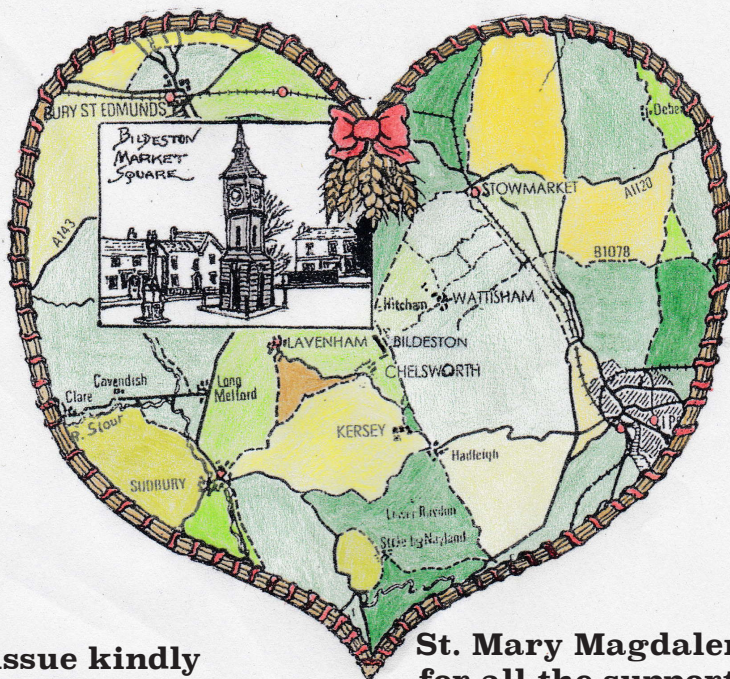


Issue number 316
February 2017



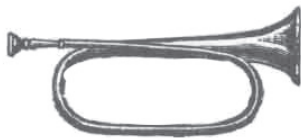
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The village magazine produced for the people of Bildeston



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Full page	£12.00	£100.00	134mm W x 190mm H

THE SMALL PRINT

All adverts, payments and items are required by the 17th of the month for inclusion in the following month's issue (except December).

The earlier free contributions are received the greater the chance of inclusion.

Please make cheques payable to Bildeston Bugle and send to:

The Editor, Bildeston Bugle, 14 Squirrells Mill Rd, Bildeston IP7 7DY

Receipts cannot be issued without your full postal address.

If we do not receive payment by the 17th of the month your advertisement may NOT be included

The Bildeston Bugle Management Team is:

Alan Jacobs (Editor) 01449 741645

Christine Hubbard (Treasurer) 6 Manor Road 01449 740633

Tricia Baldwin (Advertising Revenue)

Angie Biddulph (Bugle Team Liaison)

Stuart Law (Assistant Editor)

Alison Sims (Marketing)

ED'S COMMENT

Some people have been kind enough to say how much they like reading this piece when it delves into history. Well, February is such a rich vein of material it was hard to choose, but one thing did jump out. Not only is it a reminder of an event in recent history but it also resonates with what will be one of the topmost agenda items throughout this year, namely negotiations to leave the European Union.

It was on the 15 February in 1971 the United Kingdom went decimal and on that very day we lost the term 'shillings' from our existing currency and some of our most loved coins. Going Decimal moved us from 4 farthings to a penny, 12 pennies to the shilling and 20 shillings to the Pound; to Pounds and Pence and the 100 pence to the Pound we have now, and have kept whilst most of the European countries lost their own national currencies to the Euro.

We held on to our old coins during a transition phase and, although some remained in circulation, their value changed and we were urged to stop calling them by their familiar nicknames. Shilling, florin, copper, tanner, bob, half a crown were particular favourites, as was the ten bob note. Youngsters, please respectfully ask villagers of an older persuasion to tell you about these coins. Special phrases disappeared with them such as 'Penny for the Guy', Bob a Job week, threepence or tanners' worth of chips! It was a dramatic change and an amazing reflection of the adaptability of the British that it all went so smoothly.

