

# Finningham Newsletter

January to February 2019

Also find us online

 Friends of Finningham

 [www.finningham.com](http://www.finningham.com)





## USEFUL TELEPHONE NUMBERS

### Social Amenities Committee

Chairman	Greg Atkins	07841 358435
Secretary	Open	
Treasurer	Beryl Allen	01449 781132

### Other facilities

Marquee Bookings	Ian Armstrong	01449 780215
	Mobile:	07879 670949
'49' Club	Bob Storey	01449 781651
Newsletter Editors	Richard & Lorraine	01449 781048

Website	Tony Kilbee	01449 781075
	Email: newsletter@finningham.com	

### Parish Council

Chairman	Tony Kilbee	01449 781075
Parish Clerk	Natalie Hill	07802 492495
	Email: finninghamparishclerk@gmail.com	

Parish Footpath Wardens	Doug Aiken	01449 781599
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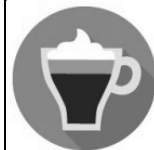
Neighbourhood Watch Coordinator	Andy Brownlie	07795 078125
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Police	Safer Neighbourhood Team	01473 613500
	Crime Reduction Officer	01473 613500
	Emergency	999
	Non Emergency	101
	Crime stoppers	0800 555111

Doctors	Mendlesham	01449 767722
	Bacton Manor Farm Surgery	01449 781777
	Botesdale Health Centre	01379 898295
	NHS Non Emergency	111



## EVENTS AND NOTICES



### Coffee Caravan



Venues and dates for the Winter months

first Tuesday of the month @ 10am - 12 noon

January - Not Held

February - St Bart's Church, Finningham

Do come along and meet new neighbours and friends.

### COFFEE MORNING AND BOOK SALE

LAST SATURDAY OF EVERY MONTH

St Bartholomew's Church

10.30 - 12.30

Come along and have a coffee and try some of the cakes the ladies of Finningham bake.

We have been rather successful with the attendance at these events but as winter draws close it is a good place for village get together as we start to hibernate for the winter.

WE DO NEED TO ANNOUNCE THAT WE HAVE BEEN RATHER OVERSUBSCRIBED WITH BOOK DONATIONS AND FOR THE FORESEEABLE FUTURE WE WOULD REQUEST THAT NO MORE BOOKS ARE DONATED. THANK YOU TO EVERYONE WHO HAVE BEEN SO GENEROUS IN THEIR DONATIONS. WE WILL LET YOU KNOW WHEN WE CAN START ACCEPTING THEM AGAIN

EVERYBODY WELCOME

TEA @ BART'S

2.30 - 4.30pm

Held in St Bartholomew's Church on the 3<sup>rd</sup> Tuesday of every month.

We are always looking for new faces.

Let's make Finningham

a welcoming and social place to live.

## EVENTS AND NOTICES

# *Finningham White Horse*

## *Opening times*

*Monday to Saturday 12.00 mid-day - 11.00 pm*

*Sunday 12.00 mid-day - 10.00 pm*

*Fish & Chips from 5.00pm every Friday*

*Curry Night from 5.00pm every Saturday*

*Eat in or Take Away*

*Something on a Sunday...Keep your eyes open*

*Walkers, cyclists and motorbikes, 'get together' or 'stop-off spot'*

*Informal camping and caravan pitches*

*Functions and events can be accommodated*

*My answer to a request is 'yes'...if I can do it, I will*

*Pub Quiz Last Sunday of the month*  
*Facebook page "finninghamwhitehorse"*

## STOP PRESS

### **We need your contributions**

We are looking for contributions for the next issues, so if you have anything you would like including e.g. upcoming events, pictures, art, observations, points of view etc. we would love to receive them.

Please email them to [newsletter@finningham.com](mailto:newsletter@finningham.com)

The deadline for inclusion in the next issue is the **15th February 2019**

## FROM THE CHAIR

### **Season's Greetings to all**

Reflecting on the past year's events I feel we have had a pretty successful 12 months with social activities peppered throughout. Hopefully these events appealed to you and are what we want as a village community. Personally, I found the village fete celebrating RAF 100 particularly enjoyable.

