

The Badwell Broadsheet

Issue 89 - August 2022

I hope you all enjoy this issue of The Badwell Broadsheet in its new format.

The Parish Council funds this issue with additional sponsorship from Pawfect Moments Pet Care. Details on page 8.

I also hope you liked the Jubilee Special Edition. We still have a few left if you'd like an extra copy.

I want to take this opportunity to thank Sarah Brown, the previous editor, for her support since the start of the Broadsheet. What a fantastic job she has done in keeping our village newsletter going.

Sarah has handed over to another Sarah - Sarah Sharps - who takes over the reins from this issue. So thank you to her for taking on the task!

There have been some changes with the Parish Council too.

Diane Donat and Ed Walsh are retiring from the Council after years of service. Thank you both for your input and support.

Ed will carry on his supervision and responsibility for our two speed indicators (SIDs) in the village, so he'll still be an active member of the village community.

We're also welcoming Will Draper to the Council. We're looking forward to working with him in the future on some exciting projects.

There'll be a short planning meeting on 9th August, but the next full Parish Council meeting will be on Tuesday 13th September at 7pm in the village hall - everyone is welcome.

For now, best wishes and enjoy the issue.

Richard Morris
Chair,
Badwell Ash Parish Council.



Image credit:
Hummingbird moth. Katy Bowman, Badwell Ash

In the village...

Monday

Zumba
7-8pm, Village Hall.

Tuesday

Silver Ash
2:30-3:30pm *once a fortnight*.
Village Hall.

Bowls
7:30-9:30pm. Village Hall.

Art class starts in September
Time TBC. Village Hall.

Wednesday

Dog training classes
6:30-8:30. Village Hall.

Thursday

Dog training classes
6:30-8:30. Village Hall.

Anything you'd like to tell the village? Maybe you're a keen photographer and fancy the front cover slot? Do you have a regular village event? Would you like the details included?

The next deadline is **16th September** for any submissions.

Or, if you'd like to sponsor an issue, please get in touch. Email badwellash@hotmail.co.uk.

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August at home

In the kitchen

Samphire & lemony salmon linguine

Juicy, salty samphire works really nicely along with the tender fish in this lemony pasta dish

Preparation and cooking time
Prep: 10 mins | Cook: 15 mins
Serves 2

Nutrition: per serving
kcal 554
fat 23g
saturates 4g
carbs 52g
sugars 5g
fibre 5g
protein 23g
salt 1.3g

Ingredients

2 tbsp olive oil
½ small preserved lemon, flesh and pith scooped out, skin finely chopped
2 large shallots, finely chopped
½ red chilli, finely sliced
1 tbsp finely chopped parsley stalks (reserve the leaves, to serve)
small glass of rosé wine or white wine 175g linguine
80g samphire
100g cooked salmon, flaked into large pieces
juice ½ lemon

Method

1 - Heat the olive oil in a heavy-bottomed, non-stick frying pan or skillet. Add the preserved lemon, shallot, chilli, parsley stalks and seasoning, and sweat for about 5 mins or until soft and fragrant. Pour in the wine and bubble for 1-2 mins.

2 - Meanwhile, bring a large pot of salted water to the boil. Add the linguine and cook following pack instructions until just al dente. Throw the samphire into the water with the linguine. Cook for 30 secs, then drain everything, reserving a few ladlefuls of the pasta water.

3 - Add the linguine and samphire to the frying pan with half a ladle of the pasta water. Add the salmon and lemon juice, and stir thoroughly to combine into a sauce, adding a splash more of the water if needed. Season to taste. Divide between plates and grind over some extra black pepper.

Garnish with more chopped parsley, if you like.

In the garden

Janet de Vries

We're now in the height of summer, and there is nothing better than sitting enjoying the fruits of our labours. But when it comes to gardening, there are always jobs to do whatever the time of year is, so here are some for you to do this month:

Flowers

Collect seeds as they ripen from plants such as aquilegia, sweet peas and love-in-the-mist, *choosing a dry day*.

Deadhead dahlias and other perennials to encourage a constant display of blooms.

Trim lavender once flowering is over to maintain a compact, bushy shape but avoid cutting it to old wood.



