

ASSINGTON

NEWS



JUNE 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

Allotments Secretary	Claire Osborne	07920 800108
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 (office@boxford.suffolk.sch.uk)	Head: Mrs J Davies	01787 210332
Brownies, Boxford	Moiria Grant	01787 211513
Church, Children's activities	Michelle Bournier	07954 221773
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 (james.finch@suffolk.gov.uk)	James Finch	01473 264993
District Councillor (Assington)	Lee Parker	01787 376073
Doctors surgery – Sudbury	Hardwicke House	01787 310000
Doctors surgery – Bures	Bures	01787 227529
Fleece Jazz, Stoke by Nayland Hotel - www.fleecejazz.org.uk	Stoke by Nayland	01787 211865
Footpath Wardens	Paul & Cynthia Hollingsworth	01787 211620
Horticultural Society	Bryn Hurren	01787 210854
Leavenheath Cinema	Ken	01206 263266
Member of Parliament (james.cartlidge.mp@parliament.uk)	James Cartlidge	020 7219 4875
Parish Council	Simon Thorogood	01787 227400
bronwenstacey@btinternet.com	Bronwen Stacey	01787 210354
john@moorsfarm.com	John Symons	01787 211534
rosemarysymonds42@gmail.com	Rose Symonds	01787 229100
hwallace58@gmail.com	Helen Wallace	01787 211162
i.jordan741@btinternet.com	Ian Jordan	01787 211609
andrewpeterhill@hotmail.com	Andrew Hill	01787 827112
Parish Council - Clerk, (assingtonpc@yahoo.com)	Christine Hargan	01449 674727
Pub – The Shoulder of Mutton		01787 210334
Vicar (steve.morley@btinternet.com)	Steve Morley	01787 227407
Village Hall – Bookings (louisa@moorsfarm.com)	Louisa Symons	01787 211534
Village Hall - Caretaker	Paul Battle	07473 933320
Womens Institute, Boxford (annie-phillips@hotmail.co.uk)	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. Contact Bob Cowlin 01787 229955
Bank Account details for payments and donations: Account no: 01345159. Sort Code: 30 - 98 - 31.

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

Front Cover Photograph by: Bronwen Stacey

Editor	Bronwen Stacey, 01787 210354, email bronwenstacey@btinternet.com
Treasurer	Bob Cowlin, 01787 229955, bob.cowlin@assingtonmill.com
Distributors	David & Ann Jarrett, Judy Bournier, Bryn Hurren & Lisa Brooks, Zoe Laughton, Matthew Green, Ian Jordan, Jacqui Egglestone, Rose Symonds
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NATURE WATCH

