

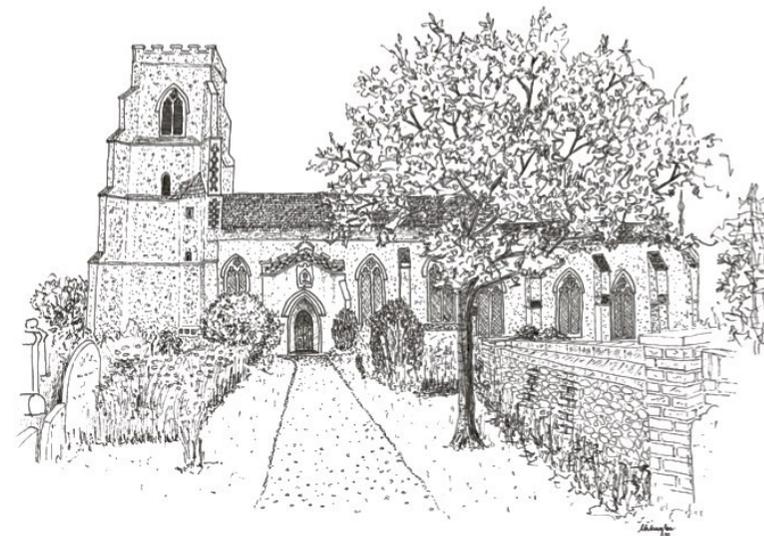


Diary Dates for February 2015

4 February	Buxhall Table Tennis	p 15
6 February	Women's World Day of Prayer meeting	p 29
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11 February	Buxhall Table Tennis	p 15
12 February	Birdseed order deadline	p 36
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15 February	Buxhall Broadcast deadline for March issue	
17 February	Pancakes & Fun afternoon	p 31
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18 February	Women's Institute	p 15
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23 February	Lent Course starts	p 5
24 February	FHOBS Lunch Club Over 60s Lunch Club (Jill 737814)	
25 February	Buxhall Table Tennis	p 15
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Diary Dates for March 2015

6 March	Women's World Day of Prayer	p 29
7 March	Gift Day	p 9
7 March	Buxhall Lent Lunch	p 9
12 March	Onehouse Table Tennis	p 30
14 March	Pie & Mash lunch	p 29
15 March	Buxhall Broadcast deadline for April issue	
18 March	Women's Institute	p 15
25 March	Finborough Lent Lunch	p 17
26 March	Onehouse Table Tennis	p 30
28 March	Onehouse Lent Lunch	p 29
31 March	FHOBS Lunch Club Over 60s Lunch Club (Jill 737814)	



Services for February 2015

Priest in Charge: The Revd Chris Childs, 135 Poplar Hill, Stowmarket IP14 2AY
01449 673280 or revcchilds@aol.com

1 February: Presentation of Christ in Temple (Candlemas), Septuagesima

Malachi 3, 1 – 5; Psalm 24, 7 – 10; Hebrews 2, 14 – 18; Luke 2, 22 – 40

9.30 am	Holy Communion	Arlene	Buxhall
9.30 am	Matins	Chris	Harleston
9.30 am	Reflective Morning Prayer	Ray	Shelland
11.00 am	Holy Communion	Sally Fogden	Finborough

8 February: The Second Sunday before Lent, Sexagesima

Proverbs 8, 1 & 21 – 31; Psalm 104, 26 – 37; Colossians 1, 15 – 20; John 1, 1- 14

9.30 am	Holy Communion	Chris	Shelland
9.30 am	Matins	David King	Buxhall
11.00 am	Holy Communion (by ext)	Ray	Harleston
11.00 am	Family Service	Michael Eden	Onehouse Ch Rm

15 February: The Sunday before Lent, Quinquagesima

2 Kings 2.1-12; Psalm 50.1-6; 2 Corinthians 4.3-6; Mark 9.2-9

9.30 am	Morning Worship	Sally Fogden	Buxhall
9.30 am	Matins	Ray	Shelland
11.00 am	Holy Communion	Chris	Onehouse Ch Rm
11.00 am	Morning Worship	Derek	Finborough

18 February: Ash Wednesday

Isaiah 58, 1 – 12; Psalm 51, 1 – 18; 2 Corinthians Ch 5, v 20b to Ch 6, v 10; Matthew 6, 1 – 6 & 16 – 21

7.30 pm	Holy Communion	Chris	Buxhall
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22 February: The First Sunday in Lent

Genesis 9, 8 – 17; Psalm 25, 1 – 91; Peter 3, 18 – 22; Mark 1, 9-15

9.30 am	Sung Eucharist	Chris	Buxhall
9.30 am	Holy Communion	Michael Eden	Harleston
11.00 am	Holy Communion	Chris	Finborough
11.00 am	Holy Communion (by ext)	Ray	Onehouse

1 March: The Second Sunday in Lent

Genesis 17, 1 – 7 & 15 & 16; Psalm 22, 23 – 31; Romans 4, 13 – 25; Mark 8, 31 – 38

9.30 am	Holy Communion	Barbara	Buxhall
9.30 am	Matins	Roger	Harleston
9.30 am	Reflective Morning Prayer	Ray	Shelland
11.00 am	Holy Communion	Sally Fogden	Finborough

We meet for Evening Prayer:

4.30 pm on Thursdays at St Andrew's, Great Finborough

All welcome!

Whether you are a regular worshipper or a visitor to our churches this Sunday, you will find a warm welcome at any of our services

Church rotas

	Service	Cleaning for service on	Flowers for service on	Coffee	Sidesman
1.2.15	Said Communion	Lisa Minoprio & Shireen Wright	Lisa Minoprio	Ivy Friston	David & Lesley Steed
8.2.15	Matins	Lisa Minoprio & Shireen Wright	Lisa Minoprio	Barbara Chatt	John & Lavinia Biles
15.2.15	Morning Worship	Delia & James Golding	Delia Golding	Jill Reed	Barbara & Mike Chatt
22.2.15	Sung Eucharist	Delia & James Golding	Delia Golding	Denise King	Ivy Friston & Jill Reed
1.3.15	Said Communion	Jill Reed, Tina Newell, Trudy Gibbs	Judith Hickman	Lavinia Biles	David & Lesley Steed

If you wish to swap with someone, please arrange it with them directly.

PREHYSTERIC



Fairtrade Stall



A Fairtrade Stall runs every **fourth** Sunday of the month in church following morning service. If you don't wish to come to the service, you will still be very welcome to pop in at 10.30 for coffee and a browse. The range includes cereals, chocolate, biscuits, dried fruit, pasta, jam, marmalade, tea and coffee.

