

*The Benefice of Badwell & Walsham*

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

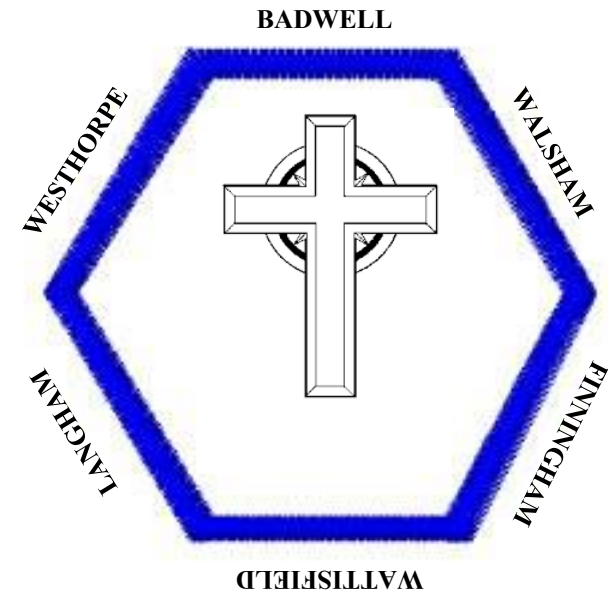
**Retired Priest :** Rev'd Pamela Robson 01359 269278  
(robsonpam@btinternet.com)

**Benefice Readers:** Ian Jackson 01449 781392  
**Reader Emeritus:** Freddie Montgomery

**Benefice Elders:** Marion Bell 01449 782072  
Denise Merry 01359 258806  
Jill Scarfe 01359 258849  
Andrew Strickland 01449 781487

**Benefice Safeguarding Officer:**  
Tracey Gorzelak 01359 258529

*The Benefice of  
Badwell & Walsham*



*Hexagon*

*April - May 2022*

## HEXAGON

Please send your articles, jokes, fundraising event reports, puzzles, recipes and Church announcements for inclusion in this magazine to the Editor: Debbie on 01359 259686 or [debbiewatson2916@gmail.com](mailto:debbiewatson2916@gmail.com)

**COPY DEADLINE** Last date for items for inclusion in the next issue is  
Fri **6th May 2022**

Advertise your fundraising or community event for free.

The Hexagon is delivered to over 1500 homes

Advertise your local business here.

### 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](mailto:judith@gharlow.plus.com)

### PRIORY ROOMS, WALSHAM-LE-WILLOWS

The Priory Rooms in Walsham are available to hire for private functions.

For bookings or further information please contact  
John Boulter

Tel: 07908 010555 or Email: [johnboulter@yahoo.com](mailto:johnboulter@yahoo.com)

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## **EASTER**

The date for when Easter falls is usually either described as 'early' or as being 'late.' This is due to the fact that Easter, unlike say Christmas, is a moveable Feast Day. The earliest it can fall is the 22nd March, and the latest the 25<sup>th</sup> April. Therefore, we may well describe Easter this year as being 'late,' in view of Easter Sunday falling upon the 17<sup>th</sup> April.

The date for celebrating Easter varied considerably for a number of centuries and was not universally resolved until the 7<sup>th</sup> Century. For Western Christians the date is set as the first Sunday after the Full Moon from the 21<sup>st</sup> March; such a reference having its roots in the Passover Festival in the Bible's Old Testament. Once Easter Sunday is identified the rest of the Christian Year falls into place; Palm Sunday, Pentecost, Trinity, Ascension Day....

Although the exact date when Easter was first celebrated is not entirely sure, Easter is certainly a far older Feast Day than Christmas. What is certain is that the proclamation 'Jesus is Risen,' has been central to Christianity from the time of the first Christian disciples; had there been no first Easter Sunday, then we would have no Christianity.

Equally it is uncertain when the symbolism of eggs and rabbits were associated with Easter, although such images at Easter are very ancient. Eggs and rabbits are thought to be symbolic of new life at springtime, and Easter is the celebration of Jesus' resurrection and the new life or fresh start that people receive when they become Christians. Churches use Easter Day to praise God for raising Jesus from the dead, and to remember



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No order too small

<cont

Christian martyrs down the centuries, whilst at the same time baptising new converts to the Christian faith. This Easter the churches will especially remember all the people of Ukraine.

During Holy Week which commences with Palm Sunday on the 10<sup>th</sup> April, there are a variety of services across the Benefice each day; traditional Holy Communion, contemplative Compline, Good Friday meditation, along with an Easter egg hunt and Good Friday coffee morning with crafts; please see elsewhere in the Magazine.