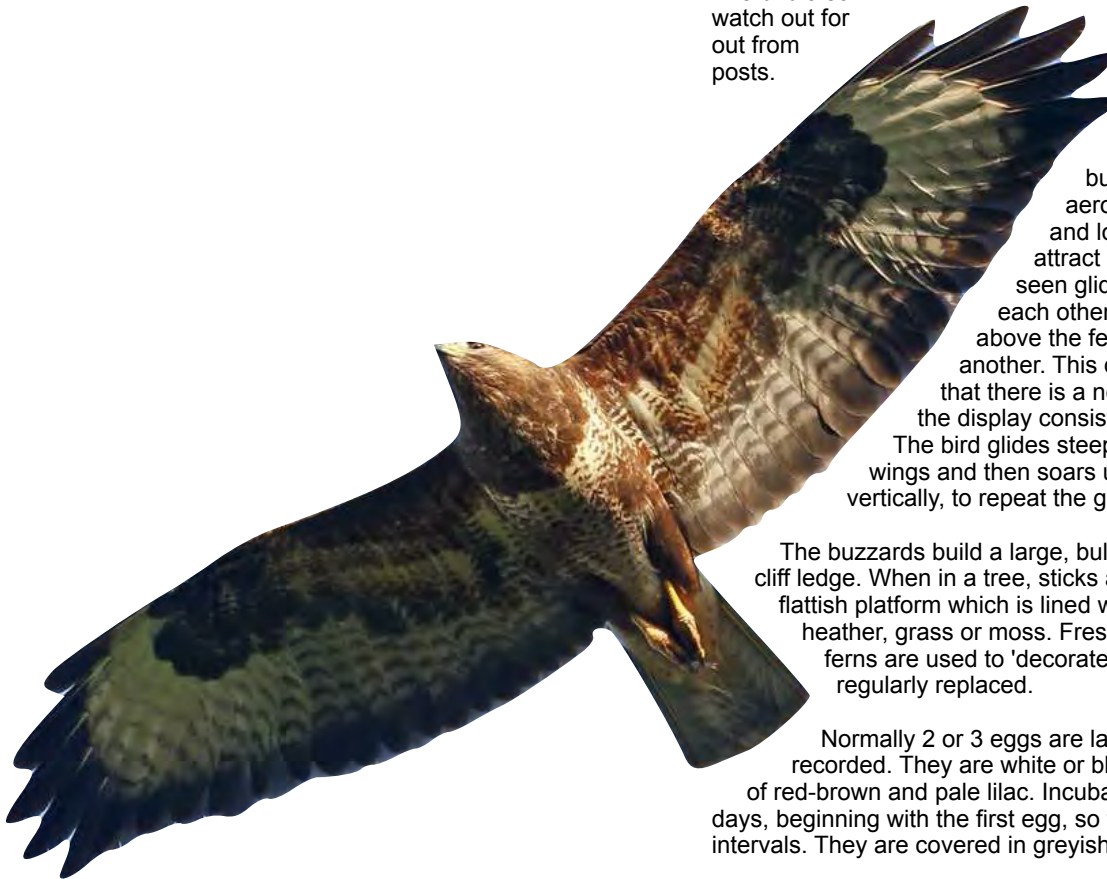
The Buzzard

By BS

The other day as I was 'poodling' along a country track in the village, a large brown bird flew up alongside the car, and flew in a leisurely fashion just above and ahead of the car until it alighted in a tree a short distance away.

Buzzards have a varied diet, consisting of small mammals, especially rabbits, rodents, birds, insects and carrion. They hunt during the day and are usually seen on their own, or in pairs. A buzzard spends long periods soaring, holding its straight wings motionless, with the tips of the primary feathers curved upwards and the tail spread out.

The bird has very keen eyesight and as it soars, it scans the ground below for prey. Rabbits are its favourite prey and on spotting one of these, it swoops down quickly and accurately, grasping and killing (sometimes, but not always - sometimes stripping its prey alive) the animal with its sharp, strong talons. It uses its hooked, pointed beak to rip the flesh from the body. The bird also frequently perches to watch out for prey, keeping an eye out from trees and fence posts.



In the early parts of the breeding season, buzzards perform graceful aerobatics, soaring, tumbling and looping the loop, trying to attract a partner. A pair is often seen gliding in circles around each other; the male glides a little above the female and both face one another. This displays flight indicates that there is a nest nearby. Sometimes the display consists of a series of dives. The bird glides steeply down with half-closed wings and then soars up again, almost vertically, to repeat the glide.

The buzzards build a large, bulky nest in a tree or on a cliff ledge. When in a tree, sticks are used to make a flattish platform which is lined with finer twigs, bracken, heather, grass or moss. Fresh sprigs of foliage or ferns are used to 'decorate' the nest and are regularly replaced.

Normally 2 or 3 eggs are laid, but up to 6 have been recorded. They are white or bluish-white with blotches of red-brown and pale lilac. Incubation lasts for 33-35 days, beginning with the first egg, so the chicks hatch at intervals. They are covered in greyish-white down.

The female guards the chicks to begin with, whilst the male brings food. He leaves the food at the edge of the nest, where it is picked up by the female and fed to the young. When the chicks are a week or so old, both parents continue feeding them while they learn to hunt for themselves.

If food is short then the younger, weaker chicks may die but in plentiful seasons, the whole brood will be reared.

In the 19th century, buzzards were shot in large numbers by gamekeepers and by the early 1900s they had disappeared from many parts of Britain. However, during the First World War, gamekeepers enlisted to fight and many game estates were abandoned, allowing the buzzard numbers to recover. Since then there has been a more enlightened attitude towards birds of prey and the buzzard has spread back into many of its former haunts.

