

The Palgrave Star



AUGUST 2012

FILM NIGHT

The Best Exotic Marigold Hotel

Saturday 6th October

7.30pm

Palgrave Community Centre

Tickets £5.00

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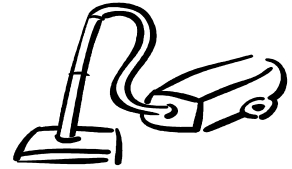


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EVENTS AND MEETINGS are at the COMMUNITY CENTRE unless otherwise stated:

WHATS ON: REGULAR ACTIVITIES AUGUST

Every Monday	Yoga	10.30am Enquiries to 01379 890995
Every Monday	Carpet Bowls	2.00pm
Every Monday	Progressive Cribbage	7.30pm
Alternate Tuesdays	Friendship Club	Enquiries to 01379 651926
Every Wednesday	Extend	Enquiries to 01379 643212
	ZUMBA 6.10pm -7.00pm	Enquires to 01603 462223
First Thursday in month	Cash Bingo	7.30pm
Every Friday	Chun Yuen Quan	9.30am - 10.30am
	Wild Goose Qigong	10.30am -11.30am Enquiries to 07961 033357

WINNERS of JUNE 200 DRAW		
1 st No53	Liz Moore	£15.00
2 nd No37	Anne Harrington	£7.50
3 rd No71	Ed Ling	£5.00

WINNERS of JULY 200 DRAW		
1 st No87	F Floor	£15.00
2 nd No47	Roy Watkinson	£7.50
3 rd No75	Jane Bailey	£5.00

Anyone wishing to advertise in the Star please contact
Helen Thorburn 01379 651749 palgravestar@hotmail.co.uk



A talk with slides by
Chris Bell

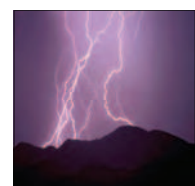
BBC Look East Weatherman & Meteorologist for Weatherquest UEA

Friday 14th Sept
7.30pm

PALGRAVE COMMUNITY CENTRE

£6.00. £5.00 (PDCC members)

Tickets from Pat Simms (01379 643629) and
Diss Tourist Information Centre



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Community Centre Fete Report 2012

For our Summer Fete this year the weather changed, thankfully the sun shone and a light wind blew, so the band played and the kites flew!

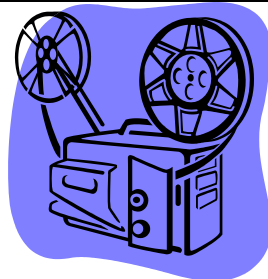
In addition to the traditional activities such as ski ball, the bean bag board and bowling (it used to be for a pig but wine and sweets are more practical!!) We invited some of our Village Market stallholders,. Palgrave Church had their own marquee to show the proposals for essential improvements and a few car booters displayed a variety of goods. There were 15 excellent raffle prizes all claimed on the day, one lucky person won £70 on the "Pound in a bucket " draw and many of the people who tried their luck on the tombola, the bottle stall and dice game usually went away with several prizes.

Hot and cold refreshments were available and many people took the opportunity to relax in the sun listening to the band "C'est la vie" (previously Deja Vue) and their younger guests, in the best weather we have had since April. Magic Mark entertained the younger children and the kite making workshop proved a real hit with young and old alike.

All in all an enjoyable day was had by all who attended, we even over ran a little. At the time of writing we await the final figure but it appears we raised over £1000. The success of the fete is the result of preparatory work and organisation throughout the year by the committee, helped on the day by many more helpers. The success is also due to the generosity of all those residents who donated all the prizes for the games, tombola and raffle-----many thanks to all of you for your contribution to this wonderful traditional entertainment in the village.

