

The Benefice of Badwell & Walsham

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Tracey Gorzelak 01359 258529

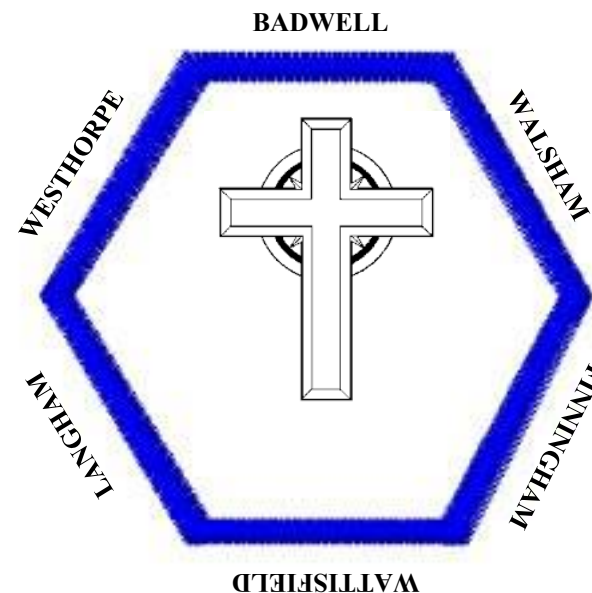
Please send your articles, jokes, fundraising event reports, puzzles, recipes and Church announcements for inclusion in this magazine (or anything else you fancy) to Debbie @ debbiewatson2916@gmail.com or ring 01359 259686

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**Last date for items for inclusion in the next issue is
Thursday 9th July 2020**

The Benefice of Badwell & Walsham



Hexagon
June - July 2020



Suffolk Sweep

**BUSINESS AS USUAL DURING
COVID 19**



FROM THE RECTORY

As I write this article in mid-May, it is to do so with our churches and Cathedrals across the country, of all denominations, still closed to all except the clergy. Judging by the communications I have received, along with conversations had with other Ordained colleagues, not to mention letters to the Church Times and the wider press, there is some disquiet and upset that such a decision to close was ever made. I suspect that the debate will continue long after the buildings have re-opened.

It is now anticipated, **but by no means certain**, that our churches, in line with the Governments Phase 3, will be allowed to open at some point during July for small weddings and funerals, along with individual private prayer during the same month. This should also allow for a broader relaxation of the constraints, and that it is anticipated will enable some sort of return to other public worship in our church buildings.

This will have to be subject to strict rules on social distancing; sitting in household groups two meters apart, cleaning and sanitising, along with restrictions on the use of books and singing. In a multi-parish benefice such as ours, consideration will have to be given to which churches we hold our services in. Until such time as our services do commence, live-streamed services, led by our Bishops and Cathedral staff, are still available daily on the 'A Church Near You' website for all our 6 churches; where our Deanery Secretary Jay Price and myself have put them since the beginning of the 'lockdown.'

If anybody would like access to other resources for personal worship then please do ask; and as I have stated on numerous occasions please do ring/e-mail if you believe I can support you in any way.

During these unprecedented times, communities up and down the country have pulled together, our own being no exception. Deeply kind and compassionate responses have made a genuine difference to everyone. People have supported those who are living alone or needing to shield a family member, sometimes meeting near neighbours for the first time. Stores, shops and agencies have responded to the challenge locally and in the wider community. Having seen a far greater increase in demand at the local foodbank, the supply of resources has still managed to keep pace, (see article elsewhere in the magazine). Whilst the daily work of our key workers, too many to list here, has been nothing short of magnificent.

cont'd>

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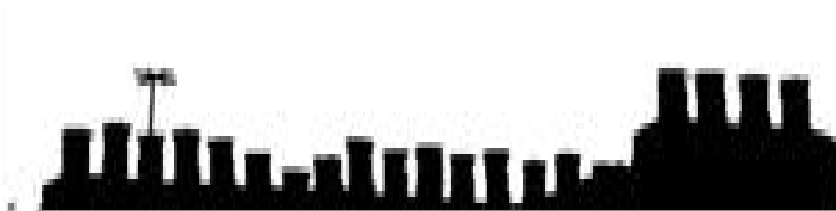
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As a person said on the TV this week; 'none of us can help everyone, but everyone can at least help someone.'

