

# ASSIGNMENT

## NEWS



DECEMBER 2023

# 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 - Vacant. Interim Contact	Jenny Cutts	01787 211371
Assington Baby and Toddler Group	Rev Tricia Box	07747 124592
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
Boxford CEVC Primary School ( <a href="mailto:office@boxford.suffolk.sch.uk">office@boxford.suffolk.sch.uk</a> )	Head: Emma Lea	01787 210332
Brownies, Boxford	Moiria Grant	01787 211513
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	07970 196884
Doctors surgery – Sudbury	Hardwicke House	01787 370011
Doctors surgery – Bures	Bures	01787 227529
Footpath Wardens	Paul & Cynthia Hollingsworth	01787 211620
Horticultural Society	Karen Wiles	
Leavenheath Cinema	Marion	01206 263301
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:david.wiles@live.co.uk">david.wiles@live.co.uk</a>	David Wiles	07811 108702
<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
<a href="mailto:i.jordan741@btinternet.com">i.jordan741@btinternet.com</a>	Ian Jordan	
<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
Stoke by Nayland C of E Primary School ( <a href="mailto:admin@sbn.suffolk.sch.uk">admin@sbn.suffolk.sch.uk</a> )	Head: Mrs Kelly McGrath	01206 262418
Vicar ( <a href="mailto:vicar@parishchurch.co.uk">vicar@parishchurch.co.uk</a> )	The Revd Daniel Whiffin	01787 228292
Village Hall – Bookings	Karen Wiles	07983 002072
Village Hall - Caretaker	Sean Mills	07547 190948
Village Hall - Charity Secretary ( <a href="mailto:richelle.birchall@gmail.com">richelle.birchall@gmail.com</a> )	Richelle Birchall	07973 220064
Womens Institute, Boxford ( <a href="mailto:annie-phillips@hotmail.co.uk">annie-phillips@hotmail.co.uk</a> )	Annie Phillips	01787 211729

The Assington News is a community magazine funded primarily through adverts and donations, for which we are always most grateful.  
**ADVERTS. RATES pa : £20 for 1/8 size page advert, £35 for 1/4 page advert, £60 for 1/2 page advert, £120 for a full page advert.**  
**Contact Bob Cowlin 01787 229955 Bank Account details for payments and donations: Account no: 01345159. Sort Code: 30 - 98 - 31.**  
 Please make cheques payable to the Assington Association.

**The ASSINGTON NEWS** NOW IN COLOUR ONLINE at <http://assington.onesuffolk.net/assington-news/>

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# CHRISTMAS EVENTS IN ASSINGTON



## CHRISTMAS INVITATION

**All Assington Senior Citizens**

**of the age 75 and over**

**ARE INVITED to attend a free**

**Festive Christmas Lunch**

**At**

**The Shoulder of Mutton**

**On Wednesday 13<sup>th</sup> December**

**at 12.30pm**

All dietary requirements catered for

**To book your place on this free lunch**

*(Courtesy of St. Edmunds Church*

*And The Assington Village Hall Charity)*

**Please email or call David Wiles**

**[david.wiles@live.co.uk](mailto:david.wiles@live.co.uk) or**

**07811108702**

Stating name (s) and any dietary requirements

By a **closing date of 6<sup>th</sup> December**



## VILLAGE CAROL SERVICE: CANDLELIT CAROLS BY THE CRIB SUNDAY, 24<sup>th</sup> DECEMBER at 5pm in the Church

**We would love Children to come along and participate in the service by carrying a figure of the Manger scene to place around the crib.**

Dress as a shepherd, a King, an angel, or even Mary or Joseph and help us tell the nativity story.....

The Service is the usual Assington Carol Service of lessons interspersed with carols. Come and sing your hearts out.

The Church, as always, looks beautiful, lit by candles.

Stay awhile afterwards to drink in the atmosphere - or mulled wine, and a mince pie, as we like to call it!



### Christingle Service on 17<sup>th</sup> December

**Families, do please  
come early at 10am on  
Sunday 17<sup>th</sup> December**

**to help us decorate the Christmas  
Tree in church.**

## We will be carol singing around the village on Thursday 21<sup>st</sup> December



and raising money for Shelter If you would like to join us, you will be most welcome; families can take part, or individuals. We meet in the Shoulder of Mutton at 6pm.

WISHING ALL READERS A WONDERFUL  
CHRISTMAS AND FESTIVE SEASON  
AND A HAPPY NEW YEAR.

A TIME TO REFLECT ON THE PREVIOUS  
YEAR AND CELEBRATE THE ARRIVAL OF A  
NEW CHAPTER:  
MAY YOUR 2024 BE FILLED WITH LOVE ,  
LAUGHTER AND HAPPINESS.

