

# SUFFOLK HEIGHTS BENEFICE NEWS



15th June 1215 Magna Carta

## JUNE 2021

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**Reader: Barbara Hill 01284 850857**

**CHEDBURGH—CHEVINGTON—DEPDEN**

**HARGRAVE— HAWKEDON—REDE**

### **Special Features This Month:**

Benefice Bells for HRH Prince Philip p7

Metal Detecting and local Roman Finds p24

# SUFFOLK HEIGHTS BENEFICE NEWS

June 2021

Welcome to the June 2021 edition of the SHBN. As ever, I look forward to receiving your contributions for this and future magazines.

We are very keen to have photographs of what has been going on in the Benefice. In fact the lack of communal events in lockdown makes them all the more valuable so don't be shy about sending in photos! Please DO NOT SEND PDFs if it can be avoided. Only Word docs, Publisher files or Jpegs.

**The deadline for the July/August 2021 edition is 5pm Tuesday 15th June 2021.**

Please send contributions to: Jill de Laat, Salix Cottage, Bury Road, Hargrave, IP29 5HP— **email: [suffolk.heights@delaat.uk](mailto:suffolk.heights@delaat.uk). tel: 01284 850463**

Chevington items should be sent to: Jamie Robertson, Chevington Lodge Farm, New Road, Chevington— **email: [jamierobertson5cc@gmail.com](mailto:jamierobertson5cc@gmail.com). tel : 01284 850864**

The magazine is produced on an entirely voluntary basis. Please be patient when emailing or telephoning if you do not get an immediate response. All enquiries will be answered as soon as possible.

## **ADVERTISING RATES:**

*To advertise in this magazine, please contact Jill de Laat on 01284 850463, or email*

*[suffolk.heights@delaat.uk](mailto:suffolk.heights@delaat.uk)*

*£65 per quarter page per year*

*£130 per half page per year*

**Specifications:**

*1/4 page - 8.5cm x 5.5cm (3¼" x 2¼")  
Portrait*

*1/2 page - 12cm x 8.5cm (5" x 3½")  
Landscape*

*All images must be jpeg 150dpi*

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# SUFFOLK HEIGHTS SERVICES IN JUNE

	6th	13th	20th	27th	4th July
	First Sunday After Trinity	Second Sunday After Trinity	Third Sunday After Trinity	Fourth Sunday After Trinity	Fifth Sunday After Trinity
All Saints' Chedburgh		10.45am Parish Communion		10.45am Morning Prayer	
All Saints' Chevington	9.00am Parish Communion	9.00am Morning Prayer	9.00am Parish Communion 3.00pm Summer Praise	9.00am Parish Communion	9.00am Parish Communion
St Mary's, Depden			11.00am Morning Prayer		
St Edmund's Hargrave	11.00am Parish Communion		6.00pm Evening Prayer		11.00am Morning Prayer
St Mary's Hawkedon		9.00am Holy Communion (BCP)		10.45am Morning Prayer	
All Saints' Rede	10.45am Morning Prayer				10.45am Parish Communion

Morning Prayer will be said on Friday mornings at 9.30am at All Saints', Chevington. There will be a said Communion at All Saints', Rede on Tuesday, 15th June at 4pm.

Details of our Zoom Services at 6pm on Sundays can be found at [www.suffolkheights.org](http://www.suffolkheights.org)

Visit [www.suffolkheights.org](http://www.suffolkheights.org) for details of all our services

# LETTER FROM THE RECTOR

## Simon writes

June marks the beginning of Ordinary Time. This will run through to the end of October. I can get my head around Ordinary Time. Although it only makes sense in the context of the six months just past.

Since last December, through to the end of May, we have been celebrating the earthly life of Jesus, as told to us by the Gospel writers, Matthew, Mark, Luke and John. We began with Advent, last December preparing for the birth of Jesus. Following Christmas we observed the Season of Epiphany when we celebrated the 'manifestation' of Jesus as the Son of God. We journeyed with the wise men, we stood alongside the River Jordan as Jesus was baptised by his cousin, John the Baptist, we partied at the Wedding in Cana of Galilee where Jesus turned the water into wine.

Shortly thereafter, throughout Lent, we were invited to join Jesus in the wilderness before sharing in the suffering and the sorrow of his passion. We shared in a meal with Jesus and the disciples at the Last Supper on Maundy Thursday before falling silent on Good Friday. We sat in the Garden, perplexed, bewildered, lost on Holy Saturday, unable to comprehend the death of Jesus on the cross. And then, at dawn, as the sun rose on Easter Day, we celebrated the risen Christ standing amongst us, offering his peace and blessing. It took the fifty days of Easter to begin to grasp the enormity of the tale in which we had been participating for the past six months, before dancing, as only King David danced, at the gifting of the Holy Spirit at Pentecost, a pivotal moment in the cycle of events.

Pentecost not only tells the tale of the gifting of the Holy Spirit, the rush of wind filling the room, the tongues of flames alighting on the apostles, and speaking in tongues, it asks a question of us. 'I have called you by name, you have heard the tale, you have lived the experience, now, will you come and follow me?'

And this is where Ordinary Time kicks in. Ordinary Time is about learning how to put our faith into action! It is a time for growth by reflecting on our faith in the context of our ordinary, everyday lives. At Pentecost, the commission entrusted by the Father to the Son is transferred to the apostles and those gathered in the Upper Room that day, and has continued through millennia to us today. We are very much part of the story of Pentecost and we are charged with enabling this commission to be passed afresh to the next generation.

Of course, fulfilling this commission is never easy, which is why Ordinary Time is anything but plain and simple. Week by week we are invited to reflect on how we can express our faith in words and action and then to do so! This is why we need one another, encouraging and supporting, cajoling and sharing as we journey together in faith.

Ordinary Time coincides with the Season of Trinity. Ordinary Time may be comprehensible, the Trinity is not! The first commandment given to Moses on Mount Sinai all those years ago is quite clear. 'I am the Lord thy God, thou shalt have none other gods but me.' So, to then speak about God as three persons, Father, Son and Holy Spirit, or as Creator, Redeemer and Sustainer, as many prefer today, seems to contradict the Law. My theology is nowhere near adequate to explain the theology of the Trinity. (At some time in the long and distant past I had to write an essay on the appreciation of the Trinity. I seem to recall the mark reflected my distinct lack of understanding.)

I find it easier to think of three persons as one, rather than the other way round. And, although this is undoubtedly heretical (that is bad thinking about God), the concept of three persons, consubstantial — that is of one substance, and co-eternal — that is who have always been, living in such harmony that they are in effect one person — I can grasp that. Living in harmony, bonded by love that no flood can quench.

This is where Ordinary Time merges into the Season of Trinity. Because learning (mostly through trial and error) to walk by faith, where what we say with our lips we show forth in our lives, draws us into the Trinity. The Trinity invites us to share in the work of creation, to seek reconciliation where there is discord and herald God's Kingdom of love. No wonder this is a life time's journey of exploration into the mystery of God.

This is why an understanding and participation in the yearly pattern of worship is the bedrock of a living faith. The Christian year is not something to dip into on an occasional basis. Week by week, month by month, season by season, our understanding grows as we begin to explore the mystery of the Trinity in our everyday lives and not as an abstract concept.

A final thought, on this seasonal pattern of worship. As we go through the seasons, year by year, we begin to plough a furrow and, before long we can't see over the edge. We use the same liturgy, we sing the same hymns (when we are allowed). One of the great benefits of Zoom worship this past year is that it has encouraged us to express our worship in new ways, lifting our eyes towards a new horizon. This is an opportunity we need to grasp and develop as we move through Ordinary Time and before we begin the Church's cycle of seasonal worship once again at the end of November.