At the same time strong efforts were made to decimalise weights and measures. However now, in the year 2017, we all still live in no man's land, betwixt and between, with different areas of measurement clinging on to the old like gnarled limpets to a craggy rock. We still go the pub and drink ale and beer in pints but wine and spirits are sold in millilitres! Milk is labelled in both, as is sugar! Measuring jugs sold in the UK are printed with both pints and litres. Officials tried to ban pre-decimal weights of pounds and ounces in markets, resulting in some well publicised court cases. We have never lost our miles and our cars' speedometers stubbornly stick to Miles per Hour, and in little numbers running around within, the equivalent in kilometres! Visit Bildeston Bowling green and you will still hear the bowlers shout out to team members how close they are to the jack, "Another yard!" All those people rushing off to the slimming clubs post Christmas will still want to know what they weigh in 'stones' and we still measure our height in feet and inches! No sign of these things changing now, another triumph for Brexit in the offing? So, only our money was truly totally decimalised from 15th February 1971. To bring this right up to date, next month sees the introduction of a brand new one pound coin, the first for thirty years. A 12 sided coin designed to make it as forgery proof as possible, especially as officials reckon one in every 30 of the current pound coins in circulation is a fake! As far as our decimal currency is concerned though, it all started in February 1971.

BILDESTON PRIMARY SCHOOL

Have you made a New Year resolution to do something different in 2017? Something that's interesting and sorely needed in the village? Bildeston Primary school would love to hear from you because they have vacancies on the Governing Body.

The school Governors support the Head, staff and children to help ensure our village school is the best it can be.

If you are interested either contact Ros Cohen, Chair of Governors at ***roscohen22@gmail.com*** or Lynne Golding, the Head at the school on 01449 740269.



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BILDESTON PRIMARY SCHOOL



Christingle Service

The whole school took a leisurely walk up to the church on 19 December for our Christingle Service. As the children sang they were each given a Christingle, the candles were lit and the Prayer of Intercession was delivered by Rev Liz.

Boxford Farm Visit

The children in KS1 went on a trip to Boxford Fruit Farm where they explored the green houses looking at how the strawberries on the farm are grown, how they are fed and how they are kept warm

The children also went on a bug hunt to find the pollinators.



Christmas Lunch

Congratulations to our kitchen team and her fantastic staff who prepared, cooked and served a total of 111 Christmas lunches. A traditional roast turkey lunch was served piping hot and delicious. Staff took on the waitressing role and delivered the plated food to the children at their tables, while festive music played in the back ground.

Our Nativity

Pupils performed the nativity to their families on the 14 & 15 December in our very own school hall. Reception children played the parts of the animals and shepherds while pupils from Year 1 & 2 were angels, Kings, wise men and narrators. All were superstars with their loud clear voices for all to hear and their fantastic singing dancing and acting. WELL DONE EVERYONE!



Pantomime

Oh no we didn't! Oh yes we did..... enjoy the pantomime on the first day back after Christmas. The whole school travelled by bus to Bury St Edmunds to see Beauty & the Beast at the wonderful Theatre Royal. The children shared their experience with pupils from our collaborated school, Whatfield Primary. The children are now working on literacy and numeracy topics linked to their experience back in the classroom.

If you are considering Bildeston Primary as a school for your child, we would welcome a visit. Please phone the office on the number below. We would love to meet you.

Bildeston Primary School
Newberry Road, Bildeston, Ipswich, Suffolk, IP7 7EU
Telephone: 01449 740269
Website: www.bildeston.suffolk.sch.uk



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- Here's our **free live music** for **February**: every **Wednesday** is **Open Mic Night** from **8:30pm**; from **9pm** on **Saturday 25th** we have **Millie Kirkpartrick** on acoustic guitar with her stunning vocals to some great indie/folk/pop tunes; and from **1pm** on **Sunday 26th** have a relaxing lunch with **Kevin Nightingale** on contemporary classical acoustic guitar.
- Our monthly **charity quiz night** is on **Thursday 23rd February** at 8:30pm, please arrive by 8pm. To book a table telephone Sue/Nigel on 01449 741 434. Thanks December's teams who raised **£235** for **Battersea Dogs & Cats Home**.
- Our good value homemade food uses quality ingredients that are locally sourced where possible. We are well known for tasty beer-battered fish & chips, delicious boozy beef pie (Suffolk red poll beef) and our freshly prepared traditional Sunday roasts. Meals are cooked to order, available to eat-in or take-away and in child sized portions. To reserve a table please phone **Sue or Nigel on 01449 741434**.
- We brew our own real ales on-site (tours by arrangement) with at least one other from a local independent brewer.
- Our opening times are as follows:

Wednesday	Open 6pm-12am (open mic/buskin night)
Thursday	Open 6pm-11pm (bar games night)
Friday	Open 4pm-12am (full menu 5-9pm, T/Away 5pm)
Saturday	Open 12pm-12am (full menu 12-2pm & 6-9pm)
Sunday	Open 12pm-10:30pm (roast/Sunday menu 12-3pm)
Monday/Tuesday	Closed (except some bank holidays)

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COUNTRYSIDE OBSERVER

Christmas with all its trimmings has come and gone! I find it a happy sad time, happy for the friendships and family, sad for the friends and family who I'll not be able to share things with anymore. Through the long dark nights and swirling January mists one can almost feel a Dickensian tug toward the good old traditional times when the population was less inclined to do what I'm doing now, sitting behind a glowing screen! But for you dear follower of the hopefully varied "Country Observer", I hope my hours logged behind the glowing screen will continue for a while longer!



