

WHERSTEAD PARISH MAGAZINE



Number 114
Summer to Autumn 2021

Contents include

Corn dollies
Badgers
Body scan

WHERSTEAD PARISH COUNCIL

Chairman
David Baldry
Restholme
The Strand
Wherstead
(689681)

Douglas Cobb
Cotswolds
Bourne Hill
Wherstead
(601966)

Robin Coates
Birch Tree Cottage
The Street
Wherstead
(07840610856)

Nigel Moyes
Bourne Haven
Bourne Hill
Wherstead
(602455)

Treasurer
Sarah Knibbs
Fairways
Bourne Hill
Wherstead
(690106)

Fiona Loader
3 Bourne Cottages
Bourne Hill
Wherstead
(601319)

Linda Head
New House
Bourne Hill
Wherstead
(602679)

Parish Clerk - See report in Parish Council
Room Booking Secretary
Graham Silwood (683272)
PCC Secretary/Magazine Editor
Maggie Talmer (689878)

WHERSTEAD PARISH COUNCIL

The Parish Council Meeting held on Tuesday 13th July 2021) at 7:30pm was attended by Messrs. Baldry (in chair), Sarah Knibbs, Linda Head, Fiona Loader, Doug Cobb, Nigel Moyes & Robin Coates.

District/County Councillors: Mrs Jane Gould, Cllr Christopher Hudson (zoom call in)

Apologies: Jill Davis

District & County Councillors reports: The Parish Clerk had received online reports from both councillors prior to the meeting which had been copied to the PC and added to the village website.

Business from previous meetings & ongoing projects

Parish Clerk Recruitment: It was reported that Jill Davis will be leaving us on the 31st July so the process would begin again to try to find a permanent qualified Parish Clerk.

Flooding, The Strand (behind properties):

It has been agreed to get 3 quotes for the work. It is likely that funding for the work, hopefully starting this Autumn, will come from a combination of our CIL money and Cllr Gould's locality budget.

Damaged Fencing (under the Orwell Bridge)

Robin reported Highways England have confirmed other repairs to the fencing will be part of a maintenance program. It was agreed that the PC would erect a sign informing residents of the work to be completed.

Temporary road signs (advertising): Robin reported that he is currently reviewing complex guidance concerning this signage issued provided by SCC.

Planting in Church Lane (Bobbits Lane)

This item was discussed but not concluded. A preference was expressed by some councillors to split existing plants growing around the village.

Neighbourhood Planning matters

Consider approval of AECOM report

Updated report due 16/07/21 – sign off date to be agreed

Consider approval of Local List

Dr Joff signed off and circulated 13/07/21

Consider approval of Suffolk Wildlife Trust report

Updated report still awaited.

Consider approving/debate of the 2nd draft of the NP plan Further meetings arranged 22nd July & 7th Aug to discuss and finalise

Consider the creation of a Terms of Reference for the N/P Team This item was discussed but not fully concluded at this meeting. Robin agreed to prepare the draft.

New Matters

Consider implementing a First Responder in the Parish This item was discussed but agreed no further action at this time

Cut back footpath from Bourne Terrace to Ski Slope Robin confirmed request submitted and works due to be completed within 20 days from 5th July.

Request for Fox's Marina for additional dog bin

The item was discussed and rejected. There is an existing dog bin within 30m of the marina. David agreed to speak Fox's.

Planning matters. Robin updated members on the following (details available in Robin's planning briefing paper).

1: DC/21/03591 1 Valley Lane Application

2: Reserved Matters for Garage Field Warehousing: DC/21/01073 (awaiting decision)

3: Garage Field variation applications to previously granted conditions: DC/21/02351 DC/21/02352. Temp Construction Access.

4: Klondyke

5: Traffic Regulation Order (40mph A137 for toucan)

6: Homefield Meadow

7: Park Farm Barns

8: Jimmy's Farm Application: DC/20/05310: Marquee (Still awaiting decision)

Protocol for Pre-Planning engagement with Developers

The item was discussed but not fully concluded at this meeting. Fiona agreed to update document based on review comments received and issue for final review.

Finance

Annual zoom membership of £140 renewed Prop: Cllr Head

Sec: Cllr Loader. Sarah reported that the auto-renewal has now been cancelled

Annual Ionos payment of £45.60. Prop: Cllr Baldry

Sec: Cllr Loader

Financial Risk Assessment

Cllr Baldry has reviewed and will finalise once Parish Clerk vacancy filled

Asset Register Cllr Baldry agreed an action to review all items on the Asset Register and to seek PC approval once the new Parish Clerk is in post.