As we prepare to celebrate Easter, and enjoy once again all the verdant signs of Spring in our gardens and hedgerows, we too can be reassured of the hope of new life through the resurrection of Jesus Christ. During this Lent and Easter Season I pray that we all find the hope and promise which the new life and joy of Easter, through the Resurrection of the Our Lord Jesus Christ, affords us all.

Philip and Denise  
Benefice Priest

### **GOOD FRIDAY - Social Get Together**

On Friday 15<sup>th</sup> April – Good Friday – **10.00-12.00** there will be refreshments in the Priory Room for all-ages, and an opportunity for craft work. All are most welcome for simply a chance to have a cuppa, a hot cross bun and chat with friends.



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## COMMUNITY YOGA FOR HEALTH

Walsham Community Yoga on Thursdays  
 in the **Priory Room** from 7.15 to 9.15pm.

This will be in adherence to COVID social distancing regulations.

Newcomers always welcome and no experience required

Please contact Julia (British Wheel of Yoga) 07980476140

dunncliffej@hotmail.com

## FROM THE REGISTERS

### BAPTISMS

Florence Alice Spink      2/1/22      Walsham

### FUNERALS

Roger Harvey	21/1/22	Cremation	Walsham
Rosamunde Elaine Withers	28/1/22	Cremation	Walsham
Robert Alexander Warby	15/2/22	Burial	Walsham
Jennifer Elizabeth Patterson	17/2/22	Burial	Walsham
Eileen Lydia Birbeck	19/2/22	Burial of Ashes	Langham
Beryl Mary Allen	24/2/22	Cremation	Finningham

## CHRISTIAN AID

There will be a service of Holy Communion on Wednesday 18<sup>th</sup> May in St Mary's Church Walsham le Willows, followed by refreshments and a 'bring and buy' sale, of which monies raised will go to Christian Aid. All are welcome to either or both.

## ART EXHIBITION BADWELL ASH

On the Weekend of 28<sup>th</sup> and 29<sup>th</sup> May St Mary's Church Badwell Ash will be hosting an Art Exhibition with exhibits for sale; in aid of church funds. There will be a tombola and refreshments. All are very welcome; 10.00 – 3.30 both days.



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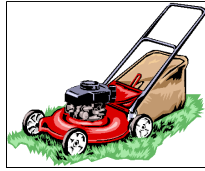
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**FOODBANK WALSHAM le WILLOWS**

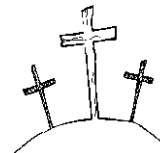
As well as receiving donations inside St Mary's Church Walsham, there are now 'baskets' inside the churches of Finningham, Westhorpe and Wattisfield (St Margarets) in which donations for the Benefice foodbank can be placed. They are emptied on a regular basis and given to the Community Council in Walsham who kindly are the organisers for distribution. Long life, tinned food and hygiene products all gratefully received.

**Good Friday (15th April)**

**United service in Wattisfield**

(St Margaret's and the URC)

Led by Jo Patel



**10am:** Walk of Witness from St Margaret's Church  
up the hill to the URC

**10.30am:** Service of meditation at the URC

++++++

This will be the first Good Friday service we have been able to hold since 2019 and we invite everyone to join us for a time of quiet reflection and worship. You are welcome just to join those on the walk or to go straight to the URC and wait in the warm for the service at 10.30am.

++++++

**(Please note altered times from previous years)**

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### Community help needed

We need volunteers for half The Street and The Oaks in Wattisfield to distribute the Hexagon six times a year. Please contact Irene Gumm – 01359 251221.

A Big Thank You to Mike Newman for his service to the community and we wish you and the family well in your new home.

### WATTISFIELD COMMUNITY CENTRE

Now that COVID restrictions have been lifted, Wattisfield Village Hall is hoping to start running its regular classes.

Anyone wishing to hire the hall or for further information please visit [www.wattisfield.org.uk](http://www.wattisfield.org.uk) or Email: [wattisfieldcc@gmail.com](mailto:wattisfieldcc@gmail.com)

### \*\*\*\*\* GISLINGHAM PLAYGROUP \*\*\*\*\*



We provide a safe, warm friendly and caring setting for children aged 2-5 years, in a brand new purpose-built building on the same site as Gislingham CEVP School, with whom we work closely to provide an excellent education.

