

# CRATFIELD NEWS

September 2019



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## **Thank you**

Clive, Helen and David would like to express our thanks for all the support given to us over the last two years during Alison's illness and more recently when she passed away.

Sometimes we did not know who it was that left that meal on our doorstep, cut the grass or just took action in other ways and we want to thank you for these and all the other kindnesses shown to us. They made a real difference in what has been a challenging time.

It has also been a great comfort to receive so many thoughtful cards and notes and kind words from friends and neighbours both old and new. Thank you.

The Long House

## **Hello and Goodbye**

We have said goodbye to Yvonne and Trevor and wish them well in their new home in Framlingham. Yvonne is missed by many who chatted with her on her perambulations around 'the Globe' come rain or shine.

A warm welcome to Yvonne and Trevor's daughter and family, Sadie, Paul, Jessica and Bailey who have moved into the family home. We hope they will all be very happy here in Cratfield.

*Laxfield Produce, Craft and Flea Market  
Saturday 7<sup>th</sup> September 9.30am -12.00pm*

*inside All Saint's Church and this month outside the Royal Oak  
in the 'Laxitude' marquee on Church Plain*

Yes, September sees the return of the very popular Royal Oak's 'Laxitude' weekend – Laxfield's chilled out answer to the Latitude festival. A busy weekend of entertainment, music and joviality in the pub and on Church Plain, something for everyone. So it's very appropriate that it falls on the same weekend as the Market, which will take advantage of this by moving stallholders from the dining area of the Oak into the lovely Marquee erected on Church Plain. So do come and find regular and new stalls there, and as usual more will be dotted around and inside the Church too. Lots of see and buy.

Refreshments available include breakfast, bacon butties, pork rolls, tea and cake in the Church, lunches, beer, picnic bakes... so no problem for those missing breakfast if they get up early to join the fun.

The Scrumptious Sisters' bakes stall, normally at the Market, will be popping up on the Sunday afternoon to create Vintage Teas in the Marquee, along with the fantastic singer of 1940's music, Lisa Day. It was a great event last year, and there's a prize this time for the best dressed guest. Pop along and see them – no charge for entry - cakes, sandwiches and drinks will be available to purchase.

This great community Market tries to have an eclectic mix of tables each month, offering everything from delicious edibles, local meats, preserves, excellent crafts, gifts, garden items, antique and vintage, charity stalls and bric-a-brac, down to the 'don't know what that is, but it looks very useful to someone!'

The Market is very popular so there is always a waiting list for indoor stall space, but do contact Catherine Cawood on 01986 798852 for info on availability.

*The Laxfield Produce, Craft and Flea Market welcomes you on the first  
Saturday morning of every month –*

*A Suffolk Market run by lovely friendly people -  
looking forward to seeing you there!*

## **CRATFIELD ALLOTMENT TO RENT**

Large allotment available for  
Cratfield residents

For further details contact the Parish Clerk

Tel: 01379 855486 or email: [cratfieldpc@gmail.com](mailto:cratfieldpc@gmail.com)



## **DEFIBRILLATOR OPERATION**

The defibrillator is located on the outside of the Village Hall.

Please note:

In an emergency call 999

The 999 operator will provide the code to unlock the defibrillator cabinet and give instructions and support until the ambulance arrives.

If the hall is open, the code is in an envelope on the wall in the kitchen.

Do not forget to also call 999.

Once switched on, the defibrillator will give clear instructions, including how to perform CPR, that can be easily followed.