# BENEFICE WALK

## WHEN

**July 3rd  
Saturday  
St Thomas' Day**

## WHERE

**Hargrave to Chevington to Chedburgh to Depden to Rede to Hawkedon – visit all 6 churches or fewer. However many you like!**

**Arrive 9am for 10am start after light breakfast at Hargrave church**

## WEB ADDRESS:

**[WWW.SUFFOLKHEIGHTS.ORG](http://WWW.SUFFOLKHEIGHTS.ORG)**

## FOR DETAILS

**Join for part or all of route (total just over 10 miles) or at churches**

## ALL AGES EVENT

## REGISTER

**See website for details including route map and advice**

## ON THE DAY

**Refreshments and toilet stops en route**

## WALK

**And talk with friends and neighbours across the benefice and beyond**

## DONATIONS

# **BELLS TOLL FOR THE FUNERAL OF HRH THE PRINCE PHILIP, DUKE OF EDINBURGH**

**BY CHRISTINE KNIGHT (RINGER EXTRAORDINAIRE)**

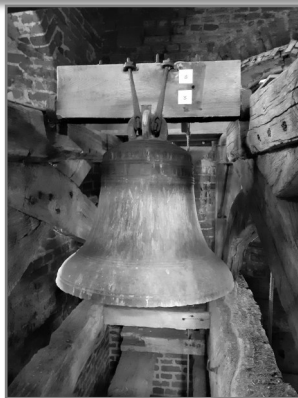
In pre-pandemic times, a state occasion such as the funeral of HRH The Prince Philip, Duke of Edinburgh would have been marked by the highly evocative sound of half-muffled bells sounding forth from our great cathedrals, and town and village churches. A full complement of ringers would have been needed at every tower. However, under the guidelines agreed between the Church of England Recovery Group and The Central Council of Church Bellringers only the ringing of a single bell or ringing by a single household can take place at the moment. Nonetheless, ringers across the country were determined to mark the pared-back ceremonial funeral at St George's Chapel, Windsor with the slow tolling of a single bell, many half-muffled, at various times between 2pm and 3pm. Some rang up to the National Silence at 3pm.

Many churches in the country had already rung on April 9<sup>th</sup> or 10<sup>th</sup> to mark the Duke's passing, including Clare, Cavendish, Poslingford and Stoke by Clare and other towers in the Clare Deanery. Not all churches have local ringers, though, so Richard Knight from Poslingford acted as coordinator to ensure that a bell was tolled for the funeral on 17<sup>th</sup> April at all thirteen towers in the Clare Deanery which have ringable bells. These are bells which are attached to a wheel and can be rung full circle, the definition of 'ringing' as opposed to 'chiming', in which the bell remains mouth downwards and largely static. Full-circle ringing is a skill which takes several months to acquire at just a basic level. This is the prelude to learning the art of change ringing. The sound from a bell rung in this manner has more resonance.

The haunting sound of a single bell being tolled slowly rang out from churches at Cavendish, Chevington, Clare, Cowlinge, Great Thurlow, Haverhill, Hawkedon, Kedington, Little Thurlow, Poslingford, Stansfield, Stoke by Clare and Stradishall. The Suffolk Heights benefice saw three of its churches noting this event - Jill de Laat chimed a bell at Hargrave, Richard Knight rang at Hawkedon and David Taylor at Chevington. Richard Knight also rang at Stansfield, and a bell was tolled by Alan Mayle at Clare, Chris Ward at Cavendish, Julius Bell at Stoke by Clare and Christine Knight at Poslingford. Several towers publicised their ringing locally and some very positive feedback was received. The ringing in our deanery was a microcosm of the response from ringers nationwide. Hundreds of towers posted details of their ringing on the ringers' website 'BellBoard' and these will be printed in a

You may have noticed in the televised coverage from Windsor that the tolling bell at St George's Chapel was not muffled. It sounded nine times at one-minute intervals unmuffled in order to coordinate with the sound of the cannon fire and create a dramatic effect as the funeral cortege processed from the Castle to the Chapel. The tenor bell at the Curfew Tower weighs 26cwt. To stop the swing of a bell of that weight rung full-circle at one-minute intervals takes great skill. For good measure, another ringer stood on the bell frame above, ready to haul the bell into a set position if the pull from below fell slightly short. Signals from the army were received in order to ensure precision timing.

Your local ringers are eager to return to ringing for Sunday services. Under agreed guidelines, we were able to ring a limited number of bells socially distanced and masked between July and October last year and special permission was given to ring on Christmas Day. We are hopeful that if the proposed easing of restrictions on 17<sup>th</sup> May takes place, we shall be able to return to ringing, albeit in a restricted manner initially. We are very out of practice, but look forward to the time when we can ring all our bells to signal the presence of the Church in local communities and call people to worship.



The great bells of Hargrave (l) and Hawkedon (r)





# SMALL ADS

Single mattress: good condition (Hawkedon) **FREE**

Telephone: 07099 766687

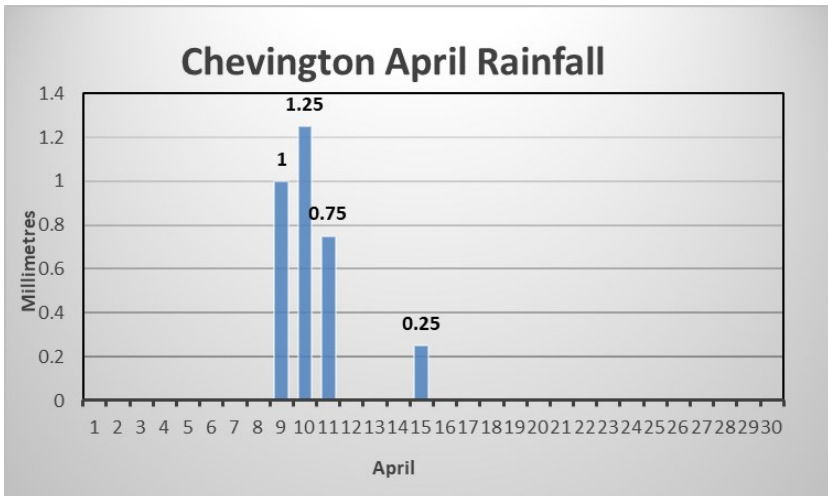


## Rain Matters

Jamie Robertson

**A**pril was a depressing month where the weather was concerned. The temperature barely rose into double figures and of the four measurements that we had in the rain gauge, one of them came in the form of snow (11th April). There were late frosts right up to the end of the month and everything was slow to bud and grow. The worst of it was the lack of rain (a miserable 3.25mm or 0.13 inches) which meant that vegetables had to be watered even after such a wet winter.

But believe it or not I have found three years since 1995 when we had even less rain in April – in 1996 (2mm), in 2007 (0.25mm) and 2011 (2mm). The records since 1995 show April is a consistently dry month: there are regular readings of around 20mm and below and the average April rainfall for the last 20 years is 30.59mm, hardly the wealth of sunshine and showers one would hope for to make our countryside spring back to life





## **ALL SAINTS' CHURCH, CHEDBURGH**

### **FLOODLIGHTING YOUR MEMORIES**

If you would like to support the cost of floodlighting All Saints' Church, Chedburgh in memory of a loved one or to mark a significant event we ask for a contribution of £15 a week. To book please contact Christine Lofts, 850479, donations will be acknowledged in Suffolk Heights Benefice News.

**The Parochial Church Council of Chedburgh** seeks a  
volunteer to take over running the 100 Club

The role involves the collection of member fees and organising four draws per annum. All profits from the Club go towards All Saints' Church Chedburgh and helps preserve the future of this building that dates from the 13<sup>th</sup> Century.