There are some bottles and smaller items left from the fete, these will be used as raffle prizes at future events to raise further funds

For those who did not have a camera to hand to catch the giant flying dog, hornet and yes I think it was a penguin ,there are some fantastic pictures of the kites taken on the day and available on the "Flickr" website, just search for "Palgrave Fete"



COMMUNITY BIG SCREEN FILM NIGHT- 6TH OCTOBER

The first community film night is scheduled now for Saturday 6th October 6.45pm for 7.30pm start. The film being shown is this years massive hit and very popular

'THE BEST EXOTIC MARI GOLD HOTEL' Shown on a big screen at Palgrave Community Centre. Tickets are £5.00 per person and available from 1st August from Helen Thorburn on 651749 or at the Palgrave Village Market. Numbers are limited so if you want to join this fantastic event register your interest now .

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PALGRAVE VILLAGE MARKET & COFFEE MORNING

We have decided that we should **cancel the August Village Market** because of holidays and the fact that it is the Bank Holiday weekend. However, we will be putting every effort into re-establishing the Markets on the last Saturday in September 9.30am – 1.00pm. There will be a Market in September, October and the final one for the year in November will be the Christmas one. So – look forward to the September Village Market at Palgrave Community Centre – some of our old friends will be there and perhaps some new ones too.

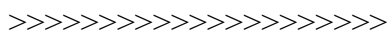
PARI SH COUNCIL NEWS

The last few months have seen changes within the Parish Council and we welcome two new Parish Councillors: Mike Bootman and Rosie Gunning. They will both bring fresh perspectives, knowledge and experience, and their interest is much appreciated.

We are also pleased that Bob Honnor is now serving as Parish Council Clerk.

Permission has been granted by the District Council for the work to tidy up the scrub and carry out work to the trees around the pond, and this will now be put in hand. Many thanks to the Palgrave Gardening Group who set this scheme in motion as a Diamond Jubilee Project, which also includes the installation of a commemorative bench.

There is no meeting in August. The next meeting is in September.



Concerned about the Village Roads, Traffic, Speeding, Short-cuts, Parking, Footways (or not any), problems crossing the Road...? – Now is your chance to have your say.

Your Parish Councillors are aware of some issues and would like you to let them know about all those which affect you or concern you, so that we can try and do something to improve things.

Please e-mail or send a note with the details (remembering to include your name and contact details please), or telephone:

Cllr. Mike Bootman
2 Blands Farm Close IP22 1TD
Tel: 01379 640211
E-mail: mike@bootman.fsnet.co.uk

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You'll find us at Palgrave Community Centre, on Wednesday evenings, 6:10-7:00pm. £4.00pp pay on arrival. I look forward to seeing you and your friends there!

Contact: **Julia Bunbury** on **07411339579** or e-mail juliahm@hotmail.co.uk
For more classes, visit: www.zumba.com/en-us/profiles/424202/julia-bunbury

The Palgrave History Group

As you know, a group of villagers is researching the history of Palgrave with a view to publishing a book.

Unfortunately, we have temporarily lost our leader – Ken Nockles is not very well. We wish Ken a complete and speedy recovery, and assure him that we will do our best in his absence.

At our next meeting - probably in September - we hope to look at old photographs of the village to find suitable illustrations for the book. May I ask villagers to look out old photos, and be prepared to lend them to the group for consideration? If we have enough we may even mount an exhibition of "Palgrave in Pictures". I will advertise the date of the meeting in September's "Star".

Meanwhile, to whet your appetite, here are a couple of snippets unearthed by the group from old newspapers.

"Horrid Barbarity" tells the story of Joseph Todd, a 14-year-old boy who, in April 1822, was apprenticed to a chimney sweep by the guardians of the workhouse. The sweep was known to be a bad character "leading a most vagrant sort of life, lying on commons, exposed to the open air, and in barns and outhouses." He took our Joseph to Norwich, where the boy died in the George Inn at Catton. The Ipswich Journal reported: "The body on being removed from the coffin, and stripped from the shroud, presented the most horrid and miserable appearance; it was carefully examined by Dr. Fayerman, in the presence of Mr. Chandler. Many bruises were observed over the surface of the body, which presented an object little better than a mere skeleton, evidently the result not only of cruel treatment, but of starvation. There being no evidence as to how the deceased came by the injuries he had received, although the strictest investigation took place during an examination of 5 hours, the Jury returned the following verdict- 'That the deceased Joseph Todd came by his death through the gross neglect of his master, Wm. Vincent, through the want of proper food and nourishment, and also from want of timely medical aid.'"