Keep pots and hanging baskets flowering by watering and deadheading regularly. And add tomato feed fortnightly.

Sow hardy annuals in sunny spots to provide early summer colour next year.

Prune rambling roses, removing up to a third of stems that have flowered and tie the rest to supports.

Fruit & Veg

Be vigilant for signs of tomato and potato blight, removing affected plants immediately to prevent spread.

Plant well-rooted strawberry runners into new beds.

Pinch out the tops of outdoor tomatoes, as more flowers are unlikely to produce fruits that have time to ripen.



Use netting or fleece to protect blackberries or autumn raspberries from birds.

Lift onions and shallots once their tops die, leaving them dry in the sun.

Summer prune both free standing and trained apple trees to encourage good fruiting in future years.

Harvest fresh herbs to freeze in ice cubes for winter use.

These are just a few essential jobs for you to get on with this month, along with keeping lawns cut - but not too short as hot weather will scorch the grass.

Don't waste too much precious water on sprinkler systems etc., as lawns always recover.

That's it from me for this month. I hope these few tips have helped, and I look forward to passing on a few more for next issue.

Until then, happy gardening.



I have recently been struggling financially, and I don't know how I'm going to afford to feed my family this month. My friend told me I could be eligible for Universal Credit – is this right?

You might be able to get Universal Credit if you're not working or on a low income. You can check if you are eligible by using the webchat at citizensadvice.org.uk/help/claim or calling for free on 0800 144 8 444. The line is open 8am – 6pm Monday to Friday.

Universal Credit has replaced older benefits such as Housing Benefit, Income Related Job Seekers Allowance and Child Tax Credits for most people. You'll get a single payment each month, rather than weekly or fortnightly. You may be able to get extra payments if you:

- look after children,
- work and pay for childcare
- need help with housing costs
- are disabled or have a health condition
- are a carer for a disabled person or you

have a disabled child.

There may also be other benefits you are entitled to, depending on your circumstances. You can use the benefit calculator to find out at gov.uk/benefits-calculators. If you need help, then Citizens Advice Mid Suffolk can do a benefit check for you.

If you are struggling to buy food, Citizens Advice Mid Suffolk can make a referral to your local food bank. They can also talk through your circumstances to see if there is other help they can provide or anything else you may be eligible for, such as help with your energy bills or school costs.

Citizens Advice Mid Suffolk can provide advice on this or any other issue, including debt, employment, benefits and family law. You can contact them on 01449 676060 or use the contact form at midsuffolkcab.org.uk/contact-us.

For more information and our opening hours go to midsuffolkcab.org.uk.

Village Hall update

Clive Hawkins

With the success of the Jubilee Celebration Event, attended by over 100 villagers, the committee were more than pleased to see their efforts had been enjoyed by so many. With this in mind, future events are now being planned in anticipation of the continued support of the local population.

With details to be decided, it is hoped to hold a Quiz Night in September, a Table Top Sale in October and a Christmas Coffee Brunch in December. Look out for the dates to pop into your diary.

Whilst the committee enjoy organising events, it's on the day of the event they find more hands are needed. If you're prepared to help, please get in touch. Your assistance would be more than welcome. All funds raised at events are put back into the hall's upkeep. As a registered charity, this is our way of financing the maintenance and improvements to the hall.

We look forward to seeing you at the next event.

Green Dilemmas - eco impact of food

Richard Winch – richard@winchmail.net

Assuming the cost is similar, most of us would like to be greener but often it's unclear what the best course of action is. The food we eat is responsible for over one third of greenhouse gas emissions so understanding the impact of specific foods is a good place to start.

The table below shows the carbon footprint of foods per kilogram.

Minced beef	21	Tomatoes	1.8
Cheddar cheese	14.2	Tofu	1.3
Pork chops	5.8	Avocados	1.1
Chicken breast	4.1	Bananas	0.5
Cucumbers	2.2	Carrots	0.4
Milk full fat	1.9	Apples	0.3

(source *CarbonCloud kgCO2eq/kg*).

Surprisingly, the numbers suggest that food items such as bananas have a lower carbon footprint than we might expect. The basic fact is that emissions at the farm stage typically dwarf those for processes

like transport and packaging.

