

BRETtenham MAGAZINE

NOVEMBER 2022
No 418



Welcome...

...to this edition of the Brettenham magazine. We have details of events coming our way over the next couple of months and even into next year. Yes, 2023 is not that far off!!! We hear about the Bloaters latest exploits. Stuart continues his reminiscences of Rattlesden Primary School in the 1960s. And we say a fond farewell to long term resident, Dave Powles. Thank you to everyone who has contributed to this edition. We are always delighted to receive contributions whether news, photos, jokes or anything else of relevance, so please keep them coming to... bettenhammagazine@outlook.com.

Pilates is back at Brettenham Village Hall

Every Tuesday at 6pm

Beginners welcome. £6 per class. Any queries, please email leoniegeorgina@gmail.com. Please bring a mat and towel.



Photos of the Harvest Festival in Brettenham church by Carrie Dye.

All food is donated to the local Food Bank



Bigger Ernie Winners

October Draw

- 1st Michelle Harvey
- 2nd Maasai (The dog)
- 3rd Margaret Tinworth

Front cover photo from Michelle Harvey

Village Noticeboard

Village Hall

To book contact Julie or Ozzie on
07810434470 or email
bvahallbookings@gmail.com
To request a licenced bar
contact Peter Truin 07799
640326 or petertruin@aol.com

Village Website

www.brettenham.onesuffolk.net
If you would like to see
something new on the website
please contact Beth Clarke
clarkeeac3@gmail.com



Where to get Village News?

Check out the latest village news on the
BVA Facebook page
Facebook.com/pg/BrettenhamVillage/posts
If you would like anything added to
the page contact Greg Potter at
greg.potter66@me.com

If you would like to receive regular village
email updates please contact
chairbva@gmail.com



Suffolk Mermaid Fish & Chips

Every Thursday, from
6.40pm to 7.10pm
outside the church



December Mag Deadline:

15th November

*Brettenham magazine is published and edited by the Brettenham Magazine
Editing Team (brettenhammagazine@outlook.com) on behalf of
Brettenham Parish Council. The views expressed by the contributors to the
magazine are not necessarily those of Brettenham Parish Council. As well as
the printed copy, the magazine is available online, in full, via the village
website: www.brettenham.onesuffolk.net*

Brettenham Parish Council

Parish Council – Have Your Say

The meeting in September that was cancelled due to the death of Queen Elizabeth was reconvened for 10th October and a number of matters were progressed in a longer than usual session.

There was a lot of discussion around what, if any, new equipment might be appropriate for the play area and a meeting with the providers of the current equipment will hopefully be possible in the near future. This is particularly aimed at providing some ideas aimed at older children and even, potentially, fitness equipment for adults.

We also looked at various ideas to improve areas around the village and the need for new and replacement road signs to keep it looking its best.

As always, your views will be welcomed, just speak to a member of the Parish Council to have your ideas included in future discussions or via email brettenhamparishcouncil@btinternet.com We would also be happy to see you at the next meeting, which includes, as always, a Public Forum for residents to ask questions about Agenda items or raise matters which may go forward for discussion to the Agenda of the next meeting.

Due to the unavoidable rescheduling of this meeting bringing it so close to the planned November one, it has been decided to cancel it and therefore the next Parish Council meeting will be **Thursday 26th January 2023**.

Alyson Wilson, Chair

07798 633044

Clerk / RFO: Della Clarke

Email: brettenhamparishcouncil@btinternet.com

Chair: Alyson Wilson

The information with links on the page opposite is available in full on the Village Website page under the News Posts option on the top menu bar.

For those wishing to have more detail in any of those areas but unable to access it electronically, please contact Della or myself (Alyson Wilson) and we will do our best to accommodate.

Village website: www.brettenham.onesuffolk.net



The death of Her Majesty the Queen

Thank you to all our towns and parishes who helped residents to pay tribute to Her Majesty the Queen and send condolences to the Royal family. We recognise the effort behind the scenes in supporting our communities across our districts. Thanks in particular to our Town Council colleagues, who had the additional responsibility of staging the local proclamations of the reign of King Charles III.

Condolences to the Royal family from our councils

More information on the historic proclamations that took place across our districts

Councils set out parking strategy for the next 20 years

Supporting the needs of local trade and residents, while putting the brakes on climate change – Babergh and Mid Suffolk District Councils have set out their plans for improved parking provision for the next 20 years.