"Oliver Twist" in Palgrave! Not one of our finest hours!

In 1864 the Bury and Norwich Post carried this report:

PALGRAVE. A correspondent of the Norfolk News points out the great improvement of late years in the spiritual condition of this parish, which was formerly "the resort of the worst of characters," so that on Sunday morning "no respectable person could pass along the village without running the risk of being insulted."

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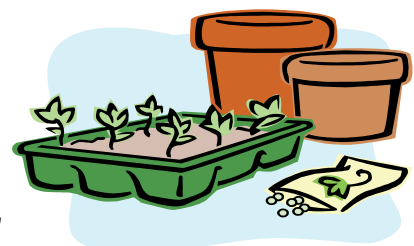
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PALGRAVE COMMUNITY CENTRE-PDCC

I was surprised the other day to have a lady who lives in the village asked me what the Community Council did. It seems she had some confusion between the Parish Council and the Community Council. Perhaps it is necessary now and again to describe the responsibilities of the Community Council; perhaps there are other people out there who do not understand what is going on.

The Community Council is formed at the moment of 14 people who are at the very least community minded. Elsewhere in the Star you can see a list of their names. The Parish Council is also made up of people who are community minded but with completely different responsibilities. The Community Council meet usually once a month to deal with the upkeep of the Community Centre building and surrounds including the playing field. To enable them to do this there are frequent money raising activities planned because things like paying for the electricity, repairing toilets, replacement chairs, tables, curtains, cutting the grass, maintaining a grass cutter, saving the field from moles and all those little repair bills that a home owner also faces – they all have to be paid. We are lucky that we have such a good building and facilities and we must thank the people who had the foresight to provide it for the village in the first place. It is a venue for private party bookings, wedding receptions etc which brings in revenue. It is also a venue for various keep fit exercises and a home for our school's PE classes etc. However, the committee try hard to provide events and activities to interest the entire village. They have been busy lately organizing various events and entertainments up to the end of the year.

Please keep reading the Star so not to miss something that will really interest YOU. If it is a ticket event, then tickets for members of the Community Council are cheaper than for others so it is worth joining us for just £7.50 per year. You know the old adage 'use it or lose it'. We 14 on the committee are working hard to keep it going – please support us. It is sometimes interesting to note how few Palgrave residents actually support the Community Centre and how many visitors praise our facilities and wish they had similar near their own homes.

Our AGM is in November when we would welcome new faces to give us ideas and keep us going.

Pat Simms

Calling all Gardeners

Keeping the Community Centre running takes a lot of time effort and money (£20,000 pa). Earlier this year we paid to have the garden tidied, however the very wet weather has caused the plants and weeds to grow vigorously. If you could spare a few hours to help get the garden back into good shape please contact Helen (651749) or Pauline (07554945682)

War Graves in Palgrave

Would the lady who contacted me earlier about Albert Robinson's grave please contact me again (01379 650639)? I have the article from the Diss Express which covered Private Robinson's funeral.

Alan Spoor

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PALGRAVE WALKING GROUP

Our group, which now regularly attracts over 20 walkers, meets on the second and fourth Tuesday of each month leaving Palgrave Community Centre at 9.45 a.m. Everyone is welcome to join our friendly group but it is regretted that dogs cannot be allowed on our walks. Additionally Palgrave Walking Group, or its walk leaders, cannot be held liable for any injury sustained whilst on any walk they organise. If you would like further details please contact Brian Beecroft. Telephone 01379 642208.

August Walks

Tuesday 14th August 2012

Eileen and Sam Turner will take us on a circular walk of 4.8 miles starting at Homersfield and circling the village of Alburgh along quiet lanes, public footpaths and through a series of uncultivated meadows. Although there are no stiles on the route there are some steep gradients and potentially wet sections. Sturdy footwear is therefore essential. After the walk we will go to a local public house for refreshments.

