in the Christian calendar but we are encouraged to start preparing early. Yes, there's shopping to be bought and celebrations to be planned but I hope you will be able to spend time in the weeks leading up to the big day thinking about what is at the heart of Christmas.

Last year many of us experienced a Christmas without many of the traditional ways we mark the season. Carol services and nativity plays either didn't happen or were very different as we tried to keep each other safe. Christmas is a time for meeting up with relatives and friends and lots of those get-togethers weren't possible in the way we would have wished.

This year we hope and pray that many of the familiar experiences that help Christmas come alive return to our homes, our church and our community. But whatever else December brings, it will offer us an opportunity to enter more deeply into the joyful mystery that lies at its heart: God becoming human in the birth of Jesus Christ.

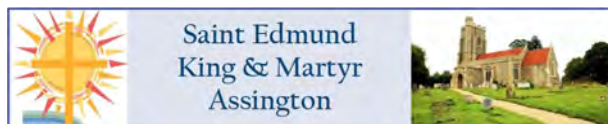
Assington church is preparing for many of the events that traditionally happen. All are invited to come along to the Carol Service at 5pm on Sunday 19<sup>th</sup> and then again at 10:30am on Christmas Day Service when we can sing and share the message of joy that Jesus brings to the world.

I hope these Advent and then Christmas seasons are everything you need them to be. The road to recovery from the pandemic has been long and none of us know exactly how December this year will be. Many will be hoping to get a booster jab and there may be other new things and changes we need to think about but please be reassured that although we celebrate Jesus' earthly birth on Christmas Day, "Jesus is the same yesterday, today and forever."

I hope you have a very Happy Christmas.  
Best wishes,

**Simon**

Reader: Dr John Symons 211534  
Associate  
Priest Rev Simon White 07572 418555  
Organist: Bronwen Stacey 210354  
Sec: Emily Cartlidge 07976 724266  
Treasurer: Ian Clark 211133  
Churchwardens:  
Roger Britcher 211021  
Bronwen Stacey 210354



Assington Church now has its own website.  
The full address is '<https://assingtonchurch.org.uk>

### DECEMBER SERVICES IN ASSINGTON CHURCH

**5 DECEMBER @ 10.30am CHRISTINGLE SERVICE  
with Holy Communion**  
(12 December Zoom)

**19 DECEMBER @ 5pm CANDLELIT CAROL SERVICE  
DO COME ALONG, EVERYONE INVITED**

**25 DECEMBER @ 10.30am CHRISTMAS DAY  
SERVICE with Holy Communion**

(26 December no service)

Please contact [office@parishchurch.co.uk](mailto:office@parishchurch.co.uk) or  
telephone 01787 227407 for details



### Assington Church

Services have resumed. See notices for the  
schedule.

**zoom**  
Get Together

**Sunday morning zooms at 9.15 am - 9.45am alternate  
with Church Services**  
**Please get in contact if you would like to receive  
invitations**

 [assingtonchurch.org.uk](https://assingtonchurch.org.uk)

Email [office@parishchurch.co.uk](mailto:office@parishchurch.co.uk) if you want to  
receive regular news about what's happening or  
ring Revd Simon White - 07572 418555

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# THINGS TO DO IN DECEMBER



**Happy Sounds**  
COMMUNITY CHOIR

**Christmas With the Choir**  
Thursday 23rd December  
**6pm**  
**At**  
**The Crown in Wormingford**  
**£5 adult / Children £2.00**

All Proceeds going to  
You can Purchase your Tickets :  
[www.thecrownwormingford.co.uk](http://www.thecrownwormingford.co.uk)

**Jacket Potatoes** **Hot Drinks**  
**Mulled Wine** **Mulled Cider**  
**Mince Pies**



This 'My Theatre' performance of  
**The Snow Queen**  
will be in **St Mary's Church,**  
**Church Field Road, Chilton**  
**Industrial Estate on**  
**Thursday 9th December**  
**at 7.30pm.**

£15 for adults £12 for children.

When Gerda's friend is stolen by the cold-hearted Snow Queen, she must find the strength and courage to travel across the lands to save him. An array of characters along the way will guide and aid her journey but can she bring the warmth of summer back to her friend? Hans Christian Andersen's classic tale will be packed with live music and characters that all ages will love.

For more information and to book tickets:  
<https://www.thisismytheatre.com/thesnowqueen>

The Churches Conservation Trust  
[visitchurches.org.uk](http://visitchurches.org.uk)  
Society Building, 8 All Saints' Street, London N1 9RL  
Registered Charity No: 258612



## SESAW

Winter Market in Langham Community Centre  
car park, School Road, CO4 5PA  
on 5th December.



