

The Benefice of Badwell & Walsham

Rector: Rev'd Philip Merry 01359 258806
07526 271784
(philipmerry@hotmail.co.uk)

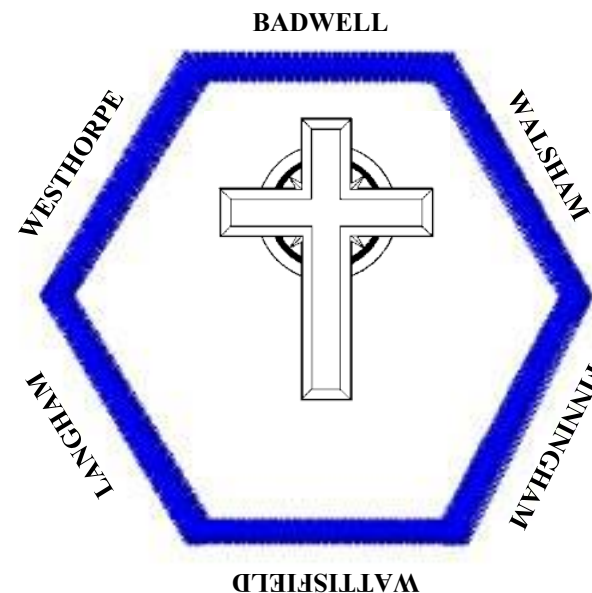
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(robsonpam@btinternet.com)

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Tracey Gorzelak 01359 258529

The Benefice of Badwell & Walsham



Hexagon
February – March 2021

HEXAGON

Please send your articles, jokes, fundraising event reports, puzzles, recipes and Church announcements for inclusion in this magazine to the Editor: Debbie @ debbiawatson2916@gmail.com or ring 01359 259686

COPY DEADLINE Last date for items for inclusion in the next issue is Fri **5th March 2021**

Advertise your fundraising or community event for free.

The Hexagon is delivered to over 1500 homes

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Advertising Rates

FULL PAGE	single issue £30	3 issues £60	6 issues £120
HALF PAGE	single issue £20	3 issues £40	6 issues £80
QUARTER PAGE	single issue £15	3 issues £30	6 issues £50

Contact Judith on 01359 258251 or judith@gharlow.plus.com

ALL ADVERTS ARE PLACED IN GOOD FAITH, HOWEVER WITH THE EVER CHANGING COVID 19 SITUATION PLEASE TELEPHONE OR CHECK ADVERTISERS' WEBSITES FOR THE LATEST UPDATES.

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CHURCH SERVICES

At the time of writing this, in early January, with the pandemic statistically at it's worse since the outbreak, I felt that it would be inappropriate to be delivering the Hexagon to over 1500 homes across 6 villages. As such you will in all probability be reading this edition on-line. Please do pass on to those who may not have access to technology; whilst there are a few printed copies in the church entrances, and also at the Rectory; which I am quite happy to deliver.

Our churches remain open for Communal Worship, but I understand that many across the Benefice will have a certain unease at entering our church buildings to be part of a congregation. My message is, please do not under any circumstances put yourselves at unnecessary risk if you feel uncomfortable with coming to services at the present time.

I have moved all services to the larger Walsham and Badwell Ash Churches; but with all the uncertainty I have not so far planned services for February/March. Nearer the time please see the church notice-boards or contact me directly. Lent begins in February, 3 days after St Valentines' Day, Mothering Sunday is in March, and by the time the next Hexagon is produced, we will be looking to the Season of Easter, by which time I am truly confident that much will have changed for the better. The Season of Easter with all its hope and assurance of new life.

Already there are a good number of Weddings booked across the Benefice this year, beginning in April. I am sure that for those brides and grooms, along with their families and friends, 2021 will be a year of great celebration.

Members of the churches have been asking for worship resources, and as such I have in this edition given the list of Sunday readings for the next two months, and am happy to pass on other resources if requested. I am also very happy to advise where on-line worship can be found.

