



October 2016

WENHASTON WARBLER



SATURDAY OCTOBER 8TH FROM 10.00am

TO DELIGHT YOUR TASTE BUDS



FREE COFFEE AND CAKE



(WHILE STOCKS LAST)

**AND IN CONJUNCTION WITH THE PAMPHLET DELIVERED TO EVERY
HOUSEHOLD AN OPPORTUNITY TO VIEW PROPOSALS FOR**

THE NEIGHBOURHOOD PLAN, POLICIES AND STRATEGIES.

**THE TEAM WILL BE AVAILABLE TO ANSWER YOUR
QUESTIONS AND TO EXPLAIN THE NEXT STEPS.**



WENHASTON PLAYGROUND EQUIPMENT.

Watch this space for a big announcement.

**Within the next few weeks an
announcement will be made about the
massive revamp to the children's play
area.**



**St Peter's Churches
Wenhaston and Thorington.**

QUIZ NIGHT

Wednesday 26th October
Village Hall 7.30pm
(Doors open 7.00pm)
Bar and Refreshments
Entry forms from Post Office
In aid of Church Funds.

A Letter from the Limb Lorn Lewises

We want to express our deepest thanks and appreciation to all those many people, in and around the village, who have given us – and continue to give us -- support, help, sympathy and love since Easter, when in a fall June sustained injuries which kept her in hospital for months and will keep her in a wheel-chair for some long time to come, and since our wedding anniversary in July, when Peter was involved in a car crash that played hell with his already dodgy leg muscles and cost him his driving licence.

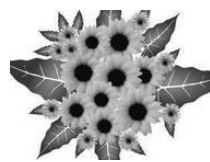
We are now both at home again and finding ways of living with our disabilities aided, we sometimes think, by the whole of Wenhaston.

Thank you so much for looking after us.

June & Peter Lewis

Wenhaston Gardeners September Report 2016

Dandelions and chickweed in salads, white strawberries and yellow beetroot, whatever next? Michael Perry's excellent talk on 50 fab plants in 50 minutes introduced us to many such exotic ideas and suggestions which also included the egg and chip



plant. Michael has worked for Thompson and Morgan for over 18 years, having had a passion for gardening since he was aged five. His love of the soil was nurtured by his grandparents.

T & M is one of the largest mail order businesses in the country and being members of the Gardening Club we are lucky enough to be given a substantial discount on their seeds and plants, which I am sure we will take advantage of after seeing photographs of the many exotic flowers that they have to offer.

Our A.G.M. went off smoothly, with three new members being accepted for our committee as Jenny and Tony have stepped down. They will be sorely missed.

Next meeting Barry Gayton talks about annuals and bi-annuals.

If you have recently moved to Wenhaston and you enjoy outings to beautiful gardens and informative talks on all aspects of gardening, not to mention a summer tea party and a Christmas Party too, well then, join Wenhaston Gardeners Club. For just a £2 annual subscription and £3 for each meeting all this can be yours. We meet on the second Wednesday of each month; so come along to the meeting on Wednesday October 12th and get the benefit of the full year's subscription and a talk by Barry Gayton on 'Annuals and Bi-annuals' plus a cup of tea and a biscuit and a friendly welcome.

Felicity

Village Hall Cafe

Don't forget the Cafe welcomes you on Wednesday and Saturday mornings with excellent coffees, teas and cakes, and there's the added bonus of the Men's Breakfast at 8.30am on Wednesday Oct 5th for a hearty fry-up and chat! There is also free coffee and cakes on Saturday October 8th for the Neighbourhood Plan consultation.

Wil Harvey

NEWS FROM THE CHURCH

We were certainly blessed with a lovely summer's day on Sunday 21st August when we served cream teas in the garden at Spindleberry and we were pleased to welcome visitors from around the Team. Thank you to everyone who supported the event and especially to the "cooks" - delicious scones! As always the efficient helpers worked very hard and we raised £342.00 for St. Peter's.

