

Diary Dates

February

1st Peninsula Pix, 8pm Tattingstone Village Hall
8th Wherstead Walkers, 10am Oystereach Car Park
13th Shrove Tuesday
13th Parish Council Meeting, 7.30pm The Room
14th Ash Wednesday
15th Getogether, Orwell Yacht Club 10.00am
22nd Wherstead Walkers, 10am Oystereach Car Park

March

1st Peninsula Pix, 8pm Tattingstone Village Hall
8th Wherstead Walkers, 10am Oystereach Car Park
11th Mothering Sunday
15th Getogether, Orwell Yacht Club, 10.00am
22nd Wherstead Walkers, 10am Oystereach Car Park
24th Fish & Chip Supper, The Room 7pm
25th British Summertime begins
30th Good Friday

April

1st Easter Sunday
5th Peninsula Pix, 8pm Tattingstone Village Hall
12th Wherstead Walkers, 10am Oystereach Car Park
19th Getogether, Orwell Yacht Club, 10am
26th Wherstead Walkers, Oystereach Car Park 10am

WHERSTEAD PARISH MAGAZINE



*Number 101
Winter to Spring 2018*

*Contents include
Wherstead History
A Visitor to the Orwell
Cookery
Wherstead Memories*

WHERSTEAD PARISH COUNCIL

Chairman

David Baldry
Restholme
The Strand
Wherstead
(689681)

Vice Chairman

Andrew Myers
Mustar House
Vicarage Lane
Wherstead
(686825)

Douglas Cobb
Cotswolds
Bourne Hill
(601966)

Treasurer

Sarah Knibbs
Fairways
Bourne Hill
Wherstead
(690106)

Nigel Moyes
Bourne Haven
Bourne Hill
(682397)

Terry Hooley
30 The Strand
Wherstead
(680346)

Parish Clerk - Linda Head (602679)
Room Booking Secretary
Graham Silwood (683272)
PCC Secretary/Magazine Editor
Maggie Talmer (689878)

Sleep better in 2018

Keep regular sleep hours.

Going to bed and getting up at roughly
the same time will program your body to sleep
better

Create a restful environment in your bedroom.
Your bedroom should be a peaceful place for rest
Make sure your mattress isn't too soft or too hard
Exercise regularly but not too close to bedtime
Cut down on caffeine, have a milky drink or fruit
tea before going to bed

Don't overindulge late at night

Don't smoke, nicotine is a stimulant

Relax with a warm bath, soothing music

Write away any worries before going to bed
If you can't sleep, get up, read or do something
relaxing then try again as you feel sleepy

Have a romantic Valentines, Happy Mothering
Sunday and a Joyous Easter

Next copy date
April 5th

**From Reverend Foster Barham Zincke's
'Some Materials for the History of Wherstead'
regarding his predecessor
George Capper**

George Capper had established a great reputation in the hunting field for hard riding. Apparently he used to say that in his bachelor days, at the end of the last century, he had a housekeeper who not only cooked his dinner and brewed his beer, but who would also groom and saddle his hunter. For some time he preserved the whole of the Wherstead estate for his friend John Vernon. Rev Zincke had also seen George's name occupying a place in the lists of the great shooting parties of the late Lord Granville, who then rented Wherstead.

George Capper used to mention several minor changes, all in the direction of common sense, such as the abandonment of hair powder, knee breeches and show buckles.



WHERSTEAD PARISH COUNCIL

The Parish Council Meeting held on Tuesday 12th Dec 2017 at 7:30pm was attended by Messrs. Baldry (in chair), Sarah Knibbs, Doug Cobb & Nigel Moyes
District/County Councillors Nicholas Ridley, Barry Gasper & Chris Hudson
Apologies were received from Terry Hooley & Andy Myers

Matters Arising

Parish Council (vacancy) David reported that there is still a vacancy on the Council for a Parish Councillor, ideally to represent residents living in the top part of the village, although this is not essential. The clerk reported that so far no candidates have come forward, it was agreed that the PC would continue to advertise the vacancy.

Parish Clerk (change)

David reported that after 10 years as Parish Clerk, Cari has decided to step down from the role. On behalf of the Parish Council David thanked Cari for all her hard work over the years and wished her all the best for the future. David welcomed Linda to the Parish Council and thanked her for taking on the role as Parish Clerk

Great East Run(update)

David reported that only positive feedback had been received for the first Great East Run. All agreed that the event had been well organised and that plenty of prior notice had been given to local residents concerning the times of the road closures.