Breakfast Club 8.00am – 8.45am  
Morning 8.45am to 11.45 am, Lunch Club 11.45am to 12.45pm  
Afternoon 12.45pm to 3.45pm

*“The well-qualified staff have a good knowledge of how children learn. They carefully organise the indoor and outdoor learning environment so that children enjoy free access to a wide range of toys and resources”  
Ofsted December 2015*

Please visit our website [www.gislinghamplaygroup.com](http://www.gislinghamplaygroup.com) or phone us on 01379 788934

### FINNINGHAM 3C'S COFFEE MORNINGS

Thank you for coming to join us at the Coffee, Craft and Chat mornings. Over the last few months, the following charities have benefitted from your kind support:

St Bartholomew's church - £106  
The Royal British Legion - £76.80  
Crisis at Christmas - £100  
Home-Start, Suffolk - £55  
Walsham le Willows Food Bank - £108.50

After our next coffee morning on Saturday 9<sup>th</sup> April, we are taking a short break. In the meantime, the Rural Coffee Caravan will be visiting Finningham on the second Tuesday of the month, so please come and support them.

Thanks again,  
Ali and Margaret

## THE MAPLE GARDENER AND LANDSCAPE

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### GENERAL GARDEN MAINTENANCE

Hedges, borders prepared, dig over, mulching, planting e.t.c.

**CLEARANCE** strimming, small trees removed e.t.c.

### FENCING

**HARD SCAPING** removal of soil/re-levelling e.t.c.

**PATIOS** all shapes, sizes, small walls, brick pattern paths

### PLANTING PLANS & GARDEN DESIGNS

**PONDS** created from scratch, re lined, cleared out, worked

**TREE WORK** lopping, re shapeing etc

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# BADWELL ASH EASTER EGG HUNT

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STEPHEN ON 07714273669.

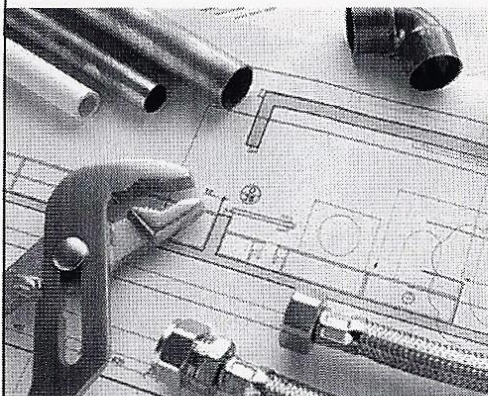


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## Transport Needed?

The **Rickingham & District Community Bus** is available for hire to readers of this publication. Typical journeys include - shopping trips, health centre visits, dentist, optician, chiropodist, hospital appointments and visits.

The bus is also available for visiting friends and relatives, in fact pretty well anything you need. Door to door service, any help a pleasure. Wheelchairs no problem.

Please telephone Gordon on 01379 897 109 (24/7 ansaphone).



Many thanks for all the donations given to the Community Transport Bus fundraising during the year 2021 we are pleased to announce we raised £650.

Donations of Bric-a-brac, clothing, shoes, belts, jewellery and handbags can be left at:

The Corner Bungalow,  
Hinderclay Road,  
Wattisfield IP22 1NF

or telephone 01359 251221 for collection.

Many thanks

Linda Dyer & Irene Gumm

# Pawfect Moments

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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



**St. Andrew's Church, Sapiston**  
**IP31 1SA**

## **Easter Monday Concert**

**Monday 18<sup>th</sup> April 2022 - 2.30pm**



*This is the first opportunity to hear the rare 1774 Argent Chamber Organ, rebuilt and played by Grant Vicat, accompanied by vocal and instrumental soloists.*

**FREE ENTRY**

**Retiring Collection for the Churches Conservation Trust**

For more information please contact gilesmith@waitrose.com



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After all that lockdown cooking, do you feel like some exercise?

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New dancers and musicians welcome (portable acoustic instruments).

Our practice sessions are on Sunday evenings 7 - 8.30pm in Haughley, near Stowmarket

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(North West Morris is one of the oldest forms of street dance, originally performed in the street processions of the Lancashire and Cheshire textile towns. In summer we dance at festivals, fetes, shows, pubs – and the street!)

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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  
Tel: 01359 258 596  
E:mail: [bloomfield644@btinternet.com](mailto:bloomfield644@btinternet.com)

Ann James  
The Thumbit  
Walsham-le-Willows  
Bury St Edmunds IP31 3BT  
Tel: 01359 259414  
E:mail: [thumbit@tecova.com](mailto:thumbit@tecova.com)

### MUSIC IN ST MARY'S WALSHAM

**Wednesday 13<sup>th</sup> April:** A Lunch time Recital by Yalda Davies on cello and Andrew Leach on Piano. 12:15 – 1:00pm. Refreshments afterwards. Free entry, retiring collection.