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[www.assingtoncountrykitchen.com](http://www.assingtoncountrykitchen.com)

[www.thebarnassington.com](http://www.thebarnassington.com)

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## ASSINGTON ADVENT WINDOWS!

If you would like to decorate/illuminate a window, please choose your number (1-24) and email me ([annacclayton@hotmail.co.uk](mailto:annacclayton@hotmail.co.uk)) with your house name as well.

I will add locations to the number list, which will form the Trail around the village, as the windows are revealed each day.

Look out for the **Trail Map** which will also be posted on the Assington facebook page and hopefully some copies dropped off in the Pub, shop and on the Notice boards (Vicary estate and Village Hall).

Thanks all  
**Anna Clayton**

**Please contact**  
[annacclayton@hotmail.co.uk](mailto:annacclayton@hotmail.co.uk)



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## GOLD , FRANKINCENSE & MYRRH



In the King James Version of the bible,  
Matthew, Chapter 2  
We read the story of the Magi, bringing gifts for the baby Jesus:

*Now when Jesus was born in Bethlehem of Judaea in the days of Herod the king, behold, there came wise men from the east to Jerusalem,  
Saying, Where is he that is born King of the Jews? for we have seen his star in the east, and are come to worship him.*

*When Herod the king had heard these things, he was troubled, and all Jerusalem with him.  
And when he had gathered all the chief priests and scribes of the people together, he demanded of them where Christ should be born.  
And they said unto him, In Bethlehem of Judaea: for thus it is written by the prophet,  
And thou Bethlehem, in the land of Juda, art not the least among the princes of Juda: for out of thee shall come a Governor, that shall rule my people Israel.  
Then Herod, when he had privily called the wise men, enquired of them diligently what time the star appeared.  
And he sent them to Bethlehem, and said, Go and search diligently for the young child; and when ye have found him, bring me word again, that I may come and worship him also.*

*When they had heard the king, they departed; and, lo, the star, which they saw in the east, went before them, till it came and stood over where the young child was.*



*When they saw the star, they rejoiced with exceeding great joy.*

***And when they were come into the house, they saw the young child with Mary his mother, and fell down, and worshipped him: and when they had opened their treasures, they presented unto him gifts; gold, and frankincense and myrrh.***

According to Christian tradition, the Magi are commonly known as:

- Melchior a Persian scholar, sometimes thought a King of Persia
- Caspar or Gaspar, sometimes seen as a King of India;
- Balthazar or Balthasar, a Babylonian scholar, who is often represented as a king of Arabia or sometimes Ethiopia,

The gifts they brought are thought to be symbolic of the gifts offered to a king:

Gold, the symbol of great wealth;  
Frankincense is an expensive perfume, and  
Myrrh was commonly used as an anointing oil.

Also, However, these gifts are believed to recognise the life to come of the baby Jesus they saw before them, and had a spiritual meaning:

Gold as a symbol of kingship on earth,  
Frankincense as a symbol of deity,  
Myrrh (used as an embalming oil) as a symbol of death.

### Gold

In biblical times, gold was obtained in trade mainly from sources in Egypt, the Arabian Peninsula, India and the Sinai Peninsula.

Much of the gold on Earth is thought to have been incorporated into the planet since its very beginning. In 2017, an international group of scientists, established that gold "came to the Earth's surface from the deepest regions of our planet"

The oldest gold artifacts in the world are from Bulgaria and are dating back to 4,600 BC to 4,200 BC. Varna gold is most often called the oldest since this treasure is the largest and most diverse.

Gold artifacts probably made their first appearance in Ancient Egypt at the very beginning of the pre-dynastic period, at the end of the fifth millennium BC and the start of the fourth, and smelting was developed during the course of the 4th millennium; gold artifacts appear in the archeology of Lower Mesopotamia during the early 4th millennium.

As of 1990, gold artifacts found at the Wadi Qana cave cemetery of the 4th millennium BC in The West Bank were the earliest from the Levant. Gold artifacts such as the golden hats and the Nebra disk appeared in Central Europe from the 2nd millennium BC .

### Frankincense

Frankincense is an aromatic resin used in incense and perfumes, obtained from trees of the genus *Boswellia*. The word is from Old French *franc encens*, meaning high-quality incense.

Frankincense has long been used for its therapeutic properties. It is believed to help reduce stress, improve sleep quality, and enhance cognitive function. Studies suggest that frankincense can also reduce inflammation related to brain injury. Frankincense is commonly used as a fragrance in soaps, lotions, and perfumes. People use frankincense for ageing skin, wound healing, and many other conditions.

### Myrrh

Myrrh, as a traditional natural medicine, is an aromatic gum resin. It has many medicinal powers and has been used widely in clinic for treatment of pain and inflammatory diseases, such as stomach complaints, skin infections,. Myrrh was a common analgesic and has been used to clean wounds and sores for more than 2000 years, until the Europeans discovered morphine.