Bird flu outbreak

Information on the recent bird flu outbreak in Suffolk.

Latest CIL funding sees thousands ploughed back into communities

More than £420,000 in developer contributions is to be ploughed back into communities – helping to fund the renovation of Gainsborough's House, and improved play equipment and bus facilities for villages.

A chance to stand for what you believe in

Residents across Babergh and Mid Suffolk are being encouraged to consider adding their name to the ballot and stand as a district councillor next May.

Households urged to get Food Savvy and plan ahead to save money and avoid waste

As the cost of living continues to bite a new campaign has been launched in Suffolk to help families reduce food waste and save money.

Brettenham Village Association (BVA)

Food For Thought

When Ozzie asked me to write an article for the magazine, an exciting piece on food allergens was not my first thought. But following some feedback from pro-chefs the Bloaters about their recent struggles with producing an allergen friendly BVA menu, here goes..

In early 2020, pre covid (aka 'the good old days') the then chairman of the BVA, Pete Knight, and I had a discussion about food allergies and what we could do to make people with food allergies feel more confident to eat at the Village Inn and other BVA events – I should mention at this point that I am an environmental health officer, he didn't just shout me down in the street!

A while after that Paul Bendall had some communication from the hall insurers about food hygiene and what element of the kitchen use/ hall catering would be covered. In short, the insurance only covers food produced at the village hall on behalf of the BVA (so not private hires). Whilst many VI chefs, understandably, prefer to prepare all or part of their food at home, it was clear that we needed something 'official' to refer to, so I offered to produce a food hygiene policy to cover both issues.

As we are not a food business, a lot of the legal requirements do not apply to us, but we all agreed that we should do the best that we can to ensure all the food the BVA produce is as safe as possible.

In terms of food allergies, there are 14 'main' allergens prescribed in law. After a number of avoidable deaths, which you may have seen in the national news, food businesses must clearly identify whether any of their products contain allergens. You can see this by looking at any food packaging in your cupboard – on the ingredients list these allergens are normally in bold font. In addition, there is often a disclaimer underneath to say that the item is produced in a factory where there may also be other allergens ('may contain traces of nuts' etc). This is so that, if you have an allergy, you can make an informed choice. If you go out to eat, you should be asked by waiting staff whether you have any allergies and/or the menu may ask you to advise staff if you have an

allergy. This is because if you do have an allergy, you also have a responsibility to make yourself known and then make an informed decision based on the severity of the allergy (for example, I have a peanut allergy so would avoid dishes with peanut in but would run the risk of 'traces of' being present). So, when food is produced for the BVA, cooks only need write down which of the 14 allergens are definitely present (e.g. eggs and milk in a quiche) – its simply a case of looking at the packets of your ingredients and noting down the stated allergens. There is no need to list all of the 14 allergens on the “off chance”. A brief statement should appear at the bottom of the menu to the effect that ‘although all efforts have been made to identity allergens present, we cannot guarantee that dishes are free of other allergens. If you have a food allergy, please make staff aware when ordering’.

In terms of food hygiene, I produced a set of very simple guidelines for those using the hall to follow – these are very simple measures which most people will be doing anyway – things like washing your hands and keeping raw and cooked food separate. The idea is that those producing food for the VI or other events would also be asked to follow the same guidelines at home, thus showing we have made every effort to maintain good food hygiene. We also set out a minimum food hygiene star rating which we would look for when booking outside caterers (you can check the star rating of your favourite takeaway or restaurant on <https://www.scoresonthedoors.org.uk/>)

I hope this clarifies the situation for future chefs and I’m grateful to the Bloaters for their honest feedback which has meant I could update the documents. Well done if you have read this far – next time, back to my rich mine of personal and professional embarrassments!

Jo Hart

RDA Village Inn

Thank you to everyone who supported the Village Inn night in aid of St Edmunds Group Riding for the Disabled. The takings from the food, together with some very generous donations, enabled us to bank over £400 which will enable us to give a lot of enjoyment to our current group of students. Many thanks also to Lynne Golding for waitressing and washing up.

Annie Tavener

Food Bank Update

Thank you for your continued support. Just a reminder – Financial aid continues to be accepted by cheques payable to Bildeston Community Support or via BACS to Bildeston Community Support, Account No 49886479, Sort Code 52-30-31

Food donations can be left in the church porch or the woodstore on my drive.

