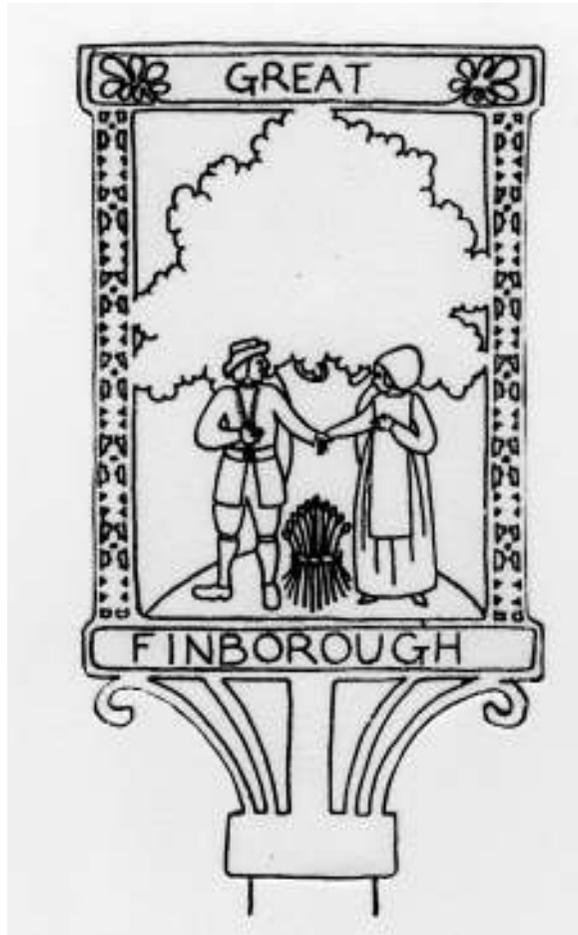


GREAT FINBOROUGH NEWSLETTER



**JUNE 2009
ISSUE 399**

VILLAGE DIARY – JUNE 2009

2	7.30pm	Local History Group, Church Room, Onehouse
3	2-4pm	St John's Adult Table Tennis, Church Room
4		Polling Day
4	7-9pm	Youth Café, Petteward Hall
6	8am	Men's Breakfast, Onehouse Church Room
6	7.30pm	Local History Group, Church Room, Onehouse
7	tba	Lions Sponsored Rhythm of Life Walk
7	4.30pm	Sunday Explorers, St Andrew's Church
7	7.30pm	Buxhall Women's Institute, Village Hall
8	2pm	Pram Service, Buxhall Church
9	9.30am	Buxhall & Great Finborough Candlestick Club
10	2-4pm	St John's Adult Table Tennis, Church Room
11	4.30-6pm	Skylarks Children's Club, Onehouse Room
11	7-9pm	Youth Café, Petteward Hall
11	7.30-9.30pm	St John's Adult Table Tennis, Church Room
15	7.30pm	Community Council, Petteward Hall
17	7.30pm	Ruby and Her Horses, Petteward Hall
17	2-4pm	St John's Adult Table Tennis, Church Room
18	6.30pm	Bingo, Petteward Hall
20	2pm	Primary School Summer Event, Buxhall Playing Fields
20	6.30pm	Summer Solstice, Chestnut Horse
20/21		Local History Festival
23	tba	Sports Day, Primary School field
24	2-4pm	St John's Adult Table Tennis, Church Room
25	7-9pm	Youth Café, Petteward Hall
25	7.30-9.30pm	St John's Adult Table Tennis, Church Room
26	tba	Community Assembly, Primary School
29	2pm	Pram Service, Buxhall Church
30	12-12.30pm	FHOBS Lunch Club, Buxhall Village Hall

The Newsletter is produced by Great Finborough Parish Council and distributed to all households in the village free of charge

Editorial

I've been asked to say a big thank you to Stephen Dodd, Headteacher at the Primary School for making it possible for the young people of the village to use the playing field. For his part he has given a positive report to the Annual Parish Meeting praising the users for their courtesy and care taken of the facility. It is great when the different organisations in the village can work together to share resources. The Church being used for a drumming session recently is another good example.

If you know someone newly arrived and living in the village, or friends and neighbours who are moving on, please let me know

15 July 2009 is the next copy deadline. Remember that the next newsletter covers both July and August so please get your contributions in on time. Please put 'newsletter' in the header if you are emailing. Norman and I welcome visitors so if you need to contact me 'phone, email or call in to Park Cottage any time. The kettle is always on. **Sally Gooch**

Parish Council Chairman's Report – 2008/09

Abridged from presentation at the Annual Parish Meeting on Monday 11 May 2009

Formal matters

The Parish Council comprises seven councillors, all of whom live in the village, are volunteers and are unpaid. They are: Richard Brice (Chair); Mark Brewster (Vice-Chair); Debbie Ball; Cathy Croome; Sue Green; John Matthissen; Liz Michie.

We have a newly appointed Parish Clerk, Giles Hill - who is also Clerk to Hitcham Parish Council. He is a paid officer of the PC and his contact details are now in Who's Who.

The Parish Council (PC) met on 11 occasions in the last 12 months. The precept – that is the amount of the Council Tax retained for the Parish – was agreed at £6,100. That means that a Band D property will pay only 45 pence a week towards the Parish. In real terms this has reduced per property for some years. The money is used to pay for local requirements such as repairs to the Pettiward Hall, street lighting, and to build some funds for future development of the Hall.