Financial Matters

Treasurer's report / Village Hall

Sarah presented the treasurer's report for the Parish Council and the Village Hall to the Committee (copies of which are available with the main report).

Parish Precept 2018/19

After discussion it was agreed by the councillors in attendance that there would be no rise in the 2018/19 Parish Precept.

Village Hall redecoration

David reported that all the work had now been completed. Sarah agreed to arrange payment to be

made for the work. The PC would like to thank Phil Seager for all his hard work and for liaising with the booking secretary Graham Silwood to enable the work to be carried out with the least disruption to the busy Village Hall schedule.

Planning Matters:

Applications – David updated the meeting with both existing and newly received planning applications.

More on Wherstead Memories from George Paul

The dairy herd of Red Poll cows kept at Bourne Hall Farm was under the management of Tom Brady, who always wore a very distinctive Irish tweed hat. In summer those 50 or more cows used to walk down Bourne Hill to graze on the marshes and walk back to the farm to be milked. Plenty of garden fertiliser was left on the pavements and road and was not greatly appreciated by residents even in the 1950s!

In 1953 the Queen visited Ipswich and was then driven along The Strand on her way to HMS Ganges. Wherstead residents made a floral display of welcome to Her Majesty which they erected at the bottom of Red Gate Lane. The Royal car slowed to walking pace as she passed giving a cheery wave to all. It was the first time that I ever set eyes on Her Majesty.

Who remembers the great flood of 1953 caused by a massive tidal surge? All houses on The Strand were

flooded and, as a result, the bund wall between Fox's boat Yard and The Strand was built. That did not prevent the flood of August 1987 which was caused by a deluge of huge hail stones that then melted quickly causing great quantities of water to run off the land.

A Visitor to the Orwell Continued

Our object is a little fresh air, our delight the banks of the river, and things connected therewith; and, for an hour or so, we leave the cares of life behind us, and devote our minds to the scenery right and left of us. And it is a beautiful river we are upon - one of the most beautiful in England if not the world. The Southampton Waters are too expanded, and afford us nothing of that variety which the well-wooded Orwell presents. The American rivers are grand and extensive, but there is something which even Americans confess is not to be equalled in the simplicity and loveliness of this river scenery. Old England has her Thames, Medway, Isis and Cam; but where, for a holiday trip, is there one equal to the Orwell?

We are off; and if we just turn our eyes upon the town, we shall see it well backed with hills and woods, and noted places which we will not pause to describe. What range of buildings do we see on our left as we come out of the narrow stream into

the wider expanse? That is the Cliff, and just above it you see the Holy-wells. Both these places have become somewhat celebrated from the pen of the Rev. Richard Cobbold, who, born at Ipswich, spent thirty years of his life upon the banks of this noble river. He is a public man, and we therefore claim a right to mention him, as few gentlemen have cast a more vivid glow upon the waters of his native town than he has done.

To be continued.....

Joint Local Plan Consultation - It was reported that the closure date to provide submission to the Joint Consultation was 10th November 2017. It is anticipated that once the submissions have been sifted a further consultation will be published around Easter 2018 with the final consultation due in spring 2019

David thanked all those, especially the Wherstead action group, who have helped with reviewing all the documents.

Ongoing Issues:

a – Drainage ditch behind properties(The Strand)

David reported that he had spoken with Steven Halls from SCC and he had indicated that after dialogue with the landowner that a possible way forward maybe for local residents, with the support of SCC, to organise for the work to be carried out by themselves. David agreed to look into this possibility and to report back.

The Strand Bund wall and drainage ditch.

David reported that the contractors working for the Environment Agency have now completed the annual cut of the bund wall, river walls and banks. Unfortunately Highways were unable to arrange with Environment Agency for the road drainage ditch to be cut at the same time. David agreed to speak to SCC to find out when this work will be completed.

Parish Magazine/ Community website

It was reported that the colour 100th edition of our Parish Magazine was a great success. After discussion David agreed that he would visit the printers and obtain quotes for the magazine to be printed by them in black and white and an additional quote for black and white but with a colour cover.

Sarah reported that the annual charge for our community website for the Village would be £60. After discussion it was agreed that as it would benefit the whole village it would be financed from the Village Hall fund. Sarah was thanked for agreeing to set up the website.