SALC payroll Service Set up of service and monthly fee of £12 agreed

Prop: Cllr Loader Sec: Cllr Head Confirmed that we will only be invoiced for months when SALC run the pay role, i.e. as we have only had Jill for 3 months, we will only incur £36.00 cost until new clerk is in place.

Certificate of Exemption has been emailed to the External Auditor The members noted the resolution. External Auditor has been informed of the figures for 2019-2020 being reinstated as the 2020-2021 Financial Figures could not be balanced

The members noted the resolution

Parish Clerks/RFO expenses – May, June, July 2021 Expenses of £113.65 approved

Prop: Cllr Loader Sec: Cllr Head

Certificate of Exemption has been emailed to the External Auditor The members noted the resolution. External Auditor has been informed of the figures for 2019-2020 being reinstated as the 2020-2021 Financial Figures could not be balanced

The members noted the resolution

Meeting closed 9:23. The next Parish Council meeting will be on the 14th September 2021 at 7:30pm.

Professional Support for the Parish Council.

All the development activity taking place in Wherstead has resulted in a significant increase in the amount and complexity of the work the Parish Council are dealing with. To ensure we are complying with the statutory requirements and working in a professional manner, the Council have employed some consultants to provide guidance in key areas. Specifically to assist in creating the Neighbourhood Plan we have employed; a Planning consultant, the Suffolk Wildlife Trust and a design guide company (AECOM). All of these activities are funded by a Government grant and therefore at no cost to the Parish. At the same time we have also recruited a professional Parish Clerk on a short term contract to assist in ensuring our processes, procedures and financial management are compliant with relevant legislation, as our income from the grants and the Community Infrastructure Levy require the Parish Council to provide more comprehensive accounts and complete a Limited Assurance review. The current Clerk's short-term contract will come to an end on July 31st, but the benefit of having a professional Clerk has been recognised and it is proposed that the Parish employ a professional part time Clerk on a long term basis for a few hours each week. Unfortunately, the government does not provide grants for Clerks, so the Council are currently exploring the options financed from the precept.

If you are a qualified Parish Clerk living in the Village we would be interested in hearing from you as the post will be advertised shortly.

Wherstead Parish Council

Street names for Klondyke development

Thank you to everyone who made suggestions for the street names on the Bourne View, (Klondyke) housing development.

From the names suggested by residents the Post office have selected:

Clay Pond Way

Ostrich Close

Foxes Close

Wherstead Parish Council

Development of the Walled field site:

Pigeon have advised the Parish Council that they intend to bring forward an application to develop the Walled field site adjacent to Wherstead Park in the 'near future', which we understand to be within the next few months.

They have outlined a proposal to put housing inside the walled field, with light industrial / warehouse units in the field surrounding the wall. The warehousing would be accessed via a spur off the new roundabout at the top of the A14 slip road, whilst the walled field would be accessed via The Street. The new spur road would also give an opportunity to create a new access to Wherstead Park.

The development would require the entrance to the walled field to be widened, but no other modifications will be made to the wall.

Pigeon are expected to go through the pre-application process with Babergh Planning and provide more detail on their proposals at that time.

Wherstead Parish Council

Parish Email list

To enable us to keep you informed quickly of events that affect the village we would encourage you to add your Email address to the Parish list by sending a mail to the Parish clerk at Parish.clerk@whersteadpc.co.uk, agreeing for your details to be added.

We promise not to fill your in box.

Wherstead Parish Council



Levantine Spices

Many meals now contain Levantine spices. Baharat is a warming spice blend that features coriander, cinnamon, cumin, cardamom, black pepper, cayenne, caraway, paprika, cloves and nutmeg. Use as a rub for chicken, in dips or sprinkled over nuts.

Turkish Urfa Chilli flakes are smoky sweet and spicy with a hint of liquorice. They are great for infusing oil at the start of cooking or, alternatively scatter them on flat breads, yoghurt or salads just before serving.

Zaatar has a blend of savoury herbs such as oregano and marjoram. There are also warming spices including cumin and sumac. A crunch comes with the addition of sesame seeds. Dust over raw vegetables or flatbreads before drizzling with oil and grilling.

Sumac is a wine coloured ground spice made from dried berries and adds a citrusy punch to many Levantine dishes. You can also add a pinch to rice or grains, houmous or yoghurt.

The dried flakes of the Aleppo pepper result in Pul Biber and add a fruity warmth. Use with marinades, salad dressings or sprinkle over eggs.

