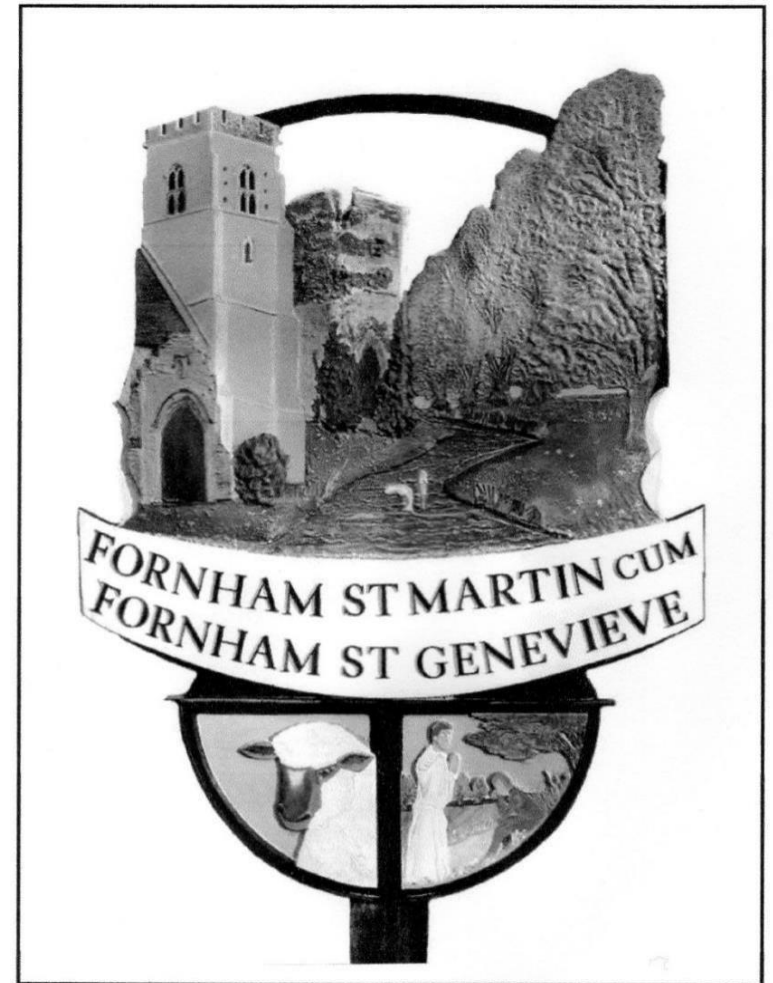


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The Parish Council on behalf of all parishioners would like to acknowledge with thanks and appreciation, the work carried out by the volunteers who organise and distribute the Bugle.

Fornham Bugle



October/November2023

Newsletter Number 131

For advertising, or for any article for inclusion in The Bugle contact the Bugle Compiler via email at:

buglenewsletter@gmail.com

or on our website:

<https://fornhamstmartin.onesuffolk.net>

Delivery: Peter Forster

Enquiries: Tell No: 01284 764723

Please note: The deadline for articles to be included in the **December 23/ January 24** issue of The Bugle is Noon on **Friday 22st November**.

ADVERTISING

The Bugle is a free publication to all residents of Fornham St Martin and Fornham St Genevieve. There are six editions per year.

Our advertising rates are £75.90 per 1/2 page for 6 editions. £151.80 per full page for 6 editions. 10% discount is offered to advertisers located within the two villages. For further information please contact the Bugle Compiler, Meral Ahmed, email your enquiry to buglenewsletter@gmail.com
Supply logos in JPEG format and text as Word doc, please