BUXHALL VILLAGE HALL

The main aim of the Village Hall is to improve the conditions of life for the local community and is an ideal venue for hosting most types of events. With main hall, bar area and kitchen facilities It can be used for birthday parties, wedding receptions, business and club meetings, musical events, lectures, classes and for other forms of recreation and leisure time occupation. Whilst non residents are most welcome the inhabitants of Buxhall do benefit from preferential rates. To book or obtain more information on hire rates and availability please contact Mim Proctor on 01449736598. More information on the hall is available at <http://buxhall.onesuffolk.net/>

Christmas handbell ringing

Thanks once again to the generosity of many throughout the benefice, the handbell ringers raised the marvellous sum of £1757 in the week before Christmas. This money has been donated to the East Anglian Air Ambulance.



Thank you to all those who gave so generously, and to all the bellringers.

David Steed

A Letter from Sunnyside.....

It's Candlemas in the church again - a time of strange happenings and things to ponder on, a bittersweet time the church calls it, when we take a last look back to Christmas with all of its sweetness and then turn to look forward to Lent and Good Friday with all of its bitterness. A bitter-sweet time for me too as I look back and think with amazement that I have only been officially your priest for a year, and now I am moving on.

Before you read this I will have moved on to Bildeston where the diocese is kindly lending us a house until the bungalow we are buying is completely ours (in return for some work for the diocese too of course!). Some of you will know that we were pushed, rather sooner than we intended, to move to what the hospital called 'ground floor living' for Stuart. Our intention was to stay until the end of 2016 and I had a three year contract with the diocese, so it is a disappointment to be leaving before seeing through all that Revd Chris and I have begun in the seven parishes. I am sorry if it will mean a stranger taking your service over the next Sundays and hope that eventually, in the church's time, a replacement for me will be found to take the strain.

I want to say how much I have enjoyed the changes and challenges and even the challenges of staying the same! It has been a great pleasure to meet so many lovely people and to get to know some of you well. I will miss your friendship and fellowship and most of all in Great Finborough, your neighbourliness. I have treasured the time that you have allowed me to be your priest and enjoyed all of the worship, the festivals, the fundraising and shared meals. It has been good to work alongside Chris and share ministry with him and all of the Elders and Readers we work with.

Some of you will also know that it was not our intention to live in Great Finborough at the time we moved here - this was our secret bolt-hole - a little escape from the stresses and strains of parish ministry, but I became too ill to work for a while and so we moved here four years ago while I convalesced. The Garden Club was our way of getting to know people to begin with, for the church was nearly empty at the time. I am happy to say the church is a little fuller now, more often than not, and a good place to meet people again. Thank you to Andrew and Jenny at The Chestnut Horse, John Davey and the Garden Club committee, to Denzel the donkey, and to churchwardens and parishioners in all of the seven parishes, for fetes and fairs, feasts and fun, for all you have given us to remember and treasure as we leave you. *Yours, Rev'd Liz*

P.S. I do hope that I will get an invite to visit when St Andrew's gets its new 'facilities'.

St Mary's Parish Church contacts

Priest-in-Charge

The Revd Chris Childs Combs Rectory, Stowmarket IP14 2AY 673280

Churchwarden:

Mr David Steed Leffey Hall, Buxhall 737991

Lay Elders:

Mrs Jill Reed Sorrels, Mill Road, Buxhall 737814
 Mrs Angela Pead Tiree, High Road, Great Finborough 674754
 Mrs Gill Ling 5 Stearn Drive, Onehouse 613523
 Mr Tony Bugg 108 Spencer Way, Stowmarket 616865
 Mrs Irene Bugg 108 Spencer Way, Stowmarket 616865

All of the ministry team of this benefice are available for pastoral care - to offer a space to talk informally, to offer support and prayer.

Advertising

If you would like to place an advert in the Buxhall Broadcast, please contact Lesley Steed by e-mail at lesleyann.steed@btinternet.com or telephone 01449 737991. An electronic version of your advert is especially welcome as it will then be nice and crisp! However, I will be happy to help you publish any other format. Current rates are:

¼ page £6 / issue ½ page £8 / issue Full page £12 / issue

 * **Deadline for the March issue: 15th February 2015** *
 * **Editor:** Lesley Steed **Telephone:** 01449 737991 *
 * **E-mail:** lesleyann.steed@btinternet.com *
 * **Address:** Leffey Hall, Brettenham Road, Buxhall IP14 3DX *
 * Please note that articles and advertisements are individual contributions *
 * and do not necessarily represent the views of Buxhall Parochial Church *
 * Council or Buxhall Parish Council. The Editor's decision is final. *

Buxhall Broadcast is published by St Mary's Parochial Church Council with generous support from Buxhall Parish Council. It is distributed free of charge to every household in the Parish.

Great Finborough and District Garden Club

The past Garden Club year has been very busy, both horticulturally and socially. The gardeners of Great Finborough and District were encouraged to plant and grow by presentations from a wide ranging group of speakers.

The social side of the club started off with a club visit to Peter Beales' Classic Roses open weekend, it took place on a beautiful sunny day and was much enjoyed by all those who went. Open Gardens and the now traditional "President's lawn" BBQ followed by the Club members' BBQ at "The Little House" then followed. Our final social event of 2014 took place in the Pettward Hall on 4 December. The Christmas quiz over nibbles and mulled wine was another resounding success with many club members enjoying an evening of garden related quizzes, good food and good company. The Committee feature this year was a rendition of the 12 Days of Christmas in which all club members took part. The horticultural aspect of the club was maintained by a variety of talks, assistance to the Allotment Association and the organization of Open Gardens to raise money for St. Andrew's church maintenance and loo fund.

The Club opens 2015 with the meeting on 12 February, to be held as usual in the upper room of the Pettward Hall at 7.30 pm. Our speaker is to be Andrew Wilkinson from the Triffid nursery in Debenham and he will be telling us all about those weird and wonderful carnivorous plants. So if you have always hankered after one, but not known how to look after it then come along and find out.

Finally, if you are interested in joining the garden club or would like to join us for any event you will be very welcome. Membership is only £15.00 per household per year or £2.50 per session for visitors. For further information contact either: John Davey on 674401 or john@abbeyclassics.co.uk or Judith Cameron on 672978 or judyandian@btinternet.com.

Poppy Appeal

Thank you to all my Poppy Collectors and all those who gave. We raised £359.83, it's up on last year, which was good.

Thank you,
 Ann Beaton.



