

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

Neighbourhood Watch Andy Brownlie 07795 078125

Coordinator

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 Spring / Summer months

First Tuesday of the month @ 10am - 12 noon

May - September

Held On the Green

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 - 12.00

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 3rd 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 míd-day - 11.00 pm Sunday 12.00 míd-day - 10.00 pm

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 Quíz 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

The deadline for inclusion in the next issue is the 21st June 2019

FROM THE CHAIR

The Fete planning is well underway and I would like to take this opportunity to update you all on what the committee, volunteers and donors have planned. The theme is traditional seaside and the aim will be to turn the Green into a pier centred on a stage. Like last year the activities will be free with a small entry cost for competitions. There is a Fete pull-out within the newsletter that details the main entertainment and refreshments but to highlight some of the activities:

- 4 x Donkeys for children's rides
- Gislingham Silver Band
- Punch & Judy Shows
- Singer and Band
- Bouncy Castle
- Bumper Boats
- Flying Chairs
- Face Painter
- Bar, BBQ, Sweet stall & Ice Cream Van
- Kids games and Competitions

Please have a look at the pull-out for further information but hopefully there is something there for everyone. If anyone can offer anything else please chat and we can include it in the day.

The Friends of Finningham are always looking for new ideas or ways to support the village socially, so If you have any please come and chat; I am usually around either the green, church or pub. Thanks to all the fund raising and donations the account is quite flush at the moment, so we have the ability to maybe do more if we wish.

I look forward to chatting with all about their ideas for future events over the coming months and trying to build on the success of the last few years. And finally, the Committee secretary and treasurer positions are open at the moment, so if anyone would like to fulfil either role please let me or another member of the Committee know.



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NEWS FROM THE PARISH COUNCIL

Parish Council Report.

The Parish Meeting, held in the Church on 9th April. was attended by precisely NO members of the Public!

Our first Litter Pick Sunday was similarly very poorly attended but the second one did see more participants. My thanks go to all those who did help in keeping the village clean and tidy. If it was not for those who helped, we would have to employ a contractor to do this work (with a resultant cost to the community).

parties were able to complete the surrounds of the new slide with gravel boards and new bark in-fill. We have been asked why the slide was installed the opposite way around to the old one and not in the middle of the designated area. It seems that, Similarly, if you want to advertise slide must not face South, in case it be able to post it for you. burns the users' bottoms in the very up!!). The answer to the off-centre position is because the contractor found concrete from the old installation and had not been given instruction to remove it (again, what is the world coming to?). Our displeasure Tony Kilbee

has been noted by the suppliers but it is unlikely that any remedial action will be taken - although, we are trying to get some recompense.

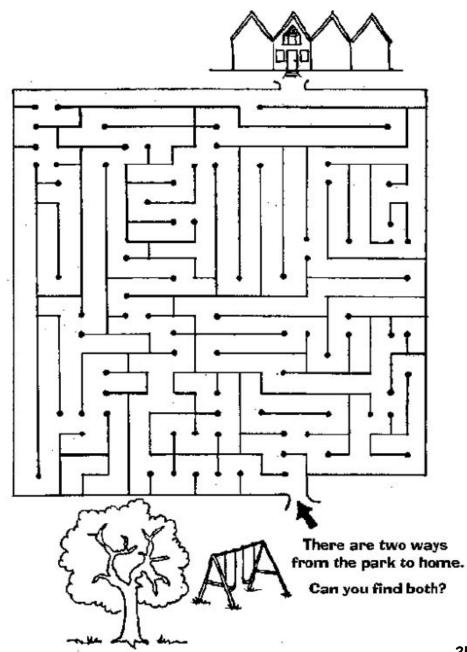
Apart from the Councillors, we were We are continually trying to find visited by our out-going District means of advertising forthcoming Councillor, Roy Barker and the attractions and happenings in the Chairman of Friends of Finningham, village. We have the Parish Notice Greg Atkins. Obviously, there will Board, this Newsletter and we put be those who were away or had oth- out "A" boards for the Tea @ Bart's er commitments but I cannot believe and the Coffee & Cakes, Friends of that this applies to the whole village. Finningham Facebook Page and the Village website. This still doesn't seem to be enough. We all have busy lives and it is quite easy to forget something. Some time ago, we started a village data base but that was discontinued, as some people objected to having their e-mail addresses available to all. We should like to resurrect it. With the new Data Protection Act we would have to ensure that access to this infor-On the brighter side, the two work mation is limited to the organisers and not public property.