Sadly Christmas services were not as we have come to expect, but services with a Christmas theme were able to take place in 5 of the churches. I am grateful to those men and women who formed small choirs across Walsham, Westhorpe and Finningham Churches, and to Mary our ever present organist.

cont'>

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With the absence of the Epiphany Singers this year, the celebration of that Festival was also somewhat muted; but I know the Singers are looking forward to next years' celebration; I have already 'booked' The Precentor at the Cathedral to come and speak.

Our communities continue to be real places of Community, pulling together to help one another. As such, the church in Walsham is open daily for anyone to place inside donations for the Benefice foodbank, or I will always collect. As I have made clear in the past, if Denise or I can help in any way, fetching/ carrying/prescriptions etc; please ask.

Every Blessing from 2021 from the Rectory.

Philip
Benefice Rector



FROM THE REGISTERS

FUNERALS

Peter Laurie Howlett	4 /9/2020	Burial of Ashes	Badwell Ash
Jennifer Ann Kay Hancock	9/9/2020	Burial	Walsham
Dennis George Waspe	19/9/2020	Cremation	Badwell Ash
Frederick Dilgy Pollard	3/12/2020	Burial	Walsham

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I am thankful.....

...for the taxes that I pay because it means I have an income

...for clearing up after a party because it means I have been surrounded by friends

...for the clothes that fit a little to snugly because it means I have enough to eat

...for a lawn that needs mowing, windows that need cleaning gutters that need fixing
because it means I have a home

...for all the complaining I hear about government because it means there is freedom
of speech

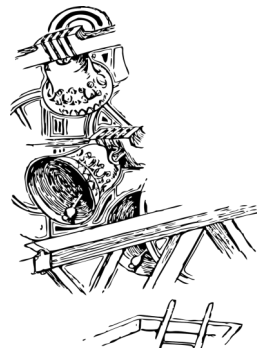
...for the spot I find at the end of a car park because it means I am capable of walking

...for my huge heating bill because it means that I am warm

...for the lady behind me in church who sings off key because it means that I can hear

...for the weariness and aching muscles at the end of each day because it means I
have been active

...for the alarm that goes off in the early morning hours because it means that I am
alive



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Readings for February

Sunday 7th Proverbs 8: 1, 22-31
Psalm 104: 26-end
Colossians 1: 15-20
John 1: 1-14

Sunday 14th 2 Kings 2: 1-12
Psalm 50: 1-6
2 Corinthians 4: 3-6
Mark 9: 2-9

Sunday 21st Genesis 9: 8-17
Psalm 25: 1-9
1 Peter 3: 18-end
Mark 1: 9-15

Sunday 28th Genesis 17: 1-7, 15-16
Psalm 22: 23-end
Romans 4: 13-end
Mark 8: 31-end

Readings for March

Sunday 7th Exodus 20:1-17
Psalm 19
1 Corinthians 1: 18-25
John 2: 13-22

Mothering Sunday

Sunday 14th Numbers 21: 4-9
Psalm 107: 1-22
Ephesians 2: 1-10
John 3: 14-21

Sunday 21st Jeremiah 31: 31-34
Psalm 51: 1-13
Hebrews 5: 5-10
John 12: 20-33

Palm Sunday

Sunday 28th Isaiah 50: 4-9
Psalm 31: 9-18
Philippians 2: 5-11
Mark 14 and 15

See Church Notice-boards for all of Daily Easter Services this week,
up to and including Easter Sunday.

Wattisfield URC Services

We will resume Sunday services as soon as possible.

If anyone needs help or to find out up to date information, or a
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ROBINS IN THE GARDEN

Garden wildlife expert Sean McMenemy of Ark Wildlife highlights how to attract and support robins in the garden this winter. Like many birds in the UK, the red-breasted robin is under threat this winter, with warnings of a 'perfect storm' of a La Nina event set to cause harsh cold spells, alongside disappearing hedgerow habitats and food sources.

A robin can use up to 10% of its body weight to keep warm on a single winter night, so unless it can feed well and replenish its reserves every day, a cold spell can prove fatal. Additionally, food sources are declining with the loss of 50% of our hedgerows since WWII, and continued mismanagement of the critical food sources for native birds.

During a cold winter up to half our garden birds can be lost to cold and hunger. Robins are particularly susceptible as they remain faithful to their gardens no matter what the weather. Putting out food, water and shelter for birds visiting your garden can make a big difference to survival rates.

