



Yaxley Messenger

March 2024



Bury St Edmunds Abbey Gardens

Watercolour by Chris Virgo

I am sure the village will join Tony and myself in thanking Yaxley Parish Council and Yaxley Village Hall Committee for their generous financial support of Yaxley Messenger. Without their assistance it is doubtful that the Messenger would be able to continue.

Abby

Children's Easter Party



Yaxley Village Hall
Old Ipswich Road, IP23 8BX
Saturday, 30th March 2024

2pm to 4pm

Easter Hat Competition: bring your Easter decorated hat

Easter
Egg
Hunt

Games



Biscuit
Decoration

Craft
Activities

Light refreshments will be available to purchase

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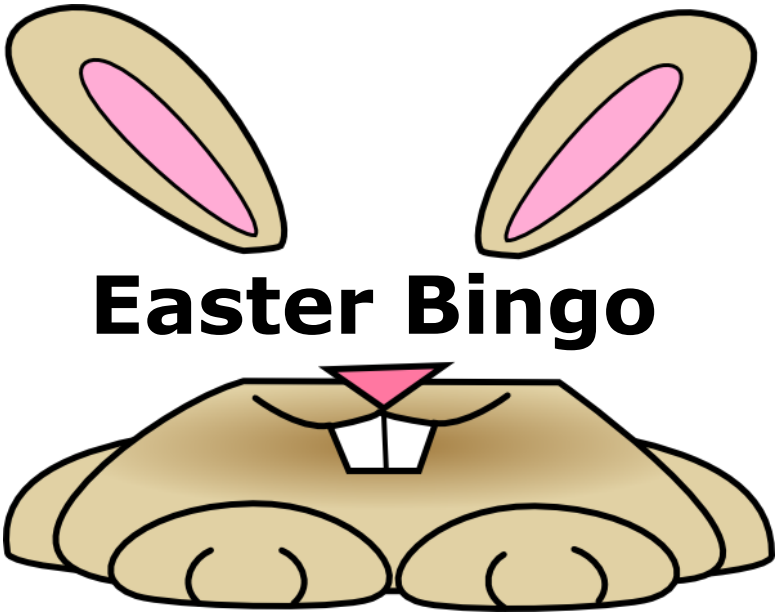
Make sure you book early to avoid disappointment!

Please note all children to be accompanied by an adult

Yaxley Village Hall
Old Ipswich Road, IP23 8BX

Saturday, 30th March 2024

7.30 pm start



Easter Bingo

£1 per Games Card

Bring your own nibbles and drinks

There will be a raffle

Everyone welcome

Clubs and Societies

The Art Club

Meets in the Village Hall on Tuesdays 10.00 a.m. – 12 noon

March 5th, 12th, 19th and 26th

All abilities welcome, £4.00. Come and create something artistic.

Further details: Chris Virgo 788819.

The Garden Club

March 7th at 7.30 p.m.
in the Village Hall

Questions and Answers with Jan Michalak

Visitors welcome £4

More details: Celia Pearson 788494

The Yaxley Needlework and Craft Group

March 6th and 20th
at 2 p.m. in the Village Hall

Share skills, complete projects—with tea and chat £2.50
Do come along and join us.

More details: Celia Tel 788754
or email: celiaarmstrong@hotmail.co.uk

Yaxley and Mellis Reading Group

Enjoy reading? Want to discuss books with others?

Fourth Thursday afternoon of the month

Further details: Marie Needham 07904 121215
mnwhizz@yahoo.co.uk



The Parish Council



The agenda/notices are on the Parish Noticeboard five days prior to the meeting

The Parish Clerk may be contacted by phone on 01379 783203 or 07958 623897 between 9.00 am and 7.00pm from Monday to Friday and on Saturday from 9.00am to 1.00pm. Please leave a voicemail message if there is no reply and the Clerk will return your call as soon as possible. Contact may also be made by email:- philip.c.freeman@btinternet.com or by letter to: Philip Freeman, 2 Mellis Road, Thrandeston, Diss, IP21 4BU
If there is an emergency then please phone 07958 623897
Website: <http://yaxley.onesuffolk.net>

Councillors: N Young (Chairman) I Luff
J R Hawes J R A Moore Karin Stubbington

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01379 788754 or email: celiaarmstrong@hotmail.co.uk

St. Mary's Church

South Hartismere Benefice March 2024



I don't know about you, but for me March is one of my favourite months of the year. January seems to last forever and February flies past. When we get to March we are in the first month of Spring after a long, wet and windy winter.

