

ASSINGTON

NEWS



NOVEMBER 2022

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 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 (office@boxford.suffolk.sch.uk)	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 (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
Footpath Wardens	Paul & Cynthia Hollingsworth	01787 211620
Horticultural Society	Bryn Hurren	01787 210854
Leavenheath Cinema	Marion	01206 263301
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
whitemkevin@me.com	Kevin White	07477 580561
tony@howcroft.net	Tony Howcroft	
hwallace58@gmail.com	Helen Wallace	01787 211162
i.jordan741@btinternet.com	Ian Jordan	
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 (vicar@parishchurch.co.uk)	The Revd Daniel Whiffin	01787 228292
Village Hall – Bookings	Karen Wiles	07983 002072
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, £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/>

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
Printer	Indigo Ross Design & Print Ltd, Sudbury 01787 880 260 hello@indigoross.co.uk
Auditor	Ian Clark, 01787 211133

HARVEST REPORT

The weekend of 14th-16th of October saw our Harvest celebrations for the village.

On the Friday evening we were delighted to be able once again to hold our traditional Harvest Supper.



It was another chance this year for us to meet up and chat, and of course have a glass of wine (or beer) and enjoy the most

wonderful food, produced and served thanks to Linda and a team of willing helpers.



Whilst we were still savouring the tea and coffees, we were entertained by a stream of talented individuals:

Ted's soulful tones echoed Elvis to an appreciative audience, John recited a poem "what he had wrote", Ian, with Val and Linda, sang a couple of traditional ditties, and Karen travelled from much further north in the County to sing and play for us, a particular favourite being

her own composition and tribute to The Rolling Stones, Paint it Black - about her fence of course!!

The evening

ended with the usual community singing of a few of Assington's "favourite songs". Daniel our new vicar had his induction via harvest supper! (Apologies we were having so much fun we forgot to take photographs until half-way through the entertainments!).

A word of appreciation must also go to the two "modern men" who rolled their sleeves up and got stuck into the washing up; it didn't go un-noticed: a huge thank you and well done to both our public figures!

Donations for wine raised a fantastic £250+ for a chosen charity: UNICEF for the drought in East Africa.

Friday's Harvest Supper was followed by the Harvest Church Service on Sunday 16th.



The church was decorated beautifully and thanks for all their efforts to the following:

John, Louisa, Monica, Emily, Bronwen and Anna.

The beautiful array of flower decorations made focal points but the main thread running through the church was the artistic decoration of the candelabra with old man's beard and rose hips, and the baskets atop filled with rosy apples from

the village. Thanks also to David for providing some wonderful home-baked bread for both events.



During the past weeks there has been a collection of food in the Village (special huge thanks to Maxine for hosting this!), which



culminated in a final "Harvest Home" of it all in the church Service. There was an opportunity for toddlers to bring



up their food offerings,



and then (helped by the wider congregation) they sang "Old MacDonald Had a Farm", whilst wagging appropriate animal finger puppets.

Thank you to everyone who has contributed to the food collection, which will be taken tomorrow up to the **Sudbury Storehouse food bank**, run by the Vineyard church there. Your generosity is very much appreciated.





ELECTRICAL LTD

Domestic | Commercial | Industrial

We have over 34 years experience and offer a full range of services to suit all your electrical needs.

Call or email us today to discuss your requirements.

TEL: 07970 384576

info@ambroseelectrical.co.uk

**Installation | Emergency Lighting |
CCTV | Fire & Security**



The Barn, Assington
www.ambroseelectrical.co.uk



1 Cornard Mills, Mill Tye, Great Cornard,
CO10 0GW
07808632363

Find us on Facebook and Instagram:
@barneybubbledoggrooming



Helen Kempson
registered nutritional therapist

**Supporting you with your
digestive health concerns**

*'Working with Helen has been
amazing. Following all her
suggestions this year has massively
improved how I feel. '*

ER, Colchester

Telephone: 01787 212394

Mobile: 07766 702363

www:hknutrition.co.uk

Email: helen@hknutrition.co.uk



Facet Design

Web Design
Motion Graphics
Logo Design
Illustration
Print Design
Photo Manipulation

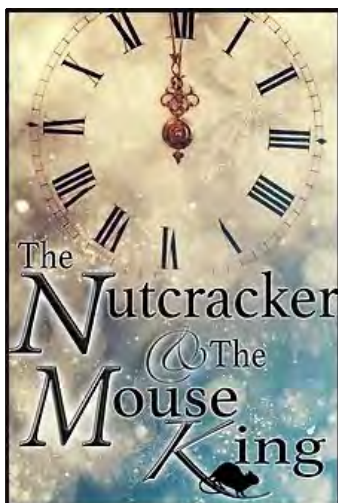
hello@facetdesign.co.uk

THINGS TO DO

Hadleigh Choral Society

Come along for an evening of breathtakingly beautiful choral music, as the Hadleigh Choral Society performs music by Ludwig van Beethoven and Johann Nepomuk Hummel. Written in 1807/1808, Beethoven's Mass in C and Hummel's Mass in D Major include stirring fugues and counterpoint melodies, and range in mood from pensive and reflective to uplifting and joyous. We will be joined by professional soloists Zoe Brookshaw, Laura Smith, Richard Symons and Owain Browne, as well as the Colchester Symphony Orchestra. Conducting the evening's events will be Christopher Phelps.

