

WHERSTEAD PARISH MAGAZINE



Number 106
Spring to early Summer

Contents include
Parish Council News
Nature
Gardening

WHERSTEAD PARISH COUNCIL

Chairman

David Baldry
Restholme
The Strand
Wherstead
(689681)

Treasurer

Douglas Cobb
Cotswolds
Bourne Hill
Wherstead
(601966)

Sarah Knibbs
Fairways
Bourne Hill
Wherstead
(690106)

Robin Coates
Birch Tree Cottage
Street
Wherstead
(07840610856)

Fiona Loader
3 Bourne Cottages The
Bourne Hill
Wherstead
(601319)

Nigel Moyes
Bourne Haven
Bourne Hill
Wherstead
(682397)

Linda Head
New House
Bourne Hill
Wherstead
(602679)

Parish Clerk - Linda Head (602679)

Room Booking Secretary

Graham Silwood (683272)

PCC Secretary/Magazine Editor

Maggie Talmer (689878)

WHERSTEAD PARISH COUNCIL

The Parish Council Meeting held on Tuesday 12th Feb 2019 at 7:30pm was attended by Messrs. Baldry (in chair), Sarah Knibbs, Doug Cobb, Robin Coates & Nigel Moyes
District/County Councillors Nicholas Ridley & Chris Hudson
Apologies were received from Barry Gasper & Terry Hooley

Reports from Councillors :

Chairman's report included introductions and a proposal for an alteration to the PC meetings schedule:

Ian Poole, People4places was introduced to the PC to speak about producing a Neighbourhood Plan.

David proposed to increase the number of PC meetings per annum to 6 at 2 monthly intervals. Councillors discussed and agreed to apply the new 2 monthly schedule after the 2019 May elections & the May PC AGM.

Treasurer's report

Sarah Knibbs asked the Parish Council to approve the budget for 2019/20 at £6296.

Proposed: DB Second: DC

Sarah Knibbs asked the Parish Council to approve the Policy for Grants and the Application Form.

Proposed: RC Second: SK

Sarah Knibbs will ask Tessa Vinnicombe the Chair of Tattingstone CEVC Primary School to complete the

application for funds previously approved by the Parish Council to purchase books for the school

Sarah Knibbs will ask Kevin Widdick the Warden from St Mary's Church to complete the application for funds previously agreed by the Parish Council to purchase a lawnmower for the Church Grounds.

Sarah Knibbs asked for the following payments to be approved:
Stationery, printer ink, postage stamps. £91.92

Masterlock padlock. £7.97

Parish Magazine no 105 £228.00

Proposed: DC Second: NM

David Baldry expressed his thanks on behalf of the Parish Council to Sarah Knibbs and Robin Coates for their work creating the Policy for Grants and the Application Form.

Presentation by Ian Poole, Places 4 People introducing Neighbourhood Planning

Currently there are 700 Neighbourhood plans across England.

Neighbourhood plans must comply with National and strategic planning policy. They must not be considered a vehicle to stopping planning and development activity.

The Government has made available funding for Parish Council's to apply for grants of up to £9000 to fund the cost of setting up the Neighbourhood Plan, an additional grant of £8000 is made available if the plan includes housing and design.

Plans must conform to Babergh DC planning policies and it is recommended that they are updated every 2 years.

It will take approx. 18 months for the Parish Council to finalise and involves the following:

For the Parish Council to set up a Neighbourhood Planning Working Party which includes a mixture of residents and Parish Councils, committee can be up to 6-8 members. Apply to Babergh DC to designate the neighbourhood area, typically takes 48 hours.

Consult with residents on the plan for a minimum of 6 weeks. Submit the proposed plan to Babergh DC who will consult for a further 6 weeks Babergh DC will then submit the plan for an independent examination which then produces a report. Once the plan is approved there will be a referendum within the Parish where all residents will be given a vote on the plan. For the plan to be approved there will need to be a minimum of 50% + 1 vote in favour.

NB - although local businesses may be included in the plan construction, they are not able to vote in the referendum.

Drainage ditch behind the Strand:

David reported that he had been in contact with Christopher Chamberlain who is married to one of the two owners of the field behind The Strand. It was agreed that the Parish Council could arrange for the work to go ahead but that it would be on the basis of there being no liability for the maintenance of the ditch on the landowner now or in the future. David Baldry confirmed he would speak to the residents along the Strand, some of whom have expertise in drainage construction, to seek advice on

their preference on whether a ditch or bund wall would be preferable. The suggestion made was for the labour required be carried out by a work party involving mainly the residents who have been affected by the flooding from the field in the past.

