

Felsham & Gedding

# VILLAGE NEWS

Issue 210, August 2021



# From the Editor

**Welcome** to the August edition of your Felsham & Gedding Village News.

As I begin to write this it has just begun to rain again, the weeds love it even if the rest of us don't. Why does our weather always seem to change just as the children break up for their holidays? And after Lock Down don't we all deserve a little sunshine.

But despite everything things are at last beginning to open up, the majority of us will, no doubt, still be taking care but we can now meet safely with relatives and friends. In our villages things are also on the move see the ads inside for the Fabulous Fun planned for September, our own post lock down celebration.

On a more personal note I'm spending most of the summer with my granddaughters so far they've each been and spent a week with nannie - don't ask how long recovery takes when they leave. Later this month they're all three coming for a weekend, I have no idea how that happened and we've now planned a 'Weekend Spectacular' so they'll probably never want to leave but, I am looking forward to it.

In between we meet for swimming not that anyone swims much but they do all sleep well afterwards including the baby who, in the pool, keeps throwing herself under the water and when you grab her she just grins and does it again.

I look forward to seeing you all out and about.

*Tricia*

**Next Copy Date:** 20/08/2021

Please be aware that items submitted after the deadline cannot be guaranteed to appear in the magazine.

## **Copy Submissions**

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## **Compliments, Complaints and Suggestions**

The Village News welcomes your feedback. Do you have any comments about what we do, what's going well, anything you'd like us to change?

## **Newsletter General Policy**

We do publish acknowledgements, articles of general interest, artistic works and similar.

We do publish factual material from recognised organisations.

We do publish to the Village Website at <http://felsham.onesuffolk.net>

We do not publish defamatory, rude, blasphemous, racial or other inappropriate material.

We reserve the right to edit contributions to suit publication needs.

We are reliant on contributions from many sources, taken in good faith, and cannot be held responsible for any errors or omissions.

Copyright waiver is presumed implicit on all submissions unless clearly stated otherwise.

# **Draft Minutes of the Felsham Parish Council Meeting**

**held on 15th June 2021 in the Village Hall at 7.30pm**

Present: Cllr Hayley Nunn (Vice-chair), Cllr David Simpson, Cllr Ken Sparkes, Cllr Paul Kearney, Mark Bloomfield (Clerk & RFO), County & District Cllr Penny Otton (part) 3 members of the public

2021/0023 **Welcome and to receive apologies** – Cllr Nunn (acting as Chair in the absence of Cllr Garrod), welcomed all to the meeting & accepted apologies from Cllr Garrod & Cllr Tavernor

2021/0024 **Declarations of Interest and requests for dispensation** – Cllr Kearney declared a non-pecuniary interest in Item 2021/0030 i.e. due to his involvement with the Playing Field.

2021/0025 **Minutes of Parish Council Meeting** – The minutes from the Annual Meeting of the Parish Council on 18<sup>th</sup> May 2021 were considered and approved. Cllr Kearney proposed, Cllr Sparkes seconded, all in favour (resolution passed). The minutes were signed by Cllr Nunn as a true record.

2021/0026 **Co-option of Councillor** – The clerk explained the process for co-option in the event that there was more than one candidate for the role of councillor. After that explanation, one of the members of the public withdrew her intention to stand for co-option. It left only one possible candidate – Joan Llewellyn who confirmed that she would stand for co-option and explained that she had recently retired and was looking to further her interest in the community. Cllr Nunn proposed that Joan Llewellyn be co-opted as a Parish Councillor, Cllr Simpson seconded, all were in favour (resolution passed). Joan Llewellyn duly signed the Declaration of Office as Parish Councillor and joined the rest of the meeting as such. The clerk issued Cllr Llewellyn with a 'Register of Interest' form for completion within 28 days.

2021/0027 **County & District Councillor Otton** – Cllr Otton gave her report to the Parish Council Meeting, and forms part of these minutes. Cllr Otton also raised her concerns over parking in 'The Orchard' part of the village and suggested that emergency service vehicles may not be able to access this part of the village appropriately. Cllr Otton also offered her support to residents that are raising concerns over the proposed development of the land behind the Six Bells public house and would be in communication with them further.