Yesterday the sun shone down so I elected to enjoy the latter part of day and logged three miles at with our two grateful Spaniels. I covered the distance in 50 minutes including photo stops. I had to agree with myself this was not bad for a middle aged bloke with bits of metal in his leg to keep him mobile! The walk was a solo affair, not a soul to be seen, just me the dogs across the peaceful undulations of the winter countryside. The weather has been unseasonably mild, no sign of the promised hard winter that we are so overdue. On this latest walk I noticed a real profusion of mole hills. These are fine in the fields but cause great concern and damage to gardeners and groundsmen when appearing on beautifully manicured lawns. Moles are small mammals adapted to a subterranean lifestyle. They have cylindrical bodies, velvety fur, very small, inconspicuous ears and eyes, reduced hindlimbs and short, powerful forelimbs with large paws adapted for digging. The term "mole" is especially and most properly used for "true moles" of the Talpidae family found in most parts of the UK and Europe. In Middle English, moles were known as moldvarp. The expression "do not make a mountain out of a mole hill" – exaggerating problems – was first recorded in Tudor times. By the era of early modern English the mole was also known in English as mouldy varp, a word having cognates in other languages such as German and Danish, Norwegian and Swedish where the mold part of the word means soil and the varp part means throw, hence "one who throws soil" or dirt tosser.

Male moles are called boars females are called sows and a group of moles is called a labour. A mole's diet primarily consists of earthworms and other small invertebrates found in the soil, and a variety of nuts. The mole runs are in reality worm traps the mole sensing when a worm falls into the tunnel and quickly running along to kill and eat it. Because their saliva contains a toxin that can paralyze earthworms, moles are able to store their still-living prey for later consumption. They construct special underground "larders" for just this purpose; researchers have discovered such larders with over a thousand earthworms in them. Before eating earthworms, moles pull them between their squeezed paws to force the collected earth and dirt out of the worm's gut. Breeding season for a mole depends on species but is generally February through May. Males search for females by letting out high-pitched squeals and tunnelling through foreign areas. The gestation period of mole is approximately 42 days. Three to five young are born, mainly in March and early April. Mole pups leave the nest 30–45 days after birth to find territories of their own. Moles are solitary creatures, coming together only to mate. Territories may overlap, but moles avoid each other and males may fight fiercely if they meet. **Mike Biddulph**



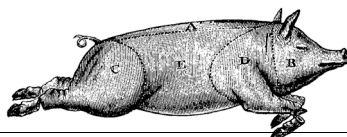
BNatural

The **BNatural AGM** will be
at the **Kings Head** on **Monday the
8th of March**. The meeting is open to
all interested parties - the committee
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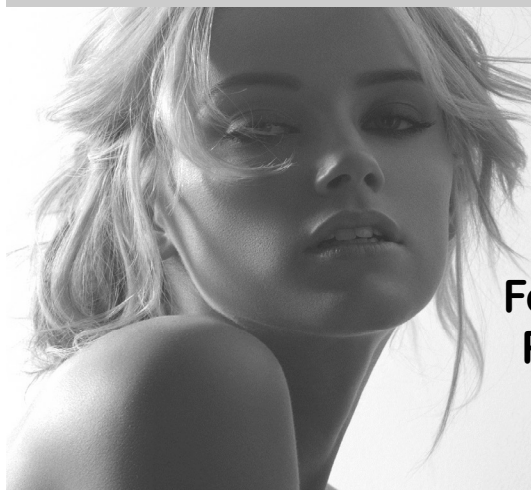
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Bildeston Ladies Club

First of all - what do you think of the new look logo? I thought I'd try it for a change, but not sure if we should insist that hats be worn at our meetings!

(Comments welcome.)



Our first meeting of the year, on February 2nd, will be a demonstration by Marion Knights from the Lavenham Guild Of Weavers. Her talk, entitled 'From Sheep To Cloth' will be accompanied by a demonstration of spinning and weaving techniques and a display of items she has made.