WILD BIRD SEED

The next order will be placed on 13 February and will be available for collection from Abbey Farm Cottage, Finborough by about Wednesday 18 February. If you would like to place an order please let me have your requirements with a cheque to "Great Finborough Garden Club"; it is also essential I have your telephone number so that you can be advised when the seed is ready for collection. Orders may be posted or dropped off at Abbey Farm Cottage, IP14 3AU, or, if more convenient, to 1 Valley Lane or 8 High Road and must be received by Thursday 12 February. The next seed order will be in April.

Thank you, John Davey

Product	Weight	Price
Wild Bird Mix	20 kg	£9.50
Wild Bird Mix—Premium	20 kg	£11.50
Wild Bird Mix—no wheat	20 kg	£13.50
Wild Bird Mix— NEW high energy	12.75 kg	£12.00
Wild Bird Mix—no mess	15 kg	£14.50
Wild Bird Mix—Robin & Songbird	15 kg	£15.50
Finch Mix (no corn)	20 kg	£11.50
Mixed Corn	20 kg	£8.00
SUPER Poultry Mix	20 kg	£9.00
Peanuts (superior quality)	25 kg	£26.50
Peanuts (half sack)	12.5 kg approx	£14.00
Black Sunflower Seed	15 kg	£11.50
Sunflower Kernels	20 kg	£22.50
Sunflower Kernels (half sack)	10 kg approx	£12.00
Nyger Seed	20 kg	£19.00
Nyger Seed (half sack)	10 kg approx	£10.50
Fat Balls (any quantity)		11p each
Dried mealworms	1 kg	£11.00

From the Churches

Christmas – long gone but...

This is my first opportunity to thank all those of you who worked so hard to decorate our churches, lead the worship and prepare the refreshments. Our choirs excelled themselves and grateful thanks go to Danny Howden for leading them both. We saw increased numbers once again, and Buxhall managed three carol services, numbers attending were over 350.

Come and join us to talk about life and God and things...?

This year we are proposing to follow the successful York Course, an ecumenical discussion course bringing leading Christian thinkers into our group via CD. In the five sessions over Lent we look at

Gratitude (Ephesians 1.3-14),
Image of God (Colossians 1.15-20),
Humility (Philippians 2.5-11)
New Birth (1Peter 1.3-12) and
Word made Flesh John 1.1-14)

Contributors are: the Archbishop of Canterbury—what is his favourite word? • David Suchet—why does he think he is a typical Christian? • Sister Wendy Beckett—there is too much 'God Talk'.

We meet at Boarded Barn Farm High Road, Great Finborough at 2 pm and at the Rectory, 135 Poplar Hill, Stowmarket on Mondays starting 23 February. We shall be about an hour and end with tea or coffee. Each week stands alone. Enquires and directions from Chris please (673280).

Charity Lunches

Please come and support these community events for charity organised by the churches. Wherever you live, you will be made welcome. Details elsewhere but Buxhall church on Saturday 7 March, Great Finborough on Wednesday 25 March and Onehouse on Saturday 28 March.

After Rev Liz

Many of us are saddened by Rev Liz and Stuart's need to leave us for pastures new and there will be an opportunity to thank her for all her work amongst us later in the year. Liz has worked in these parishes and made a significant impact especially with Fund Raising and Messy Church. The Archdeacon assures me that her post is to be advertised and I am hopeful someone will take her place within 6 months. In the meantime I will do what I can but there are inevitably some things that will have to be left. Most of those covering services for us are well known and I am sure you will make others as welcome. I am particularly pleased that our neighbours Revds Michael Eden and Richard Stretch of Stowmarket are

Cont p 7

SPANISH



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- Ensure that bicycles, power tools, quad bikes and ride on mowers have additional security devices to secure them inside an outbuilding such as the use of a security chain and ground anchor.
- Register items for **free** on www.immobilise.com a secure property database all UK Police forces use to identify lost and stolen property.
- Ask your neighbours to keep an eye on your property - and do the same for them, particularly when you are away.

If you consider using additional security items such as garage defenders, chains, anchors and padlocks look at Sold Secure products which are police approved. Further information can be found at www.soldsecure.com. Suffolk Police sell a number of security products at cost price at Stowmarket, Elmswell and Needham Market Police Stations as follows:

Outbuilding alarms (battery operated) £8 to £10; 24 hour segment timer switches £3; alarmed padlocks £10; property marking pens £1 and personal attack alarms for £3. Please call your local SNT Officer, or Crime Reduction officer, on 101 for further information and advice.

Remember if you see any persons or vehicles that look suspicious or out of place please record the location and time you see them, a description including the registration number of the vehicle, and telephone the police on 101, or 999 if an offence is occurring there and then.

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It's pretty windy out there!

Do you need extra support during a power cut or do you know someone else that would need extra support? If so, sign up to the UK Power Networks register. Who can apply:

- Customers who are dependent on medical equipment
- Customers who are chronically ill
- Customers with a disability
- Customers who are visually or hearing impaired, blind or deaf
- Elderly customers
- A nursing or residential home
- Customers with young babies in household



By joining the register, you will receive:

- ✓ A priority phone number that you can call 24 hours a day
- ✓ A welcome pack with useful advice about preparing for a power cut
- ✓ Regular text message or phone updates during a power cut
- ✓ Extra support from the British Red Cross

Register here: www.ukpowernetworks.co.uk/internet/en/power-cuts/priority-services-during-a-power-cut

Rural Crime

The start of the New Year has already seen Suffolk Police facing some challenges. There has been a rise in the number of rural crimes across Suffolk, including burglaries of both homes and outbuildings and the theft of heating oil.

We want to issue the following timely advice to ensure you stay safe and protected. Suffolk Police continues to carry out the necessary patrols across the county and work towards ensuring we remain a safe a place to live, work and visit as possible.

Rural Burglaries

It is very difficult to plan where an offender will target next, but the current properties being predominantly affected are isolated or secluded rural premises. Entry has been gained through insecure windows or doors or through force mainly at the rear of the property and are being committed mainly during day light hours.

Outbuildings and Farm Burglaries

Power tools, ride on mowers, quad bikes, trailers and catalytic converters have all been easy targets for an opportunistic thief and as such we are urging everyone to remain vigilant and lock items away in a secure location at all times.

Heating Oil Theft

This crime is on the rise whereby an offender, usually during night hours, siphons off a large quantity, if not all, of the oil within home oil tanks, and occasionally from diesel tanks as well.

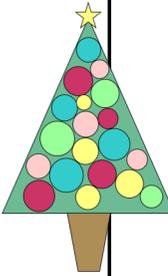
A few simple steps can help keep your property safe while deterring thieves:

- Install lighting in areas that will assist you, or passers-by, in identifying any criminal activity. Please remember that where a property is very rural or isolated, lighting will only assist an offender to find what they are after.
- Use closed shackle padlocks on outbuilding doors and oil tanks.
- Fit locks to up-and-over garage doors or install a 'garage defender'.
- Consider an alarm, either a battery operated alarm or upgrade an existing house alarm to include outbuildings. Make sure you use it when you are not in the premise, even if you are going out for a few minutes.
- Security-mark property and advertise the fact that they are marked with signs or window stickers. Keep a note of serial and engine, make and model numbers and take photos of items for insurance purposes. They also help the police trace items should they be lost or stolen.