2021/0028 **Public Participation** – The one remaining member of public present voiced his renewed concerns and protests against the planning application DC/21/02924 – Land to the rear of the Six Bells public house. He informed the council of his latest communications with both Mid-Suffolk District Council & Suffolk Highways and also explained that he had caused to make complaints. He explained that Suffolk Highways had made a 'eleventh hour' change in their response to the application regarding the entrance/exit and site lines for the access to the proposed development. Cllr Nunn responded by empathising with his and others' concerns and urged all those with opinions to register them on the MSDC planning portal. The same resident also raised concerns about the upkeep of the public footpaths in the village which have become very overgrown. Cllr Nunn responded by explaining that the first of 2 annual cuts took place in early May and by chance the weather has been wet, warm & sunny since creating ideal growing conditions. The 2<sup>nd</sup> cut will take place in due course and will hopefully alleviate the problem. Note: the remaining member of the public left after this item.

## 2021/0010 Clerks Report –

The clerk has distributed a ‘really useful guide’ in support of older residents who may have been victims of scammers and advice for all on how to avoid scams. The clerk explained that the minutes from the Annual Parish Meeting of 18<sup>th</sup> May 21 were available on the website and that only the 1<sup>st</sup> page of the minutes was posted on the village

noticeboard. The clerk also explained that he was slowly updating parts of the website and is in communication with One Suffolk regarding tutorials and software upgrades.

### 2021/0030 Planning:

a. DC/21/03155 – Felsham & Gedding Playing Field – Temporary storage facility/container – With a view to it being located in a Conservation area, the Parish Council requests that the container is painted a neutral colour (e.g. green) and is made as aesthetically pleasing as possible. The Parish Council also seeks clarification of the ‘temporary’ nature of the application (proposed by Cllr Nunn, seconded by Cllr Simpson, all in favour – resolution passed).

b. DC/21/02924 – Land to rear of Six Bells, 2no dwellings, associated parking & landscaping – The Parish council wishes to OBJECT pointing out that this application would represent a loss in valuable public amenity land (where significant village events are held, photographs attached, and with more events planned including a Village Family Fun Day on 26<sup>th</sup> June 21. The access/exit to the proposed development remains a concern with lack of appropriate sight lines & an access that is too narrow to be easily accessible. The proposal would also create a further reduction in available car parking within the village. The proposal would put at risk the ‘heritage’ nature of that part of the village with the Church, pub & surrounding cottages all creating an historic view – a new development would not enhance this. The Parish Council also raises concerns over the height of the proposed dwellings which will be visible throughout much of the Conservation area (proposed by Cllr Nunn, seconded by Cllr Simpson, all in favour – resolution passed)

c. DC/19/03207 – Discharge of conditions – 2, Lower Cottages, Lower Green – no comment (proposed by Cllr Nunn, seconded by Cllr Sparkes, all in favour – resolution passed)

d. Other applications – none

ii. To note any decisions made by MSDC – none to report

### 2021/0031 Finance:

a. Approval of Annual Governance Statement for 2020/2021 & Section 1 of the Annual Governance and Accountability Return (proposed by Cllr Simpson, seconded by Cllr Nunn, all in favour – resolution passed) signed by clerk/RFO & Cllr Nunn

b. Approval of Accounting Statements for year ending 31<sup>st</sup> March 2021 and section 2 of the AGAR – (proposed by Cllr Simpson, seconded by Cllr Nunn, all in favour – resolution passed) signed by clerk/RFO & Cllr Nunn

c. Approval of RFO’s Financial Report for June 21 – Note: RFO’s report for June did not include a bank reconciliation due to lack of access to internet banking. The RFO explained that the card reader needed to be replaced in order to access account information (proposed by Cllr Sparkes, seconded by Cllr Kearney, all in favour – resolution passed).

d. Authorisation of payments: Top Garden Services (May 21) - £192.00, Top Garden Services (June 21) - £192.00, Felsham & Gedding Village News - £25.00, Clerk salary – (proposed by Cllr Sparkes, seconded by Cllr Kearney, all in favour – resolution passed). Note: without internet banking available – all payments to be made by cheque – cheques signed by 2 signatories.