The concert will be on Saturday, 19th November, 7.30pm, at St Mary's Church, Hadleigh. Tickets are £15, free for those in full-time education, and are available through www.hadleighchoralsociety.org.uk, members of the choir, or The Idler bookshop in Hadleigh. For more information contact 07886 416 034.



This is My Theatre performance of The Nutcracker and the Mouse King is being performed at St Mary's Church on the Chilton Industrial Estate near Sudbury.

It's nearly Christmas and Maria receives an early gift of a beautiful wooden Nutcracker soldier. Little does Maria know that his wooden figure was once a real child and when the magic of Christmas is strongest, the Nutcracker comes to life. Can Maria help the Nutcracker to defeat the horrid Mouse King

and break the curse. Join us in a journey to magical kingdoms with music, puppetry and characters that the whole family will love.

The performance will take place on

Thursday 8th December at 7pm with doors open at 6.30pm. Tickets are £15 for adults and £10 for under 16s.

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



Nayland with Wissington Community Council's

BONFIRE AND FIREWORKS

NOVEMBER 5TH

6.15 for 7pm Nayland Village Hall Playing Field

Limited parking in village. Please walk if you can.
Disabled parking only at Village Hall CO6 4JH

Adults £6 - Children £2 - TICKETS IN ADVANCE ONLY
from <https://naylandevents.org> or Nayland Post Office & Village Shops

HOT DOGS * SOFT DRINKS * MULLED WINE * & MORE
www.naylandcommunitycouncil.org.uk

Sunday 20th November FUNGUS FORAY



2pm

Tiger Hill

the emphasis will be on looking at them, not eating them.

contact Nick Miller on 01787 227359

if you are interested in joining him.

SUNDAY 30TH OCTOBER 3PM

live music

**THE OSMANS AT
THE SHOULDER OF MUTTON**

DATE FOR THE DIARY HAPPYSOUNDS CHRISTMAS FUNDRAISER CONCERT **Saturday 3rd December at 3.30pm in Assington Church**

An entertaining mix of Carols and Christmas pop tunes, with a few Carol singalongs.

Tickets will be on sale soon at £5 per head (Under 12's £2.50)

Please email janette.gunn@yahoo.com to reserve your seats!

GRAYHAM HOGGER

Free local delivery

(Baileys, Allen & Page, Dobson & Horrell, Saracen, Naf)

**HORSE/ANIMAL FEED & BEDDING
HAY, HAYLAGE & STRAW
MUSHROOM COMPOST
SHAVINGS & HORSE-FEED
(Large and small bales)**

GRAYHAM HOGGER

TEL: 01787 210074 or 07860 536899

DANIEL ECUYER THATCHERS

MASTER THATCHER

Long straw & water reed

(Free quotes for thatch owners)

Briars, Dyers Lane, Assington

01787 210252 or 07956 585133

ecuyerthatchers@gmail.com

ASSINGTON COUNTRY KITCHEN

Prop. Annie Reidy – Malcolm Long

OPEN 7 DAYS A WEEK

Mon/Sat – 9-4.30; Sun 10-4

Bookings: 01787 210242

Anniereidy1@btinternet.com

malcolmlong1@btinternet.com

www.assingtoncountrykitchen.com

www.thebarnassington.com

BOXTED METHODIST SILVER BAND

*New players always welcome,
any age, any ability*

(Rehearsal Wednesdays 7.30)

Contact: Mrs Petter

07803 935688

www.bmsb.co.uk



WARNER LOG SUPPLIES LTD.

Suppliers of seasoned firewood

DICK WARNER

Tel: 01206 579881

Mobile: 07860 255326

JULES FLORIST

The Barn, The Street, CO10 5LW

Flowers for all occasions

Julie – 07979 676869

01787 211695

Email - Julieivory10@gmail.com

Boutiqueprint

Wide Format Printers

PVC Banners

Posters

Retail Signage

Wallpapers

Vehicle Wraps

Vinyl Decal

Tel: Assington 212379

Email: duncan@boutiqueprint.co.uk



MORE THINGS TO DO

SESAW CHRISTMAS CRAFT FAIR SUNDAY 20 NOVEMBER from 10am-3pm

at
THE OLD SCHOOL, LONG MELFORD
CO10 9DX
Gifts, crafts and bargains
Tombola
refreshments served all day.



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

We all love
meeting together!

Mums, dads, grandparents, carers and childminders living in and around Assington ... bring your little ones to a group for accompanied babies and toddlers in the lovely, airy Village Hall. Great toys and play followed by stories, lots of singing, then snack time. Good coffee too! Held twice a month, Thursdays 9.30 - 11.00 am, at £3 per family.