Individuals/families do not need to be referred by the authorities. Locally, for either help with giving or receiving donations, please contact in confidence:

Alyson Wilson, Spinney Cottage 07798 633044

Anne-Marie Hodgkiss 07818 286770

If you would rather contact the Foodbank directly you can do this through Facebook messenger from the Bildeston Foodbank Facebook page, email or call:

Bildestoncsg@gmail.com

Tel:01449 257136



Volunteers Needed

The Rattlesden Benefice Refugee Support Group are looking for volunteers to help support our newly arrived family whilst we get driving lessons in place.

We need drivers to do runs in the mornings and afternoons.

We also need people who can sit and practice English with our family. There is no set commitment and all help is greatly appreciated. If you’d like to volunteer with us please email Jo on josephineschofield@hotmail.co.uk and we will share more info.

Correction to information printed in the October edition of the Brettenham Magazine p.9. The refugee family is from Sudan (not Senegal). Our apologies for this error.

Dates For Your Diary

Friday 4th November - Village Inn 7.30pm see below for details
 Monday 7th November—Village Hall 7.30pm Gardening Club meeting
 Friday 11th November—Fireworks at OBH details p24
 Sunday 20th November - Village Inn 12.30pm
 Friday 2nd December—Village Inn 7.30pm
 Sunday 18th December—Village Inn 12.30pm
 Christmas Eve 24th December— tbc
 New Year's Eve 31st December—New Year's Eve Party
 Friday 6th January—Village Inn 7.30pm
 Sunday 22nd January—Village Inn 12.30pm
 Thursday 26th January—Village Hall 7.30pm Parish Council meeting
 Saturday 28th January—Village Hall 7.30pm Charity Fun Quiz Night see back cover for more details.



WOOD FIRED PIZZA
MENU FAVOURITES
 07982 427 483
 ENQUIRIES@THEMOBILEPIZZACO.CO.UK WWW.THEMOBILEPIZZACO.CO.UK

Our pizzas are all made on our signature neapolitan style dough, then topped with san marzano passata and fior di latte mozzarella.

NEOPOLITAN Cheese and tomato... A true benchmark	SEASONAL VEG If it's in season, it is in here!	PEPPERONI Authentic Italian: pepperoni
BBQ POLLO Chicken, Pepper and red onion	THE DIVIDER Ham & Pineapple	CALABRIAN Nduja & red onions
GENOE POLLO Chicken, courgette, tomato, pine nuts & pesto	VEGAN MUST HAVE Hummus, tomato, roast aubergine & courgette	MEAT FEAST Chicken, pepperoni and ham (spice it up if you wish!)

* Extra toppings / changes to set menu + £1.00

SMALL £6 7 INCH **MEDIUM £9 9 INCH** **LARGE £15 12 INCH**
ASK FOR WEEKLY SPECIALS!!

**Village Inn Friday 4th
 November from 7.30pm**
**Food will be provided by
 the Mobile Pizza
 Company**
From 7pm
**(no pre-booking
 required)**

themobilepizzaco.co.uk

St Mary's Church Brettenham November Programme of Services in the Benefice



You can join via Facebook on the following link:

www.facebook.com/rattlesdenbenefice/live

6	Third Sunday before Advent		
	Rattlesden	9.45 for 10.15am	Breakfast Church (Streamed)
	Thorpe Morieux	10.00am	Morning Prayer
	Hitcham	11.00am	Morning Prayer
	Brettenham	11.15am	Family communion
13	Remembrance Sunday		
	Rattlesden	10.15am	Remembrance Service (Streamed)
	Thorpe Morieux	10.50am	Remembrance Service
	Brettenham	10.50am	Remembrance Service
	Hitcham	10.50am	Remembrance Service
11	Remembrance Day		
	Rattlesden War Memorial	11.00am	Short Act of Remembrance at the cemetery
20	Christ the King		
	Brettenham	8.30am	BCP Eucharist
	Rattlesden	9.45am	Morning Prayer (Streamed)
	Thorpe Morieux	10.00am	Morning Prayer
	Hitcham	11.00am	Holy Communion
	Rattlesden Pavilion (Birds Green)	6.00pm	Praise and Donuts

27 Advent Sunday			
	Brettenham	8.30am	BCP Eucharist
	Rattlesden	9.45am	Holy Communion (Streamed)
	Rattlesden	11.00am	Quiet Service
	Hitcham	11.00am	Holy Communion
	Thorpe Morieux	6.00pm	BCP Evensong

