

DEBENHAM PARISH MAGAZINE

60p

August 2019



STAND AND DELIVER





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FROM THE EDITOR



August is usually the time for holidays away, especially if you have children. Also many regular Debenham clubs and activities have an August break. However we have a really full magazine, eight pages up on the July edition!

I've made a particular focus on music this month. 'Stand and Deliver' deserve cover status and if you haven't been along to watch or perform they would be keen to welcome you. Alfie Indra features on pages 18 -19 and he deserves to have his success recognised. I'm keen to feature or have contributions from Debenham's younger people. So do you have any ideas on fulfilling this aim?

I have been sent many posters or information on events happening in September but space doesn't allow a full page in this issue. For instance, look at page 7 for church related events and make a note in your diary. Full page reminders will come next month.

More often than not, the excellent contributions I receive from you, the readers, are more historical than hysterical. It is nice that a bit of humour is injected by Dawn Snell's poem on page 43. If you have a humorous poem, story or quotation you can send in, I would love to receive it. We need brightening up when there is gloom and doom in the news!

Steve

DEBENHAM PARISH MAGAZINE

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(Tuesday August 13th for Business Advertising)

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Cover Story - Stand and Deliver: Open Mic Night at the DLC



If you want to play a song or recite a poem, then every last Friday of the month (from about 8pm) you can do just that at Debenham Leisure Centre's Deben Lounge. The 'Stand and Deliver' open mic nights have grown in popularity since



the first session over 3 and a half years ago. In fact there is no real limit on the sort of performance you can do. Or if you prefer, you can just come and watch. You can enjoy a drink from the bar, or an Indian meal from Zeera's. The performers need and actually love an audience.

When Stand and Deliver began Kevin Snell arranged the sessions with support from well known local guitarist Ian 'Manny' Mantel. Manny has since moved away, but Kevin has kept things going. Each session, Kevin welcomes performers and draws up a running order. "I always try and get a sort of balance with variety, so a singer guitarist doesn't follow another one for instance. In my footballing days I was always a frustrated musician, so I really love doing this. But the evening is not about me, it's a truly collective effort. I just pull it all together."

Of course everyone does it for the love, there is no money involved, but there could be a future star in the making. Once, in a previous manifestation of open mic, a fifteen year old Ed Sheeren was a stand out performer and he seems to have done pretty well for himself!

Kevin has always loved music and performs himself, singing and playing guitar and sometimes harmonica. He's a big Bob Dylan and Neil Young fan as many regulars know well! Other stalwarts in it from the start of S & D are; Tony Mowles, Tony and Pauline Diamond, Nick & Margaret Strawson, Neil Critchley and John James. Brian Mantel mixes the sound and Kevin's wife, Dawn, supports Kevin in many ways, including updating the Facebook page. Also in the last eighteen months or so, Dawn's topical and often amusing poems have been especially well received. (see page 43)



Kevin stresses, "We always welcome new people from start out performers to seasoned professionals. Whoever you are you'll find the atmosphere friendly and supportive." As it says on the cover - Come and join us!

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K. C. L. Wells - Electricians

This picture featured in last month's issue on the Then and Now page. I asked you for any memories you had of Mr Wells and his rather individual shop. I was delighted to hear from Cecil Rodwell who worked for Mr Wells after he left school aged 15. He's written an excellent article which I'll publish in the next month or two - no room this time I'm afraid - but here's a taster!



"Mr Wells was a likeable person but he had no sense of time. If you asked him to look at your TV he would call even at 11pm if he saw a light on in the house. Many tales have been told of how he would call after tea time to repair the TV. The householder would be just going out for the evening and he would tell Mr Wells to repair the TV, lock up and put the key somewhere safe and leave him to it. The householder would return hours later to find Mr Wells' car still outside. The TV would be at full blast and he would be sound asleep in the armchair - this happened several times! But if he took your TV away for repairs he would leave you one of his old working ones, however you may never see your TV set again!"

Coopersfield Events

Coffee Morning - August 6th (always first Tuesday of the month) 10:00am until 12:30pm. Raffle . All Welcome.

Fish & Chips on Friday August 30th

(always the last Friday of each month)

£6.00 including a dessert. All welcome.

For information and to book your meal please contact

Mim Bielstein 07935 925 - bookings to be made no later than 10.30.am on the day.

Debenham Crafters every Thursday afternoon 1.30 - 3.30pm

September dates - details to follow: Friday 6th September Beer & Spicy Sausage Night; Macmillan Coffee Morning Saturday September 21st. starts at 11.30 am



No August meeting but...

Debenham History Society AGM will be on **Friday, September 13, at 8.00 pm in Dove Cottage**. Before this at 7.00pm in **St Mary's Church, The Shingle Street Folk Group** will give a special performance.

The rest of our Autumn 2019 programme will be:

October 1. John Rainer 'Using technology to discover the hidden past'

November 5. Miriam Stead 'Tea for the British with a little twist of Suffolk'

December 3. Pip Wright 'Diary of a poor woodman'

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**ST MARY'S
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The 43rd was another successful exhibition. There were fewer entries this year but, we think, a larger number of visitors who were appreciative of the work on show. In keeping with the current economic climate, we sold 3% fewer framed paintings than last year but we managed to raise



£2000 for the St Mary's Church Restoration Fund. There were numerous comments on the high quality of work on display and on the layout of the exhibition in general. We invested in a number of new lights this year and intend to purchase more in succeeding years so that all of the boards will be lit eventually. The committee was struck, this year, by the fact that this

annual event is not only a fundraiser but a great cultural, and especially a social, occasion; many local and not so local people attend and meet friends and have long chats to catch up with each other's news as well as discussing the paintings. The 44th exhibition will be on 19th, 20th, 21st June 2020: please note that this is one week earlier than advertised in this year's catalogue due to a clash with a wedding booking. The theme for the separate section of the exhibition next year will be 'Creation'. We look forward to welcoming you again.



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We believe in bringing people together. We celebrate diversity and stand against intolerance, always. We're part of a worldwide movement, creating stronger communities and inspiring positive futures.