We shall be having our Harvest Festival on Sunday 16th October when there will be a Family Service. This will be at 11.15am and will be followed by our Harvest Lunch (Approx. 12.30pm.) We invite everyone and anyone who would like to join us at both the Service and for the free Lunch

We are again serving lunches in the Church once monthly for people living alone. They are well supported and are always happy and chatty occasions! If you or anyone you know would like to be included and invited, please do get in touch with me (478378)

Sadly, we have recently had the Funerals at St. Peter's of two long standing Wenhaston residents. Both services were very well attended. Peter Leech's Funeral was on Friday 19th and Carol Wright's on Wednesday 7th September.

We thank God for the lives of Carol and Peter and pray that they may rest in peace and rise in Glory.

Finally, I would like to thank the many people who have very kindly enquired about my health and I am pleased to say that I am now much better. Thank you all so much.

Margaret Goldstone

New Yoga Class in Wenhaston

Starting in October and aimed primarily at older people, the class will be a gentle introduction to yoga, a slow paced class with the object of increasing mobility, flexibility and strength. Following the Iyengar Yoga method we can work with injuries and health conditions in a safe, methodical way. We will also look at ways to help relaxation. The postures can all be adapted using props and chairs where floor work is not possible so they are accessible to everyone.

The classes will be at 2pm to 3.15pm on Monday at the Village Hall, starting 10th October and the cost is £8. Contact details: Andrew on 478689 if you would like to discuss the classes or reserve a place.

Carol Wright. The Eulogy by Sarah Wright

Crème de menthe soufflé, pavlova made with homemade meringue, treacle tart, fruit salad, Christmas puddings of all sizes, crème caramel, lemon syllabub, trifle and rabbit shaped blancmange. And three tarts with different fillings: apple for me, rhubarb for Stephen and raspberry for Sarah. Who else do you know who would have done that?

Portion sizes were generous and second helpings compulsory. Have some cream with that, or ice cream. Have you got enough? You've hardly had anything, have some more. After dessert (and a fabulous and filling main course) there were cheese and biscuits, because we must still be hungry, cake – because we've only gained 7 pounds by this point. And chocolates; by now we are absolutely unable to move let alone do the top button of our trousers up.

Food features a lot in my memories of Nannie and my brother, sister and I remember (as do all our children) going to Heathside Farm on Saturday mornings and having the best, freshly baked sausage rolls, cheese faggots and apple puffs. The birthday barbeques were legendary, the sweet cupboard always well stocked and I found out the difference between tartare and tomato sauce following an ordering malfunction in a fish and chip shop in Yarmouth.

Nannie used to take us to Joyland along Yarmouth front and come on the snails with us. She also gave us a large bag of 2 p's to spend in the amusements with the strict warning that 'When it's gone, it's gone'. She trained as a nurse in Colchester and after qualifying hoped to be sent to work in an exciting and exotic place, but ironically, the girl who had hardly been out of Wenhaston was sent toHalesworth.

In her youth she was an accomplished high jumper and had a unique talent to 'walk' whilst bent over backwards in the crab position. Only a few people present will have had their hair brushed by Nannie and I can tell you that it was not for the faint hearted! The brush bristles were stiff, the pressure exerted was immense and there was no escaping the firm embrace.

Mum, Nannie, Great nannie or friend, However you knew her she was a marvellous person. She was always there and was always caring and supportive, the kindest person ever.

In the words of her favourite singer, Gentleman Jim Reeves:

**'I love you for a hundred thousand reasons,
But most of all I love you 'cause you're you...'**

Carol Wright

Carol's Mum and my Mum were Sisters. This enabled me to have the best cousin any man could wish for. Paying tribute to Carol's life of 90 years (all spent in Wenhashton) in a few paragraphs is impossible, so I simply offer a few personal reflections.

Carol's life was far from a bed of roses. Her beloved Jane died in 1970 in a car accident in which she herself was injured. At the age of 39 Paul died of a brain tumour, the same illness that had claimed her own Father and then in 2002, Carol spent many months in intensive care and whilst to everybody's delight she pulled through, she had limited mobility. In all these trials and sadnesses you heard no complaints; nor was there a hint of self-pity or bitterness. With gritty determination she pressed on with her life.