Church Warden: Annie Tavener: 736412 / annie_tav@hotmail.com
Priest: Rev Canon Sharon Potter, the Rural Dean: 01284 828599 /
07825086063 / revsharon2@gmail.com (Sharon does not work Fridays)

Well, what a momentous last few weeks this has been; a change of Monarch, a change of Prime Minister, and now a change of Rector! Tiffer took his last service in Brettenham on 2nd October, a farewell service combined with the Harvest Festival. He was presented with a voucher from his Brettenham parishioners, as well as a benefice present of a photo collage of the four churches and some of their congregations. He is now the Rector of St Mary's Bury St Edmunds (the large church next to the cathedral), together with St Peter's church on Hospital Road. We reckoned there were at least 300 people in the church to see him installed. We wish Tiffer and Amy, Abigail and Jeremy, a very happy future in Bury.

So what happens next? Unfortunately there is no immediate hand-over, as there is for a Monarch, nor, fortunately, a prolonged series of votes as there was for the Prime Minister. The PCCs have been creating a Parish Profile/job description and once this is finished the post will be advertised. A selection team of two members from each of our four parishes, plus the Rural Dean (Rev Canon Sharon Potter from Cockfield) and the Archdeacon, will then meet the prospective candidates and hope to find someone we like and who likes us. This might take a few weeks or several months. In the meantime our services will be covered by visiting rectors and Sharon will be there to help and advise as necessary and the rota of services will remain unchanged.

Annie Tavener, Churchwarden



This framed montage of photos taken from around the benefice was one of the gifts Tiffer received on leaving this benefice as he moves to his new parish at St Mary's Bury St Edmunds.

"2nd October 2022

Dear All,

I don't really have words to say how grateful I am for ten years with you all, and for all the wonderful messages, gifts, words, and kindnesses I have received over the last few weeks. Wonderful farewell lunches and dinners at Thorpe and Brettenham, a farewell cabaret and tea at Rattlesden yesterday and presentation and party at Hitcham today. And just lovely gifts, far far too generous. The photo shoot and resulting collage is wonderful, and required a lot of organisation and planning, especially given it was largely kept a secret from me! We have a wonderful mixture of mementos, cards, paintings and memory books, and some extremely generous financial gifts which we will put to good use. We feel very loved, and thank you to everyone for finding ways to include the children as well, who have really appreciated it.

I also know a lot of people are down with covid and so weren't able to be present at everything they hoped to, and I hope you are all doing ok.

I'm also pleased to hear how many of you can make Wednesday, though I totally understand it isn't possible for everyone. I really appreciate it.

My heart is full, and I've had a lump in my throat all day. I am excited for the future, but leaving this benefice has been one of the hardest things I've ever had to do. I don't quite think it's sunk in that I'm not going to be popping round all of the churches next Sunday! I am sure you will make the clergy who are (including the archdeacon!) very welcome.

Yours, Tiffer"



Remembrance Sunday Service 13th November 10.50am St Mary's Brettenham

War days as remembered by Alan Artiss.

Alan remembers the public were not allowed past the century box located by the church corner, except if you lived at number 1 or 2 Church Road. Alan and his brother used to say they were visiting their Aunt and sneak off to the airfield over in Rattleston. As they passed Lower farm Alan remembers the airmen throwing boxes of candy for them. He also remembers hiding in the seats at the airfield whilst the Military Police checked over the place. They were never found! Alan and his brother also collected silver foil strips and green powder dye from the airfield. They used to put these in the pond at Fernly cottage and dye the pond green.

The Brettenham Flyers

If you're considering a new challenge, or just fancy joining us on a morning jog/walk around the village for a little exercise (approx. 5.7K), come and join the Brettenham Flyers for a Sunday morning lift.

Every Sunday at the Village Hall

Walkers / Dogs—08:50

Runners / Cyclists—09:00

All ages, abilities & animals welcome

For more info contact Ozzie: chairbva@gmail.com

.....Jog on, jog on.....



Sunday Village Inn, Brettenham Village Hall

Sunday 20th November, from 12.30pm

DRINKS ONLY



Tribute To Dave Powles 7th June 1946 – 1st September 2022

We were very sad to hear of the sudden passing of Dave Powles on 1st September. Dave will have been a familiar sight to many in Brettenham as most days he could be seen working on his allotment opposite his house on Church Road. His allotment was a testimony to his great knowledge and skill as a gardener – and a lot of hard work! It was always immaculate and brimming over with produce.