I would like to publically thank the committee and the members of the village who have volunteered their time to support – without you the events just could not happen. Hopefully, the Friends of Finningham financial plan has been published so all can see how events are supported and to what end. As you can see it is quite healthy, so if anyone has any ideas for future events please get in touch with the committee members. And, if you would like to fill a position on the committee, please come and chat.

Finally, I wish all a very Merry Christmas, a Happy New Year and a super 2019!

**Greg**

## FROM THE EDITORS

### **Happy New year to all**

We hope you all had a fun festive period. Looking back we have had a full year on the events in Finningham, with the Wings over Finningham fete, the many events at St. Bart's, Finn Fest 2018, Coffee mornings, 49+10 club, the history groups and much more.

We would like to thank you for all of your contributions. We are sure 2019, won't disappoint and we look forward to hearing from all of you.

**Richard & Lorraine**



## NEWS FROM THE PARISH COUNCIL

### Parish Council December 2018

At this time of year, one's thoughts should turn to the good things in life and, for a short period, put the cares and worries behind us. Unfortunately, there are those amongst us who have other ideas and will take every opportunity to rob us or cause us harm.

Lately, there has been a rash of bogus telephone calls, purporting to come from your internet provider, telephone company and even the HMRC. The only advice we can offer is to be vigilant and be very suspicious if you receive an unsolicited call from someone (usually with an Indian Sub-Continent accent), who says that your internet connection is about to be terminated unless you follow their instructions. This usually means that you have to give them access to your computer – DON'T DO IT!. Forget politeness and just put the phone down. If they phone back, which they sometimes do, just let it ring.

There has also been a theft of oil from a property in Wyverston. This can be difficult to prevent, even if you have a lock on your tank. As most tanks are made of plastic these days, it is very easy for a thief to saw off the lock. Be neighbourly and watch out for each other.

You will read further in this issue of the wonderful response to the Tesco initiative to raise money for our replacement slide. The Council thanks everyone who helped to make this happen.

The Council is still looking for a replacement for Richard Negus, who had to resign due to family commitments. Anyone interested in filling his place should apply to our Clerk, Natalie Hill at [finninghamparishclerk@gmail.com](mailto:finninghamparishclerk@gmail.com). Your applications should be received before Sunday 6<sup>th</sup> January 2019.


In the New Year, the Council will be having some occasional work parties to repair and tidy up certain parts of the Village. Those who are interested to help, please contact and member of the Council or our Clerk.

It just remains for me to thank my Council for all the hard work that they have put in during the year for the benefit of the Village and to wish you all a Happy Christmas and a Prosperous New Year.


Tony Kilbee



## EVENTS AND NOTICES



**CONNECTING COMMUNITIES**



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suffolk passenger transport

### Connecting Communities

When you need to make a journey and there's no public transport available to you locally, we'll collect you and connect you to an appropriate bus route or train link for onward travel so you can reach your destination quickly and easily.

For journeys where connecting to other services is inappropriate, end to end journeys may be possible.

### How do I use it?

1. Call your local area operator up to a week before you'd like to travel – they'll be able to answer any questions you might have.
2. Book your journey
3. Travel to your destination

Area / Phone Number	Booking Hours	Service Hours
<b>Babergh</b> 01473 826242	Mon-Fri 9.00am - 3.00pm	Mon-Sat 7.00am - 7.00pm
<b>Forest Heath</b> 01638 664304	Mon-Fri 8.00am - 4.00pm	Mon-Sat 7.00am - 7.00pm
<b>Ipswich</b> 01449 614271	Mon-Fri 9.00am - 4.00pm	Mon-Sat 7.00am - 7.00pm
<b>Mid Suffolk</b> 01449 614271	Mon-Fri 9.00am - 4.00pm	Mon-Sat 7.00am - 7.00pm
<b>St Edmundsbury</b> 01440 712028	Mon-Fri 8.00am - 4.00pm	Mon-Sat 7.00am - 7.00pm
<b>Suffolk Coastal</b> 01728 635938	Mon-Fri 8.45am - 4.00pm	Mon-Sat 7.00am - 7.00pm
<b>Waveney</b> 01986 896896	Mon-Fri 9.00am - 4.00pm	Mon-Sat 7.00am - 7.00pm