### Frankincense and Myrrh together.

In China, Frankincense and Myrrh are often used together in order to obtain a synergistic effect for relieving pain and activating blood circulation and specifically to treat inflammatory diseases (e.g. rheumatoid arthritis)

In modern Chinese Medicine, these two resins are classified as herbs for vitalising circulation of blood and are utilised for treating traumatic injury, painful swellings, masses, and other disorders related to stagnation syndromes.

The main chemical constituents of Frankincense and Myrrh are terpenoids and essential oils. Their common pharmacological effects are anti-inflammatory. More interestingly, in traditional Chinese medicine, Frankincense and Myrrh have been combined as drug pairs in the same prescription for thousands of years, and their combination has a better therapeutic effect on diseases than a single drug. After combination, the pharmacological effects of the combined Frankincense and Myrrh seem magically powerful, with synergistic anti-inflammation, analgesic, antibacterial, blood-activation properties



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**For References see Website  
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# THE 30th ANNIVERSARY OF THE OPENING OF THE VILLAGE HALL

A big Thank You to David and Karen Wiles, who organised A Celebration of the 30th Anniversary of the opening of Assington Village Hall. We met on the afternoon of Sunday 19th November in - where else,? but- the Village Hall.



People gathered over a cup of tea and a delicious scone, bun or piece of cake to recall the occasion of the "grand opening event" of the New Village Hall in November 1993.



Helped by a display of some fabulous 'old' photographs which had been taken in the 1960s and 1970s of events which took place in the "Old" Village Hall:

children's parties, birthday parties, wedding celebrations, New Years Eve Parties.....

some of us were able to name more that a few past residents of the Village, and some who continue to live here.



Thank you to David, Karen and those who brought along the photos of Assington Past.....



The photograph below is of the Old Village Hall, which was sited opposite the old village school, Now L'Ecole.



Photos from the 1993 Opening ceremony of the Village Hall, a big event in the village



The Old Village Hall was demolished, after the new Village Hall was officially open for use.

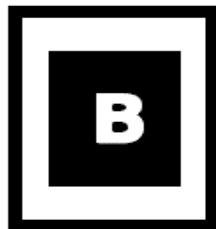
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## PARISH CHURCH NEWS

*Letter from the  
Rev Daniel Whiffin,  
Vicar of  
Bures with  
Assington and  
Little Cornard*



Dear friends

As we head towards Christmas, do you know your rights?

We have some rights because we live in a democracy. Our society now has a well-rehearsed system of Human Rights. These are shared ideas of what we all deserve simply because we exist. We don't earn these rights and we can't lose them—we simply have them.

There are other rights you must earn or pay for. Think about buying a ticket to a football match—that gives you the right to enter the stadium and watch the match. Or, if you want a particular job, you need to earn the right with a good application and interview. When I talk with people, I find they sometimes think having a good relationship with God is a right we must earn like this.

There is still another category of rights: rights we can be given as free gifts. This type can seem rather alien because it is so rare. When John was introducing his biography of Jesus, he wrote that Jesus 'gives the right to become children of God to everyone who receives him by believing in his name.' So, do we want the right to have the closest relationship with God possible—to be able to call God 'dad'. If so, Jesus gives that right for free to all who trust him to give it. That's, of course, why we celebrate Christmas by giving presents freely to one another.

If you want to know more, why not join us in church this Christmas?

Wishing you great joy and peace as we head into 2024,

Your servant Daniel

Vicar: Daniel Whiffin 01787 228292  
email: [vicar@parishchurch.co.uk](mailto:vicar@parishchurch.co.uk)

Associate Priest Rev Simon White  
07572 418555

Reader: Dr John Symons 211534

Churchwardens:

Roger Britcher 211021  
Bronwen Stacey 210354

Organist: Bronwen Stacey 210354

Secretary: Emily Cartlidge 07976 724266

Treasurer: Ian Clark 211133



Saint Edmund  
King & Martyr  
Assington



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

## DECEMBER SERVICES IN ASSINGTON CHURCH

3 DECEMBER @ 10.30am ADVENT SERVICE & HC



17 DECEMBER @ 10.30am CHRISTINGLE SERVICE

*Families please come early from 10am to help us decorate the tree*

24 DECEMBER CHRISTMAS EVE @ 5pm CANDLELIT CAROL and CRIB SERVICE

**DO COME ALONG, EVERYONE INVITED:**

*We would love Children to come along and participate in the service by carrying a figure of the Manger scene to place around the crib.*