Probably like me though you are still a bit sceptical - is importing all those avocados really OK? We need to analyse the whole supply chain and a lot of factors other than greenhouse gas emissions. To assess the eco impact of a can of beer I would need to understand the agricultural, the malting, the brewing, the packaging, the distribution, the storage, and the disposal/recycling processes in detail.

A new traffic light system for the eco impact of food is currently being trialled. This will rate products from A to G / green to red. The scheme is overseen by Foundation Earth an independent not for profit organisation which is backed by major industry players in the UK and EU. There will be a single eco impact score, but this is derived from assessing carbon emissions, water usage, water pollution and biodiversity at each supply chain stage.

There are some on-going issues. Some large companies want to use carbon offsetting – they invest, for example, in forestation and then want to apply these numbers to reduce the eco score of specific food products. If this isn't allowed, they argue, then the eco impact isn't rewarding companies who are serious about a net zero target. The disposal and recycling cost is also currently excluded on the basis that there are other ways of addressing this. Another problem is that something like a beef product may always have an overall red eco impact, but most people would still like to know which beef product is the most sustainable.

So, the new scheme is not perfect but a big step forward. We will all get much better visibility, and the labelling will drive significant product innovation as most supermarkets and manufacturers will not want to have too many red scores on their products.

Badwell Ash History Society

Pat Monk

BAHS History Exhibition – 3rd September

Badwell Ash History Society will hold a further history exhibition in St Mary's Church on Saturday 3rd September, between 10am and 4.00pm.

The exhibition will feature a varied display of Badwell Ash's photographic history and some related to Long Thurlow. It'll include 'Then & Now' photos, comparing photos from the turn of the century to today, and aerial photos of both Badwell and Long Thurlow from the 1980s. A recent survey of The Churchyard and the bottom part of the Richer Road cemetery will also be shown, as well as a rolling DVD of the 1987 Badwell Ash Pram race. Copies of the DVD will be available for purchase. The proceeds will go to St. Mary's Church and The History Society.

We look forward to seeing you on Saturday 3rd September in St Mary's, from 10.00am to 4.00pm. If you have any items of potential interest for us to look at, please bring them along.

Refreshments will also be provided.

St Mary's Church

Philip Merry

August

Sunday 7th August 9.30am
Holy Communion. Refreshments.

September

Saturday 10th September Suffolk Historic Churches Cycle Ride, church open all day for participants on the Cycle 'ride and stride'. If there are any people who would like to volunteer to sit in the church for an hour during the day, to sign the papers of the participants, please contact Philip 07526 271784

St Mary's Badwell Ash
Informal Harvest Festival Service
non communion
Sunday 11th September 9.30am



Refreshments

Opportunity for those who have little or no experience of church services and worship to see a more worship friendly style
Those who have not been to church for a long while and would like to explore coming back
Harvest hymns

Tower tours of
St Mary's Church
£4 a person in August & September
Raising money for our new
Cemetery.
Call Stephen Rose on 07714273669
to book.



The Long Thurlow Noticeboard

Richard Morris

The residents in Long Thurlow may have noticed that the noticeboard has disappeared...

It's currently being renovated ready for it's new home inside the old Bus Shelter. This will shelter it from the elements. So, keep an eye out for its return.



BADWELL ASH HISTORY SOCIETY EXHIBITION
St. Mary's Church Badwell Ash
3rd September 10am - 4pm

1987 "Pram Race" Footage and DVD Sales
1980 Aerial Photos of Badwell & Long Thurlow
Then & Now Village Photos
New Graveyard Research

Refreshments and Tombola

A fundraising event for Badwell Ash History Society and St Mary's Church

Quick Quiz

And there's a theme. Get that, and it should help with the answers you aren't sure about....

1. Name of the English boy band formed in 2000 with albums including 'one love' and 'guilty'
2. Name of area of the Pennines which includes the villages of Hawes, Aysgarth and Middleham
3. Kraft applied for a US patent for what food product in 1916?
4. What nationality is the tennis player Roger Federer?
5. Name the town in South Wales which has the second largest castle in the UK
6. If I was talking about Does, Bucks and Kids, what animal would I be referring to?
7. In which US city was the famous steps scene from the movie Rocky filmed?
8. What is the name of the gorge in the Mendip Hills famous for its limestone show caves?
9. A whipped desert
10. A small house, typically old-fashioned and in rural locations

Colour me in...