Dave lived in Brettenham for 46 years, moving here from Sudbury with his wife Margaret and young family in 1976. But life started for Dave at Welling, Kent, where he was born in his grandparents' house on 7th June 1946. His cradle was a small draw which had been removed from a chest.

During his early years, his family moved a few times to live with family members in and around London before getting a council flat of their own in Muswell Hill. After living in cramped conditions with no facilities, the flat must have seemed luxurious with three bedrooms, a bathroom and an inside loo.

It was here that his father acquired an allotment and grew various vegetables and flowers. Most Sunday afternoons saw the family crossing the North Circular Road with a wheelbarrow full of tools, all going to the allotment. This was probably where Dave's love of gardening began.

Dave left school at 15 as was usual at the time. He had a varied working life including a short time with Standard Telephones & Cables, he also worked as a butcher and, later, a machine minder at the silk workshops in Sudbury, but his enduring passion was always gardening.

He met his wife, Margaret, at a dance in Clacton. They married and started family life in Sudbury where Margaret had family ties before moving and settling finally in Brettenham.

Dave was always happy to stop for a chat. He had a wide range of interests and a fascinating selection of stories which made for many interesting conversations. Of course, he particularly loved to share his joy of gardening. He was the inspiration behind the creation of the Brettenham Gardening Club without which we would not have our

beautiful Village Green. He greatly encouraged and supported the Club over the years, for which we are most grateful.

His funeral took place at the West Suffolk Crematorium on 5th October. In a gesture that is so appropriate for Dave, the flower arrangements from the funeral were brought back by the family and laid on the allotment. Dave will be much missed. We send our condolences to his friends and family at this sad time.

Carrie Dye



Brettenham Gardening Club



The Winter colour scheme for the village green has now been planned and we hope that the planting out will be completed this month. We would love to hear from members who would like to help with the clearing of the Summer plants and planting of the Winter bulbs and plants.

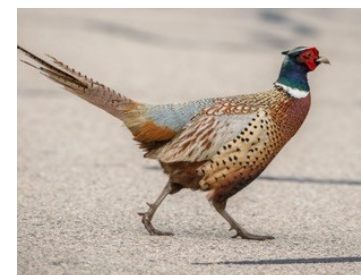
The Gardening Club will be holding a meeting on **Monday 7th November at 7.30pm in the Village Hall**. We will review the events held during 2022 and start planning for 2023. We would love to see as many members as possible join us to discuss ideas, so please put the date in your diary. An agenda will be sent out prior to the meeting.

As always, if you would like to join the Gardening Club, new members are always welcome. You can come along to the meeting on the 7th to join up. For more information contact:

Jane Moulding: 01449736178 / grahame.moulding@btopenworld.com

Or Jane McDonald: 01449736957 / felicityjmcdonald@hotmail.co.uk

Nature Notes



The pheasant is an introduced game bird species that has been settled in the UK for many hundreds of years. The pheasant we see in and around Brettenham is a native of Asia but was introduced into much of Europe by the Romans. It is believed they arrived in the UK with the Normans around the 11th Century. Their numbers declined greatly until the 19th century, when they became a popular game bird once again.

It's diet consists of seeds, berries, leaves and insects. There are a wide variety of pheasants throughout the world, occurring in a wide variety of habitats. In Hawaii for example, they can be found from sea level to around 11,000 feet.

In the Far East pheasants have significant symbolic meanings. In Japan it is regarded as a messenger for Amaterasu, the Sun Goddess, who rules the heavens and created the pheasant. It is believed they can predict earthquakes. In China there is a mythological creature, the Fenghuang, which has the head of a Golden Pheasant, the back of a tortoise, the neck of a snake and the tail of a peacock. It raises its head high in the sky, with eyes blazing like the sun, carrying sacred scrolls. It only appears in places known for virtue, grace, happiness and true peace.

David Golding

Dog Fouling



This Photo by

This is a reminder to all dog walkers to clean up after their dogs when walking the footpaths. This is even more important when walking through school grounds. Unfortunately, dog mess has been left on school playing fields which is extremely anti social and unpleasant.