Here are the dates for autumn/early winter:
November 10 and 24 December 8 January 12 and 26

Do contact me, Revd Tricia Box: 01787 227528 or 07747 124592

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

	mm	max	min
2018			
AUG	83	35°C	6°C
SEP	29	25°C	-0.5°C
OCT	30.5	23°C	-2°C
NOV	75	13°C	-4°C
DEC	57	13°C	-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

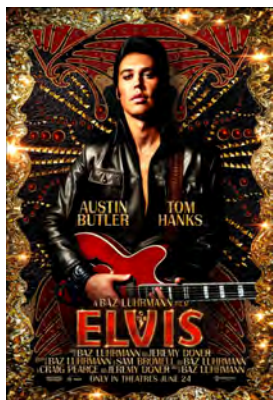
	mm	max	min
2020			
JAN	33.5	10°C	-5°C
FEB	56	11°C	-3°C
MAR	21	14°C	-5°C
APR	22	23°C	-1°C
MAY	5.5	27°C	-2.5°C
JUNE	50	28°C	+2°C
JULY	58	30°C	6°C
AUG	109	32°C	4°C
SEP	25.5	27°C	5°C
OCT	110	14°C	2°C
NOV	33	14°C	-4°C
DEC	102.5	10°C	-5°C

	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
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

	mm	max	min
2022			
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	2.5	36.5°C	6°C
AUG	11.5	32°C	7°C
SEPT	25	25°C	1°C



Leavenheath Village Hall Cinema



SATURDAY 05TH NOVEMBER

Arrive 7.00pm Film starts 7.30pm

2022 (12A) Biography/Drama/Music

Starring:- Tom Hanks. Austin Butler. Olivia DeJong

2 hrs 39 mins with 20 mins interval

Please book early to avoid being disappointed

Tickets £4.00 per Adult and £2.50 per young person

YOU CAN NOW PAY BY CARD AT THE DOOR

Or reserve your seat online at 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.

Little House Designs



CLOSING SALE

Everything 1/2 price or less

- Fabric by the metre & remnants
- Cushions
- Gifts ideal for Christmas
- Lace & trimmings
- Craft items
- Buttons & Zips

Saturday 5th & Sunday 6th Nov.

9.30am to 5.30pm both days

Cootes Cottage CO10 5LW

Cash, bacs or cheque ~ sorry no card payments

Free coffee & tea, hope to see you

Jacqui Egglestone 07770520198

NOVEMBER REMEMBRANCE

(Another extract from PIPPIN'S PROGRESS, A Soldier Artist's War)

copies of which may still be purchased from
his grand daughter:

annabel.thorogood@gmail.com

Comparative newcomers to the village (welcome!) may not (yet!) be familiar with the tales of old belonging to Assington folklore.

Major Richard Heseltine MC (1914-2012) was an apple farmer in Assington, and a prominent member of our local community from 1955 until his death. In his later years he wrote a book which gave a personal account of his war and battle experiences, recounted with humour and humanity, and illustrated by his own sketches and paintings.

Here is an excerpt from his book, from the chapter :

Alamein: The Battle of Tel El Aqqaqir

which he describes as realising (during the briefing), was a "do-or-die" operation.

'The Brigadier delivering the briefing dismissed us with the following words:

"You will accept 100per cent casualties; there will be no retreat," and he added, rather surprisingly, "You will take no prisoners."

As I returned to my little command I decided not to pass on his orders. I considered they were bad for morale, and anyway I had no intention of obeying the last .

There was no denying that a certain foreboding prevailed. That evening our Padre took some petrol crates and covered them with a blanket, and placed the Sacrament upon them. Those who wished just walked in and stood in a circle and took their Communion. When, years later, I saw the film of Henry V with the glamorous scene on the field before Agincourt, I could not help thinking back to its parallel as witnessed in real life - the circumstances the same, without the pomp. Modern warfare has no frills.....

(details of his battle, and actions in his tank ensue in the following pages)...

On the third day a lone tank was seen to come back over the horizon. Someone cocked up their gun to maximum range and by some extraordinary fluke scored a hit, whereat the crew were seen to bale out. A scout car was sent to collect them and was met by a tall German officer purposefully marching towards them with his overcoat over his arm. He was General von Thoma, Commander of all the German and Italian armour and second only to Rommel.

On being taken before Montgomery he saluted and said, " You have won the war". On being asked why he should think so, he replied: "What else can you expect when your commander-in-chief is a madman?" Hitler had ordered Rommel to stand and fight to the last. No general worth his salt did not know that the only chance of continuing the campaign was to pull out as quickly as possible and save what was left to fight another day.

Just how desperate Alamein was can be shown by the number of our casualties. These included 22 officers, of whom 14 were killed and 7 wounded, with one taken prisoner. Among the men the proportion of killed to wounded was more than three-quarters - 98 in total. There was little hope in a tank that blew up. The fact that all our tanks were fuelled by high-octane petrol was absolutely criminal. Out of 51 tanks taken into action, 47 were lost, most being blown to pieces in the dawn encounter.'

Alamein had a profound effect on us. I don't think we were ever the same again. We knew we had achieved a great victory, but where were all those who had achieved it? They would never be with us again."