> If you want to be included in the database, please e-mail "I'm in" to our Parish (finninghamparishclerk@gmail.com).

for Health and Safety reasons, the something around the village, we will

We are still looking for replacement hot weather (you couldn't make it Councillors so, if you feel that you would like to help us in our quest to make Finningham a more cohesive village, please contact our Clerk, Natalie.

KIDS CORNER



KIDS CORNER





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Watch

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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:

Annual Parish COUNCIL Meeting Tuesday 14th May 2019

11th June 2019 9th July 2019



ST BARTHOLOMEW'S CHURCH

Most days throughout the year with- and Charles Wesley. in the Churches calendar, are occasions marked down as either Feast Days, Lesser Feast Days or Festivals of some kind or another. Days when the Church throughout the world gives thanks for men and women who often through selfsacrifice have contributed in a special way to the lives of others. Festival Days are set aside for men and women from Biblical times, or national saints such as our own St George.

Lesser Feast Days are often set aside for martyrs and former Archbishops, whilst Festival Days are often for the scholar and social reformers who have contributed to the life of humankind, whether Christian or otherwise. The months of May and June are no exception and indeed throw up many interesting personalities.

In June we remember from the Bible active to this day. John the Baptist, and a few days before St Alban who was the first English Christian to be martyred for his faith, and gave his name to the Hertfordshire city of St Albans. In case we believe that all Christian martyrs are from an age long ago, on the 3rd of June we remember all those put to their death as Christians in Uganda as recently as the late 20th Century.

But the names that caught my eye when viewing the calendar are those remembered on the 24th May; the evangelists and hymn writers John

Often it feels as if history is the monopoly of politicians, monarchs and military Understandably men. enough, they do seem to get the headlines. In truth, we know that the larger tides that change social and intellectual history sometimes swell from quieter waters. One of those tides swept through 18th century England and around the world, and began in the small Lincolnshire market town of Epworth with the two brothers, John and Charles.

Sons of a Priest and educated at London and Oxford, they gathered around themselves a group of friends to seriously study the spiritual disciplines of Christianity. So regular and devoted were they in their devotion that they were mockingly nicknamed 'Methodists.' The rest is as they say 'History,' and the Methodist denomination is still very much

Both brothers took Holy Orders in the Church of England, but never took up a post as 'vicars,' John famously declaring that 'The World is my Parish.' He may not have covered the world, but he is said to have ridden some 250,000 miles on horseback and to have preached more than 40,000 sermons.

Pulpits of the Anglican churches were often closed to the Wesley brothers because of their radical ideas, which caused controversy within the established church. On one famous occasion John was to stand in

WESTHORPE VILLAGE ACTIVITIES

www.westhorpe.onesuffolk.net

YOGA



Juliet Wright Tel. 07503 212670

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

ART CLUB



Jujuyoga39@gmail.com paulwestonarchitect@gmail.com rosemary.macro@yahoo.co.uk Tel. 07860 376592

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

LINE DANCING



Tel. 07748 563926

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

CARPET BOWLS



dianegladders@outlook.com John Offord Tel. 01449 258501

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

GAMES NIGHT



Alan Coles alalancoles@aol.com Tel. 01449 781618

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

CRAFT CLUB



Lynda Cotgrove Tel 01449 789142 Rosemary Mees Tel 01449 780394

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

WINTERS ACADEMY



charley@wintersacademy.co.uk www.wintersacademy.co.uk

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

STOTT PILATES



mtwannadance@gmail.com Tel. 07540 696167 or 01379 742845

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

BOOK CLUB



Judith Kennedy jkstreetfarm@gmail.com Tel. 01449 781249

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

Westhorpe Village Hall Hire

Finningham and Westhorpe residents £8.00 per hour

> Non-residents **£9.00** per hour

GARDENING CLUB



martindavidlittle@gmail.com Tel. 01449 78031

FRIDAY (3rd of every Month) 7:00 - 9:00 pm

WESTHORPE FILM NIGHT



Philip Aldous

FRIDAY (4th of every month) 7:30-10:30 pm

FREESTYLE FITNESS YOGA



Jo Beales jo@johnnybeales.co.uk Tel 07912 649328

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

Coffee and Book Swap



Saturday April 27th 10.00 - 12.00 All welcome







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ST BARTHOLOMEW'S CHURCH

of his father, preaching to the vast Church are John's last words; 'The crowds.