USEFUL TELEPHONE NUMBERS

CONTACT	DETAILS	NUMBER
Anglian Water	Emergency (Reporting leaks etc)	03457 145 145
Cinema	Cineworld, Parkway, BSE	0330 333 444
Councils	WestSuffolk District Council	01284 763233
	Suffolk County Council	0345 606 6067
Electricity	UKPowerNetworks (Power Cuts)	0800 316 3105
EMERGENCY	POLICE/FIRE/AMBULANCE	999
GAS	If you smell gas, think you have a gas leak, or are worried that carbon monoxide fumes are escaping from an appliance, please call the free Gas Emergency Services line immediately.	0800 111 999
Police	Contact your local police in England, Wales, Scotland or Northern Ireland - less urgent than a 999 call.	101
	Crime stoppers	0800 555 111
NHS	Free-call single <i>non-emergency</i> number medical helpline operating in England and Scotland.	111
Hospital	West Suffolk Hospital, BSE	01284 713 000
Samaritans	Bury St Edmunds	0845 790 9090 Charges apply 116 123 Free Phone
Transport	National Rail Enquiries	03457 48 49 50
	BSE Bus Station	01284 702020
	Bury Taxi	01284 766777
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PARISH COUNCIL

John Borrett (Chairman) - Fornham St Martin Tel: 01284 747140
Michael Collier (Vice Chair) - Fornham St Genevieve Tel: 01284 704851

Penelope Borrett - Fornham St Martin Tel: 01284 747140

Paul Butler - Fornham St Martin Tel: 01284 760119

Naomi Steward – Fornham St Martin Tel: 01284 489707

Vicky Bright, CiLCA

Fornham St Martin-cum-St Genevieve Parish Clerk

Tel: 07712 232920 Email: fsmgpc@gmail.com

Any parishioners wishing to raise an issue or add an item to the agenda, should contact the Parish Clerk between 9:30am or between 6pm-7pm Monday evenings. Please be aware that the Clerk does not work on a Tuesday!

Parish Office: 3 Scott Avenue, Mildenhall, Suffolk IP287LT (Appointment only).

The Parish Council meets on the SECOND MONDAY of each month at 7:30pm in the Village Hall (with the exception of August & December).

West Suffolk/County Councillors

Rebecca Hopfensperger - Telephone 07876 683516

Sarah Broughton - Telephone 07929 305787

MP - Telephone 01284 752311 - jo.churchill.mp@parliament.uk

Suffolk County Council - customer.services@suffolk.gov.uk

West Suffolk Council - Telephone 01284 763233

customer.services@westsuffolk.gov.uk

Fornham House

Caring is at the heart of everything we do.

Fornham House care home in Fornham St Martin, Bury St Edmunds offers a warm, homely environment, providing quality nursing, residential and dementia care on a permanent and respite basis.

Fornham House offers a range of lounges and relaxation areas, where many social activities take place and are complemented by patio and garden areas for outdoor relaxation. There are generous rooms, some ideal for couples and all with en-suite facilities. Fornham House's range of private and communal spaces provide residents with the necessary facilities for a quality life in later years. Our brand new **purpose-built extension** has 17 en-suite rooms suitable for those living with dementia. Our extension provides modern fittings throughout, yet exudes a cosy atmosphere, in keeping with the tradition of Fornham House. All rooms are fully furnished, however we encourage residents to bring with them items of furniture and personal possessions so that their room can be a true 'home from home'.



Why not speak to our Home Manager to arrange a viewing appointment? Our team is always on hand to discuss your care needs and the lifestyle we provide



**Fornham House, Fornham St Martin, Bury St Edmunds,
Suffolk, IP31 1SR . Tel: 01284 768327**

Birds and Bees A prickly subject!

In 2011 the hedgehog was put on the UK Red List, in danger of extinction, and the campaign organisation Hedgehog Street was launched to raise awareness and build community action to support them. Their website is well worth a Google. The 2021 figures tell us that hedgehogs are still in trouble in the wider countryside, especially here in the East, but the good news is that urban and suburban hedgehog numbers have stabilised and in many areas they're even increasing.

Our village, with its lovely variety of gardens, grassy areas and green spaces, is an ideal refuge for hedgehogs. Even if you don't see or hear the snuffling of the actual animals it's worth looking out for their calling card: dark, almost purple poo! We can all help hedgehogs by ensuring our gardens are accessible to them; they'll repay us by gobbling up slugs and snails as they patrol their surprisingly long routes around their 'patch'. So this autumn please take a look around your property - could a hedgehog get in and out? They need CD-sized holes in or under garden fences and gates (but check with your neighbours!) Gardens enclosed at ground level with fences, gravel boards or brick walls are no use to them. Hedgerows, dense bushes, and compost heaps are great for hedgehogs, all offering shelter and hibernation space,

and they benefit other wildlife. Access to water is vital for hedgehogs but do ensure that there's a safe way out. Offering supplementary food can help during the breeding season, and especially before hibernation, so hedgehogs can fatten up before the winter. By the way, never offer the traditional bread and milk because they can't digest it! Cheap canned cat/dog food is perfect. You might even offer a hedgehog house - for safe hibernation. Details on *Hedgehog Street* or *Tiggywinkles* and other places.

