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November Reflection by Revd. Susan Bates



THE BENEFICE OF
DEBENHAM & HELMINGHAM

To a 10 year-old child 100 years sounds like an eternity. To a person in their 50's, 100 years is really not *so* long ago. For others 100 years is still, if only just, within living memory. But as those living memories are gradually lost it becomes so much more important that we, who remain, remember – no matter how long ago it seems.

Remembering is so important for various reasons. Mostly, because it is respectful on many levels. But also, because it is of benefit to us; on an individual and a community level. Remembering is a shared process and that process strengthens our unity as a people who have benefited from the lives and losses of those who went before us. We join together in thankfulness for the many good things we enjoy today which may not have been the case if the outcome of the World Wars had been different; if the people of that time had made different choices. Remembering the lives and losses of our past helps us appreciate our lives and blessings today.

The events of this November will give us pause to remember. They will provide signs, symbols, prayers and information which will help us to connect with lives of the past... the lives of some of the people lost in the Wars.

Noting and knowing not only the names but some small details of the lives of the lost, helps us to connect with them and to remember them as human beings. People who lived, worked, loved in the houses in which we now live and the shops where we now shop. Who drank in the pubs. Who would have walked the paths we walk and whose voices would have rung around our lanes and streets. Young men who would, most probably at some point, have sat in the pews of our churches and prayed – who would have sat where we sit today.

Real people, living people. People like you and me. People who went to help us, the people of their future... but did not come home. They simply went... So many of them to never came back. A life that was here and then gone.

That life would have filled a space in this world. And when that life goes, somehow the space is emptied, but some elusive impression of that person remains. The life lost, yet the space that it filled still shimmers, a void, a gap... shaped like that person. A void felt but not tangibly... a space not seen.

Debenham church, with the help of community and individual sponsors has purchased some of the 'There but not There' figures from the charity 'Remembered'. These Perspex 'Tommy' soldier shapes will sit in the pews of St Mary Magdalene.



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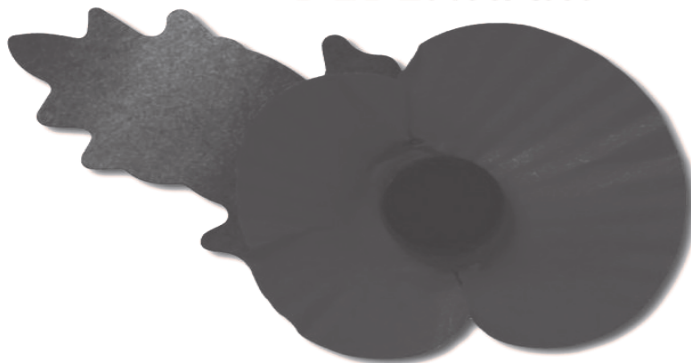
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During the month of November we will sit with them. The shapes poignantly highlight the empty space. The space left behind where a person was; their outline remaining in our memories and our lives today, yet their substance, their being, gone.

100 years ago the First World War ended, and a new world began. Lifetimes, generations have come and gone since the end of its horror. In a strange way this November celebrate that it was such a long time ago; that it ended. Yet we remember the people of 100 years ago. The people of our villages and the people across the world. We remember the example and experience of those who lived through it and the spaces they left, which have shaped the world in which we live today.

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THE BENEFICE OF
DEBENHAM & HELMINGHAM

Ministry Team

Rector Revd Susan Bates revsusanbates@icloud.com 01728 860222
(Please avoid Fridays if possible)

Readers Veda Berriman r.berriman@btinternet.com 01728 861363
Mark Trevitt mail@wheelertrevitt.co.uk 01473 890568

Churchwardens

Debenham

Mr Chris Wilkes crwilkes@btinternet.com 01728 860633

Helmingham

Dr Peter Haas doris-haas@tiscali.co.uk 01473 785381
Mr Robert Styles rstyles172@btinternet.com

Aspall

Mr Andrew Ward 01728 860343

Framsden

Mrs Christine Schofield christine@cpwpost.com 01728 684076
Mr Al John al.john1@hotmail.co.uk 01473 890273

Kenton

Mr Vic Woodgate vicwoodgate@winterbrook.co.uk 01728 861118

Pettaugh

Dr Hilary Marlow hilarymarlow@doctors.org.uk 01473 892090
Mrs Sheila Janson s.janson@btinternet.com 01473 890883

Winston

Mr William James jameswinstonhall@aol.com 01728 860233
Mr Brian Branch cmcbranch@btinternet.com 01728 861004

November Services

2nd	19.00	Debenham	All Souls
4th	08.00	Aspall	Holy Communion
	09.30	Debenham	family@church
11th	08.00	Kenton	Remembrance and Holy Communion
	09.30	Helmingham	Remembrance
	10.45	Debenham	Remembrance
	10.55	Winston	Remembrance
		Framsden	Remembrance
		Pettaugh	Remembrance
18th	08.00	Aspall	Holy Communion
	09.30	Debenham	Holy Communion
		Framsden	Holy Communion
	11.00	Kenton	Morning Prayer
		Helmingham	Holy Communion
	18.30	Winston	Evening Prayer
24th	16.00	Debenham	Christingle
25th	09.30	Debenham	Holy Communion
		Helmingham	Morning Prayer
	11.00	Winston	Holy Communion
		Pettaugh	Morning Prayer

Readers: St Mary Magdalene Debenham

11th	Jonah 3: 1-5, 10 Hebrews 9: 24-end	Mark Bates Val Watts
18th	Daniel 12:1-3 Hebrews 10: 11-25	Gillain Barrett Nick Brunt
25th	Daniel: 7: 9-10, 13-14 Revelation 1: 4b-8	Diana Barclay Chris Bishop

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Friday	6am-1pm	2pm-5.30pm
Saturday	6am-5pm	(open all day)
Sunday	6am-1pm	-

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Cover Story - Debenham and District Poppy Appeal

Shaun Chambers is rightly proud of his team of collectors. Since he became 'Poppy Appeal Organiser' in 2010 the total collected has been £24,899.24. What a great job they have all done! The collections include from residents in Debenham, Winston, Winston Green, Kenton and Pettaugh.



