



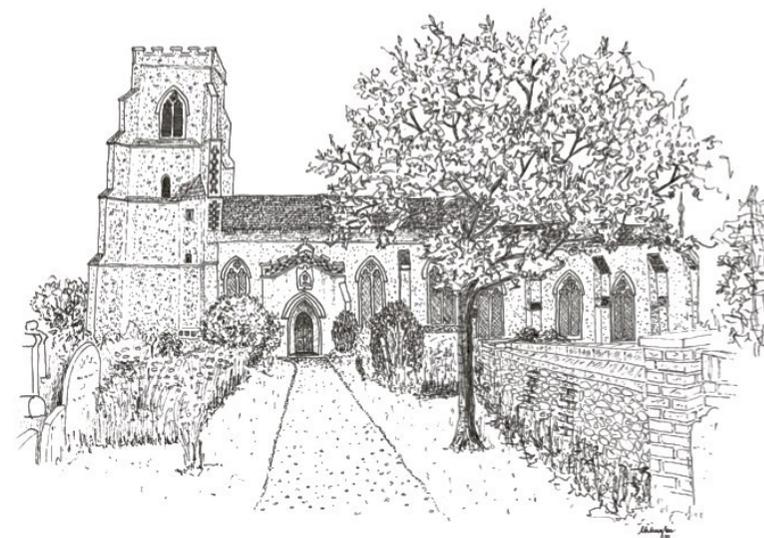
Diary Dates for October 2014

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4 October	Flu Clinic: Stow Health	
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9 October	Onehouse Table Tennis	
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15 October	Women's Institute	p 5
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28 October	FHOBS Lunch Club Over 60s Lunch Club (Jill 737814)	
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Diary Dates for November and December 2014

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Buxhall Broadcast



October 2014

Holistic Health

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A letter from Sunnyside...

I don't usually hobnob with the rich or famous but I was thrilled to find myself sitting only inches away from the previous Archbishop of Canterbury, Rowan Williams, recently. He was the guest speaker at a lecture at Lavenham Church and although his lectures can be so deep and studious that only the best theologians can comprehend them, this one was a rare gem - both lucid and interesting and I am glad I went. He spoke about empathy. I didn't know that it was the up and coming popular topic for self-improvement, did you? He had a pile of recent publications such as six ways to better empathy, etc. but then explained that it is nothing new, delving into research from 100 years ago.

Rowan spoke of his longing that we might all be better at empathy, teach our children how to put themselves in another's shoes, asking them how would they feel if the nasty thing they had just done or witnessed had happened to them, as a way of encouraging better, more caring behaviour and attitudes. There are some writers who see better empathy as the solution to all of the world's problems and no doubt they are right in some ways, but it is not all of the answer. The terrorists know we will be upset to see a journalist beheaded - that's why they do it. They must have empathy to know how we will understand their action yet they go ahead.

It seems to me that we are living in a time when there is more war around the world than there was in 1914 - the Great War as it was known then - and yet we are helpless to deal with it. We have faced our own sad time in Great Finborough as we mourned the dying of beautiful Charlotte who was only 17, and in Shelland as John Jewers died - who was a good and faithful churchwarden there. Several other families have been bereaved around the parishes Revd Chris and I care for, and it will be good to pause and remember them all in the season of All Saints and All Souls at the end of this month.

October sees the end of summer, with clocks going back and darker evenings to come, so we cheer ourselves up by celebrating the harvest again, giving thanks to God for all the food our farmers produce and eating some of it together at harvest lunches and suppers. We who live in a land of plenty and a place of peace have much to be thankful for. As you enjoy the fruits of autumn and the beautiful place we live in, do pause and be thankful, practise empathy and know how blessed you are compared with many in our world today.