ASSINGTON'S REMEMBRANCE SUNDAY SERVICE

At 10.30am on Sunday, 13th November the Remembrance Service will take place in Assington Church.

As on previous occasions

David Wiles will parade the British Legion Standard from Rose Green, starting at 9.45am. He will parade along The Street, ending up at the church for the Service, which commences at 10.30am

During the service, tribute will be paid at the village WWI memorial inside the church, and directly following the service another wreath will be laid at the WWII grave in the churchyard.

Everyone is welcome to join at any stage of the commemoration.



ELAINE EVERITT

BSc(Hons) DO LicAc MGOsC MBMAS MNIMH MCPP

OSTEOPATHY • CRANIAL OSTEOPATHY ACUPUNCTURE • HERBAL MEDICINE

Treating newborns to elderly
Sports injuries, headaches, neck & back pain

Recognised by most medical insurances

To find out more or to book an appointment call:

07587 743 850

**SPECIAL
OFFER**

£10 off
your first treatment
with this advert

Offer ends December 30th 2022

www.elaineveritt.com / www.pippettes.co.uk

Pippettes Farm, Stone Street, Boxford CO10 5NR



With £10 OFF your first visit, it's the ideal time to address your back pain, headaches, sports injuries and arthritic aches and pains.

Osteopath, cranial osteopath, acupuncturist and medical herbalist Elaine Everitt and acupuncturist Steven Bennett have opened their new clinic, located at Pippettes Farm in Stone St., Boxford (opposite Simbo's dog training).

Elaine and Steven's use of osteopathy, cranial osteopathy, acupuncture, medicinal herbs and low power laser therapy can help a wide range of conditions that respond well to a natural and holistic approach. They offer treatments suitable for all ages; newborn to the elderly.

From musculo-skeletal problems to digestive disorders, fertility & menstrual issues, urinary complaints and skin conditions, their 35 years combined professional experience enables them to diagnose the condition and prescribe the correct course of treatment.

Long-term residents of Suffolk, Elaine and Steven currently run a very busy clinic in North London and are now keen to re-focus their work to Boxford, where they grow and prepare organic medicinal herbs for their clinics and Suffolk based skincare brand, Pippettes Farm.

Why not pay them a visit for a consultation or call to discuss how they can help?

For more information on their treatments and products call 07587 743850

or visit www.pippettes.co.uk elaineveritt.com



- Home Accessories
- Soft Furnishings
- Furniture & Lighting
- Gifts & Cards
- Boutique Fashion
- Annie Sloan Chalk Paint Stockist
- Workshops

at The Barn, Assington



www.littlegemsinteriors.co.uk

01787 210951

A VIEW FROM AROUND THE BEND

What a change in the weather, we seem to have gone from loin cloths to long johns in just a couple of weeks, Bobbie has offered to stay some nights during the winter as she thinks that two people in the same house would keep the temperature up a bit more. I am not sure how that would work as now that my large marrow has gone to Ukraine, there is not so much to do, but willing to try anything once I suppose. The extra cat in the house will also maybe make a difference although HE does spend most of his time outside in the yard with Henriette. I am being told that both need to be done and I need to see to that. More expense but I read in the local paper that the pension is going up ten per cent, so that may cover it. A reservation has been booked at Sudbury vets and Bobbie has provided a carrier and told me which side of the road to stand to make sure I do not keep going around in rings. It all takes three hours, so might get around to doing some shopping in Sudbury while I am awaiting for return journey on the bus. We all have to stay inside for a week after the op, so will not be around much while recuperating. Ouch.

Trying to keep the grass and weeds down in the garden since the rain has restarted, my what a difference, late crops of everything has certainly helped the larder and the budget, although eleven large sweet jars of pickled onions and garlic will have to be consumed carefully, maybe I can give a couple away, any takers, I think I had better restock on the Rennies as well.

Super crops of pears and apples now coming on and now loads of mushroomy type looking things in the fields as well, not sure if I should eat these as they do look very strange, maybe I will ask the new vicar, they always know about these things and I am sure he would not want to lose any of his flock so soon upon his arrival.

Having a real go at cleaning and painting the cottage, found sixteen cans of old paint in the outhouse and although there is a thick skin on the top, there is lots of usable paint in the bottom of the cans and it is still fluid and with the help of some turps comes back to life quite easily, not always the colours I would have chosen but the finished result is quite spectacular and has given a new fresh appearance to the old cottage. When I was very young I was apprenticed to a builder and was often sent painting and have found the revisiting of this skill very rewarding and has really helped pick me up after what has been a very difficult year.

Bobbie stuck her head around the door on her way to the tip last week and let out a scream of delight at my efforts, she said it reminded her of quadruphenia, whatever that is, I will look it up in the old Oxford English. Quite looking forward to her spending more time here now.

If anyone in the village would like a quick painting job done in exchange for some cash, then just let me know as I have several of the old cans left over still. Only just please remember I don't do heights, so groundfloors and bungalows only.