Tuesday 28th August 2012

Jane Humphery will lead us on an easy 5 mile circular walk from the car park at The Pennings, Eye, a nature area and picnic site. It will pass Eye cricket club and follow field edge paths towards Cranley Green and Denham Street where there is a short distance on quiet lanes. Afterwards we will go to the Queens Head, Eye for drinks.

If you wish to join us on either of these walks please be at Palgrave Community Centre car park ready to leave for the starting point at 9.45 a.m.

Thanks for your help- Waterfields of Scole

Many thanks to the Waterfield Family of Palgrave and Scole who kindly filled the potholes in the Community Centre drive. Your help was greatly appreciated, as it took some of the load off our shoulders.

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Palgrave Gardening and Social Group



Our coach trip on 2nd July to Beth Chatto's Garden and Green Island Gardens was enormously successful and we managed to circumnavigate the rain showers. Both gardens, whilst very different in planting and style, were beautiful to wander through and displayed many unusual plants. Understandably, many of us were unable to resist buying the odd plant or two or three ...

The PGSG Al Fresco lunch will be held in Sheila True's garden on 6th August. We will meet there at 10.15am to deliver lunch food. Members will then share cars to visit Lynda Hall's open garden in Snow Street, Roydon, where there will be a donation of £3.50 each member to the charity EACH. Guests are welcome, dependent upon the number of members attending, for a small payment of £2.50.

Anyone interested in the above or in membership of the group please contact Sheila True on 01379 643393.

Tip of the Month

In this area the last week in August, no earlier and no later, is the time to sow Japanese onion seed. They will germinate well and over-winter happily. In February water them with a high-nitrogen feed and begin to thin them out, using the thinnings in salads. You will be harvesting a very handsome crop of onions next July.

JAL

Thought for the Month

Roses

Nature responds so beautifully
Roses are only once-wild roses, that were given an extra chance,
So they bloomed out and filled themselves with coloured fullness
Out of sheer desire to be splendid, and more splendid.

D H Lawrence (1885-1930)

Holiday Watering

The Palgrave Garden Group will be happy to water your plants while you are on holiday for a donation. This will be used to help fund our Pond Jubilee project. In the first instance please contact Helen Thorburn (651749)

Dates for your Diary

14 th Sept	Storm Chasing - Talk by Chris Bell (BBC Look East weather man)
16 th Sept	Harvest Lunch
20 th October	Sam & Daisy
17 th November	Curry Night

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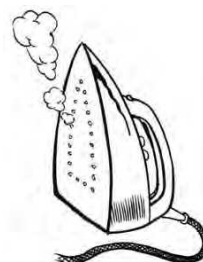
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DISS EXPRESS Village Correspondent

Have you noticed that the Diss Express usually has a couple of pages devoted to news from the villages – and, have you noticed that Palgrave is very rarely featured? That could all change. Pat Simms is Community Council secretary at the moment and is usually fighting to get Community Centre events advertised. In the future she will have space in with the Village Correspondents and, as well as writing about Community Centre activities can include news from St Peter's Church, Palgrave School, the Gardening Club and any other club in the village. Just pass on your news preferably via e.mail and we will see how it goes. Apparently she has to have her photo taken and that hasn't happened yet but, hopefully, we will be up and running in a few weeks time.



The World's Biggest Coffee Morning in aid of MacMillan Cancer Support

takes place on Friday 28th September – but it doesn't have to happen exactly on that date.

As we have done for the last half a dozen years there will be a **Tea Party at the Community Centre on the day before – Thursday 27th September starting at 2.30 p.m.**

Last year we raised nearly £400 and we hope to do the same or better this year. The money raised at this event will help pay for Macmillan time, to help people affected by cancer.

If YOU can help in any way please contact Pat Simms (643629 or pat.simms@btopenworld.com). We will need practical help on the day, cakes to go with the tea, raffle prizes, help with the washing up – all sorts of ways you can help. I need YOU!

Cancer is the toughest fight most of us will ever face. But no one has to go through it alone. There are Macmillan nurses and therapists helping people through treatment. The experts on the end of the phone. The advisers providing information on benefits. The volunteers giving a hand with the everyday things. Most of us know someone who has needed Macmillan help – let us help keep it going for those that will need it in the future.