## **POLITE NOTICE**

Your dog did his duty.... now do yours



**PLEASE**  
Clean up after your pet.

## **SEASONAL FLU CLINICS FOR 2019**

**THE INFORMATION BELOW IS FOR PATIENTS AGED OVER 65:**

### **FLU CLINICS FOR OVER 65's ONLY**

**(or if you turn 65 before 31/3/2020)**

**(PLEASE DO NOT ATTEND THESE CLINICS IF YOU ARE UNDER 65 – WE WILL NOT HAVE THE VACCINES FOR THE UNDER 65's UNTIL LATER IN OCTOBER)**

**FRESSINGFIELD MEDICAL CENTRE SATURDAY 28<sup>th</sup> SEPTEMBER  
&  
STRADBROKE MEDICAL CENTRE SATURDAY 5<sup>th</sup> OCTOBER**

**PLEASE ATTEND THE CLINIC AS FOLLOWS:**

**8:30am to 9am – Those with a Surname that starts with – A**

**9am to 9:30am – Those with a Surname that starts with – B**

**9:30am to 10am – Those with a Surname that starts with – C**

**10am to 10:30am - Those with a Surname that starts with – D, E & F**

**10:30am to 11:00am – Those with a Surname that starts with – G & H**

**11:00am to 11:30am – Those with a Surname that starts with – I, J, K & L**

**11:30am to 12noon – Those with a Surname that starts with – M & N**

**12noon to 12:30pm - Those with a Surname that starts with – O, P, Q & R**

**12:30pm to 1pm - Those with a Surname that starts with – S & T**

**1pm to 1:30pm - Those with a Surname that starts with – U, V, W, X, Y & Z**

**REFRESHMENTS WILL BE PROVIDED AT THE CLINICS**

**FURTHER INFORMATION ABOUT THE DELAY WITH RECEIVING THE VACCINE FOR THOSE ELIGIBLE PATIENTS AGED UNDER 65 IS ON OUR WEBSITE: [www.fressingfieldmedicalcentre.co.uk](http://www.fressingfieldmedicalcentre.co.uk)**

MICHAEL OLIVER

## FENCING AND GATES

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## Scams

Over the last couple of weeks it appears that some Cratfieldians have been the victims of scams, so I thought I'd put together a bit of advice, after nearly falling for one myself.

Most of these scams come through as emails they are very convincing and look just like the real thing. The signs to look out for a bad spelling and grammar and the email address, although it may say it's from Yahoo or BT, if you look closely at the actual address it may be soandso@gmail.com or similar rather than the proper address.

Some come as phone calls posing as BT or Microsoft or similar telling you that you have any issue or virus on your computer and asking for access to your device to repair it. Just ask yourself two questions: How would they know and why would they care?

They inject an element of fear and a deadline to get you to do what they want without thinking. In my example it was an email from HMRC telling me I was being investigated and needed to contact them within 24 hours or the police would be called.

Do not accept unsolicited contact of this type, if you didn't contact the company first it is probably a scam. End the call and do not use any links or contact details supplied in the email. Contact the company direct using genuine contact details. Report suspected scams to Trading Standards and the company involved so they can monitor and take action where required.

If you need help I am happy to give free telephone advice on 01986 888505 or 07758076177.

Keep vigilant and be safe. Pete.

## *Gates Lodge Self Catering*

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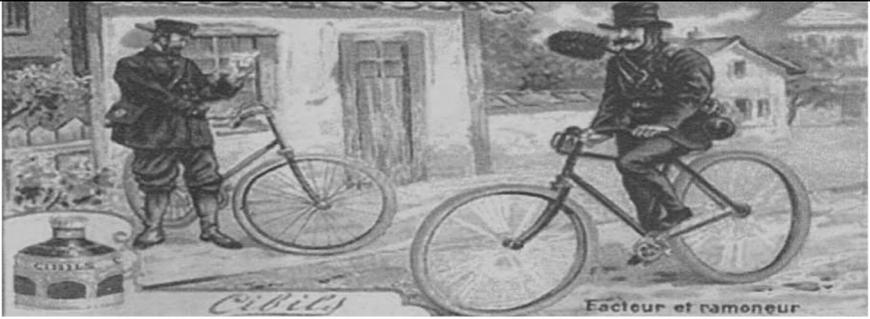
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## Summary of July 2019 Meeting

**Present:** Lotty Barbour (Chair), Richard Chivers (Vice Chair), Peter Baker, Michael Oliver, Amy Pritchard, Gloria Steward

**Clerk/Responsible Financial Officer:** Sally Chapman

### **Matters Arising**

Cllrs informed the dog waste bin on Church Road is not in place yet and asked the Clerk to enquire.