Yours, Rev Liz

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St Mary's Parish Church contacts

Priest-in-Charge

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

Associate Priest

The Revd Liz Law Sunnyside, The Green, Gt Finborough 774878

Churchwardens:

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 November issue: 15th October** *
 * **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

This summer must rank as one of the best for some years but, and as gardeners there always has to be a "but", not enough rain has fallen to stop the daily watering to prevent those vulnerable pots from drying out. Also the time has come to start the autumn tidy up of the beds, feed those specimens remaining and to plan the spring bulb displays.

The September meeting saw us welcome John Hewson who gave an interesting talk on 'Greenhouse gardening'. If you have ever wondered how to set up and start working with a greenhouse or even improve the management of your current house then John had all the answers.

Our next meeting will be on 9 October at the usual time of 7.30 pm in the Upper room of the Pettward Hall, and will feature David Mitchell speaking on the subject of 'Veteran Trees'. David was a tree and landscape officer for Mid Suffolk so should be able to tell us all about our local veterans.

Ringshall Garden Club are currently advertising a talk by Roy Lancaster on Friday 14 November in their Village Hall. Tickets are £10, available from Bill Baldry on 01449 672168.

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 per household per year or £2.50 for an individual session. For further information contact either: John Davey on 674401 or john@abbeyclassics.co.uk or Judith Cameron on 672978 or judyandian@btinternet.com.

PREHYSTERIC



WILD BIRD SEED

The next order will be placed on 13 June and will be available for collection from Abbey Farm Cottage, Finborough by 18 June. 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 June. The next seed order will be in August.

Thank you, John Davey

Product	Weight	Price
Wild Bird Mix	20 kg	£9.50
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Wild Bird Mix—no wheat	20 kg	£13.50
Wild Bird Mix—high energy	15 kg	£13.50
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
Fancy 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
Niger Seed	20 kg	£17.50
Niger Seed (half sack)	10 kg approx	£9.50
Fat Balls (any quantity)		11p each
Dried mealworms	1 kg	£9.00



Buxhall WI

Our speaker for this month was Tom Barker who came to talk to us about the John Peel Centre in Stowmarket. Tom talked of the blood, sweat and tears spent in getting the centre to its present state.

He gave an interesting account as to the coming together of this project, the centre being a tribute to the late John Peel. As one of the few that hasn't visited the centre, Tom's talk has made me keen to pay it a visit.

Events coming up - we walked on 1 September around Onehouse, arriving at the Shepherd & Dog for refuelling and a good old natter. Our yearly Harvest Supper is upon us again. Such a lovely night with good food and wine and a quiz or two that always provides a few laughs. In November we are off to the ballet - Swan Lake. Bury St Edmunds Theatre Royal is the venue and for some, the first ballet ever seen - all good things come to those that wait, even if it is 60 years plus!!!

A sub-committee has been selected who will now be putting their heads together and coming up with speakers for 2015 (2015!! it seems like yesterday we were celebrating the Millennium???)

The WI meets in the village hall 7 for 7.30pm on the third Wednesday of the month - come along and pay us a visit. You never know, WI might just brighten your day!

Sue Croft

Buxhall Church Services

As a result of a PCC decision you will note that the Sung Eucharist will now take place on the fourth Sunday of the month and the Said Eucharist on the first Sunday.

We are all very pleased to welcome Danny Howden as our new Choir leader. Danny lives in Bury St Edmunds and teaches music in Ipswich. I am sure we will give him the traditional Buxhall welcome and look forward to hearing the choir as they venture into new areas of Christian music in the months to come. We are very grateful to Aidan Kendall, David King and Angela Pead for holding the fort for so long but especially to Angela for the huge amount of work in coordinating 20 or so people, clergy, Ben the organist and the PCC. That is no mean task!

Revd Chris

SPANISH



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Poet's Corner

A reminder that our Poet's Corner feature invites people to submit a poem or poems they have written. Your poem may be just a line or two or longer. It may be light hearted or serious but it must be your own work and you must be happy for it to be published in these pages. You may publish under a pen name if you wish. Please email your poem/s to me at lesleyann.steed@btinternet.com.

