

***BRANDESTON AND KETTLEBURGH
PARISH NEWS
SEPTEMBER 2015***

PARISHES OF BRANDESTON AND KETTLEBURGH

Dear Friends

For our young people September marks the beginning of a new school year, and all ‘new beginnings’ whether of the school variety, or maybe retirement, new job, new home, are all exciting and offer us so much in the way of new opportunities. And a little excitement is good for us all (though not too much lest we become silly, and later have to repent of our actions). For some people ‘excitement’ and ‘Church’ could be seen as an odd/unlikely pairing, but Jesus tasked his Church members to be salt and light. To be ‘light’ is a quite obvious instruction, members of the church are encouraged to show others the way to the Father, through Jesus, to show the way to an exciting Spirit filled life - and to bring enlightenment and warmth to a world in dire need of love.

But ‘to be salt’, on the face of it, is a rather more complex task, though salt; the wonderful natural preservative that it is, is also at the same time something which ‘enlivens’ what might otherwise be bland. So maybe the task required here is to preserve the mission of God already at work in our world. And as ‘salt’, to melt hearts frozen in fear, hatred, apathy, anger or loneliness.

So as salt and light -mission focussed people, it is appropriate that September is the month where we hold our second ‘new’ Benefice Council and continue its work on the Growing in God initiative. So let’s plan to water freely with patience, cultivate with love all we hope to achieve at that meeting and in our lives together in our seven parishes and beyond. There is much fruit in our gardens to be harvested, and we will reap as we sow.

With love in Christ

Deirdre

Brandeston

Elders: Miss Eileen Leach 685298
Mrs Mary Baker 685807

Churchwardens: Mrs Alison Molyneux 685244
Mrs Mary Baker 685807

Kettleburgh

Elders: Mrs Jackie Clark 723623

Churchwardens: Mr John Bater 723532

DIARY FOR SEPTEMBER 2015
(for further details of each event see below diary)

Thursday 3 rd	10.00am	<u>Brandeston Coffee Morning, 100+ Club Draw</u> at Village Hall
Friday 4 th	10.30am – 12	<u>Coffee Morning</u> at Kettleburgh Village Hall
Saturday 5 th	2.30pm (entries staged by 10.30am)	<u>Kettleburgh Flower and Produce Show</u>
Thursday 10 th & 17 th	6.30pm	<u>Auditions for Kettleburgh Pantomime</u> at the village hall
Friday 11 th	7.30pm	<u>Brandeston Film Club</u> - “Far from the Madding Crowd”
Saturday 12 th		<u>The Church Bike Ride</u>
Sunday 13 th	10am – 4pm	<u>Autumn Plant Fair</u> at Helmingham Hall
Friday 25 th	6.30 for 7pm start	<u>Whist Drive</u> at Brandeston Village Hall
Saturday 26 th	2.30pm	<u>Talk on “Autumn Flowering Perennials”</u> at Stowupland Village Hall
Wednesday 30 th	3pm	<u>Benefice Bible Study</u> at Hacheston Village Hall

Framlingham Spinners

A detailed line drawing of a traditional spinning wheel, showing the large flywheel, the treadle, and the spinning mechanism. The drawing is positioned to the right of the word 'Spinners' in the title.

Framlingham Spinners, Weavers & Dyers

30th Anniversary Exhibition

Demonstrations Each Day

An exhibition of the variety of fibre arts represented in the group.

This includes hand spun yarns, woven textiles, hand dyed fibre, rugs, felting, crochet and knitting

4th - 10th September

10am - 5pm

The Quay Gallery

Snape Maltings

KETTLEBURGH FLOWER AND PRODUCE SHOW – SATURDAY 5th SEPTEMBER

This year’s show will be held in the village hall at 2.30 pm on September 5th. Entry forms to be in by Wednesday 2nd and entries to be staged by 10.30 am on the Saturday. Open to everyone, not just Kettleburgh residents, and not just expert cooks and gardeners; the show has classes for vegetables, flowers, fruit, wine, cookery, photography, a special section for children’s work (although they are encouraged to enter any classes) and a novelty section where you can enter your most spectacular garden failure. If you’ve never entered before, have a go, you might surprise yourself. If you’ve got dazzling dahlias, a monster marrow or make fantastic flapjack this is the place to impress your friends and neighbours. Why not enter the Kettleburgh Vase or Tray classes this year? There will be refreshments, a raffle and a chance to chat. Surplus and donated produce is sold at 4.30 pm.