**Saturday 25<sup>th</sup> June:** Octave in the church in the evening. Refreshments during the interval.

Future Events: Neil Carlson is intending to give a Lunch time Recital on oboe and piano on Tuesday 13<sup>th</sup> September.

**Also St Margaret's Church Wattisfield: Saturday July 9<sup>th</sup> at 7.00pm.** A concert by Shingle Street, the Suffolk folk band, refreshments at the end



### WALSHAM LE WILLOWS SPORTS CLUB

Walsham Sports Club in Summer Road is a thriving local community facility offering sporting/exercise opportunities to everyone.

#### Regular Weekly Activities

Walking Netball Tuesday 10 – 11am & Thursday 6 -7pm  
Indoor Carpet Bowls Wednesdays 2.30 – 4.30 pm  
Senior Football (over 40's) Monday 8 – 9 pm  
Senior Football (over 50's) Tuesday 2-3pm  
Walking Football Thursdays 2-3pm  
Yoga Thursday 1.15- 2.15pm  
Cardio Tennis Friday 12 – 1pm



#### Social Events April / May 2022

Sunday 10<sup>th</sup> & 24<sup>th</sup> April, 8<sup>th</sup> & 22<sup>nd</sup> May CASH BINGO 7pm start  
Friday 6 May SOCIAL RUN 6.45pm start from sports club, choice of 3,4 or 5 mile route around village, fully marshalled route  
Friday 6<sup>th</sup> May LIVE MUSIC with Jo Manning 6.30pm start  
Saturday 14<sup>th</sup> May Charity 90/10 DARTS TOURNAMENT  
Friday 27<sup>th</sup> May LIVE MUSIC with Chris Jolly 6.30-m start

For further information and to check for any at/time changes for events please visit our website <https://walshamsportsclub.co.uk> or contact Jan 07874898825.

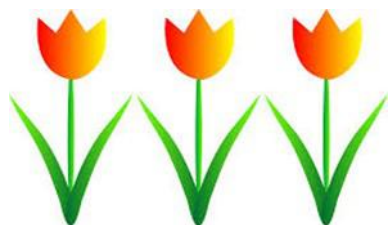
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## Live Music at Westhorpe Village Hall Saturday, 8<sup>th</sup> April, 2022 at 8.00 pm

The programme features singer/guitarist **Rob Shave** followed by rock n roll band, **Nutz'nBoltz** with music from 60s, 70s and 80s

Tables available – bring your own drinks and nibbles

An evening of fun and toe-tapping, feel-good music!

To reserve your ticket, price £8.00, call Rosemary Mees on 01449 780394 / 07539 711614. Money payable at the door on the night.

**In aid of St Margaret's, Westhorpe Bell Restoration Appeal**

## Beginners Guitar

Ricky Wilkinson MBE [ricky5844@aol.com](mailto:ricky5844@aol.com)

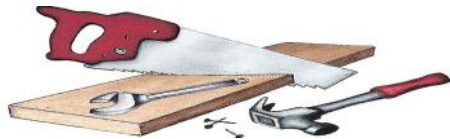
Learning Folk Guitar for children year 2 and up.



Hi. My name is Ricky Wilkinson and I live in Westhorpe. Until lockdown I was teaching guitar in Guildhall Feoffment Primary School in Bury St Edmunds. I also run Phoenix Children's Folk Group based in Bury St Edmunds. Members learn to play and sing plugged in to our sound system for charities, festivals and various concerts.

In Folk Guitar children learn songs to sing accompanied by a variety of plucks and strums on guitar to enable them to perform solo or in a group. My Phoenix group performed all the music for Langham Church Carol Service last Christmas on 12<sup>th</sup> December 2021.

If you know a child who would like to learn to play guitar and sing so they can perform, please email me for further details. I can give private lessons in your home or if there are 6 or more wishing to learn I can use Westhorpe village hall at a suitable time after school which would be much cheaper than individual private lessons. I am DBS checked to teach guitar and run the Phoenix group. Parents are always welcome to stay and watch.