If you think you might be able to help or would like to find out more about being part of the group, please contact Lee Townsend: leetownsend3@outlook.com

St Mary's Autumn Fête, 22nd September 2 – 4pm (Poster on P7)

Jam Jar Tombola - As usual we will be having a Jam Jar Tombola as part of this. To stock it we need some filled jam jars. Just use your imagination but here are some ideas to get you started: teabags and a pack of biscuits, tea-lights, potpourri, sweets, some cable ties, an assortment of screws and plugs, balloons and party poppers, children's coloured chalk, some Lego, a mixture of spice or herb packets, seeds, a selection of elastic bands and paperclips, . . . or just plain jam! Keep your eyes open during the summer for other items that could be included. Contact Chris Bishop 890124 or stmarys-debenham@gmail.com

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SRHF Trustees will not support groups undertaking trips abroad or multiple applications from individual applicants, and it is restricted to 3/4 years but may be subject to review in the future depending on the number of individual applications received and funds available.

Requests for further information and/or application forms should be made in writing only to:

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Stowmarket
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Application forms must be returned to the Clerk no later than:- 31st August 2019

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Music Special - Alfie Indra - Singer, songwriter.

Alfie Griew (music persona Alfie Indra) has Debenham roots and is in the process of developing a very promising music career. This upward curve has been recognised with an invitation from 'BBC Introducing' to perform at this year's Latitude Festival in Henham Park, near Southwold. Alfie played a confident 20 minute set of 5 songs with his polished band on the Lake Stage, early afternoon on Sunday July 21 - the last day of the festival. Alfie remembers, "When I



The crowd at the Lake Stage watching Alfie.

was first asked to perform I had to keep it secret for some time from everyone, until it was officially announced. The reaction from people to the announcement was amazing, as it was at the performance on the day. After all the build up and rehearsing - in the end it was a perfect day!"

Getting recognised in the music industry has become harder in some ways than it's ever been. The advent of social media and website music platforms such as YouTube make it easier to get your material heard and viewed. However, this also means there are thousands of musicians, many with real talent, trying to make that big break.

On Alfie's Facebook page he describes which genre his music is as "weird, spacey indie/pop." It is difficult to pigeon hole music, as hard as it sometimes is to understand what



Alfie with his Ipswich based band at Latitude.

the genre actually means! However Alfie's music is not only easy on the ears, but well arranged with catchy hooks and

lyrics revealing meaningful issues.

One of his most popular releases, 'Cool People,' is a classic example of this. Alfie explains, "Cool People is about those judgmental people at school who make you feel bad about yourself. You know they're shallow but on some level you still want to impress them. You get caught in the bubble of your school and make friendships based on social status. Since we've left, it all seems a bit pointless and I feel like I've missed out on forming some genuine relationships with people I'd probably have really connected with but didn't because I wanted to maintain popularity. Like with all my songs, I've tried to write it on two levels. I hope that people will be able to dance and sing along to it, but also listen to the lyrics and feel something more."



Alfie attended Sir Robert Hitcham's Primary School and Debenham High School before moving to sixth form at Woodbridge's Farlingaye High School. Alfie achieved good grades but felt university wasn't for him. "I now work with autistic children aged 5 - 16. It is challenging but rewarding work. My dream is to do music full-time, but I'm realistic that it will be difficult to achieve."

Two years ago Alfie was signed to a Manchester based record label with a producer, George Fitzgibbon, who was also from that city. Alfie even moved up there for a time. "George has been invaluable, helping me to craft the songs from my basic ideas. I have left that record label and live in Norwich now, but I still work with George, who I get on well with. However, no-one in the music business can survive without good friends and family, as it can grind you down at times."

Alfie undoubtedly has talent — but importantly is grounded and modest. He projects a great image, with a friendly and engaging personality. Alfie deserves success. Hopefully his Latitude appearance will be a platform for even greater recognition.

Catch Alfie on Facebook, Instagram and Spotify.

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Sunday 18th

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Saturday 24th

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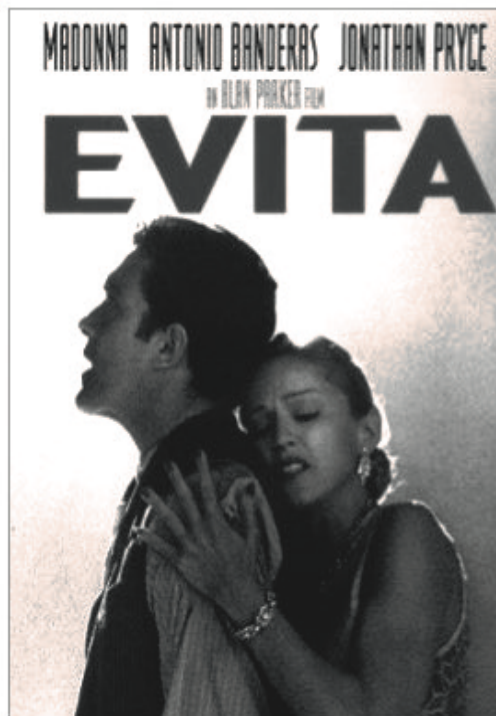
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FRIDAY 13 SEPTEMBER, 7 for 7.30PM

Evita

The film adaptation (1996) of the hit Broadway musical based on the real-life story of Eva "Evita" Duarte de Peron, a B-picture Argentinian actress who rose from poverty to eventually become the wife of Argentinian president Juan Perón, and the most beloved and hated woman in Argentina. "Worshipped by a nation... she wished to be known as a saint." Her huge political influence and constant charity works earned her scorn and fear from the military and upper classes but adoration and love from the workers and descamisados.

Featuring **Madonna, Jonathan**

Pryce, Antonio Banderas. Directed by **Alan Parker.** Information and Trailer at www.imdb.com



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

Tickets: £5

Bookings: 01728 861940 / 07507 802360

or Debenham Library. Also from Websters Newsagents

Doors open 7pm, film starts 7.30pm | Licensed Bar | Ice creams available
www.suffolklibraries.co.uk | 135 minutes plus interval | Cert PG

Car Parking available



Debenham WI

We were joined at our July meeting by artist Paul Bruce, who shared his tips on how to create pictures with interest and depth, using light, medium and dark tones. He demonstrated this to great effect as he used pastels to create a beautiful picture of a field edged with poppies under a Suffolk sky.