*PLEASE BRING A TORCH*

25 DECEMBER @ 10.30am CHRISTMAS DAY SERVICE with Holy Communion



31 DECEMBER @ 10.30am Benefice Service at Little Cornard

## JANUARY 2024 SERVICES

7 JANUARY ASSINGTON @ 10.30am MORNING WORSHIP

14 JANUARY @ 10.30am BURES HC

21 JANUARY ASSINGTON @ 10.30am HOLY COMMUNION

28 JANUARY @ 10.30am

JOINT SERVICE AT BURES BAPTIST CHURCH  
and LITTLE CORNARD HOLY COMMUNION



**CAROL SINGING AROUND THE VILLAGE  
EVERYBODY WELCOME TO JOIN US AS WE  
RAISE MONEY FOR SHELTER**

**THURSDAY 21ST DECEMBER @ 6pm MEETING  
IN THE SHOULDER OF MUTTON, for our first  
carols.**

## THINGS TO DO



St Mary's Church, Bures

for babes and little ones  
and their parents/carers  
coffee/tea and lots of play followed by  
15 mins of fun, bible story & songs.

We've changed the time & day  
to first Thursday in every month  
starting at 8.45am

Thursday 7 December

Thursday 4 January all at 8.45am

Thursday 1 February



## Leavenheath Village Hall Cinema

## IT'S A WONDERFUL LIFE

**SATURDAY 2<sup>nd</sup> DECEMBER**

Arrive 7.00pm Film starts 7.30pm

The Most Loved Christmas Film U — +4yrs

Starring James Stewart & Donna Reed

2hr 11 mins with 20 mins interval

Please book early to avoid being disappointed

Tickets £4.00 per Adult and £2.50 for under 12's

You can pay by cash or card on the door

Reserve your seat online at [www.leavenheath.com](http://www.leavenheath.com)

or phone Marion on 01206 263301 to book your tickets

Refreshments, wine, beer, soft drinks, coffee, tea will be available  
before the film and also available during the interval along with ice creams.  
Proceeds towards LVH Capital Project Fund (Charity no 262816)



**Little City Christmas Party**  
Is Coming to  
**Assington Village Hall**  
on

**Friday 15th December**  
**10.00am - 12.00noon**  
Children up to 5years of age

Fancy Dress if you would like, including parents.

**£10 per child payable on door**

Limited numbers so **book your place quickly**

**Email: [david.wiles@live.co.uk](mailto:david.wiles@live.co.uk)**

Reference: **Little City Place**



Thank you  
for all your support  
and  
for making it  
such a friendly  
group.

We all love  
meeting together!

Twice a month on Thursdays in term time  
9.30-11am in Assington Village Hall at £3 per family

**Here are the next few dates**

**14 Dec, 11 & 25 Jan, 8 Feb, 14 & 28 March**

Revd Tricia Box 07747124592



**We will be carol singing  
around the village on  
Thursday 21st December**  
and raising money for Shelter (whatever the weather!)

If you would like to join us, you will be most  
welcome; families can take part, or groups of  
friends or individuals.

**We meet in the Shoulder of Mutton at 6pm.**





...THINGS TO DO

.....CONTINUED



## CHRISTMAS INVITATION

All Assington Senior Citizens  
of the age 75 and over

ARE INVITED

to attend a

**FREE**

### Festive Christmas Lunch

With all the trimmings (See menu opposite)

At

The Shoulder of Mutton

On **Wednesday 13<sup>th</sup> December**

at **12.30pm**

All dietary requirements catered for

**To book your place on this free lunch**

*(Courtesy of St. Edmunds Church*

*And*

*The Assington Village Hall Charity)*

**Please email or call David Wiles**

[david.wiles@live.co.uk](mailto:david.wiles@live.co.uk) or 07811108702

Stating name (s) and any dietary requirements

By a **closing date of 6<sup>th</sup> December**



#### STARTER

Celeriac, Hazelnut & Truffle Soup

#### MAIN COURSE

Turkey Roulade wrapped in Bacon, Chestnut, Sage &  
Onion Stuffing Served with Honey Glazed Parsnips,  
Carrots & Cream Brussel Sprouts, Roasted Potatoes  
Yorkies & Gravy

Or

Vegan Tart with Tomato Coulis & Salad

#### DESSERT

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Anglaise



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# ARMISTICE DAY 2023

## Remembrance Day at the Ryes

This year at the Ryes College we constructed our own monument of remembrance which we hope you were able to see displayed in front of our school. Each pupil learnt about the significance of Poppies and their connection and history to World War One and following this we made our own.



### Royal British Legion Presentation

Colin, a member of the British Legion, visited the school last week, and spoke to our pupils about the events, which led to the official act of remembrance on the 11<sup>th</sup> November 1918. He also, despite not having served in the military, shared the acts of sacrifice and how the British Legion began. This is first year, following advancements in technology that poppies are being manufactured by machines and not by war veterans.

### Pause for a moment

What is your opinion on this year's new poppies?

### Pupils Response

Our pupils were receptive and shared their own anecdotes of Grandparents and other stories they had heard, as well as talking about the weekend's ceremonies.