Poet's Corner

Produce Show

End of August and it's show time again,
Out in the garden, out in the rain
Picking veg and all sorts of flowers.
Really it seems to take hours and hours!
The biggest marrow and heaviest potato,
Longest bean and reddish tomato,
Still it all goes to make the Village Show.

Something on Saturday, somewhere to go,
It all ends with Hubert and the marvellous auction -
Make sure you get a whole cake and not just a portion!
He sells all the produce to the highest bidder,
And makes sure the jam has still got its lid on!
Presentation of cups and Jim does his draw,
it's just left for the rest of us to sweep up the floor!

Nutmede

Men's Breakfast

The next Men's Breakfast will be held on Saturday 11 October in the **Church Room, Onehouse**, 8.00—9.30 am.

The speaker will be Neil Acheson, ex-Met Police Officer, speaking about his experiences during the Miners' Strike in 1980s.

Please book places with Derek Ames (613328), indicating traditional or continental breakfast.

There will be an offering to cover expenses.

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Barn Dance



Saturday 1st November 2014

Woolpit Village Hall

7pm to 11pm

A light supper of Jacket potato and choice of fillings is included

A bar serving Mocktails and soft drinks will be available
(Please bring your own alcoholic drinks)



Music and instruction by Clutching at Straws

Tickets £10 Available from

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All proceeds towards the Suffolk Scouts Explorer Belt Expedition to Finland in 2015



33rd Suffolk Historic Churches Trust

Bike Ride and Walk



The annual Suffolk Historic Churches Trust Bike Ride and Walk took place on Saturday 13th September on an almost perfect autumn day with sunshine, intermittent cloud and light breezes. This year the number of participants increased from Buxhall. An enormous thank you for their magnificent efforts to needs to be said to: David Steed, Darren, Holly and Isabelle McMaster, Ben and Florence Thomas and Jonathan Gray. Along with our intrepid cyclists our thanks must also go to those who sat in the church: Lesley Steed, Keith Proctor, John and Anne Hicks, Noel Mitson, Lavinia Biles, Jill and John Reed and Linda Rayne. This event could not take place without the many people who sit in the numerous churches around the county - thank you.

Joanna Gray



Fun Quiz Night—Buxhall Village Hall

Saturday 1 November 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



A date for your diary:

Saturday 13th December 2014

Buxhall Community Council

'Community Christmas Get Together'

at Fasbourn Hall, 4.30pm

Carols · Father Christmas · games · refreshments

All welcome—more details next month—Free event!



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Buxhall Parochial Parish Council

The Parochial Church Council (PCC) is St Mary's Church General Management Committee. To keep people up to date with our plans, news and ambitions, here is a summary of recent Minutes.

Heating and warmth: You may have noticed that some of the windows have been boarded up over the summer, this is part of our initiative to make the church warmer! Some windows are being re-leaded and repaired, and there are fewer draughts already. We have also fitted pew runners—effectively warm carpets to sit on—and these are both more comfortable and keep the behind warmer. The final stage has now been agreed by the PCC: underpew heating and an infra-red heater over the back of the church where we have coffee mornings and meetings. Sadly, this won't all be finished this year but it's already much warmer!

Remembrance Day: The Salvation Army have agreed to come to Buxhall to play for the Remembrance Day service on Sunday 8 November.

Services: After a meeting dedicated to discussing the format of our worship and services, the PCC decided that we will continue with a Common Worship service once a month.

Choir news: Danny Howden from Bury St Edmunds has taken on the post of Choir Master and conductor. The practices are going well and are great fun! As part of the new worship pattern, the choir undertook to learn a setting for a Common Worship Eucharistic service.

Sung Eucharist: As Danny has a commitment to Combs on the first Sunday of the month, it was agreed that the Sung Eucharist be moved from the first to the fourth Sunday of the month. The services will therefore be:

5 October: Said Communion – no hymns

26 October: Sung Eucharist

2 November: Said Communion – no hymns

23 November: Sung Eucharist

Church Christmas party: This has been arranged for Saturday 6 December and more details will be available in future issues of the Broadcast. All welcome!