Debenham WI, along with other local WIs were invited to join Framlingham WI this month to celebrate their 75th anniversary – it's lovely to meet with other local WIs in our group to build friendships and share in their celebrations.

To commemorate 100 years of Debenham WI, we will be erecting a bench in the village and having a celebration event as we install a plaque onto the bench. We are just waiting for the Parish Council to confirm its exact location and then we will advertise details – please do come along and enjoy a sit down and no doubt a good piece of cake!

Debenham WI book club launched this month and the library manager has been most helpful in suggesting books to kick start the group. We will meet every 6-8 weeks on a Thursday evening to discuss what has been read and choose the next book – we are hoping to challenge ourselves by reading books from subject matters that may not naturally be our first choice and enjoy the conversations that follow as no doubt we will all have different opinions.

Debenham WI craft group enjoyed a great afternoon making beeswax wraps. These wraps not only limit the amount of plastic cling film used but the beeswax also has some antibacterial properties and is proving very popular in kitchens around Debenham. We are planning to make some to sell at the next WI event, they make wonderful presents and are ecologically friendly.

Kenton Open Gardens was a great success and our member Sue Franklin opened her beautiful garden and served delicious tea and cakes – thank you for sharing your wonderful garden Sue.

As always Debenham WI has a busy calendar of events planned and here are a few forthcoming events that you might like to attend:

1 August 2019 – Outing to Hyde Hall to visit the gardens and garden centre

12 September 2019 – Ipswich Walking Windmill Trail

21 September 2019 Quiz in Dove Cottage – more details to be advertised soon.

Pantomime trip – more details to follow soon.

If you are interested in being part of this active friendly WI then please do contact our President, Angeles, for further information or come along to our next meeting which will be on Thursday 5 September at 7.30pm at the Community Centre, Debenham, Wendy Smith will be talking about line judging at Wimbledon – come along and join us.

URC Reflection

Psalm 62:1 "Truly my soul finds **rest** in God; my salvation comes from him."

I'm finding this holiday lark a bit of an effort. No sooner is one holiday finished than the next one starts ("lucky you", I hear in my ear). Well yes, I am, this year is a bit exceptional as I can't remember another year when I've had three holidays in one year.

But, the effort, particularly the mental effort, of getting ready for a holiday sometimes makes me wonder if it is worth it. Years ago, when I was a camper it seemed much easier as I could only take one bag and what I stood up in. OK, it did take a bit of thinking about what I could wear – at least two jumpers, two coats, two pairs of socks and my walking boots, but the bag contained only the very minimum. Now my bones are weaker or the ground is harder, not sure which, I opt for more luxurious accommodation and I transport myself so I load up my car with everything you can think of, and more! There is also the mental effort that seems to go into the preparation for a holiday including who will water the garden, what clothes can't I wear as I want to take them, have I washed enough knickers to last the week, and making sure all is ready for NTV. When younger I can't remember any of these being a concern.

Often people will say to each other, you need a holiday, or the rest will do you good. I know it is good to get away from it all, except I'm so lucky there is nothing I really need to get away from. I've always been able to find a quiet place to relax and renew my batteries at home and yes, I admit, I don't always answer my phone. I certainly can't think of anything worse than going on holiday to spend hours waiting at an airport followed by day after day sitting by a pool, partly because I don't enjoy hot weather and because I get very restless! The things that I find restful can, perhaps, best be enjoyed closer to home. I'm perfectly happy walking, watching birds (although I'm not a "twitcher"), watching Ipswich Town, and being with friends and family. I can even admit to being most rested at home in my own garden with a cup of coffee watching the weeds grow. I do venture further afield but it's usually to the Lake District or Norfolk where there is plenty of walking, although I must say my walks are often shorter than they used to be and interspersed with more "rest" stops.

However you find your rest we do all need to take time out from daily life to renew our energy. Our good Lord, Jesus Christ took time out as we read in **Mark 6:31** "Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, "Come with me by yourselves to a quiet place and get some rest."" We also know that God rested from all his work on the seventh day and our God tells us to find our rest in him and urges those who are weary and burdened to come to him so he can give them rest.

Wherever you find yourself this summer may you find the rest you need.

Anne Scarff (Secretary of Stowmarket Group of URC Churches)



DEBENHAM UNITED REFORMED CHURCH



Services, Meetings and Speakers for August 2019

Sunday 4th	Mr John Webb	Communion	10:45am
Sunday 11th	Mr Keith Scarfe		10:45am
Sunday 18th	Mr Clive Herrod	Moderator URC	10:45am
Sunday 25th	Mr William Glasse		10:45am

NO SING ALONG SESSION THIS MONTH

THURSDAY MORNINGS

Join us for Tea, Coffee & Fellowship 10 - 11:30am

THURSDAY AFTERNOONS NEIGHBOURS & FRIENDS AT 2:15pm

NO THURSDAY AFTERNOONS DURING AUGUST

EVERYONE WILL GET A VERY WARM WELCOME TO THESE MEETINGS

Points of contact

Secretary	Mr Ernest Read	01728 860600
Treasurer	Mrs Janet Smith	01728 860857
Ladies' Secretary	Jean Rodwell	01728 861065



The Suffolk Historic Churches Trust Bike Ride

Saturday 14th September 9am-5pm

Now is the time to look for your walking boots or sort out your bike in preparation for exploring our countryside and its many interesting churches. September, sees the annual SHCT Bike Ride. It is now known as Ride and Stride and is in its 38th year. It is a chance to cycle or walk between places of worship while raising money for their upkeep. Safety is of upmost importance and it is usually better to take part with one or two friends rather than in large groups. This also makes it easier to plan your route to suit yourselves.

SHCT is a non-denominational Trust helping to preserve Suffolk's historic churches and chapels. Money raised will be divided between SHCT and your chosen church or chapel.

Sponsor forms are available in your local church. Do please consider taking part.