The PC commented on 6 planning applications in the last year; considerably down from previous years. Two cases of planning enforcement were being dealt with by Mid Suffolk District Council (MSDC) in the village.

Local democracy

The PC has commented on the Local Government Review and the Locality Pilot Project run by MSDC. 25 properties were redesignated as being in Great Finborough instead of Buxhall from 1 April 2009 resolving an anomaly in the Great Finborough settlement.

Keeping residents in touch

There have been 10 Newsletters prepared under the editorship of Sally Gooch which are printed and delivered free to all homes in the village. The newsletter is self-funding by virtue of the advertising it carries. There is also a village website - www.great-finborough.suffolk.gov.uk – which is managed by Todd Manning.

Representing village views

One of the principal roles of the PC is to represent our neighbours by giving views on, or dealing with, a plethora of subjects. During the last twelve months this has included:

- Speeding – we have sought extensions to the 30mph speed limit both on the High Road up to City Lane, and in Valley Lane

- Hedges, footpaths and trees
- Aircraft stacking plans (NATS consultation)
- Stowmarket development
- School bus
- Dog fouling
- Household waste in litter bins – please stop doing it whoever it is!
- Squatters
- Garden rubbish dumping.

Community facilities

Working closely with the Community Council and, where appropriate, other organisations we have worked hard to improve local facilities, including:

- The new Play Area, which we have recently had inspected by RoSPA
- The new Car Park
- Pettward Hall – the drains have had to be re-lined and there have been two separate roof repairs this year
- The triangle near the village school, which was refurbished by Suffolk County Council and now awaits the planting of a Tulip Tree by MSDC
- The Field behind Pear Tree Place, which MSDC has agreed will pass to the PC for the use of the village

The lion's share of the improvements have been funded by other than the village.

Thanks

On behalf of everyone in Great Finborough I would like to thank all those who give so freely of their time for the benefit of the community, including Parish Councillors; Community Council Trustees and Members; our Tree Warden, Rodney Self; Newsletter Editor, Sally Gooch; Website manager, Todd Manning; Norman Vendittelli for fundraising for the new village notice board; and finally, "her indoors" for Hall cleaning and Hall Booking Secretary.

Richard Brice

So what's going on with the Play Area & Car Park?

Q1. The Play Area & Car Park look ready, why aren't they open?

We hope they will be soon. The facilities have not yet been transferred to the village so they're not ours to open and although they look finished there's some 'snagging' that needs finishing off.

Q2. Why not?

The Parish Council wants to make sure that everything is finished before we take control - and responsibility for future maintenance costs. At present (15 May), the car park isn't secure and the new hedge isn't protected. We want to make sure that what looks really good now stays like that.

Q3. So how much has it all cost us?

Next to nothing because the Parish Council negotiated a deal with MSDC that meant the developer of Middlefield Drive had to pay - and we have been successful in getting grant assistance from MSDC for some of the play equipment too.

Oh, so we've got to be patient?

Yep, but hopefully not for much longer! **Richard Brice**

Charity Bingo

This Month's Bingo will be on Thursday 18 June at 6.30pm in Pettward Hall. All money raised will go towards the Friends of Great Finborough Primary school. There will be Bingo, Raffle and Refreshments. All welcome. Children to be accompanied by an adult. If anyone has any unwanted raffle prizes they wish to donate, please feel free to bring along on the night or contact either Mari (770062) or me (678480).

Sharla Goldsmith

Village Community Work

I am a service helper at the Air Cadets and would like them to get involved in local community projects to raise their awareness and publicise the work of the Air Cadets. I am on 613699.

Iain Michie

A Note from the Parish Clerk

I was delighted to be appointed as Parish Clerk for Great Finborough in mid-April. I took over at a busy time in the Parish Council year, so I've had plenty to keep myself occupied in getting to grips with the job.

I am also the Parish Clerk of Hitcham. I've lived in Hitcham for about six years with my wife, Vanessa, who is a sculptor. We have two young children. I have been involved in the landscape profession since I left Stowmarket School in 1988. I now work from home as a Chartered Landscape Architect.

I enjoy being involved with the Community at Hitcham and I'm looking forward to getting more involved with Great Finborough. If there is anything you'd like to bring to the attention of the Parish Council, you can contact me on 01449 740272, or by email at LSDP@btinternet.com **Giles Hill**



VILLAGE SUMMER BARN DANCE

*SATURDAY 11 JULY 2009: 7.30pm
IN BOARDED BARN, GREAT FINBOROUGH
Courtesy of John and Mary Williams*

*LEARN THE STEPS AND ENJOY THE DANCE
AMONG FRIENDS AND WITH A PROFESSIONAL
CALLER*

*DELICIOUS SUMMER SUPPER INCLUDED IN
TICKET PRICE.*

*£8 FOR ADULTS AND £5 FOR CHILDREN UNDER
15 YEARS. BRING YOUR OWN DRINKS*

*SPEAK TO NORMAN (677940) TO BOOK YOUR
PLACES AND DONATE PRIZES FOR THE RAFFLE.*

News from the Friends of Great Finborough Primary School

The Friends are organising a Summer Event on 20 June at 2pm, Buxhall playing fields. There will be a family cricket match followed by a men's match. There will be a BBQ from 4pm and refreshments. Side stalls will include a tombola, wellie throwing, face painting, summer draw, speed stacking, ladder game, bowl a pig, garden stall and many more.

Summer draw tickets are available from the friends or from the school office at 50pence a ticket. Please come and support us at what should be an enjoyable event for all the family.