Plough Sunday: We have decided to hold a traditional English service to celebrate the beginning of the agricultural year on 11 January 2015. Although the nature of farming has changed over the centuries, Plough Sunday is seen as a way of celebrating farming and the work of farmers.

Next meeting: 19 November 2014.

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Delia Prior (pre-school leader) on
Mobile 07513 140072

Buxhall Book Club



In our August meeting we reviewed whether Bill Bryson (Notes from a Small Island) made us laugh...or not. It was certainly interesting looking back on what feels like a fairly 'old' version of England now. His travels by bus and train and his observations of the people and places he saw formed a distinctive pattern in each chapter of the book, getting rather repetitive if you tried to read too much at a time. But dipping in periodically was still worthwhile as BB has a way with words which still gave a good number of us a good giggle.

We listened to a VERY intriguing short story by written and read by Pauline and batted around the idea of doing some creative writing. The upshot of this was that if any members wanted to read any of their creations at the meeting we were happy to listen, but any creative writing probably would need to run in a separate group.

Planning for our Christmas meeting started!! We hope to read out a play, just got to find one of a suitable size for us to tackle....

So thanks to our hostess for the evening, Produce Prize winning Poetess Rachel and her mouth-wateringly delicious biscuits.

Next meeting is 24 October. With a surge of new people wanting to join, the Book Club has started to overreach its capacity so we will be working out if it's time to start up a second club.

Annya

For more details about the Book Club, please call Clive on 01449 737867

Messy Church in autumn

Sunday 12th October 11am in the Church Room,
Onehouse

Art & Craft: apple prints & leaf rubbings

Cooking: make apple & blackberry crumble

Sing & pray

have drinks and eat crumble with custard



All welcome—children please bring Mum and Dad along too

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Buxhall & District Community Council

Produce Show

It was a sunny day for our Produce Show held on Saturday 30 August, when 40 adults and 7 children brought a variety of vegetables, fruit, cut flowers, pot plants, floral art, preserves, cookery, wine, crafts and photography. Most of the classes in the vegetables section were entered, fruit, cut flowers, pot plants were slightly down, but all were of excellent quality. Entries in the floral art, although few in number, were beautiful. There was a welcome increase in preserves and cookery, with an excellent entry in the men's only class. There was a good entry in crafts, including paintings, and in photographs. The only disappointment was the vast drop in children's classes.



There were the usual sideshows, including a raffle, tombola and Win-a-bake, refreshments provided by the WI and, to round off the afternoon, the usual entertaining auction by Hubert Mitson of the produce and cakes.

We would like to thank everybody who helped us in any way, those who made all the preparations for the show, those who entered their produce, those who gave it for auction, sponsors, the WI for refreshments, cake-makers for the Win-a-bake, those who gave raffle and tombola prizes, those who helped on the side-shows, those who came and spent their money, and last, but not least, all those who helped clear up afterwards!

Thank you all,

Betty Steed

For the Committee of the Buxhall & District Community Council

For a list of Cup winners, please see facing page.

Picked up a little excess baggage this summer?

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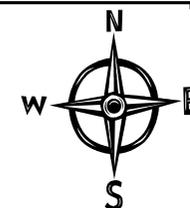
Cambridge
Weight Plan



Onehouse Ramblers

Meet in the Church Room car park on Sunday 12 October at 2.30pm to drive to Needham Market for a walk of about 4 miles

Derek Ames (613328)