Home making and hospitality were her strengths, with her catering strengths to the fore. Many will bear witness to the lavish parties for birthdays and other special occasions, with her desserts to die for. My own family, with very few years missed, enjoyed Christmas day tea and evening with Carol and family in her three different homes for at least 60 years. Such was her determination that in recent years she baked despite having the use of only one hand but her speciality cheese faggots were as scrumptious as ever.

Carol took a very keen interest in the doings of Wenhashton folk and events, providing home baking and raffle prizes for many fund raising functions. Her remembrance of Wenhashton happenings throughout her long life was immense and on my fortnightly visits we had many a trip down memory lane.

I could go on, but I just say "Rest in Peace, dear cousin" after a long life filled with generosity of spirit made manifest in your care of your family as wife, mother, grandmother and great grandmother and in your warm welcome to a wide circle of friends. *Norman Hatcher*

Commons Conservation

Tuesday 11 October: Barry Norrington will lead a work party on Bickers Heath. Meet near the seat.

Tuesday 30 October: Jonathan Alder will lead a work party on Blackheath. Meet opposite Heathside Lodges.

Wenhaston WI Report for September

Art Box, exploring the imagination. This was the theme of the talk given to us by Helen Murray. She works with people with learning difficulties aged between 16 – 64 years. The Art Box is situated at The House on the Hill, Chediston. Their studio and gallery are both housed in converted farm buildings which sit in beautiful grounds.

The students are encouraged to create what interests them rather than be told what to do. Art as an activity is beneficial to mind health and wellbeing.

Certainly the art work that Helen had brought to show us was outstanding, from steam trains to the most intricate patterns, using the most stunning colours. Their outsider art is often exhibited along with traditional artists' work. At one such exhibition someone was heard to ask, 'Which paintings are done by proper artists?' As Helen said if it wasn't obvious then it was all 'proper' art.

One of the students has acute autism and has learnt many languages from the internet. The painting we saw of his was of twenty or more national flags all with the countries' names written in the relevant language underneath. It was a truly inspiring talk.

Next month we will be given a Flower demonstration by Kim Lacey.

Footpath walking

On Tuesday 4 October a morning walk will leave from Wenhaston Village Hall at 10am.

On Tuesday 18 October Louise and Andrew Cunningham will lead a walk round Orford. Meet at 10am in the car park opposite 'The Jolly Sailor', to which we hope to return for lunch.

For further information please contact *Heather Phillips 478545.*

Wenhaston Flower Club

Our annual coffee evening this year will be in aid of Cancer Research and will be held on Tuesday October 4th at 7 pm in Wenhaston Church Room. Entrance will be £2 and will include coffee and nibbles. There will be the usual stalls: cakes, grocery, produce, jewellery, books, bric-brac and a raffle. Gifts for any of these would be very welcome. Come and meet your friends and support a very good cause.

Ring Jean on 478317 for any further information.



Flower Club Charity Night
Tuesday October 4th 7.00pm
In the Church Rooms
Admission £2.00
Includes Tea/Coffee and nibbles.
Stalls and raffle
In aid of Cancer Research
Please Come and Support Us



The Wenhaston Village Hall 100 Club

We are delighted to announce the winners of the September draw.

- 1st prize Sue Morris (number 72) £33
- 2nd prize F. Draper (number 8) £20
- 3rd prize Rob Jelliff (number 82) £13

The cheque prizes will have been dropped through letterboxes by the time you read this, but it's never too late to sign up! A chance to win a prize costs just £1 a month - our accounting year starts in September so anyone wishing to join now, the fee is £11(that will be for the period to end August 2017) . There is a £50 bonus prize in December too! Please pay by cash or cheque, made payable to Wenhaston Village Hall 100 Club, and hand in, clearly marked with your name, in an envelope to Jane at the Post Office (thank you Jane for being our collecting person!) or either of the promoters, Kirsten West or Trish Gower. All enquiries please phone Trish on 478267.