There was a set-back in 1954, with the introduction of myxomatosis which almost wiped out Britain's rabbit population. Since the rabbit is the buzzard's favourite food, many birds went hungry and the numbers began to decline yet again. Rabbits are common once more and, as a result, the buzzards are on the increase. These impressive birds of prey have quadrupled in number since 1970.

When I was growing up (many moons ago) I can honestly say I never encountered anything like a raptor in real life, and it is only in more recent years that I have seen a number at close quarters (often too close for my comfort, in terms of seeing and hearing the cries of its hunted victims!). I therefore recognised the bird instantly as a buzzard. Many of you, growing up in the countryside, and being younger than I, will be familiar with buzzards, and would have been able to identify it immediately; however, I wondered how much more than that you know about them.

The buzzard is the most common of Britain's larger birds of prey, or raptor, and it can now be found throughout Europe, and is widespread in Britain, where its habitat is open hilly/ mountainous areas with copses & wooded valleys, or secluded rocky coasts, sea cliffs, moorland, or farmland and forests with large clearings.

A buzzard may be identified by its broad, rounded wings, short neck & rounded tail barred brown & grey. Body plumage ranges from dark grey or brown to very pale grey, and it has yellow, unfeathered legs and a brownish hooked beak. Its length ranges from 50-55cm, with a wingspan of up to 1.5m. The buzzard's mewing 'kiew' is a familiar sound as it soars effortlessly, rising on a thermal of warm air.

NURSERY OPENING EASTER 2021

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PARISH CHURCH NEWS



Assington Church now has its own website.

The full address is '<https://assingtonchurch.org.uk>



Letter from the Revd Steve Morley, Vicar Bures with Assington and Little Cornard

Dear Friends

In the last couple of days, I've seen some close members of my family that I haven't seen since last August and given them a hug! It felt such a special thing to do and yet eighteen months ago, I would have taken it as routine – a natural way to express family affection, of course, but nothing out of the ordinary. How times change!

In the life of our churches, people have said to me how wonderful it has been in recent weeks to have been able to sing hymns and songs together – albeit outside in the churchyard – after so many months with no congregational singing at all. It's brought home to me how vitally important real human interaction is - the ability to do things together, to experience properly each other's actual presence, in ways that you can't in a telephone call or zoom meeting, however useful those things are.

As we look forward (we hope!) to the final lifting of most, if not all, Covid restrictions this month, maybe it's no bad thing to pause and think a bit about the journey we've all been on. Over the last fifteen months or so, we have all witnessed acts of great generosity and kindness as people in our communities have looked out for the elderly, lonely and infirm or those who have been struggling in some other way. We can all point to those who have maintained foodbanks, cooked and delivered meals for neighbours, made a supportive phone call. These have all been, for me, practical signs of God's love at work in the world through acts of selfless service and shared humanity. Those quiet acts of kindness have always been there, of course, but somehow lockdown has brought them into sharper focus and made us notice and appreciate them more.

The temptation, I guess, is just to look forward to the restoration of all the things we've missed during lockdown, to take everything back to how it was, but God's way is always to move things on, to ask us to learn from the past, to hold the present lightly and to look to a brighter future. The Bible is full of statements about God continuing to do a new thing. So as we look forward to greater human contact, being able to be enjoy each other's presence more fully, maybe it's worth pausing to think 'What new things might the last fifteen months have shown me about myself, how I see things, and my relationships with others? What new and good things have I learned on the way that I can take into the future?'

Maybe the answer will be a 'big picture' kind of thing. Maybe it will be something simple, like looking up some old, but neglected friends and inviting them round for a meal. The great thing is – now you can!

With blessings and best wishes

Steve.

Vicar:	Rev Steve Morley	227407
Reader:	Dr John Symons	211534
Assistant		
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

Schedule of services at Assington Church in June

Services will be held in Church on the second and fourth Sundays in June:

Sunday 13th June at 10.30am Holy Communion

Sunday 27th June at 10.30am Morning Worship

Assington Church

Services are beginning to resume. More information can be found on our website:

zoom
Get Together

Every Sunday morning

Please get in contact if you would like to receive invitations

 assingtonchurch.org.uk

Email office@parishchurch.co.uk if you want to receive regular news about what's happening or ring:

Revd Steve Morley - 01787 227407
Revd Simon White - 07572 418555

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BOXFORD SCHOOL NEWS

By Callie Bradbury

Hello everyone, I hope you are all well and enjoying the warmish sort of weather.