**2021/0032 Village Maintenance:**

- a. Report from Tree Officer – no report
- b. Matters reported - none

**2021/0033 Conservation Area:**

- a. Report from Conservation Officer – no report
- b. Matters reported – Cllr Kearney reported a ‘hole in the wall’ at the Six Bells. Cllr Kearney also raised concerns regarding the ivy climbing on the stable roof at the Six Bells and the potential damage it could cause. Clerk to contact Hawthorne Leisure regarding these issues.

**2021/0034 Footpaths:**

- a. Report from Footpath Officer – Cllr Nunn reiterated her comments regarding length of grass as explained during Item 2021/0028 in response to a member of the public’s comments. Also, Cllr Nunn was investigating the need for repair/replacement footpath sign at Felsham Hall and will report back to council in July.
- b. Matters reported – as detailed above

**2021/0035 Correspondence –**

The Clerk updated the Parish Council on further communications with a resident regarding the location of a dog bin. The Clerk explained that he had still had no response from MSDC.

**2021/0036 Housing Needs Survey** – deferred until July 21. Arrangements for a ‘Walk ‘Round’ of councillors in conjunction with a representative from the planning team at MSDC need to be made next month.

**2021/0037 Village Sign – Update** – no update – deferred until July 21.

**2021/0038 Other Matters brought to the attention of the council** – Cllr Kearney requested that discussions took place at the next meeting regarding the overall long-term strategy for parking provision within the village & the potential need for electric charging points. Cllr Kearney pointed out that some properties were unable to have their own charging points as cables would have to run across roads or footpaths to their vehicles. He also explained that there may be an opportunity to involve the Village Shop committee in these discussions with a mind to the new development for the village shop. It was agreed that the Clerk would invite Andrew Conquest & Ria Crosbie to July’s meeting to discuss further.

Next meeting of the Parish Council – Tuesday 20th July 2021 in the Village Hall. The meeting was closed by the Cllr Nunn at 9.12pm

Item 2021/0041 – Minutes of Parish Council Meeting, 15<sup>th</sup> June 21 Approved Signed:

(Chair) Cllr Simon Garrod

Date: 20th July 21

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# Bulletin Board

From Helena Hopkin:

Goodbye to all those that I have known for last 30yrs. Sorry that I couldn't say a personal goodbye but take care and keep safe.

Love Helena.

---

## August Events at Bradfield Woods



**Tues 3** - Wild families Forest fun 10.30am -12.30pm

- Wild families wild play afternoon 2-4pm

**Thurs 5** - Wild in the Woods holiday club for 6 – 11 year olds 9am -3.30pm

**Sun 8** – Wild families big wild picnic 10.30am -12.30pm

**Tues 10** – Wild families summer fun 2-4pm

**Thurs 12** - Wild in the Woods holiday club for 6 – 11 year olds 9am – 3.30pm

For more information and to book your place, see [www.suffolkwildlifetrust.org](http://www.suffolkwildlifetrust.org)

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### DO YOU ENJOY READING THE VILLAGE NEWS?

Would you like to have a go at editing it a couple of times per year?

The Village News is currently seeking additional editors to bring their personal slant to this very successful monthly magazine.

Editing a magazine takes about four hours in total, but this can be as flexible as you need it to be to fit in with your other commitments, and the number of times you commit to editing within the year is entirely up to you.

No previous experience of editing is necessary but some key computer skills such as copying and pasting into Microsoft Word and an internet connection are required, plus a desire to not be beaten by the occasional technical glitch. Full training and support will be provided.

Please contact either **Jo on 01449 737793** or **Tricia on 01449 736330** or email **fgvillagenews@gmail.com** if you would like more information.







Penny Otton  
Meadowside  
Councillor  
High street, Rattlesden  
IP300RA  
Phone number:07545423847  
01449737870  
Email: penny.otton@suffolk.gov.uk

## JULY REPORT 2021

Both Councils have started to hold in person meetings but with social distancing and strict COVID rules in the council offices.

There has been a small rise in infections in Mid Suffolk and testing has taken place in various locations.

**EDUCATION SCRUTINY:** the first took place last week and I have asked that the home to school transport policy is first on the agenda. Also, to receive the report form the independent review of the service for children with special needs.