The two **photography classes** this year are a **Nature Close Up** eg of flora or fauna and **Sunrise or Sunset**. **The children’s classes are 4 decorated biscuits, a “selfie” photo and a garden on a plate.**

If you’d like advice on how to stage something we’re all willing to help. Schedules have been delivered with this magazine but more are available from Claire, Jackie Clark or Tracy Wingfield or can be downloaded from the Kettleburgh website. Any offers of help beforehand or on the day to Claire please.

Claire Norman 01728 724372 auntclaire@btinternet.com

BRANDESTON FILM CLUB 2nd Friday of each month starting at 7.30pm at the village hall. Membership is £10 for the year.

September 11th	Far from the Madding Crowd (2015)	In Victorian England, the independent and headstrong Bathsheba Everdene attracts three very different suitors: Gabriel Oak, a sheep farmer; Frank Troy, a reckless Sergeant; and William Boldwood, a prosperous and mature bachelor. Director: Thomas Vinterberg Writers: Thomas Hardy (novel), David Nicholls (screenplay) Stars: Carey Mulligan, Tom Sturridge, Matthias Schoenaerts
October 9th	Testament of Youth (2014)	A British woman, Vera Brittan, the mother of Shirley Williams, recalls coming of age during World War I. Director: James Kent Writers: Vera Brittain (autobiography), Juliette Towhidi Stars: Hayley Atwell, Kit Harington, Alicia Vikander
		The foot soldiers of the early feminist movement,

November 13th	Suffragette (2015)	women who were forced underground to pursue a dangerous game of cat and mouse with an increasingly brutal State. Director: Sarah Gavron Writer: Abi Morgan Stars: Helena Bonham Carter, Meryl Streep, Ben Whishaw
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THE CHURCH BIKE RIDE – Saturday 12th September

The Church Bike Ride is almost here again. It would be lovely to have some new riders for Brandeston and Kettleburgh. It is a most enjoyable day (weather permitting). There will be a welcome at every church, and also refreshments.

Sponsor forms & lists of churches open are now available from:-

Ruth Garratt, Brandeston 01728 685233

Pat Peck, Kettleburgh 01728 621144

RG

Helmingham Hall

Plant Heritage

PLANT HERITAGE AT HELMINGHAM

Helmingham Hall IP14 6EF

AUTUMN PLANT FAIR

SUNDAY 13TH SEPTEMBER 2015 10:00AM-4:00PM

Adults: £7 (includes entry to gardens) Children: Free!

FREE BULBS FOR FIRST 800 VISITORS!

Specialist nurseries - National Plant Collections

Garden Tours - Plant Doctor & Workshops

Live Music & entertainment - Local food & drink

Rare and unusual plants

www.suffolkplantheritage.com

www.helmingham.com

NCCPG Reg charity 1004009

Tel: 01473 890799

t @helminghamhall

KETTLEBURGH PANTOMIME

We are pleased to announce that the pantomime this year will be “Alice in Wonderland”. It is another fabulous script from the original story by Lewis Carroll and dramatised by Liz Marzetti – expect the usual madness as Alice and the White Rabbit encounter a whole troupe of bizarre and magical characters, including the eccentric Mad Hatter and March Hare, the bossy Queen of Hearts, the Cheshire Cat, Dodo, Mock Turtle and Caterpillar to name but a few.

Auditions will take place on Thursday 10th and Thursday 17th September at Kettleburgh Village Hall from 6:30pm, and rehearsals are then at the same time every Thursday, with a performance in early February.

So, if you fancy having some fun come along and give it a go – everyone welcome but we do ask that children are Year 3 and above.

See you there,
The Kettleburgh Players

THE BRANDESTON WHIST DRIVE returns from its summer break on FRIDAY- 25TH SEPTEMBER.

Doors open at 6.30 For a prompt start at 7, at Brandeston village hall.

The cost remains at £2.50 per person. This still includes a choice of fine wine and the usual selection of superb locally - produced refreshments at half time. New members please contact Peter on 01728 747315 .However due to the success of Rick and Pam during the ten years of their stewardship, space dictates future numbers are restricted.