We would just like to say a **big thank you** to all the people from our villages that bought a Christmas tree from us this year.

On Friday 5 December we had 145 trees, by Monday 15 we only had one tree left and people still came knocking at the door. Due to your wonderful generosity we have been able to donate £750, some to the five Churches in our Benefice, and the rest to deserving causes including four young families who would have found it tough this Christmas.

Once again thank you , Ray & Janice Taylor



Cont from p 5

helping us almost weekly and am very grateful to Revd Alison Lay, our Readers and others for taking on more responsibilities.

Good news Very few people seem to possess a Bible and as we move into the year of Mark in the church's cycle of readings we have purchased a large number of his Gospels which will be given to all parents and God Parents at baptisms. They are freely available in each of our parish churches should you wish to avail yourself.

Generally, can I mention things that are happening across the parishes?

Great Finborough's Loo Fund is coming on well and we need just £17K now, four grants applied for this as well as for much outstanding work on the building itself.

Buxhall is soon to have an additional heating system, which will greatly improve the building and we hope we might be able to improve access as well particularly for the less able

Onehouse church West End is being re organised and the weekly **Community Coffee Morning** there is a huge success – turning nearly into a market.

Food Bank – Whether you come to church or not please remember the churches are collecting points and if you would like to help let us know. Onehouse and Harleston's Box is in Onehouse Church Room, the others are in the churches and prove invaluable to those in trouble.

All good wishes

Chris 01449 673280



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Kind Vache

Kind Vache of dappled roan
You toss your head as beneath your dewlap
I crouch to retrieve your tie-chain
Which rattled to the chalk floor
As you stepped to your customary stall.

On tip toe I reach over your neck
And press you close to feel
The rough warmth of mother
On chapped fingers and cheek.
And I hear your cud and cough.
The comforting rumble of milk given hope.

Your neck, as you rip the sweet wad
Of meadow hay, lifts my little arm.
But I hook the chain and pull it clear
And latch the butterfly through the ring.
And then I whisper in your ear:
Kind Vache enjoy your hay
Kind Vache, do you sleep?
Kind Vache, sleep tight.

A. Leech

Gwynedd at New Year

If I must walk the coloured concrete steps
Of a once picturesque Caernarfon at least
Let me later cross the marsh of the clean hills
Where the mist lies in the valleys and the torrents
Rush with peat-stained, white peaked thrills.
And let me sink until my ankles starve
And my spirits quake as snow clouds roll
And no map nor compass nor stave.

By holly and elder and beach and ash.
Through stone portals – see me safely back.

A. Leech

Poet's Corner

More poems: one about something to do in the evenings, a businessman's ode, a gentle pastoral poem and, finally, walking in Wales

Entertainment

If life has got dull and you need a new twist,
Join us on Fridays for a game of progressive whist!
It's half past seven in the village hall,
Just a pound to get in and that's not all:
A cup of tea and a biscuit for the little gold coin,
Birthdays and Christmas we even have wine!
First and third Fridays, you must make a date,
Come and try the cards and test your fate.
With Mim on the whistle and Ann on the draw,
Just bring yourself a pen to keep up the score.
So if you're twiddling your fingers and Fridays are clear,
Come to the village hall and we will give you a cheer!

An ode on indifference

It never ceases to amaze and confuse,
the different excuses that we find to muse.
The reasons for failure do not tend to change,
Regardless of futile attempts to rearrange.
The facts as they are cannot be ignored,
Despite the pleas of indifference you implore.
Try working harder, give it your best!
I am the Boss, I will decide for the rest.
Why don't you wake up and listen to us?
This whole useless project, is a darn busted flush!
Do people try to be inert or is this gift God given?
A creation of nothing, but still paid a living.
We're steering ever nearer to budget disaster,
But what can we do, except follow our master.
It's a platform for growth and all will be rewarded,
With riches untold and stories distorted.
You know just like I, that we have nowhere to go,
Except shown to the door, then thrown out in the snow.
But why should you care, with your invoice submitted.
What we should have done, was to have you committed !

Nutmede

A. Smith

Faith in the City a banker's experience

Do Christianity and faith have a place in the City of London? Is it all about money and success or is there another side to it? Our speaker, Kevin Stanford, has worked in finance for 29 years and will be sharing his experiences with us.

Men's Breakfast

Saturday 14 February 2015 8—9 am
in the Church Room, Onehouse

There will be an offering to cover expenses. Please book places with Derek Ames (613328) by Wednesday 11 February indicating continental or traditional breakfast.

St Mary's Annual Gift Day

Many thanks to all who gave so generously last year—we are pleased to report that our project to carry out necessary repairs to some of the windows has finally been completed. However, if we are to maintain our church for future generations, we continue to need to raise money for various projects, not least repairs to the roof and stonework, heating improvements, as well as beginning work on repairs to the organ.

Our annual Gift Day this year will be on **Saturday 7 March** - the church will be open from 10 am to 2 o'clock.

If you prefer you can send your gift direct to the Church Treasurer, Mr Pat Ling, at 5 Stearn Drive, Onehouse, Stowmarket IP14 3ET. Please make cheques payable to Buxhall St Mary's PCC. You may also like to consider making a monthly payment to the church by Standing Order; we have a form available—please ask!

Come and see us for a cup of tea or coffee and cake or stay for lunch:

Lent Lunch—Buxhall

A choice of delicious soups—bread and cheese—
coffee

Collection in aid of Ethiopiaid (ethiopiaid.org.uk)

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Buxhall Community Council

Would like to thank all those people who kindly volunteered to help at the 'Buxhall Fireworks 2014'. Also a special thank you to Robert Tomlinson for the use of his premises



The Buxhall Community Council Christmas Celebration was well attended at Fasbourn Hall on Saturday 13 December 2014. We would like to say a huge thank you to Nicky and Clive Fisher for letting us use their beef yard and barn, it was the perfect setting. Also for all their help as without them it would never have been the success it was.

Also thank you to Jane, Damien, Oliver and Megan, John Biles, Chris Childs, Daniel and Lucy, Stuart and Jemma, the Salvation Army Songsters and of course everyone who came and supported the event. An amazing £327.50 was collected for The Salvation Army.