**STREET LIGHTING:** The council has joined with a new company; Bouygues Energies & Service to update the LED street lights across the county, to reduce light pollution and decrease energy use.

**VERGE CUTTING:** I know this is a problem at the moment, the schedule is available online, but if there are areas of extreme danger please report them.

### MID SUFFOLK

**RATTLESDEN GLIDING CLUB;** they will be holding an open day on 30<sup>th</sup> August. we continue to have regular liaison meeting to monitor activities.

**MEETING WITH LEE CROWDELL; MSDC HOUSING;** I had a meeting with Lee on 12<sup>th</sup> July to look at any parking problems or solutions. He was also interested to see the old wardens' office unused and the state of the vegetation there which he will get cut. He will get back to me with any thoughts on the parking; he also could see the potential of the 2 areas for additional council properties!

**SIX BELLS SITE;** I have put in the call-in but still have not been told the date of the committee meeting.

## ALTERNATIVE SERVICES

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**We are looking for volunteers** for a Church Cleaning Rota for St Peter's Church, Felsham (hopefully this time we won't get Locked Down before we can get started). If you could spare an hour or two every few weeks and would be interested in joining the team please contact:

Tricia Wilson – Tel: 01449 736330,

Email: [pawilson4@btinternet.com](mailto:pawilson4@btinternet.com)

We are also looking for people to help with flowers for the church, if you would be interested in join this team please contact:

Sue Jell – Tel: 01284 828892



Please ensure that the place of worship you wish to benefit is clearly specified

# Suffolk Churches Ride and Stride



Suffolk  
Historic  
Churches  
Trust

**Saturday,  
11 September 2021  
9.00am - 5.00pm**

Local Organiser  
from whom sponsorship  
forms are available:

IRENE COCKELL  
TEL: 01449 736368  
BRIAN DEARDS  
TEL: 01449 737364

**Visit [shct.org.uk](http://shct.org.uk) for more information.**

**You can also find us on Facebook and Twitter.**

Sponsorship money raised will be divided between Suffolk Historic Churches Trust  
and the church or chapel chosen by the participant.

Suffolk Historic Churches Trust

Registered Charity No: 267047

# The 2021 Ride and Stride or Pedal and Drive Car Rally

*will be held on Saturday, 11 September 2021. You will be able to download the 2021 sponsorship paperwork and a full list of churches that are open nearer to the time from the website <https://shct.org.uk/ride-and-stride/>*



The Annual Sponsored Ride and Stride is a national event, and every second Saturday in September cyclists, walkers and drivers all around the country are out making money for their local county Churches Trust. The idea started in Suffolk, and consistently Suffolk has headed the table of funds raised. The Ride and Stride is the main source of income to Suffolk Historic Churches Trust to enable it to make grants to churches and chapels **of all denominations** towards repair and restoration costs.

The Ride and Stride is run entirely by volunteers and is inter-denominational, with participants invited to seek sponsors who will undertake to pay an agreed sum of money for each place of worship visited between 9.00 a.m. and 5.00 p.m. on Ride and Stride Day. The money raised by each cyclist or walker is shared equally between the Suffolk Historic Churches Trust and the place of worship nominated by the participant. As important as the participants, are the many volunteers who give up the day to man the churches and chapels and sign in the cyclists and walkers as they arrive. Hundreds of places of worship are manned during the day and that takes quite a team of volunteers! It is a real community effort that is the lifeblood of the Trust.

Each parish within an area has its own Local Organiser, who will be able to supply the necessary forms. Alternatively, you can download the sponsorship form from the website and the list of churches open and follow the instructions in the form.

After the Ride, when you have collected your sponsorship money, please hand this over to the Ride and Stride organiser for the place of worship for whose benefit you have participated, who will remit it to the Ride and Stride Treasurer, David Gould. If for any reason you are unable to make contact with the local organiser in question, please send your total sponsorship money direct to David, by cheque payable to SHCT, ensuring that you clearly identify the church or chapel you wish to benefit. David can also be contacted if you have any queries. His contact details are:



email: [davidngould6@gmail.com](mailto:davidngould6@gmail.com), Telephone: 01473 253838

If you would like to use JustGiving for your sponsorship fundraising, please enter the SHCT JustGiving site:

<https://www.justgiving.com/suffolkhistoricchurches> then select "Fundraise for us" to set up your own page for the Ride and Stride

For more details of the Pedal and Drive Veteran and Classic Car Rally please go to:

## Suffolk Historic Churches Trust Pedal and Drive Car Rally

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# Why August?