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## St Bartholomew's Church Finningham FLOWER FESTIVAL

### HOBBIES

Saturday 30 April	2.00 – 6.00
Sunday 1 May	11.00 – 6.00
Monday 2 May	11.00 – 6.00

### PRODUCE STALLS

Plants - Cakes - Sweets - Jam  
& all things 'Garden'

### REFRESHMENTS

Tea - Coffee - Cream Teas  
with home made cakes and scones

Songs of Praise - 1 May 6.00 pm



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## WALSHAM History Group

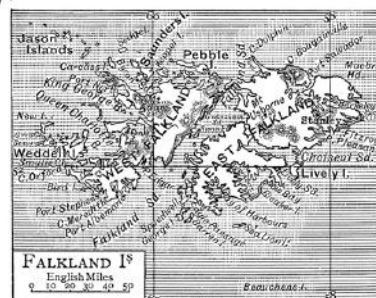
THE FALKLANDS WAR  
40 YEARS ON  
history, events and aftermath

A talk by  
WING COMMANDER  
ANDREW GRAY

Wednesday 27th April 2022 at 7.30pm

Memorial Victory Hall, Walsham-le-Willows

All Welcome



## Community Council Food Bank



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## QUEENS JUBILEE TORCH RELAY SUFFOLK

The Festival of Suffolk is having a Torch Relay, carried on its journey in May by selected community torch bearers riding on a rickshaw. The symbolic torch will tour the county from Fri 13 May 22 to Wed 1 Jun 22 to herald the start of the Festival of Suffolk and the celebrations to mark HM the Queen's Platinum Jubilee.

Suggested local heroes will be nominated by their community and it is hoped that all the towns and villages take the opportunity to celebrate and welcome the torch as it transits through their community. The torch begins its journey on the county boundary at Brandon and then passes through 250 towns and villages, a distance of over 550 miles before reaching its final destination at the Suffolk Show in Ipswich.

Communities across Suffolk are invited to nominate worthy individuals to carry the torch. These could include local heroes or notable characters chosen in recognition for their service to the community. Most torch bearers will sit in the rickshaw and so it is suitable for all ages and all abilities.

The Rickshaw should pass through Badwell Ash and Walsham Le Willows on 23 May then progress on 24 May from Walsham Le Willows through Wattisfield and Finningham. Full details of the route can be found on <https://www.festivalofsuffolk.org/all-events/torch-relay>





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**Community Lunch** 12.45 pm (second Monday of each month)

Contact : Shirley White tel 01359 258532

**Fit Steps Class** Monday ( weekly) 6.30 - 7.30pm.

Contact : Jodie Danielle tel 07885551562

Email [jodiedanielletraining@outlook.com](mailto:jodiedanielletraining@outlook.com)

**Pilates Class** Tuesday (weekly) 1.30 - 2.30pm.

Contact : Lara Pepper tel 07974142240

email [contact@larapepper.com](mailto:contact@larapepper.com)

**Pilates Classes** Wednesday (weekly) 9.15-10.15am and 10.30-11.30am

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## UNUSUAL PERENNIALS VEGETABLES

If you are bored of growing ordinary vegetables why not try something different. There is a growing trend for “forest gardening” – this is growing plants in a framework similar to a forest – with a canopy layer of trees, an understorey of shrubs and herbaceous plants and a ground layer of low growing plants. These plants are all perennials- so once planted will live for several years and so give a harvest each year.

Here is a list of edible herbaceous perennial plants that could be part of your ornamental garden as well as your vegetable garden:

1. Sea beat (*Beta vulgaris* subs *maritima*) is a seaside plant that resembles spinach and beetroot leaves eat the young shoots in spring and the leaves can be eaten all year. Use leaves like spinach lightly steam or boil leaves, Pinch out flowering shoots to encourage leaf production.
2. King’s Spear (*Asphodeline lutea*) – is a clump forming herbaceous perennial from south Europe usually grown as an ornamental plant. Harvest young shoots, in late summer, autumn and in winter and spring. Shoots can be eaten like asparagus. The flowers are sweet and used in salads. Roots can also be eaten harvested in the autumn and winter. They have a nutty flavour.
3. Cardoons are large grey leaved Mediterranean evergreen perennial thistle like plants with tall flowering stems; each leaf reaching 80cms tall and flowering stem, up to 2m. (*Cynara cardunculus*) Harvest leaf ribs and stalks from mature leaves. The ribs have some bitterness but the leaf stalks can be blanched. Boil the leaf ribs and stalks then peel before eating. They have a celery like flavour, Cardoon sticks go well with eggs and cheese. You can also eat immature flower heads when boiled, they are like globe artichokes. Cardoon roots are also edible.
4. Lovage (*Levisticum officinale*) an herbaceous perennial with young leaves that have a yeasty flavour.
5. Ostrich fern (*Matteuccia struthiopteris*) this is a hardy fern from Northern hemisphere. It spreads by rhizomes each plant reaching 1.5m tall and 60cms wide. You can eat the young curled shoots called fiddleheads - boil them for 15minutes they have a flavour that is a cross between asparagus and broccoli.
6. Fuki (*Petasites japonica*) – Large leaved herbaceous perennial you can eat the stalks like rhubarb. Cook the stems then peel them.
7. Solomon’s Seal (*Polygonatum sp.*) this is usually grown as an ornamental plant with attractive pinnate leaves and white drop like flowers. You can eat the young shoots like asparagus.
8. Sweet Cicely (*Myrrhis odorata*) this is a native to Northern Britain, It has aniseed flavoured leaves and shoots and roots but best to eat the seeds.