Sounds like a good way to spend a winter's evening, so why not come and join us.

The hall is opened at 7:30 for our meetings to start at 8p.m.

Jo Silburn – bookings secretary - 740504

Ann Shirley – chairperson - 740114

Mary Ruffell – secretary – 740841



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Annual Village Spring-Clean 2017.

It may feel like the depths of winter now, but Spring is just around the corner so here is an early plea for you to put the date of our annual village tidy-up into your diary.

This year we will be conducting the Spring Clean on Saturday April 1st - before you ask, this is not a spoof or indeed a fool's errand as those of us involved take great satisfaction in a job well done. It is just a shame that some fools seem to think the environment is not important and continue to show a lack of respect for our surroundings.

As usual you can pre-book a particular area of the village that you would like to work on or just join in where needed. Full details will follow in the March Bugle - so keep an eye out for them, or give one of us a ring. (Book early to avoid disappointment !)

Thanks

Jo Silburn 740504

Robin Sidgwick 747404



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QUEEN'S SAPPHIRE JUBILEE

An important date in February this year, and another huge milestone for Queen Elizabeth II, is 6th February. On this day in 1952, after a long illness, King George VI of Great Britain and Northern Ireland died in his sleep at the royal estate at Sandringham. Princess Elizabeth, the oldest of the king's two daughters and next in line to succeed him, was in Kenya at the time of her father's death. The 6th February marks the 65th anniversary of the Queen's accession to the throne; the first 'Sapphire Jubilee' in the history of England. Although she was crowned Queen Elizabeth II on June 2, 1953, at age 27, as royal protocol dictates, she actually became Queen on 6th February.

Six monarchs have reigned for 50 years and had their Golden Jubilees; two for 60 years achieving Diamond Jubilees, but now, Queen Elizabeth becomes the first to reach 65 years and enjoy a Sapphire Jubilee.

The image above is an example of the merchandise the Royal Palace shops are selling to commemorate the occasion, but Buckingham Palace has remained quite low key about the anniversary with nothing special planned to mark the day itself. Nonetheless, it will remain an historical event, perhaps never to be repeated.

A special huge thank you to Heather Morphey who has been an absolute stalwart member of the collating team. Heather has sorted, stapled, creased and packed up thousands of Bugles on behalf of the village over many years and has finally decided to hang up her stapler!

From all of us in the Bugle team, thank you so much.

If anyone would like to join our merry band of staplers and folders, please contact either the editor or Angie Biddulph (01449 740547)

BILDESTON HEALTH CENTRE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DR HAINSWORTH					
Open surgery	8.30-10.30	8.30-10.30	8.30-10.30	NOT IN SURGERY	8.30-10.30
BY APPOINTMENT	4.00-6.00	4.00-6.00	4.00-6.00		4.00-6.00
DR CLARK					
Open Surgery	8.30-10.30	8.30-10.30	8.30-10.30	8.30-10.30	NOT IN SURGERY
BY APPOINTMENT	4.00-6.00	4.00-6.00	4.00-6.00	2.00-4.00	
DR BEALE					
Open Surgery	8.30-10.30	8.30-10.30	NOT IN SURGERY	8.30-10.30	8.30-10.30
BY APPOINTMENT	4.00-6.00	2.00-4.00		2.00-4.00	4.00-6.00
MATT BREWER ADVANCED NURSE PRACTITIONER					
Open surgery	8.30-10.30	8.30-10.30	8.30-10.30	8.30-10.30	8.30-10.30
BY APPOINTMENT	2.00-4.00	NOT IN SURGERY	2.00-4.00	4.00-6.00	4.00-6.00
PRACTICE NURSE BY APPOINTMENT ONLY	9.00-12.30 2.00-3.30 4.00-5.40	9.00-12.30 2.00-3.30 4.00-5.40	9.00-12.30 2.00-3.30 4.00-5.40	9.00-12.30 2.00-3.30 4.00-5.40	9.00-12.30 2.00-3.30 4.00-5.40
PHLEBOTOMIST	9.00-11.00	9.00-11.00	9.00-11.00	9.00-11.00	9.00-11.00
HEALTH CARE ASSISTANT	2.00-3.20 4.00-5.45	2.00-3.20 4.00-5.45	2.00-3.20 4.00-5.45	2.00-3.20 4.00-5.45	2.00-3.20 4.00-5.45

Dispensary 08.30am until 1.00pm (closed for lunch)

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Saturday 09.00am until 12.00pm