Whilst also a fine preacher, Charles I am sure that at the forthcoming turned his passion to writing more Songs of Praise in St Bartholomew's than 3,000 hymns, which to this day Church on Sunday 5th May, following are part of every hymnal the world on from the Flower Festival, we will over. 'Hark the Herald Angels Sing,' be singing one or two of Wesley's 'O For a Thousand Tongues,' and hymns. 'Love Divine, All Loves Excelling,' Every Blessing being just a few.

Both brothers have a memorial in Westminster Abbey, and above their Parish Rector

Epworth churchyard upon the tomb stained-glass portraits in Epworth best of all is, God is with us."

Philip

Mothering Sunday at St. Bartholomew's.

Once again this year we had a heart warming family service on Mothering Sunday led by our Rector Philip who challenged us to a question and answer session. All the questions referred to Mothers.

Here are a few:

Found in an oyster?

Head of a Covent?

John the Baptist's mother?

Aladdin's mother?

First mother in the Bible?

Shop that sells baby clothes?

Jesus' Mother?

Moses' Mother?

(We didn't know that one do you?)

It was great fun. The children as usual were very busy making cards for their Mums while trying to eat delicious cakes at the same time.

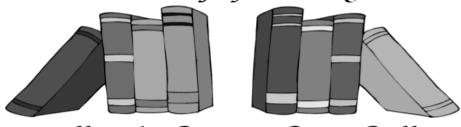
Marion



ST BARTHOLOMEW'S CHURCH

St Bartholomew's Church, Finningham Annual Flower Festival 2019

The Joy of reading



"Take a book "

Saturday 4h May 2.00 - 6.00 Sunday 5th May 11.00 - 6.00 Monday 6th May 11.00 - 6.00

Produce Stalls Plants - Produce - Raffle -Tombola

> **Refreshments** Tea - Coffee - Cream Teas

Songs of Praise - Sunday 5th May at 6.00pm

MARQUEE & TABLE HIRE

Friends of Finningham have the following for loan.

Festival Tent - 40ft x 13ft (12m x 4m)
- 22ft x 16ft (6.8m x 5m)
- 20ft x 10ft (6m x 3m)
- 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

lan 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

Because Childhood Can't Wait!





Be Amazing and become a Home-Start Volunteer

We recruit and train volunteers to support families with children aged 11 and under in their own home. We couldn't carry out this vital work without volunteers, so if you are a parent, grandparent or step parent and can spare 2-3 hours a week to do something amazing, please contact us.

For more information call Linda on 01379 678552 or email office@homestartmidsuffolk.org.uk

Home-Start Mid & West Suffolk Registered charity no. 1127760

MOWING ROTA

Thank you to all of these who have given their time to keep Finningham looking tidy

Your support is greatly appreciated

4 th May	Andy Brownlie	781168
11 th May	Chris Goddard	780267
18 th May	Doug Aiken	781599
25 th May	Chris Hooper	07976 699503
1 st June	Archie Coote	07931 472523
8 th June	Phil Pryke	780117
15 th June	Richard Groundwell	781048
22 nd June	lan Armstrong	780215
29 th June	Greg Atkins	07841 358435

St Margaret's Church, Westhorpe

Variety comes to Westhorpe

An Evening of music and comedy to suit

all ages

Saturday, 29th June, 2019 at 7.30 pm at St Margaret's Church, Westhorpe

Ticket: £7.50 to include a glass of wine and nibbles

All proceeds to the church

Tickets: Rosemary Mees 01449 780394

Email: clive@waitrose.com

INSIGHTS

manage your stress

us, nibbling away at us constantly. It stress levels. Stress is like the drip comes in both physical and emotion- tray on your coffee machine or the al forms with modern life providing drain filter on the dishwasher....it more major life changing events needs a little maintenance to stop it than ever before.

confidence, fuzziness, irritability, may be required. anxiety and depression.

ours"? Stressors happen to us. frequency as required. These are those events both big and There is another way ... small mentioned above. Stress is only created in how we respond to By Fiona Simpson. the events.