St Andrew's, Great Finborough

Coffee Morning

10 February 2015 9.30 – 11.30 Am

Theme: **Valentine @ Chestnut Horse**

Do come we have raffle, tombola and games plus coffee and cake for £1.50 and enjoyable company



© Mandy 1 - www.illustration.com/100084



Pancakes and Fun Afternoon

Tuesday 17 February

12.30 - 3.00 pm

St Mary's Combs Church Hall

All ages catered for

£1.50 for pancake and drink
Proceeds to St Mary's Church,
Combs

Health watchdog seeks volunteers to enter and view health and social care services in Suffolk

Healthwatch Suffolk is local voices influencing and improving health and social care services (e.g. hospitals and care homes) in the county. It has powers to challenge services now and improve services for the future. One of those powers is the right to enter and view services in the county.

It means that it has the right to enter and view (announced or unannounced) any premises where publically funded care is provided to people in Suffolk with the exception of services where care is provided to people under the age of 18. Generally this applies to residential homes, nursing homes, GP practices and hospital wards.

Healthwatch Suffolk is now seeking to build its team of local volunteers which will visit services on its behalf to observe and assess the service being provided, collect the views of people using the services and make recommendations to those who run and pay for the services.

If you have good judgment and a passion for health and care, this could be your chance to help make a difference to the delivery of care in Suffolk. Service providers must have regard to the views, reports and recommendations of Healthwatch Suffolk. They must respond explaining what action they will take, or why they are not taking action.

More information and details of how to apply are available on the Healthwatch Suffolk website (www.healthwatchesuffolk.co.uk). Alternatively please call Amanda Stevens on 01449 703949 who will be able to talk to you about what it means to be an authorised representative for Healthwatch Suffolk and provide more information about how to apply.

Table Tennis at Onehouse Church Room

12 and 26 February • 12 and 26 March

£2 / session including refreshments

We welcome new players

Derek Ames (613328)



Buxhall Community Council presents....

Bangers, Beans & Bingo



Great cash prizes!

Buxhall Village Hall

Friday 27th February 2015

7.00pm

Adults £4 Children £2

No need to book but tickets available from:

Graham/Val 737113 Keith/Mim 736598
Julie 737929

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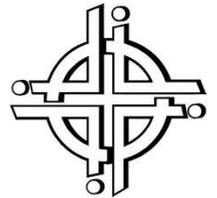
Lent Lunch—Onehouse

A Lent Lunch will be held in the Church Room, Onehouse this year on Saturday 28 March at 12 noon. Maybe early days to be promoting this event but please put in your diaries if you would like to attend.

There will be no charge but donations would be gratefully received. These will be donated to a charity as yet to be chosen. Look forward to seeing you there!

Women's World Day of Prayer

There will be a meeting at Carole's home, Primrose Barn Cottage, Harleston on 6 February at 2 pm regarding the World Day of Prayer. Anyone interested in taking part in the service, please come along. You will be most welcome. The Women of the Bahamas organised the format of the service which this year will be held at Great Finborough on Friday 6 March at 2 15 pm. Any enquiries to Carole on 736025.



Carole and Ray Hearn will be hosting a Pie and Mash at their home Primrose Barn Cottage, Harleston on Saturday 14 March at 12 noon. If you would like to attend please ring Carole on 736025. Adults £8 and children £4. Proceeds to Onehouse Church.



St Andrew's, Great Finborough

Early notice for

Ladies who Lunch

Pettward Hall on 16 May 2015
11.00 am – 2.30 pm, cost £12.50
Tickets will be available from
Irene Bugg 01449616865 or
irene.bugg@btinternet.com



Come and Sing the wonderful Rutter Requiem

28th February 2015

£15 (including buffet lunch!)

Hire of scores included

All levels of experience welcome

Registration from 9.30am; start at 10am

Finish at 4pm

Combs Middle School

Lavenham Way, Stowmarket IP14 2BZ

Contact Sue Price for information and to book: 01787 210913

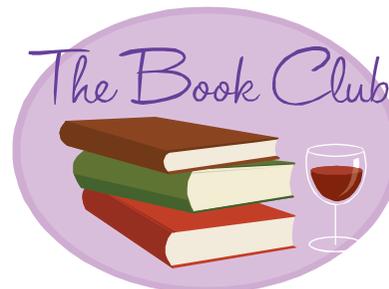
[facebook.com/stowmarketchorale](https://www.facebook.com/stowmarketchorale)

www.stowmarketchorale.org.uk

Charity number 280488



Buxhall Book Club



BAH HUMBUG!! We certainly shouted out plenty of those at the December Book Club bash (and had a small slurp from our glasses at the same time). As a complete change and a challenge for us all, we read out the play version of A Christmas Carol. Annya had prepared an outline of the characters and the action in each scene, then we read through on a round robin basis.

Sound effects were part of the action including Bob Marley's chains, carol singers and church bells. Fiona sang a fabulous 'ding dong' even though she has only been bell ringing once so far. Inevitably, Steve managed to get some of Black Adder's Christmas Carol integrated into his speaking parts and Clive had an opportunity to try out some different regional accents. Mike supplied the mulled wine which kept us lubricated enough for us to speak non-stop for nearly 3 hours!

We had all brought along goodies to provide fuel for the brain, with Nicky's sausages disappearing rather fast (was that us or the dogs?). Pauline put us all to shame by wearing the most fabulous Christmas outfit.

Thanks to John and Jane for hosting and providing the suitably 'Christmassy' setting for our 'performance' to take place.

This Buxhall Book Club is now full, but if anyone would like to get another going we would love to support you. Call Clive if you would like to know more.

Annya

Fun Quiz Night

Buxhall Village Hall

Saturday 28 March at 7.30 pm

£3 per person. Grand Draw

Please bring your own drinks, glasses and nibbles. To book your team or yourself in please ring Mim or Keith on 736598

Draw prizes greatly appreciated

In aid of Village Hall funds





The Buxhall Crown
FREEHOUSE • RESTAURANT

Here at the Buxhall Crown we pride ourselves on only using the freshest ingredients possible for our menu, our deliveries are daily and all our food is cooked for you when you order. This ensures you get your food just how you want it. Every thing possible is made on the premises from Craig's delicious sticky toffee ice cream to our apple-smoked pork belly.

On Sundays we also offer a roast rump of mature British beef along with our usual menu. This proves to be very popular so be sure to reserve the beef when you book your table.

As usual a warm welcome is guaranteed to eaters, drinkers and dogs.

To avoid disappointment please call ahead to book a table on 01449 736521.

See our website for more information and for our daily menu:
www.thebuxhallcrown.co.uk e-mail: mail@thebuxhallcrown.co.uk

So what's happening in the area over the last month?