With Rome in an era of relative peace and prosperity, the Senate voted in 8 B.C. to rename the month of Sextilis after Augustus. During that month, the Senate purportedly explained in its decree, Augustus had first become consul and had won his final victory over Antony and Cleopatra. On the calendar, it followed July (formerly Quintilis), which had recently been renamed in honor of Julius Caesar.

However, Augustus was not his birth name; originally called Gaius Octavius, he changed his name to Gaius Julius Caesar Octavianus, aka Octavian, upon being adopted by his great-uncle. Seventeen years later, the Senate awarded him with the name Augustus, meaning “Revered One.” Notably, Augustus never referred to himself in monarchical or dictatorial tones, and he lived in relatively modest quarters. Yet because he amassed supreme power, historians refer to him as Rome’s first emperor.



Following Caesar’s death, the teenage Augustus raised an army and went to war with Mark Antony, Caesar’s former deputy who likewise considered himself the conqueror’s political heir. Upon winning his first battle against Antony, Augustus marched on Rome and was elected consul, the highest office of the Roman Republic. He then entered into the so-called Second Triumvirate, in which he, Antony and Marcus Aemilius Lepidus agreed to divide Rome’s territories between them. As one of their first orders of business, they teamed up to defeat Caesar’s assassins.

Meanwhile, in order to solidify the alliance, Antony married Augustus’ sister, and Augustus married Antony’s stepdaughter. Neither marriage lasted, however, nor did the triumvirate. The final break came in 32 B.C., when Augustus used an illicitly obtained copy of Antony’s will to rail against him and his high-profile mistress, the Egyptian queen Cleopatra. In the civil war that followed, Augustus blockaded Antony’s force off the western coast of Greece. Though Antony and Cleopatra escaped to Egypt, the majority of their soldiers surrendered, and they both ended up committing suicide as Augustus closed in on them. To add insult to injury, Augustus ordered that Antony’s heir be killed, along with a son that Cleopatra had with Caesar.



# Felsham and Gedding's fabulous fun weekend of fundraising frivolity!

Friday 17<sup>th</sup> Sept 7.30 for 8pm.

**BAND NIGHT** – The Twelfth Night Band.



Tickets £7.50

Saturday 18<sup>th</sup> Sept 2.30 in the village hall

**THE GREAT BIG F&G BAKE OFF!** Full details to follow.....



Saturday 18<sup>th</sup> Sept 7.30pm

**THE FELSHAM AND GEDDING VARIANT SKETCH SHOW** (vaccine resistant)

Tickets £7.50



Sunday 19<sup>th</sup> September.

**SCARECROW SUNDAY** Family service in the Church to include the judging of the scarecrow competition.

3pm – **Arts / crafts and flowers in the church with cream teas**



**Tickets for sale to raise funds for the Church and Village Hall, available in the village shop or from Andrew 737619**



# **We want Felsham and Gedding to go Scarecrow crazy!**

**Make your own scarecrows for  
your front gardens and allotments  
and be part of the Scarecrow trail.**

They need to be ready and displayed for the  
weekend of 17<sup>th</sup>, 18<sup>th</sup> and 19<sup>th</sup> September



To enter and be added to the Scarecrow map  
contact Trish Wilson [pawilson4@btinternet.com](mailto:pawilson4@btinternet.com).

Entries £5

All proceeds to the Church and Village Hall

## Cockfield Benefice Services – August 2021

please see website for up-to-date information

*All services are conducted in line with the coronavirus guidance issued by the Church of England, for more information visit*

<https://www.churchofengland.org/resources/coronavirus-covid-19-guidance>

Sunday 1 <sup>st</sup> August Trinity 9	*10am Communion - Bradfield St George 10am Morning Prayer – Cockfield 6pm Evening Communion – Felsham
Sunday 8 <sup>th</sup> August Trinity 10	8am Communion – Cockfield 10am Morning Prayer BCP – Gedding *10am Communion – Bradfield St Clare
Sunday 15 <sup>th</sup> August Trinity 11	*10am Communion – Cockfield 10am Family@Felsham 6pm Evening Prayer – Bradfield St Clare
Sunday 22 <sup>nd</sup> August Trinity 12	10am Communion BCP – Gedding *10am Worshipping Together – Bradfield St George
Sunday 29 <sup>th</sup> August Trinity 13	*10am Benefice Communion – Cockfield

