

CRATFIELD NEWS

May 2020



NHS





CONGRATULATIONS to

Simone and Aaron on the birth of baby Theo
22nd March 2020
a brother for Evie and Zach

(Good news for the village in these difficult times. We hope to be able to see them out around the village before too many more weeks pass.)

COVID 19 HELPLINE

The Covid 19 helpline is working!

Thank you to the volunteers that came forward. We now have 30 registered of which most have contributed in some way.

Easter bunnies were out all over our village on Easter Sunday,, Thank you. You made a difference.

Once again for those needing to shield at home, there is help. It's only a phone call away.

Thank you to everyone who silently helps their neighbour.

Margaret Thompson

07906 509302

NHS

The old familiar sounds of the day I miss, really eerie, didn't know it mattered at all.

Then to stand on the door step and applaud our NHS workers in a small village like ours was really heartening.

It was so great I phoned my daughter, Sally, who nurses in Chelsea and Westminster in London.

She sounded very emotional, therefore so was I. What a lovely thing to do.

"Mum I can hear a foghorn and whistles, clapping, saucepans and hoorahs!"

Yes, Sally, even our small community, individually we care as much as those that live in the smoke.

Even more so as we are out on a limb.

So cheers to all for doing their bit and more, right across the board.

A huge well done and thank you so much...

From a very appreciative Cratfield.

HIP HIP HOORAY

Chrissie Kitchen

Cratfield Community Coffee Break

We have enjoyed two community coffee break meetings since last autumn, they have been most convivial affairs. Sadly though they are on hold, but only for the duration of these difficult times.

The generous donations you have all given amount to £100. Those who have helped me arrange these events have agreed that these funds should be given to our church, St. Mary's, to offer help or comfort in these uncertain times to any Cratfield parishioner.

Thank you to the village hall committee for allowing us the use of our lovely village hall free of charge. Thank you also to our Cratfield community who support us. Stay safe,



Wendy Thomas

VILLAGE HALL

With no way of knowing when we might re-open the village hall for social events, a piece of positive news is that the work on the acoustics will have gone ahead by the time this magazine is out. We are having special panels suspended from the hall ceiling to cut down noise reverberation. If you've ever stood in a packed building and found it hard to hear what the person next to you is saying, you'll know it's more than just the number of people in the space. It's the way the sound bounces off hard surfaces, in effect doubling the volume and making it hard to distinguish between different voices. We hope that this work – generously funded by the Heveningham Hall Trust – will make our events more enjoyable. Particularly for those who use hearing aids or are getting a little hard of hearing.

We would normally by now be looking forward to our summer BBQs. Sadly, very unlikely to happen. But there is something I'd like to ask everyone to do. For the last two years we have been serving drinks in plastic cups at these outdoor events. This is a safety measure as glass can be a hazard outside if smashed, as it can't easily be seen and cleared up. Nobody likes disposing of large amounts of plastic, so could everyone use this lock-down period to source their own 'keep cup' or 'keep glass' to bring along. Washable, reusable plastic is simplest and best, though we'll happily fill a pewter tankard or a cow's horn if you have such a thing. You bring it, take it home, then bring it to the next event. That way we radically cut down on disposable plastic.

We will meet again, but in the meantime, keep safe and well.

Natalie Lloyd-Evans

Covid-19 Vaccination and Your Body

How vaccinations work

There are a lot of stories circulating at the moment about the ongoing task of trying to find a vaccination for Covid-19. It is not an insurmountable problem but there are a lot of steps involved in getting closer to a vaccine to help in this global emergency.

Vaccines have changed the world. One of the most horrific diseases of mankind was smallpox. People throughout the world dreaded it as it came, killing up to 30% of its victims and leaving others horrifically maimed. The first smallpox vaccine was discovered by Edward Jenner. By the early 1980s through a worldwide systematic programme of vaccination, smallpox was eradicated. In the 1950s Jonas Salk developed the first polio vaccine to make the lives of millions of people safer.

To work, a vaccine must activate your immune system at a low level so that then it can recognise the intruding virus, bacteria or whatever, and react to eliminate it from your system before you get any symptoms. In flu vaccines they do this either by using inactivated (“dead”) viruses, or by using just a tiny part of a virus. So, despite what people say, flu vaccines cannot give you the flu, only an immune reaction against it, where somebody might have a slight fever or similar – far safer than having influenza.