We are always in need of any raffle prizes for our fundraising throughout the year, if anyone has any unwanted gifts they will be gratefully received. If you wish to make a donation please bring along to the school and leave with the office.

Sharla Goldsmith

News from the Chestnut Horse

Summer Solstice

Come along and celebrate the longest day of Summer at the Chestnut Horse on Saturday 20 June. There will be a BBQ and traditional music from 6.30pm until late. The Onion band plays lively music and will be entertaining all from 9pm.

BBQ's at the Chestnut Horse

Every Friday throughout June, July and August Leonel will be cooking on the barbecue. Come along and enjoy homemade burgers, sausages, pork belly and chicken cooked to perfection along with freshly prepared salads. Food should be ready to serve from approximately 6.30pm every Friday night (weather permitting). Bookings taken or just turn up. **Helen Knock**

7th Annual Sponsored Rhythm of Life Walk

The Lions Club of Stowmarket and District presents the annual walk this year on Sunday 7 June 2009. It will be held on the 'Aggregates Trail' through the Gipping Valley from Needham Lakes to Barham Picnic area. Shuttle transport will return walkers to the car park. The walk is approximately 4.5 miles long and should take around two hours, not allowing for any sightseeing stops alongside the River Gipping. There will be one refreshment stop at the halfway point. Walkers may take their own picnics to eat at the picnic site near the end of the walk.

Registration of sponsorship forms will be from 8.30am until 10.00am. Form numbers will be entered into a draw for a £100 voucher for Ince's Outdoor Shop, Ipswich Street, Stowmarket, kindly donated by the owner, John Kingsley. Proceeds from the walk will go to Papworth Hospital, West Suffolk Hospital Cardiac Unit and Lions Charities.

Anyone wanting to enter for this event please email jonathan.pearce@stowlions.org.uk or telephone 07875 647589. Leave your name and address so that an entry form can be posted to you. An entry form and more details can be found on www.stowlions.org.uk **Colin Spencer**

Wattisham 70th Anniversary

You are invited to attend celebrations for the 70th anniversary of Wattisham Flying Station on 11 July 2009 12-5pm. Gates open at 11.30am to the local community and veterans for an afternoon of demonstrations and exhibitions of both past and present. Tickets are available free of charge on a first come, first served basis. For security reasons, the clerk will need to note the names of people allocated tickets. Call 740272. Each ticket will allow a car and up to four passengers into the camp via Gate 2. **Giles Hill**

Curry and Cabaret Evening

With the Hall full, we were entertained by a keyboard player who played a wide range of melodies and took requests whilst we sat down to our meal. A variety of curries made by women in the village with all the accompaniments and a glass of wine or two, created a companionable environment and prepared us all for the after supper entertainment.

Our singer took to the stage and wow, could she sing! Her repertoire went from the sixties (my era) right up to the present day. She successfully persuaded young and old onto the dance floor. By the end of the night the place was jumping. Those of us who were there, from those in the second decade to the eighth decade, had a jolly good time.

Many thanks go to Kath Burlinson for organising the cabaret and lighting, and to the chefs. We concluded with a raffle and raised a total of £332 profit. We now have enough money to pay for the village notice board and it has been commissioned. What else does the village need to fund raise for?

Norman Vendittelli

Team Finborough Update

The drumming workshop for the Youth Cafe members on Thursday was a great success, thanks to Kath Burlinson. Des Barker kindly brought along Chris's drum set; Zack and Charlie took their guitars along; and the rest of the kids joined in drumming on the pews, playing piano or adding vocal noises! Some of the kids that had no instruments to play drifted off in the end, and we were left with four or so kids who were having a wonderful time jamming.

As the adults sat there listening to the emerging musical talent (!) we wondered if there might be the possibility of further jamming sessions being put on at the Church for a splinter group from the youth club. The acoustics are fantastic in the Church, and the kids were keen to take further the idea of

holding musical sessions there. There is a definite opening for a singer! We are now talking to the Church community about future possibilities. Thank you for hosting the session.

Cat Jones

Youth Café is open on Thursday evenings 7pm-9pm apart from the 3rd Thursday of each month. Youth café is closed during school holidays. Anyone aged 11-17 years from Great Finborough or Buxhall is welcome to join us. We have registration forms available during Youth Café sessions or call 676613 for more information.

Scott Murkin

Stowmarket Chorale's Summer Concert

One of Suffolk's leading choirs, Stowmarket Chorale, performs its annual Summer Concert of Beethoven's *Missa Solemnis* with soloists Daniela Bechley (soprano), Anne-Marie Owens (alto), David Webb (tenor) and Tim Dawkins (bass) under the musical direction of Leslie Olive on 27 June 2009 at 7.30pm.

The first half of the concert is a recital by Thomas Gould, who has established himself as one of the leading British Violinists of the younger generation. Thomas will perform the only violin concerto that Beethoven was to write - Beethoven's Violin Concerto in D Major. The venue is Bury St Edmunds Cathedral, prices £10, £16, £20 bookings 01449 743990 or email kimber@freebie.net See www.stowmarketchorale.org.uk

Carol Mulley

FHOBS Lunch Club

FHOBS stands for Finborough, Harleston, Onehouse, Buxhall and Sheland: the five parishes of the benefice. Under this umbrella, we have a thriving Lunch Club with upwards of 40 members who enjoy a meal and some valued comradeship. This takes place on the last Tuesday of each month: 12 noon for 12.30pm in Buxhall Village Hall. A small charge of £3.50 is made to cover expenses. We would be delighted to welcome new members. Please contact me on 737814.