So why not make a Hedgehog action plan?

- Make sure your garden offers a 'Hedgehog Highway'
- Avoid using chemicals in your garden
- Provide safe water access
- Leave some areas of your garden to grow wild, with piles of leaves and branches for winter shelter, November - March
- Clear away netting and other trap hazards
- Maybe you could provide top-up feeding, especially in late summer and autumn
- Check November 5th bonfires aren't hiding hedgehogs
- Log sightings online using The Big Hedgehog Map



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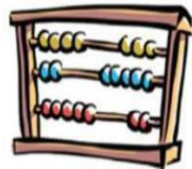


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All accountants are not the same...we promise!

I'll soon be off for my annual flu and covid jabs. Sadly wild birds have no such safety net and avian flu continues to devastate wild bird populations, spreading through places where they congregate. So if you feed the birds, please space your feeders out, making sure you clean up feeding areas and disinfect feeders regularly, in order to avoid your kind intentions having cruel consequences. Should you be unlucky enough to find dead birds, wear gloves to handle them and wash your gloves and hands afterwards. You can report wild bird deaths on www.gov.uk, where you'll also find disposal advice, or at www.gardenwildlifehealth.org.

Alan

Whist Drive Club

Starting promptly at 7pm and finishing before 10pm on a Friday evening, the Whist club is eager to invite anyone interested in playing "Progressive Whist". No partner is required. The entry fee is £2.00 (+£1.00 for optional raffle) with a break for light refreshments included in the entry fee.

What's on in Fornham St Martin Village Hall

Weekly

Tuesday 10:00 am to 12 noon Mums & Toddlers**

**TermTimeOnly

Monthly

1st Mon	10:00am to 1.00pm	Chain Reaction
1st Tues	2:00am to 4:00pm	Jazz
1st Thurs	10:00am to 4:00pm	Patchwork
2nd Tues	10:00am to 4:00pm	Textiles
3rd Mon	10:00am to 12 noon	Probus Ladies
3rd Wed	7:30pm to 9:30 pm	Ladies Club
Thurs	10:00am to 4:00pm	Patchwork
3rd Fri	12 noon to 4:00 pm	Spinners and Weavers
4th Wed	10:00am to 4:00 pm	Quilters
4th Fri	10:00am to 4:00pm	Textile
Fri	7pm-10pm	Whist Drive Club

Occasional meetings

Parish Council, Village Hall Committees

*If you would like to book the Village Hall for a club meeting, exhibition, or private party, please contact **for bookings and enquiries***

***Lynne Quelch, 07552 061 489** fornhamhall@aol.com*

*or **Maureen Hockett, Committee Chair, for information 07887 778 353** maureenl.hockett@aol.com*



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- garden waste removal
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THURSDAY STITCHERS

Do you sew, patchwork, cross-stitch, appliqué ,
crochet or knit? We do. If you would like to join a
happy, sociable group of ladies on a Thursday in
Fornham St Martin Village Hall we would be happy
to have your company.

We are open between 10.00am - 3.00 pm. Or just
part of that time if it suits you best.

Come and meet us and see what we do, have a
coffee with us and bring a friend if you wish. Just
phone Catherine Buxton 01284 762149 or email
cathbux@icloud .com or Sue Yates 02184 700532
or Jacky Ives 01284 769755 for more information
or just pop in.

Talented writers

Do YOU want to publish a piece of
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Newsletter? Like a poem, article or a
short story. If you want to publish
something or have any queries

Contact Meral Ahmed the Compiler
at:

Buglenewsletter@gmail.com

FORNHAM ST MARTIN LADIES GROUP

By Rosemary Chenery

On the 1st August the Ladies' Club made the trip to the Cromer Pier Show, leaving at 9am.