The advanced notice of number of attendees helps us to gauge the amount of food and wine required and the number of tables required on the night. We look forward to seeing you all , Pam & Rick will be a very hard act to follow. The only thing we can promise is we will do our level best.

Peter Smyth

**Plant Heritage Suffolk Group
Warmly invites you to a talk**

'Autumn Flowering Perennials'

by

Rosy Hardy

of Hardy's Cottage Garden Plants

Saturday 26th September 2015 at 2.30pm

Stowupland Village Hall IP14 4BQ

Plant stall including rare and unusual plants

Delicious refreshments available for purchase

Admission: Free to members

£5 entrance fee for non-members

New members and non-members are most welcome

www.suffolkplantheritage.com

NCCPG Reg. Charity 1004009

Local Contact: Margaret Palmer 01206 299832

BENEFICE BIBLE STUDY

We have had a good time together looking at some aspects of the letter to the Philippians. My thanks to everyone who has come and shared in our monthly gatherings. By popular

request these meetings are set to continue into the autumn. In the next few months, until we stop for December, we will be gaining an overview of the words of Jesus preserved in the Sermon on the Mount. The material is contained in three of the chapters of St Matthew's Gospel. In some ways these paragraphs are so well known, but in other ways we have to stop and consider what is being taught about God and about us.

We shall meet as follows:

30th September – Matthew Chapter 5;

21st October – Matthew Chapter 6;

18th November – Matthew Chapter 7.

All these gatherings will be in Hacheston Village Hall, in the Committee Room at 3pm on Wednesdays. Please come to any session, or to all. It will be helpful if you have read the text chapter in advance.

Richard Ginn

ADVANCE NOTICES

Sat 10 th October	10am	<u>Kettleburgh Churchyard Tidy</u>
Sun 11 th October	5.30pm in church, 6.45pm village hall	<u>Kettleburgh Harvest Festival & Supper</u>
Sat 24 th October	7.30pm	<u>Brandeston Harvest Horkey</u> at the village hall.
Fri 30 th October	7.30pm	<u>Old Time Music Hall Evening</u> iao Kettleburgh Village Hall
Fri 13 th November	7.30pm	<u>Quiz Evening</u> at Kettleburgh Village Hall

KETTLEBURGH CHURCHYARD TIDY – 10th October

St Andrew's annual churchyard tidy will take place on Saturday 10th October. If you have a couple of hours to spare, please come along from **10:00am**. Bring some tools – secateurs, rake, wheelbarrow, strimmer would all be useful. All are most welcome and your help is much appreciated.

KETTLEBURGH HARVEST FESTIVAL AND SUPPER - 11th October

We hope that many of you will join in our harvest celebration this year on Sunday 11th October. The Harvest Festival in church at 5:30pm will feature the charity '**Tools with a Mission**'. There will be a speaker from the charity to give us some background information and explain how we can help by donating old tools etc. We will sing all the favourite harvest hymns, thank God for His goodness to us and bring along representative harvest gifts. Donations of money and tools will be sent to Tools with a Mission, fresh produce to Mills Meadow, Framlingham and tinned goods to Families in Need (FIND), Ipswich.

Following the service in church we will continue with an informal Harvest Supper in the Village Hall at 6:45pm to which, again everyone is invited. Soup, jacket potatoes and salad, and apple pie will be on the menu. No need to book, but please bring your own drinks.

More information about Tools with a Mission can be seen at www.twam.co.uk You can also download lists of the kinds of tools and other items which are collected.

JC

BRANDESTON HARVEST HORKEY – Saturday 24th October

Starting time - 7.30 p.m. - soon after a home cooked meal will be served.

As in recent years this event will be free to Brandeston residents, but to aid catering, tickets (priced at £5 per person) need to be purchased from Sue Thurlow 685673 or the Thursday coffee morning. The ticket money will then be refunded at the door on the night of the event.

The hall committee do hope that you will be able to join in this very village event.