More information Jenny Scase 01728 860323 robert.jenny@btinternet.com or visit www.shct.org.uk

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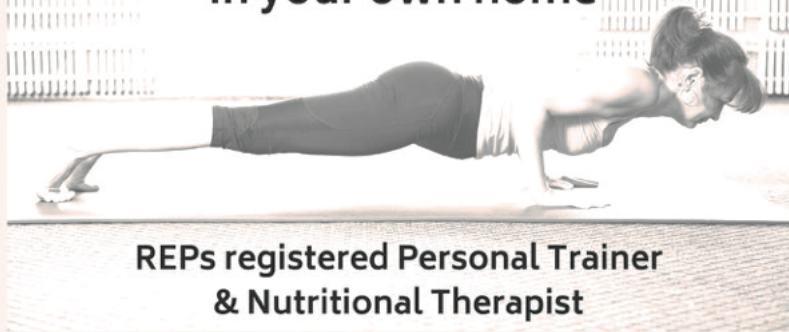
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The Sunday teaching series in August at the Forge Church is:

Summer Jams

Ah, the joys of summer music. We're going a bit retro - about 3,000 years - to sample the Psalms. Come and join our Summer Jams on Sundays.

4 August Week 1 - Summertime

11 August Week 2 - Here comes the sun

18 August Week 3 - Sun is shining

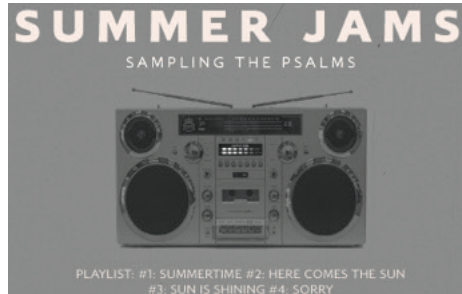
25 August Week 4 - Sorry

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

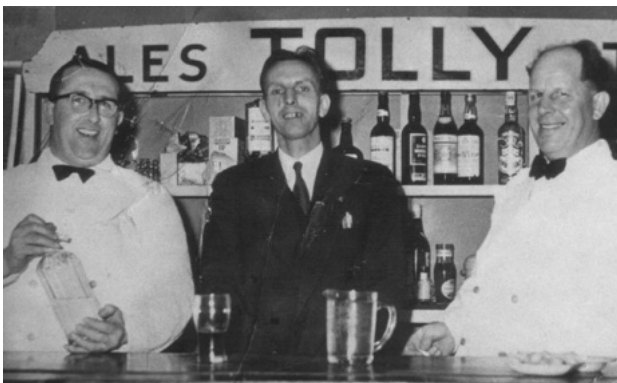
The Lunch Club, on the 3rd Wednesday of each month at Debenham United Reformed Church, brings together elderly people for a meal and a chat. For more details contact the office.



The Forge Community Church www.forgechurch.com · 01449 710437 · info@forgechurch.com The Old Chapel · Forward Green · Stowmarket · IP14 5HP



WANTED - Assistance with Peter Carter's project on the History of Debenham in photographs.



Are you of an age to remember old characters from Debenham's pre-war/post-war past? All you would be required to do is look at old photos to help verify names, places, events etc. If you would like to help, please call Peter Carter on 01728 860347 to discuss. Thank you.

The Cherry Tree Pub from Peter's vast collection.

News from High Suffolk Rotary *See Facebook for more!*

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Camels in Debenham... We had a great evening at Debenham High School on the 21st June, helping the Friends of DHS to organise a "Camel Racing" fund-raising evening. Many thanks to all who came and helped or just joined in the fun.

Garden games in Wetheringsett.... Our annual summer event for members and friends was held at the home of incoming president John Cooper and raised over £700. Many thanks to all those who came, and a special thank you to John and wife Nusia for all the hard work they did.



...and robots in Creeting St Mary. Suffolk Farmhouse Cheeses is a successful local business in Creeting St.Mary. On the 10th July we spent a great evening being shown around the farm by owners Jason and Katherine Salisbury. There were many surprises during the evening, not the least being the back-scratching machine and the robot which feeds, washes and milks the cows!

Happy New Year! Our garden party was also the occasion for outgoing president Rhona to hand over the care of the club to new president John, who comes with a background as a senior manager with Rolls-Royce, as well as a considerable knowledge of whisky.

Talking about Whisky... On the 9th September, John will be hosting another of his tasting events, this time entitled "**Scotch Whisky and British Tapas**", at the White Hart in Otley. Tickets are £26 for Whisky and Buffet (Driver tickets £14), available from **01728 861204**. Places are limited, so please get in touch as early as possible.



**WHISKEY
TASTING**
Monday 9th September 2019
The White Hart, Otley



SIR ROBERT HITCHAM CEVAP SCHOOL

Sun, Sand, Sports and Celebrations

The Summer Term has been packed full of interesting experiences for the pupils, with opportunities to celebrate their successes.

Our younger pupils had very sunny days at the beach. The Early Years played on the sand at Walberswick and Years 1 and 2 enjoyed the wobbly mirrors on Southold Pier. This was followed by a very competitive sand castle competition.

There have been many sporting achievements this term and pupils have enjoyed competing against other schools in gymnastics, cricket and rounders. One highlight was the Quadkids competition where teams from five year groups participate in a range of sports. Sir Robert Hitcham pupils excelled in the running events, resulting in a gold medal for Year 2 and silver medals for our Key Stage 2 teams. We are also this year's County Champions for orienteering and gymnastics.

Once again, our Sports' Day was a very hot one and the pupils impressed us with their resilience under the circumstances. The House Captains organised and motivated their teams well and there were many personal achievements. Most notable were the pupils who ran the



600m race or those who agreed to participate in an event that was not their strength, recognising that they were doing so for the good of their team. Sporting achievements are also celebrated in our annual Sports Award Ceremony, where teachers nominate pupils who have really stood out this year.

Our Summer Concert featured over forty performers, ranging from pupils who have been learning an instrument for a few months, to some who are already practising for Grade 5. Our young recorder players were very impressed by the polished performances of the more experienced instrumentalists. It gave them a good understanding of what can be achieved through hard work and dedication. The choir

performed pieces that they will be singing at Snape Maltings later in the month at an event for the National Teachers' Choir.

The final half term for Year 6 is always very busy, packing in the trips, teaching experiences and interesting events that are put aside until after the SATs tests.



The main focus of their work recently has been to collaborate with Year 5 to prepare for their end of year show, an open air performance of Shakespeare Rocks, where they sang and acted with great confidence. This really has been a sizzling summer of celebrations.



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The Mysterious Miss Wilde Sometime C19th Resident at Aspoll Hall

Does anyone know more of this seemingly unconnected Aspoll resident please?