Quick quiz answers: 1. Blue; 2. Wensleydale; 3. Processed cheese; 4. Swiss; 5. Caerphilly; 6. Goat; 7. Philadelphia; 8. Cheddar Gorge; 9. Cream; 10. Cottage. Theme: Cheese

The White Horse

Starters		Mains		Desserts	
Potato & Pea Soup with Pancetta Crumb (VGO) (GF) £6.00	Beer Battered Cod, Chips, Chunky Tartar, Pea Mint & Shallot Puree £12.50	Pear & Pecan Frangipane Tart with Cinnamon Ice Cream (V) £6.50			
Crayfish, Saffron Risotto & Apple Crisp (GF) £6.50	Caesar Salad with Crispy Pancetta, Baked Focaccia & Anchovies (GFO) £9.00	Iced Fruit & Nut Parfait (GF) (V) £6.50			
Country Terrine, Poached Egg & Mustard Remoulade (GF) £6.50	Minute Steak with Fries & Béarnaise Sauce (GF) £12.50	Chocolate Torte (V) £6.50			
Smoked Chicken, Orange Salad, Tarragon & Pine Nut Dressing (GF) £6.50	Honey Roasted Smoked Gammon, Crispy egg & Duck Fat Chips (GF) £11.00	Selection of Ice Creams with Brandy Snap (V) (VGO) £6.00			
	Suffolk Sausages, Sautéed Leeks, Creamed Potatoes & Shallot Gravy £12.50				
	Chicken, Thyme & Ham Pie with Chicken Gravy & Creamed Potato £11.00				
	Roasted Sweet Peppers, Charred Polenta, Marinated Halloumi, Spinach & Harissa Essence (V) (VGO) (GF) £11.00				
	Sides				
	Panache of Market Vegetables (GFO) (VGO) £4.00				
	Leaf Compound Salad (VGO) (GF) £4.00				
	Onion Rings (V) £4.00				

All dishes are freshly cooked to order, please bear with us in busy periods
 (V) = vegetarian (VG) = vegan (GF) = gluten free
 (VO) = vegetarian option (VGO) = vegan option (GFO) = gluten free option
 Please specify the option when ordering



Did you know we provide external bars and catering for all types of events including weddings? Please get in touch: enquiries@thewhitehorseinnbadwellash.co.uk to discuss your upcoming event.

A polite request

The Parish Council

Gravel driveways

Would all residents in the village who have gravel, pea shingle or loose stone driveways please take extra care that their gravel does not spread onto the pavements of the village.

It can cause difficulties for people trying to walk on a very uneven surface whether with children, pushchairs or just themselves.

It only takes a minute to sweep the gravel back onto your drive so please think of others.

Thank you.

Report from our County Councillor

Andy Mellen - andy.mellen@suffolk.gov.uk

The maintenance of Suffolk's roads is done by a private contractor, Kier, working in partnership with the council.

This contract, worth many millions of pounds each year, is up for renewal and the council is seeking to have a new contract in place by October 2023 when the current one expires. All councillors have a funding pot for small highways works in the villages they represent but under the current deal with Kier, getting a job done at reasonable cost is difficult.

I have been recently quoted a price of £10,000 to install a small triangle of kerbing in another village – other councillors have seen other eye-watering quotes for seemingly small and simple jobs.

As an opposition group we think there are excess profits being made from these small highways tasks and we have pressed the Conservative administration to consider an in-house bid for the highways maintenance contract – i.e. Suffolk County Council to take back responsibility for maintaining our roads. If you support this idea you can sign our petition here: (ensure you make your name public, or it won't count!):

https://www.petitions.net/for_suffolk_county_council_to_develop_an_in-house_bid_for_suffolk_highways_maintenance

Please get in touch if you need help with any council-related matter.

Wildlife corner

It's that time of year again where we have seen the return of house martins, swifts and swallows to the village, from their long 7,000 mile journey from Africa.