Action – David Baldry

Progress report on the repairs to the stable Turret clock

Following a clean and temporary minor repair in Dec 2018 the clock is running. Testing on the strike, to ensure it does not disturb residents, took place 12/02/19 and a further test is due 19/02/19.

A quotation for the professional restoration/conservation was provided by Hawards Horology early Feb 2019 ranging between £7320-£9870. The variation being the inclusion of auto winders for the clock and access arrangements.

Co-op has indicated they will provide 50/50 funding

Wherstead Parish Council has agreed to donate £500 and Wherstead Village Hall £1000

Proposed: DB Second: DC

Cllr Nick Ridley has agreed to donate £3000 from his respective charities

Motorcycle signs for Bobbitt's Lane: A quote has been received for 10 signs for the sum of £441. A further £15 required for cement, sand and bolts to fit the signs. The landowner, Simon Aldous has approved the signs & locations to be displayed. Total funding approved by

Parish Council in the sum of £475 to allow for contingencies.

Proposed: SK Second: DC

Annual Litter Pick 24/03/19: Bags, High Vis Jackets and Pinchers are already available.

Funds requested from the Parish Council of £40 to purchase gloves and Bacon Butties for the volunteers

Proposed: DB Second: RC

Sarah Knibbs to notify insurers of the date of the litter collection and number of volunteers.

Any received Correspondence for information

David Baldry asked Councillors for interest/availability to attend a Parish & Neighbourhood Workshop on the 26/02/19. Robin Coates confirmed attendance.

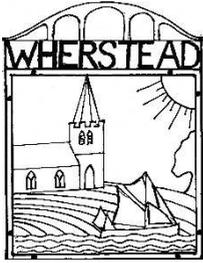
Cleaning of Village Hall Chairs: Quotes for the cleaning have been received from Judd's and Pro-Clean.

The Parish Council agreed the quote from Judd's of £2 a chair with the additional £16 for the sheets to cover the chairs in the loft. RC to ask Judd's to liaise with Graham re: a convenient time to complete the clean. Total agreed - £200.00 Proposed: SK Second: DB

Sarah Knibbs is carrying out a 4 week pilot of Parish Online, which creates a village map. Various overlays can be added, including footpaths and land ownership. If the Parish Council choose to subscribe to the site in the future the annual fee is £30.

Meeting closed at 9:45pm

The next meeting will be held on 14th May 2019 at 7:00pm for the Annual General Parish Meeting followed by the Annual General Parish Council Meeting at 7.30pm, The Room, Wherstead.



Wherstead Parish Council

Meeting dates 2019-2020

All meetings start at 19:30 unless otherwise notified.

The agenda for a meeting will be published on the website and on the village notice boards at least three days before the meeting is held.

Contact the Parish Clerk at whersteadparishclerk@outlook.com if you wish to add an agenda item.

14 th May 2019 19:00	Annual Parish meeting
14 th May 2019	Annual General Meeting – Wherstead
Parish Council	
9 th July 2019	Parish Council meeting
10 th September 2019	Parish Council meeting
16 th Oct 2018	Annual General Meeting – Wherstead
Village Hall Committee	
12 th November 2019	Parish Council meeting
14 th January 2020	Parish Council meeting

Contacts:

	Role	Contact
David Baldry	Chair -WPC	01473 689681
Linda Head	Parish Clerk -WPC	parishclerk@outlook.com
Sarah Knibbs	Treasurer - WPC	slknibbs@gmail.com
Doug Cobb	Councillor - WPC	01473 601966
Nigel Moyes	Councillor - WPC	01473 602455
Linda Head	Councillor – WPC	01473 602679
Robin Coates	Councillor - WPC	Robin@RMPCconsultancyuk. co.uk
Fiona Loader	Councillor - WPC	fionaloader@btinternet.com
Graham Silwood	Room bookings secretary	01473 683272
Maggie Talmer	PCC Secretary and Parish Magazine Editor	01473 689878

24th March 2019 – Wherstead Parish's Spring Litter Pick

I thought that Storm Gareth might have shifted some of the roadside litter to reduce the volume of this year's pick – it may have been so, but our volunteers still collected a huge amount of waste from the footpaths and side roads around the northern end of the village in just a couple of hours on a bright, clear and warm Sunday morning.