The weather kept fine for us. After we arrived at Cromer, we wandered around the shops for a while before sitting down in the local restaurants for fish and chips and Cromer Crabs. Before the show, a stroll along the pier was a bit on the breezy side, but at least dry.

The show itself was absolutely fantastic, with a great variety of entertainment, including a compere/ comedian, singers, dancers, acrobats & juggling. The set of Chitty Chitty Bang Bang had everyone singing and clapping and the backdrop scenery was equally amazing.

After the show, we made our way up the steep climb back to the bus for the journey home, leaving at 6pm.

Everyone said how much they had enjoyed the day, with some even asking when the next trip will be as they would love to come again.

Many thanks also to coach driver Phil Richardson for a comfortable journey.

Our next meeting, on Wednesday 20th September 2023 will include our AGM, starting at 7.30pm.

REHAB HUB

In Newmarket

New outreach group for adults living with brain injury or neurological conditions

- Meet others in a safe and stimulating environment
 - Activities designed to help each individual with their rehab needs.
 - Support by headway Suffolk qualified and dedicated staff
- Valuable respite for Carers

Contact us to register your interest

T. 01473 712225

W. [headwaysuffolk.org.uk/satellites](https://www.headwaysuffolk.org.uk/satellites)

“The most important thing now is for people to come forward if they need our help or would like to find out more about the new Newmarket outreach hub or know anyone else who might benefit from it.”

Headway Suffolk is a registered charity that supports adults living with brain injury, stroke and neurological conditions through an extensive range of rehabilitation, therapy and care services.

In September 2022, it was rated outstanding by the Care Quality Commission. Louise Broddle, CQC head of adult social care inspection, said: “Headway Suffolk is clearly an important part of the community and other services can look to it as an example of how to deliver outstanding care and support.”

You can contact Headway on 01473 712225 or email helenmfairweather@headwaysuffolk.org.uk, or visit www.headwaysuffolk.org.uk.



Following that, our speaker for the night will be Jo Copsey with a talk on Street Pastors.

New members are very welcome. For further information, please contact:

01284 767372 or 01284 766098

**Contact details for the Village Hall
for: a club meeting, exhibition, or
private party**

Please contact:

**LYNN QUELCH on 07552 061489 or
email fornhamhall@aol.com**

Suffolk Highways Online Reporting Tool:-

<https://highwaysreporting.suffolk.gov.uk/>

The Highways Reporting Tool allows you to report a new defect and monitor the status of existing

reports, such as; blocked drains, Cycle lane/tracks & public right of way issues, damaged drain/manhole cover, vegetation and mud on the road, flooding on a road or pavement, missing/damaged barriers or guardrails, missing/damaged or obscured signs, missing/ faded road markings, Potholes & Pavement defects, trees/hedges affecting the highways or footways.

Do not report a highways problem online if:

- it poses an immediate danger to public safety call 0345 606 6171.
- it's on a trunk road in Suffolk
call the National Highways Information Line on 0300 123 5000

Headway Suffolk to open new outreach hub in Newmarket

Outstanding-rated charity Headway Suffolk is looking to open a new outreach hub in Newmarket for adults living with brain injury, stroke or neurological conditions.

The satellite group will include a range of activities designed to help each individual with their rehabilitation, care and support needs in a safe and stimulating environment with an opportunity to meet others, as well as providing valuable respite for family carers.

It will initially start with an Understanding Brain Injury programme, where Headway's therapists will help clients understand and manage the effects of their injury or condition on their daily routines.

Headway Suffolk CEO Helen Fairweather said: "We want to prevent people having to travel to our main hubs in Ipswich and Bury St Edmunds.

King George Playing Field - play area & trim trail

The Parish Council are in the process of looking at replacing some of the play equipment and the wooden trim trail, at the King Georges playing field.

We would be very interested in opinions and suggestions on what sort of equipment and play provision residents would like to see. Would residents like to see a replacement trim trail, or perhaps some more modern outdoor gym equipment, or would residents prefer to lose the trim trail and have a larger playground.