The new Safer Neighbourhood Team (SNT) priorities were set on 8th January 2015, and we will be focusing on these over the next few months. They are:

- 1) Deal with and prevent Burglary and other building offences
- 2) Deal with and prevent heating oil theft offences

We will be looking to offer crime prevention advice where appropriate and we will be giving out crime prevention equipment, such as property marking pens. If you or someone you know would benefit from advice, please get in contact with us by phoning 101.

Policing in general

Over 80% of the UK population owns a mobile phone and one in 10 people own a tablet. As technology becomes increasingly advanced, these devices connect people to thriving digital world, but they can prove attractive prospects for thieves, as they high value items and can contain lots of personal data too. Having your phone or tablet stolen can have immediate consequences so follow our advice on how to keep your device safe:

- Register your mobile phone or tablet with www.immobilise.com
- Be aware of your surroundings and avoid using your phone in an isolated environment
- Always use the phone's security lock code or PIN
- Keep the phone with you and do not leave unattended
- Do not leave your mobile phone in your vehicle.

Have the phone security marked and keep a clear record of its details including the International Mobile Equipment Identity (IMEI) number. This is a 15-digit serial number which can be obtained by keying *#06# into your phone or by looking behind the phone battery. Extra security is available from the installation of a tracking 'app', available from your device's app store, and can help you locate lost phones/tablets or help police recover stolen devices using its GPS signal. Popular free phone and tablet tracking apps can be found online, Google 'Find my iPhone, iPad and Mac', 'Blackberry Protect' or 'Where's my android'

Many other security applications are available from your device's application store. If you have information about stolen mobile phones or any other crimes, please call Crimestoppers on **0800 555 111**. You could receive a reward.

Many thanks, PC 421 Annelly Miles, PCSO 3225 Ryan Brunnin



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Deep Tissue Massage Therapy

With **Anna Harwich** ITEC

Rattlesden IP30 0RT

Massage gives both physical and psychological benefits. It can also be particularly beneficial when used in conjunction with other treatments such as osteopathy, chiropractic and physiotherapy.

Mobile 07711 017 768

Need a babysitter?

Let me help you!

My name is Isy and I live in Buxhall. I am 15 years old and I have two younger sisters that I look after.

I am looking for some work. I can bring references, if you would like to meet me and have a chat.

Please call 01449 736980

Buxhall WI



Firstly, my apologies for giving the incorrect date for the January meeting. We meet on the third Wednesday of the month (except for December when it's the second!), so we'll be at Buxhall Village Hall on the 18th February at 7.30pm when we'll be hearing about 'A Year in the Life of RSB Minsmere' from our speaker Alexander Bass. Visitors are always most welcome.

Judith Hickman

Neighbourhood Watch

Lock it up

A significant proportion of thefts and burglaries committed over the past month in Suffolk have been facilitated by people leaving cars, sheds, garages and houses unlocked.

Please help reduce crime by making sure that you 'lock it' and 'check it'. Please don't be the one to find out the hard way that insurance companies take a very dim view of a failure to secure property.

'Premium Rate' mobile phone call frauds

The National Fraud Intelligence Bureau (NFIB) is raising awareness of the methods used by fraudsters to trick victims into calling apparent mobile phone numbers beginning with "070" which transpire to be premium rate numbers.

If you would like to report a fraud, or if you would like to find out more about other current scams and frauds, click www.actionfraud.police.uk/

Table Tennis in Buxhall



Table tennis is now up and running in the Village Hall, 6—8 pm on the following dates:

Wednesdays: 4th • 11th • 25th February

Tuesday: 17th February

Only £2 per person. Exercise, some skill, lots of fun. Do come!

Jill (737814)

Hart Carpentry

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New doors, Studwork partitions
Kitch/ens supplied & fitted or fit only
First and second fix construction work
Bespoke window seats, wardrobes and shelving
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renovation and new build
01284 721597 / 07747467057
hartcarpentry@ymail.com*

RATTLESDEN & DISTRICT COMMUNITY SHOP

Buxhall residents - your nearest Convenience Store and Post Office is
less than 1.5 miles away!

Shop open Monday – Friday 9.00 – 5.00, Saturday 9.00 – 1.00
(01449 736199)

Post Office open Monday – Friday 9.00 – 1.00, Saturday 9.00 – 12.30
(01449 736197)

Come and check us out – you are always sure of a warm welcome.

Good selection of produce at competitive prices.

Fresh bread daily from Palmers, Grange Farm ham, bacon etc.
Orders taken.

Other local food such as free-range eggs (£1.25), honey, Hillside oils,
Hollybush pies.

Christmas orders taken for Grange Farm meats / local Christmas cakes and
mince pies.

Save a trip to the bank – pay in your cheques and withdraw cash or foreign
currency at the Post Office, while buying your stamps, Charity Christmas
cards and wrapping paper. Euros always in stock.

Dry Cleaning and Shoe repair service.

Happy New Year!

Now all is quiet after the Christmas festivities, it is a good time to make plans for holidays and days out. We all need something to look forward to, so why not come in to the Tourist Information Centre for some ideas?



We have brochures for places to visit and stay, including our own brand new Heart of Suffolk visitor guide, and also those from across the rest of the country.

Wherever you would like to go in the UK, we have a range of information to help you make your choices.

From local walks, with children or dogs, to attractions across East Anglia, our comprehensive leaflet collection may help you decide where to go and what to do.

With a large selection of books about Suffolk and its history, and footpath guides for all areas, we can suggest places to visit, and often have first-hand knowledge of the most interesting local sites.

Executive Summary of Housing Needs Survey

The Community Action Suffolk Services toolkit was used to produce the survey data. The 2014 Buxhall HNS received 47 household responses from a total of 170 survey forms issued, a 28% return rate, with the majority of respondents in favour of a small affordable housing scheme for people with a local connection. From the HNS, 47% of respondents were in favour of an affordable housing scheme, showing overall support, with 27% of the returns indicating that they would not support affordable housing in the parish.

Profile of survey respondents

47 household responses • 116 individuals

Greatest number of responses received from those aged between 45-74 years of age • 116 multiple choice responses received

Out of 47 HNS returned, 7 households responded that they have a current housing need, totalling 8 people • Out of 47 HNS returned, 4 households responded identifying a need to return to Parish, totalling 7 people.

This shows a total of 11 households, 15 people, in need of affordable housing in Buxhall. The Gateway to Home Choice (GTHC) register indicates there are 6 households claiming a local connection to Buxhall.