Stowmarket Chorale Music Director Benedict Collins Rice



HAYDN
MISSA SANCTI NICOLAI

BACH
CHRISTMAS ORATORIO CANTATA III

Saturday 3 December 2022
7.30 pm

Village Hall, Mill Lane, Woolpit, IP30 9QX

£17.50 per person, children/students free

Booking: 07972 668180
tickets@stowmarketchorale.org.uk
or on the door

Arts making music Registered Charity 280488 www.stowmarketchorale.org.uk

Recipe –Pumpkin seeds

Wash and dry pumpkin seeds.

Oil a baking tray with olive oil.

Spread pumpkin seeds across the tray and mix around in the oil.

Sprinkle with Maldon sea salt and Paprika.

Bake for 30 mins in a moderate oven. Gas mark 6 or 200 C for 30-45 mins or until golden brown.



Michelle Harvey

Getting To Know Vera and John Philpott

This month we have another couple who have taken the challenge of answering our Getting to Know You questions together. And at John's request, we have included an additional question of music.

Full Name:	Vera and John Philpott
Birthplace:	Vera: Eye Suffolk John: London
How long have you lived in Brettenham?	21 years
Current/Last Job:	Vera: Cook John: Estate Manager
Do you have any pets?	Dog, Elsa, and Cat, Lilly
What is your biggest fear?	Vera: Loosing loved ones John: Getting too old to enjoy life
What makes you laugh the most?	Vera: John John: Children
What would you change about yourself if you could?	Vera: My weight John: Remove my heart problem
What is the favourite place you have visited?	Vera: Tasmania John: New Zealand and Italy
What really makes you angry?	Vera: Lies John: Ignorance
What is your favourite book/film/play/show?	Vera: Any live theatre John: The film, Casablanca
What has been the proudest moment of your life?	Vera: Having my children, all 3 of them John: Seeing our children's success
What did you want to be when you were growing up?	Vera: A vet John: An artist
If you could choose to do anything for a day, what would it be?	Vera and John: To meet all our grandchildren together (13)
What is your favourite game/sport?	Vera: Not a sports fan John: Fly fishing and clay pigeon shooting



An Evening With Bob Flowerdew.

"A Load Of Old Rot"

Hitcham Village Hall

Tuesday 29th November - 7pm

Author, T.V. personality and panelist on BBC Radio 4's Gardeners Question Time for more than two and a half decades. Bob will discuss Composting et al, Organic Gardening and Really Help Wildlife In Your Own Back Garden. Bob's idiosyncratic and iconoclastic chat, anecdotes, verse and song will thoroughly entertain you even if gardening doesn't!

Limited availability so pre-booking essential £12 - includes complimentary hot beverages and nibbles. Cash/card bar available. Bob's signed books for sale, plant stall and raffle.

For more information and ticket purchase call 07774744723.

If you could only eat one meal for the rest of your life, what would it be?	Vera: Roast beef with roast potatoes John: Oysters in Mandurah
Have you ever had a nick-name? What is it?	Vera: Curly John: No
Who would you want to be stranded with on a deserted island and why?	Vera: John, he would know what to do John: Vera
What would you do if you had a significant win in the lottery?	Vera: Buy houses for the kids John: Buy a house in Italy
If you could go back in time, what year would you travel to and why?	Vera: 1983 to spend time with my sister, Jenny John: 1984 to do more motor racing
What's your best claim to fame?	Vera: Got my picture on a book cover John: Winning as a racing driver
What skill would you like to master?	Vera: Learn Italian John: More languages
What music do you like?	Vera: Percy Faith John: Billy Joel; Puccini Arias



Bloaters' Walk for Health

On Saturday September 24th four Bloaters, a couple of guests and Polly Dog left Brettenham to walk to Polstead. Much like our annual visits to Belgium, the day was all about our health, a good walk coupled with plenty of detoxing drinks along the way. I had carefully planned the route to include as many pubs as possible. This is very important, as it's vital to maintain one's hydration, especially for the older ones in the party, and pubs are the best places to get the water we needed. Walking at steady three mph it allowed for thirty minutes in each pub and an hour and half for lunch before reaching Polstead Cock at 7pm where we had a table booked for supper.