Any suggestions can be emailed to the Clerk on fsmgpc@gmail.com, or by writing to:
3 Scott Avenue, Mildenhall, Bury St Edmunds,
Suffolk. IP28 7LT

FORNHAM ST MARTIN CUM ST GENEVIEVE PARISH COUNCIL NOTICES

COUNCILLOR VACANCIES

Fornham St Martin cum St Genevieve Parish Council are looking for 2 new Councillors; we have five and are looking for seven.

You may be attracted to a certain subject, i.e.: rights of way, highways, planning, community facilities and activities, or even finance.

Our Parish Councillors:

- ✓ Are available for PC meetings, held monthly (with the exception of August & December) after 7:30pm in the evenings. Usually the 2nd Monday.
 - ✓ Attend the odd training sessions
- Attend occasional consultation events and informative local authority meetings.

Undertake any actions they volunteer for and delegated to them from meetings.

Receive and respond to PC emails in between meetings.

May help with the Village activities or Village Litter pick etc.

TO BE A COUNCILLOR YOU NEED TO:

- ✓ Care about getting the best for your community.
- ✓ Have a willingness to represent your electorate.

- ✓ Want to make a difference.
- ✓ Undertake training courses.
- ✓ Adhere to the Code of Conduct.
- ✓ Register your interests.
- ✓ Have the time.
- ✓ Be committed and enthusiastic.

CAN YOU BE CO-OPTED AS A COUNCILLOR?

You must be:

- ✓ a British Citizen of the Commonwealth or the European Union;
- ✓ Be 18 years of age or over
- ✓ during that 12-month period resided in the council area; or
- ✓ Have during the whole of the 12 months preceding that day occupied as owner or tenant any land or other premises in the council area; or
- ✓ have during that same period had your principal or only place of work in the council area; or
- ✓ You can also satisfy the criteria to be elected if you have lived in the council area or within 3 miles of it for the whole of the 12 months preceding the “relevant day”.

You cannot stand as a Parish Councillor if you:

- ✗ are subject of a bankruptcy restriction order or interim order
- ✗ have, within five years before the day of the election/co-option, been convicted in the United Kingdom of any offence and have had a sentence of imprisonment (whether suspended or not) for a period of over three months without the option of a fine
- ✗ Work for the council you want to become a councillor for (but you can work for other local authorities, including the principal authorities that represent the same area).

YOUR HELP IS NEEDED

VOLUNTEER NEEDED – Bugle Distribution Overseer

Following retirement of Peter Forster, who has overseen the distributors and delivery of the Bugle newsletter for many years, our thanks and appreciation to him, we are currently looking for a volunteer to oversee the distribution and delivery of the Bugles 6 editions annually.

The role will involve taking delivery of the newsletters from the printers (delivered to your home), liaising with and organising the present team of volunteer distributors, ensuring each distributor has enough copies and dealing with any delivery enquiries.

If you are interested, please contact the Clerk on fsmgpc@gmail.co or telephone 07712 232920.

relatives into getting it replaced. And maybe you'll even have widowed cousins living in several States who get a real buzz out of exchanging page-long emails with you every week: surely I'm not the only one!

6. Make ANOTHER five year plan: you aren't done yet! Congratulations, you've made it this far and you're going to want to go for another five years and then another five years after that. Me? Somewhere down the line I expect I'll get another request for another article for the Bugle!

Pete Ansbro

Fornham St Martin playgroup update: Nicola

I am no longer able to run the village playgroup on Tuesday mornings.

However, I am very keen for the group to continue!

The insurance runs until April and the toy and equipment cupboard is ready to go.

If you would like to volunteer to take responsibility for the playgroup, please do contact me:

nickysu.warwick@gmail.com

WHERE TO FIND MORE INFORMATION:

If you may be interested in the vacancy for a Parish Councillor, but would still like more info, please contact the Clerk by email at fsmgpc@gmail.com or telephone 07712 232920.

Highways Community Self Help Scheme – VOLUNTEERS!

Launched by Suffolk Highways in May 2019, the newly developed scheme aims to empower and support town and parish councils that wish to carry out minor highway maintenance within their communities.