Paula Gladwell, Tel: 01284 828112 Email: buxhallpc@live.co.uk

LITTLE HANDS TODDLER GROUP

Telephone: 07708 362697
Registered Charity Number: 079987



TERM TIME FRIDAY MORNINGS

9.15 am - 11.00 am

For children aged 0 - 3 yrs -
£2 per child, £2.50 per family
Weekly changing themed activities
Play, Craft, and Laughter



Healthy snack for the children and a cuppa for the adults included

Sing a long and calming story circle time with NVQ qualified member of our pre-school team...a chance to meet each other.



First Session Free - you will soon feel very welcome!
All children must be accompanied by a parent or carer.



We would like to invite you to join our friendly village pre-school

What can we offer?

Qualified, caring and experienced staff
Excellent facilities and equipment
Good OFSTED report including 5 areas of outstanding.

For children aged 2½ to 5

Funded places for eligible 2 and 3 year olds and all 4 year olds.

Opening hours

Monday to Thursday: 9:15 am to 3:00 pm

Fridays: 9:15 am to 12:30 pm

For further details, please contact
Delia Prior (pre-school leader) on
Mobile 07513 140072

Sensational

An exploration of the senses

Buxhall Flower Festival 2015

Buxhall Church on Saturday 13—Sunday 14 June

10 am – 4 pm

Preview evening Friday 12 June 7.30 – 9.00 pm

Flower service 4 pm on Sunday 14 June



If you would like to do an arrangement please contact Lesley
(737991 or lesleyann.steed@btinternet.com)—all welcome!

Little Ernie Winners

December

£50	Lyn Raynor	£25	James Smith
£10	Berice Jordan	£10	Alicia Morgan

St Andrew's, Great Finborough

LENT LUNCH

Wednesday 25 March at Maple Lodge, High Road

(next to the car park)

12:00 – 1:30



Join us for a variety of scrumptious soups and some comforting conversations

Your kind donations will be sent to our chosen charity

Many thanks to Simon and Jacqueline Tarabella for their hospitality

2014 Number Quiz

A very big thank you to Lavinia and John Biles, Anne Hicks, Ivy Friston and Lesley Steed whose sterling work helped to raise a total of £197 from the sale of Quiz Sheets and donations for St Mary's Church, Buxhall.

The overall winner of the Quiz was Rachel Tunbridge, with Jill Osborne winning a bottle of wine in the draw from all the 48 returned entries. Below are the answers that I came up with, there were some variations received, as long as they were correct they were allowed.

Judith Hickman

2014 NUMBER QUIZ - ANSWERS

1	76 – T L the B P	TROMBONES LED THE BIG PARADE
2	1912 - S of the T	SINKING OF THE TITANIC
3	40 - A at which LB	AGE AT WHICH LIFE BEGINS
4	6 - of O, H a D of the O	OF ONE, HALF-A-DOZEN OF THE OTHER
5	2 - U S in C	UGLY SISTERS IN CINDERELLA
6	70 – T S Y and T	THREE SCORE YEARS AND TEN
7	1 - is O and A A and E M S be S	IS ONE AND ALL ALONE AND EVERMORE SHALL BE SO
8	360 - D in a C	DEGREES IN A CIRCLE
9	100 - Y S BS	YEARS SLEEPING BEAUTY SLEPT
10	9 - L of a C	LIVES OF A CAT
11	1 - of O A is M	OF OUR AIRCRAFT IS MISSING
12	3 – B G G	BILLY GOATS GRUFF
13	29028 - H of M E (in F)	HEIGHT OF MOUNT EVEREST (IN FEET)
14	6 - H and 1 P on a C L	HOOPS AND 1 PEG ON A CROQUET LAWN
15	1001 – A N	ARABIAN NIGHTS
16	4 - P B	POSTER BED
17	8 - F and 2 T in a P of G	FINGERS AND 2 THUMBS IN A PAIR OF GLOVES
18	1953 - C of Q E the S	CORONATION OF QUEEN ELIZABETH THE SECOND
19	7 - P for a B B in S	POINTS FOR A BLACK BALL IN SNOOKER
20	64,000 – D Q	DOLLAR QUESTION
21	3 – B, F B, M B, B B	BEARS, FATHER BEAR, MOTHER BEAR, BABY BEAR
22	9 - T T	THREE THREES
23	7 – E on a F P P	EDGES ON A FIFTY PENCE PIECE
24	26 - L of the A	LETTERS OF THE ALPHABET
25	24 – W on an A C	WINDOWS ON AN ADVENT CALENDAR
26	15 - P in a R U T	PLAYERS IN A RUGBY UNION TEAM
27	617 – D B S	DAM BUSTERS SQUADRON
28	30 - P of S (for B J)	PIECES OF SILVER (FOR BETRAYING JESUS)
29	1024 - B in a K	BYTES IN A KILOBYTE
30	2 - S of a P D T	SHAKES OF A PUPPY DOG'S TAIL

We are currently looking for volunteers to carry out the setting up of the signs when it is our turn to have them, if you could spare some time to help with this then please contact the clerk for more details. PLEASE HELP – Let's get Speed Watch off the ground and a VAS and make Buxhall roads safer.

Planning: The Parish Council are statutory consultees on planning applications within the parish which means that it is expected to consider each application, take on board any residents' comments and formulate a response to Mid Suffolk District Council based on relevant material planning considerations. The planning officer then hopefully takes these comments into consideration when determining the Mid Suffolk District Council's final decisions. The following decisions have recently been made by the planning office:

1732/14 Convert open air store/garage into an unheated store/utility room, The Old Forge, Mill Road – REFUSED

2014/547 Prior Approval of proposed Change of Use of Agricultural Building to Dwelling House, Barn 25m west of Fasbourn Hall, Valley Lane – REFUSED

3373/13 Application to vary conditions, Rattlesden Gliding Club, Reported to Committee for decision, 1804/14 Use of land as a campsite, Fasbourn Hall, Valley Lane – REFUSED

2724/14 Convert open air store/garage into an unheated store/utility room, The Old Forge, Mill Road – GRANTED

2865/14 Installation of 2500 litre oil tank on existing pier foundations, Garden Wing, Copinger Hall, Mill Road - GRANTED

If you have a QR Scanner installed on your smartphone then you can use this QR code for access to Mid Suffolk District Council Planning Pages on their website right now.



Housing Needs Survey

Sometime ago all households were asked to complete a Housing Needs Survey, the results of the completed questionnaires have been analysed by Community Action Suffolk and a summary of their findings is shown overleaf. The next step for the Parish Council is to consider whether a project to provide affordable homes in the village is something they wish to take forward and support. Discussion will be on the next council meeting agenda and any decisions made will be reported soon.

See overleaf for findings.

Buxhall Parish Council

Speeding: Buxhall has problems with people speeding through the village, just like most other villages in the area. None of us like it, many of us complain about it, some of us are really concerned for the safety of our children on their way to and from the school bus. What can we do about it???