Have questions ...



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## SPRING

Longer days? Check. Warmer weather? ... Spring is on the horizon, so get ready for the change in the seasons by familiarising yourself with spring highlights from wildlife.

**Frogs and Toads** One of the most familiar signs of spring is the appearance of jelly-like spawn in ponds. In spring, frogs and toads emerge and begin to spawn following hibernation. Frog spawn is easily differentiated from toad spawn because it appears in large balls or clumps, whereas toad spawn is found in long chains attached to plants and weeds. Male frogs will return to the same pond in which they matured and will continue to return to the same spot for the rest of their lives. If you'd like frogs to keep returning to your pond each year, make sure you keep a small gap or hole in fences so that they can access your garden.

While immense balls of spawn may make a pond seem overcrowded – as much of 90% of tadpoles are being lost to predators – the actual number of eggs that survive to adulthood will be a fraction of the spawn you see. It takes 13-16 weeks for tadpoles to mature and, as spring progresses into summer, tiny froglets can be found leaving the pond around June. That said, there is evidence that frogs and toads are breeding earlier, which could be due to milder weather in winter months, so spawn can appear in the pond as early as February.

**Bumblebees** The first bumblebees start to return in March and these will be queens who have survived the winter months and are in search of spring flowers. *Bombus terrestris*, the buff-tailed bumblebee queen, is the largest UK species and is usually the first bee to emerge. This is the first stage of the bumblebee lifecycle as the queen feeds and begins to search for a suitable nesting site such as a hole in the ground, bird box or even under garden sheds. She will lay her first clutch of eggs and these will become the female worker bees. The larvae are fed by the queen so throughout spring you will see queen bumblebees busily collecting pollen to feed their growing workers, who will emerge as adults in the summer.

cont>




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**Butterflies** As spring brings out the warmer weather butterflies begin to emerge, and with their colourful wings and gentle fluttering it's easy to understand why they are such a popular sign of spring. The arrival of butterflies is also an important measure of the effects of weather on our wildlife. Many of the UK's rare spring butterflies in 2017 emerged three weeks earlier compared to 2016 and a week earlier than the average. The Butterfly Conservation believe this to be as a result of milder weather.

The Big Butterfly Count is a great way for you to get involved with the study and conservation of butterfly populations. Simply pick a spot such as a garden or park from where to watch for 15 minutes and record any butterflies you see using an identification sheet.

**Badgers** With striking black and white markings, badgers are one of the UK's most iconic wild mammals. While they do not hibernate, their activity is significantly reduced throughout the colder winter months, but in spring they begin to appear as warm weather brings their most favourite food, the earthworm, back to the soil surface. Groups of badgers are called a clan and they live in a sett, a series of intertwining tunnels with purpose-built chambers for sleeping or nursing. Spring is the perfect time to spot these beautiful creatures when their activity is on the rise and overgrowth hasn't blocked the view of their sett entrance entirely. Cubs are typically born in February in groups of two or three and will gradually explore the sett until mid-April when they emerge, their mother ever watchful.

*Courtesy of Wildlife*

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## Walsham le Willows and District WI February 2022



Following thirty eight years of service as a field officer with the Health and Safety Executive it is no wonder that Graham Higgins had a wealth of anecdotes to share with us at our February meeting.

Health and Safety is often much maligned but we heard of the cruel conditions that gave birth to the present day protective legislation that we enjoy today. We also learnt of the part played by figures such as Jerusalem's author William Blake, he of the dark satanic mills, and also Charles Dickens in publicising the evils of child labour. Who knew that the chimneys in Buckingham Palace are so convoluted that they are impossible to clean? Or that child sweeps wore a numbered brass badge on their caps denoting their 'master'.