Buxhall Show 2014—Cup Winners

Copinger Hill Cup (overall winner in show)	Neville Proctor
Charles Freeman Trophy (runner up to overall winner)	Mary Coltart
Ted Steed Memorial Cup (most points—vegetables)	Neville Proctor
Trophy for best exhibit—vegetables	Neville Proctor
Cup for most points gained—fruit	Keith Proctor
Cup for best exhibit—cut flowers/pot plants	Janice Proctor
Cup for most points gained—cut flowers/pot plants	John Biles
Cup for best exhibit—floral art	Mary Coltart
Cup for most points gained—floral art	Jill Reed
Evelyn Fisher Cup (most points—preserves)	Elizabeth Manning
Most points gained—bread and cakes	Mary Coltart
Copinger Hill Cup (best exhibit—wines)	Neville Proctor
Cup for most points gained—wines	Neville Proctor
Cup for best exhibit—craft	Mary Coltart
Kevin Mayhew Shield (most points—photography)	Brian Tunbridge
Pam Martins Trophy (most points—digital photography)	Brian Tunbridge
Stedman Children's Challenge Cup (most points—children's section)	Kianna Squirrell
Ken Drewery Memorial Cup (family class)	McMaster family

Buxhall Flower Festival 2015

Next year's Flower Festival will be held at Buxhall Church on Saturday 13—Sunday 14 June with a Preview Evening on Friday 12 June. The theme will be 'The Senses' - sight, sound, smell, touch and taste: something to start thinking about! We hope to arrange two coffee morning workshops too, one in November with Christmas Wreath making and the other just before the Flower Festival in April or May. More details to follow!



There have been no crimes of note since my last article.

Mid Suffolk Safer Neighbourhood Team news... The Police and Fire Service held their annual open day at Elmswell Station on Sunday 31 August. The weather was in our favour and glorious! There were model sailing boats on the temporary lake in the car park courtesy of the fire hose, demolition of a car, a rescued damsel in distress from the tower, CPR (cardiopulmonary resuscitation) demonstrations and interaction from the Woolpit, Elmswell, Norton, Tostock (W.E.N.T) First Responders, and even Peppa Pig showed up! The station and across to Westley Hall was buzzing all day and although the 'official' figures have not yet been released it is believed that we raised £1400 for funds to be distributed to support local organisations.

Our contact telephone number is 101 for any information or any advice on police matters—please ask to speak to any officer on duty. Our e-mail addresses are:

Annelly.Miles@suffolk.pnn.police.uk and
Ryan.Brunning@suffolk.pnn.police.uk

Buxhall and Great Finborough Over 60s

Candlestick Club

A nice crowd almost filled the bus for the final outing of 2014. It was a bit dull and overcast when we left Stowmarket but once on the coast at Aldeburgh the sun broke out and it was a real pleasant day. Several brought chairs and just lounged about on the beach with their fish and chips and ice creams, while others strolled around the town, did a little shopping and generally browsed the shops. Mim, as if she doesn't do enough walking at her job as a postie, power walked to Thorpeness and back. Still on the whole we had a lovely, lovely day.

Our October meeting is on Thursday 2 October, 2 pm at Buxhall Village Hall. This takes the form of a Bring, Buy and Bingo. Please support this event as it is a fund raiser for club funds.

New members are always welcome!

Phone Keith (736598) for details

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BUXHALL

BONFIRE, BBQ & BANGERS!



SATURDAY 8th NOVEMBER 2014

Gates open 6pm

Adults: £3 Children: £1 Age 3 & under: Free

Tomlinson Groundcare,
Brettenham Road, Buxhall

Buxhall Community Council

Volunteers needed to help with the Firework display event on

Saturday 8th November 2014

If able to help, please contact Nicky on 01449 737867

Many thanks!!

Lush Stuff & the Flower House

*is now open at the rear of Lush Beauty Therapies next to
Chaplin's newsagents, Great Finborough*

*Hand painted furniture, handmade soft furnishings, personalised
baby items, stockists of Herald & Home candles and many gift
ideas too...*

*If you have a piece of furniture that's tired but you still like, I offer
a personal service to paint it in a colour of your choice
(paint provided)*

Cut flowers will be on sale from November

Open 5 days a week

Monday, Tuesday, Thursday & Friday 9.30 am till 5.30 pm

Saturday 9.30 am till 1 pm

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 and much more.