Excerpts below are of information kindly sent to me by Sue Hollifield who attended church historian Roy Tricker's excellent Aspoll Church History Talk in May 2019. She writes "----- I was intrigued when he [Roy] talked about the plaque in memory of Miss Anne Frances Wilde, who died in 1887. Roy said that her connection with the Chevallier family was a mystery - As an obsessed family history researcher, I couldn't resist a quick look to see if I could find out more about Miss Wilde. I'm pleased to say that I have found out that she was born on 3rd November 1792 and baptised in St. Marylebone church on 3rd December the same year. Her parents were Samuel Wilde Esq. and Isabella nee Mowatt, who were married at St. Marylebone on 28th May 1788. Anne had a brother called Samuel Francis Thomas Wilde, born 2nd March 1790. His son, Samuel John Wilde, was Executor of Anne Wilde's will - an estate of £8981/14/5d. He was a Barrister-at-Law. I found references to several members of the Wilde family who were lawyers in London. I have also found Anne Wilde on all the Aspoll census returns from 1841 to 1881 - she was more difficult to find on some because she was known as Frances rather than Anne. On every census she is living at Aspoll Hall described as a boarder, a guest. Only on the 1881 census is her birthplace recorded as Streatham, which apparently is where she was buried". It's interesting that on the census returns Anne Frances Wilde is sometimes described as a 'Friend', 'Visitor' or later 'Boarder' and is often listed among members of the Chevallier family rather than with other boarders. Often she and Mary Serjeant are listed one after the other. I've noticed that, in general, census enumerators have a 'pecking order' for listing household members, starting with the head, his wife, their children, other family members e.g. siblings of the head, nieces and nephews ... then servants and other employees. This makes me think that Anne Wilde's position was quite important to the family, rather than her being simply a paying 'inmate'.

I agreed. Her family connections shows she likely was a genteel woman so I wondered if she might have been a ladies companion to Mrs Chevallier which was a common position for C19th spinster ladies whom then almost became 'family'.

Roy responded "This lady has captivated me (quite apart from the guide material). She has also captivated my friend Adrian Pitts, who is also a family history buff, whom I consulted about her 'cos he is into all these genealogical sites. He too is intrigued and regards her as a 'challenge'. He went so far as to enlist the help of the Surrey Family History Society, who sent him details of Wilde graves at Streatham and evidently that could not find any evidence of the 'family vault' mentioned on our memorial".

I recalled Henry Guild in a 2012 trade magazine interview made reference to a Miss Haversham type figure at Aspoll Hall and I wondered if it was Miss Wilde but it was another female, a patient called Mary Sergeant. Only men appear to have transferred from Aspoll Hall asylum upon its closure, 1875/6, to Aspoll Rectory the Glebe House Asylum. Four male patients are recorded in the newly built Glebe Cottage annex in 1875. Miss Wilde remained at the Hall on the 1881 census & died there aged 94. Her will shows her to be of private means & this long term obviously esteemed resident of 65 years warranted a marble memorial plaque in our church despite not being buried here. Why?

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Obituary

MARGO BERRY. 21st June 1942 - 1st June 2019.

A celebration of the life of Margo.

Margo had been in the village sixteen years at Hollyhock Cottage, having moved from Somersham. She was born in Oxford but moved around the country and her three children are testimony to this – Richard was born in Wales, Sarah in Cornwall and David in Derbyshire. She trained in Oxford as an N.N.E.B. and worked in various children's homes for disadvantaged and orphan children. She worked in a Pharmacy in Hadleigh for fifteen years.

She loved animals, had an affinity with them and was very fond of her black and white cat, P.C. (Pussy Cat). She often had animals to stay, especially Sarah's two black Labradors Zulu and Bertie. My Bertie spaniel stayed with her while I was on holiday and evidently they enjoyed television together sitting on her settee. She loved being involved with the care of Sarah's horses.

Margo was a gifted craftswoman and was renowned for her Christmas Nativity scenes in Websters Newsagents. Some of her work was exhibited in support of St. Mary's Church funds and raised £400 over time. Gardening was a passion and she transformed her garden from a jungle to a mini Paradise of which she was very proud. The garden attracted a wide variety of birds and insects. She enjoyed visiting public gardens.

Margo had a warm and friendly personality and people felt able to confide in her. She died knowing many secrets. She made many friends during her years in Debenham and was involved in fundraising at Coopersfield. She was a great family person and loved her children and their spouses and was delighted and proud of her granddaughter Annabel, now six months old. The family all supported each other. Margo suffered from ill-health for three years and fought it gallantly. Latterly she spent time in hospital but died peacefully at home.

She will be missed greatly by her close and loving family and her friends.

Rest in peace, Margo. God bless.

P S-J



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Hello everyone,

As you can imagine, I am regularly asked to describe how The Debenham Project tries to help family carers who are living with the impact of dementia on their lives, and those who have the illness. As you might expect I generally tell them that we have a range of groups such as Carers Club, Info Café, Way Back When, Fit Club, Food 'n' Friends lunch clubs, etc. and a number of other services like Get You There Transport, One to One, Information and Advice, sign-posting, Personal Care and Domestic Help Register, Debenham on Call, etc. This certainly does paint a picture of the scope of the activities of the project, as a list of its departments might describe what Ipswich Hospital does, or a catalogue of paintings might describe an art exhibition. And it is measurable. **But does this picture really express what we actually do?** For this we must look at the Project from a different viewpoint and in a different way.

As you know, over the last 10 years a great many people in our area have made direct contact with, or been referred to, The Debenham Project. All of them have been individuals or families, each on their own journey and with individual concerns. Our role has been to support them in any way we can, to help them cope with that journey as best as possible, to smooth out the bumps in the road, and to be there for them when they have a crisis. The activities and services are only the "tools". When someone approaches us we always start by telling them that they are not on their own and inviting them to our Carers Club and Info Café where they will find others in a similar situation, past family carers, volunteers, and expert professional information and advice. The atmosphere is amazing – chatter, laughter, and the finest cakes in Suffolk! – not at all what you might expect. But this is just the beginning of a rather wonderful happening – I have seen it so many times – They find advice, acceptance, relaxation, something to look forward to, friendships, respite, and somehow, just by being part of the project and its activities, an informal network of care grows around them ready for when they are struggling or on the edge of breakdown. Sometimes, it is someone calling in, sometimes it is timely advice, sometimes just a bunch of flowers, but often it is much more.