In modern times Graham recounted the long campaign to ban asbestos which accounted for many tragic deaths long after it was discovered to be the culprit. It claimed his father's life among them but happily, very recent research in Cambridge has finally discovered a possible treatment for asbestosis.

Graham's career took him all over the country, with many tales to tell, including a most alarming one involving responsibility for a consignment of several hundred deadly snakes. Graham's talk was by turns interesting, informative and entertaining.

The latter part of our meeting saw a burst of creativity! Members tried various methods of making green hearts to support the Show the Love campaign, that draws attention to climate change and bio diversity loss. Papers were folded, pleated and curled all led by Pippa. Look out for them in windows round the village or make one yourself?

Next month we learn about South America!

Jill Newell



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**ART CLUB** Monday (fortnightly) 2:00-4:00pm.

Contact: Paul Weston. Tel: 07860 376592. [paulwestonarchitect@gmail.com](mailto:paulwestonarchitect@gmail.com)

**LINE DANCING** Monday (weekly) 6.00-7.00pm

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### If you suffer with anxiety, depression or PTSD / disturbing traumatic memories or other emotional difficulties?

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If you need help please contact Jayne  
for further details on: 07983648702



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## YOGA CLASSES IN GREAT ASHFIELD

**Wednesday**

11.30

Lord Thurlow Village Hall

**Thursday**

09.30

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serenityyogabethany@outlook.com 07930 199582



## SAUCY CHICKEN

### INGREDIENTS (serves 4)

4 chicken breasts  
4 tbsp double cream  
225g (8oz) frozen broccoli (thawed) or fresh mushrooms  
275ml (10 ½ fl oz) can Campbells condensed chicken soup  
4 rounded tbsp of mayonnaise  
½ level tsp of curry powder  
50g (2oz) cheddar cheese (grated)



### METHOD

Preheat oven to 375F/190C/Gas mark 5

1. Arrange chicken and broccoli (or sliced mushrooms) in a shallow oven dish.
2. Combine the undiluted chicken soup with the mayonnaise, cream and curry powder. Spoon over the chicken then sprinkle with grated cheese.
3. Bake in oven for about an hour until the chicken is cooked through and cheese is turning golden brown.

## BOOK AID STORAGE

I am looking for storage space that is dry and secure for boxes of books that I collect for a charity called Book Aid.

The charity has been going since 1987 and answered a plea from the developing world for Christian books and Bibles. We have sent over 30 million items in over 335 shipping containers from South America to African continent to Asia and on to the Philippines. Book Aid Charitable Trust has charity number 1039484 and has a website [book-aid.org](http://book-aid.org)

I have had some amazing collections of books and Bibles donated from Sudbury to Felixstowe and Stowmarket to Dereham. Unfortunately, I have run out of space. If anybody could help, I would be very grateful. There is a large van that collects from me 2/3 times a year and so the boxes may sit in storage for 3-4 months but they are always collected.

If anyone would like to donate any Christian books or Bibles please contact me.

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## Wattisfield URC Services

Date	Time	Service details
<b>April</b>		
3rd	11am	Holy Communion
10th	11am	Morning Worship
17th	11am	Morning Worship
24th	10.45am	Service at Diss URC
<b>May</b>		
1st	11am	Holy Communion
8th	11am	Morning Worship
15th	11am	Morning Worship
22nd	11am	Morning Worship
29th	11am	Morning Worship
<b>June</b>		
5th	11am	Holy Communion

Please contact Mrs Jo Patel (01359 251789 or 07808 487844)  
for more information

## PUDDLE DUCK CAFE WATTISFIELD URC, Chapel Road

The PUDDLE DUCK CAFÉ is open on the  
1<sup>st</sup> & 3rd Saturdays of the month  
at 10.30am-12.30pm.