### Contacting Suffolk County Council

Passenger Transport  
Endeavour House  
8 Russell Road  
Ipswich  
Suffolk, IP1 2BX

### General Enquiries

**Customer Services**  
0345 606 6171

[connecting.communities@suffolk.gov.uk](mailto:connecting.communities@suffolk.gov.uk)

**Visit our website**  
[www.suffolkonboard.com/cc](http://www.suffolkonboard.com/cc)

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## EVENTS AND NOTICES



Enjoy an evening of music and dancing on

**Saturday February 9th 2019**

with

# BITS AND PIECES

returning to Westhorpe Village Hall after their popular  
debut gig here in April 2018

With support from local musicians Glen and Paul

**7.30pm until 11.00pm**

Bring your own drinks

Tickets £6 available from

Alison Weston 01449 781490 alisonweston25@hotmail.com

Ian Armstrong 01449 780215 ianbacton@aol.com



[www.westhorpe.onesuffolk.net](http://www.westhorpe.onesuffolk.net)

## THANK YOU

### CHARITY FLOWERS

I would like to thank all those who have purchased plants, flowers, beans etc. from the table on the Wickham Skeith road during last summer. **The total this year is £400** and the money has been given to both local and National Charities.

Monies have been given to the following charities:

**Cancer UK, Breast Cancer,**

**Friends of Mendlesham and Bacton Health Centres, St Bartholomew's Church.**

**This takes the total to £2000 raised over the last few years.**

Many thanks once again, this money has been gratefully received by the charities who struggle for funds in the current economic climate. I plan to continue for another year and as usual all monies raised will once again benefit various charities.

Pauline Goddard

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## PARISH COUNCIL

**Your Finningham Parish Councillors are:**

**Chairman:** Tony Kilbee, 01449 781075

The Old Chapel, Walsham Road, Finningham, IP14 4JG

**Vice-Chair:** Mary Webb, 01449 781628

Kimberley, Gislingham Road, Finningham, IP14 4HY

James Miller, 01449 781265/07860 382816

Rob Hall, Walsham Road, Finningham, IP14 4JL

Dilys Sewell, 01449 782978

Holly Cottage, Walsham Road, Finningham, IP14 4JN

James Black, 01449 782965

Black Horse Barn, Walsham, Road, Finningham, IP14 4JN

Catherine Winter, 01449 781372

Holly Howe, Westhorpe Road, Finningham, IP14 4TW

**Clerk :** Natalie Hill, 07802 492495

Elmer Farm, Walsham Road, Finningham, IP14 4JN

**Parish Council Meetings are held at**

St Bartholomew's Church, Finningham, starting at 7.30pm.

**Dates of future meetings:**

Tuesday 8th January 2019

No Meeting in February 2019

Tuesday 12th March 2019

Tuesday 9th April 2019

**Annual Parish COUNCIL Meeting Tuesday 14th May 2019**



## ST BARTHOLOMEW'S CHURCH

### Remembrance Day

At the time of reading this we will have already entered into the New Year with all our hopes and expectations for 2019. I should at this point therefore like to take the opportunity to thank all those who contributed in whatever way, to the life of St Bartholomews' Church during 2018; to those who made the Remembrance commemorations in November so special, and to the support given during the Advent and Christmas Season.

Last year in my New Year article I reflected upon January, and this time around will think about February, the month which the poet and writer Margaret Atwood labels as the 'month of despair,' perhaps rather unfairly. February actually comes from the Roman 'Februa,' the Festival of Purification.

During the month there are two popular celebrations. The first is held in our Churches and Cathedrals on the 2nd/3rd of the month; that of Candlemas. One of the oldest celebrations in the Church which can trace its' roots back to the 4<sup>th</sup> century, when processions took place with lighted candles in recognition of Christ as the light of the world. This Benefice will hold its' celebrations at St Margarets Church Wattisfield on Sunday 3<sup>rd</sup> February.

The other popular celebration is that of St Valentine's Day on 14<sup>th</sup> of the month. A time which can put pressure on those who are in a relationship to make forced displays of affection, often with unnecessary expenditure, and a time that can make those who may be unhappy at being alone, feel excluded and isolated. However if we look at where this tradition originates, it gives us great encouragement.