Jill

Wills Weeks in June

Local people are being given the opportunity to have a will prepared (or an existing one revised) in return for a donation to St Nicholas Hospice Care. Solicitors across the area have signed up to 'Wills Weeks' and are forfeiting their usual fees to support the Hospice. Last year 128 people took advantage of this offer and helped raise more than £13,000 for St Nicholas Hospice Care.

People often underestimate the importance of making a will. If you die without one your money and possessions may not be distributed in the way you would have wished. It can also take longer to process your affairs, causing more worry for your loved ones. If you want to achieve peace of mind for you and your family, now is the ideal time to get your affairs in order.

A list of all participating solicitors can be found at www.stnicholashospice.org.uk For further information about Wills Weeks please contact me on 01284 747618 or email margaret.lee@stnh.org.uk

Margaret Lee

Onehouse Local History Group

On 6 June there will be an outing to the Transport Museum at Ipswich. Meetings are held at 7.30pm on the first Tuesday of each month in the Church Room at Onehouse. We ask for £2, which includes refreshments, to cover our costs. There is always a warm welcome for all who are interested in local history, from youngsters to elders. The Group is a member of the Suffolk Local History Council so our notice board gives details of other Groups and events in the County.

Pauline Llewellyn (673190)

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St Elizabeth Hospice

Hats amnesty at your local Hospice shop

Do you have any hats you don't want any more? Are you looking for a hat for a wedding or Newmarket ladies day? St Elizabeth Hospice is holding a hat amnesty from Monday 22 June to Saturday 27 June. Take your unwanted hats during the week in June to your local shop on Bury Street in Stowmarket or to any of the ten Hospice shops across East Suffolk.

Sue Goodchild, retail manager at the Hospice, said "We are appealing for any sorts of hats – ladies, men's, smart or casual. With Lanson ladies day at Newmarket coming up on Thursday 9 July this is a great chance to pop into one of our shops and pick up a hat which will get you noticed and make you dressed to impress. You might have a summer wedding you've been invited to and a great hat would finish the outfit off. It costs £10 every minute to run St Elizabeth Hospice therefore the funds raised through our shops will enable us to continue to making a real difference to the people of East Suffolk."

Driving Challenge

Saturday 27 and Sunday 28 June at Bentwaters Park, Rendlesham. Ladies - this is your chance to drive a variety of unusual vehicles including double decker buses, fire engines, cement mixers, articulated lorries, car transporters and even an army truck! Who says women can't drive?! As part of a team or on your own, this is a great day out.

Not forgetting the men out there! You can take part in your own drive and shoot challenge choosing from a variety of exciting activities, such as quad bikes, Go-Karts, 4x4s, archery and paintball. An ideal opportunity for team building, a stag do or for enjoying a fun day out with your mates.

Do you want to be a Hospice lottery winner?

Give yourself the chance of winning our top prize of £1,000 or one of our other 58 cash prizes, and know that you are helping St Elizabeth Hospice to continue to care for our patients and their families, friends and carers.

Each chance in our weekly lottery costs just £1 and you can play with as many chances as you like. The more you have, the greater your chance of winning the weekly jackpot of £1000! You could even form a lottery syndicate with your friends, family and work colleagues.

Here are five great reasons why you should join the lottery:

- Every Friday 59 lottery members win a cash prize.
- Winners are notified automatically and prizes are sent out by post within days of the draw so there is no need to claim your prize.
- You can choose how to play – by standing order, cheque or debit/credit card.
- You have a great chance of winning a prize. In the next year we will give away £109,200 in prizes, and 3068 of our lucky members will win a prize.
- Over £1 million has already been donated to St Elizabeth Hospice through our lottery, and around 50p of your £1 goes directly to the Hospice, compared to just 28p to 'good causes' with the National Lottery.

To find out more about the St Elizabeth Hospice Lottery, please contact the lottery team on 01473 707008, email lottery@stelizabethhospice.org.uk All lottery players must be aged sixteen years or over. Licensed by the Gambling Commission.

Leanne Thorndyke



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**For more information & for a map/directions go to:
www.cedarwoodvets.co.uk**

Stop Smoking - Health Enhancement Reward Scheme

Six months ago, when she was 3 months pregnant, 33 year old Tina Lower from Glemsford did one of the hardest things she has done in her life - she gave up smoking. Sitting on her sofa with her bouncing new baby girl, Mollie, Tina admits it was no easy task. 'I couldn't have done it without the help and support of the stop smoking team at the HERS project in Bury and I am hoping now I can stay quit for good' she says.

Women who attend the group also get help and advice about other aspects of pregnancy from healthy eating and managing a budget to baby massage. 'I went to a breastfeeding workshop where they showed us a little DVD of how to get your baby to latch on to the breast. The midwife explained that the reason I was never able to breastfeed my first two babies was not my fault because I had never been shown how to do it properly. Now I am determined to breastfeed Mollie for as long as I possibly can because I know it will give her the best start in life' says Tina.

Support from the HERS group does not stop as soon as the women give birth either, but continues for three months after the baby is born. 'I can see how with the stress of a young baby at home it's so easy to slip back into old habits. I read somewhere that the most dangerous time for relapse is between the second and third month after the baby is born so I am going take Mollie along to the HERS meetings so I still get that support' says Tina.