**Please contact Mike Chester on 01284 850000 or email  
[tradition@btconnect.com](mailto:tradition@btconnect.com)**

# R.A.F. CHEDBURGH SITE NUMBER 5

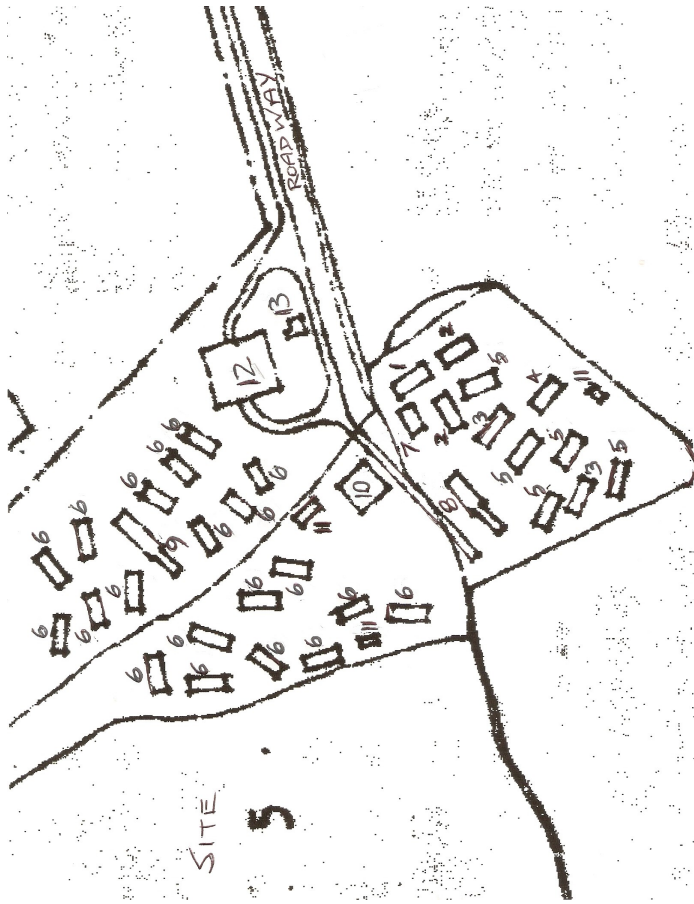
IAN LEGGETT

This is the area that started the feature in this Benefice News. In the summer of 2020 a ditch clearance took place around the fields and some of the footpaths leading to accommodation units were uncovered. This led to a larger clearance and remains of many of the units being visible. As this was the furthest point from the airfield it housed a large number of airmen in comparative safety from attack. It also links nicely to the Communal Area nearby in what is now Elizabeth Drive (Instalment 4).

Due to the distance, aircrew would have been transported to the airfield by lorry or bus along the recently uncovered roadway. A new map has been installed at Site 5 showing the location of each of the buildings. Take a walk along the path between Chedburgh and Chevington and see for yourself, the flags will guide you there. Do please be careful as the remaining buildings are unstable and there may be uneven areas. Also please do not trespass onto adjoining fields.

There have been several small items uncovered which were used by the airmen. We have identified a Vick jar, a Camp Coffee or brown sauce bottle, Yardley Lavender Water, cough mixture identified by the United Glass logo on the base and two beer bottles with Elgood & Son Brewery in Wisbech name on them. There was also a Swan Ink bottle which could well have been used by an officer writing his reports with a fountain pen.

One item was identified by the name Fitch on the base; this was Silvikrin Hair Tonic, which was a clear liquid with a slight scent used to make their hair shiny. (Forerunner of Brilliantine). Together with another jar with Brylcreem embossed on it, it shows that even in time of war having smart hair was important. They did not call the RAF the "Brylcreem Boys" for nothing. We hope to put these on show when we are able to have a suitable event.



### RAF CHEDBURGH SITE NUMBER 5

This was an accommodation site with approximately 186 airmen housed here. The roadway was used to take the aircrew to the airfield

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| 2. 2 of Officers' Quarters          | 10. Effluent Tank                                       |
| 3. 2 of Officers' Quarters          | 11. 3 of Air Raid Shelters                              |
| 4. 1 of Sergeants' Quarters         | 12. Fuel Compound                                       |
| 5. 5 of Sergeants' Quarters         | 13. Picket Post   |
| 6. 20 of Airmen's Quarters          |   |
| 7. Officers' Ablutions and Latrines |   |

The concrete pathways lead to former accommodation units and air raid shelters. There are remains of footpaths which went to the Communal Site (Elizabeth Drive) and to another Site in Vendas Lane beyond the stables.

# THE ERSKINE CENTRE

## Chedburgh

With the easing of covid restrictions our doors are open again and we are welcoming everyone back

### Regular classes

Mondays Strength & Balance 11.00 – 12.00 am  
Contact Carol [cclerkin@btinternet.com](mailto:cclerkin@btinternet.com) Tel: 01787 277734

Wednesdays Yoga 6.30 – 7.45 pm  
Contact Caroline [cwithcyoga@gmail.com](mailto:cwithcyoga@gmail.com) Mob: 07834 908936

Thursdays Little Teacups Toddler Group 10.00 – 12.00 am  
Contact Holly [hennis1@hotmail.co.uk](mailto:hennis1@hotmail.co.uk) Mob: 07854 376917

Thursdays Dog Fitness Class 6.30 – 7.30 pm  
Contact Angela [angela@borntorun.org.uk](mailto:angela@borntorun.org.uk) Mob: 07730 133134

Fridays Yoga 9.45 – 11.00 am  
Contact Caroline [cwithcyoga@gmail.com](mailto:cwithcyoga@gmail.com) Mob: 07834 908936

Hobbies Club second Wednesday of each month 2.00 – 4.00 pm  
Contact Jacqualine [derek.sweny@btinternet.com](mailto:derek.sweny@btinternet.com)

**Saturday 17<sup>th</sup> July 2021 Barbecue and official reopening  
of the hall now our new roof has been completed  
12.00 - 4.00 pm**

To book your barbecue and all other enquiries contact  
Jackie Chester 01284 850000 or e-mail [jec1@btconnect.com](mailto:jec1@btconnect.com)



# ALL SAINTS' CHURCH, CHEVINGTON

## PARISH PRAYERS

Every week at the Sunday service at All Saints', Chevington we pray for areas of our village and matters of local concern. Over the past few months we have been praying for those worst affected by the pandemic. Even with the tentative ending of lockdown we will remember in our prayers those who have suffered over the past year and who still look forward with apprehension. We remember those who have lost their friends and family to the pandemic.

## CHURCH LIGHTING

We have gratefully received anonymous donations to support the lighting of the Church Tower throughout 2021, as both a mark of respect and sympathy for those who have lost their lives during the pandemic, or continue to suffer with the effects of Covid-19, and as a tribute and thanks to those key workers and volunteers who have supported those in need around them.



If you would like to support the cost of floodlighting the tower at All Saints', Chevington in memory of a loved one or to mark a significant

## OPENING THE CHURCH

All Saints' Church is now open for private prayer and for weekly Sunday services.

Do come by the church just to sit a while and pray or just to appreciate the quietness. There are of course all the normal precautions to be taken: there is a bottle of hand sanitiser at the door and there's a cleansing spray too. Please sign the visitors' form as this helps us to contact you in the unlikely event of any visitor contracting coronavirus.

## BUILDING WORKS AT ALL SAINTS' CHURCH

As we go to press the building works at the church are coming to a close and we are looking forward to the new toilet being fully functional by the end of the month.

The church is extremely grateful to the contractors, John Cutmore Builds, who have gone out of their way to be helpful and considerate. Working on a 900 year old building in the middle of a graveyard requires sensitivity and skill and the workers had both.

A second phase of works is in the planning stage – the installation of a small servery from which to prepare refreshments, and the re-laying on the path up to the church. The aim is to have a building that, while still primarily a place of worship, can be used to hold events such as concerts and exhibitions and act as a centre for the village community.

We need to raise a further £50,000 to be able to complete the second phase. Unfortunately, due to Covid we have been unable to hold fundraising events. So, if you would like to make a contribution to the work this can be transferred online to the PCC account of All Saints', Chevington: sort code 60-04-16; account number 56476671.

Alternatively, cheques can be sent to **Simon Williams, Treasurer, Tumbleweed, Tan Office Lane, Chevington IP29 5QZ.**

Should you require any more information you can email [allsaintschevington@gmail.com](mailto:allsaintschevington@gmail.com) or phone 01284 850045.



## The Community Coffee Club

The Coffee Club is back again!  
As before it will be at Chevington Village Hall on Thursdays  
from 10.00 until 11.30.

Everyone is welcome to pop in for a coffee and a natter! If there is anyone who would like to come but has transport difficulties, please get in touch with Ann on 850714

## THE VILLAGE HALL – IDEAS NEEDED

CHEVINGTON

**W**hat is the Village Hall for? This is the question being asked by The



Chevington Village Hall Management Committee. It is meeting on Tuesday 22nd June at 7.00pm and it wants as many people as possible to come along to generate new ideas about how the hall can be used.