Give Yourself a Body Scan

Lie down in a comfortable place such as your bed, or on a yoga mat on the floor. Spend a few minutes practising deep breathing, gently inhaling for a count of six, then exhaling for a count of six. Once your mind feels quiet, scan your body for area of discomfort or tension.

Focus on any areas of tension placing your attention on those areas placidly. When it feels right, find a memory that evokes a feeling of safety, warmth. Take that energy and direct it to the area of tension. Allow thoughts, feelings and beliefs associated with this area of your body to be present, informing you of the root of discomfort but not binding you to it. Allow the warmth to gently release any discomfort or tension.

Continue to any other parts of your body where tension exists. This exercise should take around thirty minutes or so. Lie still for a few more minutes and take note of how your experience of your body has changed.

Tips for making friends in later life

As we mature don't think you have all the friends you need. Friendships don't work on a one in, one out basis. Circles of friends change all the time. There's always space for someone you really connect with.

Ask yourself what hobby or pastime you would like to resurrect. Search for a local class or group activity and go for a trial. People may suggest that you should try this or that but, by making it personal, the reward and chances of crossing paths with a kindred spirit is far greater.

Tell people you're looking for things to do, a craft or walking club or even a local group to head to for a friendly chat. Ask them for any ideas. You'll be surprised at how eager people will be to help. They may even know of something that's going on that you were unaware of.

These suggestions don't only relate to later life; they can be used at any age. Sometimes however later life can be lonely and not have much enjoyment in it.

Care for our bees

1. Don't step on a bee
2. Support local beekeepers. Buy their honey. We import 85% of honey, but with a wealth of local beekeepers there is no need to buy foreign makes. Use local farm shops or delicatessens. Enjoy this precious produce at breakfast on some warm buttered toast.
3. Plant wildflower seeds that bees simply can't get enough of.
4. Download the Great British Bee Count app created by Friends of the Earth. This app allows you to log the bees you spot when out and about. This builds a picture of bee health and activity in the UK to secure a thriving future for bees
5. Build a bee hotel. There are various makes on the market and you can also find designs on the internet.

Riddles for summer

Groups of pro's must do must do it much
Work together, name it such
Golfers who would fane be good
Hours with iron and with wood

A haven from the maddening crowd
Where rows of heads are often bowed
Where you focus adulation
Many sorts across the nation

A largish group of companies
Out working in the field
As it gathers in the harvest
Add things up, what do they yield?

Over almost every door
Thumb in window can be sore

A lamp you can't plug in the main
A presence from a higher plain

Under every decent shower
Batteries are losing power
Blocked, can be a dreadful bore
Flood you out if it should pore

Slang for 'you're in trouble
As the fruit and sugar bubble

Tips for keeping cool in bed

Hot sultry nights can make it impossible to sleep. Below are tips and ideas to keep you cool.

Open windows and doors to create a cool draught through your bedroom. Draw curtains or blinds during daytime to block the sun out and keep cooler at night.

Wear light cotton nightwear. This is better than wearing nothing at all as natural fabric will absorb any perspiration.

Resurrect your hot water bottle and fill it with ice cold water. Use as a hot water bottle but feel the coolness instead.

Chill a pillow case in the fridge before bedtime. Keep a cool head!



ST MARY'S WHERSTEAD

**Rev Jenny Seggar
The Rectory
10 Denmark Gardens
Holbrook
01473 327951
Mobile 07733195866**

Church Wardens

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

Church Collections

April	£613.50
May	£345.00
June	£332.00

Entry from the Records

Burial

Janet Worrall 25th June

ST MARY'S CHURCH, WHERSTEAD

ORDER OF SERVICES

AUGUST TO OCTOBER 2021

Date	Time	Service
August		
22nd	11.00am	Morning Prayer
29th	11.00am	Benefice Communion
September		
12th	11.00am	Holy Communion
26th	11.00am	Informal Service/Harvest Festival/Gift Day
October		
10th	11.00am	Holy Communion
24th	11.00am	Morning Prayer
Sidesmen		
Mr K Widdick		
Mr G W Paul		

St Mary's Church

For the first time since restrictions, last Sunday 25th July, we were able to resume singing in church and enjoy coffee after the service. It was a feeling of release and all enjoyed themselves.

There is an idea of seeding each side of the lych-gate approaching the church with wildflowers. A test patch has been seeded and we await results. Watch for any information regarding help if this idea takes off. Suffolk Wildlife, who have been brought in regarding the Parish Plan, have identified rare plants in the churchyard itself and have recommended action regarding these such as not mowing in May.