The HERS is a free service run by the NHS Suffolk Stop Smoking Service and is available to any women living in Suffolk who can get to either Sudbury or Bury St Edmunds. It offers women time with specialist stop smoking advisors on a 1:1 basis every week along with the opportunity to meet other women who are also pregnant and trying to quit smoking. The pilot scheme has been running for six months and will be

rolled out all over the county in the coming year. For more information telephone please contact me on 01394 383206 or the NHS Suffolk Communications Team on 01473 770014.

Liz Bestic

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www.themillhousecattery.co.uk

The Mill House, Valley Lane, Gt. Finborough

Community Council Meeting

The next Community Council meeting is on Monday 15 June 2009 at 7.30pm.

Sue Green

HPV Vaccination

Thousands of teenage girls have been given potentially life-saving protection against cervical cancer following a successful vaccination programme which has reached 90% of 12 and 13-year-olds. The NHS programme began in September and has seen more than 3,000 year 8 girls given the HPV vaccine so far - hitting the 90% uptake target set by the Department of Health.

Following this success, a dedicated team has been created to deliver the routine programme and a catch-up programme which will see an extra 7,000 girls in years 10 and 11 immunised from September onwards. This will take place in addition to the 3,000 plus year 8 girls who are due to start receiving the vaccination course in the Autumn term.

The national vaccination programme was introduced to protect against human papilloma virus (HPV), a common sexually transmitted infection which causes over 99% of invasive cervical cancer. The disease currently affects over 2,000 women a year in the UK, causing around 400 deaths. The vaccinations do not replace the county's cervical screening programme, which is offered to all women from the age of 25.

Jo Davies



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RUBY AND HER HORSES

The Pettward Hall at 7.30pm: Wednesday 17 June

'If you get a chance to see these two entertainers grab the opportunity with both hands!'

The East Anglian Daily Times

This is a true life narrative told by Neil Lanham from stories told to him by his mother Ruby. In the show the audience will be drawn back to the period just before the First World War and then through the agricultural depression of the 1930s. It was, Ruby said, a time when
'If you hadn't got anything you were lucky because you hadn't got the worry of it. For sure as eggs are eggs you'd lose it.'

The narrative is supported by a presentation of Ruby's own photographs on the big screen, and each story is followed by an unaccompanied song from Andrew Stannard in his nut-brown East Suffolk voice.

Tickets: £5 available from Lesley Cass (675970) or Brenda Grimaldi (612440). Tea/coffee included. The evening starts at 7pm for 7.30pm.

Long Lost...

I was born in London and now live in Australia. After my father's recent death I received some paperwork that has prompted me to trace my family tree. I would like to find out more. My Grandfather was a Chaplin so to find out that the Post Office is named in their honour is a great thing for me. I will be in London in September so I might just see if I can fit a visit in to Great Finborough. Your website is very interesting and easy to read. If you can help me please contact me via the Editor.

Trevor Mason

Buxhall Women's Institute

David Ryan, Executive Chef at The Swan at Lavenham, gave a résumé of his career at our April meeting. Having met and befriended many celebrities as a result of his work by far the most interesting was how David Niven helped him when he was a young chef to get his foot on the ladder, yet at a later date almost jeopardised his burgeoning career. For any young person considering a career in catering it can be a tedious haul to learn the basics but David said that for every Michelin star a chef has it is worth £100,000 per year in salary.

Having watched the antics of the chefs on TV it was so refreshing to listen to this very nice man tell his tale and realise how much dedication he applies to the purchase, preparation and cooking of the menus. He also kindly brought us all a small box of chocolates and generously donated his fee to charity.

Anne's walk started off from Rattlesden on a beautiful evening and took off across fields via Clopton Hall where one member reminisced happily. Whilst 22 ladies walked another two joined them to enjoy the very nice meal served at The Brewers Arms on their return.

We are all now looking forward to 'Tea at the Ritz' on Wednesday 10 June. Just a reminder that there are seats still available at £17.50 return. The coach to London leaves Buxhall at 9.15am and returns from London at 6.15pm for anyone (not just ladies!) who fancies a day sightseeing or shopping. Please contact Libby on 674897 for further details.

The next meeting is on Wednesday 17 June. The speaker will be Christopher Place on the subject of 'Sniffer Dogs'. Doors open at 7.00pm for a 7.30pm start. Visitors welcome.

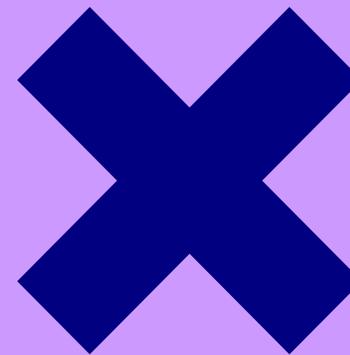
Anne Hicks

4 June

✕ It's your vote

Use it!

www.midsuffolk.gov.uk
01449 724672



Polling stations will be open from 7:00am until 10:00pm on Thursday 4 June 2009.

Voting will take place to elect

- 7 Members of the European Parliament for the Eastern Region
- 10 Suffolk County Councillors (to represent the Mid Suffolk area)

Anyone wishing to be a candidate should contact Mid Suffolk District Council by 24th April.

A full list of candidates will be available on 8th May.

19 May is the deadline to

- **Register to vote**
- **Apply to vote by post**

The County Council results will be announced on 5 June.

The European Parliament votes will be counted on Sunday 7 June.