The saying "In like a lion, out like a lamb" will hopefully be true for us this year, as we long for calmer weather.

March represents a time of transition, growth, lighter days, the shoots of new life in the garden, along with celebrations, reflection and hope.

As we start March we are already in Lent, a time of preparation for the celebration of Christ's Death and Resurrection at Easter. Lasting for forty days – from Ash Wednesday, on the 14th of February this year, to the evening of Holy Thursday. Have you given something up for Lent this year? Something that you normally enjoy eating? Or have you instead given up your time (one of the most precious things we have) to help other people or volunteer? Or 40 kind gestures, one for each day of Lent, or a bible reading or quiet reflection each day?

On the 10th of March, Mothering Sunday, we celebrate and give thanks to mothers, grandmothers, aunts, carers or guardians who do so much for us. They look after, nurse us, listen to us, care for us, love us and forgive us. They never ask for, or expect thanks, so this is a day we can show them how much we love and appreciate them. Originally Mothering Sunday began with a religious purpose. Held on the fourth Sunday in Lent, exactly three weeks before Easter Sunday, it was a day to honour and give thanks to the Virgin Mary. This was when people visited their 'mother' church - the main church or cathedral in a family's area. The spread of Christianity throughout Europe in the 16th century increased the celebrations. The gatherings at the 'mother' church, reunited families and gave children, many of who worked as domestic servants, or as apprentices away from home (from as early as ten years old), a day off to join their family and see their mother.

As the month draws to a close, we celebrate Easter. For some it is a time filled with children excitedly taking part in Easter egg hunts, chicks and lambs being born, spring bulbs filling the garden with flowers and seeing gnarled dead looking trees bursting into life filled with blossom and young leaves. This renewal of life in nature can echo Christ's resurrection from the dead on Easter Sunday.

As Christ said:

"I am the resurrection and the life.

Anyone who believes in me will live, even after dying.

Everyone who lives in me and believes in me will never ever die".

John 11:25-26.

Emma Morris - Lightwave Schools and Families' Minister

From the Parishes:

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an informal afternoon of our entertainment in
Walsham Le Willows Memorial Hall

Doors open at 1.30.

We bring the afternoon to a close at 4 pm

Entry is free, but donations will be gratefully accepted. There will be a raffle and there is a small charge for teas and cakes

We hope you will be able to join us

Village Hall News



The Quiz night on the 27th January was a great deal of fun thanks to James Holland who very efficiently ran the evening. Thanks so much James! We plan to have another one in early April, so watch this space.

The next event we are planning is a **Grand, Double Easter Celebration on Saturday 30th March.**

Firstly, the Village Hall Committee would like to welcome the community to a **FREE Children's Party**. Featuring an Easter Egg Hunt, games and craft-based activities. It will be held between 2 and 4pm and there is lots of fun planned!

Yes, you didn't mis-read the fact that it is **FREE** to enter! We just request that you obtain tickets in advance in order to help with planning. Tickets will be strictly limited so pick them up from Helen Hall (details on Page 2) as soon as you can. When they are gone, they are gone!

Children will need to be accompanied by an adult at all times. Light refreshments will be available to purchase, so please bring a little cash for this.

On the same day we will be holding an **Easter Bingo** evening for parents and older children, so please come and join us (7.30pm start), for what we hope will prove to be an entertaining evening. £1 per games card and there will also be a raffle.