Perhaps as we enter the next chapter of this pandemic, it is not easy to predict how we respond to the unknown path that lies ahead. For those people shielding at home and their families, it will be hard as they are asked to stay in, while others are returning to work and getting out more. Financial realities will be stark for some families, especially as furloughing comes to an end and they find there is no job to return to. I hope that we all continue to travel together, noticing those around us struggling in whatever way; young and old alike. The coming months will continue to give opportunities for us all to support and be supported by our communities in many varied ways.

During May the Church celebrated the short Season of Rogationtide. It was the 17th century poet-priest George Herbert who said that Rogationtide should not only be about asking God's Blessing on the fields, but also about rekindling a sense of justice and a commitment to care for each other. I am sure the good priest would have been suitably overwhelmed by the commitment to care shown across our communities at this time.

Finally let us look to the future with renewed optimism. During May the Church also celebrated the Feast Day of the 14th/15th century spiritual writer and anchorite, Julian of Norwich, who famously said; 'All shall be well, and all shall be well and all manner of thing shall be well.'

Philip
Benefice Rector

HEXAGON ON-LINE

I am extremely grateful to our Editor Debbie Watson for producing this copy of the June/July Hexagon, along with Judith Harlow for her hard work in contacting advertisers and collecting up the advertisements, to all other contributors and to those organising the edition to appear on-line. There will be those within our communities who have no on-line facilities, please if you are able print off a copy and pass on to these people.

I have printed off and collated a limited number of Hexagons in the usual magazine format, if you know of anyone who may benefit from one of these please contact me and I will deliver.

Do also remember that the Walsham Observer, Badwell Broadsheet, and Finningham Newsletter are also be found on-line.

Philip

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IPSWICH AND SUFFOLK CREDIT UNION

The Parish of Walsham-le-Willows has joined with the Archbishop of Canterbury in his initiative to offer an alternative to Pay Day Loan Companies.

The Archbishop of Canterbury has endorsed and promotes Credit Unions nationwide. We had visits from the Ipswich and Suffolk Credit Union during the year 2014. As a result we now have two Walsham-le-Willows Parish members as Credit Union Representatives for anyone in the Benefice with any interests.

They are as follows:

Fred Bloomfield
1 Church View Cottage
The Causeway
Walsham-le-Willows
Bury St Edmunds IP31 3AB

Ann James
The Thumbit
Walsham-le-Willows
Bury St Edmunds IP31 3BT
Tel: 01359 259414

FROM THE REGISTERS

BAPTISMS

Layla-rose Louise Taylor	23 rd February 2020	Walsham
Charlotte Rose Harlow	7 th March 2020	Walsham
Jasper Humphrey Barber Harlow	7 th March 2020	Walsham

FUNERALS

Doreen Ellen Taylor	9 th January 2020	Westhorpe Burial
John Thomas Goodson	14 th January 2020	Westhorpe Burial
Derrick Pitt	17 th January 2020	Walsham Cremation
Mary Smith	7 th February 2020	Walsham Burial
John Morley Shrapnel	10 th March 2020	Wattisfield Cremation
John Robert Edwin Clarke	11 th March 2020	Langham Burial of Ashes
Joan Gosling	11 th March 2020	Westhorpe Burial
Heather Angeline Mary Wilkinson	26 th March 2020	Westhorpe Cremation

ST MARY'S CHURCH WALSHAM le WILLOWS

It is with regret that the Walsham le Willows Church Fete to be held this year at The Beeches on June 7th has had to be postponed.

However, the Church will instead this year be hosting a 'mini Christmas Market,' to be held within the church itself and in the adjacent Churchyard, on the afternoon/early evening of Saturday 5th December; social distancing permitting! It is hoped that the event will incorporate the annual switching on of the Christmas Tree lights in the Churchyard, along with the seasonal singing of carols.