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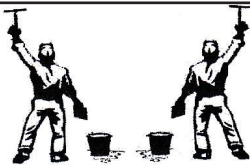
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Valentine's Day Word Search

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 H A N D H O L D I N G L L O R T S
 H U G S T C D P D K F B E M I N E
 Q S R O T I U S U N E C N A M O R
 D I P U C H O C O L A T E V Z
 S G N I L E E F C G I F T
 F R P V N D I A M O N D Z
 Y E W Y R A U R B E F
 V V P Q R T I Y T
 O U R Z E
 L O V
 W

Arrow

Be Mine

Candy

Card

Chocolate

Couples

Cupid

Date

Diamond

February

Feelings

Flowers

Friendship

Gift

Hand holding

Heart

Hugs

Kisses

Love

Lovers

Romance

Roses

Stroll

Suitors

Valentine

Recipe of the Month

Grilled Lobster

with thanks to Chris Lee Head Chef at The Bildeston Crown

Ingredients

- Serves 2
- x1 Lobster
- Olive oil
- Salt & pepper



Method

- Cook the lobster in boiling water for 6 minutes
- Leave to cool at room temperature for 20 minutes
- Cut the lobster in half, head to tail
- Crack claws and remove meat. Place meat in empty head cavity.
- Refrigerate until ready to cook
- Place lobster halves shell-side down on a baking tray.
- Brush with olive oil and sprinkle with salt
- Put in the oven at 170°C for 8 minutes until hot.
- Remove from the oven and garnish with lemon and parsley.





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BILDESTON PARISH COUNCIL

DRAFT Minutes of the meeting of Bildeston Parish Council

held on 9th January, 2017 in Chamberlin Hall at 7.30 pm

In attendance:

Councillors: A Guttridge (Chairman) D Drury R Lester R Taylor

Also Present: D Blackburn (Clerk) District Councillor M Creffield

The Chairman, Councillor A Guttridge opened the meeting and welcomed everyone present.



C130/16/17 APOLOGIES FOR ABSENCE

Apologies for absence had been received from Councillors Bullen, Hubbard and Dempsey and also from County Councillor Mrs J Antill.

C131/16/17 DECLARATIONS OF PECUNIARY AND NON-PECUNIARY INTERESTS

The following declarations were made:

Kings Pightle Management Committee – Councillors Drury, Lester & Taylor;
Sportsfield Management Committee – Councillors Drury, Lester & Taylor;
Parish Council's representative on the Parochial Church Council – Councillor Lester; and
Parish Council's representative on the Chamberlin Hall Management Committee – Councillor Guttridge.

C132/16/17 DISPENSATIONS IN RESPECT OF PECUNIARY INTERESTS

There were none.

C133/16/17 MINUTES OF PREVIOUS MEETING

It was AGREED: That the minutes of the meeting held on 12th December, 2016 be signed by the Chairman as a correct record.

C134/16/17 DISTRICT COUNCILLOR'S REPORT

District Councillor Creffield provided an update on the following matters:

- Winter pressures on the NHS in Suffolk and steps that the public could take to help by using pharmacies for basic ailments, calling 111 (a free 24/7 service) in the first instance for advice on how to deal with medical matters, calling the Wellbeing Suffolk service 0300 123 1781 in respect of stress or depression, or calling the Samaritans on 116 123 in more serious cases of distress and despair.
- The District Council's Planning Team had relocated from Hadleigh to Needham Market although a Planning desk would still be available in reception at Hadleigh.

C135/16/17 COUNTY COUNCILLOR'S REPORT

There was no report on this occasion. Councillor Antill had advised by email that she would be meeting with John Simpson from SCC Highways on Wednesday, 11th January, 2017 to discuss progress with various highways issues.

C136/16/17 VILLAGE AMENITIES

Councillors Taylor and Drury reported that there would be a cleaning up party at Kings Pightle on Saturday, 14th January, 2017 commencing at 9.00am.

Members of the Parish Council discussed improvements that were required to the electrics at the Clock Tower and Councillor Taylor agreed to pursue this matter.

Councillor Guttridge referred to problems being encountered with mole hills at Chamberlin Hall, Coronation Playground and the Sportsfield. He suggested that the most cost effective way of dealing with the problem was to ask a local pest control company to visit all three sites as part of the same visit with contributions as appropriate for work at the Sportsfield and Chamberlin Hall..

It was AGREED: That the Clerk engage Command Pest Control to attend all three sites to deal with the mole infestations in liaison with the Management Committees of Chamberlin Hall and the Sportsfield.