We can't hide from these stressors email info@lilacPearl.co.uk

Stressed?A simple way to without withdrawing from society... which itself would be a stressor. For many of us stress is all around What we can do is manage our overflowing. Personally the best Common signs of stress are head- maintenance that I have come aches, insomnia, tight muscles, in- across is a holiday away. Great, but fections, twitches/ticks, itches, fa- not something that is always accestique and on the mental side; loss of sible or affordable at the frequency it

As you know there is always another Stress triggers the 'fight or flight' re- way and the simplest and cheapest sponse in our bodies, but unlike our is to breathe well. I have covered caveperson ancestors we rarely run breathing in a previous article / blog or fight. In those days there was a July / August 2018, please refer to physical threat, the cave person re- that for more detail. Other simple sponded and then it was over ... one methods are getting back to nature, way or another! If you survived then meditating or doing something you you had processed all that adrena- enjoy - maybe something like singline that had been released in your ing, or painting. The important thing response to the event and once safe here is to regularly do your mainteyou could relax. Todays' world does nance. If you are not aware of your not allow for that recovery as we are stress levels then ensure you do just bombarded with the next thing. your maintenance at set intervals -However (and this may not be a like a car service, but more frecomfortable read for us), stress is quent!, If you are aware of your ours. What does that mean "stress is stress level then you can tune the

www.lilacPearl.co.uk



GARDENING CLUB



WICKHAM SKEITH GARDENING CLUB

ALL MEETINGS HELD IN WICKHAM SKEITH VILLAGE HALL UNLESS INDICATED OTHERWISE

TUESDAY 28 MAY 2019 - WOOD FARM, GIPPING (NGS)

The first of our outings will be to Wood Farm, Gipping. We will travel independently, but should anyone need a lift please contact either Rosie 01449 765908 or Eddie 01379 788504. Entrance fee, which includes tea and biscuits, is £7 for members and £8 for non-members.

TUESDAY 25 JUNE 2019 - GREEN ISLAND GARDENS. ARDLEIGH

We will travel by coach, departing Wickham Skeith at 10am and leaving Green Island Gardens at 3pm. Cost, to include coach travel, £25 for members and £27:50 for non-members.



GREY MATTER MOVERS

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

BOOK REVIEW

Penny, (Sphere) 2018; 386 pages)

Louise Penny has released her 14th book in the Gamache mystery series. It's a police procedural with heart.

Myrna Landers, retired psychologist, Chief Superintendent Armand Gamache of the Sûreté du Québec and Benedict Pouliot, a builder, have been appointed executors of Bertha Baumgartner's will. The three give the impression they don't remember ever meeting her. Nevertheless, they accept the responsibility, visit the dilapidated Baumgartner family home and discover a body. The pathologist rules out a natural or accidental death.

Although Gamache is not officially in-

Kingdom of the Blind (Louise vestigating the murder, he takes an interest in its progress. His main concern is the expected arrival onto the Canadian social scene of a new recreational drug, carfentanil. A grain or two will generate a fantastic feeling of well-being. Unfortunately, even a slight overdose will cause death.

> To add to our interest, a major embezzlement at an investment bank is unearthed and it's thought to be linked to the Baumgartner family.

> Kingdom of the Blind is a cozy crime novel, a tale of love, revenge and tragedy. It's an accomplished whodunit with witty dialogue and quirky, eccentric characters. An enjoyable read.

Reviewed by Clive Hodges

EVENTS AND NOTICES

WOULD YOU LIKE TO TRY TAI CHI?





Yang Family Tai Chi is a holistic approach to wellness, concentrating on relieving the effects of physical and mental stress by unifying body, mind and energy.

It can achieve this by improving the control of balance, flexibility and cardiovascular fitness through slow, calm, co-ordinated movement and meditation.

> Being slow, even and low impact, it has low stress on joints and is ideal for all ages.