## *Benefice Services April 2022*

<b>3<sup>rd</sup> April</b>	<b>5<sup>th</sup> of Lent</b>	
8.00am	Holy Communion	Walsham
9.30am	Holy Communion	Badwell Ash
3.00pm	Evensong	Westhorpe
<b>10<sup>th</sup> April</b>	<b>Palm Sunday</b>	
8.00am	Holy Communion	Walsham
9.30am	Holy Communion	Walsham
11.00am	Holy Communion	Wattisfield
7.00pm	Compline	Finningham
<b>11<sup>th</sup> April</b>	<b>Monday – Holy Week</b>	
7.00pm	Compline	Walsham
<b>12<sup>th</sup> April</b>	<b>Tuesday – Holy Week</b>	
7.00pm	Compline	Wattisfield
<b>13<sup>th</sup> April</b>	<b>Wednesday – Holy Week</b>	
7.00pm	Compline	Walsham
<b>14<sup>th</sup> April</b>	<b>Maundy Thursday</b>	
7.00pm	Holy Communion	Westhorpe
<b>15<sup>th</sup> April</b>	<b>Good Friday</b>	
1.00pm	Readings/Meditation	Walsham

## *Benefice Services April / May 2022*

<b>16<sup>th</sup> April</b>	<b>Easter Saturday</b>	
9.30am	Morning Prayer	Walsham
<b>17<sup>th</sup> April</b>	<b>Easter Sunday</b>	
8.00am	Holy Communion	Badwell Ash
9.30am	Holy Communion	Finningham
11.00am	Holy Communion	Langham
11.00am	Holy Communion	Walsham
<b>20<sup>th</sup> April</b>	<b>Wednesday</b>	
9.30am	Holy Communion	Walsham
<b>24<sup>th</sup> April</b>	<b>2<sup>nd</sup> Sunday of Easter</b>	
8.00am	Holy Communion	Walsham
9.30am	Holy Communion	Westhorpe
11.00am	Songs of Praise	Walsham
<b>1<sup>st</sup> May</b>	<b>3<sup>rd</sup> Sunday of Easter</b>	
8.00am	Holy Communion	Walsham
9.30am	Holy Communion	Badwell Ash
6.00pm	Songs of Praise	Finningham
<b>8<sup>th</sup> May</b>	<b>4<sup>th</sup> Sunday of Easter</b>	
9.30am	Holy Communion	Walsham
11.00am	Holy Communion	Wattisfield
3.00pm	Evensong	Westhorpe

*Benefice Services May / June 2022*

**Readings for April**

**Sunday 3<sup>rd</sup>**

Isaiah 43: 16-21  
Psalm 126  
Philippians 3: 4-14  
John 12: 1-8

**Sunday 10<sup>th</sup>**

Isaiah 50: 4-9  
Psalm 31: 9-16  
Philippians 2: 5-11  
Luke 19: 28-40

**Sunday 17<sup>th</sup>**

Isaiah 65: 17-end  
Psalm 118: 1-2, 14-24  
Acts 10: 34-43  
John 20: 1-18

**Sunday 24<sup>th</sup>**

Exodus 14: 10-end 15: 20-21  
Psalm 118: 14-end  
Acts 5: 27-32  
John 20: 19-end

**Readings for May**

**Sunday 1<sup>st</sup>**

Zephaniah 3: 14-end  
Psalm 30  
Acts 9:1-6  
John 21: 1-19

**Sunday 8<sup>th</sup>**

Genesis 7: 1-5, 11-18  
Psalm 23  
Acts 9: 36-end  
John 10: 22-30

**Sunday 15<sup>th</sup>**

Genesis 22: 1-18  
Psalm 148  
Acts 11: 1-18  
John 13: 31-35

**Sunday 22<sup>nd</sup>**

Ezekiel 37: 1-14  
Psalm 67  
Acts 16: 9-15  
John 5: 1-9

**Sunday 29<sup>th</sup>**

Ezekiel 36: 24-28  
Psalm 97  
Acts 16: 16-34  
John 17: 20-end

**15<sup>th</sup> May**

8.00am  
9.30am  
11.00am

**5<sup>th</sup> Sunday of Easter**

Holy Communion  
Holy Communion  
Songs of Praise

Walsham  
Finningham  
Walsham

**18<sup>th</sup> May**

9.30am

**Christian Aid**

Holy Communion followed by  
Christian Aid coffee morning

Walsham

**22<sup>nd</sup> May**

8.00am  
9.30am  
3.00pm

**6<sup>th</sup> Sunday of Easter**

Holy Communion  
Holy Communion  
Evensong

Walsham  
Westhorpe  
Langham

**29<sup>th</sup> May**

9.30am  
11.00am

**Sunday after Ascension Day**

Holy Communion  
Holy Communion

Walsham  
Finningham

**5<sup>th</sup> June**

8.00am  
9.30am  
11.00am

**Pentecost**

Holy Communion  
Holy Communion  
Songs of Praise

Walsham  
Badwell Ash  
Walsham



**Holy Week**