As the school's half term value is creativity, I am going to be sharing some wonderfully creative things with you. First up, in year 6 we have loads of children having read over one million words just this year but there is also someone in year 6 who is over 3 MILLION WORDS!!!!, that is incredible and here I am going to give you a range of good books I would recommend for young readers:

- The Wizards of Once by Cressida Cowell (the author of the How To Train Your Dragon series)
- The Alex Rider series by Anthony Horowitz (a gripping series about a teenage spy)
- The Nowhere Emporium by Ross Mackenzie (a magical book full of dreams)

Hopefully, these will be a good read for you and maybe you will like them as much as I do. Reading can do things like this for you:

- improves brain connectivity.
- increases your vocabulary and comprehension.
- empowers you to empathise with other people.
- aids in sleep readiness
- reduces stress.
- lowers blood pressure and heart rate.
- fights depression symptoms so why not give it a try!!!! 😊

Secondly, music is a highly creative thing and there is a range of different instruments you could try like:

Drums, guitar, cornet, clarinet, baritone, piano, keyboard, recorder, singer/vocal, trombone, xylophone, trumpet, violin, cello, flute and much, much more.

You can play what you like the best and at school we have had some performers who have brought their instruments into school and performed in front of the class.

Finally, cooking is creative and there are endless recipes that you can try. I personally love to cook and I have a few special/secret recipes that all of my family cherish. You can look on social media, look online and also in cookbooks. BBC is a really good for recipes so if you look on there you can find many recipes and food to try.

Whilst year 6 aren't doing SATS this year we have been doing quite a lot of tests in school so that our teachers can share how we are doing, with the teachers at the secondary schools we will be going to in September. We've got lots of fun things in the diary for after half term though, so we'll really enjoy our last few weeks at Boxford. We'll be taking part in a theatre production, having a leavers service in the church followed by a picnic and then, on our last day of term, we are having an afterschool disco before we leave Boxford for the last time.

Finally FOBS are organising a hamper raffle and sale trail to raise money for the new library project at the school.

The sale trail is on Sunday 13th June 10am – 3pm. To book a place on the map or at one of the hubs contact boxfordsaletrail@gmail.com by Friday 3rd June. Maps for all sellers will be on sale for £1 outside Box River Café from 10am on the day.

If you would like tickets for the hamper raffle they will be on sale at the school and in local shops or you can email talktofobs@gmail.com to get yours. They need to be back at Boxford School by Monday 21st June in time for the draw on Tuesday 22nd June.

HAPPY SOUNDS COMMUNITY CHOIR

At the time of going to press, our wonderful Community Choir will be meeting masked and socially distant at the Village Hall from **Thurs 20th May**.

At the moment, due to Covid restrictions, places are very limited - to go on the waiting list please call Nettie Osman on 07957 394780. We are hoping to be fully open to new members from the end of June, and are aiming to perform again from September - please watch this space for updates!

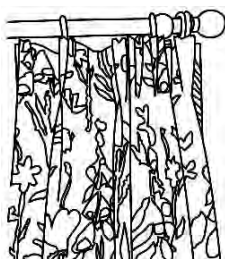


THANK YOU from SESAW

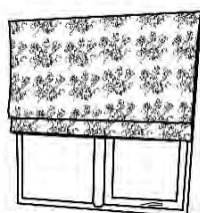
A big thank you for £150 received from the "HappySounds" Community Choir earlier this year. Donations are always appreciated, even more so during these difficult times. The Assington based group was formed in 2018 by Nettie Osman, a professional performer and voice coach. The Choir members have kept going despite the pandemic and we wish them every success as they resume rehearsals in person at the Village Hall.



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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
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NEWS UPDATES AND THINGS TO DO



FACEBOOK COMMUNITY GROUP

Just a reminder to anyone looking to join the parish facebook page – admins only see member requests where the person has answered the questions and accepted the group rules, so please make sure you complete these.

At the moment the group is kept deliberately small - for residents or workers/business owners who have a business either based in the parish, or with a very regular presence such as the post office or fish van.

New members are very welcome and new residents are encouraged to join!