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NEIGHBOURHOOD WATCH

Crime trends

The current crime trend in Mid Suffolk North is shed and garage break-ins. In many cases these have been committed in rural areas, which are often not overlooked by neighbouring properties. In order to help protect property and to help police investigate crime the following steps are often a good idea.

- Use external lighting to illuminate outside areas
- Consider use of shed alarms
- Install good quality pad locks
- Mark all valuable property with post code
- Keep an up to date inventory of items of value

SNT Priorities

- 1) **To address the security of school premises during the summer holidays, in an effort to prevent burglary and theft offences (all local postcodes). This priority was set at the Area Tasking Meeting on 16/ 07/ 12.**
- 2) **To work with our local parish and town councils and other partner agencies, to reduce anti-social behavior and youth offending in our villages during the school summer holiday period. (All local postcodes). This priority was set at the Area Tasking Meeting on 16/ 07/ 12.**

GOOD NEWS Stories

SNT officers recently visited many of the primary schools in the Mid Suffolk North area to give a presentation of road safety prior to the school holidays. This was well received and hopefully will help to make both children and parents more aware of safety issues in our communities and help to reduce the risk of injury and accidents.

Speed Watch has now officially been launched in the village of Redgrave and is helping to reduce the speed of motorists passing through the village. The scheme's main aim is to educate motorists about the issue of speeding and to make the roads safer within the village. More information on speed watch can be obtained from your SNT officers.

Police Direct

Police Direct is a free service provided by Suffolk police. This service is used to quickly pass on information relating to crime or news in your area. The system works by sending a text, Voicemail or Email to members informing them of local crimes registered to their postcode area. Each member can register up to 3 different post codes so can also use the service to be informed of crimes in a relatives area or a second home.

For full details and to register please visit the following web address.

<https://policedirect.suffolk.police.uk/registration/>

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Helen Thorburn 01379 651749 palgravestarc@hotmai.co.uk

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DR DAN POULTER MP

Member of Parliament for Central Suffolk and North Ipswich

Like many people in Suffolk, I have long believed that having a first-class local rail service is vital not only for passengers, but for our local businesses and the wider success of our local economy. For too long, rail services in Suffolk and throughout East Anglia have suffered from under-investment and neglect. During my regular advice surgeries, I often hear from residents about the delays they suffer when travelling by train, and have experienced these problems myself when travelling between London and Suffolk. That is why I am pleased that local businesses, MPs and County Councillors from across the four counties of Suffolk, Norfolk, Essex and Cambridgeshire have come together to produce a new rail manifesto for the region, which was recently launched. This document sets out the need to improve the reliability and quality of rail services over the next two decades, so that passengers in Suffolk can get to work or visit friends and family without being delayed in crowded carriages.

During the drafting of the rail manifesto, my overriding priority has been to ensure that stations such as Ipswich, Stowmarket and Diss receive the attention they deserve. I have also made it clear that any improvements to the speed of the train service to Ipswich and Norwich should not be to the detriment of services to Stowmarket, particularly when Stowmarket is the key interchange station between the Great Eastern main line and the Ipswich to Peterborough cross country link. Central Suffolk is an area with a growing population and thriving local businesses, which is why I am delighted it has now been recognised and promoted in the rail manifesto. The document has now been presented to Government Ministers, and I am confident that, with such strong backing behind these plans, residents in Suffolk will eventually be able to enjoy the reliable, efficient and fair rail service they deserve.

I recently spoke in a debate in Parliament on the importance of supporting older people and used this opportunity to highlight several things that the Government has done to improve the lives of retired people in Suffolk. I always believe that if you have worked hard for our country, you deserve to be properly looked after in your retirement. Delivering the largest ever increase in the basic state pension, so that pensioners have an extra £276 per year in their pockets is an achievement of the current Government of which I am very proud.

The biggest challenge facing our health and social care system is how to meet both the human and financial costs of caring for our growing ageing population. Suffolk is leading the way providing better joined up health and social care services for older people, and our local GPs have been playing a vital role by reducing the number of older people admitted to hospital when they could be better looked after at home, saving the NHS money and providing better care for patients.