C137/16/17 COMMUNITY CENTRE USE

Further to Minute C123/16/17, the Manager of Lavenham Village Hall had been contacted and was willing to attend a meeting in mid to late February to discuss ways of increasing community use of Chamberlin Hall. The Clerk was requested to finalise arrangements for the meeting.

C138/16/17 CLERK'S REPORT

The Clerk had contacted David Bracey Play Safety Inspections Ltd to undertake the annual inspection of play areas in the village. It was anticipated that the inspection report would be available for the next meeting.

The Clerk had fulfilled the Parish Council's obligations in respect of auto-enrolment for pensions and would be providing the requisite declaration of compliance to the Pensions Regulator prior to the deadline set for the Parish Council of 31st March, 2017.

C139/16/17 FINANCIAL REPORT

It was AGREED:

- a. That the quarterly budget monitoring report up to the end of December 2016 be received and noted; and
- b. That the following payments be authorised:

Payee	Description	Budget Category	Amount (£ incl. VAT)
David Blackburn	Clerk's Pay	Salaries & Expenses	189.46
David Blackburn	Expenses	Salaries & Expenses	17.33
Adrian Chinery	Grounds Maintenance	Salaries & Expenses	187.29
Adrian Chinery	Expenses	Salaries & Expenses	40.00
HMRC	PAYE (to end Dec incl.arrears)	Salaries & Expenses	662.45
Gotelee Solicitors	Judicial Review	Administrative & Legal	52.80

(Notes: All the above are payable from the General Fund).

Members of the Parish Council discussed the preparation of the draft budget which would be presented by the Clerk at the next meeting.

C140/16/17 PLANNING APPLICATIONS

Part A: Planning Applications - Consultation with Bildeston Parish Council

Reference	B/16/01738
Address	The Old Dairy, Consent Lane, Bildeston IP7 7SB
Proposal	Erection of single storey rear extension, alteration to external window openings, insertion of window and roof lights.
Representation	No objection

Part B: Planning Applications – Decisions of Babergh District Council

There were none.

C141/16/17 PUBLIC SESSION

There were no issues raised.

C142/16/17 MATTERS TO BE BROUGHT TO THE ATTENTION OF THE COUNCIL

Councillor Lester reported that the footpath up to the Church was unusable in places because of the growth of the boundary hedge of the neighbouring farmland. It was understood that Strutt and Parker were managing the site on behalf of the landowner and that they were the best point of contact to resolve this matter.

Councillor Taylor reported that there were potholes on Church Road which required repair. Councillor Drury indicated that yellow paint had been sprayed in Consent Lane which might suggest that repairs would be undertaken shortly.

Councillor Drury submitted a letter of resignation which the Chairman read to the Council. The Chairman paid tribute to the significant contribution made by Councillor Drury to the work of Bildeston Parish Council during her time as a Member of the Parish Council.

C143/16/17 CONFIDENTIAL BUSINESS

There was no further information to report at this stage with regard to Henry Morphew's estate and the Parish Council's application for Judicial Review.

The meeting closed at 8.25pm.

CLERK'S COLUMN

FORTHCOMING MEETINGS



Local residents are most welcome to attend the following meetings which will be held at Chamberlin Hall:

Monday, 13th February, 2017	Parish Council
Monday, 13th March, 2017	Parish Council
Monday, 10th April, 2017	Parish Council
Monday, 24th April, 2017	Annual Parish Meeting of Electors

All meetings start at 7.30pm.

David Blackburn, Parish Clerk
on behalf of Bildeston Parish Council

Telephone: 01449 721369 or email: clerk@bildeston.suffolk.gov.uk.

BIKE RIDE IN MEMORY OF SUFFOLK POLICE OFFICER

Two young men from Suffolk, Jason Bullard and Aaron Durrant have recently visited the Woolverstone Macmillan Centre at Ipswich Hospital to present Macmillan Cancer Support with a kind donation of £1375.

The pair decided to fundraise in support of Ruth Finbow, who having received the 'all clear' from breast cancer, heard the devastating news of a second diagnosis. Ruth was a retired Police Officer who lived in Hintlesham and had previously served in several villages in the Hadleigh and Ipswich area, including Bildeston. Jason and Aaron decided to complete a 101 mile bike ride, using bicycles from the 1900's to include all the villages where Ruth had worked during her career with the Suffolk Constabulary.

The challenge took the boys across the county on a tight schedule, they planned to be back at the Community Hall in Hintlesham, for a celebration of music, karaoke, and a raffle. Hundreds of people turned up on the day to show their support.