UPDATE ON THE NEIGHBOURHOOD PLAN

From Helen Wallace

Chair of the Neighbourhood Plan Group



Things have been very quiet on the Neighbourhood plan front in recent months as we wait patiently for our plan to be heard at a Babergh cabinet meeting. However due to the Covid restrictions and local elections this has been delayed until July. Following their meeting, Babergh will inform us of the date we can hold a referendum for the

residents to vote on the plan and I am hopeful this will be over the summer months. We will continue to keep you updated.

WALKERS AND CYCLISTS: GIVE BDC YOUR VIEWS

Babergh and Mid Suffolk District Councils have just launched a public consultation around cycling and walking Infrastructure.

Babergh's Sustainable Travel Officer says: "We hope this will give our residents and communities the opportunity to let us know about improvements they would like to see regarding their local walking and cycling routes and facilities. The consultation will help us to develop our Local Cycling and Walking Infrastructure Plan."

The platform for engaging with this consultation, as well as further information and context about the consultation, is available online and will remain open for two months:

In order to contribute to this consultation, people simply need to click on "[View map and comment](#)", then "[Have your say](#)". The platform will then invite users to place a 'pin' on the map, to identify the location that any comments or suggestions refer to, and then answer a few short questions about how Walking or Cycling can be improved in this location.



BOXFORD SALE TRAIL 10.00-15.00 SUNDAY 13TH JUNE 2021

Have you had a clear out and want to find new homes for your good quality items? Clothes, household items, sports equipment, children's toys, gardening items, plants plus more.. Then why not sell it from the convenience of your front doorstep/lawn!

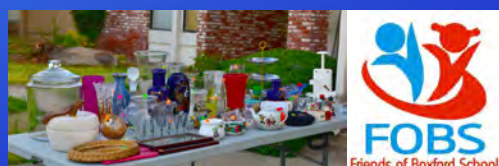
If you do not live in the village but would like a table then why not book a spot in one of our 3 hubs? Boxford Churchyard, White Hart Pub car park or The Rectory Garden (with kind permission from Father Rob)

To book your place on the map or at one of our hubs please contact: boxfordsaletrail@gmail.com by Friday 3rd June 2021

Please note spaces at our hub locations are limited therefore we advise you to book early (you must bring your own table and remove all items after the sale trail finishes)

Cost: £12 per table space at your house / at a hub

Maps of all sellers available for £1 from outside Box River Cafe, Boxford from 10am on the day



FoBS Charity number 1037332

Assington Horticultural Show 22nd August 2021 Village Hall 10am – 4pm

Confirmation that all being well this year's show will be run from Assington VH. In August.

It is hoped that this show will be back to its usual format with some limited opportunity for some open classes to attract interest from growers, producers and crafters from outside the village. This we hope will make the show more attractive, but leaving the original concept intact.

All classes for growing fruit and vegetables along with flowers and the usual production of baking, cooking, preserving, household and craft classes will be held and hopefully as many entries as possible will be entered to make this a really good family show enjoyable to all, whether you are a new person to the village or a longer standing parishioner.

The show will be run in conjunction with the now well established **annual Scarecrow competition**. This attracted record entries last year with a stunning level of expertise to make this a really stunning competition, and a really hard to judge final winner of the Owl and Pussycat from Anna and Andrew from along the street. Get your old clothes and gladrags ready.

The Show itinerary will be published and delivered to every house in June and we will publish a new brochure on the Assington Facebook Noticeboard very soon as a reminder of what to grow, make and prepare in the coming weeks.

Good luck and let's celebrate a better year with the fruits of our labours and culinary expertise in a lovely fun way. Proceeds from this event will be split between funds for our newsletter and village hall. Maybe someone can be persuaded to run a barbecue for everyone.

Good Luck to All. Bryn and the Team.

Further to the above we will have potted growing sunflowers available from the first week of June on the allotment for anyone under 16 to grow on and enter into the junior tallest sunflower class. See Bryn or Lisa to arrange pick up for these.

Also if any gardeners would like some Josterberry fruit bushes, I have 42 thriving cuttings on the allotment to give away to good homes. Pop by on a Sunday and I will give you one, three or five, if you have a little space in your garden. Happy Growing. Bryn.