Also at planning stage, we hope to hold a **Car Boot & Table Top** sale on Sunday, 19th May, 9am. Each pitch and/or table top will cost £5. Refreshments will be available. If you are interested or would like further information, please e-mail Gill on gill.ianstone@yahoo.com.

The **Family Fun Day** on the 29th June (12-4pm) is taking shape nicely but we would really appreciate volunteers to make the day go with a swing. If you have any time spare to help oversee a stall or similar, it would be greatly appreciated. Please contact Muriel Austin (details below). Also, if you are a local business or craftsperson wishing to promote yourselves this would be a great opportunity to do so for a very small fee. To hire a stall or run a side show, please contact Muriel for details.

Then, later in the year, we will be holding our very popular Halloween Party but more about that in due course!

We do have a couple of vacancies on our Committee at the moment, so if you would like to join our team, please don't hesitate to contact **Muriel Austin, Chairperson** at (mooaustin@gmail.com).

We're certainly looking forward to a full year ahead!



POP-UP BAR
YAXLEY VILLAGE HALL
FRI 15TH MARCH
5PM - 10PM



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Thanks



A massive THANKYOU to everyone who supported the Valentine-themed Soup lunch.



A fantastic £224 was raised to support the restoration of St Mary the Virgin church.

Thank you to all of the soup-makers, bakers, decorators, servers and washer uppers (?) for making it a fun and memorable event. Congratulations to all of those who won a raffle prize, especially to the winner of the first prize, a voucher for a meal for two at The Bull Auberge. I know the winners are really looking forward to a special and delicious meal. The organisers are extremely grateful to Jake and Katie from the Auberge for their generous donation, which made the raffle such an exciting event

Yaxley and Mellis Pre-School

Would like to thank Yaxley Parish Council who kindly gave us some money to purchase a cosy pod and book case.

This helps us to support the children's well-being and provide an area for them to look at books quietly.





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The Yaxley Book Shelf Vol 24

By Andrew Martinelli....

Two years already! Hopefully some interesting reads shared over that time. This month another few to recommend.

Malta Spitfire Pilot

by Denis Barnham

I've read a lot about Malta over the years, and enjoyed visits there. The museum in Valetta in the old war rooms is a fascinating place and I found this book there. A short period of history, ten weeks in fact, in 1942. This was a young Spitfire pilot's diary of his experiences of war, trying to survive not only when he flew but also when he was off duty. A harrowing story, and a very interesting insight.

Leaving Time

by Jodi Piccoult

The second I've read from this author and different again. The detail of elephant behaviour was incredible, which in itself is fascinating in how they communicate and have feelings too. This is otherwise a story of a search for someone lost, and as with the first one I read a thread that leads into a twist that is very unexpected and thought provoking. A very good read.

Steeple Chasing - Around Britain by Church -

by Peter Ross

Not one of my usual themes at all! This is a new book of a tour of churches across Britain and includes East Anglia. All of those wonderful buildings, each with a different history to tell. A trail to follow.

"How England consoles and warms one, in these deep hollows, where the past stands almost stagnant. And the little spire across the fields..." - Virginia Woolf

A film

Malta Story

(1953)

With Alec Guinness, Jack Hawkins and Anthony Steel. A Spitfire pilot again, taking photographs and also trying to survive. Based on a true story of a pilot in the dark days of war.

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Recipe Corner

This is a tried and tested family favourite. And is very easy! The recipe below is for two people

Tangy Zesty Lemon Chicken

Ingredients

2 chicken breasts
2 lemons (3 if they are small or not very juicy)
Crushed garlic – to taste (I use 2-3 cloves depending on their size)
Ginger – a good inch+
1 chicken stock cube
1-2 tsp honey (depending on taste)
Dark soy sauce – 3-4 large tsp
Boiling water – enough to melt the stock cube and make gravy up to about 300ml

Method

Grate the lemons, crush the garlic and finely chop the ginger. Place in a lidded frying pan and sauté gently for a few minutes until softened.

Add the chicken and brown.

In the meantime, make up the chicken stock. Add the juice of the lemons, honey, and soy. Taste for sweetness, and adjust as required. Make the stock up to about 300ml then add to the frying pan.