As things ease more, we will be visiting the Fish and Chip Supper idea once again and having a special Open Church Day repeated.

Things are getting back to some sort of normality regarding our services. Roped off areas are now open and we do not have to wear masks if we don't want to.

Corn Dolly History

Corn dollies are as old as agriculture. The name comes from 'idol' or 'image' and we know that in some cultures the figure of a woman was made from straw at harvest time. People have made symbols of fertility and plenty in the shape of maids, goats and cornucopias.

Straw doesn't stand the test of time. Nothing has come down from past times. However, wheat was cultivated in Egypt at least 6000 years B.C. Carvings in old tombs indicate plaited straw work.

Made from the best ears of wheat and hung in larders as a charm against hardship, the oldest known designs are the Aruseh, or Corn Bride, a design found in Egypt and the Mediterranean area.

The basic idea behind the corn dolly is that the Spirit of the Corn resides in the last sheaf gathered at harvest time, and special ceremonies would be held at its cutting. A figure or design would be made from this sheaf which would be preserved in the farmhouse until the next year in the belief that its spirit would ensure next spring's corn would germinate.

In early times this Spirit or Goddess was known as Demeter to the Greeks and Ceres to the Romans. Techniques of corn dolly making have been handed down through generations of farmers and their workers and, although the original beliefs behind them have long been forgotten, many designs have survived and are created today together with new ideas.

British corn dollies vary from county to county. The bell and umbrella come from Cambridgeshire, the horseshoe from Suffolk and Essex has the terret, a shape copied from a horse brass. Hereford gives us a heart-shaped design, Ireland crosses and favours which are simple two straw plats often given to a lady love.

Corn grown today is a different variety being short and stiff. Corn dollies are made from wheat specially grown for the purpose.

Wellbeing

As well as keeping us alive, water has other qualities for our wellbeing. The mere act of looking at water, even a fish free aquarium tank, can help you feel more relaxed.

Research has shown that falling asleep to the sound of steady rainfall gives deeper slumber.

Strolling alongside a canal or river, isn't just good for your exercise, being near water also can increase life satisfaction



Enjoy Outdoors

It's a time of year when, hopefully, temperatures are up and it is a pleasure to be outside.

Rise and shine

eat your breakfast alfresco or take an early morning walk. Light at this time of day advances your body clock so exposing yourself to as much morning light as possible can help you feel more awake and energised.

Let your skin see some sun

It's the most efficient way to make vitamin D. This is important because the body needs vitamin D to manage levels of calcium and phosphate, which are crucial for healthy teeth and muscles plus strong bones. Take care not to burn.

Make more of your journey

Next time you make a journey from A to B transform your trip into a voyage of discovery. Sensory voyages have now been included in wellness travel.

Cookery

Tomato, Pepper and Mozzarella Tart

225g tomatoes, 4 romano peppers cut into 2cm strips, 2 tbsp oil, 320g puff pastry sheet, small egg beaten, clove of garlic peeled, 30g parmigiano reggiano grated, 25g basil, leaves only, 250g mozzarella torn into chunks, 12 black olives.

Preheat oven to 200C, gas mark 6. Put tomatoes and peppers on a baking tray, toss with oil and season. Roast for 20 minutes until the tomatoes have just burst open and the peppers have softened. Line a large baking tray with parchment. Unroll the pastry onto the tray. Push the edges out a little wider on the longer side. Score around the edge. Prick the central area with a fork then glaze the border with the beaten egg. Bake for 15 minutes. Put half the tomatoes and peppers into a food processor with the garlic, parmigiano reggiano and half the basil. Combine until smooth then season. Press the central area of the pastry down and then spread over half the tomato and pepper puree. Top with the remaining whole tomatoes and peppers, mozzarella and olives. Bake for 10-15 minutes until crisp and golden. Serve topped with the remaining puree and scatter the remaining basil leaves across the tart.

Serves 6

Eye Health

Hard to read text in a document can take a toll on your eyes. Chose a plain font, such as Arial or Gill Sans, when writing documents online. Decorative styles are more likely to cause eye strain say experts.

Smoking is responsible for one in five cases of macular degeneration - the major cause of sight loss in the UK - and also increases the risk of cataracts.

Too few tears and a gritty eye feeling are signs of dry eyes, which affect one in three of us. Lubricating eye drops and a diet rich in Omega-3s should help. Sun and wind can make them worse so make sure you wear sun glasses at this time of year.