These birds head to Europe from May onwards to nest and raise their young, before heading back in September/October.

You may have noticed the swifts and house martins zooming around our village skies recently. Both species will happily co-exist together, and even nest next door to one another!

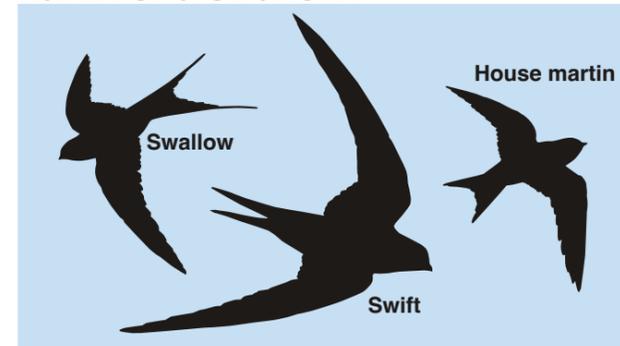
All three species eat on the wing (while flying). This means they need a supply of flying insects. Badwell Ash is surrounded by fields and has several large ponds which means there is an ample supply of grub for them. The ponds and clay soil in the village are also very important for swallows and house martins who use the mud to build their nests. **It takes a house martin**

around 1000 beak-fulls of mud to complete a nest, so please don't knock them down (it's illegal during the nesting season). If you do need to remove a nest please only do so after the breeding season.

There are lots of mud nests in the village, so keep an eye out next time you are on a walk, and if you're lucky you might spot some little chicks peaking out.

Time for the sad part. Swifts and house martins are both red listed now which means we need to take urgent action to make sure we don't lose them. We can help by installing nest cups or swift boxes. If you would like to help why not fill out the adjacent survey and bag yourself a box!

How can you tell if it's a swift, house martin or a swallow?



The easiest way to spot the difference is by looking at their tail feathers!

The swallow has the a forked and tapering tail. They also have red on their faces. They often build nests in quiet locations, out-buildings, sheds or places with easy open access to come and go, like the house martin they use mud for their nests.

A swift looks like a boomerang and about twice the size of the other two and often fly in a group.

Sometimes they have "screaming parties"! They like to live in old buildings, swift nest boxes/bricks or under roof tiles to make a nest.

House martins have a shorter tail, but are a very similar size to the swallow, and like the swift, often fly in pairs or groups. They look like flying orcas! You will often see them shooting around the village this time of year, and like the swallow they use mud to build a nest but prefer to do so under roof eaves.

Wildlife nest boxes

Would you be interested in a **FREE** wildlife nest box?



Birds of prey make excellent pest control!

As part of the CIL funding one initiative was to use some of the funds to help our local wildlife. We want to encourage residents, land owners and farmers to let us know if you would be interested in any of the below boxes - paid for by the Parish Council!*

Fitting will be done by an expert so all you have to do is let us know if you would be interested and once we have enough interest we can start looking at placing an order.

All you have to do is let us know by 31st August 2022 if you'd like one of the following (only 1 per household):

- Swift box
- Barn owl box
- Kestrel box
- House martin nest cup
- Tawny owl box
- Bat box
- Little owl box

Please note for birds of prey/owls you must have suitable trees.

How to let us know

You can fill out the online form: bit.ly/3v2ndXJ

Or cut out the slip below and hand it in to the shop or the pub.

*Please note, you have to live in the Badwell Ash Parish Council boundaries to qualify for a box funded by the Parish Council.

Badwell Ash wildlife nest boxes

Name:

Telephone number:

Email:

Which box would you be interested in?

- Swift box
- Barn owl box
- Kestrel box
- House martin nest cup
- Tawny owl box
- Bat box
- Little owl box

Data protection: We will only use your information for the purpose of contacting you about the wildlife boxes. We won't hold on to your data for any longer than necessary, and we'll destroy it securely.

This issue is sponsored by: **Pawfect Moments Pet Care**

I'm Caroline Morris, and I run **Pawfect Moments Pet Care**. I'm a qualified Dog Walker with the British Canine College, and I've been running my business for five years.

As pet owners, we're responsible for the welfare of our pets. And at this time of year, I wanted to make you aware and reiterate the following points that we need to look out for.