More detail regarding the above, and all the results, will be on the following website –
www.midsuffolk.gov.uk

Energy Saving Light Bulbs

Incandescent bulbs - that's the traditional kind to you or me - waste 95% of the energy they use, according to Greenpeace. They calculate that phasing them out in the UK will save more than five million tonnes in CO₂ emissions a year. UK companies are co-operating with a voluntary agreement with Government that means that some higher energy bulbs have already been withdrawn and all incandescent lights will be off by 2011 having been replaced by energy saving light bulbs.

Do energy saving light bulbs cause cancer, migraine or epilepsy?

There is no evidence but if you are concerned there is more information available at

<http://www.which.co.uk/advice/energy-saving-light-bulbs---your-concerns/index.jsp>

Do energy saving light bulbs cause radio-interference?

Any radio interference is only likely if your radio aerial is placed very close to an energy saving light bulb – on a bedside table close to a bedside lamp, for example. Over short distances, energy saving light bulbs can cause radio interference (a buzz) on medium wave (MW) and long wave (LW) reception.

Why do energy saving light bulbs cost so much?

Prices for energy saving light bulbs are coming down, but you may have to shop around. Also look for buy-one-get-one-free offers, or take advantage of free energy saving light bulb offers from local councils or utility companies. If a light bulb needs replacing try using an energy efficient bulb instead. Traditional bulbs waste a lot of their energy by turning it into heat. Each energy saving bulb can reduce your electricity bill by around £7 a year. They also last, on average up to 12 times longer than ordinary light bulbs.

How can I dispose of used energy saving light bulbs?

The mercury content in an average energy saving light bulb is no more than 5 milligrams – and would fit on the tip of a ballpoint pen – but it is still a hazardous material. For this reason, used energy saving light bulbs need to be recycled rather than going in the bin.

You are highly unlikely to break an energy saving light bulb but, if you do, the Government recommends leaving the room and ventilating it for 15 minutes until the mercury contained in the light bulb has dispersed.

All type of light bulbs including Halogen, fluorescent light bulbs and energy saving light bulbs can be taken to your local Household Waste Recycling Centre for recycling.

With thanks to Lesley Cass



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Great Finborough Open Gardens

With Scarecrow Competition for children and adults

Sunday 5 July 2009 1pm to 6pm

Entrance fee £3 per adult; children free

Programmes, Plant sale, and Tombola opposite the village shop
Lots of lovely gardens
Teas and refreshments

All proceeds will go to East Anglian Children's Hospice

25

Great Finborough & District Garden Club

Some welcome rain last month relieved the splendid weather we have been having of late, but do not forget that a late frost is still possible. The AGM, Bring and Buy Plant Sale and Social was held on 14 May, attended by 25 members of the club. They had a wonderful selection of plants and seedlings to choose from and a choice of delicious homemade cakes to go with their coffee. The business part of the meeting progressed without a hitch and the Treasurer revealed that we had been able to donate £1,385.36 to EACH over the past year as a result of Open Gardens and the purchase of birdseed.

A democratic ballot of the attending members resulted in EACH being selected as our chosen charity to receive the proceeds of Open Gardens, and the profits from the sale of birdseed will be donated to the Garden Club of Finborough Primary School over the coming year.

The programme for Open Gardens on Sunday 5 July has almost been finalised but if anyone else is willing to include their Garden, however small, let us know. Contact me for details of the scarecrow competition open to children and adults. Those opening their gardens are invited to an evening BBQ 'on the President's Lawn' on 4 July.

Members are reminded that annual subscriptions are now due. Although costs for our speakers are rising the subscription will be held at the current rate of £10 per household for this year, but a £2 charge will be made for any visitors wishing to attend meetings on an ad hoc basis.

If you are interested in joining the garden club or would like to join us for any event you will be very welcome. For further information contact or me on 672978 or at judyandian@btinternet.com or John Davey on 674401 or at john@abbeyclassics.co.uk

Judith Cameron



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Great Finborough Primary School

As we approach the end of the school year, we are pleased to report the school goes (and grows!) from strength to strength. Growing plants in our Squirrel Gardens and working outdoors in our new Early Years Courtyard area; as well as planning for September's large intake of new children.

The village community is welcome to come to June events including the Sports day on 23 June and the Community Assembly on 26 June. Contact the school for timings. In July we will be saying goodbye to Mrs Jo Silburn, whom many of you will know so we are recruiting her successor now.

Stephen Dodd

Buxhall & Great Finborough Candlestick Club

For our first outing of 2009 we were kindly invited to share with Onehouse and Harleston Over 60s on a mystery tour from Suffolk around the Norfolk countryside, finishing up at a pretty little village called Rushall. We had lunch at the Half Moon public house and, after a very pleasant meal, we carried on to the Thorpe Abbots World War II Airfield Museum. A very interesting two hours was had by all looking around the old control tower and memorabilia in other wartime buildings. Many thanks to Katie Elliss and her team from Onehouse and Harleston for the organisation.

We are also joining Onehouse and Harleston for our June outing. This time we are off to the Tiptree jam factory in Essex. The date is Tuesday 9 June, leaving Great Finborough's Old Chapel at 9.30am and Buxhall Village Hall at 9.45 am. If you aren't already on the list and you would like to go, please let me know by 1 June on 736598. New members are always welcome!

Keith Proctor

Stowmarket & District Camera Club

We participated in the A45 inter-club competition hosted by Bury St Edmunds Camera Club with 12 other clubs. Stow came in at 7th, only 6 points behind the winning club. The AGM was held on 11 May with some changes to the committee, but retaining our respected Chair. Our new publicity co-ordinator, Brian Payne, will provide future notices.