There are several simple actions you can take to make your garden welcoming to robins, before the weather begins to turn too cold:

1. Put food out for robins; the best varieties are:
 - Mealworms and calcium worms, especially beneficial as they are insectivores
 - Fatty foods like suet pellets
 - Special high protein robin blends
 - Meaty kitchen scraps
 - Mild cheese
 - Cake and biscuit crumbs
 - Dried fruit
 - Peanuts (shredded or crushed)
2. Robins prefer to forage and feed off the ground. By placing a small tray of their favourite food close to a shrub, tree or preferred perch, you can encourage them to make your garden home and spend more time with you. If you're lucky, after a little time robins can quickly become confident in our presence, and feeding from the hand is not unknown!
3. Birds cluster together during very cold spells to share their warmth. They often use nest boxes as winter shelter, so put up suitable bird nest boxes in winter. These will be used as night roosting sites as well as places for nesting in the spring. Nest boxes should be placed at least 2m from dense vegetation in order to prevent surprise attacks from cats.

con'd>

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I'm looking forward to hearing from you.....



Caroline Morris: 07843 248 411
cdv_11@hotmail.com

Web address: pawfectmoments.co.uk
Facebook: Pawfect Moments Pet Care

<con'd

4. Place plenty of water sources in the garden. Bird tables make a big difference to the survival of robins in urban and suburban areas. As with any garden wildlife, it's also worth ensuring that your garden isn't too pristine or tidy – some wild undergrowth will encourage the proliferation of insects and help robins to find food.

5. Finally, lend your support for our hedgerow habitats - these contain hawthorn berries, rose hips, sloes and many other fruits in the autumn, and are a larder for birds and small mammals preparing for winter, as well as migratory birds that overwinter with us. Join the Great British Hedgerow Survey which health-checks the nation's hedges. After any hedgerow is surveyed, you will get instant results its health and bespoke advice about the best way to manage it.

PLASMA DONATION

We need people who've had coronavirus (COVID-19) to donate blood plasma to potentially help others.

How can you help, visit <https://www.nhsbt.nhs.uk/plasma-trial>

Please register your interest in donating plasma if you:

- * Have had coronavirus (either a positive test or systems)
- * Are over 17

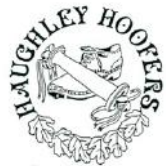
What Is Plasma?

Blood plasma is a yellowish liquid that makes up about half your blood volume. After a virus, your plasma contains antibodies that help fight infection.

A transfusion of plasma from someone who has recovered from coronavirus may help people who are still ill. Trials are underway to understand the effectiveness of this treatment. Donated plasma is being stored so that if the trials show benefits to patients, there are stocks ready to use at hospital around the country.

Donating Plasma

Some people will give a blood sample to check their antibody levels rather than donating straightaway. Donating takes about 45 minutes, and the whole visit including snacks and health checks takes around 1 hour 15 minutes. Your body quickly replaces the antibodies and plasma you donate so you may be able to give regularly and potentially help more people.



Haughley Hoofers North West Morris Dancers

*** COVID 19 ***

Our practice season has now finished and because of Covid -19 we have had to cancel all events for the summer. Depending on health advice, we hope to start our practice sessions again in September/October on Sunday evenings 7.30-9.30pm in Haughley Village Hall, near Stowmarket.

Ring Sue on 01449 766747 to find out more nearer the time.

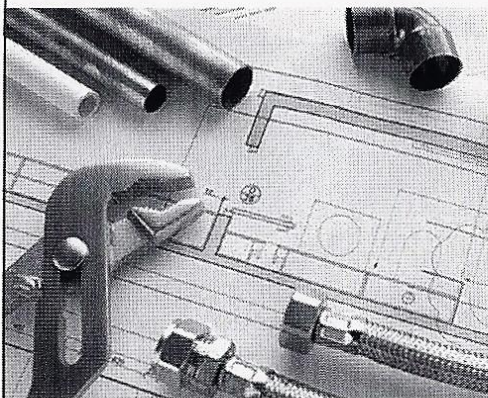
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Bury St Edmunds Women's Aid Centre

Bury St Edmunds Womens Aid Centre (the Refuge) was established in 1974 to provide safety and support for women and children experiencing Domestic Abuse. <http://burystedmundswomensaid.org.uk/>

Should any women, children and young people need any advice and support in relation to Domestic Abuse please find useful contact numbers and websites below.