1 Active picker

Five teams managed to cover Bourne Hill, parts of The Strand, the roundabout near the Oyster Reach and various footpaths.

It was great to see that the river path, The Street and the lower end of Bourne Hill needed so little attention – so many thanks to the pickers who clear regularly and add the rubbish to their usual black bins for collection.

We had some unusual finds; a pair of work boots, a fridge, a sandwich toaster; a kettle. And one of our teams was accused of fly-tipping by a walker.... and it's a shame that roadside event advertisements are sometimes left behind.



2 Piling up

There were lots of road signs, frames and cones at the A14 road junctions which have recently been collected after we contacted Suffolk Highways. Those remaining are left in place in case the Orwell Bridge needs to be closed at short notice.

Sarah Knibbs

Nuisance Motor Cycles

With the return of spring, it seems some of the bikes have also returned to Bobbits Lane area.

With the agreement of the landowner, the Parish Council have erected a double sided 'No Motor Vehicle' sign at the point the bikes enter Bobbits Hole off the lane bridle way. The police have also agreed to increase patrols as they can see this is still a problem, and that we are doing all we can by reporting incidents, installing signs and barriers.

Pigeon have been requested to reinstate a gate across the field access on the A137 opposite the Ski Slope. However Pigeon are reluctant to put up another gate as the last was stolen within a few days. They are investigating installing a more permanent bollard barrier.

As this is likely to take some time, the Parish Council have agreed to install a temporary chain barrier across the field entrance. This should be completed by mid April.

Robin Coates
Wherstead Parish Council

Highways tidy-up

Following a report from one of the residents that there seemed to be an ever increasing number of temporary road signs, road cones, sandbags etc., left around the Wherstead Junction of the A14, the Parish Council have contacted Highways England and have arranged for most of them to be collected, although Highways have advised they will keep the 'Orwell Bridge Diversion' sign in place for a little longer - just in case.

We have now moved on to requesting that Suffolk County Council repair the broken wooden ranch fencing around the A14 junction 56 and at the bottom of Bourne Hill by Foxes Marina, along with the removal of the illegal bill board that is screwed to the fence.

If you spot any highway fencing that needs repairing, or legacy road-signs that need collecting, please let one of the Parish Council know and we will do our best to get them collected.

Robin Coates
Wherstead Parish Council

Articulated Vehicles using The Street

The very tight corner where Vicarage Lane meets The Street is obviously unsuitable for articulated vehicles, illustrated by the numerous scrapes along the wall of the cottage on the corner!

Most of the articulated vehicles that come down The Street, and attempt to negotiate this corner, are destined for the Peninsular and Park Farm business areas. The Parish Council has contacted the businesses, the site owner and the haulage companies identified as using the route, and asked them to ensure that the larger vehicles use the un-adopted road which connects directly to the A137 avoiding this tight corner. The response has been very positive and we are grateful for their support, which seems to be having an effect.

If you do see a large/articulated vehicle trying to get round this corner, please try to capture the name of the haulage company and the number plate. The Parish Council and Suffolk County Council will contact them and request they use the more appropriate route.

Robin Coates
Wherstead Parish Council



Wherstead Parish Council

Coming soon...

Wherstead Open Art 2019

What's your medium?

Oils? Watercolour? Pen & Ink? Pastel? Acrylic?

Or do you use a camera?

Wherstead Parish Council's Open Art weekend offers an opportunity to showcase your work at The Room

Interested? contact the Clerk for more details at whersteadparishclerk@outlook.com or talk to one of the Councillors

Wherstead Open Art 2019

Wherstead Parish Council are holding an exhibition of Photographs, Paintings and wall-mounted craft pieces created by villagers or people who are connected to the village. In addition to the exhibition it is hoped that the event will provide artwork to decorate the walls of the Village Hall, improving the environment and increasing the connection of us all to the hall. The exhibition is planned for mid-June 2019 and we hope to have tea and cakes on offer throughout the exhibition.

How it will work.

Photographs, Paintings, drawings, craftwork can all be submitted.