\*This service will be recorded posted on the benefice facebook page at [www.facebook.com/cockfield](http://www.facebook.com/cockfield)

A service of Celtic Morning Prayer is held every Tuesday at Cockfield at 9am  
The prayer group meets every Wednesday at 2pm via zoom with the following link:

<https://us02web.zoom.us/j/86736217904?pwd=Y2VGK0UvQlpkZHFzTFE4NkE4bHFxQT09> (Meeting ID: 867 3621 7904, Passcode: 456146 if needed).

*Please note these services may be subject to change – for up-to-date service times see the benefice website at [www.cockfieldbenefice.com](http://www.cockfieldbenefice.com)*



Dear Friends,

We are heading into another period of uncertainty. Even though the restrictions that we have been living with for so long have been lifted (well most of them anyway), there are challenges ahead. Coronavirus remains a danger to lives and livelihoods. Our prayers continue to be for those who are facing changes in their lives as a result of the pandemic; the businesses that have had to close, those who have lost their jobs, those who have lost friends and family members.

At the start of the pandemic there was a lot publicised about the way in which the earth was having a break from the pollution created by humankind. With the devastating floods that have occurred in Europe recently with the subsequent loss of many lives there can be no doubt that we must all act to protect the future of our planet and generations to come.

It is easy for governments to make promises on climate change, and much harder to bring in the policies that will change the behaviours of our society. We all rely so much on modern technology, which is driven by electricity, both at work and for leisure activities. This is just one example of how our dependency affects the planet when we continue to use fossil fuels to create energy.

I know that many of you, Christian and those of other faiths, or no faith, are concerned about the future. However, it is no use just praying or hoping that things will change. Every change starts with each and every one of us. In our weekly services over the next few weeks our congregations will have a 'green tip' on the weekly news sheet. I hope that these 'green tips' will be taken up, and even though they may seem like very small steps, many small steps can lead to a giant leap!

Yours in Christ,

**Sharon**

Revd Canon Sharon Potter, Rector of the Cockfield Benefice,  
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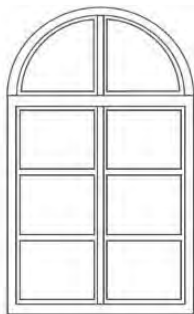
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# How to make a pond dipping net



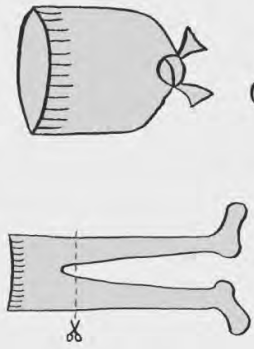
Just for Kids

Illustration: Corinne Welch © Copy

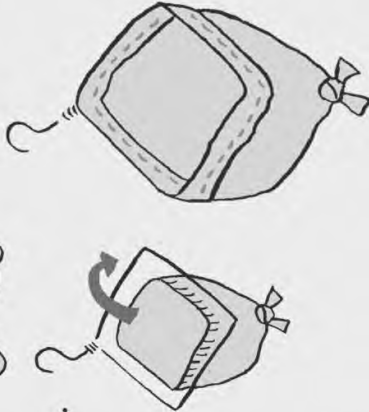
## You will need:

- wire coat hanger 
- pair of tights 
- scissors 
- needle and thread 
- strong duct tape 
- garden cane 
- white plastic tray 

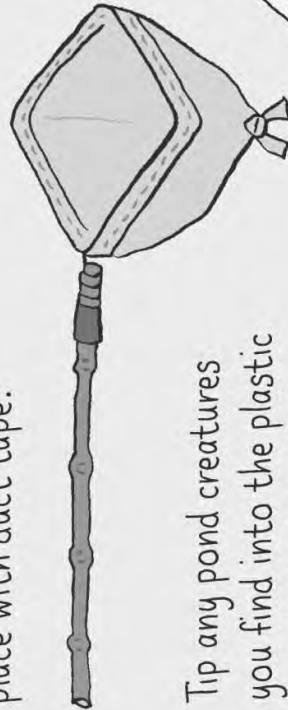
1 Cut the legs off a pair of tights where the tops of the thighs would be. Tie the loose ends together in a tight knot to form the net.