Neighbourhood Watch

It was agreed that the illegal off-road riding is now become a huge problem in the village with more of the surrounding land now being used. The PC and local residents are in regular contact with our Safer

Neighbourhood Team. It is hoped that local residents and PC will attend the SNT Forum at Capel V/hall on 20 Dec 2017 to raise the issues again and ask for an update.

Next meeting due to be held will be on the 13th Feb 2018 at 07.30pm

There being no other business this meeting closed at 9.20pm

Gardening

Before planting this year, give the soil in your garden a boost. Buy or build two compost bins so you can fill one while the other 'cooks'. Brown cardboard, garden and kitchen waste can all be used and breaks down reducing landfill. It also provides a habitat for insects, reptiles and amphibians.

If you buy compost for your beds or containers make sure it is peat-free. Peat-lands are one of our most important and endangered habitats.

Ensure your garden has lots of variety between plants and grasses. Don't use slug pellets, pesticides or other chemicals. Encourage natural predators.

Some plants thrive in poor soil but give everything a chance by improving your soil.



Did You Know

Spring 2011 was the warmest spring on record with an average daily temperature of 9.2C. The coldest spring recorded was in 1962 with an average temperature of 5.8C

In Tudor times many farmers used an enclosure called a 'hogbog', which housed both pigs and chickens. Pigs lived in the ground space with poultry in a raised henhouse above. The design saved space and provided protection for the hens at night.

At 870 miles long, the Wales Coast Path, which officially opened in 2012, is Britain's longest coastal footpath. It took six years to build and takes in 12 nature reserves, 41 beaches and 18 castles. The

path begins in Chepstow and finishes beside the River Dee in Chester.

The adder is the only venomous snake found in Britain. Their venom is used to immobilise their prey such as lizards, frogs and small mammals. After striking their prey they wait for the venom to take effect and then follow the scent of the body. Adder's venom is not a danger to humans but a bite can be very painful and requires medical attention.

A Quiz for Valentines

Said to have been beheaded on 14th February 273, Saint Valentine was a bishop from which country?

The opera director Sophie Hunter married which British actor on Valentine's Day?

St Dynwen's Day - the Welsh equivalent of Valentine's Day - is celebrated on the 25th day of which month?

A mysterious visitor who knocks on doors and leaves gifts on 14th February, Jack Valentine remains a popular figure in the folklor of which English county?

The gruesome 1929 St Valentine's Day massacre took place in which American city?

Used as a favourite Valentine message, 'A Red, Red Rose' is a lyrical poem written by which 18th century Scot?

Born Richard Maxwell in 1929, singer Dickie Valentine had two UK No 1 hit singles. Name either.

Which monarch made Valentine's Day a holiday in all England by a Royal Charter signed in 1537?

Answers next edition



J.T Garden Services
Justin Theobald
Professional Garden
Maintenance
Telephone - 01473 685560
Mobile - 07530423738
Email
justintheobald@hotmail.co.uk

Wet and Dry

When buying towels, look for those with 450-600gsm (grams per square meter). The higher the number the greater the absorbency.

Double turned edges with double stitching will be less prone to fraying.

Avoid using too much detergent when washing towels; it leaves them stiff.

Fabric conditioner can make fibres less absorbent. Leave out altogether or use very sparingly.

Outdoor drying for towels is good but to get really fluffy results use a tumble dryer.



Walk on the Quiet side

Noise pollution is on the rise - 44% of Europeans are regularly exposed to levels that are considered dangerous.

Expand your quiet time by trying 'forest bathing' - a Japanese practice that simply means walking through a wooded area, absorbing blissful peace. Remember to breathe!



Motorcycles illegally using Bobbits Lane area

Unfortunately Bobbits Hole and the surrounding area have become a focus for illegal motor cycle riding again this last year and a number of affected residents have contacted the Police and the Parish Council to see if action can be taken to resolve the issue.

I am pleased to report that the Police are currently treating the issue as a priority, due to the high level of reports they have received via the 101 telephone line, and replies to the Web questionnaire they published to assess the level of disturbance being caused.

The points below are a summary of the current situation

- * The number of police patrols monitoring the Bobbits lane area has been increased and this has led to the identification of a number of motorcycle riders illegally using the area.

- * The Police have spoken to four riders and have issued section 59 notices against three individuals. The section 59 notices give the Police the power to seize offenders' vehicles should they be caught repeating the offence.

- * The motor cyclists spoken to stated they were not aware it was illegal to ride the bikes on this site and

advised that the site was being 'advertised' on social media as a place that could be used.