Mums, dads, grandparents, carers and childminders living in and around Assington ... bring your little ones to an accompanied babies and toddlers group in the lovely, airy Village Hall. Held twice a month, Thursdays 9.30 - 11.00 am, at £3 per family.

Here are the dates of our future sessions:  
**December 9th, 16th January 13th, 27th**

Do contact me, Revd Tricia Box, if you are interested or would like to help:  
01787 227528 or 07747 124592

**CAROLS BY CANDLELIGHT ON SUNDAY**  
**19TH DECEMBER AT 5PM IN**  
**ASSINGTON CHURCH.** *Do join us*



**Leavenheath Village Hall Cinema**  
**SAT 4TH DECEMBER**  
**PETER RABBIT 2**

There also will be free mulled wine, mince pies and a Christmas Raffle

Arrive 7.00pm Film starts 7.30pm

**Please book early to avoid being disappointed**

**Tickets £3.50 per Adult and £2.00 per young person**

You can now reserve your seat online at  
[www.leavenheath.org.uk](http://www.leavenheath.org.uk)

Telephone: Marion (01206 263301) for tickets

Refreshments (wine, beer, soft drinks, coffee, tea will be available before the film starts and ice creams during the interval.

*Proceeds towards LVH Capital Project Fund (Charity No 262816)*

# WALKING FOR HEALTH

## THE HEALTH COLUMN From Anna Clayton

Many of us increased the distance and/or duration of walking last year during lockdown(s) during the allotted 60 minutes of exercise (and to get out of the house!) Some will have continued this (particularly if they acquired a dog!), and others may find their initial enthusiasm is starting to wane, for various reasons such as returning to the workplace, job changes and low motivation now the days are getting shorter days with long spells of evening darkness.

Exercise (in all forms) is one of four good health behaviour indicators alongside not smoking, low alcohol intake and eating a good diet (occasionally maintaining a healthy BMI is added as a 5<sup>th</sup> indicator) that indicate the likelihood of a healthy lifestyle.

If these behaviours fall toward the unhealthier end of their respective scales for a prolonged period, the risk of developing chronic diseases increases, and that accounts for the most morbidity (suffering from a disease or medical condition) and premature mortality (death) in developed countries.

This article focuses on the exercise element of those health behaviours, specifically walking, as it is the most accessible exercise we can do, and the benefits of walking are vast and therefore contribute to our overall health and wellbeing. Many people reported a change in their own health as a direct result of walking regularly - weight reduction, greater distances covered (endurance fitness), reduced breathlessness and lower stress levels, are a few examples.

Walking is considered a low intensity form of cardiovascular exercise, the type that increases your heart rate above the level it works at rest, but not at maximum effort. Typically, we are recommended to adopt a moderate speed so a conversation can be maintained, though that may depend on who you are walking with and your own goals!

For those looking to work harder, a more vigorous 'power walk' at speeds greater than 3.5mph may be preferable to increase the heart rate and aerobic effort. Aerobic exercise sees the lungs control the amount of oxygen that transfers via the blood system to our muscles, to burn fuel (stored sugar/ glucose or fats), and that enables us to move.

For those who walk at a more sedate speed due to mobility restrictions, lung conditions or balance issues, the benefits of walking will still occur, perhaps at a lesser rate – so don't stop yet!

Being out in the countryside or green spaces has been shown to have positive effects on both our physical and mental health.

Here we'll look at how these benefits happen from walking.

### Physical health

It is well documented that exercise (this includes walking) contributes to lowering the risks of cardiovascular disease (issues with the heart and blood vessels), some cancers, type 2 diabetes, stroke, osteoarthritis (bone wear and tear), and osteoporosis (reduced bone density), obesity, anxiety, and depression. Even if you have these conditions, you can still reduce the impact of symptoms from improving your overall health. For example, this may include improved (reduced) pain, perhaps a reduction in prescribed medication used to control symptoms as advised by your GP, and better function, strength and mobility in joints and muscles.

Positive outcomes of brisk walking include:

- The long-term maintenance of weight loss due to regular energy expenditure
- Increasing high density lipoprotein (HDL) – the good cholesterol that carries cholesterol from other parts of the body back to the liver
- Reducing blood pressure (exercise makes the heart stronger and therefore it pumps more blood with less effort and reduces the force on the artery walls)
- Studies have shown walking to reduce systolic blood pressure (the top number on a blood pressure reading that measures the force your heart exerts on the walls of your arteries each time it beats. Normal blood pressure

recordings should lie between 60/90 – 120/80 mmhg. More than 140/90 is considered high).