- There is no charge for entering artwork.
- Photos can be submitted by E-mail and we will print and mount them.
- Ideally, paintings and drawings should be mounted by the artist, although PC will help if possible.
- Artists can submit up to five pieces of work, one of which must be focussed on Wherstead, people, places, events....
- For paintings, we recommend a size limit of 600mm x 600mm and Photos will be printed up to A4 size.
- Our aim is to generate artwork which can be displayed on the wall of The Room so artists must
- agree to allow the Parish Council to take a photographic copy for display.

Photos of the artwork will also be included on the Village Web site

To manage the size of the exhibition, we will be asking you to register an estimate of the number and nature of your exhibits by 24 May.

Submissions to the Parish Clerk will be needed by 7 June.

More details are on the Village website: <http://wherstead.onesuffolk.net/>, or ask any of your parish councillors for further information.

Fiona Loader
Wherstead Parish Council

Wherstead Village Room

Wherstead Village Hall, known as ‘The Room’ is run by a committee on behalf of and for the benefit of the residents of Wherstead.

The main area is 9m x 5.9m. Up to 79 chairs are available for meetings or parties, and folding tables can be arranged for sit-down meetings or other events.

The kitchen has a cooker and fridge, and an eclectic selection of crockery, cutlery and glassware.

Anyone with a connection to the village can hire the hall for a very reasonable rate, either one-off events like birthday parties or regular bookings for societies and clubs.

Call Bookings Secretary Graham Silwood on 01473 683272 for more details and availability.

Facilities in The Room

We are working on our response to comments received from resident groups about room facilities.

- So far, we have provided an additional kettle and new mugs.
- The chairs in the Village Hall have been given a professional cleaning and are looking ready for another few years’ service.
- A baby changing table, a display screen for temporary notices (doubling as a room divider) and a projector have also been requested and will be available very soon.
- A folding projector screen could also be useful (**does anyone have one that they don’t use?**)

Fiona Loader Wherstead Parish Council

Pause

New research has found that the sense of awe we feel when viewing something so beautiful it takes our breath away, either in art or nature, is really very good for us.

Apparently this positive emotion is linked to lower levels of cytokines (proteins), high levels can have a negative impact on our health.

Stop to take in a colourful sunset, watch birds feeding and listen to their song, catch some ones smile. I walked in Newbourn Springs on 10th April. Spring in all its softness and gentleness was bathed in sunlight. Butterflies dipped and danced along the path and all around was a feeling of peace and calm.

Do what makes you enjoy life and keeps you happy. That feeling will shine from your whole being. Pause to enjoy it.



**ST MARY'S CHURCH
WHERSTEAD**

Church Wardens

Mr G W Paul
Bluegates
Wherstead
IPSWICH
01473 601920

Mr K Widdick
504 Wherstead Road
IPSWICH
01473 688554

Church Collections

January	£343.00
February	£337.00
March	£291.00

Entry from Records

January 12th Wedding Matt & Naomi Fraser

**Diamond Wedding Anniversary
Congratulations to Derek & Maureen Block
who were married on March 7th 1959
at St Mary's Church**

ST MARY'S CHURCH ORDER OF SERVICES

Date	Time	Service
May		
12th	11.00am	Holy Communion
26th	3.00pm	Rogation
June		
9th	11.00am	Pentecost Benefice Service Tattingsstone
Wheatsheaf 23rd	11.00am	Holy Communion
July		
14th	11.00am	Holy Communion
28th	11.00am	Morning Prayer



**WHERSTEAD
MAY TO JULY 2019**

Sidesmen

Mr K Widdick
Mr G W Paul

Mr K Widdick

Mr G W Paul

Mr K Widdick
Mr G W Paul



St Mary's Church

Thank you all who supported the Fish & Chip Supper. It was a very happy evening and thanks are also due to Simon Leatherdale for a very interesting presentation, the Kevin Widdick for organising the fish and chips to George Paul for the refreshments and Gill Rogers for selling draw tickets and for helping lay up the Room beforehand. Thank you to Robin Coates as well who pitched in as and when needed. We made a profit of £341, much needed in respect of our repairs and refurbishment.

May 26th will see our usual Rogation service and Bring & Share Tea. The short service will commence at 3pm and then we will decamp to the tractors and trailers for a ride around the boundary hopefully seeing lots of wildflowers and hearing bird song. Regretfully the bluebells will be over by this date but there will still be plenty to look at.

The Open Gardens event is being shelved for the moment as we need more people to help organise it.

Our services are still being run by the kind help being given from colleagues and retired clergy. The Benefice Profile has been published and the vacant post advertised in the Church Times. We are hopeful that we will soon be welcoming the new incumbent.