KETTLEBURGH MUSIC HALL EVENING

On Friday 30 October at 7:30pm Kettleburgh Village Hall proudly presents its third Music Hall evening. Incredible acts of death defying daring, sublime singing, unsurpassable playing and titivating chatter await you. There will be a bar, a raffle, a hot supper - an evening not to be missed. To encourage you to put on your glad rags, there will be a prize for the best dressed man and woman. Tickets, priced at £8.50 to include supper, will be on sale nearer to the date. We have an evening packed full of variety for you, so put the date in your diary.

JC

PAST EVENTS

KETTLEBURGH GREEN TRUST LOTTERY

Results of the August draw are as follows:-

1st Prize Deborah Bell
2nd Prize Emma Porter

Trevor Jessop

BRANDESTON 100+ CLUB

Results of August 100+ club draw:

£25 No 31 Colin Mathews
£10 No 101 Eve Crane

NOTICES

KETTLEBURGH HARVEST FLOWERS

Ladies. . . if anyone is unable to do their harvest flower arrangements in church please could you let me know .

Anne

RE – KETTLEBURGH VILLAGE HALL

The caretaker of Kettleburgh Village Hall, Mr Tony Murphy, will be retiring due to health problems. Therefore the new caretaker / booking clerk will be Caroline Shilton (same address – 6 Constable Court, The Street, Kettleburgh). Tel: 01728 724585

KETTLEBURGH VILLAGE GREEN NEWS

Halloween on the Green – Help Required

We'd love to run Hallowe'en on the Green (Saturday 31st October) again this year but with a couple of the usual helpers on holiday, we need some help from villagers to run this popular event otherwise it just won't happen.

We will need help before the event (e.g. carving pumpkins, food preparation) and on the night. If you can help, please let me know by email, Facebook message, Twitter, phone, house call).

Halloween on the Green provides a safe and fun Hallowe'en experience for children (and adults) without the need for "trick or treating". It is organised by the Kettleburgh Green Trust and any profits from the event go towards the running costs of the green.

Village green shed – help required

Some time ago we purchased a small shed to put on the green so that we can store play equipment, signs, etc. Everyone's time is so precious and the small band of helpers we have are already stretched so the shed has remained in its packaging. If you are able to help by

laying a concrete base and erecting a metal shed (instructions included), we would welcome your help so we can avoid using hard earned donations to pay someone to do it.

Back to school

If you shop for school stuff on line you can raise money for the village green but just sitting at your computer doing some shopping? Many retailers such as John Lewis and Marks & Spencer to name but a few participate in the scheme where they will give your nominated charity a donation just for shopping with them. To get set up, go to easyfundraising.org.uk, get registered and search for the Kettleburgh Green Trust. We have raised another £127 in the last quarter.

Keep in touch with us by liking us on Facebook, following us on Twitter @kgtchair.

Caroline Wheeler-Rowe
Treasurer and Fundraising Committee Chair
Kettleburgh Green Trust
Registered Charity 1110467

kgtchair@wheeler-rowe.com
www.kettleburgh.onesuffolk.net/KGT

LINK ROMANIA SHOEBOX APPEAL 2015

Many people now contribute to this charity each year, and this is just a reminder about items for boxes this year, which need to be ready by the end of October. The following items are suitable for a Family Shoebox: shampoo, shower gel, small toys, toothbrushes and paste, nail clippers, brush/comb, safety razors, simple calculator, hair accessories, soap/flannel, colouring books, writing pads, sweets, chocolate, sewing kit, candles, soft toys, screwdriver, tape measure, socks, tights. If you would like to contribute a box for an elderly person/couple, extra ideas include: plasters, tissues, reading glasses, lavender bag, pens, paper, small mirror. There are now three ways that you can help - as well as two kinds of boxes, there is also a foreign currency collection. Leaflets to attach to the shoeboxes will be available at Kettleburgh coffee mornings, at the back of Kettleburgh Church and at Kettleburgh Harvest Supper, or you can download a leaflet from the website link. If you would like to know more about the appeal, contact Jackie Clark (723623) or take a look at the website: <http://linktohope.co.uk/> There is a link on the Kettleburgh website (Church page).