- * Statements have been taken from some affected locals who have been asked to report any further problems to help them deal with the issue. They are also arranging for the collection of evidence that one local resident has assembled over an extended period of time.

- * The Police have met with Pigeon Wherstead, who now own some of the affected land around Bobbits Hole and have agreed in principle that Pigeon will erect signs advertising the land is private and to appropriately modify the access points to restrict vehicle access. There is currently no timescale for this activity.

- * Wherstead Parish Council have contacted the Police, Landowners Pigeon and the Aldous family, with the objective of having a meeting to agree a unified approach to dealing with the issue. Currently the Police and Pigeon have confirmed they will attend.

- * The Police believe their activities have already resulted in a reduction in the number of incidents and are using the number of reports received as an indication of the level of the problem, so please report any further incidents via the 101 number, the Police website www.suffolk.police.uk or by email to Hadleigh.snt@suffolk.pnn.police.uk to ensure this issue stays a priority until resolved.

- * The Police want to stress that resolving this issue is likely to take some time, but have assured the community it remains a priority. Robin Coates

Pancake Day **Shrove Tuesday 13th February**

According to the Guinness Book of Records, the largest pancake ever made measured 15.01m (49ft 3in) in diameter and weighed 3 tonnes!

Resting your batter will allow the starch to expand and gluten to slacken, resulting in a more silky batter and softer pancake.

Crepe, the French cousin to pancakes, is traditionally larger and thinner, with a lacy edge. It is traditionally only cooked on one side.

Try using lemon curd instead of just lemon. It gives a buttery but tart taste and can be used to drizzle over ice-cream or on toast.

Mini Organising Moves

Do one small task every day and your home will become well-ordered and clutter free.

Scrap any unused or duplicate gadgets; invest in drawer separators to keep things tidy.

Use small plastic baskets for storing scourers and cleaning products in that difficult under the sink area.

Get rid of half empty packets from your store cupboard. Decant pasta, pulses, rice and cereals into containers or Kilner jars.

Put your fridge in order. Throw out any ancient jars of chutney, jam and mystery bags of frozen leftovers that have been in the freezer more than 3 months.

Fix hooks to everything - on the side of a kitchen island to hang tea towels, in cupboards to hang pans and food processor attachments, inside cupboard doors to suspend utensils.

You may be surprised about what's lurking beneath all those layers on a coat stand. Heavy coats take up a lot of space so store them or if not worn regularly, give to charity.

Tame your paperwork pile. Use different coloured folders to file various types of paperwork - red for utilities, orange for bank statements - so you can easily find what you are looking for.

Health

Wash or wipe your shopping bags. Researchers found hazardous bacteria in 50% of reuseable bags, so clean them weekly

Chew gum to banish ear worms - songs and tunes going round and round in your brain.

Go to bed the same time as your partner. This improves sleep, and temper, for one in three couples, according to a recent poll.

Watch for low level bullying. It may be responsible for a third of young adult cases of depression says a study of almost 4,000 teens.

Eating spicy food twice a week can improve life expectancy by 10% according to a recent report. Don't have a beer with it - alcohol counteracts the effect.

Essential Oils

During these often dark and dull first months of the new year, two essential oils can give reviving and well-being properties.

Lemongrass is antiseptic, antibacterial and a deodorant. It is refreshing in a footbath for tired, hot feet.

Use it in a vaporiser or dilute and blend with Lavender as an insect repellent around the house. Beautifully scented it will mask any unwanted odours.

Lemongrass focus's the mind and enlivens the senses.

Eucalyptus is antibacterial, and antiseptic. It has a deodorising, sharp camphoric aroma, which is clean and refreshing.

It is useful in massage blends for muscular fatigue.

It relieves weariness.

Do not use any of these oils undiluted. Use a carrier oil such as grapeseed oil.

**Fish & Chip Supper
Saturday 24th March
7pm
The Room**

Followed by

**A presentation by Mark Mitchells on The History
of our Suffolk Landscape**

**Tickets
£8 per person payable on collection
from
Maggie Talmer
(689878)**

Get Out and About

Plan outdoor family activities such as walking or cycling. Hike to a scenic venue and enjoy a winter BBQ

Sign up to a park run or any other organised group activity where you'll have the support network of other likeminded people

Buy a pedometer and hit your 10,000 steps

Just be more active day to day. It doesn't have to be exercise to be good for you. With the better weather gardening is much better than sitting on the sofa!