Melon

Melon is a very versatile fruit and can be a real thirst quencher in hot weather.

Galia melon is clean and cool with mint green flesh and a refreshing sweetness. It is also good in savoury dishes.

Honeydew melon has bright green-white flesh and a juicy, sherbet like sweetness. This melon can be added to smoothies or to a summer salsa.

Cantaloupe melon has bright orange, sweet and juicy fragrant flesh. Again it can be used to savoury dishes.

Whichever melon you go for, a slice to eat on a hot day can be really refreshing.

Summer is 'A Coming In'

Below are tips to minimise a summer meltdown when we experience the warmer climes

Drink plenty of water to reduce the risk of heat stroke

Protect eyes with large sunglasses

Wear a hat to protect your hair and for more protection against the heat of a summer sun

Enjoy the good weather but take care of yourself



Weather Lore and Advice

Why is the flesh of sheep that are fed near the sea more
nutritious than that of others?
Because the saline particles which they find with their green
food, give purity to their blood and flesh

Why does the marbled appearance of fat
in meat indicate that it is young and tender?
Because in young animals fat is
dispersed through the muscles, but in
old animals it is laid in masses on
the outside of the flesh

Farmyard hens happily scratching
is a sign of good weather

If the cock goes crowing to bed
he'll certainly rise with a watery head

When the bees crowd out their hive
The weather makes it good to be alive
When the bees crowd into their hives
again, tis a sign of thunder and rain



Wherstead Park Turret Clock

There has been some significant progress with the clock since Christmas, which has now been running since December and is keeping good time.

Three charities have agreed to support the project and this has raised approximately half the funds required for a full restoration/conservation of the movement, dials and the wind vane. The Co-Op has been approached to see if they will 'match' this funding so the project can proceed and a decision is expected in the next few weeks.

To confirm that re-instating the daytime hourly strike would not adversely disturb anyone, the strike train on the clock has been cleaned, adjusted and run for a few days. This test has identified that the strike is actually very quiet, mainly because the hammer and bell are a very snug fit in the cupola so the hammer travel is limited and impacts the bell at a slightly acute angle. As part of the full restoration the horologist has agreed to re-make the hammer mount so, assuming funding is approved, I will discuss how a proper strike can be implemented.

If you would like to see and hear the hourly strike, there is a short video on the Village web site at : <http://wherstead.onesuffolk.net/gallery/audio-historic-wherstead/>. It is the last link at the bottom of the page.

Robin Coates

Roman Wherstead

The sites of six settlements, presumably small farms, are known in the parish.

An aerial photograph of one of these, just off Redgate Lane, shows two massive aisled buildings and a series of adjacent enclosures.

Pottery ploughed to the surface indicates a Roman date, and a coin hoard consisting of over 100 coins was found in 1985. The coins date from AD260-274 and were probably buried at a time of civil unrest.

The crossing of the Orwell, known in the Middle Ages as Downham Bridge, might well have started as a causeway and ford during the Roman period.

This article on Roman Wherstead is taken from a display created by Keith Wade. The full display can be found on the village web site under the Gallery/Historic Wherstead tab
Posters:<http://wherstead.onesuffolk.net/gallery/posters>.

Robin Coates

Happy Summer Feet

Banish hard skin. Use light 'whisking' strokes rather than buffing heavily, which compacts skin layers

Feet love scrubs. Use oil-rich ones to leave your skin feeling soft and nourished

Moisturise clean feet before bed. Use an extra-rich, ultra softening moisturiser which will sink in overnight

Nail polish protects as well as beautifies toes. Gel-effect polishes deliver a long lasting finish.

Carry blister plasters. Shoes can rub in the heat and cause discomfort. As soon as feet feel sore and uncomfortable, use a plaster for protection until feet 'harden' up



Gardening Herbs to Grow

Favourites for flavour and aroma include

Rosemary - Traditional with spring lamb, trim back sprigs regularly to promote fresh tender growth. This will stop the plant from becoming too big and woody

Basil - Very often paired with tomatoes, Basil needs a warm site for most of the day. Eat raw or add to dishes at the end of cooking

Mint - Partnered with new potatoes, or a sprig or two added to summer drinks, is a big hit. Plant in its own pot as mint has a tendency to spread

Sage - Traditionally paired with stuffing, Sage can be fried in butter and top soups, vegetables and stews

There are many more herbs we can grow in our climate. They can be planted in borders but do equally well in planters or window boxes. Annual herbs, such as dill and basil, will only last one summer and will need to be replaced each year.