The range of works that town and parish councils will be able to undertake via Suffolk's Community Self-Help Scheme include:

- Grass cutting
- Tree pruning
- Weed clearance
- Siding out of footpaths
- Cleaning around gullies
- Sign cleaning
- Painting street furniture

Full training and PPE equipment is supplied to any volunteers and volunteers are completely covered under the Councils Liability Insurance.

If you are interested in becoming a volunteer, please contact the Clerk on fsmgpc@gmail.com.

Flu Jab

The flu season is upon us again and it is time to start thinking about getting vaccinated.

The flu vaccine is a safe and effective way of protection against getting seriously ill from the flu. While flu is unpleasant for most people, it can be dangerous for some. Vaccination offers the best protection against the flu and helps stop spreading the flu to other people who may be more at risk.

The best time to have flu vaccine is autumn or early winter.

NHS flu vaccine is available for everyone over the age of 65 or under 65 with certain health conditions. Other's eligible are: pregnant women, care-home residents, carers, school age children as well as health and social care staff .

Vaccinations are available from GP surgeries and pharmacies. It is also a good opportunity to get Covid vaccination boosters at the same time.

-Meral Ahmed

4. Get to know your doctor let's face it the more fun you had before retirement the greater the chance of some ache or ailment catching up with you now. The NHS no longer practices blood-letting, the use of leeches or electric shock treatment (leastways not locally!) and I see no point in being a complete stranger to the one person in your life best skilled to understand what ails thee and to do something about it. And whilst you're about it please be nice to those receptionists: I'll guarantee that please, thank you and a smile every time will make a positive difference in their day as well as in yours.

5. Take a DNA test: you never know where it might lead. Who knows, maybe like me you discover that you have six siblings living and breathing in America, a whole host of aunts and uncles, cousins, nephews and nieces all of whom are as keen as mustard to meet you. And despite having been born and raised over 300 miles distant you discover that your mother had a brother (neither of you knew about the other before the DNA results) living just the other side of town and on your paternal side your third great grandfather is laid to rest in Cambridge of all places. Not only that but his headstone has decayed to near unreadability and you're the only person this side of the Atlantic who can galvanise those oh-so-distant

and, well, it's just nicer when it isn't cold, rainy and dark but that said I'll never forget the welcome we received a week before Christmas 1983 moving in one dark wet day. The removal lorry had gone, the doorbell rang and there on the doorstep smiling sweetly was the welcoming party from the house opposite clutching a tray bearing two sherry glasses filled to the brim and swaying ever-so-gently in the winter wind. A couple of days ago a neighbour asked for my help with something and I said yes thinking I'd have maybe three or four weeks to get it done but I thought I'd better check (call it instinct if you like) and discovered that the only way to not let her down was to write this article NOW! It would have been easy (and lazy) to say "no" and it's way more fun to say "yes".

Whether they're new neighbours, old neighbours or even very dear old neighbours who went away and came back again (she knows who she is) let them know you care.

How can we save our planet?

Our planet Earth is unique in its ability to support life and it's ability to create life. We have no plan B, we have no escape route, we have only one option we must save our planet from all the dangers that it faces.

If each of us takes some simple steps we can make a huge difference:

- Reduce, reuse, and recycle- Cut down on what we throw away
- Volunteer- for cleanups in our community
- Educate others to realise the importance of protecting our planet
- Conserve water
- Eat sustainably sourced foods
- Shop wisely- less single use plastic
- Reduce electricity consumption
- Plant a tree- Trees provide food and oxygen. They help save energy, clean the air, and help combat climate change
- Don't send chemicals into our waterways- Choose non-toxic chemicals in the home and office
- Bike or walk more, drive less
- Sorting and recycling waste correctly
- Plan a shopping list- take time to plan meals before going shopping to avoid food waste

- Have some days a week which are meat free

Mohib Ahmed

CHURCH NEWS

The Book Sale Coffee and Cakes on Saturday 2nd September went very well with lots of books sold, and tasty pastries and cakes enjoyed over a cuppa tea with friends. £712 was raised for the Bells Project. Our next one is on Saturday the 18th of November 10 – 3pm, with a Christmas Stall so do come along for the usual refreshments and some Christmas cakes on sale, as well as lots of books! Also, we will make the draw for the framed ink drawing of FSM church, by local artist Ben Keating, with the draw tickets being popular. Only £1 each.