On 8 June we have our final internal open competition where those vital scores will see who have won the various shields for the year. On 22 June we are having our last club night before September and this evening will be a photo shoot at Bury St Edmunds. For any further information contact me on 01728 724 077 or check out the club's website:

www.stowmarketcameraclub.co.uk

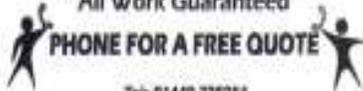
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6, 13, 20, 27
May 2009

Thursday Nights
7.30-9.30pm in the Church Room
14, 28 May 2009

Why not try a bit of gentle exercise with a game of Table Tennis? New players welcome. The cost is just £1 per session.

Give me a ring for further details. Derek Ames (Tel. 613328)



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Swine Flu

In light of the developing situation NHS Suffolk would like to reassure members of the public that the risk of catching this influenza is very low. The government has a stockpile of antiviral drugs (such as Tamiflu and Relenza) which should be sufficient to treat up to 50 per cent of the population if they become ill – a reasonable worst case scenario. We have been preparing our plans for a number of years and are among the most prepared countries in the world. The health secretary has said that the drugs have been shown to be effective if given in good time. In Suffolk we are putting the necessary plans in place to ensure their distribution if this situation becomes necessary.

It continues to be the case that anyone who has visited one of the countries or areas where human cases of influenza have been identified should monitor their health closely for seven days after the visit to the affected area. If during this period they develop a feverish illness accompanied by one or more of cough, sore throat, headache and muscle aches, they should stay at home and contact their GP by phone or seek advice from [NHS Direct](#) (telephone: 0845 4647).

General infection control practices and good hand hygiene can help to stop the spread of all viruses, including the human strain of swine influenza. This includes covering your nose and mouth when coughing or sneezing, using a tissue when possible, disposing of dirty tissues promptly and carefully, maintaining good basic hygiene for example washing hands frequently with soap and water to reduce the spread of the virus from your hands to face or to other people. Cleaning hard surfaces (e.g. door handles) frequently using a normal cleaning product and finally, making sure your children follow this advice.

Brian Keeble



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St Andrew's Church

Last month was the time for annual meetings in many of the village activities. The Church was no exception. As in most AGMs there was a report of last year's activities. Copies are available – let me know if you'd like to see one. The Churchwardens for the coming year are also elected. They have a great deal of responsibility for the running of the local church and are, in many ways, the link between the local community and the church 'establishment'. Thanks to Brenda Grimaldi and Lesley Cass for continuing to fulfil this role.

We are very pleased to welcome some new people onto the PCC; the Church's local 'governing body'. Over the coming months we hope to look at ways in which links between the church and the village can be strengthened. There is a small group looking at 'communication' and another group considering the church building and the churchyard – how they can be made more attractive to the community. Watch this space – and do let us know if you have any bright ideas.

Trudy Gray

From the Ministry Team

Are birthdays an occasion to celebrate? I suppose that depends on all sorts of circumstances. For children they are certainly a source of great excitement – both in anticipation and on the day itself. Parties, presents, and a chance to eat their favourite food. And there are, of course, the 'significant' birthdays: starting at 18 - or even 17 with the chance to start driving. Then those with the '0s' – greeted perhaps with mixed feelings. It may be that birthdays are less exciting as we get older.

Each year at around the end of May the church celebrates its birthday. That's not just the beginning of the local church, but the start of the whole Christian Church. Pentecost (what used to be called Whit Sunday) remembers the energising of Jesus'

disciples with the Holy Spirit. It was a time of great excitement when the church was seen to be offering hope and new beginnings.

A time of new beginnings, a time for hope. The early church built a community of mutual support, where those who were more fortunate cared for those in need. It was a community where there was no place for greed and boosting the status of the individual.

New beginnings and new hope. There is much that we see around us today that seems to shout out for change. Many 'certainties' seem more fragile than they seemed only a few months ago.

*Your young men shall see visions,
And your old men shall dream dreams.*

Those words – which the church remembers around this time each year, can inspire us all. A dream of how things can be different – that there is hope even in uncertain times. Dreams for all of us – not only the young and old men! May God guide our dreams for the future.

Trudy Gray

Patronal Festival

Onehouse Church will be celebrating its' Patronal Festival on 21 June at 10.30am. All five churches in the Benefice are invited to celebrate the birth of John the Baptist to whom Onehouse is dedicated. There will be a barbecue immediately after the service at the Church Room. Tickets are £5 for adults and £2 for children: available from Gloria (676198), Arlene (676123) and Diana (770225).

Carole Hearn

Men's Breakfast

Saturday 6 June

Church Room, Onehouse: 8am-9.30am

Speaker: Ian Gray

There will be an offering to cover expenses. Please book places with Derek Ames by Wednesday 3 June (Tel. 613328) indicating continental or traditional breakfast.

Ian visited Cambodia earlier this year to meet up with his son who is working with the World Wildlife Fund's project concerned with managing the dry forests of NE Cambodia, Laos and Vietnam. The trip was a chance to explore the 8th-12th century temples (a World Heritage Site), meet some of the people, and glimpse some of the issues facing the country as it recovers from its violent recent past.

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Skylarks Children's Club

10 children attended the session on 14 May. The theme was Country Life and Animals. The children made fruit and cheese scones with two jugs of fruit cup which they enjoyed at refreshment time. Felt animal faces were assembled and either made into badges or glued onto wooden spatulas. Much fun was had and everyone went home quite weary (including the helpers).