Philip Benefice Rector

FOODBANKS

Our local foodbank at Stowmarket has understandably seen a marked increase in demand for foodstuffs, toiletries and basics. I know that they would always welcome any contributions, which I am happy to pass on, and am grateful to those who have already been doing so. In these difficult and unprecedented times there are those within our own communities who are suffering through the financial impact of our present pandemic; in light of this there is a small supply of basic foodstuffs kept at the Rectory in Walsham; for anybody in need please do ask me, or point people in my direction.

Philip



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BIBLE QUIZ

LET'S SEE HOW OBSERVANT YOU ARE.

There are names of sixteen (16) books of the Bible hidden in the paragraph below. See how many you can find. A preacher found 15 books in twenty minutes; it took him 3 weeks just to find the 16th one. Have fun!

“I once made a remark about the hidden books of the Bible. A certain Luke kept people looking so hard for facts, and for others, it was a revelation. Some were in a jam, especially since the names of the books were not capitalized, but the truth finally struck home to numbers of our readers. To others it was a job. We want it to be a most fascinating little moment for you. Yes, there will be some really easy ones to spot. Others may require judges to help find them. I will quickly admit it usually takes the preacher to find one of them, and there will be loud lamentations when it is found. A little lady says she brews a cup of tea so she can concentrate better. See how you will compete. Relax now, for there really are sixteen books of the Bible in this paragraph.”

LIST THE 16 BOOKS. HAPPY SEARCHING!!!
 (Clue - some words are found across 2 or more words)
 Answers on page 20

LENTON LUNCHES

A big thank you to the Lenton Lunch Hostesses and all who supported them.

Walsham le Willows lunch raised £184
 Finningham lunch raised £140

The Total of £324 was sent to WaterAid

Unfortunately the Lenton Lunches at Badwell Ash and Westhorpe had to be cancelled due to coronavirus.

Many thanks
 Margaret Miller



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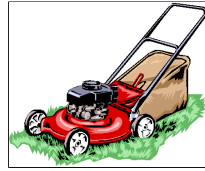
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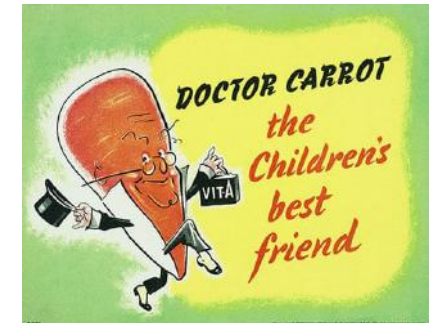
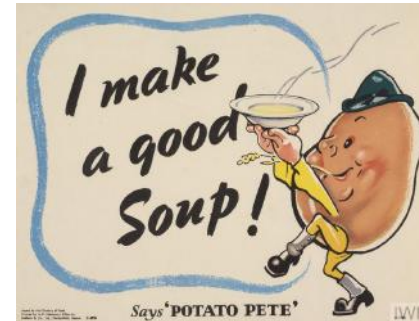
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WWII RATIONING

Rationing was introduced in 1940 because of difficulties importing food to Britain by boat during the war, to ensure everyone had their fair share and to prevent people stockpiling foodstuffs. Various essential and non-essential foods were rationed, such as clothes, furniture and fuel. Rationing of sweets and chocolate began on 26 July 1942. The process of de-rationing began in 1948, but made slow progress until 1953.

During the war, health experts from the Ministry of Food ensured that the British people had a balanced diet. Householders were told they were on the "Kitchen Front" and that they had a duty to use foods to their greatest advantage. The Ministry devised characters such as Potato Pete and Dr Carrot to put their message across.



The weekly ration for 1 adult was

- Bacon & Ham 4oz
- Meat to the value of 1 shilling and sixpence (around 1/2 lb minced beef)
- Butter 2oz
- Cheese 2oz
- Margarine 4oz
- Milk 3 pints
- Sugar 8oz
- Preserves 1lb every 2 months
- Tea 2oz
- Eggs 1 fresh egg per week
- Sweets 12oz every 4 weeks

Its hard to imagine how people managed with these restrictions for so long. Perhaps it is a good time to follow their example of make do and re-use.