In the words of a family carer: *"..... but far more important is that we have been welcomed into a "family" that cares; to be able to look forward to enjoying a delightful afternoon tea and chat just like anyone else; and if we need some help it will be there without question. Without this support I know we would be in a far worse position and, for me particularly as a wife and carer, emotionally and mentally stressed to the limit."*

And thank you for all your donations and support throughout the year

With all my best wishes, Lynden



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The Debenham Project Tea Party - June 29.

The Debenham Project Celebrates its 10 Year Anniversary.

A Thank You to the Carers, Cared-For, Volunteers and Donors who have made the Project such a success.



Lyn and Mike Rouse have very generously hosted this event in their wonderful garden for each of those 10 years. The sun always shines!



Mike and Lyn



Thanks to Colin Archibald for the wonderful photos.

Lynden.



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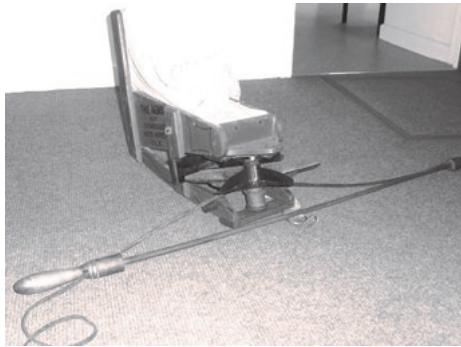
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Russell Ling's Farming Notes

Last month I wrote about the red clover crop that was under sown in the spring, we also carried out the same operation for grass mixtures. It was called mixtures as the grass seed also contained other types of grass such as meadow fescue, ryegrass, cocksfoot and wild white clover etc. These mixtures are formulated by a specialist firm depending on what the grass mixture was to be used for. The most common is a ryegrass which is only for making hay and this was grown for two years before ploughing and provides a break crop for cereals. There are also long term mixtures which are sown for horses and others for cattle grazing. Some single varieties would be grown to be harvested for its seed.



In the past these grass mixtures would be under sown in the spring barley crop, it was difficult to get a good seed bed in the early autumn that was good enough for the grass to get established before the winter which were much colder than we get now. As soon as the spring barley had been drilled and before it had got established the grass seed would be either drilled with a Smyth's drill or it was sometimes sown

with a grass seed fiddle. The advantage of a fiddle was that there would be no more wheeling's to make ruts and a competent man could sow two acres an hour. The fiddle consisted of a strap which went over the shoulder and a bag for the seed, an adjustable opening allowed the seed to drop onto a vane disc. This disc was spun back and forth by a bow which had a cord attached to both ends and encircled the disc, this is why it was called a fiddle. After the seed was sown it was harrowed with a light harrow and then rolled to consolidate the soil.

Under sowing in a barley crop was a much cheaper way of establishing a grass crop for the following year, however there were other problems with this method. In a wet year the grass/clover seed could grow as high as the barley crop and this would make harvesting more difficult due to having to leave the barley sheaves longer to dry before carting.





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Venue: St Andrew's Church, Mickfield IP14 5LF
Date: 14th August 2019
Start: 8pm Doors open 7.30pm
Tickets: Pay on door £5.00
Parking: Free parking in Church grounds
Contact: Anna Ardley, mob: 07563393635
E: annaoboe@yahoo.co.uk

Guest performers welcome in the interval - please apply"



Supermarket Shelf by Dawn Snell

Oh my day is NEVER boring, as a seasonal supermarket shelf
Although I'm stuck inside in Tesco, customers flock to see 'myself'
In May I'm usually stocked with garden tools, now the Easter eggs have gone
But here in Tesco, Norwich... there's a new phenomenon
Sales of champagne & prosecco have hit an all-time high
Together with Delia Smith's championship winning celebration pies
They've filled the baskets & the trolleys of many a cheery fellow
Who've been skipping down my aisle, dressed in their green & yellow
Whilst down in Tesco Ipswich... I hear the shelves have all been filled
With sympathy cards & 'pick me ups' & anti-depressant pills
But summertime will soon be here, so I'll be stocked with buckets & with spades
Sun tan lotion, beach towels, bikinis & sunshades
Tennis balls inspired by Wimbledon & bargain barbecues
As last year's rusted in the rain, but mine are shiny & they're new!
When all the summer bargains go & school uniforms are cleared
As early as September, all the ruddy Xmas cards appear!
With robins, holly, snowmen, baubles... & I'm loaded to the max
With packs of sparkly Xmas cards, which leave their glitter in my cracks!
There's Halloween & bonfire night, then to bring MORE Xmas cheer
There's sherry, gin, prosecco, baileys, mulled wine, port & beer
There's New Year sales, then Valentines, with hearts & roses all in red
Mothers Day then Easter, with bunny ears & chocolate eggs
Oh my customers are always pleased to see me & to part with all their wealth
So you see, it's NEVER boring... being a seasonal supermarket shelf!
(Read at Stand & Deliver, just after the end of the football season in May)



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DR DAN POULTER MP

Member of Parliament for Central Suffolk and North Ipswich
www.drdanielpoulter.com

Undoubtedly, the best part of my week is coming home to Suffolk on a Thursday evening and leaving behind all the stresses and pressures of a week in Parliament, not to mention the congestion. Returning home to Suffolk makes me really appreciate all that is special about this county – its rural character, great sense of community spirit and vibrant market towns. Indeed only a few weeks ago, we celebrated the 3rd ever Suffolk Day – showcasing all that is great about this wonderful county.

I have also enjoyed meeting so many visitors and residents taking time out to enjoy our fantastic local fetes and community events. It takes a great community effort by willing volunteers to pull these events together and on the whole, we have certainly been blessed with perfect summer weather to enjoy them. For me, it's the perfect opportunity to meet and talk to many people whilst also stocking up on local Suffolk produce.