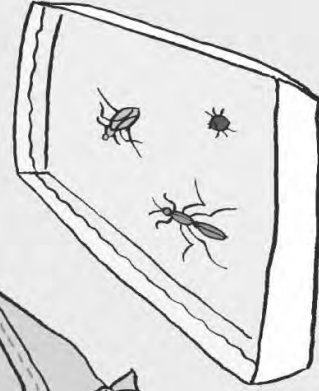
2 Bend a wire coat hanger into a diamond shape. Place your net in the middle of the diamond and fold the waistband over. Sew the hem.



3 Stretch out the hook of the hanger and secure to the garden cane and secure in place with duct tape.



4 Tip any pond creatures you find into the plastic tray for a closer look.



Remember to return creatures to their homes.

# The Walmsley Wildflower Meadow

## (The Far End of the Playing Field)

This is the second year of leaving areas of the playing field uncut and nature's response to us "doing nothing" has been fantastic. I've been meaning to report each month on some of the many plants that are now flowering here but time has run away with me. I'll start earlier next year.

August, however, brings its own bounty of late summer flowers along with its associated wildlife so when you walk around the mown paths you might like to look out for the following:

### Pyramidal Orchid



A highly distinctive wildflower with a pyramid shaped head of bright pink flowers. Like many orchids, it requires a specific fungus to be present in the soil in order to bloom.

It normally flowers in June and July but is currently in full flower right now at the end of July so you might still see it in August. Its densely packed flower spike holds up to 100 flowers and attracts a range of butterflies and moths.

### Yarrow (also known as Woundwort, Milfoil, Stauchweed, and Herbe Militaris)



Very common and easy to identify with its feathery leaves. Yarrow can be found in most grassland. The flowers appear from June to October. All parts of this plant can be used as a medicine, the leaves are best for salads.

As some of the common names imply, Yarrow can be used to staunch bleeding from wounds and nose bleeds. It also contains salicylic acid which Aspirin is synthesized from and was used to treat fevers.

### Common Knapweed (also known as Hardheads and Black Knapweed)



This flower is one of our toughest meadow plants and is a firm favourite of our pollinating insects, being a source of good quality nectar. And as well as supporting our bee, butterflies and beetles its seeds provide food for many birds. It flowers from June to September.

Did you know? In days gone by eligible young women would play a love-divination game by pulling out the rays and putting the plucked knapweed flower in their blouse. When as-yet unopened florets began to bloom it would tell her the man of her dreams was near.

Most of the local names including Bachelor's buttons, Blue bottle and Iron knobs are explained by the hard, knobby heads, the bottle-shaped involucre and the toughness of the plant. As a herbal remedy Knapweed was used for ruptures and wounds, bruises, sores, scabs and sore throat, etc.

## Meadow Brown Butterfly



The Meadow Brown is the most abundant butterfly species in many habitats so you will see it flying throughout the playing field. Adults fly even in dull weather when most other butterflies are inactive. It is one of our most widespread species, but many colonies have been lost due to agricultural intensification.

The Caterpillars feed on a wide range of unmown grasses. Those with finer leaves such as fescues, bents and meadow-grasses are preferred, but some coarser species such as Cock's-foot, Downy Oat-grass, and False Brome are also eaten by larger larvae. Other species of grass are also believed to be used.

## Ringlet



This butterfly like woodland rides and glades and damp grassland where grasses are lush and tall so look out for it in the “bumps” area of the Playing field down by the car park.

When newly emerged, the Ringlet has a velvety appearance and is almost black, with a white fringe to the wings. The small circles on the underwings, which give the butterfly its name, vary in number and size and maybe enlarged and elongated or reduced to small white spots; occasionally they lack the black ring. Bramble and Wild Privet flowers are favourite nectar

sources, and adults continue to fly with a characteristic bobbing flight in dull, cloudy conditions when most other butterflies are inactive.