There will also be liquid refreshment available to lure in anyone who might be possessed of a thirst and in need of a drink.

Last month Chevington Parish Council Chairman Lucy Agazarian wrote in the *Benefice* magazine about how the hall could be regenerated: *"It could be so much better"*, she said, *"and become the hub of the village again: a space to work from home, clubs for children - not forgetting our teenagers."*

Committee member Pam Nicholas is so keen to get people to come along she has ventured into verse:

We're lucky to have the pub, the church and a village hall,  
And of course these excellent local facilities are open to all.

On this subject, we invite you to an open meeting in June.  
Be assured, for those supporting the hall it would be a boon  
If lots of residents will happily come along and freely express  
ideas, views, proposals - anything goes; well - more or less!

An inducement about which you might not be aware....

Wine and nibbles will be provided to all who might care  
To arrive at 7pm on 22<sup>nd</sup> June. You will be welcome and so....

Do please attend, help our village hall to prosper and grow.

The Chevington Village Hall is open for bookings once again, but subject to government guidelines on social gatherings. For this reason the management committee has decided to limit numbers to no more than about 25 people in the hall at any one time. So far, as lockdown has been slowly eased, the only events to have been booked are the regular Coffee Club gatherings on Thursdays at 10am - 11.30am

Anyone who wishes to make a booking or inquire about the meeting on the 22<sup>nd</sup> or any other events at the Hall should call Alastair McCormack



# CHEVINGTON PARISH COUNCIL



**Council contacts:** Cllr Agazarian (Chairman) 07776 783747;

Cllr Keegan 850628 (Vice Chairman); Cllr McCormack 850277; Cllr Briggs 0778 9775157; Cllr Mark Surety 07808 974530 ; Cllr Peter Bleeze 01284 850155

There is one vacancy on the Parish Council.

**Neighbourhood Watch:** Peter Keegan, James Briggs. All Neighbourhood Watch queries to The Clerk

**The Clerk:** Mrs Betts 810508. Email: chevington-pc@outlook.com

**Planning Applications:** Please contact PC Website <https://chevington.onesuffolk.net>

Please refer to the PC website for updates, minutes of meetings and information about the village:

**CHEVINGTON PARISH COUNCIL [WEBSITE](https://chevington.onesuffolk.net)**

Just a reminder that The Suffolk Heights Benefice News Website is there to provide information for anyone who cares to log on. [suffolkheights.org](http://suffolkheights.org) - is a beautifully designed website, lovely photography with the fun things as well as the serious stuff: cookery, book at bedtime, gardening, church news, countryside matters and more.

## CHAIRMAN'S REPORT

Firstly, Congratulations to Cllr Peter Keegan for being voted in as Vice Chairman of Chevington Parish Council, his hard work is much appreciated by all, especially me, and I look forward to working closely with him in the future. Which takes me to a big thank you to Cllr McCormack, who is standing down as Vice Chairman. He is very generous with his knowledge of council matters and always very wise.

Secondly, The Parish Council would like to congratulate our newly re-elected County Councillor Karen Soons to the Thingoe South Division of the County Council, who is a fantastic support to Chevington and all other villages. Karen works her socks off and 'Gets the job done'.

The PC is full steam ahead on your behalf on village matters. The fourth VAS site has been decided in Post Office Road and will be up and running soon. A parishioner has bought a beautiful new bench for the churchyard in memory of her husband. The Council is meeting with the Village Hall, to offer assistance in getting it back on its feet again after lockdown.

**Social Media** - We have joined the Twitter site and ask all of you with a smartphone or computer to 'follow' us. We have two accounts, one from The Parish Clerk—@chevingtonPC and one from the Chairman—@chairchevington1. The reason I suggest you to follow both accounts is that we are tweeting useful info for the village, that can be accessed instantly and replied to instantly. Also our Facebook Page is there for you too.

For village matters keep referring to our website <https://chevington.onesuffolk.net>

**Best wishes**  
**Lucy Agazarian**  
**Chairman**

## CHEVINGTON WI



**P**aula from the Suffolk Pickles Hedgehog Rescue charity gave an interesting talk for the May meeting on Zoom. Over the past 10 years the charity's volunteers have helped about 300 sick and injured hedgehogs each year, before returning them, if possible, to where they were found. Hedgehogs are now becoming endangered from around 36 million in the 1970s to only about half a million today due to problems with road traffic, loss of habitat and hedgerows, use of pesticides and of course climate change. Hedgehogs travel over a mile at night foraging for insects, beetles, caterpillars, etc., and can be helped by gardeners leaving areas untouched, planting low lying shrubs and insect attracting plants, putting out food and water and leaving holes at the base of fences to allow them to roam.

Paula said there are about 17 different species of hedgehog around the world, each adapted to its environment and all nocturnal except for the Chinese variety. Apparently hedgehogs have been around for millions of years and fossils had been found from 55 million years ago. Cave paintings have also been discovered as well as Egyptian amulets and ornaments which were thought to bring good luck.

# ST MARY THE VIRGIN CHURCH, DEPDEN



DEPDEN

## NEWS FROM DEPDEN CHURCH

Now that as we are all emerging cautiously from the C restrictions we hope to restart some community activities. We intend to hold **Green Bites at Anne's house (Lark Rise, Depden Green, 850658) on Thursday 24<sup>th</sup> June from 12.30**, and at **Sandra's house (6, Hall Close) on 22<sup>nd</sup> July**. Please advise us of any dietary requirements.

**Green Bites** comprises a simple lunch of soup and a roll plus some cheese and a few other things, to which anyone can come and meet up with friends and neighbours. We request a small donation to church funds. There will be a Bring and Buy stall at these events too.

The next service at Depden Church will be on Sunday 20<sup>th</sup> June at 11am.

Advanced notice; the Pet Service this year will be held on 18<sup>th</sup> July hopefully in the churchyard. This service will be conducted by Caitlin Brinkley, a Reader in Training who will be spending three months in the Benefice.

Please look out for details of the walk in St Thomas Footsteps on 3<sup>rd</sup> July.

**Evelyn Payne**  
**01284 850502**

## DEPDEN PARISH COUNCIL

**Chairman:** Mark Leadbeater

**Councillors:** Dennis Bibby, Peter Ebbens, Nicky Moncrieff, Andrew Rabett and Andrew Read

**Neighbourhood Watch Contact:** Angela Barnetson, Area Co-ordinator.  
Telephone no. 07875 605165 email: abarnetson@gmail.com

## CRESTED COW-WHEAT

Last year at about this time I wrote about flowers which appeared on the newly designated Roadside Nature Reserve close to the Depden Water Tower. This June and July I would like people to look out for the Crested Cow-wheat flowers which flower about this time.

These flowers are Nationally Scarce and these days their main habitat is on roadside nature reserves with the correct mowing regime. There are only a few sites in Suffolk, North West Essex and South Cambridgeshire where they grow in Britain and the Suffolk sites are mostly close to here so we should be looking out for them.

The flowers appear cream and deep pink in a dense four-sided spike. The plants become entangled because they branch and spikes of flowers appear on every branch so that you may encounter a dense mat of them. The plants are semi-parasitic on various grasses or clovers (I don't think anyone quite knows which yet). They encourage ants to distribute their seeds by having a little tasty dollop of a waxy substance on them which the ants take to their nests to consume. The seeds are then discarded in a type of midden giving the seeds some fertiliser to begin their growth. They are annuals and it is important that they set seed before they are cut down with the surrounding grasses.

These flowers also grow on the Roadside Nature Reserve at The Wash at Hargrave where they have been growing successfully for many years.

Please respect the law and do not pick or dig up these plants. They need their own environment.

**Evelyn Payne**



# ST EDMUND'S CHURCH, HARGRAVE



On behalf of the PCC of Hargrave Church, we'd like to thank Peter Reddick for all his hard work over the last 15 years on the PCC, on his retirement at the recent AGM. Peter has worked tirelessly, including a seven year service as Churchwarden, and has been invaluable in applying for grants towards the church restoration, I think something close to £100,000 has been given to the church over the last 15 years from grant-aiding organisations to carry out vital repairs. The two projects which stand out and probably wouldn't have been completed without Peter were the re-roofing of the north aisle and nave to stop extensive water leaks in 2014, and more recently, underpinning of the east end chancel wall last year (2020) to prevent the very real danger of collapse.