Our annual participation in the SHCT (Suffolk Historic Churches Trust) Ride and Stride event, went very well, with Val and Roger Seaman doing the riding, and Sarah Cooledge the striding, around as

FIVE THINGS TO DO IN RETIREMENT.... NO...SIX!

1. Make a five year plan - you've lead a structured life so far: school, work, maybe raising children and so on but potentially all that now changes. Chronologically you're at least halfway through life's journey, probably even further along. You never get back the time you waste so it's a good thing to plan how you're going to fill every day and if you can fill them with enjoyment then so much the better. Don't forget though that a good plan adapts to change.

2. Focus on your family and friends - talk to them like never before 'cos you need them like never before. If work gave you a social life you're going to need a replacement. Maybe the kids have flown the nest and moved away or maybe they're at the other end of the village. Don't just wish that you'd talked to them last week, do it! Don't just think about telling them that you love them, do it - tell them!

3. Spend more time with your neighbours. In my road we talk more in the summer because we stand in the front garden and drift into the road to do it

Sudoku Answers

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

many churches as they could in the hot weather. 21 visited FSM on their tours. Sponsorships have now amounted to £870, which is fantastic, so a huge thanks to everyone who sponsored our 'team' and especially the Riders and Striders, in the glorious late Summer sunny sunshine. Half goes directly to the church, and the other half for SHCT to give out as grants, including FSM a few years ago to repair the 50 stone tower steps. To celebrate the 50th Anniversary of the Trust, a Choral Evensong was held in the Cathedral on Sunday afternoon 17th September, with some 700 people from some 300 churches from all over Suffolk filling the Cathedral. Formed in 1973 by the Duke of Grafton, Patron of the Suffolk Preservation Society then, he created the Trust to address the deteriorating state of many churches in Suffolk, some even in disrepair and approaching ruination. After initially relying on benefactors and Councils, in 1982 Judith Foord, an original trustee, dreamt up the Bike Ride, now Ride and Stride, for those without wheels. It has in recent years, become a firmly established means of raising funds for many of the 600 churches in Suffolk, typically £200,000 on the day. Described somewhat exuberantly by Bishop Martin and Trust Chairman Geoffrey Probert, the Churchwardens and Treasurers

of our churches were thanked for our efforts, but we in turn must thank everyone who supports our churches, especially FSM, with their support and encouragement on this day, and throughout the year.

A keen supporter is Griff Rhys-Jones, who lives in Suffolk, and a video was shown of his support and publicity for the Trust especially for his church on the Shotley Peninsular, very entertaining.

The Trust principally focusses on church buildings, with FSM now approaching 700 years old, it is a fine example of the village's heritage, and shows how well it has been maintained over those years, as we, the Parochial Church Council, its current 'custodians', hope to continue, with the village's support.

We held an Open Day on Saturday 15 July to publicise our Bells Restoration Project
Thanks go to Neal Dodge and friends in the Suffolk Guild of Ringers for helping to organise this. Part of the publicity and

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FORNHAM ST MARTIN CUM ST GENEVIEVE PARISH COUNCIL

S.137 DONATIONS FOR COMMUNITY GROUPS

The Parish Council has a pot of funds that allows them to give donations to Community Groups and Organisations, to assist them with their running costs etc.

Due to the Pandemic, we realise that many groups have been unable to meet for some time, therefore if your group is now in a position to meet again and you need assistance with any running costs associated with this, please contact the Clerk;

fsmsgpc@gmail.com to apply for a donation

Fornham House

We would be interested in hosting any event, activity or talk at the house especially regarding nature and wildlife. You don't need to be an expert but enthusiasm to share your interest with the residents would be welcome.

The residents would love to be more involved in the village and feel it would be easiest if someone could come to them as it is difficult for them to go out much.

For any further information please contact:

Meral at buglenewsletter@gmail.com

Or

Amanda at 07881 825560

ajrose50@gmail.com

promotions was to offer various items like a bell, wheel or bell rope for people to individually sponsor, with inscribed plaques to be attached. It is still planned to take down the 6 bells on 14th October and transport them to Nicholson Bell Hangers in Dorset. Anyone interested in seeing the bells lowered down to ground floor are welcome to attend, whilst following all the necessary safety precautions in place.