On the cover photograph Shaun (3rd from the left) is surrounded by 6 of his marvellous present day, 13 strong team. Many are long term collectors and the number in brackets in this roll call indicates the number of years collecting they have been engaged in.

Eileen Carter (34), Ross Taylor (30), Sandra Baker (22), Ruth Bolton (lots!) Joy Walton (15), Wendy Simons (14), Marion Parker (13), Shaun Chambers (12), Louise Hammond (12), Livy Marsden (11), Jane Bishop (9), Gary Chambers (9), The Girl Guides (3), Maisie Gardiner (2).

Ex servicemen, Ernie Read, Alan Barker and John Garrard also collect large amounts by standing outside the Co-op each year. Thanks to shops, businesses, pubs and schools too.

Past collectors worthy of a mention include Audrey Scase, Sheila Leach (a past organiser), Pauline Davey, Bridget Anderson, Mary and Kelly Hammond as well as the Scouts.

Shaun is hoping for a bumper year and thanks to him and his team the RBL really benefit. Of course the people of Debenham and district also deserve a great big thank you. Please continue to give generously.

The Royal British Legion – Debenham Branch

We commemorate once again remembrance of those fallen in our two World Wars, within the Service in St Mary's Church on Sunday 11th November 2018, Remembrance Sunday, and we look forward to seeing as many as possible at that Service, but also at the Royal British Legion Service at the War Memorial in the Churchyard that precedes the Church Service at 11.00 am, honouring the tradition of the 11th hour on the 11th day of the 11th month.

At the Memorial, we expect to be joined by a large contingent of the village 'Uniformed Youth' who will place 'Poppy Crosses' in the names of those from Debenham, fallen in both conflicts and wreath layers, representing 'Civic Bodies', including our own Parish Council, Fire Service and Royal British Legion Branch. In addition, we have Geoffrey Probert, a Deputy Lieutenant and Suffolk's High Sheriff in 2017/18, representing the Lord Lieutenant, Clare, Countess of Euston. Join us in the Churchyard at 10.50 a.m. please.

In addition, we also commemorate this year the 100th anniversary of the ending of WW1 and will assemble just prior to 11.00 a.m. in the Cemetery on Thursday 8th November, at the 'Commonwealth War Graves Commission' grave of Private Basil Eade, for a special brief Service, full details of which were published on page 15 of the October magazine. **Please note: Not** in the Churchyard, but in the Aspall Road Cemetery!

Eddy G.N. Alcock OBE – Chairman of the Debenham Branch of the Royal British Legion.

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All Souls' Day Service of Remembering

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**Friday 2nd November, 7.00pm
Debenham Church**

Debenham Church will be open all day, as usual,
for those who would like to come and spend
some quiet time remembering their loved ones



THE BENEFICE OF
DEBENHAM & HELMINGHAM

All Souls' Day 2018

Invitation to our annual Service of Remembering

Friday 2nd November 7pm in Debenham Church

For hundreds of years All Souls' Day has been a time when people have remembered their loved ones who have died. We continue that tradition in the Benefice of Debenham & Helmingham and call it 'Remembering Day'.

This year the church of St Mary Magdalene will be open all day, as usual, for anyone who would like to come and spend some quiet time remembering their loved ones.

In the evening, at 7pm, we have a Remembering Day service, in Debenham church. At the service candles will be lit whilst the names of those we know who have died during the last year are read out. Other names that families and loved ones have requested will also be read out. We would like to take this opportunity to assure you of our on-going good wishes to you. If you would like a member of the Ministry Team or Pastoral Group to contact you please do let Rev'd Susan know.



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The Royal British Legion – Debenham
Branch

Bugler still needed.



My usual sources of a trumpeter to play 'The Last Post' and 'Reveille' have dried up because the 100th Anniversary of the end of WW1 is making that day even more significant than usual, so demand has increased greatly. If anybody can find us such a trumpeter (bugler) he/she will be gratefully received. We cannot pay a fee but any out-of-pocket expenses can be reimbursed.

Eddy Alcock - 01728 860564 or eddy@thealcockdomain.co.uk



Way Back When

Monthly Reminiscence Sessions - every second Tuesday in Dove Cottage 2pm

Next session - November 13th (Remembrance Special)

Refreshments Photos, Artefacts, DVDs & much more Come for a natter

Need more information or help with transport? Contact - Steve Robbins 860304

CAMEO (Come And Meet Each Other)



Dates for November - Tuesday 6th and 20th

Meets are in Dove Cottage 2 - 4 pm

If you are interested in finding out more, please come along
or telephone Diana Barclay on 860977. **All are welcome to join us.**

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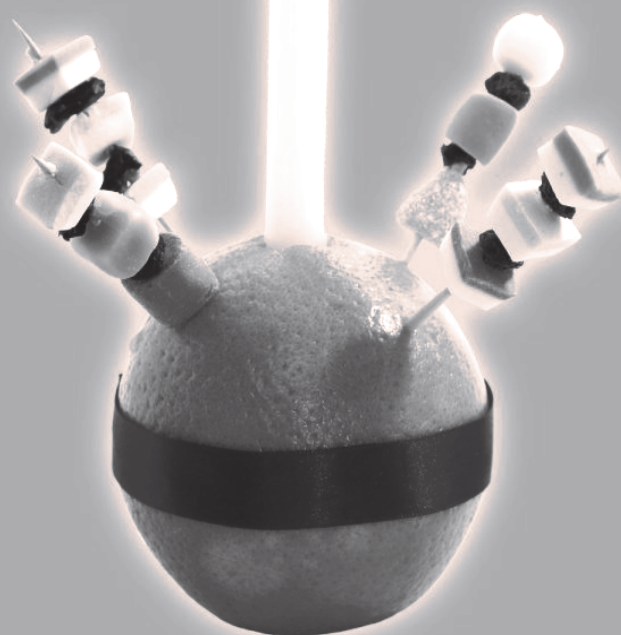
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*The Sunday teaching series in November at the Forge Church is:
Climate Change*

After finishing the Chiselled series (wouldn't you just love your neighbour's lovely house? Or wife/servant/ox?) we move on to climate change, but not the environmental sort (perhaps another time). This is about how we relate to other people at home, at work and in community: how we can generate less hot air and cool the relational atmosphere.