Best laid plans

The intention was to leave from the church at 10:50, so we could easily get to Preston Bells in time for their 12:00 opening. Unfortunately, one of our guests, who had better remain nameless, was late, something no seasoned Bloater would ever allow to happen. However, as he was the youngest member of the party, we decided we would make allowances for his age, so no fine was imposed, and we began walking slowly to give him the chance to catch up. We still had time to get to Preston by opening time if we walked at a good speed, but then Greg, our other guest, suggested we went there via the footpaths. This was agreed, even though I feared there would be no chance of getting to the Bells on time. We eventually arrived at about 12:25, which meant our re-hydration stop would have to be shorter than planned to try to catch up with our schedule. However, I have to say, not having done that walk before, it was very enjoyable. After crossing a very large arable field, there are some lovely meadows to walk through, and it was hard to imagine we were still so close to Brettenham. I thoroughly recommend the walk if you haven't tried it already.

Orange juice

Once at the pub, with less time available, we still had to ensure everyone did take on sufficient liquid for the next leg of the walk. As many of you will know, the Bloaters' beverage of choice is tea, but as time was limited we thought cold drinks might be better, so most chose orange juice or sparkling water.

We then headed towards Brent Eleigh Cock for lunch. This gave us the

only disappointment of the day, when we found their wonderful ploughman's lunch was not available. However, they did have superb "doorstep" sandwiches, so all was well ... and plenty of time for more re-hydration. Next stop was Edwardstone White Horse, quickly followed by Groton Fox and Hounds, and Boxford White Hart. Three pubs in two miles was excellent, and quite rare in these days of pub closures. No chance of suffering de-hydration at that point in the day.

Excellent supper

A friend from Boxford joined us in the White Hart, but soon after he had sat down, I thought I better check with Polstead Cock that it would be ok if we arrived there a bit later than planned, to give us more time for re-hydration, detoxing and chatting to my friend. Unfortunately there seemed to have been a bit of a misunderstanding and they thought we should have been there already! This was not good, so we had to finish our drinks pretty quickly, apologise to my friend and leg it to Polstead, nearly three miles away. Despite our lateness, they were very friendly. We had an excellent supper there, but it was sad to see how quiet the pub was. Our trip home was in the Centre Academy bus, and a huge thank you has to go to Alison for driving it. I'd also like to thank Paul, Paul, Mark, Greg and Tim for a great day out.

Confession time

Perhaps at this point I ought to say that actually some of our re-hydration was done with beer ... well, all of it really. After all beer is about 95% water, so what could be better? Anyway, we are all looking forward to our next Pub Walk ... oops sorry, I mean our next Walk for Health.

Peter Truin: Official Bloater Archivist 07799 640326 petertruin@aol.com



Autumn photos by Carrie Dye

A Rural Education Part 3

Stuart Earle continues his reminiscences about attending Rattlesden Primary School in the 1960s, and remembers a very remarkable teacher.



The teacher in my third class was a Mr John Morrish. From recollection he was Welsh and was very keen on music. He moved on to work within the field of church music. Other than the music lessons I don't recall too much about the other classes.

My final teacher at Rattlesden school was Mr Peter Northeast. He had succeeded Mr O' Hagan as Headmaster. My recollections are that much of the teaching was carried out by rote learning again, such things as the tables and spelling. On Friday mornings there would be spelling and maths tests. Not a morning which I would relish.


Monday afternoons was the time for football, this entailed getting changed at the school and then ascending Rising Sun Hill to the field on Top Road which was marked out for football and had the goal posts in position. I think that often prior to our use the field would have had stock in it so it was often a case of avoiding the cow pats. This field was actually part of a farm. Monday afternoons were not my favourite time and apart from a passing interest I have never really been keen on football. Mr Northeast appeared quite enthusiastic and seemed to enjoy the afternoon. In the lower classes the games were played on the school playing field and I recall that rounders seemed to be often played and there was also running. I don't recall any high jump or long jump or disc throwing or javelin throwing, apart from anything else the field was quite small.

One rural activity which I enjoyed were the nature walks, these would usually consist of leaving the school and turning left to go up the lane which eventually led into some woods. We were encouraged to look out for various plants and collect them and bring them back, something probably now long outlawed. Mr Northeast was very interested in botany hence his keenness on this rural activity.

Other than botany his primary interest was local history. He became a leading expert on late medieval Wills and translated some 15,000 of these from the late 14th Century which are an invaluable source of information in providing evidence in relation to the social economic and religious life of people at the time. These are now housed in the Suffolk Record office as part of the Northeast Collection. He transcribed many original sources and was the “go to” expert for many historical and archeological societies throughout the country. Mr Northeast wrote a number of books and at least four of these are still in print. He was a tutor for the WEA (Workers Educational Association) and travelled widely to deliver lectures. He is described as bridging the gap between the academic and the amateur. Although Mr Northeast did not have a degree his work was acknowledged by his peers when he was elected a fellow of the FSA (Fellow of Society of Antiquaries).