Wenhaston Methodist Church

Sunday Services at 10.30am		Tuesday Meetings at 2.30pm	
2nd	Iris Baker	4th	Women's Fellowship
9th	Rev'd Don Nicholls		AGM
16th	At St Peter's	11th	Bible study
23rd	Revd Robert Soanes	18th	Women's Fellowship Suku Bailey
30th	Revd Robin Searles	25th	Bible Study
Saturday 1st October 9.30 - 11.00 am "Pray Awhile" on a come & go basis for prayer & meditation. ALL WELCOME AT ANY EVENT			

Wenhaston Methodist Church

We are aware that the small lay-by opposite the church is not our property. We are politely asking if those who park there during the week would be kind enough to leave it free for our Sunday Services at 10.30 am each week.

Blyth Valley Community First Responders (CFR)

The Community First Responder initiative is an important link in the response to medical emergencies co-ordinated by the East of England Ambulance Service (EEAS). Wenhaston is part of the Blyth Valley Group and needs to recruit community first responders to keep the initiative viable.

Full training is provided by the EEAS with monthly training sessions at Saxmundham Ambulance Station. If you are aged between 18 and 65 years of age and interested in assisting the community in this important role please contact Gus Jones (CFR Coordinator) 01502 478085 or email – gus5644@gmail.com *Gus Jones*

Wenhaston Mothers' Union

We all enjoyed the 'DIY' afternoon when members brought along their favourite book or poem, and we also discussed topical issues. On October 12th, one of our members, Beverley Boughtwood will discuss the therapeutic and comforting effects of massage. The meeting is at 2.30pm in the Church Room and all are welcome. At this meeting we will be collecting goods for the shoebox appeal. There is a choice of family or senior boxes. We will decide when we will actually fill the boxes at this meeting. Could each member bring along at least one shoe box, please.

The Waveney and Blyth MU Deanery Festival Service will take place on 20th October at St Mary's church, Halesworth at 2.30 pm. We shall take our banners and after the service there will be the usual tea. Also the MU sales stall will be there for members to buy their diaries, Christmas Cards etc.

Our leader, Margaret, is going into hospital on 20th September for an operation and our thoughts and prayers will go with her for a speedy recovery. *Margaret Bloomfield*

BLYTH WOODS COMMUNITY WOODLAND AGM

3RD NOVEMBER 2016

CHURCH ROOM 7PM

Come and hear our latest news

Business meeting followed by refreshments

WENHASTON VILLAGE HALL

TABLE TOP SALE

**No need to book - just come to the Hall at 9.30am to
set out your stall! £5 per table (provided)**

In aid of the Village Hall

Saturday 29th October

10am-12noon

**Produce, Cakes, Plants, Crafts, Jewellery,
Toys, Books, Clothes. *The Café will be open.*
COME ALONG AND PICK UP SOME BARGAINS!**

Want to know more?

*Phone... **Ann: 478085 or Christine: 478511***

Halesworth Annual Scarecrow Festival

The annual Scarecrow Festival in Halesworth is now in its 7th year, with local shops and businesses vying to produce the most eye catching and ingenious scarecrow. The Festival runs between Saturdays 22nd and 29th October and over 50 scarecrows will be displayed in the Thoroughfare, around the Market Place, in and past the church and back to Angel Link. It's up to the children of Halesworth and the surrounding villages to decide who will be crowned overall winner of the award of best scarecrow in town. There will also be a Treasure Hunt available for children. Selected shops will have letters hidden in their windows which put together make up words – this year's theme is Fairy Tales.