St Valentine was a Priest who was martyred in Rome upon the orders of the Emperor Claudius in about 269AD. Claudius persecuted the Church and particularly objected to marriage as it interfered with the loyalty of his soldiers going into battle. He believed married soldiers were afraid of what might happen to their wives and families if they died.

It was a very permissive society in which Valentine lived. Polygamy would have been much more popular than a couple choosing to live together. Yet some young people were attracted to the Christian faith and to a monogamous way of life. The church certainly believed in the sanctity of marriage and the security, mutual support and love that it could offer. Valentine, in direct opposition to the state, encouraged couples to make their vows and was therefore eventually imprisoned, tortured and killed.

It is said that while in prison, Valentine healed the daughter of Asterius, a Roman judge. Legend goes that the last words he wrote before he died were in a note to Asterius' daughter. He signed it, 'from your Valentine,' 6

## WESTHORPE VILLAGE ACTIVITIES

[www.westhorpe.onesuffolk.net](http://www.westhorpe.onesuffolk.net)

### YOGA



Juliet Wright  
[jujuyoga39@gmail.com](mailto:jujuyoga39@gmail.com)  
Tel. 07503 212670

MONDAY (Weekly)  
11:00 - 12:30 pm

### ART CLUB



Paul Weston  
[paulwestonarchitect@gmail.com](mailto:paulwestonarchitect@gmail.com)  
Tel. 07860 376592

MONDAY (Fortnightly)  
2:00 - 4:00 pm

### LINE DANCING



Rosie Macro  
[rosiemacro@yahoo.co.uk](mailto:rosiemacro@yahoo.co.uk)  
Tel. 07748 563926

MONDAY (Weekly)  
6:00 - 7:00 pm

### CARPET BOWLS



Diane Gladders  
[dianegladders@outlook.com](mailto:dianegladders@outlook.com)  
John Offord  
Tel. 01449 258501

MONDAY (Weekly)  
7:30 - 9:00 pm

### IT CLINIC



Allison Weston  
[allisonweston25@hotmail.com](mailto:allisonweston25@hotmail.com)  
Tel: 01449 781490

TUESDAY (Bi Monthly)  
2:00 - 4:00 pm

### CRAFT CLUB



Lynda Cotgrove  
Tel 01449 789142  
Rosemary Mees  
Tel 01449 780394

TUESDAY (Fortnightly)  
10:00 - 12:00 PM

### STOTT PILATES



Miranda Tuddenham  
[mtwannadance@gmail.com](mailto:mtwannadance@gmail.com)  
Tel. 07540 696167 or 01379 742845

THURSDAY (Weekly)  
11:00 - 12:00 pm

### WINTERS ACADEMY



[charley@wintersacademy.co.uk](mailto:charley@wintersacademy.co.uk)  
[www.wintersacademy.co.uk](http://www.wintersacademy.co.uk)

THURSDAY (Weekly)  
4:00 - 6:45 pm  
During Term Time

### BOOK CLUB



Judith Kennedy  
[jkstreetfarm@gmail.com](mailto:jkstreefarm@gmail.com)  
Tel. 01449 781249

THURSDAY (Every six weeks)  
7:00 - 9:00 pm

### GARDENING CLUB



Martin Little  
[martindavidlittle@gmail.com](mailto:martindavidlittle@gmail.com)  
Tel. 01449 78031

FRIDAY (3<sup>rd</sup> of every Month)  
7:00 - 9:00 pm

### WESTHORPE FILM NIGHT



Philip Aldous  
[philip.aldous@live.co.uk](mailto:philip.aldous@live.co.uk)

FRIDAY (4<sup>th</sup> of every month)  
7:30 - 10:30 pm

### FREESTYLE FITNESS YOGA



Jo Beales  
[jo@johnnybeales.co.uk](mailto:jo@johnnybeales.co.uk)  
Tel 07912 649328

WEDNESDAY (Weekly)  
6:15 - 7:15 pm

### GAMES NIGHT



Alan Coles  
[alancoles@aol.com](mailto:alancoles@aol.com)  
Tel. 01449 781618

THURSDAY (FORTNIGHTLY)  
7:30 - 9:30 pm

## Westhorpe Village Hall Hire

## Finningham and Westhorpe residents

**£8.00 per hour**

## Non-residents

**£9.00 per hour**





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## ST BARTHOLOMEW'S CHURCH

perhaps inspiring many millions after him to declare their love and affection.