I recall a class outing to Grimes Graves near Thetford. This is now an English Heritage site. It was a flint mine which was worked between about 2600BC-2300BC which was during the Neolithic age and continued to be mined up until the Bronze Age and possibly the Iron Age around 100AD. The flint was used for tools and was a much cheaper option than metal. It is the only site in Britain whereby it is possible to descend 30 feet and explore one of the shafts. On the school trip, probably about 1968, I believe that there were more shafts open and we were able to move around quite a number but I would not be sure. At the time I was at school I was unaware that Mr Northeast was such a renowned expert on history or that he had written and lectured extensively. I don't expect knowing that would have made the spelling tests or football any the more enjoyable.

Stuart Earle



**Fireworks at OBH Friday 11th
November**

Doors Open 6.15pm

Fireworks at 7pm

Refreshments Available


I am pleased to let you know that OBH are once again running our fireworks display this year. Sadly the date has been a real challenge due to half-term. As such, it will be on the evening of 11th November. I am very conscious of Remembrance Day and that some may not wish to attend for this reason. The date will be avoided in future. The School will hold its annual Remembrance Service at our Roll of Honour Wall at 10.50am. All local residents are welcome to join us for this important event.

Tickets for fireworks are available by following this link:
<https://www.ticketsource.co.uk/old-buckenham-hall/t-zzoyxpo>

There is a £5 charge for over 13s due to the increasing cost of fireworks. The expected income only covers a fraction of the cost. Entry to the Park will be via the front gates only as the footpath will be closed on the evening. All ticket holders will need either a print out of their individual tickets or to hold them on their mobile phone. QR codes will be scanned on entry. This relates to maximum numbers for licensing and insurance reasons.

I hope to see many local residents on the evening.

David Griffiths: Headmaster of Old Buckenham Hall





Citizens Advice Q & A

The cost of things just keeps going up. The food shop doesn't stretch as far and my bills just keep getting higher. I've made cutbacks and, at the moment, I'm just about managing but I'm really worried about how I'll cope as it starts getting colder. What should I do?

You're not alone in struggling with rising costs, but it's important to know there is support available.

If you're finding it hard to stay on top of bills, make sure you know what money you've got coming in and out each month. Citizens Advice has an [online budgeting](#) tool that can help with this.

It's also worth finding out if you're eligible for any benefits or support with your energy and living costs. On the [Citizens Advice website](#) there's a benefits calculator, advice on how to reduce living costs and information on other ways to increase your income.

The good news is there is help with rising energy bills. From October 1 2022, there's a limit on gas and electricity prices for most households - this is called the Energy Price Guarantee and will be in place for two years.

From October you'll also get £400 off your electricity bill. This is called the Energy Bills Support Scheme.

You don't need to do anything to get the money and you won't have to pay it back. The money will be paid in six instalments, you'll get £66 in October and November followed by £67 in December, January, February and March.

You should automatically receive the energy discount if you pay by direct debit, standard credit or payment card.

If you have a prepayment meter that isn't a smart meter, you'll get the discount via vouchers or as an automatic credit when you top up at your usual top-up point. Your supplier will let you know how they will issue it.

If you have a smart prepayment meter, the credit should be automatically added to your meter.

If you can't pay your bills, speak to your energy supplier as they have a responsibility to help you come up with a solution. **Cont'd over page**

For information and advice on this or anything else, visit www.citizensadvice.org.uk or call Sudbury and District Citizens Advice on 01787 321400 and leave a message and someone will call you back when available. We will attempt three times to call you back, so please expect a call from a withheld number. Alternatively, contact us via email at advice@sudburycab.org.uk or by using the contact facility on our website, <https://www.sudburycab.org.uk/contact>

We are providing advice by telephone and email Monday – Thursday, 10am – 3pm.



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We stock daily and Sunday papers and are open on Sunday morning for papers and all other goods. Orders can be taken for papers and magazines.

We take credit and debit cards and have introduced a loyalty card for customers. £5 purchase gets a stamp and a book of 10 stamps entitles you to £2 off your next purchases.

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