Internal warfare

To get to grips what is happening, it is necessary to have an outline of what is going on in your body.

Your immune system is an amazing thing. It treats your body like a fortress, trying to keep intruders out. Should the interlopers slip in through some failure of the outer defences, it will set about tracking them down to neutralise them. To be able to do this, your immune system needs to be able to recognise the alien invaders. Viruses and bacteria have chemicals on their outer coats called **antigens**. So do your own body cells. Your immune system is able to recognise “foreign” antigens and get an immune reaction going against them. This is why transplants are so difficult – the new tissues and organs have “foreign” antigens that your body rejects as being alien.

One problem with vaccinating is that some diseases change, or mutate, over time so the antigens change. Smallpox did not mutate so it could be eradicated by using the same vaccine in everybody. Flu viruses mutate all the time, which is why a new flu shot is needed each year – and even then, you are given a shot for the strain that is most common that year, so there is still a slight risk of getting influenza from a different strain.

As part of your amazing defences, your immune system has a full-on army working to protect you. There are cells that behave like Ninja warriors, taking on a fighting any aliens they find. Others are like Sumo wrestlers, boldly taking on large numbers of opponents. Still others work behind the scenes, boffins producing chemical warfare against the alien invasion.

There are memory cells that remember exactly which chemical warfare to produce should the same invaders appear again. There are sergeant major cells that rally the troops and tell them where to go. There are other cells that tell the troops to stand down and cease fighting. You get the picture.

The boffin cells produce chemical agents called **antibodies** which disable and neutralise the aliens. So, antibodies being present in your body show that an infection has happened, either naturally or by vaccination. How many antibodies you have depends on the strength of the immune reaction. At the time of writing, this is one thing that is still not entirely clear in Covid-19. Some diseases produce a strong immune reaction, others just a weak one. Vaccines are often given two or three times to make sure that your immune response is strong, and this is why boosters are given also, as immune response tends to wane over time.

So there are two key words you need to understand here.

Antigen is a chemical on a cell or virus that can be recognised by your immune system

Antibody is chemical made by your body to fight bacteria and viruses and such like

Getting there

There are 4 steps to producing a vaccine.

Lab work and testing on animals to find antigens that provoke an immune reaction

Making a vaccine to test on healthy human volunteers – Phase I

Larger trials to find the efficacy of the vaccine – Phase II

Large scale trials – Phase III

At each stage the efficacy and safety are assessed. When the large scale trials are over, there is a process of approval by a country's health authorities, and then the manufacture and distribution.

For Covid-19 there is a truly international effort to find a vaccine that works. This cooperation means that they are overlapping several of the stages. The key antigen has already been identified. Phase I trials are under way. But at the same time, large scale manufacturing processes are being set up ready to go even before the Phase I data is ready, so that, should the efficacy and safety data be good, they are able to go straight into Phase II without the normal pause for review and setting up. And so on. It is a complex process, by no means guaranteed. There are a lot of unanswered questions still.

But there is hope!

MICHAEL OLIVER

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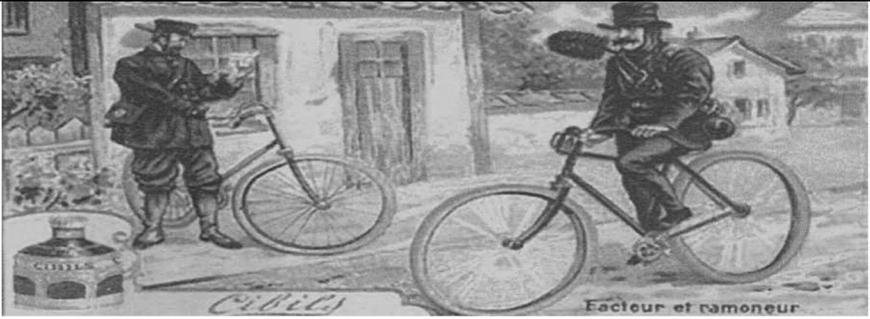
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A Week in Paradise

In 1962/3 I served as a 19 year-old Midshipman in HMS Cavalier in Singapore. After nearly 18 months there, most uniquely we were sent home “east about” across the Pacific, via Fiji, NZ, Tahiti, California, Central America and the Panama Canal.