Fresh herbs enhance our food but can also be used as scent bags for clothes and shoes.

Health

Spring/Summer Survival Guide

Banish stuffy noses - feeling stuffed up and lethargic is a challenge to getting outside and being active. Blocked sinuses caused from pollen allergies can be relieved by inhaling the vapour from a bowl of hot water infused with two drops of mint. This will act as a calming agent as well as clearing a blocked nose.

Itchy eyes - one of the most common hay fever complaints. This can be alleviated by preservative free eye drops which soothe and protect them.

Calm a cough - pollen, dust or spring cleaning can irritate our lungs causing coughs and sore throat. Manuka honey, being four times as rich in amino acids, vitamins and minerals, makes a good way to stimulate our immune system. It prevents throat irritation and coughs.

Under eye dark circles - can develop during spring and summer and can mean not having enough sleep, but hay fever can cause congestion which restricts blood flow to the area causing puffiness and darkness. Specialist antibiotic wipes hydrate and soothe the under eye area.

Sneezing - this is the body's way of getting rid of bacteria and viruses and is an important part of the immune system. At this time of year try replacing coffee with camomile tea. Coffee contains histamine which can aggravate allergy symptoms.

Bottoms Up

Gin has enjoyed a renaissance in recent years. Now there are different choices in the makeup of this spirit. Classic gin takes its distinctive flavour from juniper berries. It stands as a pre-dinner drink topped up with tonic.

Floral gin is light and fragrant and not as juniper rich as Classic gin. Flavours range from almonds and coriander, rose and elderflower, or honeysuckle and camomile.

Herbal gin has more complex and intriguing flavours. These can be thyme and basil, thistle and wild mint. Gins from these flavours are best savoured from a balloon glass to fully appreciate the mix used.

Citrus gin is bold and refreshing. It still contains juniper but has the addition of orange, grapefruit or lime. This gin really packs a punch and mixes well with ginger beer instead of tonic.

Historic Wherstead

There have recently been two more significant contributions to the Historic Wherstead site.

I have received copies of two radio interviews with Arthur Boast; one with Radio Suffolk and another with Radio Orwell, plus a copy of an audio recording of one of Arthur's visits to a local school where he answered questions from young pupils. These can be listened to at <http://wherstead.onesuffolk.net/gallery/audiohistoric-wherstead/>

The site has also been updated with the images and text from a display that was shown in Wherstead some years ago and gives information on Wherstead from pre-historic through to 1700, including details of the Downham Bridge crossing of the River Orwell, and the Roman Coin hoard found off Vicarage Lane. This information can be viewed at <http://wherstead.onesuffolk.net/gallery/posters/>.

If you have any information that you think would add to the growing collection, please get in touch by sending me a mail at Robin@RPMCCconsultancyuk.co.uk. Thank you.

Robin Coates

Security Issues

We become more relaxed during the summer months and sometimes our property becomes an easy target for thieves. Lock all doors and remove the keys before leaving the house. Keep front doors locked even when you are at home and especially when in the back garden. Close windows fully before leaving your house, and lock downstairs windows removing any keys. Use window limiters to allow air in instead of keeping windows fully open even when you are at home. Make your home look lived in, use timer switches if you are not at home. Visible burglar alarms can deter thieves. Keep shrubs and hedges low in your front garden to allow a clear view across your property and stop any 'hiding place' for would be intruders. Never leave spare keys in an open place. Burglars know the usual hiding places. Keep wheelie bins away from fences and gates. These provide 'ladders' for escaping or climbing in. Keep an eye out for anyone looking suspicious and report them if a robbery is taking place. Summer is for enjoyment - don't let thieves enjoy it too.