Every relationship has a climate.

4 November Chiselled Week 10 - Do not covet

11 November Week 1 - Changing the climate at home

18 November Week 2 - Changing the climate at work

25 November Week 3 - Changing the climate in community

Every Sunday at **10.30am** at **Debenham Leisure Centre** (live streamed at www.live.forgechurch.com and you can watch later too); also at Thurston New Green Centre and Eye Hartismere School, both at 4pm. Kids & Youth programmes also available.

The Lunch Club, on the 3rd Wednesday of each month at Debenham United Reformed Church, brings together elderly people for a meal and a chat. For more details contact the office.



The Forge Community Church www.forgechurch.com
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St Mary's Church Notices

Flag Days

St George's Flag will fly on 1st November for All Saints Day and the Union Flag on 30th for St Andrew's Day

Buying Chutney for Christmas – STOP!!

St Mary's Christmas Bazaar on 1st December at the Leisure Centre will have a home-made chutney stall and you can try before you buy. Tastiest you will ever try so worth waiting for. There will be Apple, Plum, 2 sorts of Pear and 2 sorts of Tomato chutney, Sweet Chilli Jam and also Plum Jam and Apricot Jam. See you there!

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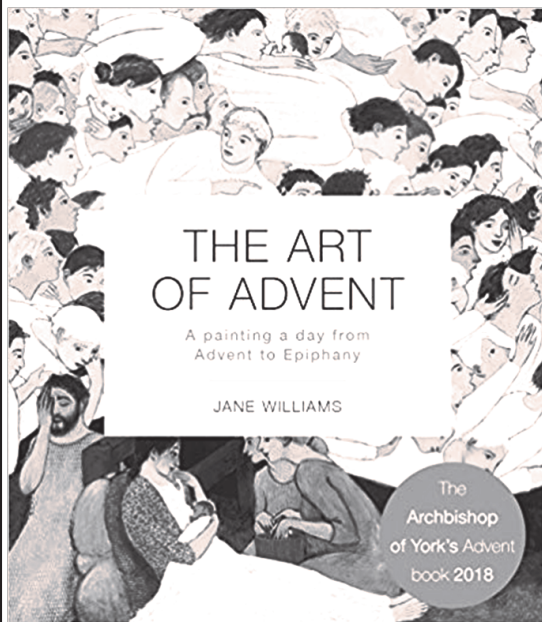


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The Art of Advent



Benefice Advent Group will meet at Winston School Room at 2pm on Mondays 3rd, 10th and 17th December. We will be looking at 'The Art of Advent' by Jane Williams which suggests we "join Jane Williams on a journey from Advent to Epiphany, and discover the timeless wisdom to be found in some of the world's greatest paintings." All are welcome. For more details and to order a book for £9.99, please contact Revd Susan whose details are on page 6.

Recollections of the Great War 1914-1918



11th November 2018
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Debenham History Society

Tuesday 6 November 2018

Historiography - Researching Debenham

War Memorial

Local Historian **Suzie Morley** explains how she researches her topics: focusing on the Debenham War Memorial.

RBL poppies can be bought at the meeting.

Meetings will be at 7.30pm in room 30 at Debenham High School, Gracechurch Street, Debenham, IP14 6BL, unless otherwise listed. Fee for lectures, £3 including tea/ coffee or soft drink.

Facebook: Debenham History Society
Email debenhamhistorysociety@hotmail.com
Tel 01728 861601 - chairman Lesley Grant-Adamson



Debenham & District Garden Club

Wednesday 21 November



A talk from Crown Nurseries

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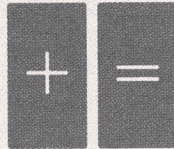
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Ringling for Peace
Armistice 100



In Debenham the bells will be rung, half muffled before the 11th November Remembrance service. We are also attempting to ring a quarter peal, also half muffled, on

Friday 9th November in memory of those of this parish who fell in the Great War. 1914 to 1918. The quarter peal will begin at 7pm and last approximately 45 minutes.

In Suffolk, at the request of the British Legion in consultation with the Suffolk Guild of Ringers, the aim is to have every tower ring at some point on 11th November. The Debenham Ringers will be involved in this initiative and will be ringing at several local churches. In line with guidance, bells rung in the morning will be half muffled as an act of remembrance and those rung in the afternoon or evening will be rung open to celebrate the peace that came with the end of the war. Some will be joining in with the initiative to ring at 7.05pm which is linked to the lighting of 1000 beacons around the country.

It is hoped that the ringing bells will provide a soundtrack to the day and remind us all that the sound of bells is a signal of peace.

Jenny Scase

'A Time to Say Goodbye!'

There is a wonderful section in the Book of Ecclesiastes that says: 'There is a time for everything under Heaven'. The words are extremely realistic in its portrayal of human life and living, saying such things as 'A time to be born and a time to die' as well as 'A time for mourning and a time for dancing'. The passage, which can be found in Chapter 3, concludes with this delightful advice: 'There is nothing good for anyone except to be happy and live the best life they can while they are is alive' (vs 12).

This passage is very much to the forefront of my mind, as my family and I prepare to say our fond farewells to our many, many friends in Suffolk and the Eastern Regions. We are soon to head back to West Yorkshire our home county. It is amazing to think that we left Yorkshire over 19 years ago, not realising that we would spend thirteen years in Clacton-on-Sea, and then, just over six years ago, venturing across the border into Suffolk as we responded to the Call of Christ to serve through the United Reformed Church in these parts.

During our time here we have witnessed many beginnings and endings in which we have both cried as well as laughed. We have known the unity and peace that Christ seeks to offer, but equally known times of tension and uncertainty. There have been times when we have seen growth and transformation in the life of local churches and communities, but equally times of resistance to change which I know only too well is a necessary part of living together. I know there have been many times when our relationship has brought great joy and blessings, and for these I give my humble thanks, but, equally, for the times when things haven't quite worked out as planned, I can only acknowledge, along with St. Paul, that 'I am but a cracked pot' (2 Corinthians 4: 7)

But, as with many endings, these things are beyond our control, and there is the realisation that 'Now is the time to say goodbye'. Given that my retirement has been put back twice, I am extremely grateful to those who have expressed surprise at my age! But retire I must, and, within the United Reformed Church, there is the requirement to move away from the pastorates to which a minister has served – hence our return to West Yorkshire.