Here in Central Suffolk and North Ipswich, we are incredibly lucky to have a number of bustling market towns, all surrounded by rolling countryside and Suffolk's famous wide-open skies. Indeed, Suffolk's natural landscape has inspired writers, artists and musicians for centuries – Constable, Munnings and Britten to name a few, and of course more recently, Framlingham's very own Ed Sheeran. With such a vibrant, growing economy, and connections to London, the Midlands and beyond, it's no wonder that so many major businesses and small rural start-ups are choosing to make Suffolk their home.

One of the reasons that so many of us choose to live in Suffolk is because of its rural heritage and our beautiful countryside, and whilst we would all agree that we need an appropriate level of small scale development and affordable homes to help support young families to continue to live and work in Suffolk, none of us wants to see our countryside destroyed by inappropriate over-development.

Planning is, of course, a local matter decided by our local councils. When deciding planning policy and where there should be new businesses and homes, it's important that our local councils take an evidence based approach, and always prioritise brown field sites over building on the countryside. That is why it is so important for our local councils to make sure they have a local development framework and land supply plan in place, to discourage inappropriate development.

I will continue to work closely with our local councillors to ensure that we protect the rural nature and integrity of Suffolk's towns and villages and will always stand up for the best interests of local residents in fighting inappropriate planning applications.

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August Newsletter 2019!

It is officially the summer holidays and if you are looking for things to occupy the kids then we have just the thing for you. ASM summer holidays activities camp, running every Wednesday, Thursday and Friday through August so if your children love sports and being active then book them in before spaces run out. We are also holding a Kids vs Adults Quiz which will be fun for the whole family, teams of 4-6 children or adults. Prizes to be won and ice cream sundaes during the interval, booking is essential.

DLC FC will be playing several home matches this month so why not come on down and support the Hornets.

If you want some music then come and see All These Things perform live in the Deben Lounge.

Your regular favourites are all back this month however there will be no Quiz night.

Don't forget that the Bar has new opening times on Saturdays and Sundays so why not come on up and enjoy the sunshine and a beverage.....or 2.

August Events!

Sat 3rd-	DLC FC v Downham Town, 3pm KO
Thur 8th-	Lunch Club, 12.30
Sat 10th-	DLC FC v Sherringham, 3pm KO
Sat 10th-	All These Things, starting from 7pm
Wed 14th-	Accordion Group, 11.00
Sun 18th-	Kids vs Adults Quiz, 2pm start
Thur 22nd-	Lunch Club, 12.30
Sat 24th-	DLCFC v Fakenham Town, 3pm KO
Sat 24th-	Country Music Night, doors open @ 7pm
Tue 27th-	DLC FC v Ipswich Wanderers, 7.45pm KO
Fri 30th-	Bingo Night, doors open @ 7pm
Sat 31st-	DLC FC v Wisbech St Mary, 3pm KO

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Friends of Debenham Library

Sunday Afternoon Teas

On Sunday 18th August, 2-4pm, tea, scones and cakes will be served. Enjoy the garden outside if weather permits.

Summer Reading Challenge: Space Chase

This continues to 7 September. Our super space family, the Rockets, need your help to track down books that have been nabbed by aliens! As you read library books over the summer, collect special stickers (including some stinky ones!) to complete your mission folder. Can you find the aliens in time to save the day? Head to the library to start your Space Chase! See www.spacechase.org.uk and www.suffolklibraries.co.uk/src. *If any young people (12 or over) or adults can help with the Summer Reading Challenge, please ask at the Library.*

Did you know....?

With a library card you can use Press-Reader to read/download dozens of newspapers and magazines on a computer or phone/tablet, including home use.

Library Cinema

Friday 13 September: *Evita* (PG). See poster in this magazine. Doors open 7pm, film starts 7.30pm. The film adaptation (1996) of the hit Broadway musical based on the real-life story of Eva Duarte de Peron, who rose from poverty to become the wife of Argentinian president Juan Perón. Featuring Madonna.

School corner, Debenham IP14 6PL (next to the Primary School). Opening hours:

Tuesday:	0930 am – 1300 pm	Wednesday :	1500 – 1930 pm
Saturday:	0900 am – 1300 pm	Sunday:	1200 – 1600 pm

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

Books, DVDs, Newspapers, WiFi, Computers, CDs, audiobooks, downloadable music/audiobooks/ebooks, free reservations, drinks. The room is available for hire outside opening

Winston Thank Yous from Sandra (Winston PCC member)

A very big thank you goes to everyone who helped and supported our annual Winston Fete & Craft Market. Despite the weather we still raised just over £2,500 for St Andrew's Church and Schoolroom.

Another thank you goes to Pam Vinten—Phipps and the Black Barn Singers for their brilliant 'Summer Sensations' charity concert, held in the church. A special mention goes to soloist Alice Bates, who sang so beautifully in front of a full church. The concert raised £400 for Parkinsons UK and £60 for Winston church.

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The Children's Society

Your change will bring change to the most vulnerable young people this year.



House boxes play a vital role in the work done by The Children's Society. Every year incredible House Box Holders raise over £1.4 million to help vulnerable children in this country. Thanks to these contributions The Children's Society was able to support more than 11,000 young people who felt scared and alone last year and campaign to bring changes that help hundreds of thousands more.

Last year the Box Holders in and around Debenham raised just over £1,000 by dropping their loose change into a savings box.

On Saturday 14 September 2019, from 10 am to 12 noon, please come along to Dove Cottage (next to St Mary's Church) so that I may empty and reseal your Box and you may have refreshment. If you are not a Box Holder, please come along, have some refreshment and hopefully take a Box home with you. Get in touch if you need more information.

Chris Wilkes (01728 860633) crwilkes@btinternet.com



High Suffolk Children's Centre Gracechurch St, Debenham. IP14 6BL

We are open: 9:00am - 1.00pm Monday, Wednesday and Friday. Tuesdays and Thursdays from 9:am – 5.00pm.

Summer Holiday Activities

30th July - Mini Beast Hunt @ Debenham lakes 10-11.30am.

7th August - Teddy Bears Picnic a@ Stradbroke 11am-1.30pm, please bring lunch.

13th August - Play at the Park, Oak Crescent, Eye 10.30am-12pm.

16th August - Homestart Messy Play @ Debenham 10-11.30am. Call 07754 764477 to book.

21st August – The Gruffalo Trail @ Thornham Walks 1.30-3pm.