Grass Seeds

The east of England is one of the highest risk areas for grass seeds and foreign bodies. The reason for this could be climate, grass species, land uses (like farming), where we walk our dogs and the characteristics of our dogs. Signs and symptoms to look out for are:

Grass seeds

Where to check!

1. Paws

Dogs might lick their foot excessively, or limp. Grass seeds trapped between toes can cause pain, swelling and infection.

2. Ears

Seeds can travel down the ear canal. If your dog is shaking their head or scratching their ears, you should get them checked by a vet.

3. Eyes

Seeds in your dog's eyes can make them sore, swollen, itchy and red. There could also be thick, sticky discharge. Or they might keep their eye closed.

4. Nose

Dogs might scratch or rub their nose if a seed gets up there. They might also sneeze excessively. You might also see some discharge.

5. Skin

Dogs with long coats might get seeds trapped in their fur. Hot, red, swollen areas may appear on your dogs' flanks or belly, and there might be some thick, sticky discharge too.

6. Lungs

It's rare, but grass seeds can get into dog's lungs. It causes a persistent cough, fever and tiredness, and can lead to serious issues if left untreated. So...see a vet promptly.

Please always check for grass seeds. I almost lost one of my dogs a few years ago after he inhaled a grass seed, which punctured his lungs. I cannot reiterate this enough, it's serious!!

HeatStroke

Please DO NOT WALK your dogs in this hot weather. A dog has never died because it didn't have a walk, but plenty

have because they were walked in the heat. If the pavements are too hot for your hand, it's definitely too hot for your dog's paws.

Heatstroke

How to protect your pets



1. Check the forecast

Planning is key to keeping pets cool. If it's going to be warm, avoid long outdoor activities or day trips.

2. Time walks

If it's going to be hot, walk in the early morning or late evening. If it's still hot, miss the walk. Rest won't hurt, but a walkie might.



3. Stay shady

Some dogs might like to play outside in the sunshine...it's better to keep them inside or in the shade.

4. Drink, drink, drink

Drinking helps our pets keep cool. And it prevents dehydration. Make sure fresh drinking water is available - even if you're out and about.



5. Keep the breeze

Moving air can help keep the whole family cool. Dogs sometimes enjoy sitting in front of a fan. Cats might not be so sure...



Pawfect Moments

Caroline Morris
Dog Walker / Pet Sitter

Dog walks alone and in
groups
/ home visits

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Great Ashfield & Badwell Ash WI

Midge Hawkins

Well, summer is finally with us but also with vengeance with extremely high temperatures expected. I think we will all be wishing for the patter of gentle rain drops sooner rather than later. My garden, like everyone else's, is parched, and the lawn resembles a cut corn field – dry and stubbly!

Our May AGM meeting went well, with all the committee being re-elected. We enjoyed an interesting talk from our speaker, who spoke about the ACWW.

For our June meeting, our speaker Jane Hoggar, an ex-Bluebell Girl, gave us a talk about her start in life as a dancer and how she went on to become a Bluebell girl. Her talk was extremely interesting, entertaining and very amusing.

Our July afternoon meeting was a visit to the lovely gardens of Holme House in Drinkstone, with tea and cake included. It proved to be an enjoyable and relaxing afternoon.

Our next three meetings, all listed below, are to be held in the Lord Thurlow Hall at Great Ashfield at 7.30pm unless otherwise stated. Our meetings are held on the second Thursday of each month.

11th August 2022. Members Garden Meeting (afternoon). Tea, cake and chat at the kind invitation of Kate and Ian.

8th September 2022. Our speaker is Liza Jones, whose talk will be entitled 'Behind the Bathroom Door'. If you would like to know more, then do join us for the evening.

13th October 2022. Our speaker for the evening is Robert Leader. He will be talking about 'In search of Secret Suffolk', which sounds extremely interesting. We should all learn of new places to visit in our beautiful county.

We would welcome any new members to join us. We are not a huge group but a very friendly one, and we invite you to come and see what we are all about. All visitors are welcome to join us at £3. That includes a raffle ticket and refreshments.

Please feel free to ring me for any further information on 01359 259399.