(Since writing this piece somebody has tried to gain entry to my bungalow during the early hours of Wednesday 10th April. Thankfully everything was locked secure)

A Visitor to the Orwell Continued

It is not until we have passed Freston Tower some little way that we behold its picturesque beauty. For very many years this ancient tower has been the wonder of all who have visited it: what it could have been built for and why standing so lonely upon the banks of the river. There are in it six rooms, one above another, each one containing a more expanded view of the river. Some traces of tapestry may even now be noted in the walls, where the nails which fastened it still remain. It has been for the pen of the same author, ingeniously and in a most interesting narrative of the early days of Cardinal Wolsey, a native of Ipswich, to account for it. Lord de Freston had a castle here, close by the tower, the site of which may be seen by the old Manse House near it. It appears this tower was built for the pleasure and improvement of the mind of his daughter, who married William Latimer, in the days when the people of England were just emerging from the darkness and romance of priestly bigotry, into the glorious freedom of that civil and religious liberty, which, if rightly esteemed, must ever be the happiness of man; but which, if abused so as to produce licentiousness, must end in anarchy; which God forbid. True love and liberty are as expensive and beautiful as the river scene now before our eyes; but pride, prejudice, in humanity, fanaticism, and folly, may darken the world worse than any thundercloud can the Orwell.

To be continued.....

Off Peak Adventures

If you can afford the time to take a break before the high season kicks in, take a look at these ideas for an adventure.

Boat Trips - Spend a few days on a canal boat. If you book during the week, instead of the weekend, you can save money. Oxford based College Cruisers offer boat breaks all year round.

For a break away from it all with a touch of class, stay in a castle. Many offer real bargains before the summer holidays and midweek stays are often the best value for money.

If you fancy a trip to the theatre, it's a great idea to go midweek as there are often offers on Monday to Thursday performances. Matinee showings are sometimes cheaper too.

Strawberry Fare

June is recognised as the month when we have the best English strawberries. If refrigerated, take them out for at least an hour before eating. Wash and pat dry with kitchen towel.

Try a snack of strawberries sprinkled with balsamic vinegar or cracked black pepper, healthier than cream or sugar.

Liven up breakfast by slicing fresh strawberries into your cereal or porridge. These will count as one of your 'five a day'.

Whiz up a strawberry sauce for ice cream or pancakes. Blend the fresh berries with a little icing sugar and a squeeze of lime juice.

For a quick, easy dessert, dip whole strawberries into melted dark chocolate, allow to set and serve with a scoop of vanilla ice cream.



Nature

We have all heard of the decline in insect species. Blamed mostly on industrial mechanisation of agriculture, agrochemical spraying and run -off, urban encroachment, fragmentation of habitat and general misuse of our countryside. There is an area where we can make improvement - our gardens.

Put in a pond. It doesn't matter what size but site it in full sunshine away from trees. Add a mix of plants for oxygenation, floating leaves for shade and stalks coming out of the water to enable dragonflies to perch. Create shallows for frogs, toads and clumsy hedgehogs to climb out.

Add a log pile and leave it without disturbance. Beetle larvae will chew the wood, small mammals, reptiles and amphibians will use it for hibernation or shelter. Leave odd rocks in a pile in full sun. These will attract lizards and slow worms.

Don't be too tidy or mow grass too far into corners. Leave for bees, butterflies and moths to feed on nectar from any wildflowers that grow. You could allow your lawn to grow to knee length and have your own hay meadow.

Insects are a valuable source in the food chain. With an increase in development - now including green belt - make a home for these creatures and save them.

Supper Survey

Friday night is fish night, Monday best for leftovers
and Saturday for a takeaway

These were the findings from a survey
looking at cooking habits

The survey found that one in two families
followed a meal plan with set
menus on different days.

Sunday roast was cooked by 85%
of families, pizza or pasta were most likely
to be served on Tuesday and Thursday would
be what was in the store cupboard.

That leaves Wednesday when we all
might be adventurous
and try something new.

These were the findings in 2013

Next copy date

July 4th

Diary Dates

May

6th Bank Holiday

9th Wherstead Walkers, 10am Oystereach Car Park

9th Peninsula Pix, 8pm Tattingstone Village Hall

16th Getogether, 10-11.30am Orwell Yacht Club

23rd Wherstead Walkers, 10am Oystereach Car Park

26th Rogation 3pm

27th Bank Holiday

June

6th Peninsula Pix, 8pm Tattingstone Village Hall

13th Wherstead Walkers, 10am Oystereach Car Park

20th Getogether, 10-11.30am Orwell Yacht Club

21st Longest Day

27th Wherstead Walkers, 10am Oystereach Car Park

July

4th Peninsula Pix, 8pm Tattingstone Village Hall

11th Wherstead Walkers, 10am Oystereach Car Park

18th Getogether, 10-11.30am Orwell Yacht Club

25th Wherstead Walkers, 10am Oystereach Car Park