I hope we can take heart in St Valentine's enthusiasm for committed relationships. Love is a wonderful thing and when offered sincerely and selflessly can be amongst the greatest blessings in life. Offer to God any heartache or pain and remember that the church is always here to support people in whatever circumstances. Let us all make time to nurture and sustain those whom we love, and encourage those around us to both love and be loved.

Denise and I wish you every blessing in 2019.

Philip - Rector



### Christingle Nativity play

Fun at the Christingle and nativity play with nearly 50 wonderful folk of all ages in attendance.



## TESCO BAGS OF HELP

### Tesco Bags of Help

A very big thank you to everyone who supported us in the Tesco Bags of Help scheme running in the Stowmarket Branch of Tesco between 1<sup>st</sup> September, 2018 – 31<sup>st</sup> October, 2018.

I am very pleased to inform you that we finished in first place and will receive the £4,000 grant from Tesco for our replacement slide. It was a very close contest (see photo below taken just before closing time on 31<sup>st</sup> October.)

After we have purchased the slide there will still be some monies left in the play-ground fund and we would like to hear from you (both adults and children) as to what you would like to see on the Village Green. Eliot and myself will be at the Coffee Morning in the Church on **Saturday 26<sup>th</sup> January, 2019 between 10.30am – 12 noon** where we would like to meet with you to discuss your thoughts and ideas. Obviously there will limits to what we can provide and it may be necessary for us to raise extra funds.

We look forward to seeing you on **26<sup>th</sup> January.**

Mary Webb

Parish Council Vice Chairman  
Finningham Parish Council



## FESTIVE FINNINGHAM



To echo many of the  
comments around the village

**“A great big thank you to  
Finningham’s Father Christ-  
mas and Mrs Christmas”**

You have brought a little  
magic and wonder to many

## MARQUEE & TABLE HIRE

**Friends of Finningham** have the following for loan.

Marquee	- 40ft x 13ft (12m x 4m)
Festival Tent	- 22ft x 16ft (6.8m x 5m)
Party Marquee	- 20ft x 10ft (6m x 3m)
Folding tables	- 6ft x 2½ft (1.8m x 0.8m)

Below are suggested donations - Held at last years level again.

Marquee	£60 Village residents	£70 non residents
Festival Tent	£60 Village residents	£70 non residents
Party Marquee	£30 Village residents	£40 non residents
Folding tables	£5 Village residents	£6 non residents

A refundable deposit of £100 is required.

Loan period is normally up to four days  
and delivery and collection by arrangement

Further information available at the point of hire,  
for enquires and bookings please contact

**Ian Armstrong - 01449 780215 or 07879 670949**

We will deliver and collect the marquee and assist with erection and dismantling, but we need you to provide at least two helpers .

Terms and conditions apply.





## EVENTS AND NOTICES

Mid Suffolk District Council  
Waste and Recycling



# Christmas & New Year Bin Collection Schedule 2018-2019

Please ensure your bins are presented by 6.30am  
on the day of collection

	Usual Collection	Revised Collection	Change
Recycling	Monday 24th December	Monday 24th December	None
	Tuesday 25th December	Thursday 27th December	2 days later
	Wednesday 26th December	Friday 28th December	2 days later
	Thursday 27th December	Saturday 29th December	2 days later
	Friday 28th December	Monday 31st December	3 days later
Refuse	Monday 31st December	Wednesday 2nd January	2 days later
	Tuesday 1st January	Thursday 3rd January	2 days later
	Wednesday 2nd January	Friday 4th January	2 days later
	Thursday 3rd January	Saturday 5th January	2 days later
	Friday 4th January	Monday 7th January	3 days later
Recycling	Monday 7th January	Tuesday 8th January	1 day later
	Tuesday 8th January	Wednesday 9th January	1 day later
	Wednesday 9th January	Thursday 10th January	1 day later
	Thursday 10th January	Friday 11th January	1 day later
	Friday 11th January	Saturday 12th January	1 day later

There will be no brown bin collections over Christmas and New Year (between 24th December and 4th January) Please refer to brown bin collection calendars available on: [www.midsuffolk.gov.uk](http://www.midsuffolk.gov.uk) for details.