We are starting two classes to be taken by Graham Harrad

Wednesday evening 7.30—8.30 (starting May 15th) and Friday morning 10.00—11.00 (starting May 10th) in Westhorpe Village Hall.

The cost is £6 a session; wear loose comfortable clothes and footwear.

If you are interested please contact Graham on 01449 614040 or gharrad@btinternet.com. Alternatively contact Alison Weston on 01449 781490 or alisonweston25@hotmail.com

FOUR SEASONS

Summer began for me when I stepped the axe in the rafters. Newer challenges off a plane in Auckland; three weeks in are the downsides of tourism, pollution shorts and sandals was just what the from an ever-expanding dairy industry, doctor ordered. I last visited New Zea- and now the internet hate-wave that land 13 years ago. It is still a lovely sometimes throws out a shooter. What country - rivers you can drink from, a boon the net has been for a million empty beaches, probably the best fish- crackpots and bigots. (Sorry, a million ing in the world - but it was never para- and one, didn't count myself). Zuckerdise and the old problems haven't gone berg says he can't control Facebook away - and now there are new ones. without government help, and he's get-For example there will always be a fes- ting some. We can't uninvent the montering resentment among some Maori sters we create but at least in this case toward the white invaders. The threat of we can switch it off. Go on - you can do earthquake/volcano/tsunami hangs like it

EVENTS AND NOTICES



Vintage Rally & Country Fair

Bringing History to Life

Goodrich Park, Palgrave, Suffolk IP22 1BA









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15th / 16th June 2019

Saturday 1000-1800 Sunday 1000-1700



Adults: £8.00 • Children: £5.00 • Under 5's FREE

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- Licensed Bar Craft Marquee Trial Bikes Tractor Pulling
- Heavy Horses Countryside Demonstrations: Animals, Falconry Display, Fun Dog Show, Agility Ring & Flyball Lane

*Attractions subject to availability







49+10 BONUS BALL CLUB RESULTS

Congratulations to the following winners:

<u>Date drawn</u>	Ball number	<u>Winner</u>
3rd February	38	John Allen
10th February	13	Penny Downie
17th February	57	22 Catherine Winter
24th February 12	7	Roy Alexander
3rd March	36	Judith Starr
10th March	50-6	Peter Allen
17th March	39	Maggy Parry
24th March	49	30 Jimmy Downie
31st March	39	Maggy Parry

Vacant balls : **51**, **58 & 59** to take up one, call or email Bob Storey

Telephone 01449 781651 or Email 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**

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**

DISCLAIMER

The information contained in this newsletter is provided for Finningham village as a service to its residents and possible others. It does not constitute/contain (legal) advice. Although we try to provide quality information, all information in this newsletter is provided "as is", with no guarantee of completeness, accuracy, timeliness or of the results obtained from the use of this information, and without warranty of any kind, express or implied, including fitness for a particular purpose.

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E-mail: info@SleepTalk4Children.co.uk

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
		7-	2	ဇ	4 Annual Flower Festival St Bart's	5 Annual Flower Festival at St Bart's 6pm Songs of Praise	M
6 Annual Flower Festival St Bart's	7 Coffee Caravan	ω	0	10		12 Morning Service. @ St. Bart's	vhat's c
13	14 Annual Parish Council mtg	15 Gislingham WI	16	17	18	19	N - MA
20	21 Tea @ Bart's	22 Wickham Skeith History Group	23	24	25 Coffee Morning & Book sale @ St. Bart's'	26 Pub Quiz @ WH	Y 2019
27	28 Wickham Skeith Gardening Club	29	30	31			
14							

Sunday	2	6	16 Vintage Rally and Country Fair @ Goodrich Park, Palgrave	23	30 Pub Quiz @ WH
Saturday	-	&	15 Vintage Rally and Country Fair a @ Goodrich Park, Palgrave	22	29 Variety comes to Westhorpe Coffee Morning & Book sale @ St. Bart's'
Friday		7	14	21 Newsletter Copy Deadline	28
Thursday		9	23	20	27
Wednesday		5	12	19 Gislingham WI	26
Tuesday		4 Coffee Caravan	11 Parish Council mtg	18 Tea @ Bart's	25 Wickham Skeith Gardening Club
Monday		೯	10	17	½ 15

WHAT'S ON - JUNE 2019