- Improved circulation (when your calf muscles contract on every step, they squeeze the veins, and this helps return blood to your heart)
- Cortisol (stress hormone) levels reduce when walking (more so in countryside than urban areas). (When cortisol is released, it increases blood pressure and blood glucose (sugar) levels as well as suppresses the immune system – this results in the classic fight or flight response)
- Muscle activation during each step taken from the foot upwards constantly stabilises the legs and trunk, helping with balance and posture improvements.

### Mental health

We don't always have to be in the countryside to achieve the same restorative effects; urban locations promote the same health benefits; however green spaces may better enable mindfulness and relaxation practice with more opportunity to focus on surrounding noises – birdsong and the rustling of woodland creatures (or your dog!).

As we walk our bodies release serotonin and endorphins that produce a natural 'high' which can also reduce pain. Our skin absorbs vitamin D via sunlight which helps to regulate calcium and phosphate in the body that are utilised for bone health. This can be impacted in winter months when we are wrapped up and only our faces can absorb sunlight, so getting outside on crisp sunny winter days is even more important.

### How much walking is recommended for health benefits?

This depends on your current fitness and health levels! For those participating in regular structured exercise, school sports, gym sessions, dance class or swimming etc, it is highly likely you are completing moderate intensity exercise equal to, or more than the government guidelines of 30 minutes per day (150 minutes per week). As a result, aerobic fitness will be around average, or slightly higher than average, for your age group. Walking may be used as recovery or health and wellbeing rather than harder aerobic exercise. For those who are more sedentary (and research indicates this is more likely to be those who are retired), aerobic fitness may be at average levels or below if the government guidelines of activity are not met. That said, there are also some people with significant or multiple health issues who would find 30 minutes of continuous exercise impossible. Finding a realistic duration of exercise that doesn't exacerbate symptoms, but still achieves small health benefits is the focus in this instance – and that includes starting with 1 or 2 minutes of walking and building up over time. Our quality of life directly improves with the beneficial changes from walking exercise, and this enables us to remain active and independent to complete daily activities.

### What about age differences?

In addition to overall activity levels declining as we age, walking performance has been shown to decline with ageing. Compared with adults in their 20's, those in their 70's walk with a 15-30% higher metabolic cost (greater energy expended to walk a certain distance).

Along with a slower speed (0.2-0.6metres per second), the muscles and neural signals become slower, however the physiological origins for this remain obscure in research. Muscle fatigue is likely linked to several age-related changes to muscles, including a reduction in muscle mass. However, it is not all doom and gloom, and all hope is not lost, as these changes can be improved upon by partaking in physical activity, such as walking.

It is an activity so many of us take for granted; 'going out for a walk' that we don't always consciously consider the positive effects (mentally and physically), that walking outside has on so many of our interlinked systems, which determines our health and wellbeing. Whether it is starting with 1 minute following illness or recovery from surgery, or hiking 10 miles at the weekend, each outing will build on the last – consistency is the key to maintaining or progressing walking fitness. Happy walking everyone ☺





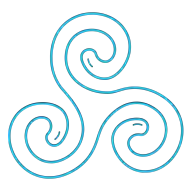
*I'm Amy Benton, a qualified Jikiden Reiki Practitioner offering traditional Japanese Reiki from a beautiful setting in Assington.*

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## ASSINGTON RAINFALL AND TEMPERATURES

Bill Milner and Bob Cowlin

**2016 TOTAL 599.5**

**2017 TOTAL 571**

**2018 TOTAL 559**

**2019 TOTAL 597**

**2020 TOTAL 636**

\*\*\*\*\*

<b>2018</b>	<b>mm</b>	<b>max</b>	<b>min</b>
JAN	60.5	11°C	-3°C
FEB	41	9°C	-8°C
MAR	74	14°C	-5°C
APR	49.5	26.5°C	+1°C
MAY	38.5	27°C	+0.5°C
JUNE	1.5	31°C	5°C
JULY	19.5	36°C	10°C
AUG	83	35°C	6°C
SEP	29	25°C	-0.5°C
OCT	30.5°C	23°C	-2°C

\*\*\*\*\*

<b>2019</b>	<b>mm</b>	<b>max</b>	<b>min</b>
JAN	23.5	9°C	-8°C
FEB	19.5	16°C	-5°C
MAR	44	19°C	-3°C
APR	18.5	24°C	-3°C
MAY	54	26°C	+1°C
JUNE	94.5	29°C	5°C
JULY	36.5	34.5°C	6.5°C
AUG	31.5	31°C	7°C
SEP	37.5	24°C	2°C
OCT	90	18 °C	-2°C
NOV	69.5	12 °C	-5°C
DEC	78	10 °C	-5°C