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STORM CHASING

A talk with slides by Chris Bell
Friday 14th September 7.30 pm
PALGRAVE COMMUNITY CENTRE

Many of you will have seen Chris Bell on BBC Look East presenting the weather. He is a member of Weatherquest based at the UEA in Norwich and travels all over the world chasing storms in his free time

£6.00

£5.00 PDCC members

Contact Pat Simms 643629

PALGRAVE PARISH WEBSITE – webmaster
Dave Whitehouse, Hyland House, Lion Road, Palgrave.
Telephone. 01379 644656 or email: palgrave@email.com

<u>CLUB BAR OPEN</u>	Friday	8pm – 11pm
	Last Saturday of the month	8pm – 11pm
Bar Manager:	Pauline Garrod	07554945682

PDCC Chairman: John Kilgannon **Vice Chairman:** Mike Dyer

Committee Members:

Eric Barlow, Pauline Garrod, Heather Goddard, Ted Ling, Jean Potter, Pat Simms, Tony Scott- Robinson, Sally Scott-Robinson, Alan Spoons, Margaret Spoons, Helen Thorburn, Jean Thorndyke.

TO HIRE THE COMMUNITY CENTRE for meetings, receptions, etc. contact
 Booking Secretary Pauline Garrod 07554945682

Community Council Secretary	Pat Simms	01379 643629
Membership Secretary	Helen Thorburn	01379 651749
	Kerridge Cottage	
	Lows Lane	
	Palgrave	

New members are always welcome. Ask for an application form.
 (Forms also available at the Community Centre)

Any items of news, interest or forthcoming events please send to:
Helen Thorburn, Kerridge Cottage, Lows Lane, Palgrave
telephone 01379 651749 or email palgravestar@hotmail.co.uk

Please include your name and telephone number
 (Inclusion in The Star is at the discretion of the editor and PDCC Committee)

DEADLINE FOR THE SEPTEMBER EDITION
20th AUGUST

Anyone wishing to advertise in the Star please contact
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Services at St Peter's, Palgrave August 2012

Sunday 5 August – 9th Sunday after Trinity

Readings: Exodus 16.2-4, 9-15; Ephesians 4.1-16; John 6.24-35; Psalm 78.23-29

8.00 am Holy Communion

Monday 6 August

5.00 pm Evening Prayer – Common Worship Order 1

Sunday 12 August – 10th Sunday after Trinity

Readings: 1 Kings 19.4-8; Ephesians 4.25-5.2; John 6.35, 41-51; Psalm 34.1-8

11.00 am Holy Communion - Common Worship Order 1

Monday 13 August

5.00 pm Evening Prayer – Common Worship Order 1

Sunday 19 August – 11th Sunday after Trinity

Readings: Proverbs 9.1-6; Ephesians 5.15-20; John 6.51-58; Psalm 34.9-14

11.00 am Family Service

6.30 pm Healing Service

Monday 20 August

5.00 pm Evening Prayer – Common Worship Order 1

Sunday 26 August – 12th Sunday after Trinity

Readings: Joshua 24.1-2a, 14-18; Ephesians 6.10-20; John 6.56-69; Psalm 34.15-end

11.00 am Morning Prayer

Monday 27 August

5.00 pm Evening Prayer – Common Worship Order 1

Sunday 2 September – 13th Sunday after Trinity

Readings: Deuteronomy 4.1-2, 6-9; James 1.17-end; Mark 7.1-8, 14-15, 21-23; Psalm 15

8.00 am Holy Communion

10.00 am Sunday Club followed by

10.45 am Coffee and Cookies followed by a short Family Service

Monday 3 September

5.00 pm Evening Prayer – Common Worship Order 1

**St Peter's is normally open during daylight hours for private prayer and meditation,
please do use this resource which is for the whole community.**

ALL ARE WELCOME

Midweek Communion in the Chancel at St Mary the Virgin, Wortham

Wednesday 1st August at 9.30 am - Holy Communion - BCP

Wednesday 15th August at 9.30 am - Holy Communion - BCP