Have started spending more time walking around the village again, now that some of my confidence has returned and generally feeling better in myself, not really ready to engage with too many people at the moment as still feeling a little frail but getting much better and have spent time at the Church reflecting and also walking down past Averly Farm and on a couple of occasions down into Boxford near to what used to be an old pub that seems to have disappeared, so much traffic down there, I had to dive onto the bank a few times to miss Graham Hill and Stirling Moss racing each other down the lanes, downright disgraceful.

I tried to await until it died down a bit but as nightfall descended it just got worse and I came home via the fields in the darkness. I think I am not really geared up for this helter skelter style of living, maybe when I properly retire I will look for somewhere a little more remote and safer.

I hope all in the village keep well and healthy during these difficult times, although we moan and grumble, we are still better off than many that went before and come January the nights will pull out and the new seasons will soon be upon us.

Keep Well. **Esra.**

HAPPYSOUNDS CHOIR: CHRISTMAS FUNDRAISER ANNOUNCED!!

From Nettie Osman

Following this year's relaxation of Covid regulations, the Choir is very excited that indoor concerts are BACK this Christmas! To celebrate, we are holding a festive fundraising concert at Assington Church, on Sat 3rd December at 3.30pm, to help raise money for toilet and refreshment facilities to be built at the Church.

This promises to be an entertaining mix of Carols and Christmas pop tunes, with a few Carol singalongs thrown in for good measure.

Tickets will be on sale soon at £5 per head (Under 12's £2.50), and hot chocolate, mulled wine and mince pies will be on sale to help raise extra funds.

Please email janette.gunn@yahoo.com to reserve your seats!

DONATIONS NEEDED PLEASE - if anyone can donate some mince pies or red plonk for the mulled wine it would be much appreciated, please contact me (Nettie) on the above email address or whatsapp 07957 394780 if you can help - thank you!

'THE OSMANS' AT THE SHOULDER OF MUTTON SUNDAY 30th OCTOBER from 3pm

We are hoping that this ad gets to you all in time for the 30th!! Dave and Nettie - "The Osmans" - are playing a chilled-out acoustic gig at the Mutton from 3pm onwards.

We suggest you book yourself a lovely Sunday roast, and let it go down while you sit by the fireside and enjoy the mellow vibes with a pint of fine ale or a nice glass of wine.

THE FOXES DEN Coffee House is now

open:
serving
breakfast,
brunch, lunch
and afternoon
tea on
Thursday,
Friday, &
Saturday,
9am-4pm.
Home baking, locally sourced produce: 01787 703500



A K SMITH

PLASTERING

Established 1986

**Ceilings, Walls, Floors
Lime Plastering Undertaken**

**For References see Website
www.aksmithplastering.co.uk**

**Keith:
Assington 212352/07808 027 116**




I'm Grace Crimmin, a fully qualified Beauty Therapist offering quality treatment services from my Treatment Room in Newton.

I offer a wide variety of treatments including Manicures, Pedicures, Body Massage, Facials, Waxing and more!

To book an appointment please call **07484 648932** or message directly through **Facebook** or **Instagram**.

I will look forward to hearing from you.

 www.facebook.com/nailsbygrace1

 [@nailsbygrace123](https://www.instagram.com/nailsbygrace123)

Ventanilla Blinds

Conservatory Blinds - Day and Night Blinds

Rollers - Verticals - Roman - Pleated

Wooden, Faux Wood & Metal Venetians

Sheer Rollers - Blackout Blinds

Perfect Fit Pleated, Roller & Venetian

Contact Mike for a fast and friendly service

01787 313677 or 07966 371963

www.ventanillablinds.com

NATURE WATCH

Walking around the countryside during the past couple of weeks you, like I, cannot have failed to notice the huge drifts of acorns coating the ground beneath oak trees. One can feel them through even the toughest of footwear, making a crunching sound as they split beneath the weight, or rolling around and giving the feeling of being on roller skates.



The number of acorns produced by the UK's mighty native oaks appears to have increased significantly this autumn, following an almost total absence in 2021. This will come as a welcome relief for seed gatherers and wildlife alike.

Our oak trees are an iconic feature of our countryside, but they are in fact two species: sessile oak (*Quercus petraea*) and pedunculate oak (*Quercus robur*).

The Sessile oak is a tall tree that can mainly be found in semi-natural woodlands, especially in the north and west of the UK. It is so-named because its acorns are not held on stalks like those of the English (Pedunculate) oak, but are attached directly to the outer twigs.



It can form quite dense, single-species woodlands when left to grow, but is not as ubiquitous as the English Oak in the rest of the countryside. Sessile oak timber is not as popular as that of English Oak, but is used for barrel- and cask-making, and gives wine and spirits a particular flavour.



Quercus robur, commonly known as common or English oak, is also known as pedunculate oak, because its acorns grow on stalks or 'peduncles'; however, its leaves do not have stalks.

Quercus robur displays a broad, spreading crown above thick branches and a trunk that becomes fissured with age. Its autumnal acorns

are highly prized by both people and wildlife - the former use them for fodder for pigs and the latter often store them for the long winter ahead. Its wood was traditionally used for building ships and houses, and making furniture.