Caterpillars feed on coarser unmown grasses, including Cock's-foot, False Brome, Tufted Hair-grass, Common Couch, and meadow-grasses. Other species of grass may also be used.

## Cinnabar Moth



Frequently found in open grassy habitats and especially on well drained rabbit-grazed grassland, where common ragwort can establish in small pockets of bare soil.

This species is so named due to the colour of the hindwings and the markings on the forewings which make it unmistakable. Easily disturbed by day and flies in sunshine. It also flies after dark.

The caterpillar feeds on the leaves and flowers of Common Ragwort (*Senecio jacobaea*) and is occasionally found on other ragworts and groundsels.

Please note the ragwort on the playing field is being closely monitored to enable it to be used by this moth but will be hand pulled prior to seeding to ensure it doesn't spread beyond the playing field boundary.

*Jo Seymour Tavernor MCI Hort, Horticultural Consultant*

# Stuffed Marrow with Beef Mince Recipe

With all the marrows/courgettes that keep being donated to the shop I thought that I'd give you a nice easy recipe for stuffed marrow. It takes just over an hour to prep and cook and serves 4.



## INGREDIENTS

- 1 medium sized marrow cut into eight slices
- 2 tablespoons olive oil
- 1 onion peeled and chopped
- 2 garlic cloves peeled and chopped
- 500 g lean minced beef
- 400 g can tomatoes
- 2 teaspoons mixed herbs
- 1 tablespoon tomato puree
- 2 tablespoons grated cheddar or parmesan type cheese

## INSTRUCTIONS

1. Heat the oven to 180 degrees C
2. In a large heavy bottomed saucepan, heat the olive oil
3. Fry the onion until soft
4. Add the garlic
5. Add the beef mince and cook for a few minutes until brown
6. Add the tomatoes, herbs and tomato puree
7. Cook for 20 minutes
8. Meanwhile, scoop out the middles of the marrow rings
9. Place them in a large baking dish
10. Spoon a portion of the mince sauce into each
11. Distribute the remainder over the top of the marrow rings
12. Cover with foil and bake in the oven for about 30 minutes
13. Remove the foil, sprinkle with cheese and return to the oven uncovered for 10 minutes



# Vegetarian Option: Veggie Chilli Stuffed Marrow

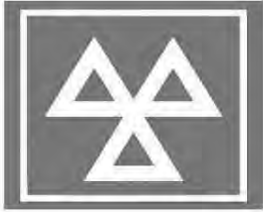


## INGREDIENTS

- 1 marrow (overgrown zucchini)
- 2 tbsp olive oil
- 1 red onion finely diced
- 2 green chilli peppers sliced
- 2 cloves garlic crushed
- 2 peppers, any colour sliced
- 100 g aubergine diced
- 400 g tin kidney beans drained and rinsed
- 400 g tinned chopped tomatoes
- Pinch black pepper
- 80 g cheese such as cheddar or a vegan alternative

## INSTRUCTIONS

1. Cut the marrow in half and scrape out all the seeds from the middle. Place on a baking tray, season and drizzle with olive oil. Bake in the oven at 180C for an hour.
2. Put a little oil in a saucepan. Cook the onion, chillies and garlic gently until soft then add all the other vegetables including the kidney beans and tinned tomatoes. If it is a little dry, add a little water too and then leave to simmer for 15 minutes.
3. Spoon the chilli into the marrow and return to the oven for 20 minutes.
4. Serve with a little grated cheese on top. Any leftover marrow can be frozen.



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# Thorpe Morieux Garden Party

At Thorpe Hall

19th September 2pm on - Entry £2



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- Best Dressed Beard, Real or False! Prizes to be won
- Best Decorated Summer Bonnet Prizes to be won
- Plant and Gardening Stall, by Thp Mx and District Garden Club
- Art and Crafts for sale in St Mary's Church by members of Heart of Suffolk Art Group
- Amy Robinson will be doing walkabout puppetry throughout the afternoon

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- ***Refreshments***

***This year due to the pandemic and any possible restrictions, it will be a low key affair compared to previous years.***

***We still hope though that it will be an informative and enjoyable day for all the family.***

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