We leave with hearts that are heavy, knowing we have made many dear friends in our time 'down South' who have blessed, sustained, encouraged, supported and cared for us as a family, and enabled us to serve the Lord faithfully and obediently in our time among you. We take with us many wonderful memories that will sustain us as we venture 'From the old to the new'.

We can say without a shadow of doubt that we have been extremely happy living amongst you, and have considered it a great honour and privilege to have been given this time to live among you all. We hope that we have managed to repay your trust and goodwill by living 'The best life that we have been able' – all to the greater glory and praise of our God.

Many of you will know that I have a great passion for all things that are Celtic. Let me leave you with one of my favourite blessings:


'May the road rise up to meet you.
 May the wind be always at your back.
 May the sun shine warm upon your face;
 The rains fall soft upon your fields
 And until we meet again, may God hold you in the palm of His hand.

From the bottom of our hearts, we want to say a big THANK YOU for walking with us on this part of our journey of faith and service.

God Bless.

Chris

(Rev'd Chris Wood – minister of Stowmarket, villages and Debenham URCs)

	DEBENHAM UNITED REFORMED CHURCH			
	<i>Services, Meetings and Speakers for November 2018</i>			
Sunday 4th	Dr Richard Jurd	Communion	10:45am	
Sunday 11th	REMEMBRANCE SUNDAY Muster at the Memorial Joining with St Mary's Church for Service		10:40am 11:00am	
Sunday 18th	Mr Howard Cracknell		10:45am	
Sunday 25th	Mr Keith Scarfe		10:45am	
	THE POPULAR SINGALONG - favourite hymns, choruses, cuppa & cake		3:00pm	
FRIDAY 23rd 11am to 1:30pm Home made cake stall & light lunch in aid of The Debenham Project				
THURSDAY MORNINGS Join us for Tea, Coffee & Fellowship 10 -11:30am				
THURSDAY AFTERNOON WOMEN'S FELLOWSHIP AT 2:15pm Thursday 8th - Led by Margaret Brook Thursday 25th - Open Meeting EVERYONE WILL GET A WARM WELCOME TO ALL THESE MEETINGS				
<i>Points of contact</i>				
Minister	Rev Chris Wood		01449 678173	
Secretary	Mr Ernest Read		01728 860600	
Treasurer	Mrs Janet Smith		01728 860857	
Ladies' Secretary	Jean Rodwell		01728 861065	



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As we go to press we have 40 householders ready and eager to decorate a window for The Debenham Living Advent Calendar. We thank you all for your enthusiastic response and hope to gather a few more participants over the next few weeks

We're looking forward to seeing the first window revealed!

Hoppit Woodland and Lake News



The new bridge across the lake was completed on September 13 after just seven days work. During this time the old bridge was demolished and a new bridge built on site in its place. The steel girder base is well hidden by the wooden cladding. It's looking great. What's more the wood is guaranteed for 25 years! Thanks go to 'Roger Gladwell Landscaping and Construction.'

November Newsletter 2018!

This month we have lots to look forward to!

Starting with Firework Night on Monday 5th November, gates open from 5pm and the display will start from 7pm!

We also have a few tickets left for our American Theme Night on Saturday 17th November, starring Simply Jackson (The UK's number 1 Michael Jackson impersonator). To book please call 01728 861101. Tickets are selling fast, we are down to the last 50 so don't miss out!

Skates and Scooters has also restarted and now runs every other Sunday, 2pm-4pm in The Sports Hall. See below for November's dates!

Tickets are now also on sale for our Christmas Dinner Dance on Saturday 8th December, tickets are priced at £25 per person and include a 3 course meal and live music.

November Events!

Thu 1st November Pensioners Lunch - 12.30pm
Mon 5th November Fireworks Night - Gates Open at 5.30pm
Fri 9th November Quiz Night - 7pm
Sat 10th November DLC FC v Cornard FC - 3pm
Sun 11th November Skates & Scooters - 2pm
Tue 13th November DLC FC v Leiston Reserves 7.45pm
Wed 14th November Accordion Group - 10am
Thu 15th November Pensioners Lunch - 12.30pm
Sat 17th November American Theme Night - 7pm
Fri 23rd November Friday Food Night - 5pm
Sun 25th November Skates & Scooters - 2pm
Fri 30th November Open Mic Night - 7pm

Suf(Folk) Serendipity by Sue Holifield

While I was chatting to Ruth in Webster's paper shop recently she showed me a photo that Kevin Chittock had found for the article on Debenham Garage in August's Parish Magazine. Taken from 'The Old Dove', it's an unusual view of Kevin's smart *Debenham Garage* truck in procession with a group of cyclists. Standing in the back of the truck are two gentlemen playing melodeons. Where were they going?



Although Ruth had quizzed several customers about the photo, none could pinpoint the event. Having spotted herself and her young daughter in the picture, Ruth felt it must have happened around 1987-88.

Seeing this image of the musicians in the truck gave me goose-bumps. Just a few days earlier, I had been scanning some of my 1980s photos. Among these were two I had taken at a fete on Sir Robert Hitcham's School meadow. Both featured musicians playing on a trailer set up as a stage: my brother Chris and his band 'WYSIWYG' in one, and those two melodion players in the other!

Now on a mission to solve Ruth's puzzle, I asked Chris for his memories of the fete. Studying my photos closely, he pointed out his brand-new mandola on the stage. "I bought it in 1988," he said. "I played it for the first time at that fete." Now knowing which of Mum's diaries to search, I soon found her record of the fete on Sunday 4th September 1988 - thirty years ago.

While Chris recognised the musician on the left of the stage as Walter 'Font' Whatling from Worlingworth, he couldn't name the other gentleman. By search-



ing the Internet I found a wealth of information on Suffolk's folk musicians, including a biography of Font Whatling by local musicians and researchers John



and Katie Howson of the *East Anglian Traditional Music Trust*. From this I learnt that Font was celebrated for his performances in Suffolk pubs, particularly as he could play his melodeon while step-dancing. Font also toured nationally with the *Old Hat Concert Party* - a group of traditional singers, musicians and dancers formed by the Howsons in 1982. Some readers will surely remember the *Old Hat Music Nights* at Debenham Red Lion and

Cherry Tree in the 1980s-90s.