\*\*\*\*\*

<b>2020</b>	<b>mm</b>	<b>max</b>	<b>min</b>
JAN	33.5	10 C	-5°C
FEB	56	11°C	-3°C
MAR	21	14°C	-5°C
APR	22	23°C	-1°C
MAY	5.5	27°C	-2.5°C
JUNE	50	28°C	+2°C
JULY	58	30°C	6°C
AUG	109	32°C	4°C
SEP	25.5	27°C	5°C
OCT	110	14°C	2°C
NOV	33	14°C	-4°C
DEC	102.5	10°C	-5°C

\*\*\*\*\*

<b>2021</b>	<b>mm</b>	<b>max</b>	<b>min</b>
JAN	89	10°C	-5.5°C
FEB	34	14°C	-7°C
MAR	26	20°C	-3°C
APR	1	15°C	-5°C
MAY	78.1	25°C	-2.5°C
JUNE	55.2	30°C	+3°C
JULY	72	28°C	7°C
AUG	29	24°C	5°C
SEP	28.5	27°C	3°C
OCT	74.5	18°C	1°C

The Assington News can be viewed in colour on line at:

[assington.onesuffolk.net/](http://assington.onesuffolk.net/)

and select Assington News near the right hand side of the black strap line along the top.

### Advertising

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Contact Bob Cowlin (Treasurer) on 01787 229955 Bank account details for payments and donations: Account no: 01345159

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# BOXFORD FIREWORKS AND LANTERN PARADE

took place on Saturday 30 October.

Being a sucker for a good fireworks display, especially on a nice dry and clear evening, this was on my list of "things to do", especially as we would not be able to attend a bonfire or fireworks party on November 5th.

Of course, in the past we have been dreadfully spoilt: readers in the Leavenheath area in particular may remember the wonderful Bonfire parties thrown by Pat and Glyn Morgan every year.

My friend Susan and I are in agreement that they were absolutely the best ever!

Firstly, the anticipation, as Glyn built the bonfire over the preceding weeks, and passers-by could see it growing ever larger on the large corner plot at the end of The High Road.

Secondly, the eye on the weather, hoping for a clear night, but dressing accordingly and trotting along whatever it turned out like. ....Walking along the High Road, amidst an army of others heading in the same direction.

Thirdly, the wonderful warm welcome given to everyone, all known and time found for a chat. Of course, what made it super-special was that everyone knew almost everyone else there - it was the epitome of a 'proper' community event; we would wander around talking to and catching up with friends and neighbours .

Not only all the above, but food and drink was also provided: Keith and Glyn (and others I'm afraid I forget!) being MaitreD on the burger and hot dog stall, "with onions?" "oooh yes please!"

Then, the excitement as the time for the first firework approached; The enormous whoosh and thump as it heralded the fantastic beauty of colour, silver and gold showers, bangs, and sparkles which followed, culminating in gigantic Chrysanthemum heads of every colour and combination. Always as good as (and better than) official and professional displays.

Of course, although the bonfire was roped around and carefully "monitored", Glyn, pitchfork in hand ensuring that the fire did not spread too widely and that everybody was safe, we could actually see, feel, smell and appreciate a proper bonfire at comparatively, well actually, close, quarters.

.....But I digress. Much loved and fondly remembered, but now sadly in the box of memories.

Back to the subject of the heading....Boxford 2021  
It was a very well organised and lovely family-orientated occasion.

The well-behaved and good-natured crowd gathered, awaiting the official start of the Lantern parade up the hill to the playing field. A large number of extremely ambitiously-designed and well-executed 'lanterns' collected at the starting point.



Once, long ago, In the 'olden days" we had participated in the lantern parade, and thought we recalled that in those days a lantern was a lantern: so we turned up with two hurricane lanterns. Wrong! embarrassingly, ours were the only two hurricane lanterns there; presumably they are no longer considered safe for such gatherings. Everyone else must have attended the special "Lantern Workshops" to produce a huge array of impressive lanterns in the shapes of birds, fish, animals and inanimate objects .

The moment came.

The highland band in full dress struck up, and led the lantern - bearers up the hill, striding along to the rousing Scottish tunes played by the pipes and drums.



Once everyone had filed into the designated area, the lanterns were placed on display at one side, for all to go and inspect at closer quarters, and to admire.



The remaining minutes before the fireworks began were filled by the band, who formed in the spotlight and performed a selection of traditional Scottish airs, rhythmically beaten out by the different drums.



Then it was time for the fireworks. They were excellent, and continued longer than we had thought they would, ebbing and flowing to create the highs and lows of rainbow-glitter, soaring to ever-impressive heights and arcs of dancing light. The attempt to co-ordinate music with the fireworks didn't seem to go exactly to plan, and to be honest I always enjoy just the fireworks alone, without unnecessary distractions.

The fireworks were definitely worth the wait, and all in all, it was a spectacular evening.

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