Suffolk Open Studios

WEEKEND 5th & 6th JUNE 11am-5pm

As part of Suffolk Open Studios, Assington Artists will be inviting you to visit their studios on the weekend of 5th and 6th June, from 11am – 5pm. The SOS logo will be displayed outside their houses.

BELINDA KING Studio at 13 Vicary Estate

I will be showing my recent landscape paintings as well as some drawings, original prints and sketchbooks. Entry will be limited to a few people at any one time, but you can sit in the garden to wait if need be. Please wear masks.

www.belindakingartist.co.uk

Instagram: belindakingartist





Reopening!

We don't want to speak too soon, but... we are making plans to restart the Assington Baby and Toddler Group at the end of June, if Boris' roadmap continues to unfold at the present rate!

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 Village Hall.
Held twice a month from 9.30 - 11.00 am, at £3 per family.

Planned dates are:

Thursday 24th June and Thursday 8th July, continuing in September after the summer holidays.

**Do contact me, Revd Tricia Box, if you are interested or would like to help:
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TREES IN MY LIFE or MY LIFE IN TREES

By Ellie Mead

As a child our farmhouse in Stanway was next to the home field at the far end of which was an old oak tree. We used to gather there with my cousins for picnics on summer afternoons, especially at harvest time. My mother would tell tales of Lucy Miles, the owner of the farm in the late 19th century. We imagined her as a commanding presence on the farm. Perhaps taking rest from exhorting her farm workers on to faster harvesting under this very tree or doling out bread, cheese and small beer. Our picnic of neatly cut sandwiches and Penguin biscuits seemed suddenly very modern.

The next tree in my chronological tree memory bank is an aged prostrate Mulberry tree at my Primary school in Lexden. We were always climbing on it and staining our hands and mouths with the juicy fruit.

The next tree was on my brother's farm at Lexden Lodge, near Colchester. It grew on the Ramparts (an Iron Age bank and deep ditch built before the Romans came to the area. We named the tree The Tri-Y tree as it was made up of three sets of paired branches thus forming 3 Ys with a hollow in the centre into which we clambered. Looking out from between its branches one could almost imagine the local British tribe watching from the top of the bank to see if anyone was approaching from the River Colne which wound its way lazily through the fields below.

Now my home is in Suffolk in another farmhouse; this time the tree is closer. The Little Ropers Oak tree grows its ever thickening trunk close to our walls and overshadows our roof with its branches. Acorns rain down on us as we sleep beneath its protection. In the Great Storm of 1987 my husband, who was alone in the house at that time, declares that if it had not been for the Oak tree the house (being built of lath and plaster much of which was rotten by this date) would have been demolished by the gale. The tree must pre-date our 1845 farmhouse and would have stood as a field boundary in the days before the burning down of the original house a few fields away.

The other significant tree on our land is The Ash Pollard, noted on the 1847 Tithe map it is the marker for the Parish boundary between Bures and Assington. I enjoy taking campers down to our campsite and pointing out that they can straddle two parishes here: a bit like a rural version of the Greenwich Meridian line. Completely hollow and in the last stage of its life I have registered it on The Ancient Tree register.

A little further down the track stands The Blasted Oak, another hollow sentinel. My husband always said that his father had set fire to it one stubble burning time, a fact which my father in law denied and indeed its internal blackening does seem more like lightning strike to me. Despite its charred interior the tree comes into leaf every year and seems perfectly healthy.

Now we have created a Woodland campsite around another old Oak on the farm and planted many new trees in a field between us and Tiger Hill. It is hoped this new woodland will grow into a corridor link for wildlife to move around the local area, especially the ever elusive Dormouse.



The Ash Pollard tree

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CYCLING THE RIVER DEBEN

By Jeff Stacey

I parked on the Felixstowe sea front at the end nearest the docks and started my cycle ride past the pier, the gardens and Spa before heading up to the main road to take me to Felixstowe Ferry through the golf course. The aim was to get the small ferry to take me across the Deben Estuary to Bawdsey. I had read that on arrival you attract the attention of the Ferry Man with a bat provided at the landing stage (I assumed table tennis rather than flying mammal). I did find a very high and fast running tide and was not sure the ferry would be operating, but was encouraged by the ferry boat on



the Felixstowe side, motor running. After a short wait the Ferry Man arrived and took my bike and me across, clearly not sharing my concerns over the state of the tide.