Not content with raising the grant monies needed to supplement our own village fund raising, Peter did not hesitate to take the projects through to completion, organising architects, agreeing specifications, meeting surveyors and keeping an eye on contractors. All this motivated by his faith and commitment to the village community, which continues with his work for the Hargrave Heritage project. The impact of Peter's work was summed up eloquently in the Quinquennial Report 2014 from the Diocese Architects, and is even more relevant now *"This has been a quinquennium mirabilis with the PCC achieving significant amounts of urgent repair work in three contracts, much of it having been outstanding for many years. The result is that the fabric is now in a watertight condition and elements of the building at risk of loss have been secured"*.

As a village and church, we can only be grateful to Peter, who I am sure, if nothing else, would welcome a pint at the next Pop Up Pub!

**Justin Rabett, Church Warden and Lay Elder**

## FORTHCOMING SERVICES AT HARGRAVE

Hargrave Church continues to hold services in church throughout lockdown (when permitted by the guidelines), and the church remains open for private prayer as a quiet space away from your own four walls. The PCC felt it important to continue to make the church accessible whenever we can.

Details of services (and events) are posted on the notice board near the bus shelter and in the church, and also on [www.achurchnearyou.com](http://www.achurchnearyou.com) – Hargrave or via [www.suffolkheights.org](http://www.suffolkheights.org)

<b>6<sup>th</sup> June</b>	<b>Parish Communion</b>
<b>20<sup>th</sup> June</b>	<b>Evening Prayer – 6 o'clock – Lay Elder: Justin Rabett</b>
<b>4<sup>th</sup> July</b>	<b>Morning Praise – 11 o'clock – Reader: Barbara Hill</b>
<b>18<sup>th</sup> July</b>	<b>Evening Prayer – 6 o'clock – Lay Elder: Justin Rabett</b>
<b>1<sup>st</sup> August</b>	<b>Morning Prayer – 11 o'clock</b>

Jill Upton and Justin Rabett - Churchwardens

### HARGRAVE CATCH UP CAFÉ

The Catch Up Café is organised by Hargrave Church to help bring the village back together after months of lockdown.

It has been widely welcomed and supported during the months of April and May, with an average of 28 people every week. It's has been lovely to catch up with familiar faces and a warm welcome to those we met who moved have moved into the village over the past year; including Peter and Juliet, Claudia, and Chris, (hope we haven't put you off)!

Although the weather could have been kinder to us on some occasions, the sight of people sitting together outdoors and the sound of chatting and laughter has been a welcome return.

Many, many thanks to all who have helped set up, wash up, baked delicious cakes, made tea and coffee or have helped in any other way – we are very grateful to you for your support.

We're looking forward to the return of the Pop Up Pubs over the summer

**Justin Rabett**

**S**t Edmund's, Hargrave APCM was held on Sunday 16th May following the monthly Evening Prayer service. The sole reason for these Vestry Meetings is to elect the churchwardens and both Justin Rabett and Jill Upton were re-elected unanimously.

The PCC AGM was also held when the following were elected to serve:

Justin Rabett, Jill Upton (churchwardens), David Williams (Treasurer) and Jill de Laat (Secretary).

Working to keep the church functioning is not a small job and anyone in the parish who would like to join the PCC and help with fundraising, cleaning, flower arranging etc would be most welcome. Please get in touch with anyone on the PCC. Churchwarden details are on the back of this magazine.

#### FUTURE EVENTS – DATES FOR YOUR DIARY

- \* **25th June - PopUp Pub returns to the Village Hall 6-9pm. Cask beer and enticing wine!**
- \* 3rd July – Benefice walk from Hargrave to Hawkedon Church via Chevington, Chedburgh, Depden and Rede churches (or choose a section in-between) starting with a BBQ breakfast bap at Hargrave Church and with refreshments en-route – keep an eye for further details on [www.suffolkheights.org](http://www.suffolkheights.org)
- \* **23rd July - PopUp Pub in the Village Hall 6-9pm. Cask beer and enticing wine!**
- \* 20th August - PopUp Pub in the Village Hall 6-9pm. Cask beer and enticing wine!
- \* **4th September – the Village Barbeque – to help please contact Justin Rabett 01284 850769 or Jill Upton 01284 850286**
- \* 9th October – Hargrave 5k & 10k cross country run & walk – start training now! If you would like to help, please contact Justin Rabett

## DETECTING OUR PAST

David Elin

**M**y interest in archaeology and local history developed from an early age, following a high school field trip to the initial exploratory excavations at Sandal Castle in my hometown of Wakefield. The Norman motte and bailey castle had featured in both the Wars of the Roses and the later English Civil War; the castle and its occupants suffering very badly from being on the wrong side in both periods of our earlier turbulent history.

Career and family meant limited time to indulge a hobby in archaeology but retirement eventually provided the luxury of available time to pursue it again along with my interest in local history. Having friends in two local villages that were experienced metal detectorists, their kind introduction to the hobby and invaluable initial guidance eventually led me into metal detecting and back to the world of archaeological discovery.

I quickly learned that the hobby of metal detecting enjoys mixed views by professional archaeologists. The negative view is largely fuelled by the so called "Night Hawks" trespassing, and in the very worst cases disturbing stratified artifacts at legally protected scheduled historical monument sites. Invariably, artifacts found under such circumstances are never formally recorded and many end up on auction sites, their location and contextual background lost to the nation forever.

Responsibly and legally practised metal detecting is, however, now increasingly viewed far more positively by professionals. Increasingly, archaeologists acknowledge the contribution metal detecting makes to the identification of previously unknown sites of historical interest and the recovery of vulnerable recordable artifacts from cultivated agricultural land.

The British museum coordinates a national scheme for the recording of small antiquities, known as the Portable Antiquities Scheme (PAS). The scheme is administered through finds liaison officers embedded in county archaeological units and it now also incorporates the Celtic Coin Index (CCI); an earlier similar database operated by Oxford University for the purpose of recording iron age coin finds. Locally, our hard working and exceedingly helpful finds liaison officers and support staff are located at the county archaeology unit in Bury St. Edmunds.

The PAS scheme records discovered artifacts that are over 300 years old, irrespective of how they were found. The finds liaison officers also form a reporting link through to the Coroner in the case of any items that fall under the Treasure Act. This will, by law, include the prompt reporting of any discovered artifact older than 300 years and which contain more than 10% precious metal; namely gold or silver. The act also includes finds of greater than two gold or silver coins, finds of ten or more base metal coins and any



## ROMAN COIN FINDS

Our coin finds recorded on the Portable Antiquities Scheme (PAS), tell much about the period of Roman occupation of Lidgate and its links with the wider Western Roman Empire.

The Roman period includes many coin minting Emperors, Caesars, their wives and family members, making analysis of coin distributions by statistical timeline exceedingly difficult. An earlier Roman coin expert (Reece), overcame this difficulty by creating 21 periods to cover the time of Britain's occupation. Not surprisingly, the PAS records all Roman coin finds by Reece period.

In their day, many coin issues included the celebration of conquests within the empire and political statements; coins thereby representing a means of communicating news and political aspirations to the populous. As the coin's obverse included a facsimile image and details of the minting Emperor, Caesar or family member, it must have been seen as unfashionable to use outdated previous issues and this may well have resulted in the discarding of many low denomination base metal coins. Not surprisingly, our Roman coin finds are mainly of low denomination base metal type. This could also, however, suggest a generally poor local community, with trade of a generally limited financial value. Plotting our PAS recorded Lidgate Roman coin finds by Reece period shows a most interesting picture, including a small cluster of coins in the early Reece periods 1 to 7 (AD 41 to AD138), a possible mid-period cluster in periods 10 to 11 (AD 193 to AD 238) and a much larger cluster in periods 13 to 19 (AD 260 to AD 378). This coin finds data suggests that Roman occupation or trade with Lidgate commenced with their invasion of Britain in AD43. It grew in the 3rd and 4<sup>th</sup> centuries, and came to an abrupt end around AD378, some two Reece periods before the Romans left Britain in the early fifth century.