From Monday 14th January 2019 normal waste and recycling collections resume.

Waste Services: 0300 1234 000 (option 4)  
email: [recycling@baberghmidsuffolk.gov.uk](mailto:recycling@baberghmidsuffolk.gov.uk)

## NEIGHBOURHOOD

As you may have seen on Friends of Finningham Facebook page, there was an oil tank theft in Wyverstone recently where approximately 500 LTRs of oil was stolen.

Please keep an eye on your oil tanks and add any necessary security. The long dark nights are perfect for unwanted visitors so as always check your locks, gates, sheds, garages and cars etc. I regularly see on Facebook that vans have been broken into and power tools, satnavs etc. stolen, yet people STILL leave valuables in vehicles overnight. If it's a pain taking everything out each night, imagine having to replace windows and locks on your vehicle, replace everything stolen and deal with police and insurance companies. If you lose work tools you also cannot work or have to hire everything. Which is the bigger pain?

Now speed watch is suspended (pending more volunteers coming forward) vehicles are still speeding through the village. I have put a proposal to the parish council to look at the requirements and costs of applying to have the crossroads made into a mini roundabout. This will force drivers to stop, making it a lot safer for everyone. In particular the children who wait for the school bus and have to cross this busy road as well as visitors to the pub and residents who have to walk along the unlit road.

Your views and feedback would be appreciated on this idea. A post is on Friends of Finningham Facebook page so feel free to comment.

Don't forget Friends of Finningham Facebook page is for everyone to use. You can put your own posts up under visitors posts if you need a tradesman, have something to sell etc.

That's about it. See you later!

Andy

## AED TRAINING

This is a Parish Council project but the training has been supported by FOF. We will be offering free training in Basic Life Support and AED use for all residents of Finningham. We have a range of training equipment to support this, and are fortunate to have a number of professional resuscitation trainers in the village to deliver this training. Adults and children are welcome to come along for a 1 hour training session. We hope to offer sessions during the day, in evenings, and also during the weekend.

The AED is easy to use and can be used by anyone with or without training. However if you have practiced using the simulation equipment you might be more willing and able to help someone who could be a member of your family in an emergency.

If you would like to join a training session please email: [aed@finningham.com](mailto:aed@finningham.com) or leave a message on 01449 781372 and we will contact you with some dates and times of training sessions that you can choose. The Church and the White Horse have already offered to host training sessions.

## FINNINGHAM REMEMBERS

### FINNINGHAM REMEMBERS

1914-2018

A MEMORIAL TO  
THE LIVES OF THE MEN AND WOMEN  
WHO PLAYED A PART  
IN THE FIRST WORLD WAR

BERTIE BAILEY \* PERCY BAILEY \* FREDERICK BAILEY  
ALFRED BAKER \* FREDERICK BAKER \* WILLIAM BARKER  
HARRY BLOOMFIELD \* HARRY BURROWS \* WILLIE BUTTON  
ERNEST BUTTON \* WALTER DOWNING \* CHASTON DRIVER  
ETHEL EDWARDS \* BERTIE FARROW \* ERNEST FILBY  
FREDERICK FILBY \* GEORGE FILBY \* HARRY FILBY  
THOMAS FILBY \* WILLIAM FILBY \* WILLIAM GARNER  
GEOFFREY HEAD \* WILLIAM HEAD \* WALTER HEAD  
HERBERT HOLT \* JAMES HOLT \* WILLIAM HOLT  
ERNEST HOWLETT \* FREDERICK KERRIDGE \* ALFRED LARKINS  
ERNEST LINGLEY \* FREDERICK LINGLEY \* EDWARD Linstead  
FREDERICK Linstead \* GEORGE Linstead \* ERNEST PALMER  
GEORGE PALMER \* STEPHEN PALMER \* WILLIAM PALMER  
HERBERT ROSE \* ROBERT ROSE \* ALFRED SEELEY  
EDWARD SELSBY \* HAROLD SELSBY \* SPENCER SELSBY  
JESSE SHAVE \* ARTHUR SHEPPARD \* ALBERT SILLETT  
SAMUEL SILLETT \* WILLIAM SMITH \* WALTER SPARROW  
RICHARD STOVIN \* ISAAC THORNDYKE \* WILLIAM WARNE  
FREDERICK WHITE \* HARRY WHITE \* THOMAS WOODS  
HARRY CARTER \* ERNEST CLOVER \* JOHN DEATH  
WILLIAM SPENCER EDWARDS \* FREDERICK FARROW  
ERNEST JAMES FISK \* WILLIAM FOCKARD \* WILLIAM GULL  
JACK LAST \* LEONARD LAST \* JOHN PALMER  
GEORGE PETTITT \* JOHN PULHAM \* HECTOR RICE  
HAROLD RICE \* STANLEY RICE \* JAMES SEADON  
HUGH REGINALD SMITH \* FREDERICK WALTON