From Bawdsey I set off towards Woodbridge, passing by Bawdsey Manor and its associated site that was important in the development of Radar in the Second World War.



This is now a museum and on the list for a future visit.

On a walk last year I had noticed Ramsholt from the other side of the estuary and wanted to explore further, so I cycled down the dead end road to have a closer look. I was rewarded with some great views of the river and discovery of the



Ramsholt Arms. This was one of many attractive pubs along the route, but none of the others had the dramatic location.



I passed through Shottisham and Sutton to enter Woodbridge past the Sutton Hoo site, crossing the river Deben again, this time using the bridge.

As an indication of how much more you see when cycling I noticed a thatched cottage by the



side of the bridge, but in one step up from an expensive car parked outside it had an inlet from the river for its yacht.



I decided to have a lunch break by the Tide Mill in Woodbridge and was surprised at the amount of development that had taken place in that area since I last visited, it is not just Assington that is growing rapidly. It was still a lovely area for a break with the high tide making the whole area look very different from previous visits.

My return route was along the west of the Deben,

through Martlesham, Newbourne and Kirton, an area I last visited many years ago when I had a Land Rover and went to the Suffolk Land Rover Owners' Club off-road site. As I approached Trimley St Mary I picked up signs for a cycle route which helpfully took me over the A14 rather than mixing with the container lorries at the main roundabout down to the docks. The signs then gave me two options for Felixstowe and I took the longer option through the Trimley Marshes Nature Reserve.

Although this started as an attractive route I soon lost the signs and ended up on a bridal way that was churned up by the horses' hooves. I knew that by keeping the railway and docks on my right I was heading in the right direction, but was surprised by how big and how noisy the docks are. I asked directions of someone walking, who confirmed I was heading the right way, but advised I cross over the railway in order to return to proper roads.

I finished my ride through the industrial estate associated with the docks. It was not the most attractive part of the route, but still of interest. In total I covered 33 miles, but would take the shorter route to Felixstowe from Trimley if I cycle that way again.


Peter Robb

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SESAW NEWS

My old tummy trouble flared up last month so Ollie stepped in to write our news. He also provided the best laugh I've had in ages when Mum caught him trying to converse with a toy parrot! Seeing the superior 'cat who walks by himself' failing to get a response from a stuffed toy cheered me up no end! Next time he mocks my canine intelligence I'll call him Pretty Ollie!



Over the last year the demand for pets has increased dramatically and theft is rife. Dogs have been taken from owners and walkers whilst outdoors and from kennels and gardens in broad daylight. Please stay

vigilant at all times to keep your beloved companions safe and avoid the heartbreak of a missing pet. We have a few dogs for rehoming including Tasmin and Tarla, lively five and six year old staffies, homeless through no fault of their own. They are spayed, microchipped, vaccinated and ready for lots of walks and cuddles in a loving home.



Life seems back to normal with the return of the Nayland 10K Run on Sunday 11th July. SESA W is one of the charities to benefit from this excellent event. More details at www.nayland10k.co.uk

Although we are not holding any fundraising events, our trusty volunteers sell online and at sales like the monthly Markets in the Christopher Centre, Gainsborough Street, Sudbury; Langham Community Centre and Clare Town Hall.

We have also received £150 from the Assington Happysounds Community Choir. Thank you for this generous donation raised online and in person, it is much appreciated. (See the article on page 7 - Ed)

It's now a cosy bed by the fire for me, Kenny (the Boss) Chihuahua.

Suffolk & Essex Small Animal Welfare, Registered Charity
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www.sesaw.co.uk

THE CHRISTOPHER COMMUNITY CENTRE IN SUDBURY



How it began:

The idea behind this project is to offer local people the opportunity to sell their handmade, home baked, homegrown produce locally and to bring a real sense of Community coming together despite recent events.

We are looking for crafters, bakers, preserve makers, local vegetable and fruit growers, honey producers, plant nurseries, in fact anything that is made grown or produced locally.

Outside in the Courtyard/carpark will also be available to have a small car boot sale running alongside the Community market

This is a true Community event, by the Community for the Community. Funds raised here will support the work of:

The Christopher Centre
Sudbury Community Depot
St Gregory's Church.

CHRISTOPHER CENTRE COMMUNITY MARKET
2ND SATURDAY OF THE MONTH 10 a.m. -2p.m.