This is a poem written by one of our pupils for you to contemplate on and it will hopefully be featured on the British Legion website.

In case it is difficult to read the original, I have printed it below:

### ALL AT WAR

*Poppies are red to remember the dead  
We stand in silence and pray to honour  
you on Remembrance Day  
We are standing proud and tall for you all*

*Poppies are purple for the animals that went  
some did not return from where they were sent  
Elephants, horses, dogs and many more  
Why did there have to be a war?* by CL

With these difficult times where discord and hostility still remain, our school carry on acknowledging events which occur around the world, and we all hope that one day, there will be peace and harmony for all.

It is my hope and desire that as we approach another new year that we will be able to be involved in more Assington Community events.

If there are any members of our community with a particular skill that they would like to be able to share, please get in contact with myself, and come and see what we are all about.

I would like to thank our pupils, and in particular our proactive TA, Beth for organising all of these successful events and for contributing to this newsletter edition.

**Daniel Lawrence (Headteacher)**



\*\*\*\*\*



Assington Autos Recycling Centre would like to wish everyone a Merry Christmas.



With the rising cost of living affecting many villagers, our CEO Frederick Cook has organised for

four local families with young children, (who are experiencing financial difficulties), to each confidentially receive a large hamper. This hamper will be enough to provide more than sufficient food for an excellent Christmas dinner. It will include a fresh large turkey, beef and 'all the trimmings' including crackers, deserts, chocolates and biscuits. Assington Autos will provide food to some of our village food banks and pantries during the festive season. We hope that others in our village communities too, will also provide such provisions.

Hopefully, we will be able to again supply a free vehicle for Father Christmas to use when the local Scouts and Santa are collecting charity donations this December.

For early 2024, Assington Autos will officially be announcing its commitment to reach Net Zero by 2040. Additionally, we are again inviting our local firefighter heroes from Nayland Firestation and the emergency services to use our recycling centre without cost for RTA training including the free use of end of life vehicles. Happy New Year!

**Daniel Collins** Operations & Communications Manager



# REMEMBRANCE SERVICES

## From Jeff Stacey

There were two Remembrance Services involving Assington. The first was at the Tabor Academy in Braintree, where David Wiles has, for the past 13 years, organised the Remembrance Service that is conducted for the whole school.

Amongst the invited guests this year was a select group of Assington residents alongside other dignitaries including the Lord Lieutenant for Essex, the High Sheriff of Essex, senior representatives of the Armed Forces and the Chair of Braintree District Council.

This was the final year that David will organise this event and he certainly went out on a high with a moving and informative service. It was wonderful to see the engagement of the pupils who contributed music and dance based elements as well as the traditional aspects such as the parade of the Standards.

David picked up on three themes within the service: The first was the 70th anniversary of the Korean War, which commenced on the 25th June 1950 and ended on the 27th July 1953. It is labelled as the forgotten war despite the loss of 1,125 serving British Forces. There is a memorial to those lost lives at Horseguards Parade in London. A veteran from the Korean War was a special VIP guest at the service at the Tabor Academy.

The second theme was the Battle of the Atlantic, (1939-1945) fought by Royal Naval and Merchant Navy personnel. The Arctic convoys brought arms, ammunition and food to Europe, but were subject to constant attack from the German U-Boat Wolf Packs. Over the six years of the Second World War 5,000 ships were sunk and 65,000 allied and merchant seamen lost their lives. The Battle of the Atlantic reached its climax in March 1943; in that month, the U-boats sent 108 Allied ships—569,000 tonnes of vital shipping—to the bottom of the sea.

The final theme was the 75th Anniversary of the arrival of the ship HMT Empire Windrush, which arrived at the Port of Tilbury on 21 June 1948. The Service recognised the contribution made by what is known as the Windrush generation. People from the Caribbean joined the British forces to fight in the Second World War. Many of them subsequently came to the UK to support the post war recovery, including 6,000 who had served in the Royal Airforce, some of whom received high honours for their brave actions.

When I spoke to David after the Remembrance Service in Assington Church we talked about these themes. As they featured in the television coverage of the Royal British Legion Festival of Remembrance at the Albert Hall. I had assumed these were common themes for all services, but this was not the case and David pointed out he was there first!

## Assington

The Service at Assington Church followed its familiar format, starting with a parade through the village to the church, which was led by David Wiles carrying the British Legion Standard.

During the service there was a live link into the radio coverage of events at the Cenotaph at eleven o'clock.



The names of the fallen of Assington from both wars were read out and wreaths were laid at both the memorial monument inside the church and at the war grave in the cemetery.



As always it was a moving reminder of the sacrifice made by so many people to enable us to live as we do.