It can take over 40 years for oaks to produce acorns and they can suffer from poor natural regeneration in the UK as acorns are such an important food source for wildlife. The majority of new oak woodland in Britain is therefore established via planting..

The number of acorns produced by an oak varies hugely year on year - with some years of extreme bounty - called 'mast years'. The word 'mast' relates to the old English word 'mæst' - when acorns accumulated on the ground and were eaten by domestic animals like pigs.

Similar to other tree species, oak trees flower each year, and yet only masts at irregular intervals, occasionally separated by several years. The acorns cannot be stored for long periods of time, increasing the importance of understanding, and harnessing the masting cycle for successful native oak regeneration. Mast years are influenced by three key factors: the weather; pollination efficiency and a tree's ability to regenerate spent internal resources, and for oak a dry and warm spring seems important, to allow for efficient flowering. The warm, dry spring air caused all the oaks to flower at once aiding pollination - plus there was less rain to wash pollen out of the air.

It is believed the summer drought undoubtedly had an impact on tree seed production, with many trees producing seed in numbers, but very early. Rowan is an example, where seeds would normally be collected in late September but most rowan seed has now passed over and withered, if not eaten by birds.

This year, whilst most oaks seem to have fared well and produced many healthy-looking acorns this autumn, the trees will also have suffered drought stress, with some acorns dropping early or dying on the branch; a surprising number of jet-black acorns have been spotted on many oak trees, the reason for which is still unclear.

SESAW NEWS

That silly chihuahua gave me the best laugh I've had in ages! He was boasting about 'writing' Kenny's SESAW News since 2012. That's a decade to you and me - but he never admits to being more than eight years old! He can't even get up on time since the clocks went back so here's my cat's eye view of this month's news, starting with a reminder about our **Christmas Fair**. Our volunteers have worked hard to arrange our first festive event since 2019. Lots of gifts, crafts and bargains plus Jeanette's Terrific Tombola and refreshments served all day. **Open 10am to 3pm on Sunday 20th November at the Old School, Long Melford, CO10 9DX.**

Mother cared for a variety of wildlife casualties this summer, most have been returned to the wild including a bumper crop of hedgehogs. They have to reach a certain weight before being 'soft' released but they surprised us. The original ten hogs had increased to sixteen, thus delaying their departure until the babies were also large enough to leave home. Despite their spiky exterior, hedgehogs are endangered but humans can help by supplying drinking water



and cat or dog food to eat, never bread and milk. They need gaps under fences to move between gardens and a pile of leaves and twigs to hide under - please check for 'Spike' before you build a bonfire.



The evenings are drawing in and it's too cold to stay out but I always grumble when Mother scoops me up to go indoors each night. Anyone who thinks I'm a pushover doesn't know me, Ollie (the Black) Cat!

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

Wardale Williams

THE OPTICIANS

INDEPENDENT • EXPERIENCED • PROFESSIONAL

Qualified and caring NHS opticians
for you and your family since 1947.
Varifocal specialists.

50 Gainsborough St Sudbury
CO10 2ET 01787 372492
www.wardalewilliams.co.uk



Boxstore

**The Local
Self Storage
Company**
**For all domestic and
business needs**

See website for details
www.boxstore.co.uk
tel : 01787 210350

ASSINGTON PARISH COUNCIL

Matters of Interest discussed during a meeting held at Assington Village Hall on Monday 26th September 2022

■ **Present:** Cllrs Simon Thorogood, Bronwen Stacey, Ian Jordan and Tony Howcroft
In attendance DCllr Lee Parker, Christine Hargan (Clerk) and 2 members of the public

■ **Apologies for absence**
 Cllrs Andrew Hill, Helen Wallace.

■ **Declarations of interests**
 No declarations of interest were made

■ County and District Councillor reports and public forum
 DCllr Parker reported that the council had been quiet during the summer, due to the annual recess and period of official mourning.

- Following consultation the Cabinet will discuss the district parking strategy w/c 3 October 2022.
- Belle Vue was refused planning permission by 6 votes to 5: an appeal is expected.
- Suffolk County Council has launched a group-buying scheme for householders who wish to install solar panels:
- Annual canvas for voter details is underway.
- DCllr Parker has been actively involved in correspondence about the planning application by Assington Autos, but has not received substantive answers.

■ **Finance**
 From the **RFO Report** authorise payments to be made and note income received since the last meeting, review Reconciliation of Accounts against Bank Statements and the Statement of Accounts vs Budget
 It was resolved to pay the accounts as per the schedule

■ **Planning**
 Councillors considered the following Planning applications:

- [DC/22/04627](#) Erection of 1 No single storey detached dwelling and garage (Plot C) | Land North West Of 'The Nook' The Street Assington CO10 5LW and
Resolved to support the application
- [DC/22/04218](#) Willow Tree Farm The Street Assington Sudbury Suffolk CO10 5LW - Erection of single storey side and rear extension (following demolition of existing conservatory) to provide garden room and glazed link to attached outbuilding/gym/games room and
Resolved to support the application
- [DC/22/04211](#) White Webbs 23 The Street Assington Sudbury Suffolk CO10 5LJ - Conversion of and extension to garage to form two bedrooom annexed accommodation for family member.
 The Parish Council concurs with the heritage officer's pre-application recommendations relating to this application, and offers no further comment

■ **Licensed Path, Footpaths and APC's Assets**
 including the maintenance of the allotments and conservation area

- Handrail on Footpath opposite St Edmunds Church.
 Cllr Stacey obtained costs for the replacement of the handrail.