Birth Stones

Taking the months covering this run of the magazine, Leo starts with a birthstone of Sardonyx a variety of Onyx. These stones can be black or white, or have red or white or dark brown markings. It protects against bites of snakes and venomous insects and assist in bringing marital happiness. Leo's lucky number is 19.

Virgo's stone is Sapphire. These stones are usually a cornflower blue. It is a precious stone that is a symbol of purity and is very fortunate for engaged couples and true lovers. It assists in promoting peaceful and happy conditions. Virgo's lucky number is 2.

The stone for Libra is Opal a cloudy white precious stone. When it catches the light, it can flash with rainbow hues. It is thought to give second sight or clairvoyance and strengthens other psychic faculties. Libra's lucky number is 3.

Alton Belles WI

If you want to hear more about how to get involved in our vibrant and forward-looking WI but feel nervous about coming along on your own, just contact our secretary Sheila Paxman on 01473 327319 and she will make sure you are well looked after.

Our June meeting was well attended with 14 members joining via zoom. The evening was presented by Gulsen and Gill with outfits from the 1940s/50s. We saw several outfits and heard about how women dressed at that time; the term 'make do and mend; comes from war time. We heard how resourceful women were during the 40s and saw CC41 government-endorsed clothes and shoes. We learned how women adapted materials for clothes and makeup and the different techniques used to change the appearance of outfits. We moved on to Dior's 'New Look' from the late 40s. The words 'if it makes you feel fantastic then go for it' underpin what we heard.

In August we plan to go on an outing for coffee, cake and shopping at Snape Maltings. Again, if you would like to come along and meet some of the women of Alton Belles WI, contact our secretary. Lifts are always possible for our outings. For the time being we will continue to meet on zoom, but as soon as we are able to do so, we will meet at Tattingsstone village hall on the third Thursday of the month.

Wherstead History

During 1989/90 limited excavation gave evidence of numerous ditches containing Late Iron Age first century Roman material around Redgate lane. There were indications of movement northwards down the hill during the Roman period taking the community to place named Camp Yard. The field name camp means 'a bank or ridge of earth.

Redgate land has given many Roman finds and in 1882, when Rev Zincke was digging his orchard, he unearthed more than 1000 shards of Roman pottery on a clay floor.

In 1985 aerial photographs showed an important Romano-British site beside Redgate Lane, near Rev Zinke's rectory and approximately half a mile south of Bourne Hill. Metal detectors firmly dated this area by finding a hoard of third century Roman bronze coins and was followed by further discoveries which included coins from first to fourth century and fragments of two first century bronze broaches.

Gardening

This dry spell of weather increases the demand for watering the plants in our gardens. There are plants that are drought tolerant and can add colour and interest.

Sun loving plants

Small - *Ceratostigma plumbaginodes*; *Sedum spectabile*, *Stachys byzantina*

Medium - *Salvia officinalis*; *Echinacea*; *Perovskia*

Large - *Verbena bonariensis*; *Choisya ternata*; *Cotinus coggygria*

Semi-shade loving plants

Luzula sylvatica; *Alchemilla mollis*; *Anemone hupehensis* var. *japonica*; *Berberis darwinii*; *Osmanthus x burkwoodii*; *Sambucus nigra*

Shade loving plants

Sarcococca hookeriana var. *digyna*; *Prunus laurocerasus*; *Lamium maculatum*; *Fatsia japonica*; *Brunna macrophylla*; *Euonymus fortunei*.

Cool characteristics include scented leaves, fleshy leaves, grey leaves, hairy leaves, leathery foliage, long narrow leaves, small leaves and spikes.

Buying plants that need less attention, not only saves water, but saves time too - time to enjoy your garden relaxing in the sunshine!

Health

Stress we have experienced over this period of the pandemic, can trigger any amount of chemical processes within our bodies which can negatively affect our health and skin condition. A key element that plays a big role when it comes to stress is cortisol.

Cortisol levels fluctuate naturally in line with circadian rhythms, being high in the morning helping us to feel alert and slowing at the end of the day to prepare hormones to relax and repair.

Stress sends this natural rhythm out of balance affecting skin which looks lacklustre and pale. Rising cortisol also damages collagen production with an appearance of fine lines and wrinkles.

Take time for self-care. Pause first thing in the morning when anxiety can be high and before bedtime to calm a busy mind. Sit quietly for 5-10 minutes, perhaps listening to music or just 'being'.