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Music at St Mary's



The strange and challenging times of Coronavirus do not look as though they will end soon. The Anglican Bishop of London, the Rt Rev Sarah Mullally, announced today that there would be no early re-opening of churches, and I am not currently expecting Music at St Mary's to resume before Christmas at the earliest.

In the great scheme of current events, amateur music is unimportant. Even so, the loss of live music in the church is one small barometer of the disruption to the usual rhythm of life with its small local pleasures.

Although it is a great pleasure to make music in a group, every musician was already partly acclimatised to working in isolation prior to lockdown. There is no instrument that does not require hours of solitary practice; listening and optimising sound and tone, working on technique and tuning with scales and studies. Playing together is the reward we receive for the hours invested, and we will value it all the more once lockdown relaxes.

All the local orchestras and chamber groups are currently shut down - the Suffolk Sinfonia have cancelled two concerts, and rehearsals would normally begin for the November concert in September - by no means certain that such large gatherings will be allowed, or whether our audience would feel safe to come.

So have musicians given up the ghost? The answer of course is that like many other people we have been harnessing the technology to keep things working during lockdown. There's a slight delay on Zoom and similar programmes that means we can't play or perform in real time (the BBC uses a different system so they can achieve the bedroom jam sessions you see), but we have been sending round recordings to overtrack. We play and video our part while listening to the other parts on headphone. All the tracks can then be assembled to make a complete piece, with videos of the players. The Sinfonia have recorded the Pachelbel Canon in this way- it hasn't quite broken the internet, but over 2600 views and likes have been encouraging enough that we will shortly be releasing Nimrod. I have sent the Pachelbel to the concert mailing list, and if you would like to be added for future videos, contact me on matthew.lockyer@btinternet.com.

Con'd >



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Don't forget that you can also find numerous internet choirs, or even pick up
a long-neglected instrument again. I have been learning the penny whistle
(which, like the horn, is definitely better practised in isolation!)

There have been some really good orchestras doing the same thing, and
also some very good musicians reworking pieces for Covid-19. I have put
some links to get you started at the end.

I hope you continue to stay well, and that it will not be too long before we can
again enjoy music in the beautiful space of St Mary's.

Suffolk Sinfonia Pachelbel Canon;

[https://suffolkmusic.us12.list-manage.com/track/click?
u=5edb124ad7d65ab9b73092b7d&id=4132d60b6f&e=de900e75d9](https://suffolkmusic.us12.list-manage.com/track/click?u=5edb124ad7d65ab9b73092b7d&id=4132d60b6f&e=de900e75d9)

A professional orchestra showing us how it's done:

https://youtu.be/Sj4pE_bqRQI

Opera in the time of Covid:

<https://www.youtube.com/watch?v=uL52AuF4QzY>

A pre-Covid virtual choir by one of my favourite modern composers:

<https://www.youtube.com/watch?v=6WhWDCw3Mng>

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CHRISTIAN NAME QUIZ

The answers to the questions are all Christian names.

1	Unit of electrical inductance	26	Amazingly colourful
2	Plain-spoken	27	What light from yonder window?
3	Song thrush	28	City on the Arno
4	Former German currency	29	She's Busting Out All Over
5	Prizewinner	30	Watch chain
6	Browbeat	31	Manx capital
7	Merciful	32	Units of distance
8	Daily mixed up	33	Bucket?
9	Nottinghamshire town	34	Elegance of movement
10	Daybreak	35	Complete happiness
11	Red-nosed	36	American theatre award
12	Daphne du Maurier novel	37	Welsh port
13	Musical girl, twice refused	38	Odd couple Unger
14	Sharp knife?	39	Burns annually
15	Blackbird	40	Jug
16	Musical by Bart	41	Young marsupial
17	Berlin crossing	42	Wander about
18	Ultra	43	Occupation
19	Bizet's gypsy	44	Christmas hymn
20	Female palindrome	45	Wizard bird of prey
21	Saintly M & S	46	African Lake
22	European Lake	47	Citrus fruit
23	Road roundabout	48	Bill's capital soccer team
24	Dudley Moore film	49	Small Indian currency unit
25	Mountain Ash	50	April in Paris



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All clients are being offered **video or telephone consultations** for situations where a visit to the surgery might not be possible or essential. The vet will assess each situation individually and provide the safest solution for you and your pet. If following the consultation the vet does need to examine your pet, we will book you a drive-in appointment and ask that you call us on your arrival and one of our team will come out to collect your pet. For any emergencies we'll ask you to attend the practice immediately.