### **Finance**

To receive the current Financial and Budget Report and Approve payments

Date	Income	Amount
	None	
	<b>Expenditure</b>	
21/05/2019	ICO Data Protection Fee	£ 35.00
28/05/2019	Clerk's Salary - May	£ 179.75
04/06/2019	Bank Interest	£ 0.02
28/06/2019	Clerk's Salary - June	£ 179.75
	Cheque error from 2018-19 (accounted as £29.10 not £26.10)	-£ 3.00
09/07/2019	Clerk's Expenses June & July	£ 81.44
	<b>Total</b>	<b>£ 472.96</b>

### **Planning Applications and Decisions**

Cllrs noted the following:

#### Applications

**a) Ref. No: DC/19/2503/FUL**

Single storey timber building for use as a garden room  
Stokes Cottage Bell Green Cratfield Halesworth Suffolk IP19 0DH

**b) Ref. No: DC/19/1678/VLA**

Variation of Legal Agreement - Amendment to the 106 Agreement  
2 Poachers Cottages Bell Green Cratfield Halesworth Suffolk IP19 0BL

#### Decisions

**a) Ref. No: DC/19/1530/FUL**

Construction of a Two Storey Rear Extension  
Moat House Farm Cottage North Green Road Cratfield Suffolk IP19 0QL  
Status: Permitted

**b) Ref. No: DC/19/0863/FUL**

Retention of Two Storey Side Extension, Single Storey Rear Extension and Front Porch as Erected Not Being in Accordance with Approval DC/13/3132/FUL  
Yew Trees Bell Green Cratfield Suffolk IP19 0DL

Status: Permitted

**c) Ref. No: DC/19/0149/VOC**

Variation of condition 2 of DC/18/2192/VOC - change of use of land and erection of cart lodge in conjunction with conversion of existing barn permitted under DC/16/2718/PN3:  
Status: Permitted

**d) Ref. No: DC/19/0272/VOC**

Variation of condition on application DC/16/1234/FUL (Barn conversion)Rookery Farm Swan Green Lane Cratfield Suffolk IP19 0QE

Status: Permitted

**e) Ref. No: DC/19/0625/FUL**

Proposed change of use of storage building to form holiday let.

The Firs Manse Lane Cratfield Suffolk IP19 0QD

Status: Permitted

### **Village Matters**

#### **a) Play Area Maintenance**

- Play Area bark now in place.

#### **b) Village Maintenance**

- Bus Shelter Repairs/Improvement

Cllrs agreed in principle to replace the bus shelter with another building and agreed to research cost and discuss at the next meeting.

#### **c) Village Matters**

- **Neighbourhood Watch** no update

- **Parish Map** Clerk waiting for details from ESC.

- **Allotment Requests** allotments are now marked out and the Chair has been allocating them to parishioners on the waiting list, Clerk to email tenancy details and one spare allotment to be advertised in Cratfield News.

#### **d) Millennium Meadow**

- **Community Payback Team Maintenance** c/f

- **Dog Fouling** Cllr Steward requested some signs and a notice to be placed in Cratfield News.

- **Dog waste bin** now in place and being emptied.

#### **e) Defibrillator Training**

Ten parishioners attended the training on Thursday 23<sup>rd</sup> May 2019 and have received certificates. Cllrs discussed the list of trained defibrillator operators and agreed in an emergency that the user should follow the instructions on the machine. The 999 operators will give instructions and support. The list is to be removed from the Parish Magazine and replaced with a notice advising parishioners to call 999.

**g) Litter Picking Equipment** now received by Cllr Steward and Cllr Chivers. Clerk to place notice on website/parish magazine/noticeboards inviting parishioners to use.

### **Any Other Business**

A Cllr reported motorcycles using Tong's Lane and SCC are investigating.