**At the going down of the sun, and in the morning, Assington will remember them.**



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# NATURE WATCH

## THE HOLLY AND THE IVY...

### The Holly (*Ilex Aquifolium*)

Festive, neat and prickly, evergreen Holly is a well-loved shrub that shelters birds and gives hedgehogs and other small mammals a cosy place. The mistle thrush is known for vigorously guarding the berries of holly in winter to prevent other birds from eating them.

The holly is native in the UK and across Europe, North Africa and western Asia. It is common in woodland, scrub and hedgerows, especially in oak and beech woodland. Mature holly trees can grow up to 15m and can live for 300 years. The bark is smooth and thin with lots of small, brown 'warts', and the stems are dark brown.

Whereas younger plants have spiky leaves, the upper leaves of older trees are much more likely to be smooth.



Holly is dioecious, meaning that male and female flowers occur on different trees. Flowers are white with four petals. They bloom any time between early spring and the very beginning of summer, depending on the climate. The flowers provide nectar and pollen for bees and other pollinating insects. Once pollinated by insects, female flowers develop into scarlet berries which can remain on the tree throughout winter.



The leaves are eaten by caterpillars of the holly blue butterfly, along with those of various moths, including the yellow-barred brindle, double-striped pug and the holly tortrix. The smooth leaves found at the tops of holly shrubs are a winter source of food for deer.



Native holly should not be confused with some of the many cultivated and variegated varieties that exist - but which are most attractive in the garden, nevertheless!

### .....and the ivy.....

Growing well almost anywhere, ivies are remarkable for their shade tolerance – and for the fact that they also grow well in full sun. They can also make excellent ground cover, quickly covering difficult areas such as dry shade, stabilising the soil and providing year-round greenery. Another useful attribute is that the climbing forms are self-clinging, which means that it's not necessary to attach any kind of fixing if you want to grow them up walls or fences. Perhaps the most versatile garden plants of all, ivies can adapt to almost any situation, growing well as climbers, groundcover, houseplants or as topiary.

Ivies are generally unfussy as to their soil requirements, as long as the site isn't waterlogged. Common ivy (*Hedera helix*) grows best in alkaline soils. Commonly-available sorts are all hardy,

A notable feature of ivies is that they have two distinct phases of growth. In their juvenile stage plants send out long stems that seek vertical surfaces, growing rapidly upwards and holding on with adventitious roots (i.e. roots that grow from the stems instead of below soil).

Once plants are well established (normally after around 10 years), growth switches to the adult phase. The leaves change shape, becoming un-lobed, growth becomes shrubby and covered with flowers in autumn and berries that ripen over winter and the following spring or early summer.

Regular pruning will maintain ivies in a self-clinging, non-flowering juvenile state.



For maximum wildlife value, however, it is best to allow adult growth to develop. Some cultivars are available suspended in particular states – for example 'Arborescens' and 'Ice Cream' are both adult-only plants, which means they are bushy, non-climbing and flower every year.

Ivies have enormous value to wildlife, providing all-important year-round shelter for huge numbers of creatures including birds, small mammals and invertebrates. If allowed to reach their adult phase and flower, they provide an invaluable late source of nectar and pollen for bees, hoverflies and many other insect pollinators. Ivy berries are much appreciated by birds in midwinter when other food sources are scarce.

More than 140 species of insect and 17 species of bird feed on ivy in Britain, and countless others appreciate its evergreen shelter.

People can benefit from ivies too: their 'ecosystem services' are becoming increasingly recognised. When grown on walls, recent research has demonstrated that ivy helps keep buildings cooler in summer and less damp in winter. Growing ivies around our homes also improves air quality by trapping particulates.



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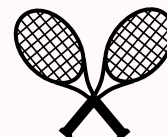
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# A VIEW FROM AROUND THE BEND

Well my solitude did not last very long, I gave Bobbie a texted on the same evening that she walked out and she was around in no more than ten minutes, so strange as I thought she lived around ten miles away. She must have driven like a maniac, anyway, both halves of her strange car are now parked on the hardstand beside the cottage every evening when she comes home, I had noticed that she now drives in to park, instead of reversing in like I told her and when I walked around I noticed that she now has a huge dent on the passenger door, she has not mentioned it and what happened and I am pretending not to notice at the moment for fear of upsetting her. Maybe, I will have a go at knocking it out when she is not around, I have a rubber hammer and some blue paint which was left over from when I painted the old kitchen dresser. That might earn me some much needed brownie points at least.

Otherwise everything is much the same and Bobbie seems much happier now, she has tho taken up the habit of smoking some awful smelling weed in the evenings which is quite intoxicating, I have queried that and we have an agreement now that if she can smoke that, she will no longer feed me with those horrible tassled plants that she was growing out the back, a relief really as they up the road said that they would report me to the authorities if I grew another crop of that. Who do they think they are? Is this not a free country any more, the sheer cheek of them. Anyway the plants have been all hacked down now and I saw bobbie grinding them all up with her electric chopper thing to destroy them, so alls well that ends well and I don't mind the smell of the smoke anymore and find it rather relaxing as we cuddle up together in the evenings and I breath in the fumes, in fact it gives me a rather happy feeling, although I wake up with a bit of a headache next morning.