Services we are currently providing:-

- The treatment of ill pets
- Delivery of pet food
- Essential vaccinations
- Essential operations
- Supply of animal medicines and supplements
- Emergency services.

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In line with Government guidelines and support of our NHS colleagues we are using our resources such as PPE and medical supplies very carefully and limiting routine operations (such as neutering) to those that are considered essential after veterinary evaluation.

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con't>

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Self-Isolating Clients

For our elderly and vulnerable clients who are unable to leave the home, please call us to see how we may help you during this time.

Our NHS colleagues, carers and many others are fighting a difficult battle at this time and we are committed to supporting them in reducing the risks of COVID-19 spread.

We thank you for your co-operation in advance and for your support of our teams that are working under immense pressure in these difficult times to help keep your pets healthy.

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Three Good Things by Jan Dean

At the day's end I remember
three good things.

Apples maybe - their skin shine smell
and soft froth of juice

Water maybe - the pond in the park
dark and full of secret fish.

A mountain maybe - that I saw in a film,
or climbed last holiday,
and suddenly today it thundered up into a playground game.
Or else an owl - I heard an owl today,
and I made bread.

My head is full of all these things,
it's hard to choose just three.

I let remembering fill me up
with all good things
so that good things will overflow into my sleeping self

and in the morning
good things will be waiting
when I wake.

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Courgettes for Covid! Sunflowers help Social distancing!



Gardeners are by nature an inventive lot - we like to reduce, reuse and recycle our vegetable waste to make compost, recycle our yogurt pots and milk bottles to make seedling pots and labels, repurpose old pallets to make raised beds or tool stores, and now the Covid 19 lock down has set us the challenge of how we can find seeds to sow and plants to grow.

You can grow potatoes from shop bought potatoes for example – not usually recommended - but these are desperate times and potatoes will grow – as we see from peelings on the compost heap.

Shop bought garlic will also grow – planted in early spring for a period of chilling. Worth planting later to grow garlic flavoured leaves – cut and use like chives.

Spring onions can be coerced to root if placed in water and the planted out to create a fresh supply of spring onions.

Store cupboard seeds can be sown to create living herbs – coriander works well.

Chickpeas will grow in a warm sunny spot or greenhouse – dried peas make cheap pea shoots for salads.

Sweet potatoes are more of a challenge – cut a tuber in half and place cut edge down into water and leave in a warm place. After a few weeks the ‘eyes’ will start to sprout – just like an ordinary potato. These ‘slips’ as they are known then have to be rooted in water – and then planted out in a sunny spot or greenhouse – to romp away all summer and early autumn to hopefully produce a crop of sweet potatoes below the ground.

What about seed? Don’t despair if you seed packets are old. Many seeds will last for a lot longer than the date on the seed packets so it’s worth sowing old seed to see – you can sow a few on kitchen towel to see if they are viable.

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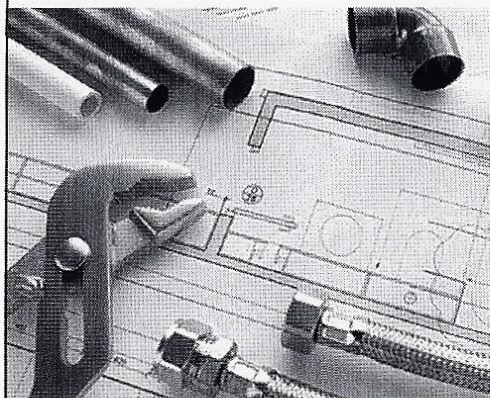