On the *Musical Traditions* website I was excited to find a photo of Kenton-based fiddler Pip Whiting with two melodion players: Font, and another who looked just like the man in my fete photo. I emailed the photos to the Howsons, to see if they could help.

Within the hour Katie replied:

"I can definitely identify the other melodion player in your photo as Eddie Woolnough, the same man in the centre of the photo. He and Font played together for many years, and had a band called *The Three W's* with Wattie Wright on drums."



When Ruth first showed me the photo I had no idea I would discover so much about our local folk heritage, and how this has been preserved to inspire a new generation of musicians and dancers. Serendipity came into play again in August, when I went to Debenham Library's Movie Night to watch *Akenfield* - Peter Hall's wonderful, Suffolk-based film. Among the cast were Font Whatling and some of his friends.

I'm very grateful to Katie Howson for her help in identifying Eddie Woolnough, and to Rod Stradling of *Musical Traditions* for allowing us to reproduce John Howson's photo of the trio playing in Eye Red Lion. For more information about traditional Suffolk music I recommend these websites:-

<https://www.mustrad.org.uk/articles/whiting>.

<https://eatmt.wordpress.com/> and <https://eatmt.wordpress.com/font-whatling/>

Christmas Bazaar

Saturday
1st December
2 - 4pm

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Cakes

Books

Crafts

Games

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Refreshments

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St Mary's Christmas Bazaar

The annual Christmas Bazaar is an important fund-raiser for St Mary's Church; this year the event is being co-ordinated by John Garrod and Peter Holme.

Any offers of help: to run stalls, assist with games, donate items for sale, bake cakes, sell or purchase draw tickets, help with refreshments or offer your help in any way, please contact the people listed below:

Bric a Brac: Pam Steel-Jessop - 860660

Books: Chris Wilkes - 860633

Bottles: Pete Holme - 860865

Cakes and baked goods: Alison Payne - 861404

Craft: Ruth Boulton - 860294 (or call at Webster's Newsagents)

Draw Prizes and Tickets: John Garrod - 861736

Games: Jane Grover - 861094

Pickles, Preserves & Chutney: Chris Bishop - 860124

New unwanted gifts and items: Jan Holme - 860865

Refreshments: Penny Wilkes - 860633

Please don't be shy! We welcome all contributions and offers of help, you don't have to be a church-goer!

**We also look forward to your support on the day
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**Do join us at the Community Centre on
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ASPALL SNIPPET – Debenham Holistic Flood Plan Project Meeting by Joan Freeman

A meeting was held at the end of September 2018 at Hill House Farm Water at Aspell for representatives involved in the Debenham Holistic Flood Plan Project {Natural Flood Management] to discuss and view the progress of the innovative project and its benefits. Despite high winds about 50 interested representatives from the East Suffolk Internal Drainage Board, Environment Agency, Essex and Suffolk Rivers Trust, Suffolk CC and other interested parties, - local landowners Suffolk Wildlife Trust, RSPB, - attended.



To benefit wild life the Aspell lake was purposefully designed to hold some water all the time and so was welcome to local wildlife this dry summer. It has the capacity to attenuate >6700 meter³ so to avert all but the worst one in twenty year flood incidents.

Hosts Peter and Joan Freeman are delighted the lake which was completed less than a year ago besides helping alleviate Debenham from the misery of flooding by holding back water to slow the flow at peak river flow times already attractively enhances the local landscape. It was seen to be benefiting wild life in the very dry summer and is encouraging bio diversity on their farm. Nature is moving in and establishing the wetland habitat. Besides ducks, geese and grebe a rare juvenile Kentish Plover [left - last seen in Suffolk at Minsmere 10 years ago] briefly visited in late summer as well as numerous dragon flies and other water insects earlier in the season. Water plants and bull rush are already growing in the shallows.



Monitoring equipment has recently been installed to record & study rainfall, water levels etc. and to test water quality which the Environment Agency intend to chart. The outflow unites with the other Aspell Deben Tributary and both unite to run as one to become the River Deben at New Road Bridge.

At present there are no subsidies available to landowners who give over their land to benefit the community for flood alleviation projects but it is hoped this will change in the light of the new Agricultural Bill and the governments 25 year Environment Plan which calls for the use of Natural Flood Management Projects to reduce flood risk and increase natural habitats. Another similar water feature is shortly due to be built at Mill Green Farm and more suitable sites are being sought for the project.



Jane Burch county, Suffolk flood & coastal policy manager addressing the meeting.



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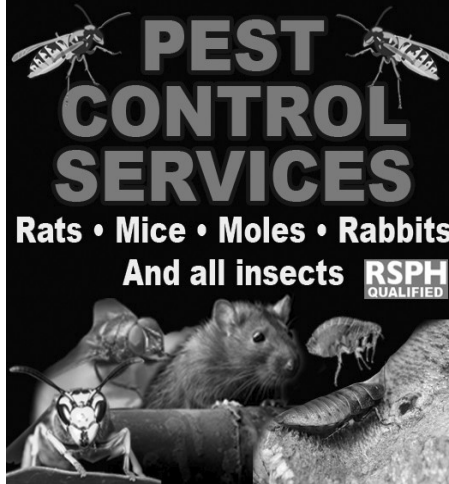
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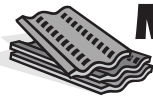
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It feels like we've only just finished with Summer... but believe it or not, Christmas is approaching fast.

For the first time this year, we're hosting a Christmas concert. The Ipswich Gilbert and Sullivan Society will be entertaining us with a selection of music for Christmas (including popular works, carols, and the music of G&S themselves).




*And of course...
Santa is polishing up his sleigh!*

Once again, Santa will be visiting Debenham, Framlingham, Stradbroke, and Eye. Look out for the posters!