Our Roman coin finds also tell an interesting story in terms of Lidgate's contact and trade with the wider Western Roman Empire. Early Roman coins were exclusively minted in Rome and bear the "SC" mint mark, which translates to "By the Degree of the Senate". A similar endorsement to the later "Promise to Pay" pledge found on British bank notes.



*copper alloy Constantine the Great nummus (AD307-337) with "P TR" Trier mint mark*



*copper alloy Crispus nummus coin (AD317-326) "P LON" with London mint mark*

Growing trade within the monetary economy necessitated the later minting of coins at sites throughout the widening Roman Empire, and to identify their origin such coins show a mint mark in the coins reverse side exergue.

Base metal Roman coins can suffer badly as a consequence of agricultural cultivation and corrosion in the local soils. In the case of better preserved Lidgate Roman coin finds recorded on the PAS database there are examples from ten different mints, including a rare local example from the Sisac mint located in the Croatian Balkans.

### LIDGATE ROMAN COIN FINDS WITH IDENTIFIABLE MINT MARKS

MINT	No COINS	(CITY) COUNTRY
ROME	17	ITALY
TRIER	15	GERMANY
LONDINIUM	7	(LONDON) England
ARELATUM	6	(ARLES) France
GALIC MINT "2"	2	(COLOGNE) Germany
MINT "L"	2	(TRIER) Germany
AMBIANUM	1	FRANCE
"C" MINT	1	ENGLAND – Colchester?
LUGDUNUM	1	(LYON) France
SISCIA	1	(SISAC) Croatia

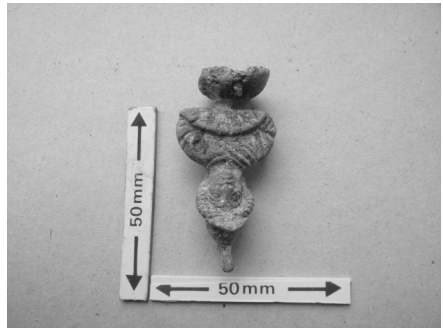
Roman coin finds, domestic pottery and building construction materials found in plough soil at a farm well beyond the scheduled villa site at Lidgate suggest a much wider settlement, including a further building or buildings with hypocaust heating and red clay tiled roofing. Recurring evidence amongst our metal finds also suggests at least one of the activities that took place in the wider Lidgate Roman complex.

## ROMAN FINE METAL CASTING

As a retired metallurgist, I have a great interest in archaeometallurgy and an exceedingly high regard for those who performed the mystical craft of metal refining and casting many centuries ago. The early practitioners responsible for using fire to turn stone into metal and mixing the products of different metal bearing ore types to produce alloys with different colours and physical properties must have been much revered and seen as close to gods.

At our Lidgate metal detecting permission, we find extensive evidence of lead, tin and copper alloy processing. The copper alloy metal processing and casting finds can clearly be traced stylistically to the Roman period of occupation and land settlement.

Viewed through the eyes of a modern-day metallurgist our metal working finds cast light on a foundry industry associated with the villa complex or its close neighbours, and one that produced small decorative items via more than one casting process. A small unfinished Roman copper alloy lost wax casting depicting the Roman goddess Minerva was found by my friend in its unfinished as cast condition. The casting still had its pouring dish and connecting sprue attached, having apparently been rejected because of significant surface porosity defects in the figures upper helmet surface.



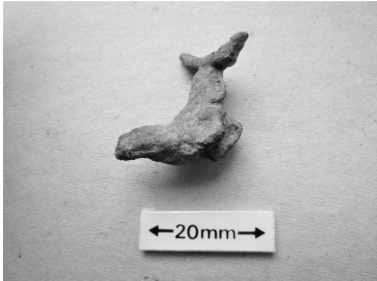
*Unfinished Minerva figure*

The lost wax process is very labour intensive but produces castings of remarkably fine detail. A modern version of the casting process is still used today to produce extraordinarily complex cast alloy turbine blades for large jet engines. Not bad for a casting process that was first used in the bronze age! Practised in Roman times, the process first involved carving a pattern for the required item in wax. The wax carving and an attached pouring dish and connecting spout, known as a sprue, were then washed in a fine clay slip. After which, the coated wax carving was progressively encased in a clay and straw mix to form a mould; the straw forming a series of vents for outgassing during the casting process. The clay would have then been baked to both strengthen the mould and melt out the carved wax pattern. The mould cavity created by melting out the wax would then be poured with metal to form a solid casting of remarkably fine detail.



In the case of the rejected Minerva casting the foundry moulder had not offset the casting sprue and dish from the main body of the casting, which represented less than ideal casting practice. This less than optimum founding practice, had probably resulted in mould damage during pouring of the casting and consequent poor venting at the upper helmet surface.

Our finds also include a small unfinished dolphin casting waster, in which the mould appears to have broken during casting, and which also exhibited evidence of mould parting line flash. This item again is stylistically Roman, but in this instance the rejected casting had been produced by a mass production split box moulding process. The split box moulding process employs a reusable pattern that would have been carved from wood. Half of the wooden pattern would have been moulded in a split box half using fine green sand.



*Unfinished dolphin casting*

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A layer of parting powder would then have been applied, a mating casting box half fitted, and the upper half of the pattern moulded in green sand. The mould would have then been parted to recover the wooden pattern, the two casting box halves reunited, and the casting poured. In this casting process the moulding box parting line is usually apparent on castings prior to fettling and in some cases a thin metal flash can be created if liquid metal penetrates the casting box parting line. Evidence of parting line flash around the centre line of the dolphin casting find, represents clear evidence of how it had been produced.

In addition to the two unfinished rejected castings, we also find significant numbers of casting sprues and dishes; removed from small casting that had obviously poured successfully and progressed to fettling and finishing. Though not exhibiting any age diagnostically significant features, we also find significant evidence of metal processing dross and liquid crucible discards of cuprous alloy melts. The latter resulting from pouring to waste any surplus melt left in the crucible after casting of a mould or moulds.

Collectively the finds evidence is consistent with the existence of a Roman cuprous alloy foundry producing small decorative castings by both the lost wax and split box processes. The foundry identified by our finds was either part of a much larger villa complex than had previously been identified, or a near neighbour industrial operation. The casting finds are also associated with Roman construction materials, pottery and other domestic artifacts suggesting that the foundry activity also included domestic occupation.

# ST MARY'S CHURCH, HAWKEDON



## ST MARY'S CHURCH NEWS



The annual meetings of the Hawkedon PCC, held at St Mary's Church on 9th May 2021, were chaired The Revd Dr Simon Hill. David Taylor and Heather Phillips were re-elected as Church Wardens and the existing PCC members including Treasurer Judy Wilson; Secretary Charles Wilson; Safeguarding Officer Linda Cawston and organist David Dean were also re-elected.

## ST MARY'S CHURCH FLOODLIGHTING

If you would like to sponsor the tower floodlighting for a week in celebration of an occasion or in memory of a loved one, please contact David Taylor on 789324. The suggested weekly donation is £15.



## PHOTOGRAPHS FOR THE 2022 HAWKEDON CALENDAR

In case you missed last month's request.....a calendar for 2022 filled with photographs from Hawkedon and its vicinity is being produced, with profits going to St Mary's Church. The Church's income has been hit badly by the pandemic, and is much in need of funds to keep the fabric of the building in good condition. It is hoped the calendar will not only look fabulous on your kitchen wall, it will also make perfect Christmas presents.

Please email me your calendar-worthy photographs! All photos should be landscape orientation and in digital format. Depending on the number of photographs received, we may need to vote for our favourites with the most popular featuring in the calendar.

Please send your photos to Rachel at:

**hawkedonsuffolk@gmail.com with the subject  
"Calendar 2022"**

Closing date for sending photographs is 30th September 2021 but do not be shy about sending yours in early! Many thanks to those who have already started submitting.

Happy snapping!



## PARISH COUNCIL MEETINGS

The Parish Council met on 13<sup>th</sup> May for the Annual General Meeting along with an Ordinary Meeting. It would appear that these meetings now need to be in person, so as a gentle introduction to actually getting together, the meeting was held in one of the Cawston's barns – thank you to Jonathan for preparing it. The meeting was attended for the first time by our newly elected Suffolk County Council representative, Bobby Bennett.