It was resolved to accept the tubular option from the quotation, which would be finished with black paint and concreted in position, and to pre-approve the payment of the estimated costs of £450.

- Cllr Jordan reported that he had received a complaint of fly-tipping on the path to the brook. He agreed to check and report to the clerk if necessary, so that removal can be arranged.
- Replacement of two wood dog bin posts with concrete equivalents is scheduled to be fitted by Sudbury Wardens on Friday 30th September.

■ **Highways update**

- 20mph speed limit
 Feedback has been mixed, generally with non-drivers pleased but some drivers are unhappy about the extra 45 seconds added to their journey times, and others finding it a challenge to maintain 20mph in a modern car. We do need to be careful to maintain community support.
- Two people have asked if the parish council will supply new bin stickers reflecting the new 20mph limit in the Street.
- Triangles. There was a suggestion that volunteers might wish to 'adopt' the new triangles at Rose Green and Three Ways. It was resolved for Cllr Thorogood to contact a local supplier to acquire a short-stemmed wild flower seed mix .

■ **Quiet Lanes Suffolk**
 Cllr Hill's report was accepted and Cllr Hill thanked in his absence for all his work.

■ **Light Pollution**
 New parishioners lighting up property throughout the night is an environmental issue as it affects wildlife. DCllr Parker to investigate with BDC Enforcement on environmental issues and report back.

■ **Recruitment of additional Councillor**
 It was resolved to co-opt the applicant onto the Parish Council. Cllr Stacey to notify and ask him to contact the clerk so that an induction can be carried out.

■ Consider amendments to the **Donations Policy**
 Cllr Howcroft to draft revision for discussion and adoption at the next meeting.

■ To consider adopting the [Councillor Code of Conduct](#) 2020 it was Resolved to adopt this.

■ **Bramford to Twinstead Reinforcement**
 No changes have been proposed that are relevant to the village. Cllr Howcroft to put work with neighbouring parish councils to respond if appropriate.

■ **Questions to the Chair**
 There were no questions to the Chair.

■ Next scheduled meeting will be held on
Monday 28th November 2022,
 starting at 7.30pm.

■ The meeting was closed at 9.21pm



KEMPSON GARDEN SERVICES

*All year round, friendly & reliable service
RHS qualified and fully insured
Established 2008*

- Garden design and consultation
- Regular lawn care - cutting, strimming & edging
- Hedge cutting & shaping
- Shrub planting & pruning
- Flower border set up & maintenance
- Garden clean-ups & makeovers
- Pressure washing - patios & pathways
- Fencing & repairs
- General handiwork

For complete & professional garden care:

2 Woodfields, The Street, Assington

T: 01787 212394 M: 07733 134789

fred.kempson@gmail.com

www.kempson-gardenservices.co.uk



**Specialists in handmade
rugs and carpets**

Restoration & cleaning workshop

Open Monday to Saturday, 10am – 5.30pm

The Old White Hart, Long Melford, CO10 9HX

01787 882214 www.rugandcarpetstudio.co.uk

R SMITH ELECTRICAL SERVICES

ALL ELECTRICAL WORK UNDERTAKEN

CLEAN, HONEST, RELIABLE

Please call Ryan on

07981 528948

OR

01787 212352

www.rsmithelectrical.co.uk

Assington Pilates Class

Tuesday evening

7.00 - 7.45pm

Physiotherapist led class (no prior Pilates
experience needed)

£9 Pay as you go
Or

£32 for a block of 4 classes

Contact: annacclayton@hotmail.co.uk

07811229266

Please bring your own mat.

50% donated to the Valerie Lock Church Fund to install
Kitchen/toilet facilities.

PARISH CHURCH NEWS



Letter from the Rev Mary Cantacuzene Bures with Assington and Little Cornard



Dear Friends

One of the things that most people think of when they imagine "Christian values" is kindness to others. There has been a very tangible way in which some of the people in and around these villages have served other people (and God) over the past few months, and that has been giving refuge to Ukrainians fleeing the war. It has been an extraordinary act of kindness to open their homes (and in a way, their whole lives) to complete strangers.

They were generous with their private space, their money and their time. Endless time: filling in forms, registering with doctors, dentists, opticians, schools, banks, job centres, Social Services and the Passport office; running people to appointments and trying to enable translation from English to Ukrainian and back again. So kind, so selfless, and so very generous in every sense of the word.

Some of those people who arrived in the spring and summer were bereaved and traumatised, but their host families have gone above and beyond in helping them to adapt and settle in.