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Hello everyone,

It really is amazing how people are here in Debenham. I was particularly reminded of this just a couple of weeks ago when Sarah H, who is one of our volunteer drivers, took a lady to Hospital (I hope Sarah won't mind me telling you about it because it just illustrates how kind and thoughtful all the members of our "Get You There" team are). When someone rings me up to ask for help in getting to a hospital, doctor's, dentist's, physio, etc. appointment, I ring round our volunteers to see who might be able to take them. We don't have that many volunteers, they are all pretty busy people, and I have to try not to ask them too frequently. So sometimes it can be a challenge – as it was this case. However, Sarah said she could do it but that she had to be back in Debenham to give a talk to the ladies of the URC in the early afternoon. No problem! The appointment was mid-morning and we generally assume not to more than an hour. However, what we didn't realise was that there were two appointments not one. That would still have been ok but, as is often the way in hospitals, delays can cause knock-on difficulties and what should have been a couple of hours turned into four. Sarah, bless her, remained with and supported the lady throughout and did anything that was needed. I later learned from the lady how lovely she had been. I use this story only as an example of many situations when our other drivers have responded similarly. It is sometimes easy to think that giving someone a lift is simply a matter of taking them there and then bringing them back. Not so! Particularly with those who are elderly and frail it is much more about "caring" and "going the extra mile" when problems occur.

But what of Sarah's talk? Well she rang me just before it was due to start to ask me to apologise to the ladies of the URC that she wouldn't be able to make it, but also asked me to stand in for her!! Completely coincidentally, her topic was to have been The Debenham Project and the URC's plans for an event on November 23rd to raise funds for the Project. So I was more than pleased to knock on the meeting room door and announce "Hello, I'm Sarah and I would like to tell you about". Team work!! By the way, the real Sarah did eventually make it. Do look out for posters advertising this special coffee morning, including one on page 55 in this magazine! Christmas gifts, and soup lunch event, and assist us to continue our efforts to help those in our community who are living with the impact of dementia on their lives.

I also wish to thank Tammi of Simply Stylish for organizing The Spooktacular Debenham Walk last week, jointly in aid of The Debenham Project and Dementia UK. Thank you so very much. Yet another example of the many efforts groups and individuals have made in helping us to continue our work. Many thanks for all your generous donations and support, and please remember that we can receive donations via the Co-op (just ask for your dividend to be given to **609313**) and on-line using the button on the home page of our website (below). Also don't forget, we have wheelchairs for loan if you need one for a few days.

With best wishes, Lynden



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Macmillan Coffee Morning

This year our Macmillan Coffee morning took place a week later than the rest of the country as our Year 6 pupils were on a residential trip to Sizewell Hall. While on their trip, the pupils developed problem solving and team building skills. They had to learn to communicate effectively and work with a range of different people. All of these skills were then required during their fund raising coffee morning.



The preparation for the event started well in advance as pupils planned the menu and wrote invitations. On the day before the coffee morning the room was set up and the children were briefed on how to carry out their roles safely and courteously.



Pupils took on a range of roles during the morning. Our guests were met by greeters and raffle ticket sellers. The waiting staff took orders and served food and drinks and the bankers had the all-important job of collecting money. Behind the scenes, a team of table-clearers and washers worked tirelessly to ensure that there was always clean crockery and tidy tables. The children carried out their roles efficiently and we received many compliments

about their polite and friendly manner.

It is always a pleasure to see so many members of the community enjoying the Macmillan event. This year we welcomed ex-staff, governors, parents, grandparents and members of the Parish Council amongst our guests.

We are very grateful to the many parents and grandparents who provided cakes for the coffee morning. Some family members were also part of the serving team, making hot drinks cutting cake and helping to clear up.



An end of the day cake sale, helped to boost the final total and make

the most of the generous cake baking efforts of our school community.



We would like to thank the many guests who came along and all who helped to make it such a successful morning. Our target was to break the £1000 barrier for the third year in a row and we are proud to say this was achieved. Thank you Debenham community for helping us to raise £1055.50.

Nina Hemingway

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DEBENHAM BOWLS CLUB 2018 SEASON

This year's season came to a close with a full weekend of Club finals on September 8th & 9th. All the matches played by the members were hotly contested. Over the weekend, there were nine finals, which provided some excellent and exciting bowls. This was thoroughly enjoyed by the members and visitors. Both days were well supported with the crowd being sustained with Ploughman's lunches prepared by Club members.



The results over the weekend were as follows:

Bowls England Men's 4 Wood
Bowls England Ladies' 4 Wood
Bowls England Mixed Pairs
Bowls England Men's Pairs
Bowls England Open Triples

England Bowls Federation Open 4 Wood
England Bowls Federation Men's 2 Wood
England Bowls Federation Ladies' 2 Wood
Club Handicap 4 Wood

David Collins
Pat Wright
Audrey Hart and John Rogers
Frank Wilder and Alan Barker
David Collins, Alan Barker and
Derek Chamberlin
John Rogers
Richard Anderson
Tess Styles
Max Keeble

The Club has enjoyed a successful season finishing well in the four Leagues we entered. In the Mixed Triples, we reached the League playoff. We were only a point away from gaining promotion on the Men's Triples and 3rd on the Tuesday afternoon League. Debenham has performed well this year and we are looking forward to progressing in 2019.



Emma Jayne Robertson warmly invites you to her

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Sunday 18th November

11am-4pm

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Debenham Shed

The shed is open on Friday afternoons from 1-5pm, and occasionally other times —contact Bernard or Les (below) to check. We have a well-equipped 40' container with workbenches and cupboards and boards for shelving, along with a good collection of hand and power tools.

Our next project is to construct a lean-to outdoor workshop and a lambing shed. We intend to become a collection and refurbishment centre for Tools with a Mission tool

The Debenham Shed is at 2 Fields, Low Road (IP14 6BJ). Debenham Shed Officers:

Les Wright 07793 470694 Bernard Rose 07950 402928

Tony Hutt 01728 860173 (to receive regular news by email contact tony@tonyhutt.co.uk).

Our Facebook page is www.facebook.com/groups/DebenhamShed.

UK



FRAMSDEN BAPTIST CHURCH

Why not come and join us every Sunday Morning? Our meeting starts at 10.45am - you will always be welcome. We have tea and coffee after the service too!