Hopefully by mid-2024 we will have raised the final amount to welcome them back and celebrate the traditional sound of bells over the village again.

Many people enjoyed their trips up the tower to see the bells and all their associated fixtures and fittings in the flesh so to speak, and these are still available by arrangement.

The 100 Club winners in October are:- 1st £30 Kim Lockwood no.90; 2nd £20 Chris Redfern no.85; 3rd £10 Maureen Groves no.30.

And in November will be :- 1st £30 Margaret Perry no.36; 2nd £20 Andrew Dorling no.31; 3rd £10 Fiona Barker no. 81

Thanks again to everyone in the 100 Club supporting the church in this way.

The funeral service for Mary Payne, in church on 18 July was packed, with standing room only, demonstrating the high regard and respect Mary was

was held in, by many friends and family throughout the benefice. Our sincere condolences go to David and the family.

From the registers:

The ashes of Barry Barker were laid to rest in the churchyard on 27 July.

Robbie Darville was baptised on 30 July.

Archie Smart was baptised on 13 August.

John Malcolm Allerton funeral 31st August.

As many will have noticed in the shops, Christmas is not far away, and our Christmas services are currently being planned, with details in the December Bugle.

David Yates
Churchwarden and Treasurer

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Sudoku - Answers on Page 30

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

The 'birds and bees' of bees and wasps - Part 1

Two things came together to suggest today's subject... Firstly, a proud beekeeper friend's shelf full of golden honey, then shortly after someone asked, 'Where do all the wasps and stuff go in the winter?' It's a good question.

Wasps, bees (and ants) are all in the family Hymenoptera and quite a few species in this group are social insects that live in colonies. The queen honeybee is mother to all the bees in her hive. Her worker-daughters gather flower nectar and pollen from spring to late summer. Much of this is the hive's day-to-day food but some pollen and nectar in the form of honey is stored, the honey sealed into waxen honeycombs. This is the colony's winter larder - honey for energy and pollen for protein. We rob the hive's early summer honey but a wise beekeeper gives the hive plenty of time to fill up its winter stores. So, who survives the winter in a honeybee colony? Well, as long as they have enough food, most of the females (queens and workers) have a good chance of getting through but the drones (males) soon become surplus to requirements. The overwintering ladies form a surprisingly active warm ball inside the hive.

On mild winter days they take short flights to drink water and 'go to the toilet' then it's back to the 20°C + security of the hive, until the flowers come out again. And the birds and bees bit? The queen, usually towards the backend of summer, lays eggs that become drones (males, lacking a sting - that's a female asset). She also has some female worker grubs fed Royal Jelly, so that they become queens. These new queens fight to the death until a winner flies off to mate with drones. Drones don't last long, after having done their work - but the mated queen has the ability to store the drones' sperm inside her for up to 5 years while she builds a new colony or even kills her mother to take over the hive.

The social wasps do things slightly differently. Like bees, the nest has a mother-queen. Adult wasps also drink energy-rich nectar (making them pollinators) but they don't store it or make honey. They get their protein second-hand, or 'second-bottom' from the poo of the wasp grubs that they feed with flies and caterpillars. As autumn approaches the queen stops laying worker eggs and turns to producing queens and drones (once again, females have a sting but males don't). The drones and the fattened-up new queens fly off to mate and, just like honeybees, the males die leaving the queens with their sperm in store. So, with the flowers finished and the larvae turned into adults, worker wasps are both out of work and desperately hungry.

That's why they spoil our picnics. With no food supply put by and no food over the winter (almost everyone in a wasp uniform will die, the exception being a mated queen. She finds a sheltered place to try to survive the winter, living off her fat stocks. Queens are the winter wasps we sometimes find in our homes or sheds. Most don't make it. The ones that do have a hectic couple of late-spring months building up their depleted reserves as well as building a new nest and laying worker eggs. For 4-6 weeks she has to feed them with chewed up insects until they develop into adult workers, who take over her foraging duties. She usually remains in the nest for the rest of her days, before being killed off by winter or a usurper.

Alan

Part two in the next edition!