Now, six months on, many of those Ukrainian guests have found their feet in their adopted country: they have found employment, places to live independently and a new sense of belonging. I'm sure all of those guests will be forever grateful to their hosts: firstly for sponsoring them and then so touched by the love and care they have shown.

St Paul said, **"Do not forget to show hospitality to strangers, for by so doing some people have shown hospitality to angels without knowing it"**. (Hebrews 13.2)

Our thanks to all of those who have gone the extra mile; I think I speak for us all when I say we are all so grateful and so proud of you.

With love in Him, **Mary**

Vicar: Daniel Whiffin 01787 228292
email: 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>



**NOVEMBER SERVICES
IN
ASSINGTON CHURCH
everyone welcome!**



6th November@ 10.30am Holy Communion

**13th November@ 10.30am
REMEMBRANCE SERVICE**



**20th November@ 10.30am Morning
Worship**



Please contact office@parishchurch.co.uk or
telephone 01787 227407 for more details



The church is open for visitors
every Saturday and Sunday


Peter Robb

**PAINTING, DECORATING,
FURNITURE PAINTING AND
PAPER HANGING SERVICE**

Interior & Exterior

T: 01787 379778

M: 07941 463104

E: sudders1234@gmail.com

See examples of my work on



BRYN HURREN

*Specialist in
Handmade Traditional
Furniture*



Est. 1975

**Bespoke Kitchens, Joinery
and
Handmade Furniture
Made to Order**

Free Quotations

**Tel: 01787 210854
Mobile: 07771 508348
www.barnworkshop.co.uk**



**Sudbury
Physiotherapy Centre
& Complementary Health**

- Musculoskeletal
- Neuro-Physiotherapy
- Sports Therapy
- Podiatry
- Pilates
- Sports Massage
- Clinical Hypnosis
- Shiatsu

Appointments available Monday - Saturday

Tel: 01787 378178

Email: sudburyphysio@hotmail.co.uk

www.sudburyphysio.co.uk

8 Cornard Road • Sudbury • CO10 2XA

ASSINGTON GARAGE

TEL: 01787 211010

**Servicing & MOT repairs
*Tests arranged***

Welding &

Temporarily closed due to illness
email: assingtongarage77@gmail.com

**repairs for less than
your insurance excess.**

**Stockist of wiper blades &
bulbs.**



RICHARDSON LANDSCAPES

We are a local, family-run landscapers. We specialise in laying natural stone paving and other aspects of hard landscaping.

Check our website or social media for examples of our work and get in touch to see how we could bring your project to life.

01206 241 863
www.richardsonlandscapes.co.uk






The Association of
**Professional
Landscapers**

Accredited Member



re-mind
coaching
solutions
Limitless Possibilities

Transformational Coaching & Consultancy For Individuals & Businesses

- DON'T FEEL FULLY MOTIVATED OR FULFILLED?
- IS LACK OF CLARITY/DIRECTION HOLDING YOU BACK?
- WANT TO ENHANCE LEADERSHIP SKILLS?

I help High Achievers, Entrepreneurs & Business owners consistently achieve success in their lives & businesses. I specialise in effective techniques to let go of unwanted, patterns & behaviours to create high performance individuals and teams.

- 1:1 EXECUTIVE COACHING PROGRAMS
- OVERCOME PERSONAL & BUSINESS CHALLENGES
- UNDERSTAND WHAT MOTIVATES YOUR WORKFORCE
- WORKSHOPS & MOTIVATIONAL GUEST SPEAKING

"Amy is an outstanding coach with a unique approach and outlook. Working with Amy will give you the tools to not only achieve financial goals but also unlock a better understanding of yourself"

David R., - Director




amy@re-mindcoachingsolutions.com
Tel: 07789 182210
www.re-mindcoachingsolutions.com




Private Day Nursery

for children from 2 years.
Forest School Sessions.

Holiday Clubs

for children aged 4-8

Baby Classes (intro offers available)

sing and sign, baby massage,
baby sensory and
woodland babies
(term time only)



WWW.WOODLANDSNURSERYKERSEYMILL.CO.UK



Come and meet new friends, have fun, and help raise money for charity!

Thursdays 6.30pm, either on Zoom or Covid-secure at Assington Village Hall (dependent on current restrictions)

No audition necessary

First session free

Membership includes free voice workshops, learning aids, online resources, and opportunities to perform for charity

For more info go to www.happysounds.co.uk or call 07957 394780



WHAT'S ON AT THE SHOULDER

Sunday October 30th - The Osmans Acoustic Music from 3pm onwards.

Friday 18th November - Live Music
Beer Valley Drifters

18th November - 31st December Christmas Party & Buffet Menus are available.

Pre booking & pre ordering is required two weeks before the booking.

Saturday 26th November 5pm onwards The Pub will be closed for a Private Function.

25th December
Christmas Day
Totty will open the pub 12pm-2pm
For drinks only

For any Bookings or enquiries please contact via

01787 210 334

Or

Info@shoulderofmuttonassington.co.uk