All Age Family Church

10.45am

Sunday 25th November

And we also run an evening service at

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High Suffolk Children's centre, Debenham would like to thank the members of Debenham Women's Institute for making a full range of bosoms!! to help health and children's centres

staff support our fabulous breast-feeding mums.

At the children's centre we hold 'Baby Bistro' sessions, this is an informal café for families with babies 0-1 at High Suffolk Children's centre, Debenham. This offers support with all aspects of infant feeding, including weaning and going back to work. Come and join us on Friday mornings 10.30 – 12.30.

Wishing you all a very Merry Christmas and Happy New year from Debenham Children's Centre. 862900 email - highsuffolk@suffolk.gov.uk

We are open Monday, Wednesday & Friday 9am - 1pm & Thursdays 9am - 5pm.

Debenham WI celebrated their Centenary on the 6 October at the Debenham Leisure and Community Centre. Members and guests enjoyed afternoon tea and entertainment.



Debenham WI was formed on the 9th October 1918 and is one of the oldest in Suffolk East. Over the years topics included a variety of country crafts and competitions. There were drama groups, overseas visits and day trips.

Christmas parties were held for the children of the village and various events took place in the vicarage garden Gracechurch Street.

We continue as those before us to give a warm welcome to members, new members and visitors.

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On Sunday November 25th at 3pm

Enjoy a chat and sing your favourite Sunday School songs

Have a cuppa and cake!



Litter issue

Martin Loveridge sent me this photograph with this quote, "Litter collected from the River Deben as it passes through our village - we should be ashamed of ourselves."

By the time this magazine goes out we will have had one of the village's biannual litter picks organised by Joy Walton. Let's hope not so much is collected as last time. I just can't understand how someone thinks it's acceptable to drop litter or throw it out of the car window!

Poetry corner

I Love You

My world changed the day I met you
My world got loads better and I became happier
I never knew I have a hero or an artist

I never knew somebody out there fancied me
and I wish I knew that all them years ago

I didn't know there be ups and downs
but none of that matters now
because we are good now and better then ever

Love From Noodles

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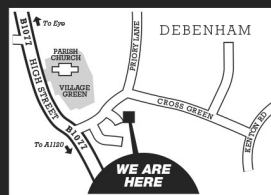
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Daniel Carter

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What they say about us:

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Gina Helm

"I'm a huge fan of burgers, I have them most times when I go out to pub meals, and I have to say that your burgers are the best I've ever had!... Would 100% recommend and will definitely be back again!"

Leah Payne

"We had amazing burgers and chips on Friday night, homemade and soooo tasty, we will definitely be spreading the word of this little local gem."

Charley Marston

"Fair play, that was a really good burger. I've only ever had one as good as that once before, and that was in a locally renowned place in New York!"

Kecia Harris

"The best takeaway we have ever had. Fast service and delicious food!"

Alice Myhill

DEBENHAM LIBRARY

School Corner, Debenham, IP14 6PL
FRIDAY 9 NOVEMBER, 7 for 7.30PM

British film icon **Michael Caine** produces, narrates and stars in **My Generation**, the vivid and inspiring story of his personal journey through 1960s London. Based on personal accounts and stunning archive footage this feature-length documentary film sees Caine travel back in time to talk to some of the best and biggest icons of the '60s—from the worlds of fashion, art, photography and music—celebrating a golden age of creativity.

"For the first time in history the young working class stood up for ourselves and said, we're here, this is our society and we're not going away!"



Trailer and information at www.imdb.com

Showing the Blu-ray version on our big screen in the School Hall—see a preview of what it's like at www.vimeo.com/257346991. There will also be one or two "shorts" of local or historical interest, and trailers for our future films. Book early to avoid disappointment! Bring a cushion for comfort if needed

Tickets: £5 | Bookings: 01728 861940, 07507 802360 or Debenham Library. Also from Websters Newsagents
Doors open 7pm, film starts 7.30pm | Licensed Bar | Ice creams available
www.suffolklibraries.co.uk | 85 minutes plus shorts | Cert 12
Car Parking available

Friends of Debenham Library

Our film programme continues with a nostalgic, documentary style look back to the colourful world of the '60s.

Friday 9 November: *My Generation* - see above poster (Programme subject to change.)

Would you like to be a friend of the library?

If you would like to help in organising events, fund-raising, or generally supporting the library and staff, please let Maureen or Sue know. Currently we have a small, very informal group which meets every month or two. No qualifications or audition required!

Tuesday: 0930 am – 1300 pm Wednesday : 1500 – 1930 pm

Saturday: 0900 am – 1300 pm Sunday: 1200 – 1600 pm

Tel: 01728 861940 www.suffolklibraries.co.uk/libraries/debenham-library

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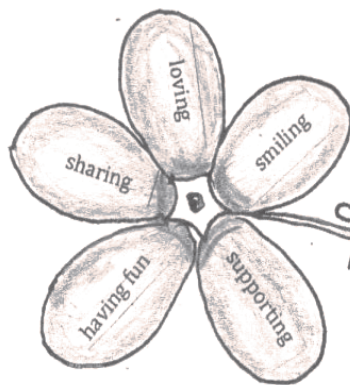
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- Soup lunch and pudding-12.00-1:30 -Price £5.00
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To book your lunch or for further info. Please contact Jean Rodwell 861065, Sarah Hughes 860072 or Nicola Tomlin 861039. Thanks.

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DR DAN POULTER MP

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www.drdanielpoulter.com

I think it fair to say that autumn has certainly arrived – although we have been enjoying mainly mild and sunny days, the evening temperatures are noticeably cooler and the shorter days herald the arrival of longer, darker nights.

But it's easy to see why the arrival of autumn and winter, for some, can mean more prolonged periods of loneliness and isolation. One of the things that makes me particularly proud to represent this area of the country is that we are so lucky here in Suffolk to have such a strong sense of community spirit and inclusion. I especially enjoy meeting so many dedicated volunteers and visitors at the regular coffee mornings and social events that take place throughout Central Suffolk and North Ipswich. Community events such as these provide a vital lifeline for those living in a rural county like Suffolk, bringing together like minded friends and ensuring that local communities stay connected and in touch with one another.