The following helplines can offer telephone advice.

Bury St Edmunds Women's Aid – 01284 753085

National Domestic Violence Helpline – 0808 2000 247

The Mix (information and support for those under 25) – 0808 808 4994

If calling is not an option, online support may be safe and can be accessed through the National Women's Aid website. There is also an instant messaging service, which is available between the hours of 10am and 12pm.

For children and young people there are several websites that may be of use –

www.thehideout.org.uk
www.youngminds.org.uk
www.themix.org.uk

In an emergency please call 999

Jeannie Bloomfield Patron

WATTISFIELD COMMUNITY CENTRE

Although Wattisfield Village Hall and play area are currently closed, the recreation ground is still open for you to enjoy, relax and exercise – whether gently or energetically!

The committee sends you all best wishes to keep safe and well.

We are really looking forward to being able to get back together again.

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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

QUIZ

- 1.What did Sampson find inside the body of a dead lion?
- 2.Which country issued a \$100 billion bank note in 2008?
- 3.Which peer was known in Westminster as "The Prince of Darkness"?
- 4.Which biblical character has been played on stage by Philip Schofield, Donny Osmond and Jason Donovan?
- 5.Which comedian sang the theme tune to 'Dad's Army'?
- 6.Mojave and Negeve are both the names of what?
- 7.British soldiers were known as Tommies. What surname is associated with 'Tommy'?
- 8.How old was the Queen Mother when she died in 2002?
- 9.Who was 'The Tigress of Tiger Bay'?
- 10.Who created the character 'Budgie the Helicopter'?
- 12.How many arms does an octopus have?
- 12.What sort of creature is a Mandrill?
- 13.Who succeeded Moses as the leader of the Israelites?
- 14.In which book would you find the Admiral Benbow Inn?
- 15.What is the central colour of a rainbow?
- 16.Air Force One is the US President's official plane. What is Marine One?
- 17.Which coin was legal tender from 1971 to 1984?
- 18.What's the popular name for nitrous oxide?
- 19.What is 'paved with good intentions'?
- 20.What do Sumo wrestlers throw into the ring before a match?



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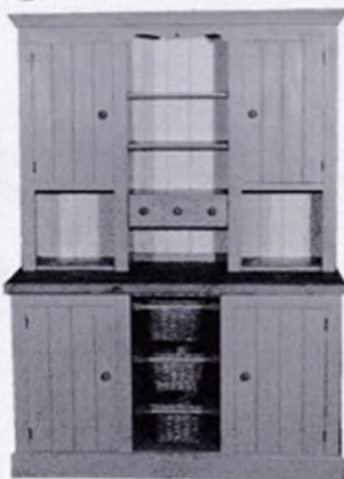
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Memorial Hall or contact us to arrange a collection.**

**If you're struggling for whatever reason please
contact us for some supplies. All contact will be
confidential so no one will know that you've asked.**

**To help, get involved or to discuss your needs please
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Also available on <https://www.suffolklibraries.co.uk/whats-on> you will find various activities from Tot Rock, Family Crafts and Activities. Exercise classes including Dance, Yoga, Pilates, Mindfulness, Getting Active in Suffolk and Where to Walk in Suffolk.

All are free on-line events.



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page and send me a message

Walsham le Willows and District WI



All our members received a surprise delivery of a Christmas Goody Bag put together by the W.I. Committee in recognition of members continuing loyalty throughout a difficult year. Most of the festive contents were swiftly demolished at least one household and everyone should look out for the handsome Suffolk West Centenary badges which will appear on all our collars! A talented 'elf' had created a spectacular Christmas table arrangement to go with each bag and there was also a hand- made greetings- card included for everyone.