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Seeds will last better and longer if they are stored in a cool air tight container – not in a hot greenhouse or shed. As a general rule seeds should last:-

Vegetables	Germination Expectation
Beetroot and Chard	Up to 6 years, expect 50% Germination
Broccoli, Brussels sprouts, cabbage, cauliflower, kale, kohlrabi, swede and turnip.	At least five years will give full germination.
Runner beans, French beans and Broad beans.	Three years
Carrot	Three years
Lettuce	Seven years
Onion and leek	Three years
Parsnip	One Year
Peas	Three Years
Radish	Five Years
Spinach	Up to Five Years; expect 50% germination.
Squash, cucumber, melon	Five – Ten Years
Tomatoes	Six Years

If you do have a stash of seeds or have successfully grown too many plants - do share with neighbours.

We in Walsham have been sharing sunflower seed packets created by the children of Walsham Primary school – the hope is the front gardens will be a display of tall and short sunflowers – smiling over the fences at passers-by as they go on their social distancing walks each day.

“Courgettes for Covid” is the next rallying cry from Walsham allotments who will be sharing surplus courgette plants and others at the allotments – with donations going to NHS charities.



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COMMUNITY YOGA FOR HEALTH

Walsham Community Yoga for all will resume as soon as possible. In the meantime everyone who normally attends the sessions, do please keep practising wherever and whenever you can; you all know enough.

Julia x

Details from Julia (BWY) 07980476140

dunncliffej@hotmail.com

Walsham le Willows and District WI



The WI in Walsham is not “dead but sleepeth”! With meetings on hold we have had to develop other ways of keeping in touch. Our new Federation on-line newsletter ‘The Hive’ has now run to its third edition and is getting out to all our members thanks to Shirley and mostly the internet. Lots of cheering stuff in there.... (positively buzzing with it!).....recipes, reports, reviews and photos from our fellow Suffolk West WIs. We all await a re-awakening eventually with much to celebrate. Sadly our centenary events like Federation Outdoor Shakespeare performance and the visit of the London Welsh Choir are casualties of the lockdown as is this year’s National Federation meeting in The Albert Hall. Where possible events will be just postponed or re-scheduled to next year, so all is not lost. Any member with a query or just needing a chat is welcome to contact any committee member. They may not know the answer but will know someone who does!

Jeannie Bloomfield.

Eggless Fruit Cake

- 10oz self raising flour (or plain flour with 3 tsp of baking powder)
- 1 tsp mixed spice
- 1 level tsp of bicarbonate of soda
- Pinch salt
- ½ pint of tea
- 3oz margarine
- 3oz sugar
- 3oz dried fruit

Sift the flour, salt, bicarbonate of soda, baking powder and spice together into a bowl. Pour the tea into a saucepan and add the sugar, margarine and dried fruit.

Heat until the fat and sugar melt and simmer for 2-3 minutes stirring

Set aside to cool a little. Pour over flour mixture and beat well.

Spoon into a greased/floured 7 inch cake tin or loaf tin

Bake in the centre of oven at 180c for about an hour.

Leave to cool in the tin for a while before removing.

Have questions ...



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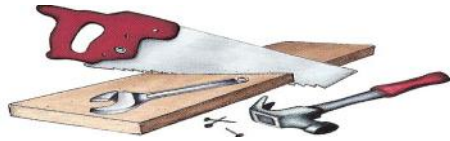
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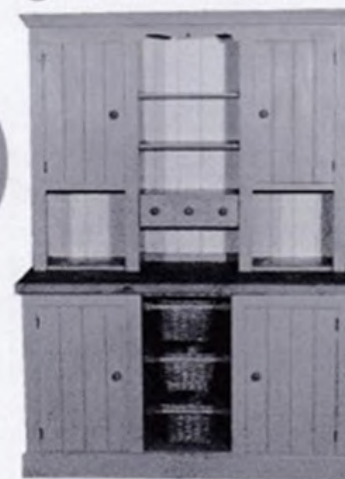
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