Peter Everall compiled this book about the lives of the 75 men & women and their families who played their part in the 1<sup>st</sup> World war and had links with Finningham.

The book launched at the Finningham WWI exhibition has already sold 64 copies, however, there are still a few left @ £10.00 each to cover printing cost,

available from Peter Everall  
(tel. 01449 781412)



## BOOK REVIEW

Most of us will have heard of Graham Norton either as the presenter of his chat show or his Saturday morning radio show or as an agony uncle for a national newspaper.

### Holding by Graham Norton

Holding is his first novel and most enjoyable it is too.

The remote Irish village of Duneen has known little drama and yet its inhabitants are troubled. Sergeant P J Collins hasn't always been overweight: mother of two Brid Riordan hasn't always been on alcoholic: and elegant Evelyn Ross hasn't always felt that her life was a total waste.

When human remains are discovered on the old farm, suspected to be that of Tommy Burke - a former lover of both Brid and Evelyn - the village's dark past begins to unravel. As the frustrated PJ struggles to solve a genuine case for the first time in his life, he unearths a community's worth of anger and resentments, secrets and regret.

A well crafted story with characters which come to life and are believable.

David Wadlow



### The Bookshop

Penelope Fitzgerald

(Harper Perennial)

In the small seaside town of Hardborough in the English county of Suffolk, Florence Green decides to buy the dilapidated 'Old House' and convert it into a bookshop.

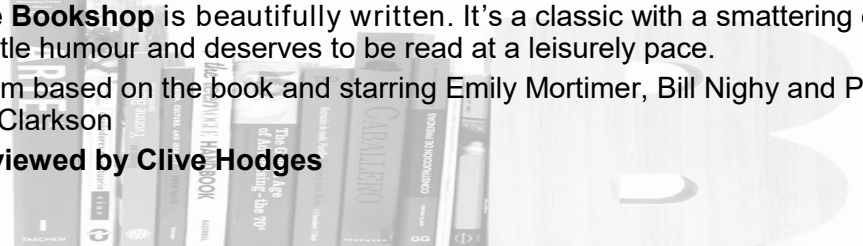
The townsfolk are convinced that the bookshop will fail; not for economic reasons; not for lack of readers in Hardborough; but because the formidable and vindictive Mrs Violet Gamart, patroness of all public activities in the town, wants 'Old House' to be an Arts and Cultural Centre.

Fortunately, Florence has the support of Edmund Brundish, the local squire, a sworn enemy of the ruthless Mrs Gamart.

**The Bookshop** is beautifully written. It's a classic with a smattering of gentle humour and deserves to be read at a leisurely pace.

A film based on the book and starring Emily Mortimer, Bill Nighy and Patricia Clarkson

**Reviewed by Clive Hodges**





## GREY MATTER MOVERS

				1				
	4		9		6		2	5
1	5		3					9
	3	2			9	8		1
				5				
			1		2			7
	2		4	9	7	5	8	6
9						2	7	
				6	8	9		



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## GISLINGHAM WI

The first meeting in 2019 will be held in Gislingham Village Hall on the third Wednesday of January.

The subscription is £42 for the year payable at the first meeting.

New members are welcome and there are a number of us who go from Finningham which means there is always the chance of a lift.

Why not give it a try.