Unfortunately, Ruth passed away before the event, but the boys still carried on with the help of Steph Coupland and Doug Finbow to make the day a fitting tribute to this much loved and missed member of the community. The whole day and evening was a great success. A grand total of £3,309.00 was raised, to be split between the Woolverstone Macmillan Centre and Cancer Research UK. The donation to Macmillan will cover the cost of a Chemotherapy Treatment Chair in the new Woolverstone Macmillan Centre at Ipswich Hospital. More than twice as many people than ever before can now receive their treatment at any one time. The new centre features spacious treatment suites, gardens, quiet rooms and facilities for loved ones. It is expected that around 21,000 people will use this innovative and specialist centre for cancer services every year. In honour of Ruth, the village will also place a bench outside of the Community Hall, where Ruth was Secretary of the Social Club.

Helen Glenholmes, Fundraising Manager for Macmillan Cancer Support said, "I cannot thank Aaron and Jason enough, for coming up with such a special way to support our new cancer centre in memory of Ruth. We still need to fundraise to cover the cost of this £4.7 million facility, and we would never have come this far without the kind generosity of communities across Suffolk. We must say a huge thank you to our supporters in Hintlesham for making this wonderful gift."

For information on fundraising for the Woolverstone Macmillan Centre, as a business, group or individual, call 0300 1000 200 or visit www.macmillan.org.uk/fundraising

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KEEPING AN EYE OUT FOR OLDER NEIGHBOURS THIS WINTER

Irene Wordsell, manager at the Anchor Canterbury House Care Home in Hadleigh is urging older people living alone to take extra care in the cold weather expected this winter. Irene said, "Risks of falling among older people are high in the cold weather. Anchor is urging the wider community to keep a close eye on elderly neighbours and their older relatives who may live alone and are more vulnerable in cold weather."

She also said, "We recommend older people have regular hot drinks and eat at least one hot meal a day, if possible. Eating regularly helps to keep up energy levels during winter. Wrap up warm and wear several light layers of warm clothes. Wear footwear with a good grip if you need to go outside on cold days and take extra care if you go out."

Anchor has produced a free guide called '**Getting Ready for Winter**' which gives lots of advice as well as covering topics such as getting a winter flu jab and cold weather payments. The free Getting Ready for Winter guide can be downloaded from: <http://guides.anchor.org.uk/GettingReadyforWinter>



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Suffolk Coastal 01394 670770

North Suffolk & Great Yarmouth 01502 722234
West Suffolk 01284 767674

Further information can be found at www.cruse.org.uk, www.suffolkruse.co.uk or email suffolk@cruse.org.uk

"I felt my counselling with my volunteer was very helpful indeed, at a time when I felt isolated and at times desperate".

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FEBRUARY 14TH VALENTINES DAY

Valentine's Day is a day to celebrate love, but the history of this holiday is a little murky. Valentine's Day today incorporates Christian and ancient Roman traditions. The Romans celebrated the feast of Lupercalia, a spring festival on February 15th. But with the introduction of Christianity, the holiday moved to the 14th to honour several martyrs named Valentine. The Catholic Church recognises at least three saints named Valentine or Valentinus, all with a different backstory. The one that seems to have the most obvious connection to the Valentine's Day we know today involves a Valentine who was killed for attempting to help Christians escape from Roman prisons. Legend has it that he fell in love with a woman who visited him during his imprisonment and wrote her a letter signed "From your Valentine," and that could be why we call each other Valentines today.

Some people believe we celebrate Valentine's Day on February 14th to coincide with the anniversary of Saint Valentine's death or burial.

Others contend that Valentine's Day was placed in the middle of February in order to Christianise the pagan festival of Lupercalia, dedicated to the Roman god of agriculture. At the end of the 5th century Pope Gelasius abolished Lupercalia and declared February 14th St. Valentine's Day.

So Valentine's Day has been on February 14th for centuries, but it wasn't until much later that it was associated with romance and love.

Experts believe the association began during the Middle Ages in England and France, where February 14th was generally accepted as the beginning of birds' mating season, so maybe this could be where the idea that Valentine's Day is a day of romance started. Who knows? Just enjoy a day when we can think about our loved one instead of the mass of bad news with which we are more commonly bombarded.



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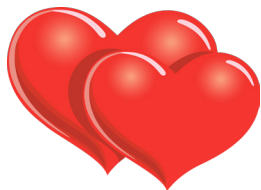
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A letter from Bildeston Rectory.....



When we came to tidy the Christmas things at Bildeston church we made a sad discovery - baby Jesus was not there.