23rd August – Homestart Stick Man Story @ Debenham 10-11.30am. Call 07754 764477 to book.

30th August – Toddlers Teddy Bears Picnic @ Debenham 11am-1pm.

Our wish as a team is to 'Help you grow safely' and ensure that in the area where you live every child has the chance to have the best start in life. Drop in and pick up a programme, or register to access our services.

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DEBENHAM PARISH COUNCIL - July 2019

Cllr K Guthrie's Locality Budget: Groups in Debenham will be interested to know that Cllr Guthrie has a very helpful pot of funding which she is able to use to support qualifying organisations and projects. To find out more, please contact Cllr Guthrie directly.

Foster carers for Suffolk children: As a local authority, Suffolk County Council is responsible for more than 800 children in care in Suffolk. The Suffolk Fostering & Adoption service is part of Suffolk County Council, and their goal is to secure families for Suffolk children, either on a short-term or permanent basis. The service has been rated Outstanding by Ofsted and desperately needs more Foster Carers. To find out what Suffolk Fostering & Adoption Service can offer foster carers call 01473 264800, email fosterandadopt@suffolk.gov.uk, or visit www.fosterandadopt.suffolk.gov.uk

Allotments: An inspection was carried out on July 10th and we would like to congratulate our "allotmenters" on the pride and dedication that is clearly displayed on some of the plots, which look like works of art and good enough to eat!!!! Some are a "work in progress" but are going on the right track and some are vacant, which we will be strimming and clearing in the next few weeks. If you would like to have a go at growing your own, please get in touch while there are still some available.

Parish Council vacancies: There are three Parish Councillor vacancies which we are keen to fill so if you are interested or wish to know more, please contact us.

No Parish Council meeting in August: August 2009 was the last time this Parish Council had the habitual "month off" but it all changed in August 2010 when the new play equipment was installed at the Meadows.....those of you who lived in Debenham at that time will remember what followed.

So this year, after all our positive achievements, we would like to re-instate this annual break. I will be on annual leave for two weeks but any enquiries of an urgent nature may be sent to our Chair or Vice-Chair. All other matters will be dealt with upon my return.

We hope you also have a lovely Summer Break and that if you have children, their exam results are a positive stepping stone to what they wish to achieve in life.

Mrs Dina Bedwell, Clerk and Responsible Financial Officer

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

debenham.pc@btinternet.com

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

Clerk's Annual Leave: Saturday 3rd August to Sunday 18th August

Date of next Meeting: September 16th 2019.

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August Reflection from Revd. Susan Bates



THE BENEFICE OF
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Journey of belonging

“Are we nearly there yet?” Who hasn’t, at some point in their lives, asked that question?! It’s normally the very little ones who ask it – in my own experience, 10 minutes into a six-hour journey! When we are very young the world is centred upon us. Babies, toddlers and young children are egotistic in their vulnerability. They want attention to turn toward them. They need entertaining, and certainly in my day, there was little to entertain a four-year old in the back of a Hillman Avenger.

As we get older, gradually our attention turns more outward and we become better at looking ‘out’; outside the car or train and outside ourselves. I have made many, many journeys and love to sit on a bus or train and just watch the world go by. In fact, for some of us, the journey is the exciting bit. It’s the getting there that compels us. The promise of the unknown, the mysterious; the challenge of overcoming the obstacles, facing our fears; the excitement and potential of the new and different.

And then perhaps we reach a stage in life where the journey is once again tedious. We are experienced enough to be patient and perhaps not to voice our feelings as a four-year old might! The travelling is tiring and, to be honest, we have seen these fields, these sights; we have been here before. It is a time in our lives when we don’t need or want to travel as much as we might previously have done. Perhaps we come to realise that wherever we go, however different it is there, we take ourselves and in our own lives, the only thing that can really make a difference, is us. It is who we are inside and not what we see outside, that transforms our souls.

It is little wonder that journey is so frequently used as a metaphor for life and for faith. Indeed, for many centuries, pilgrimage has been a fundamental part of many faiths and has inspired classic tales from Bunyan’s Pilgrims Progress to Emilio Estevez’s The Way. Journeys that reveal the complexities of life and characters, journeys where lessons are learned about the traveller and about God. Journeys where those who make it to the end find a place of rest and a deeper knowledge of themselves and of life.

Yet in all these thoughts about the nature of journey and of inner growth, there is still one sort of journey to be mentioned. And that is the journey of being still. The journey to belonging. Such a journey also has stages of impatience and excitement,

mystery and weariness, challenge and fear. And all this in a journey where we don't actually go anywhere! It is a journey where we stay and commit; a journey where we become a part of the community around us. On the journey to belonging, we are physically settled, yet emotionally, psychologically and spiritually we still move along a path and we still learn about ourselves... and perhaps we might just allow ourselves to learn about God. God who tells us that on all our journeys, if we want, God will lead us in ways that are good and will help us along the rocky path to being the best people we could possibly be.


Whatever your journey this August, may it be safe, exciting and lead you to a place closer to God.

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	09.30	Debenham	family@church
11th	08.00	Kenton	Holy Communion
	09.30	Debenham	Holy Communion
	11.00	Winston Framsden	Morning Prayer Morning Prayer
18th	08.00	Aspall	Holy Communion
	09.30	Debenham	Holy Communion
		Framsden	Holy Communion
	11.00	Kenton	Morning Prayer
	18.30	Helmingham Winston	Holy Communion Evening Prayer
25th	09.30	Debenham	Holy Communion
	11.00	Winston	Holy Communion
		Pettaugh	Morning Prayer

Readers: St Mary Magdalene Debenham

11th	Genesis 15: 1-6	Jenny Scase
	Hebrews 11:1-3, 8-16	Richard Boulter
18th	Jeremiah 23: 23-29	Fiona Reid
	Hebrews 11: 29- 12:2	Nick Brunt
25th	Isaiah 58: 9b-end	Val Watts
	Hebrews 12: 18-end	David Carruthers

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Same vets for continuity of care
State of the art facilities
Digital x-ray and ultrasound
Ample parking on site

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- ◇ First point of call for all small animal healthcare needs and problems
- ◇ Cut vet bills and spread the cost with our Pet Healthcare Plan
- ◇ Affordable, tailored insurance with Debenham Vets



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