- *We could operate a Community Speedwatch scheme here.*
The Community Speed Watch initiative allows members of the community to address the issue of speeding by becoming actively involved in road safety, monitoring speeds at safe locations with speed detection equipment. It addresses the problem of speeding through the joint work of the police, local community, parish councils and other partners. Police forces across the country implementing the initiative can show a reduction in overall average speeds, and a significant reduction in drivers travelling well above the speed limit, which highlights the benefits of the scheme. We would need a few volunteers to get a project off the ground, you can find out more on the Police website at <http://www.suffolk.police.uk/safetyadvice/roadsafety/knowthelaw/speeding/communityspeedwatch.aspx>

If you can spare the time, full training will be provided. You won't need to stop speeding drivers, just record speeds and car details which will generate a letter to the offending driver. Please come forward if you think you can help us slow the traffic down in Buxhall, contact the Parish Clerk for more information (details below).

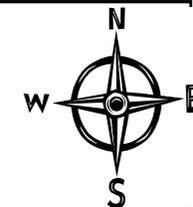
- *We could purchase a VAS – Vehicle Activated Speed Sign.*
Suffolk County Council and Suffolk Constabulary have a joint initiative to tackle concerns about speeding in villages. The Council purchased new signs for Community Speedwatch groups to enhance their activities and temporary VAS which Highways engineers install and are used in many locations on a rota basis. SCC possesses only a limited number of signs which only rarely come to Buxhall.

As speeding is the single most common cause of concern raised to the parish council it prompted us to submit a request for our own VAS. This request will be assessed by a Highways engineer and if he is satisfied that our speeding problems and sites meet certain criteria we will then be able to purchase our own VAS. This equipment is, as you can imagine, expensive so the decision has been taken to apply jointly with neighbouring villages, Felsham and Drinkstone, and then share the usage and costs. If our sites qualify we will need to ensure that the signs are set up and moved by volunteers using appropriate safety clothing and in a safe manner.

31	4 - H of the A	HORSEMEN OF THE APOCALYPSE
32	1140 - T to T	TWENTY TO TWELVE
33	25 - D is C D	DECEMBER IS CHRISTMAS DAY
34	3 - L K, T L T M	LITTLE KITTENS THEY LOST THEIR MITTENS
35	1914 - O of W W O	OUTBREAK OF WORLD WAR ONE
36	6 B - in an O	BALLS IN AN OVER
37	39 - S, by J B	STEPS, BY JOHN BUCHAN
38	7 - P of W	7 PILLARS OF WISDOM
39	1 - G T D A	GOOD TURN DESERVES ANOTHER
40	39 - B in the O T	BOOKS IN THE OLD TESTAMENT
41	8 - M a M	MAIDS A MILKING
42	1 - M W to M, W to M a M	MAN WENT TO MOW, WENT TO MOW A MEADOW
43	1 - F in the G	FOOT IN THE GRAVE
44	147 - M B in S	MAXIMUM BREAK IN SNOOKER
45	1, 2 - B M S	BUCKLE MY SHOE
46	30 - D H S,A, J and N	DAYS HATH SEPTEMBER, APRIL, JUNE AND NOVEMBER
47	12 - G M and T	GOOD MEN AND TRUE
48	8 - L on a S	LEGS ON A SPIDER
49	5 - N in 200,000	NOUGHTS IN 200,000
50	1 - S, T S,T Y U T	STEP, TWO STEPS, TICKLE YOU UNDER THERE
51	6 - F on a C	FACES ON A CUBE
52	1969 - F M on the M	FIRST MAN ON THE MOON
53	1 - M B	MAN BAND
54	400 - P for M in M	POUNDS FOR MAYFAIR IN MONOPOLY
55	1, 2, 3 - F, F, S, S, E, N, T	FOUR, FIVE, SIX, SEVEN, EIGHT, NINE, TEN
56	4 - P on the C, N, S, E, and W	POINTS ON THE COMPASS, NORTH, SOUTH, EAST AND WEST
57	A as 2 P in a P	ALIKE AS TWO PEAS IN A POD
58	3600 - S in a H	SECONDS IN AN HOUR
59	4 G - M, M, L and J	GOSPELS - MATTHEW, MARK, LUKE AND JOHN
60	2 - W in a F	WEEKS IN A FORTNIGHT

Onehouse Ramblers

The next walk will be on Sunday 22nd February.
Meet in the Church Room car park at 2.30pm.
We will be walking on local footpaths (about 4 miles).
Derek Ames (Tel. 613328)



Mega Fun Quiz

7:00pm Sat 28th Feb - Woolpit Institute



Jacket potato
supper & choice
of fillings
included



Bar serving soft drinks will be available
(Please bring your own alcoholic drinks)

Raffle

Tickets £8.00 per person

From: Tea Cups Tea Rooms, Woolpit
Lisa Hicks: 07881 787840
lisa.hicks@live.co.uk



All proceeds towards the Suffolk Scouts
Explorer Belt Expedition to Finland

Woolpit Institute, The Street, Woolpit, Bury St Edmunds. IP30 9QH

News from your councillor – John Matthissen

Petition for 30mph speed limit in Finborough Road – Town boundary to Burford Bridge

I have had no response at all (since 22 September) regarding the petition of 105 people calling for the 30mph limit. This is entirely unsatisfactory for the many local people who have signed.

Food Waste

You can reduce both your food bill and your environmental impact by reducing your food waste to the absolute minimum. The campaign to tackle this problem suggests four steps:

1. Plan your meals ahead and make a shopping list, buying only what you need.
2. Store correctly, generally air-tight and making use of fridge and freezer.
3. Cook only what you need – weigh the ingredients and remember that left-overs can go in the fridge or freezer to become tomorrow's dinner.
4. Recycle what you can't eat – peelings, fruit and tea bags can be composted.

Possible development in Forest Road, Onehouse

I have received a few views for and against this, and as I write revised ideas from the developer are awaited. Many people have made clear that completion of the off-road walking and cycling path to Stowmarket is their number one priority. I will be pleased to receive further views about the proposal.

Litter Picks

Thanks to everyone who has helped with organised litter picks, and equally to those who make it a regular part of their walks. The winter has exposed much that should not be on the verges, so continual clearance is welcome. I have picking sticks and hi-vis jackets that can be loaned out if these are helpful. Any car numbers of the litter lout culprits should be reported to David Abbott at Mid Suffolk, 01449 724941. Where possible we issue £60 penalties.

To get in touch

Call 01449 771742, email councillor@matthissen.net or write to me at 3 Wash Lane Corner, Great Finborough, IP14 3BJ