Nature Badgers

In Suffolk we have mostly an arable landscape which is not ideal for badgers and much of the county is without them. There are however high density areas. They prefer light or well-drained soil and can dig very extensive networks and chambers known as setts. Badgers live in loose knit family groups, clans, which vary in size. Dominant sows are normally the only ones to breed and produce two to three cubs which become independent by their first autumn. However, they usually stay within the family group. During the breeding season setts are strongly defended. Badgers are omnivores eating mainly earth worms but they also eat bulbs, grubs, carrion, fruit and nuts. Their only enemies are man, dogs and traffic. Badgers are protected by the Badger Act of 1992 and a licence is required for any action that affects either animals or their homes.



Weather Sayings and 'Old Wives Tales'

August - 'The English winter begins in August'

August 1st is Lammas Day: Lammas means 'loaf mass'. Lammas Day was the day when loaves made from the new year's grain were consecrated. After Lammas, the corn ripens as much by night as it does by day. August 24th is St Bartholomew's Day: *If St Bartholomew's Day be fine and clear You may hope for a prosperous autumn that year. All the tears of St Swithin can cry, St Bartholomew's mantle will wipe them dry*

St Bartholomew's Day brings the cold dew. A rainy August makes a hard crust of bread

September - September 1st is St Giles's Day: Fine weather on St Giles's Day, fine weather for the rest of the month. Whatever the weather on 8th September, it will continue for the next four weeks September 29th is St Michael's Day or Michaelmas Day: Michaelmas Day has always been an important date in the country calendar. It is one of the Quarter Days in England and was once important because it was the day when the years' service terminated and jobs were changed, new positions were sought, new labour taken on

October - October 28th is the Feast Day of St Simon and St Jude: If it rains on this feast day there will be several days of continuous rain to follow, October 31st is Halloween: If ducks do slide at Hallowtide, at Christmas they will swim. If ducks do swim at Hallowtide at Christmas they will slide. October always brings 21 fine days. Warm October, cold February.

A Visitor to the Orwell continued

Harwich has indeed done wonders of late years. She has a noble Esplanade, upwards of a mile in length, a Breakwater extending 1,524 feet into the sea, two famous Lighthouses, and a good Fort to defend her harbour; and there is no reason in the world why she should not become as good a sea-port as any in England. She is already rising in importance, and thousands of strangers have lately visited her shores, and pronounced that for beauty of scenery and healthy sea-breezes, she is not to be surpassed. As a Yachting Place she is becoming the rage; and her last Regatta added greatly to her reputation. She must rise; - she wants but to have a few enterprising spirits among her sons, and we shall see accommodation provided in every respect for making her as favourite a Watering Place as any in the land. Those thousands who come but for a day or two by the steamers, declare that there is not such another view in all England as from the Beacon-Cliff. We must ascend thither and judge for ourselves. We started with the view of the Orwell, and we have literally revelled in the beauty of the scenery - much more in thought spirit than we can possibly express in words - and as we are now leaving the Orwell, with Harwich in full view, we take our leave of that beautiful river with the scene that opens before us.

That ends 'A visitor to the Orwell'. I hope you've enjoyed the words expressed by this Victorian gentleman who does not give his name in the booklet

Smile Please

Phone answering machine message
'if you want to buy marijuana,
press the hash key

I went to buy some camouflage trousers
the other day but couldn't find any

I went to the butchers the other day
and I bet him 50 quid he couldn't reach
the meat off the top shelf
'No the steaks are too high' he said

My friend died in a bowl of muesli,
a strong currant pulled him in

A man came round in hospital after a serious accident
'Doctor, doctor I can't feel my legs'
The doctor replied 'I know you can't,
I've cut your arms off'

I went to a seafood disco last week
and pulled a muscle

Have a good summer and autumn
Next copy date
October 5th

Diary Dates

August

7th PCC Meeting, Bluegates, 6.30pm

12th Wherstead Walkers, 10am Oystereach Car Park

19th Getogether, Orwell Yacht Club 10-11.30am

26th Wherstead Walkers, 10am Oystereach Car Park

September

9th Wherstead Walkers, 10am Oystereach Car Park

14th Parish Council Meeting, The Room, 7.30pm

16th Getogether, Orwell Yacht Club 10-11.30am

23rd Wherstead Walkers, 10am Oystereach Car Park

October

14th Wherstead Walkers, 10am Oystereach Car Park

21st Getogether, Orwell Yacht Club 10-11.30am

28th Wherstead Walkers, Oystereach Car Park, 10am

****Getogether and Wherstead Walkers dates are subject to any restriction changes**