I find it hard to believe that someone has stolen the baby out of the Crib Set - all the other figures are there, even the shepherd which got broken (and is now much restored and in one piece). Who would want to steal the one part of the set which makes all of the rest make sense? Is it really stolen or has some mischievous person hidden it? If you do know of Jesus' whereabouts please make sure he is returned to the church. The piece is of no value and only important because of its symbolic presence. It is made of plaster of paris and about 150mm x 75mm (5"x3") - the baby lies on a cushion of straw. If the figure does not turn up during the year it will mean buying (or making) a whole new set. As it is elderly and rather chipped that would not be a bad thing, but would always remind us of the loss. It was bad enough when the predictive text on my phone wouldn't let me type Jesus in on our Facebook page - it changed all of the Jesus' to Jerusalem!

Although on reflection, I did read recently - in an age when fewer people than ever go to church, there is a growing desire or search for spirituality - for things of God. If you have the baby Jesus figure in your home as part of your search or need for God, please hang on to it and I pray that it might bring you living, lasting faith. May you discover the real Jesus in your life, not just a plaster of paris symbol.

It makes me so sad to think that a holy place like a church can be abused and used disrespectfully. We had all of the pages in the visitors book ripped out at Nedging Church between Christmas and New Year. Not so many years ago the church would have been a place of reverence and awe, not a place where things are stolen and vandalised. While I have been up at Bildeston church in December and January during the week, I have been encouraged to see how well the church is used. People have often popped in for a few minutes for quite reflection and prayer or to look around. It is a well used building and much cared for.

On a happier note, we will be planning lots of fun events and occasions to celebrate at the church over the next months. There will also be a coffee morning in February I hope - look out for the date on posters in the village or on the St Mary Magdalene Facebook page. During Lent, which begins on March 1st (Ash Wednesday service at Whatfield at 9.30am that day) we will be holding Lent lunches around the village to raise money for our twin churches in Kagera, Tanzania, where no rain means no food and there is great need of aid.

Lent lunches are just what they sound like - no great feast, but a bowl or two of good soup and some bread and maybe, depending who is doing it, a bit of cheese and pickle or some fruit. We make a donation in thankfulness for the food and enjoy a good natter and meeting others around the table. Everyone is welcome to come along and no need to book - just turn up. The dates will be in March's Bugle and as above. I do hope you can come.

Yours, Rev Liz

**BILDESTON w WATTISHAM,
WHATFIELD w SEMER, NEDGING & NAUGHTON**

Church Services – February 2017

Feb 5th Epiphany 5	11.00am	Family Service	Bildeston
Feb 12th Epiphany 6	11.00am	Holy Communion	Bildeston
Feb 19th 2 before Lent	11.00am	Morning Prayer	Bildeston
Feb 26th 1 before Lent	11.00am	Benefice Holy Communion	Nedging

Baptist Church, Duke Street, Bildeston

Jim Haley tel: 01449 740716 email: bildestonbc@gmail.com

Service every Sunday morning at 10:45

Lunch Club: at 12:30 on the first Wednesday of each month –

All are most welcome

Community Coffee Centre: Every Friday from 09:15 to 11:30am

Enjoy meeting old and new friends at these events!

‘Craft it Together’ - First Monday of each month at 7:00pm.

Bring along your craft activities and join us for an informal, relaxed evening
share ideas, gain new skills or just enjoy doing your own thing

Drinks provided.

01449 740716 or 01449 741606 for more information

‘Men’s Breakfast’ - last Saturday of each month at 8am



Bildeston Community Coffee Centre

Baptist Church 9:15-11:30 **Every Friday**

Lunch club

Baptist Church 12.15 for 12.30pm start.....**1st Wed every month**

Craft it Together

01449 740716/741606 for details.....**First Monday every month**

Strollers & Striders

Baptist Church Car Park 10:00 **Every Monday**

Bildeston Upbeat Contemporary Choir

Bildeston Primary School 7.00 to 9.00pm.....**Every Monday in term time**

Baby & Toddler Group

Baptist Church 9:15-11:30 **Every Tuesday**

Ladies Club

7.30pm Chamberlin Hall Spinning and weaving.....**Thurs 2nd**

Parish Council Meeting

Chamberlin Hall 7.30pm.....**Mon 13th**

Winter Warmer Bike Ride 5

9.30am Market Square.....**Sat 11th**

More details on these events inside

Please tell us about your forthcoming events in **March**

email: editor@bildestonbugle.co.uk



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