Dear Friends

Silence is Golden!

And if you are old enough you would know that it was the Tremeloes and the vocals of guitarist Rick West who took the saying to number 1 in 1967.

If we travel back to 1964 we find Simon and Garfunkel celebrating the Sound of Silence on Wednesday Morning 3am.

It is thought that the earliest recorded use of the saying Silence is Golden was in ancient Egypt.

The poet Thomas Carlyle wrote this on the subject:

'Silence is the element in which great things fashion themselves together; that at length they may emerge, full formed and majestic, into the daylight of Life, which they are thenceforth to rule.

More recently silence was responsible for adding an extra \$166 million to the price of the (supposed) Leonardo da Vinci's *Salvador Mundi*. The auctioneer paused by about 30 seconds and the result of that half minute silence was that the bidding took off again and the 'value' of the painting rose to \$400 million.

As we recover from the great rush of Christmas and New Year it can be very rewarding to take some time for silence. In today's frantic rush with its 'same day delivery' and 'instant streaming' we should reconsider this need to fill every available space with something.

Take a break, take a breath. Listen to the sound of silence, it might not make you \$166 million richer, but it will make life seem richer.

All the very best

Your Friend and Rector

Geoffrey



Cookery

One Pot Garlicky Roast Chicken

Medium chicken (1.5kg); 500g potatoes, halved or quartered if large; 400g shallots, halved lengthways; 1 garlic bulb, halved horizontally; 100g unsalted butter softened; 500ml chicken stock; broccoli, peas or any favourite greens; 2tbsp cider or white wine vinegar to taste.

Preheat oven to 220C, gas mark 7. Place potatoes, shallots and garlic in a roasting tin. Season the chicken and rub the butter over it. Place on top of the vegetables. Roast for about 45 minutes. Cover the chicken with foil and roast for another 30 minutes or until golden brown and piping hot. Test the juices run clear from the thickest part (between the leg and breast). Set the chicken to rest loosely covered with foil. Put the roasting tin on the hob; add the chicken stock and bring to the boil over a high heat, stirring occasionally until the liquid reduces by at least half and the potatoes and shallots are tender. Discard the garlic. Add the 'greens', cover and steam for 2-3 minutes, until just softened. Stir in the cider/vinegar and season to taste. Carve the chicken adding any resting juices to the vegetables. Serve.

St Mary's Church

Happy New Year if it's not too late. Our Christmas Services went well. Marion Carter conducted our Carol Service which went well. Thank you to Lucy and crew who ran the Christingle event on 24th December.

Our bid for funding from the Heritage Lottery Fund was unsuccessful. We are investigating other sources of grants available but would still ask that our fund raising events are well supported. We start with the Fish & Chip Supper on 24th March in The Room at 7pm. Mark Mitchells will give a presentation on The History of a Suffolk Landscape. Tickets are available from me, Maggie, on 689878.

On May 6th we will be holding a Dawn Chorus, led by Ian Peters, in the churchyard. This will start at 4.30am and will finish with bacon rolls, coffee and tea. Donations will be asked for and we hope that some of you will attend - even though it's an early start!

In July we'll be running an Open Gardens event. Entry will be gained by purchasing a program either before or on the day on your first garden visit. More details in the next magazine edition. Please let us know if you are willing to open your garden.

I'm hopeful that good weather will visit us at these events and look forward to welcoming you

**ST MARY'S CHURCH
WHERSTEAD
Rev Geoffrey Clement
15 Denmark Gardens, Holbrook 01473 327141**

Church Wardens

Mr G W Paul	Mr K Widdick
Bluegates	504 Wherstead Road
Wherstead	IPSWICH
IPSWICH	
01473 601920	01473 688554

Church Collections

October	£376.00
November	£354.00
December	£525.33

Entry from Records

Burial 8th December Mary Hancock

**ST MARY'S CHURCH
ORDER OF SERVICES**

Date	Time	Service
February		
11th	11.00am	Holy Communion
25th	11.00am	Morning Prayer
March		
11th	11.00am	Mothering Sunday Informal Service
25th	11.00am	Palm Sunday Communion
April		
1st	11.00am	Easter Sunday Holy Communion
22nd	11.00am	Morning Prayer

**WHERSTEAD
FEBRUARY TO APRIL 2018**

Sidesmen

Mr K Widdick
Mr G W Paul

Mr K Widdick
Mr G W Paul

Mr K Widdick

Mr G W Paul