JC

SUFFOLK NHS ADVICE

Help prevent falls and trips

Don't underestimate the consequences of an older person having a fall. A fall can result in broken hips or bones and even early death. In addition to the pain and distress a fall can

cause, it can take away someone's self-confidence, leaving them afraid to go out and socially isolated. The statistics on falls are staggering:

- 50% of people aged over 80 suffer a fall each year
- 33% of people aged over 65 suffer a fall each year
- 1 in 10 elderly falls result in serious injury
- 25% of all 999 calls are falls related

One way of reducing the chance of falling is by replacing old and worn slippers. Many people have a favourite pair of comfy slippers that could be potentially dangerous. Worn soles can easily lead to a slip and slippers that fit poorly can cause a trip. The safest slippers are those with good quality non-slip rubber soles, are enclosed and have a fastener.

So, if you have a pair of old and worn slippers, please think about replacing them. And if you've got an elderly friend or relative think about giving them an early Christmas present of a new pair of slippers.

It's almost time for a flu vaccination

GPs are encouraging people in at-risk groups to start thinking about getting their winter flu jab.

From September GP practices will be contacting patients in at-risk groups, informing them of their entitlement to a free NHS flu vaccination. For your convenience many GP practices will be operating walk-in flu clinics.

At risk-groups entitled to a free NHS flu vaccination from their GP:

- You are aged 65 years or over.
 - You are pregnant.
 - You are living in a long-stay residential care home.
 - You are the carer of an elderly or disabled person whose welfare may be at risk if you fall ill.
 - You are a child aged 2, 3 or 4 years.
 - You are aged six months to 65 years and have a heart problem; a chest complaint or breathing difficulties including bronchitis and emphysema; a kidney disease; lowered immunity due to disease or treatment (such as steroid medication or cancer treatment); a liver disease; had a stroke or TIA; diabetes; a neurological condition e.g. multiple sclerosis or cerebral palsy; a problem with, or removal of, their spleen e.g. sickle cell disease.
- If you are someone in an at risk group, or know someone who is, please don't underestimate how serious flu can be. A serious case of flu could result in bronchitis or pneumonia, a worsening of your diabetes and for pregnant women premature labour or even stillbirth.

DONATE YOUR FURNITURE TO HELP LOCAL HOSPICE CARE

St Elizabeth Hospice is urgently appealing for donations of furniture to sell in its shops across East Suffolk.

The charity has a van and team of volunteer drivers who will pick up good quality items from your home, Monday to Saturday.

Donations of sofas, table, chairs, wardrobes and cabinets are all welcome and will be resold in the hospice's dedicated furniture shops in Holywells Road and Foxhall Road, Ipswich, and Bury Street, Stowmarket.

Jason Rudderham, St Elizabeth Hospice's head of retail, said: "If you are redecorating or having a sort out, please think of donating any furniture you don't want any more to the hospice. You may have furniture that no longer fits with your colour scheme or you might just fancy a change.

"Our shops are great for the environment as they allow goods to be reused and recycled and the funds raised enable St Elizabeth Hospice to continue to provide vital care and support for more than 2,000 local people every year."

If you would like to donate furniture, do not drop it off at the shop, please call 0845 259 0319 and your furniture will be collected from your home.

VILLAGE WEBSITES

For up-to-date information about your village, visit these websites:

www.brandeston.net

www.kettleburgh.suffolk.gov.uk

MAGAZINE ARTICLES

Please send, deliver or e-mail any contributions for the magazine by 15th of each month to:

Mrs Val Butcher, Woodlands, Church Road, Kettleburgh, IP13 7LF

or e-mail valerie.butcher@talk21.com, tel: 724777.

Please send e-mails in Microsoft Word format, PDF or jpg for pictures/scans.

Covers

Janet Weston is providing regular drawings for our magazine cover, for which we are very grateful. If anyone else would like to draw a cover sometime, you are very welcome.

CHURCH CLEANING

Brandeston

6th Ruth Garratt and Mary Baker
13th Christine and Colin Matthews
20th Julia Elson and Kelly Jeffery
27th Jane Mitchell and Louise Paget
4th Oct Helen Fletcher and Karren Piper

Kettleburgh

Alison Gibson
Jackie Clark
Jane O'Leary
Fay Clarke
Claire Norman

CHURCH FLOWERS

6th Helen Saxton
13th Eve Crane
20th HARVEST
27th Nancy Demetriadi
4th Oct Ruth Garratt

Claire Norman
Claire Norman
Claire Norman
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Eiluned Davies