In Fiji, the ship was sent on a tour round the smaller “outer” islands. Meanwhile, a small intrepid group of matelots, nominally led by this very wet behind the ears Midshipman, sailed off in the ship’s whaler to a small island called Daquimbeqa in its own atoll about 30 miles from Suva, to spend some days in the main village, Dakuna, learning about life in a Fijian village. We were accompanied by a delightful and friendly Fijian speaker, Joe, from Rotuma. There were then no tourist facilities of any sort; just a few grass hut villages and the pit where the famous firewalkers of Beqa walked over red- hot coals on religious occasions. Not a vehicle anywhere.

Arrival was a slightly dodgy business in a tropical cloudburst with about 10 yards visibility trying to find the gap in the coral reef to enter and get to the village – a gap which we later learned was a haunt of hungry sharks! Once there, we were welcomed by the Chief, Ratu Timoce Cola and the school teacher, the only English speakers, shown to our grass hut and settled in. We were shown our “bathroom” - a beautiful waterfall into a small pool surrounded by trees and then entertained that evening to a session drinking the famous Kava root drink and listening to the men singing, in beautiful harmony, old Fijian folk songs, leading to some embarrassment when we were asked to sing English ones, and had few in common which were decent.

There followed a few days of pure delight, exploring the village, sailing out in the lagoon to try spear fishing, picking mangoes off the trees, playing football against the men, watching the women perform Meke dancing, eating baked fish with coconut, breadfruit, yams and having a final big banquet at which I made a speech of thanks in Fijian, thanks to the coaching of the school teacher! It was a fairy tale.

Let me share one really surreal experience which typified it. One day we set off to walk the three miles of narrow paths, over fallen mangoes and bananas, to the neighbouring village. On the way, on a beautiful, empty, white-sand beach we found a young Fijian

woman, alone nursing a baby.

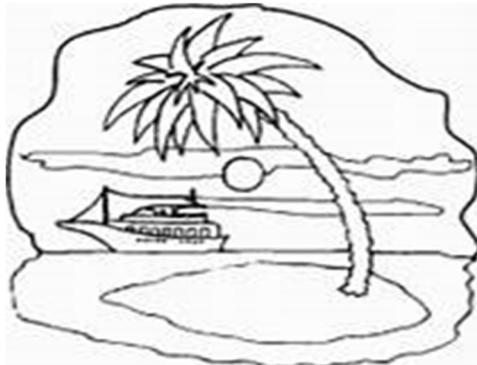
Now, you should know that, at the time, the Survey Vessel *HMS Cook*, had been surveying the Fiji Islands for a few months. *HMS Cook* was, of course, named after Captain Thomas Cook who explored the South Pacific in his vessel, the *Endeavour*.

The young woman spoke a little English, so I complimented her on her beautiful baby and asked his name. "Cook" she replied. "Oh" said I, "Thomas Cook?" "No. *HMS Cook*," was the rather disconcerting answer. Exit, left, one embarrassed young Midshipman! Somehow this summed up the unreal, fairy tale existence we enjoyed on Beqa.

A day or two later we left the island to return to Suva and await the ship. As we sailed away, the villagers waded into the sea behind us, waving, scattering flowers and singing the beautiful Fijian farewell song "Isa Lei." They were all in tears, as was our lovely guide and companion Joe. Even the odd matelot shed a tear. It had all been too good to be true.

Just for a few days we had lived in paradise.

Jeremy Blackham



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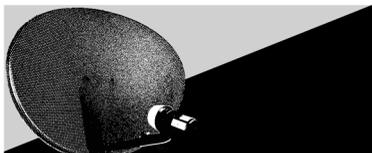
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Village Hall Update – May

Sadly all future planned events are cancelled/postponed for the foreseeable future. When the current lock-down is over the committee will then follow government advice re gatherings. However, for now, don't forget the Photographic Competition categories – whether this happens in October this year as planned or gets rescheduled to some point in 2021, the categories will remain the same:

Suffolk Transport –

A category with plenty of scope! Any form of transport such as trains, planes, boats, bicycles, horse & carts, pogo sticks, buses, soap box racers, horse boxes, trucks, classic cars (and not so classic cars!) tractors, sledges – the list is endless. Think old, new, vintage or obscure, single or groups.