Bring to the boil, then simmer for approx. 20-25 minutes until chicken is fully cooked throughout. Turn the chicken halfway if you like both sides to have absorbed the soy sauce.

Serve with bulgur wheat or brown rice and vegetables .

Sam Bracebridge

Editor's Note

I would like to thank Sam for this and last month's recipes. I made last month's (Seeded Loaf). It was deliciously nutty and crumbly and goes excellently with cheese.

Please may I have some more recipes!

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DR DAN POULTER MP

Member of Parliament for Central Suffolk and North Ipswich

As an NHS hospital doctor who has worked in some of the biggest and best London Hospitals throughout my medical career, I am only too familiar with the signs and symptoms of Measles. Measles is an illness with unpleasant and sometimes life-threatening complications; a virus that Britain had hoped to eradicate through a vaccination programme delivering herd immunity, but unfortunately, parents failing to vaccinate their children has resulted in a loss of herd immunity and a recent surge in Measles cases.

Until recently, herd immunity had meant that cases of Measles had been isolated to small outbreaks in London and the big cities. However, the loss of herd immunity means that we are now seeing a surge of cases throughout the United Kingdom.

Herd immunity is where the spread of an infectious disease within a population is prevented by the pre-existing immunity of a high proportion of people within that population. In Britain, herd immunity against Measles had, in the past, been conveyed by an effective vaccination program – which in recent years meant a two-dose course of the MMR (Measles, Mumps and Rubella) triple vaccine administered before a child's 5th birthday.

The MMR vaccine is routinely offered by health visitors and GPs. Herd immunity against Measles is achieved when 95% or more of the population have gained immunity. But in parts of London and Birmingham, less than 70% of the population have completed the MMR vaccination course by their 5th birthday. In Suffolk, the picture is better, with 89.1% of children being fully vaccinated by their 5th birthday but this is insufficient to convey herd immunity, and means that over 1 in 10 children in our county are not fully protected against the Measles Virus.

Measles is not an illness to be dismissed lightly. It is highly contagious with an R rate (or reproduction rate) of between 15 and 16. When compared to the R rate of the first strain of COVID-19 of between 2 and 3, it is clear that Measles spreads easily and quickly in the unvaccinated. The school classroom is particularly fertile territory for the Measles virus to spread.

The reason why vaccination against Measles is so important is because it can result in serious and life-threatening complications including pneumonia, meningitis, blindness and seizures. In pregnancy, Measles can cause miscarriage, still birth and premature labour.

The task now is to restore herd immunity against Measles. If you or your child or grandchild has not completed the MMR vaccination course, then please book an appointment with your GP. It may just save a child's life.

[Dr Dan Poulter is the MP for Central Suffolk and North Ipswich and a practising NHS Doctor.](#)



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Suffolk Fire Safety	01473 260586
Electricity (emergency)	0800 783 8838
Anglian Water (emergency)	0800 145145
Essex and Suffolk Water (emergency)	0845 7820999

Supply your news/village events by **15th of the month please** to **Abby Brett** at Willow Lodge, Old Ipswich Road, Yaxley, IP23 8BX
telephone 01379 783984 or email: tony1andabby2@hotmail.com

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Table Tennis

Led by Yaxley resident Richard, a light-hearted, social table tennis session is held two or three times per month on **Wednesday** evenings.

No experience is necessary and all abilities and ages are welcome.



All equipment is provided along with advice and encouragement, if requested. The emphasis is on fun rather than competition.

Only £2 per person per session.

Under 16's 7-8pm
Over 16's 8-9pm

The next dates scheduled are:

March 13th, 20th and 27th

Contact Richard on 07805 048156 for more information

An Early Spring?

I was going to say it's an early Spring this year because the first daffodils were out on 14th February, whereas usually it's March before they bloom. However, when I looked back at my diaries, I found that 2012, 2014, 2016 and 2020 were all earlier. So the best I can say is that Spring is earlier this year than most!

Abby