So sad with the way of the world now with wars everywhere and fighting between different cultures, I do like to keep up with the news but have taken up listening to the radio more to escape the terrible pictures, while herself watches something called love island, she says it is like a nature programe but I cannot get into it at all, seems all a bit silly to me and I retreat to the bedroom with a hot water bottle until she comes up with some real warmth which is lovely and something I would miss.

The paltry job did not come off after all, it was agreed but when I went to start they gave me a weeks wages and told me not to bother. Must be something I said but no idea what it could be. Never mind, something else will turn up, I am available for most kinds of work if any one needs me but loads to do at home and when the weather dries out will start building another greenhouse from an old one that I found in the nettles some years ago, quite good condition really and doing well with some nails and glue that I bought cheep in Partridges sale back in last year. Bobbie has hundreds of plants she has sown and are coming up and doing well which will populate the garden next year, looking forward to a stunning show of blooms again.

Will try hard to grow enough food to feed us for all next year and have started well with some winter lettices, chard and kale all doing well. I do love the garden and always feel relaxed out there working away, seems to be so good for my wellbeing and mood, almost like floating on air sometimes. Her up the other road says that she doesn't want my report next month as it is Christmas and nobody wants to hear what I am doing then. We might go up to this Norfolk place that is always being talked about, also talk of going to a football match where Bobbies dad and grandfather go, so something

to look forward to there, her granddad and me are similar age with new year birthdays, so celabrations all around. I used to love footie as a young lad and feel I might enjoy that, will be good to meet her folks as well. So have a good time together and we can reconvene in the new year, if we are all spared and I am still awake and a bit more compostmentis. Have a good holiday. Happy new year and more from around the bend then, will be good to start the new year with a bang.

Keep well Everyone and be Good.  
Kindest **Esra.**

\*\*\*\*\*

## SESAW NEWS

Brrrr! I don't like these cold, dark days and nor does Ollie (the Black) Cat. He sprawls across the desk, swipes Mum if she tries to access her paperwork then walks over the keyboard which spews blank pages out of the printer!

One of my other housemates, Buttons, is a Norfolk Terrier, a good solid no nonsense member of the family. She was the ideal companion for Mum at a Thanksgiving Service for animals to celebrate the love and care between pets and their owners. They received a warm welcome at St. Mary's in Stoke by Nayland and the collection raised over £200 for SESA W.

It's been a difficult year for all animal charities with many people forced to give up their pets due to health or financial problems. Other animals are brought in, having being abandoned at the side of the road and often in need of urgent veterinary attention. Like most rescue centres, SESA W has been full to bursting and short of volunteers but we keep going, hoping the situation will ease up soon.



Now that winter has arrived, please check our website or Facebook pages before visiting us as our seasonal shutdown begins in December.

Meanwhile, very best wishes for good health and happiness to all our friends and rehomed animals, from Ollie (the Black) Cat and me, Kenny (the Boss) Chihuahua.

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# BOXFORD BOWLS CLUB

## From Roz Mortlock

At our November AGM, our current Secretary and Competition Secretary, MALCOLM GRIMWOOD, decided it was time to step down from his post which he has held for 35 years..

As a mark of the Club members' great appreciation, our Chairman, Lea Blackham, presented Malcolm with a beautiful silver carriage clock engraved on the back - "With our great appreciation, From all your bowls colleagues."



Malcolm was also presented with a gift card for Center Parcs as Lea told us that Malcolm apparently enjoys the 'wild water rapids and tropical cyclones...as well as the food!' Just a lovely relaxing break in one of those luxury guest apartments sounds good Malcolm!

Also, as a mark of Malcolm's esteemed service, the Boxford & District Club's September Trophy will now be known as the Malcolm Grimwood Trophy, and he will also be nominated for the Bowls England Certificate of Merit - a most prestigious award in the bowls world presented to individuals that are deemed to have provided outstanding service to the sport at club and county level in England.

Malcolm also takes responsibility for maintaining our Bowls green which he has done admirably all by himself (with a little help for holiday cover by our President George Bullett!) until very recently, when some of our members volunteered to help him. It is an important role in the Club as without a great green, we won't be able to play our best game. As you may remember reading, this year the old green (100 years old) was taken up and replaced with a new green - and Malcolm played an important part in making this happen.

THANK YOU Malcolm from everyone at Boxford & District Bowls Club - you can now enjoy just playing great bowls!