Black & White Cratfield –

A great opportunity for professionals and the not so professional amateur photographers among us - any photo in or around Cratfield in black and white format, anything goes as long as it is black & white.

Suffolk Skylines –

Be it a city scape, sea scape or country scene, any outline of a scene / location in Suffolk with the sky as a backdrop.

Fun category – Suffolk Seaside –

Anything featuring the seaside, a day at the beach, a walk on a coastal path, messing about on the water, a picnic, sandy dogs – the list is endless!

Accoustic Panels

One thing that is being able to be carried out during the lock down is the installation of the acoustic 'sound absorbing' panels in the Village Hall. This was mentioned previously in the magazine and the contractors asked if they could carry out the installation – as there would be no human contact. See elsewhere in mag for update.

Facebook

There is a 'Cratfield Village' facebook page – this is not just for village hall news, it covers church events, village hall events, the concerts, dog shows, reminders for the photographic competition, gardening club, pop up pub and so on - and links to other villages for events. It is also proactive with spreading information about power cuts, lost dogs, road closures / flooded roads and alternative routes, bin and recycling information, calling teams into action when there are lost horses (or alpacas!) on the road and so on. The page is administered by 4 residents – just to ensure nothing personal is posted. Please do feel free to like, share and post anything – such as a recipe, local photography and so on. At the moment the page is a good resource for listing local companies offering delivery of food etc. and local pubs offering take away options etc.

100 Club draw held

Please there will not be a 100 Club Draw until things improve, then there will be one big draw for all the months missed. Renewal due at the end of May is also on hold for the moment.

At Home Tea Party Friday 8th May – 3pm

To celebrate VE Day 75th Anniversary we had looked at the possibility of holding an event such as an afternoon tea and tree planting ceremony at

the Village Hall – however that is now on hold.

Another idea to try and create a shared moment of celebration throughout the village has been thought up – for all those that want to participate, it is planned the village will hold an 'At Home Tea Party' on Bank Holiday Friday 8th May.

The idea is that everyone comes together (albeit in their own garden!) with their own version of afternoon tea – whether you prefer a crust-less cucumber sandwich or a slice of cake with an afternoon cup of tea.

To signal the start, at 3 o'clock the church bells will be rung and we can all cheer/blow a bugle (if we have one) or another musical instrument, holler to our neighbours and then settle down with our own version of afternoon tea. (I wonder if I can get any spam for a spam sandwich?!). If you have any bunting, union flags (or a union jack if you have a small boat with a flag pole/jackstaff in the stern!) please feel free to put them out in your front gardens and post photos of your 'AT Home Tea Party' on the Cratfield Village Facebook page.

The 8th May was the day peace emerged after nearly six years of war, so the 75th anniversary represents an important milestone in our history and this would be suitable to mark the occasion in the current circumstances. (It almost goes without saying, please keep to your own garden and respect social distancing.)

The Gateway Gallery 25th May / all day

To give us all something else to look forward to, several village have come up with the idea of adding interest to our daily exercise/walks by offering to display a craft or something they have been working on during the lockdown at the end of their drive/gateway/front garden.

So if you have been brushing up on your painting skills (get the joke?!) finishing the last detail on a quilt or blanket etc. please feel free to share this in this way. For children, they could be involved by painting a picture or creating something that could be displayed such an arrangement of items gathered on a walk – and then walk around the village and write about what they have seen. If you are not interested in crafting, but have something you would like to share, such as a print/artwork, a vase of arranged flowers from your garden feel free to join in!

(It is suggested you also put a tag/sign up to explain your item is part of 'The Gateway Gallery' to prevent anyone passing thinking it is up for grabs!) and we wouldn't suggest displaying the family silver.