June 12th, July 10th,
August 14th September 11th,
October 9th, November 13th
December 11th

we will have:

The Community Depot, with preserves, cakes and savouries.

Kate with her fantastic gluten free bakes and cakes

The Constitution Hill nursery with seasonal plants and cut Spring flowers. (Sadly, the much-loved character John Smith who ran the nursery and advised gardeners for years, passed away, but happily the family are taking it on, so a great Sudbury institution will continue with the next generation).

Sam with her handmade cards (selling on behalf of St Gregory's Church)

Penny with her unique art work

David introducing his new local market garden venture (there may even be a few early salad crops available for sale)

The Christopher Centre with local honey, soap, and handmade kitchen craft.

plus others and perhaps a small Car Boot sale in the Car Park We will be serving outdoor refreshments (including the return of the famous bacon rolls) throughout, plus homemade lunches from 12 noon.

As they have proved so popular over the past few months we have decided to continue with our Saturday 'take aways'. Please see our Facebook page (The official Christopher Centre) for more details.

for further information on how to book a stall email info@christophercentre.org.uk or call 01787313914.



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ASPARAGUS...OR "SPARROW GRASS"

as it was called by folk in "the olden days".

It's that time of year when locally-grown Asparagus is to be found in bundles, inviting us to partake of a truly seasonal crop. Of course, practically everything can be purchased all year round in supermarkets nowadays, but if you value the taste of something freshly-harvested, and if you are endeavouring to reduce the air-miles of your food, then locally-grown is best (if not, admittedly, always the cheapest).



Asparagus is a perennial flowering plant and its young shoots are used as a spring vegetable. Recipes abound for ways to cook and eat it: boiled, steamed, roasted, char-grilled... asparagus risotto.... none of which I will go into here; I am sure we all have our preferred method of preparation, and I am no domestic goddess!

The name of this delightful vegetable has swung from classical

Latin to rustic reinvention and back during its history in English.

It first appears in English around 1000. Its name was taken from medieval Latin *sparagus* but by the sixteenth century it had come *sperach* or *sperage*. It might well have stayed like that had it not been for herbalists, who knew the classical Latin name was *asparagus*, itself borrowed from the Greek. Their influence meant that that name became quite widely known during the sixteenth and seventeenth centuries alongside the older names. Nicholas Culpeper, for example, headed an entry in his herbal of 1653 as "Asparagus, Sparagus, or Sperage", thus covering all bases.

Non-scholars had trouble with *asparagus* and did what the medieval Latin writers had done — leave off the unstressed initial vowel, so making it *sparagus* again. But they went one step further, converting it by folk etymology into forms that seemed to make more sense, either *sparagrass* or *sparrowgrass*. The latter form became common in the seventeenth and eighteenth centuries:

Samuel Pepys wrote in his *Diary* on 20 April 1667:
'So home, and having brought home with me from Fenchurch Street a hundred of sparrowgrass, cost 18d.'
 In the eighteenth century *sparrowgrass* was so much the standard and polite term that John Walker commented in his *Critical Pronouncing Dictionary* in 1791:
"'Sparrow-grass' is so general that 'asparagus' has an air of stiffness and pedantry".

In the late eighteenth and early nineteenth centuries it was also called *Battersea grass*, from the name of the London suburb alongside the Thames in whose market gardens it was grown.

During the nineteenth century the wheel turned yet again, in part because of pedagogical opposition to a form considered to be no more than an ignorant mistake, bringing *asparagus* to the fore and relegating *sparrowgrass* to what the *New English Dictionary* rather loftily described in 1885 as "dialect or vulgar" status. This is supported by examples in fiction which attempt to render the voices of lower-class characters:

"I remember my lars' customer, the very lars' customer that ever I 'ad. He was a Mr. Moses Gluckstein, a city gent and very pleasant and fond of sparrowgrass and chokes."
The War in the Air, by H G Wells, 1908.
 'Chokes' are artichokes.

Sparrowgrass is still around, though in print only as a historical reference, and the vegetable is still sometimes called *grass* in the greengrocery trade.



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

	mm	max	min
2018 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

	mm	max	min
2019 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

	mm	max	min
2020 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

	mm	max	min
2021 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

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