## MOBILE LIBRARY CONSULTATION

### Suffolk Residents invited to help shape the future of library services

Suffolk County Council has launched a public consultation encouraging Suffolk Residents to tell Suffolk County Council what they want from their library services in the future. The Council is keen to hear from people who currently use library services and those who do not. This feedback will help to inform the requirements for the future contract.

A key focus of the consultation is the council's Library outreach services, which include three mobile library vehicles, serving more than 500 stops across rural parts of the county each month, for the pickup and exchange of books. The mobile library vehicles are coming to the end of their life and the council therefore needs to consider the best way to deliver these services to people in rural areas of the county going forward.

The consultation is open until

**Friday 26 January 2024.**

Residents can have their say by visiting

<https://link.edgepilot.com/s/056c85fc/NqPZEbSPBEq4UU3QcaJGdA?u=http://www.suffolk.gov.uk/LibraryConsultation>

## ASSINGTON RAINFALL AND TEMPERATURES

Bill Milner (rainfall)

and Bob Cowlin (temperatures)

HISTORY annual rainfall :

2016	599.5	2017	571
2018	559	2019	597
2020	636	2021	582.3
2022	419		

\*\*\*\*\*

2019	mm	max	min
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

\*\*\*\*\*

2020	mm	max	min
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

\*\*\*\*\*

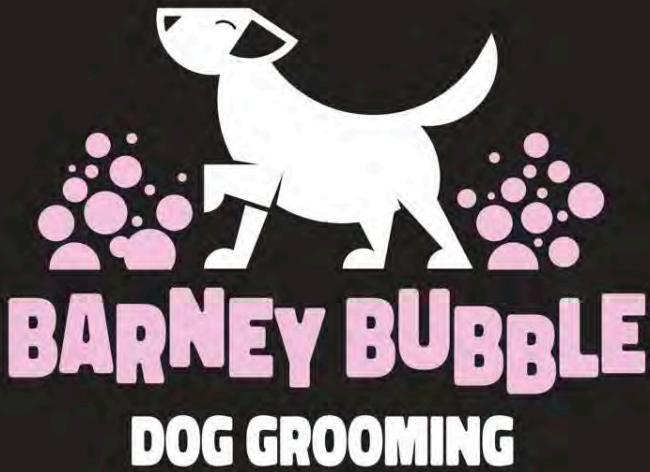
2021	mm	max	min
JAN	89	10°C	-5.5°C
FEB	34	14°C	-7°C
MAR	26	20°C	-3°C
APR	1	15°C	-5°C
MAY	78.1	25°C	-2.5°C
JUNE	55.2	30°C	+3°C
JULY	72	28°C	7°C
AUG	29	24°C	5°C
SEP	28.5	27°C	3°C
OCT	74.5	18°C	1°C
NOV	27	13°C	-3°C
DEC	68	12°C	-6°C

\*\*\*\*\*

2022	mm	max	min
JAN	7	12°C	-6.5°C
FEB	46	13°C	-4°C
MAR	29	18°C	-2°C
APR	9.5	22°C	-6°C
MAY	37	25°C	0°C
JUNE	33.5	30°C	2°C
JULY	5	36.5°C	6°C
AUG	11.5	32°C	7°C
SEPT	25	25°C	1°C
OCT	63	18°C	0°C
NOV	107.5	14°C	-2°C
DEC	45	10°C	-9.5°C

\*\*\*\*\*

2023	mm	max	min
JAN	41	10°C	-7.5°C
FEB	3	14°C	-7°C
MAR	78	15°C	-6.5°C
APRIL	65	18°C	-2°C
MAY	19	22°C	1°C
JUNE	15.5	30.5°C	6°C
JULY	72.5	28°C	8°C
AUG	65	29°C	4°C
SEP	41.5	30.5°C	5°C
OCT	137	23°C	-2 °C



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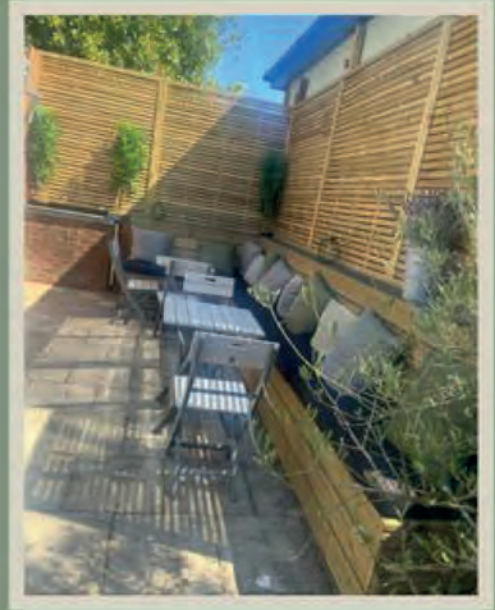


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