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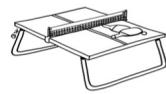
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The Table Tennis table in the room

Of late I have found myself thinking about games and pastimes. Maybe it is because I am missing carpet bowls in Cratfield Village Hall and regular games of table tennis with friends in the village. I am not alone. Sales of traditional board games like Monopoly and Scrabble are surging. Table Tennis Tables are as hard to obtain as paracetamol and pasta and the home trampoline trade is bouncing vertiginously upwards. A Facebook friend has just acquired a new in boyfriend and at same time has proudly posted an image of the new Table Tennis Table that now dominates their living room – ideal, presumably, for a honeymoon staycation.



live

My father's family, which grew up poor when there were limited leisure opportunities for most people, loved to play cards. A raucous menagerie of Aunts and Uncles loved nothing better than playing loud and hilarious games of **Nap** for coppers at Christmas and on high days and holidays.

As a boy my little circle would spend hours playing **Monopoly**. This soon developed into a craze for board games – especially the ones made by **Waddington's**. There was **Railroader** where you became a pioneer building the first railroad from Junction City to Buffalo Creek. There was an epic looking map of the Wild West and a pile of plastic rolling stock and railway lines. The advertising suggested that you would enjoy

'All the thrills and spills of the romantic west plus a continuing struggle to sabotage other players' track.'

We loved to pore over the **Waddington's** brochures that showed the games with alluring photos of colourful boards concealed in the bright boxes. There were tantalising glimpses of the chance cards and fake money, playing pieces and all the other little details that attracted our childish jackdaw minds.

Not only could you roam the ocean on a satisfying looking old sea chart in a real plastic pirate ship in **Buccaneer** – but you could load it with tiny rum casks, miniature gold bullion, precious stones and pearls. **Risk** was the game of world domination – what child could not resist the copywriter's blurb?

'The winner of Risk rules the world.'

Totopoly was a horse racing game which lasted for hours and had a two-sided board. The game had two parts. The first side, which was incredibly complicated, involved trading in horses and training them – you then flipped the board over for the racing part which was far simpler. The catch was that no matter how well you had done in the first part of the game the result of the race proved to be entirely a matter of chance – rendering the first couple of hours of play pointless.

Formula One was a racing game far superior to **Totopoly**. It was a car race game which was mainly strategy and skill – the speed of of your little plastic racing car was entirely controlled by you with a natty matching cardboard dashboard – not by means of throwing dice. With its pit stops

and realistic strategy I think I should still love to play it today, if I could find someone to play it with. Old sets are readily obtainable from eBay. By the end our collection consisted of a satisfying casket full of games. **Cluedo, The Battle of the Little Big Horn, Mine a Million, Careers and Go** – an exotic travel game where you roamed the world in an era that preceded mass travel with tickets, wads of foreign currency and travellers' cheques. There was a Waddington's football game which was a sort of poor man's Subbuteo – we rather enjoyed it -even though - because it involved flipping a 'ball' which was a plastic counter with the rounded bases of our teams of plastic 'players' - it was little more than glorified tiddly winks.

It would be great if other readers of **The Cratfield News** would like to share memories of favourite games or even ideas of ways in which we can continue to play games with one another virtually by use of the internet.

Nigel Cousins

Recipe

Claudia Roden was, as far as I know, the first chef to write about the food of the Middle East in our times. I think her 'Book of Middle Eastern Food' is still the best to be found, brimming over with ideas and easy to follow. My copy, published in 1968, is now coming apart! **Megadarra** sounds unpromising, but it is cheap, very tasty, and very moreish! Claudia Roden also has a legendary recipe for Orange Cake....

MEGADARRA (4-6)

1 lb large brown lentils (red are no good because they disintegrate)

Boil lentils in water to cover until tender:

Chop **an onion** and fry in some oil till tender and then add to the lentils and season to taste with salt and pepper. Mix well.

½ lb long grain rice, or brown rice will also work

add rice with enough water to cook the rice. Simmer, covered, till rice is well-cooked and watch that it doesn't burn:

2-3 large onions, sliced – you need plenty of crunchy onion!

Fry onions in hot oil till brown and caramelised, not just lightly coloured!

Serve the rice and lentils topped with onions and a large dollop of yoghurt. Fresh chopped mint goes well with this.