Thanks

Aileen

## INSIGHTS

### Simple ways to change how you feel

In my last blog I wrote about the importance of your breath and how the controlling of your breath can calm your brain activity. This got me thinking about the connection between the physical, environmental and emotional states. In Neuro Linguistic programming (NLP) there is the model that describes the connection between each of these. So in the same way that changing our breathing can calm our brain activity, changing one of these 3 elements can impact one of the others.

What does this mean ....

It can be as simple as moving to a different room (environment) can change your mood. Sometimes people will say that they feel different in certain places. This is the direct link between mood and environment. This is also thought to be behind that old problem of walking into a room with the purpose of getting something, only to get there and find you can't remember what you came for. You have changed your environment.

Have you ever tried to feel depressed while laughing (physical)? It's not easy. While your laugh may feel forced and unnatural, your mood will have changed. This is why our breath can be so influential in the way we feel (as explained in ..and Breathe)

You may also experience this effect in the business environment where people are advised to stand when making a tricky phone call or you are shown into a special room, like a boardroom or interview room. Thinking about these environments certainly changes the way I feel. What if your interview was in the canteen, how would that make you feel?

Being aware of how our environment and our physicality can affect our mood gives us a choice, do we like the way we feel? If not maybe a change to our location or our being will make it better?

There is another way ...

By Fiona Simpson.

[www.lilacPearl.co.uk](http://www.lilacPearl.co.uk) email [info@lilacPearl.co.uk](mailto:info@lilacPearl.co.uk)

## HISTORY GROUPS

### Meetings with local history groups

#### **Bacton & Cotton History Society**

(meetings 7.30pm @ Bacton Village Hall)

#### **January 15th Carnival, Drama and Popular Protest**

Kate Jewell will tell us about how people let of steam in the 14th and 15th centuries. The staging of plays to make a specific point, also to point out problems and to criticise the nobility. Very similar to today!

#### **February 19th Roman Roads of East Anglia**

James Albone is an archaeologist and historian with a special interest in routeways and movement in the landscape. His PhD was on 'Roman Roads in the Changing Landscape' and this forms the basis of his talk

#### **Wickham Skeith History Group**

(meetings 7.45pm @ Wickham Skeith Village Hall)

#### **January 16<sup>th</sup> History & Film Group 7.45pm The Miller's Tale**



## 49+10 BONUS BALL CLUB RESULTS

### Congratulations to the following winners:

<u>Date drawn</u>	<u>Ball number</u>	<u>Winner</u>
6th October	5	Chris Goddard
13th October	38	John Allen
20th October	49	Jim Downie
27th October	56	Catherine Winter
3rd November	53	David Curtis
10th November	53	David Curtis
17th November	32	Pat Allen
24th November	10	Rita Leggett

Vacant balls : **none**  
to take up one, call or email Bob Storey

**Telephone 01449 781651 or Email [robert.b.storey@gmail.com](mailto:robert.b.storey@gmail.com)**

The Bonus Ball Club provides the only regular income for Friends of Finningham to provide amenities, including the cost of printing this newsletter and support to projects for young and old within the village.

## FINNINGHAM WEBSITE

If you want to see older copies of the newsletter we have the electronic versions on our website, these can be found at [www.finningham.com/newsletter](http://www.finningham.com/newsletter)

If you have any information, article or photos that you think would be of interest for the site, please send your copy to [webmaster@finningham.com](mailto:webmaster@finningham.com)

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# WHAT'S ON - JANUARY 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2	3	4	5	6
7	8 Parish Council mtg	9	10	11	12	13
14	15 Tea @ Bart's Bacton & Cotton History	16 Gislingham WI Wickham Skeith History Group	17	18	19	20
21	22	23	24	25	26 Coffee Morning & Book sale @ St. Bart's'	27 Pub Quiz @ WH
28	29	30	31			
14						

# WHAT'S ON - FEBRUARY 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
4	5 Coffee Caravan	6	7	8	9 Bits & Pieces Westhorpe Vil- lage Hall	10
11	12	13	14	15 <b>Newsletter Copy Deadline</b>	16	17
18	19 Tea @ Bart's Bacton & Cotton History	20 Gislingham WI	21	22	23 Coffee Morning & Book sale @ St. Bart's'	24 Pub Quiz @ WH
25	26	27	28	28		
15						