The minutes are yet to be produced, but as soon as they have been prepared they will be on the Hawkedon blog. Keep an eye on [hawkedon.blogspot.co.uk](http://hawkedon.blogspot.co.uk).

## HAWKEDON VILLAGE HALL

The village hall is slowly coming alive once more. While it is tempting to open up with one big bash, it would seem that maybe a more gentle start is required. There are car club and art club bookings, and by the time you read this the trustees will have met and discussed events that we may hold in the near future. We will let you know!



In the meantime, the village hall finances are surprisingly strong due to both government grants that have gone to all village halls during the last year and stellar fundraising efforts over the last 20

years or so. A good proportion of the grant finance has been used to cooperate with other local charities which have been having a hard time (such as the Bury food banks and women's refuge).

This has also been seen as the ideal time to invest in keeping the hall in good condition. As previously reported, fixed stairs to the attic have been installed, and now a new kitchen has been ordered to replace the existing flimsy cupboard which was all that could be afforded when the hall was built 21 years ago. A lot of electrical work has been done and is ongoing, bringing the lighting and fire alarm up to current regulation. The windows and doors need painting, and this time there will be a change of colour!

## HAWKEDON VILLAGE HALL HIRE

The Village Hall is available at very reasonable rates:

£60 for full day (£40 for Hawkedon residents), £30 for a morning or afternoon (£20 for Hawkedon residents), £40 for an evening (£30 for Hawkedon residents.) For other rates and equipment hire please call for a quote. Contact Charles Wilson on 789376 or [charles.wilson21@btinternet.net](mailto:charles.wilson21@btinternet.net).



# ALL SAINTS' CHURCH, REDE

## JUNE REFLECTIONS

### 'Talking can be seriously good for your health'

This statement is, I believe, more important now than it has ever been, so let me begin with a story. A few years ago Jane, a nurse, was sitting in a garden with an old friend Jack, while a party was in full swing in the house. Jack's relationship had recently ended and his heartbreak was all too real and raw. He couldn't see anything ahead of him and felt a million miles away from the party going on inside. For Jane it was clear that Jack was depressed and over the following weeks she talked to him about the benefits of professional help, but he was extremely reluctant to go to the doctor. However, Jane kept in close touch and, after about a month of talking with Jack regularly, something unexpected happened: he started to feel better, without any professional help at all.

I am sure we have all had the experience of talking to someone and experiencing a lifting of spirits, particularly if we might be feeling a bit low. We may not have talked about feeling as we did, probably not having any idea why, or even shared a problem. However, having a conversation with someone about a challenge or problem in our lives can make a huge difference. Yes, the person we talk to must be a good listener, about which I will say something in a moment, and it is certainly not about giving advice or suggesting what might be done. By asking a few open questions they are helping the other person begin to articulate the problem they are facing and consequently feel a little differently about it. An open question is one that encourages a longer response. For example: *'You mentioned that you recently saw your grandchildren for the first time in ages, how did it go?'* Whereas a closed question requires a straight yes or no answer and no more. So, in this way a conversation can move forward and help them to start to see things in a better light. A real outcome is when they say something on the lines of: *'Do you know what, I hadn't thought of it like that before'*.



What I am trying to say is that we can all do this with friends and others we know by just being prepared to listen with a sympathetic and understanding ear. Of course, many people already do this almost subconsciously, so I am not suggesting it is a huge leap in what we do, but simply it may be helpful to be aware of the change that can come from, what may even seem to be, an ordinary everyday conversation. Has anyone ever said to you something on the lines of: *'I always remember when you said 'x' to me as it was such a huge help'*, yet you have no recollection of it all?!

Simon Pratten

**AN AMERICAN  
BREAKFAST**

★★★★★★  
*SUNDAY*  
*4th JULY*  
★★★★★★

*Pancakes with maple syrup  
and all the trimmings*

8.30-10AM

**REDE VILLAGE HALL**

DONATIONS WELCOME TO ALL SAINTS' CHURCH, REDE

**EAT**  
*Here*

REDE



ALL SAINTS' CHURCH, REDE

# *Garden Party*

Hosted by Peter and Ann Cox  
in their garden at Churchfield, Rede  
to celebrate Summer

**SATURDAY 26TH JUNE**

5.30PM – 7.30PM

Everyone is very welcome to a party for  
all the family to include wine, soft drinks  
and delicious nibbles.

Garden games, plant stall, raffle.

For catering purposes please let either  
Ann (01284 789504) or  
Jackie (01284 850078) know  
if you would like to come.

Donations please to All Saints' Church, Rede

# Rede Scribe



## THE DANGERS OF TEMPTING FATE OR “PUTTING THE MOCKERS ON” ONESELF

Last month I wrote with much joy of the unfurling of Spring, the easing of Covid restrictions and how excited I was about going forward with new enterprises at work. Well, as my Dad used to say, I certainly “put the mockers on” myself or...

Beware Yea who tempts the Gods of Fate (other Gods are available, depending on your beliefs). Their Wrath crash'ed upon my head with a Vengeance! Long story short, the heart rhythm problem (atrial fibrillation) reared its ugly head again, I ended up in A&E three times in quick succession, two electric shock treatments, one urgent cardiac ablation operation at Papworth and then, just as I was relaxing and recovering from that, another emergency admission for a suspected stroke (actually a very colourful migraine, called a Kaleidoscope, which I had never heard of). So that taught me to keep my big mouth shut!!!

So, I've got nothing to write about except perhaps the luxury and brilliance of Papworth, the speedy efficiency of Addenbrookes and the kindness and thoroughness of West Suffolk, and, of course, the wonders of the NHS and its wonderful staff.

But then I got to thinking about how blinking clever modern medicine is. They can do things that are all, but unimaginable. The supposedly simple stuff like an ultrasound where you can actually see, for example, the tiny, beautiful petal-like valves of the heart, which open and close 60-80 times per hour, year after year like tiny jelly fish; the ECG machines which are now so small and tiny (though those pads still make you itch like crazy afterwards).

After my cardiac ablation, the electrocardiologist (he specialises in the 'electrics' of the heart vs a normal cardiologist who specialises in the 'plumbing') told me in an airy fashion that they had used a heated probe (like a soldering iron) to burn away some troublesome cells while using three-D mapping of the heart and actually watching, in real time, where the electrical signals were 'leaking'!

Then, he added, in the same way we might say that we made a cup of tea, that they had sped up the heart to see if they could make it fibrillate (beat all wrong) and then slowed it down again with an electric shock. OMG, as the youngsters say! And this is purely a routine procedure! And, of course, throughout this the heart is still merrily pumping away, blood is sloshing through and I was blissfully unaware. And what do I have to show for all this advanced cardiac tinkering? A tiny scar on my leg crease and a bruise from the cannula in my arm! No wonder, I have to constantly remind myself that I've had a big op when I wonder why I am so fatigued and weak.

Then, of course, there is the MRI which relies on the mysteries of quantum mechanics! Following my suspected stroke, I was put through one of those to check the brain. Took 15 minutes and they get a clear picture of the inside of my brain (yes, they found one!). It's not even traumatic (though some of the music they played to me was), very noisy but I was sort of dozing off mainly.

I once had some varicose veins removed - the surgeon told me how relaxing he found doing them. I expressed surprise and he explained that his 'day job' was replacing aortas (the huge artery which fuels the whole body and is the size of a hosepipe). Indeed, my cousin's life was saved by this very operation many years ago at Papworth.

Or what about the hip and/or knee replacement? These are so commonplace we hardly give them a thought – “Oh, she's having a hip replaced” as if it were a filling.

But in actual fact, it is still major surgery involving some heavy duty 'carpentry'.



One of the earliest hip joint replacements was on David, Lord Burghley, Olympic gold medallist in the 400m hurdles in 1928. The first titanium replacement was silver-plated, embellished with the Exeter family crest above the motto “A loyal supporter, 1957-1967” and placed on the bonnet of his Rolls-Royce in place of the “Lady of Ecstasy” mascot.