It is sincerely to be hoped that regular meetings will become possible again in the spring but until then it is hoped members will join in to the Federation Zoom talks or to the National Denman programme of talks and classes available on line. It is all only a 'click' away! The WI Newsletter 'The Hive' is sent to every member with up to date information.

It is time for members to choose one of the five resolutions to go forward for debate in 2021. Please tell Jeannie or Pearl by January 15th of your choice.

Reminder: 1. Ovarian cancer awareness 2. Stop the premature coronary heart disease deaths in women 3. Stamp out racism and discrimination 4. Create wildlife friendly spaces 5. Stop the destruction of peat bogs.

Jill Newell



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Westhorpe Village Hall is a Covid Secure venue which is available for hire. Activities which have restarted include art club, craft group, film night, singing for fun and yoga.

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LET'S TURN JANUARY BLUES TURN INTO JANUARY GREENS....

Whilst our spirits may be blue with the dark mornings and frozen grey days, a green light is really at the end of the tunnel; January is a great time to plan what vegetables to grow this year. If you started growing vegetables for the first time during lock down last year – the new lock down is a great time to plan for this year's vegetable growing.

Not got a veg patch? Could you squeeze one into your garden? Vegetables need a lot of sun so look for the sunniest spot in your garden. You don't have to lift up the grass – simply cover it with cardboard laid flat on the ground – this will cut out the light and the grass will rot down. Add a thick layer of homemade compost (or a few bags of soil conditioner or mushroom compost from the garden centre). You can then sow and plant direct into this organic layer this year. In a few months' time, the cardboard and grass will have rotted away and you will have great depth of soil. No need to dig over – simply add more compost.

Raised beds are one way of making gardening easier. The soil is lifted up above ground level, making easier to reach in and work with hand tools. The soil in raised beds warms up quickly in the spring. The beds can be made with recycled timber such as scaffolding boards or pallets but remember to line them with plastic to prolong their life, and paint the outside to stop them weathering. The width of the beds is best determined by how far you can reach in from each side, so you are not tempted to stand on the beds – this usually amounts to about 1m 0 1.2m wide. Don't be tempted to make the beds too high, as you will then find you need a lot of soil to fill the beds up and this is costly. Another disadvantage of taller raised beds is the soil dries out quickly.

I made a new raised bed on the allotment out of willow prunings woven in and out of stakes. I added with lots of turf that I lifted from my garden, when I created a new flowerbed at home. I also had lots of prunings, leaves and other compostable material, which I threw into the bottom of the raised bed first, then put the turf on top. I added a layer of homemade compost. Finally, I added a woven plastic membrane, cut holes every 60cms and planted young pumpkins into this. This year – the turf, compost and prunings have all rotted down well to create good soil. Now I have planted strawberries into the membrane.

cont>



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No order to small

<cont

What to grow vegetables wise can be a simple choice of what you like to eat, but choosing easy to grow crops at first will help you gain confidence. Often people say grow crops that are expensive to buy, but I still like to grow my own onions, a relatively cheap to buy crop – mainly as they are one of the easiest crops to grow. I buy onion 'sets' in the spring, these are baby onions that were grow last year from seed, but harvested when they were tiny bulbs (about the size of a maltezer) and then lifted and stored in a cold store. Gardeners then plant out these small onion sets in spring – simply fattening them up in their second year to form the fat round onions. Red onion sets are a good choice in that you can cook with them or eat them raw in salads.

Salad leaves are also an easy crop and will give you fresh crunchy salad through spring to autumn. You can grow a variety of leaves from traditional lettuce, to spicy mustard and rockets. The mixed seed packets are best to try out different flavours, much tastier than the salad bags you buy that are grown in greenhouses, and you will definitely save money.

Another crop to start in spring is beetroot – versatile in that you can eat its leaves as well as waiting for its swollen root later on. It is easy to grow and you can eat it over a long period, staying fresh in the ground. Birds can be partial to its leaves at seedling stage so cover up with a netting tunnel or deter them with a twiggy umbrella.

Happy planning!



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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.

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

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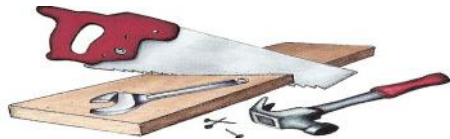
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