Loneliness and isolation can often be associated with poor mental health; Wednesday 10th October was World Mental Health Day and I was encouraged to learn about *Time to Change's* simple but effective "Ask Twice" initiative. The initiative is aiming to change the way we all think and act about mental health problems and although attitudes and behaviour are slowly changing towards mental ill health, there is much more to be done to break down the stigma so often attached. None of us think twice about seeking medical advice or help for a physical illness or injury, but with mental ill health, many people are still too proud to seek help, or don't consider mental health to be relevant to them.

When most of us ask a friend, colleague or loved one "How are you?", the usual and expected response is "Fine, thanks." But the reality is that we can all be guilty of saying we're fine when we're not. With one in four people experiencing a mental health problem this year alone, it seems pretty clear that many of us are saying we're fine when we're not. That's why the "Ask Twice" campaign is encouraging us to simply ask our friends, colleagues and loved ones twice if they are ok. Leading such busy lives, time is often at a premium, but the simple act of asking twice shows that we really are willing to listen.

Whilst it's clear to see that much has been achieved so far in raising awareness of mental ill health and the stigma that surrounds it, there is also much more to be done and I will continue to do all that I can to fight for more money for better mental health services here in Suffolk.

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The Friends of St Mary's wish to thank all who support our events.

Recently there was **Jazz in the Church**

with The Dave Browning Band

The musicians enjoyed the acoustics of our beautiful medieval church. They delighted us with fab music – a good time was had by all and the event raised £306.



Autumn Quiz Evening

SATURDAY 10 NOVEMBER 7.30pm

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DEBENHAM PARISH COUNCIL - Report of the October meeting

WW1 Centenary Commemoration: To mark the Centenary of the signing of the Armistice at the end of the Great War in 1918, MSDC have chosen Debenham to be the recipients and caretakers of an avenue of Oak trees and a commemorative bench depicting soldiers and a sprig of poppies. Events will also take place on November the 8th and 11th with our Chairman and Mr Eddy Alcock OBE laying wreaths at both the Debenham Cemetery and the War Memorial. Please do join us in remembering all those who gave their lives and fought for the piece and freedom we enjoy today!

New support for those bereaved by suicide:

On 10 September 2018, Suffolk's suicide prevention steering group announced it will be launching a new service to support individuals, families and others bereaved by suicide. The 12-month pilot service will be joint funded (£30,000) by Suffolk County Council (SCC) Public Health and Ipswich & East Suffolk and West Suffolk Clinical Commissioning Groups (CCGs). The service will be operated by Listening Ear, who will work in close partnership with the police, coroner service and other partners to offer support following notification of a suspected suicide, including one-to-one individual support, practical help and signposting to local services that can help.

Planning matters: The appeal against the refusal (including costs) of the planning application for 25 dwellings and new vehicle access to Little London Hill (Land Bound by Derry Brook and Little London Hill) was refused by the Inspectorate.

Parish Council funding: The Parish Council is very pleased to announce the approval of funding of £600 towards the Debenham First Responders and £500 towards the Debenham Fireworks Event.

Debenham Emergency Planning: In the event of an emergency, such as extreme snow or flooding, we would like to do as much as possible to ensure that everyone is kept safe and sound. In order to be able to do this, it is useful to know of anyone who might be particularly vulnerable in an emergency. If you think this might apply to you - for example, due to limited mobility or dependence on carers - or if you have a friend or relative to whom this might apply, we would like to ask you to complete the Emergency Plan Flyer and return it to the Parish Clerk, so that we can keep a record and act promptly if need be. The Flyer is available on our website, at the Library and Dove Cottage or you can have one posted to you.

Mrs Dina Bedwell, Clerk and Responsible Financial Officer

Tel. no. 01473 787861 - Mobile no. 07514 277974

(please leave message on answer phone / voicemail out of hours)

debenham.pc@btinternet.com

Office hours: Mondays, Tuesdays and Fridays 9.30am to 3.30pm.

Date of next Meeting: November 19th 2018.



Debenham Parish Council

List of councillors

STEVE PALFRAMAN 97 Gardeners Road, Debenham 01720 860831
Chairman stevepalframan@btopenworld.com

FRANKIE WINROW-
GIFFIN The New House, Little London Hill 01728 861085
fwgpc@btinternet.com

Vice-chairman

LYNNE COCKERTON 23 High Street. 01728 862001
lynne.cockerton@btopenworld.com

RICHARD BLACKWELL 2 Clover Court 01728 861815
Richard.blackwell99@gmail.com



STEVEN PHIPPS The Old Cobblers House, 10 Aspoll Road 01728 861028
07801 572593
spdebpc@gmail.com

JANE BALDWIN 17 Bloomfield Way 01728 860244
jbdpc@btinternet.com

GINA HELM 12 Bloomfield Way 01728 860822
ginahdpc@gmail.com



MIKE HAMMOND 40 Gracechurch Street 01728 860212
m.hammond@debenhampc.org.uk



SUZ DOBSON Finches, High Street
s.dobson@debenhampc.org

DAVID SECCOMBE South View, Kenton Road 01728 860485
dwsdpc@hotmail.com



FROM THE EDITOR

Another bumper 64 pager and quite rightly there is plenty about Remembrance. It seems so apt that November 11 falls on a Sunday for this centenary of the end of the First World War. The poppy collection team deservedly get a front page photograph for all the good work they do. Those who couldn't make the photo shoot are given mention on page 9 and as you'll notice, many have been involved for a good number of years.



I have included photos of some of the Parish Council in the list of the councillors on page 61. I have been asking for photos for some while, as I feel that as they all serve us, the community, then we ought to know what they look like! There are some councillors who don't wish their photographs to appear, so I have to respect their decision.

I am always after new ideas and contributions for the magazine. This is not because I ever have difficulty filling it, but hopefully, it will just add variety and interest. I have said before it would be good to hear from youth groups and any other organisation that rarely contribute. It was good to have a contribution from the thriving village Bowls Club on page 43 and hear about their successes. A regular contributor Sue Holifield has come up trumps again on page 35. Much research was needed, but she found out who the mystery musicians were!

Steve

DEBENHAM PARISH MAGAZINE

Editor: Steve Robbins: 8 Cross Green, Debenham, IP14 6RW
Tel 01728 860304

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**DEADLINE for the December Magazine
Tuesday 20th November 2018.**

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