The next session is on 11 June in the Church Room, Onehouse, 4.30-6.00pm. For enquiries about joining Skylarks, please contact Derek (613328), Trudy (674819) or Christine (736487).

Carole Hearn

Services at St Andrew's Church in June

7 June	11am	Holy Communion and Baptism
28 June	11am	Time2Worship, Holy Communion

There is no Evening service at Finborough this month.

Pop in For Coffee at St Andrew's Every Saturday Morning from 10.30am to Noon

This is an informal opportunity to have coffee and a chat - perhaps when you're passing on a stroll around the village or visiting the churchyard.



FROM THE REGISTERS

Marriage at St John the Baptist, Onehouse
Andrew Hill and Jennifer Moloney
18 April



Baptisms at St John the Baptist, Onehouse
Jemima Maria Hill
Sarah Ellen Moloney

19 April

Interment of Ashes at St John the Baptist, Onehouse
Angeline Priscilla Buck, age 71

27 April

Baptism at St Andrew, Great Finborough
Brennan Lee Hawes

3 May

Pram Service

8 and 29 June



1st and last Monday this month. At 2pm in Buxhall Church.
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Meeting:

First Sunday of the Month at
St Andrew's Church, Finborough
From 4.30 – 5.30pm

Sunday Explorers

**Next Session:
Sunday 7 June**

Games, crafts, stories, singing (and who knows what else!)
Open to all between 7 and 12 years, if you'd like more
information just contact Trudy (674819) or Nigel (675344).

Jackbridge Cottage

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CHURCH SERVICES IN THE BENEFICE FOR JUNE

Weekday Morning Prayer

Monday	Onehouse	8.00 – 8.30 am
Friday	Great Finborough	8.00 – 8.30 am

Sunday 7 June Trinity Sunday

Isaiah 6.1-8; Romans 8.12-17, John 3.1-17

Sung Eucharist (1)	Buxhall	9.30am
Reflective Morning Prayer	Shelland	9.30am
Holy Communion (1) & Baptism	Finborough	11am
Family Service	Harleston	11am
Evening Prayer	Onehouse Room	6.30pm

Thursday 11 June

Holy Communion (2)	Shelland	10am
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Sunday 14 June First Sunday after Trinity

Ezekiel 17.22-24; 2 Corinthians 5.6-10(11-13)14-17; Mark 4.26-34

Holy Communion (2)	Shelland	9.30am
Holy Communion (1)	Harleston	11am
Family Service	Onehouse Room	11am
Flower Service followed by picnic	Buxhall	11.30am
Deanery Eucharist	Bacton	6.30pm

Sunday 21 June Birth of John the Baptist

Isaiah 40.1-11; Galatians 3.23-end; Luke 1.57-66.80

Patronal Festival	Onehouse	10.30am
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Thursday 25 June

Holy Communion (2)	Shelland	10.00am
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Sunday 28 June Third Sunday after Trinity

Wisdom of Solomon 1.13-15; 2.23-24; 2 Corinthians 8.7-15; Mark 5.21-43

Holy Communion (1) + Baptism	Buxhall	10.30am
Time2Worship	Finborough	11am
Service	Onehouse Room	11am

Holy Communion (1) = modern rite (order 1);

Holy Communion (2) = BCP (order 2)

WHO'S WHO IN GREAT FINBOROUGH

Richard Brice	Chair, Parish Council/Community Council	676249
Giles Hill	Clerk, Parish Council	740272
lsdp@btinternet.com		
John Matthissen	District Councillor. <i>3 Wash Lane Corner, Great Finborough, IP14 3BJ</i>	771742
john.matthissen@midsuffolk.gov.uk		
Penny Otton	County Councillor	737870
penny.otton@councillors.suffolkcc.gov.uk		
Revd. Lindsay	Priest in Charge	616010
Llewellyn-MacDuff	<i>The Rectory, Onehouse</i>	
Revd. Trudy Gray	<i>The Old Police House</i>	674819
Lesley Cass	Church Warden. <i>Valley Farm</i>	675970
Brenda Grimaldi	Church Warden. <i>Gardenside</i>	612440
Sally Gooch	Newsletter Editor	677940
sally.gooch@btinternet.com		
John Davey	Neighbourhood Watch Co-ordinator	674401
Delia Prior	Gt Finborough & Buxhall Under 5s	07708 362697
Beverley Baxter	Great Finborough & Buxhall Brownies	677517
Scott Murkin	Chair, Team Finborough. <i>11 Middlefield Drive</i>	
Charles Freeman	Royal British Legion	736262
Keith Proctor	Candlestick Club	736598
Judith Cameron	Great Finborough & District	672978
ianandjudy@btinternet.com Garden Club		
Sharla Goldsmith	Charity Bingo	678480
Nigel & Jeannette	Post Office & Village Shop	612274
Leonel Girao	The Chestnut Horse	612298
Stephen Dodd	Great Finborough Primary School	613208
Nigel Brown	Chair of Governors, Primary School	675344
PCSO Claire Cox	01284 774100 x3104 or via 01473 613 5000	
Combs Middle School (674666) Stowmarket High School (613541)		
Stowmarket Health Centre		776000
Combs Ford Surgery		678333
Stowmarket Library		613143
Pettward Hall Bookings		676249
Village website: www.great-finborough.suffolk.gov.uk		
Primary School website: www.greatfinborough.suffolk.sch.uk		