Candy Blackham

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Mace

Leaning on my rake, looking out in the pale April sunshine across Pam Brown's field for the 12th year running, as spring comes, the blossom opens, the birds play amorous games in the hedge and the seasons continue on their endless round, reminds me again why we came to Cratfield and brings great comfort in troubled times. The eternal round of sowing, growing, reaping, ploughing, harrowing and resowing is a permanent and stable feature of life here. It started centuries before we arrived and it will continue for centuries after we have gone. We are just a small, fleeting part of something much greater and more beautiful and lasting.

I always turn at such times to Thomas Hardy, one of the three or four great poets of the last 150 years, who understood the rhythms of the land so well. I have always loved his work, even when admiring him less as a man, and can easily forgive the latter because of the former. One of my favourite poems is a very brief but intense and loving one, which seems to sum up our present situation and offer hope too:

In Time of "The Breaking of Nations"

Only a man harrowing clods
In a slow silent walk
With an old horse that stumbles and nods
Half asleep as they stalk.

Only thin smoke without flame
From the heaps of couch-grass;
Yet this will go onward the same
Though Dynasties pass.

Yonder a maid and her wight
Go whispering by:
War's annals will cloud into night
'Ere their story die.

Jeremy Blackham

Dear Friends

Rogation days, were at one time an occasion of prayer and fasting instituted by the Church to appease God's anger at man's transgressions, to ask protection in calamities, and to obtain a good and bountiful harvest. The Rogation Days are usually around the 5th Sunday of Easter (this year it is 17th May). Rogation came at that time of year when the dawn chorus and beautiful sunrises recall the Resurrection, and, looking about, we cannot escape the beauty of creation in a world of spring bursting with divine Love. There is a freshness in the air, a newness in the sunlight, an awaking of beauty in places one would never seek

The advent of Spring is the surest promise of life after death, of resurrection even though all seems dead and the world is caught in the withered hands of winter, life will win through. Corvid virus has had us in its icy grip and many have died and many have been dreadfully ill. However through all of this there has been a sense of community, a sense of people working together and loving one another. We need to applaud those who selflessly worked in our hospitals, in the care homes, in the homes of those who need support. Even though the virus caused the death of carers and medics alike the rest carried on, their sense of duty and care pushing them forward. We also need to applaud our police and ambulance workers and firemen who have carried on regardless. In fact so many shop workers who turned up for work knowing they were exposing themselves to the possibility of infection. Don't forget also our government who have tried to do the right thing and shepherd the country through unprecedented times. And finally those volunteers in all our communities who have taken responsibility in looking after their neighbours.

This world disaster has, on the whole, brought out the best in people and I want to applaud that. When this is all over are we going to carry on caring in these significant ways or will we forget? I have felt the connectedness of the community over the past weeks.

The future is still uncertain we have a way to go but as we travel from Spring into summer remember this time, how we all pulled together, worked for one another, appreciated one another and keep that in mind for when all is well once more.

Keep well, keep safe you are all in my prayers

St. Mary's Church Services – May 2020

Sunday Services for the foreseeable future will be on 'zoom' at 11.00am. Should you wish to join us please contact Chrissie Smart christinesmart@aol.com and she will make sure you are invited. If you do not have 'zoom' Chrissie will be able to tell you what you need to do, it is quite simple. Even I can do it!

The first and third Sunday each month will be a Family Services, all the rest will be Communion.
David

DIRECTORY:

Doctor's Surgery	Fressingfield	01379 586 227
	Stradbroke	01379 384 220

Local officers:

Church Rev. David Burrell		01986 798 136
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'The Vicarage, Noyes Avenue, Laxfield

theparsnips@googlemail.com

Church Wardens:

Andy Edmunds		01986 798523
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Lay Elder for Cratfield - Margaret Thompson		07906 509302
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Parish Council - Lotty Barbour		01986 798099
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PC Clerk Sally Chapman		01379 855486
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PC Website	www.cratfield.onesuffolk.net	
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Neighbourhood Watch co-ordinator - Nick Eade		01986 798725
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Village Hall:

Chair Person - Natalie Lloyd-Evans		01986 798790
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Vice Chair - Richard Turberville		01986 798346
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Bookings - Jo Nunn		01986 799181
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Laxfield School Head of School- Mrs Minns		01986 798344
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Nova Group - Heather Hargood		01986 798180
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All information must arrive by 20th of the month.

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Please contact Sue, Graham or Peter for more information