However, the success of these operations still relies on the patient doing the hard, boring and repetitive graft of their physiotherapy otherwise full function is never restored. Less well-known are replacement shoulders, fingers, wrists and various other joints with greater or lesser success and functionality.

Then, there are transplants. Wow! I'm on a cardiac athletes Facebook page (bit of an imposter as most people have had heart attacks and the like) and there was a woman on there who was feeling a bit demoralised because she was running so slowly – just TEN weeks after a heart transplant! To put that into context, I didn't run for five months after my ablation in 2020!

They can now transplant hands, faces and even (no giggling at the back) penises. A huge issue with all those latter, how shall we put it, more personal items is the psychological trauma. In fact, great effort goes into getting a good match in terms of size, shape and colour for all of them. Suffice, to say, these are rare operations for people with extremely serious injuries.

And a timely reminder that, although we seem to know a lot about the physical aspects of the body, the brain is still a mystery, to a large extent. I heard a tale of someone who insisted on having their little finger amputated as it was bent over and not just useless, but a hindrance. The doctors were reluctant but eventually agreed. However, this person was surprised by how *mentally* traumatic they found this surgery afterwards.

Which reminds me that this condition of the fingers curling is called **Dupuytren's Syndrome**. It is common in East Anglia and Lincolnshire, but not in the rest of the country as it appears to have been spread by the Vikings!

***Want to thank someone, remember someone or just shout about an achievement? Let me know at [jackiechubb1712@gmail.com](mailto:jackiechubb1712@gmail.com) or drop it through the letter box of Four Ashes by the bus shelter in Rede.***



Churches Together is an affiliation of Christian Churches of all denominations, in town and village churches in and around Bury St. Edmunds.

**Our next big event is planned to be a Summer Celebration in the Abbey Gardens on the afternoon of Sunday 27<sup>th</sup> June.**

**1.30 pm – 4.15 pm.**

All the churches, as well as individuals, are invited to bring a picnic to have on the grass near the 'Dovecote' (to the left of the play area as you approach through the gardens from the Abbeygate).

There will be a stage, and some churches will have a music slot to sing and play including some worship songs, and there is still some space in the programme. This will be an opportunity to hear various styles of worship, and a children's show. This will be from **1.30 pm** until **3.30 pm**.

At **3.30 pm** we shall have a joint '**Songs of Praise**' service with a choice of hymns/songs from different churches, to finish by **4.15 pm**.

All churches are welcome to bring gazebos (in case of heat or showers), your own church banner or sign.

Of course, everyone can use the café to get tea/ice creams, and the public toilets are nearby.

We have much "more in common than divides us" and this is an opportunity to have a united Summer Celebration, to share God's love for all.

Churches Together in Bury St. Edmunds and District involves churches across our town and up to a 12-mile radius. We are 50 individual churches altogether, of most Christian denominations (listed on our web-site).

***Heather Corbell*** [corbell.hm@gmail.com](mailto:corbell.hm@gmail.com)

**Chairman, Churches Together in Bury St. Edmunds and District**

**Web-site – [Churches Together: in St. Edmundsbury and District](#)**



## **HARTEST AND DISTRICT GARDENING CLUB**

Our Plant Sale will be Sunday June 6<sup>th</sup>, a joint venture with Hartest Church, and on the Green this year, not in the Institute. Donations of plants can be made from noon – look out for the marquee! Cakes for the church, who are doing the refreshments, are also welcome – please advise on the wrapping if nuts are included. We will also have a tombola, so prizes for that would be great. We open for sales at 2pm.

The next evening, Monday 7<sup>th</sup>, we are visiting a garden in Great Barton – Cattishall Farmhouse. This is described on the NGS website as “Approx 2 acre farmhouse garden enclosed by a flint wall and mature beech hedge laid mainly to lawns with both formal and informal planting and large herbaceous border. There is an abundance of roses, small wildlife pond and recently developed kitchen garden incl. a wildflower area and fruit cages. Chickens, bees and a boisterous labrador also live here. Generally flat with some gravel paths. The garden also has two water features, a swimming pool area and a small lavender walkway”. Sounds just what we all need! We will meet there at 7.00pm, the postcode is IP31 2QT, the entry fee is £6 per person, which includes tea and cake. It would be nice to give them an rough idea of numbers, we don't want them to run out of cake, so please let Geraldine know if you are planning to come. The next visit will be to West Lodge, at Bradfield St. George, on July 5<sup>th</sup>, more details in the next edition.

Speakers for meetings from August are now organised and the Show will be on September 11<sup>th</sup>. Schedules for this, and a list of the rest of our 2021 events, are now available on the website, and will be at the Plant Sale and at the meetings from June onwards.

If you have any questions about the club, please contact Geraldine, either via email on [gross7702@gmail.com](mailto:gross7702@gmail.com), or by phone on 01787 280134.

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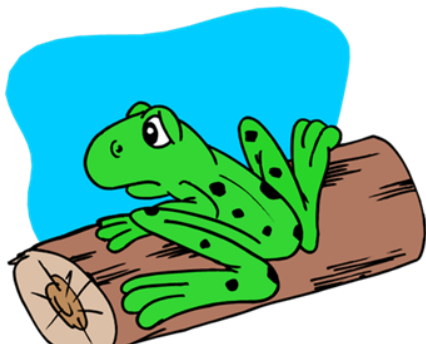
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80g £1.00 700g £6.99



No Wheat Wild Bird

2kg £2.50 20kg £18.99



Black Sunflower

2.5kg £2.50 12.75kg £10.99



Robin & Songbird

2kg £3.99 12.55kg £16.99



Peanut Granules

2kg £4.99 12.75kg £24.99



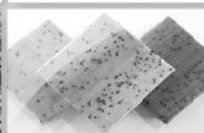
Fat Balls

25 £2.50 150 £13.99



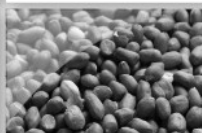
Suet Pellets

1.5kg £3.99 12.75kg £24.99



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Peanut

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Premium Wild Bird

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Contact **Debbie Corsby:**

[debbie@happy-days-childcare.co.uk](mailto:debbie@happy-days-childcare.co.uk)

Tel: 01440 820027

[www.happy-days-childcare.co.uk](http://www.happy-days-childcare.co.uk)

Ofsted Number EY538799

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## USEFUL PHONE NUMBERS

Emergency .....	999
Suffolk Police—non urgent .....	101
Reporting Anti Social Behaviour .....	08456 034715
Crime Stoppers .....	0800 555 111
Suffolk Fire Service Community Fire Safety .....	01473 260586
Gas Emergency .....	0800 111 999
Electricity Emergency.....	08007 838 838
Anglian Water Emergency .....	0800 145 145
Essex and Suffolk Water Emergency .....	0845 782 0999
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NHS Direct if GP Surgery Closed .....	111
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...Pharmacy for repeat prescriptions .....	01440 823801
Samaritans .....	(free call) 116 123
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Citizens Advice .....	01284 753675
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Railway Station enquiries .....	08457 484950

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## MOBILE LIBRARY SCHEDULE

**Chedburgh** – Thursday, 17th June at the Erskine Centre—3.30–4.15pm

**Chevington** – Tuesday, 8th June at 17 New Road—11.50–12.05 and Tan Office Lane— 2.10pm-12.30pm

**Depden** - Thursday, 17th June at Hall Close— 3.05–3.20pm

**Hargrave** - Saturday, 12th June at Orchard End— 9.30–9.50am

**Hawkedon** - Friday, 11th June at the Old Queen's Head—10.50–11.10am

**Rede** - Friday, 11th June at the Village Hall—10.30–10.45am

## BENEFICE CONTACTS

<b>Chedburgh</b>	Heike Sowa	01440 709173	Brian Lofts	850479
<b>Chevington</b>	Sally Williams	850045	Jane Thacker	850384
<b>Depden</b>	Anne Nicolson	850658	Evelyn Payne	850502
<b>Hargrave</b>	Justin Rabett	850769	Jill Upton	850286
<b>Hawkedon</b>	Heather Phillips	789250	David Taylor	789324
<b>Rede</b>	Simon Pratten	850078	Pam Read	789353