Wenhaston Warbler Wine

A few weeks ago we had some of Kathleen's relatives over from Ireland. After a good meal at the Star we walked back to home-made apple pie and trifle. As it was a special occasion I found a bottle of sweet wine to go with the puddings. As both the puddings were rich in fruit we had a sweet wine from just across the river from Sauternes in Bordeaux. Sauternes produces luscious sweet wines made from late-harvested semillon grapes infected by a fungus, *Botrytis cinerea*. This shrivels the grapes, concentrates the sugar and provides layers of interesting flavours without becoming cloying or sickly. Sweet wines are expensive to make because of low yields and (generally) high labour costs. Some Sauternes wines are very expensive indeed ! However, a little goes a long way since people are content to sip rather than gulp it down with their pudding. The bottle I produced was Chateau La Rame 2011 from St.-Croix-du-Mont, supplied by Majestic. It cost £12.99 for 50cl. (A good buy because most sweet wines are sold in half-bottles, 37.5 cl.)

A much cheaper, but good, alternative would be Moscatel de Valencia. This is made from the Spanish version of the Muscat grape and you can get a full-sized bottle (75cl) from Sainsbury's for a fiver, not as complex as the example above but grappily luscious and super with cooked fruits. Whatever you choose, chill well. *Bernard Orme*

Halesworth Dementia Support Project

Halesworth Dementia Support Project aims to enhance the quality of life of people living with dementia and their carers in the Halesworth area.

Alison Begley from Alzheimer's Society will be available for anyone to drop in and see her at Wenhaston Village Hall from 10.30am – 12.00pm on Wednesdays 28th September, 26th October and 23rd November. She will be available to answer questions relating to, amongst other topics, concerns about memory loss, what a diagnosis of dementia actually means and the support services available to anyone affected by dementia, with refreshments available from the village hall cafe.

For more information contact Alison on 07773 230339 or Jonny on 07860 912458 or email alison.begley@alzheimers.org.uk



WCG Visit to Fullers Mill Garden

On a pleasantly warm late summer's day a group of Wenhasston Commons Group work party volunteers visited the splendid Fullers Mill Garden at West Stow. The garden is owned by and has been designed over the past 50 years by

Bernard Tickner, a renowned botanist and supporter of wildlife initiatives in Suffolk. These include the Suffolk Wildlife Trust and Wenhasston Commons Group. In 2015 Bernard made a substantial donation to both groups to enhance the work carried out on Blackheath, Wenhasston. This will enable both conservation groups to carry out important renovation to improve the habitat for birds, butterflies and reptiles. Bernard, due to his long connections with Wenhasston, has a particular interest in the silver-studded blue butterfly which can be found on Blackheath. Weekly transects have confirmed the continued presence of the butterfly on the heath. Barry Norrington and Gus Jones provided Bernard with a full briefing on WCG activities and thanked him for his very generous legacy which enhances the work on the Wenhasston heathlands. Fullers Mill Garden is situated adjacent to the Lackford Lakes SWT reserve and straddles the River Lark which provides coolness whilst strolling amongst the varied sections of the garden. These include a wooded area and across the river the outer and inner quandaries containing rare plants from UK, Europe and further afield, including, the tulip sprengeri now extinct in the wild, arum lilies and the scent of the Mediterranean from the many southern European plants and flowers. All agreed it is a most wonderful garden to visit. By late afternoon it was time for tea and cakes in these tranquil surroundings whilst pondering the vital contribution Bernard Tickner has made to preserve this garden and enhance conservation throughout Suffolk, in particular, the commons and heaths of Wenhasston and the Suffolk Wildlife Trust. Gus Jones on behalf of the WCG committee and volunteers – thanks Ann Follows for her efficient organisation of the visit!

Flu Jabs

Dr. Castle and Partners will be holding their flu jab clinic in the Village Hall on Friday 14th October from 2.00 to 2.45 for patients of their practice.

Cyrilla Havard

the music of
County Clare
comes to Wenhaston

Eoghan

Blackie

Cyril

Neff

O'Connell

O'Donoghue



Fiddle

Uilleann
Pipes

Bouzouki
and Vocals

Wenhaston
Village Hall
Nr. Halesworth
SUFFOLK. IP19 9EP

A *unique* chance
to hear three of
County Clare's
finest traditional
musicians

Sunday 16th
October
7.30 – 10.30pm

Doors open 7pm ● Bar ● Tickets £15 ● Contact Richard Steward 01502 723 823