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/>

News from your councillor – John Matthissen

Textile recycling

The audit and finance committee recently heard that the textile recycling scheme introduced as a pilot in July 2012 has proved a modest success, hindered by the fact that there were not enough recycling bags given out. A new contract has been signed which should ensure regular delivery of bags. The council has found that raising the profile of textile recycling actually helped boost rates of delivery of textiles to “bring banks”. As taxpayers we get a triple benefit, since Suffolk County saves money on landfill tax, Mid Suffolk gets income from textile supply and the environment benefits from lower greenhouse gas emissions. If you need a replacement bag, call 0845 606 6045.

Car sharing

One way of reducing petrol bills and climate-changing emissions is to share your regular journeys with someone else living locally. The second week of October has been designated as “liftshare week” so why not have a look at www.suffolkcarshare.com and see if there is anyone registered with whom you could share?

Councils' Joint Strategic Plan

Together with our partners Babergh, Mid Suffolk has now approved a plan for the years 2014 to 2019. This once again sets out our priorities as Economy and Environment, Housing, and Strong and Healthy Communities. The plan suggests that we will work “smaller, smarter, swifter” but remains very thin on detail other than the solar panel project which should earn a useful income in addition to the environmental and wellbeing benefits. There is at last a commitment to building a few new council houses and tackling the astonishingly large number of empty properties. If you are aware of any specific homes remaining empty for months or years please let me know.

To get in touch...

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

Garnham and Salter Charity

Grants are available for any Buxhall resident requiring help with winter heating.

Written applications should be sent to the Chairman of Trustees:
The Revd Chris Childs, 135 Poplar Hill, Stowmarket IP14 2AY



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



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Neighbourhood Watch

Thieves targeting catalytic converters in Mid Suffolk

Over the last few weeks catalytic converters have been removed from a number of vehicles across Mid-Suffolk.

Offences are predominantly occurring in the western area of Suffolk, primarily along the A14 corridor. Offenders are possibly entering/leaving the county into Cambridgeshire.

Victims generally report parking their vehicles between about 5.30—7.30 pm, then discovering the theft when starting their engines again the following morning. Offences most commonly occur late Mon - early Tues and late Tues - early Wed.

The majority of vehicles attacked are vans, pickups or people carriers with high ground clearance. There is no indication of the vehicles being jacked up or otherwise moved to gain access. The catalytic converters have all been cut from the exhaust system. These are generally described as being very clean and indicative of an exhaust- or pipe-cutter being used rather than a hacksaw. Motorists are advised to consider the following advice to protect their catalytic converters, in particular owners of vehicles with a high ground clearance:

- Park your vehicle in a locked and secure garage/compound at all times.
- The use of alarms, lighting and CCTV should be considered to deter thieves.
- If this isn't possible park in a well-lit, public area.
- Vehicles can be parked in such a way as to make access to the catalytic converter difficult, or parallel with another vehicle if you own one.
- Look out for people 'working' under vehicles as they may not be the owners or lease holders, even if they have fluorescent jackets on.
- Remove items of value from your vehicle whilst unattended and keep it secure and locked at all times.
- Mark your catalytic converter by etching your vehicle registration onto the metal shell, or by using a Secured By Design (SBD) approved forensic marking solution which is a heat-resistant paint. This makes it easier for police to trace the converter back to your vehicle should it ever be stolen, and links offenders to a crime.
- Consider fitting additional security on your vehicle by installing an SBD approved converter security product, such as a clamp.
- Please visit the SBD website www.securedbydesign.com for more information on police approved security products.

For more information contact your local Crime Reduction Officer on 101.

MALCOLM MCKESSAR Community Watch Liaison Officer
Stowmarket Police Station, Violet Hill Road, Stowmarket, IP14 1NJ
Tel : 01473 613888 (ext 3388) malcolm.mckessar@suffolk.pnn.police.uk