### **To confirm the next year's meeting dates:**

10<sup>th</sup> September 2019 at 7.15pm

12<sup>th</sup> November 2019 at 7.15pm

14<sup>th</sup> January 2020 at 7.15pm

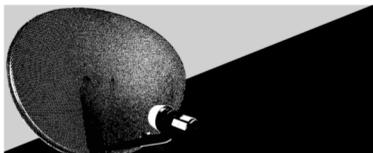
10<sup>th</sup> March 2020 at 7.15pm

12<sup>th</sup> May 2020 at 7.15pm – APM & AGM

14<sup>th</sup> July 2020 at 7.15pm

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Halesworth, Suffolk, IP19 0BI

## VILLAGE HALL NEWS SEPTEMBER

### **Sunday 1<sup>st</sup> September – Horticultural Show**

If you need another schedule or have any queries please do contact Carolyn White on 799187. A copy of the classes and entry rules etc. can be found on the Cratfield Village Facebook Page – this is a fun event for all ages and abilities so double check the schedule and see what you can enter, if you don't have a go you never know! Staging of the exhibits will be between 10 and 12 on the day and the hall will then be closed for judging till 2.30pm, then open for Pimms, prize giving and raffle at 4pm – exhibits can be taken home from 5pm.

### **APPEAL PLEASE**

If you have any unwanted presents or duplicate gifts (bottles, books, beauty products, scented candles etc. etc.) that you would be happy to donate to the Village Hall Raffle please do let Carolyn White know on the above number.

### **Wednesday 4<sup>th</sup> September – Cratfield Gardening Society**

From Caroline Marfleet – the next meeting is at Church Farm House at the earlier time of 7pm. We plan to discuss pruning techniques and perhaps practice on some shrubs, plus sharing seed collections. Any queries, please contact Caroline Marfleet by email – marfleets@doctors.org.uk or phone 01986799048/07969603509

### **Friday 6<sup>th</sup> September – Pop-up Bar with food by Cratfield Kitchen**

Many thanks to 'newbies' Mark and Sue Askew along with Nigel Cousins and Tim & Sue Ackerley who ran the bar last month and Dennis Rockall who sets everything up (without him we would all have been sitting on the very long grass!) Also Caroline Wisby-Brown and the Ackerleys again who cleared up and left the place spick and span. Finally another thank you to Richard and Andy for manning the BBQ all evening (Did you know we got through 6.5kg of onions within the first hour alone and cooked a total of 80 burgers and 96 sausages!) and to Lotty Barbour for delivering and removing the BBQ afterwards. Now harvest is nearly over (But, is a farmer's work ever done?) we welcome back Cratfield Kitchen – and look forward to seeing what is on the menu on 6th September.

### **Saturday 12<sup>th</sup> October – Cratfield Photographic Competition**

As a reminder, the three categories for the photographic competition this year are – Suffolk Seasons, My Suffolk Weekend, Secret Cratfield and the new fun category – Cratfield Pets. You can enter as many times in any or all categories as you want. The photos must be either 12"x8" or 8"x6" and can be either portrait or landscape, matt or gloss finish, colour or black and white – it really is a competition for all ages and abilities – so, go on – have a go! Forms are in this edition and also available in the Village Hall.

### **Other dates for your diary – more information to follow**

Saturday 9<sup>th</sup> November – Cheese and Wine evening

Saturday 23<sup>rd</sup> November – Acoustic Night – back by very popular demand.

### **100 CLUB WINNERS**

Draw held at Nova

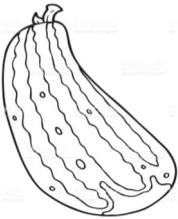
- 1<sup>st</sup> Jo Nunn No: 9 £15.00
- 2<sup>nd</sup> Sheila Hookins No: 50 £10.00
- 3<sup>rd</sup> Frank Cousin No: 28 £5.00

## The Yellow Submarines

I woke up this morning with giant courgettes on my mind. Their rounded prows had nudged their way into my head overnight like yellow submarines.

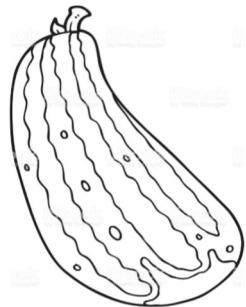


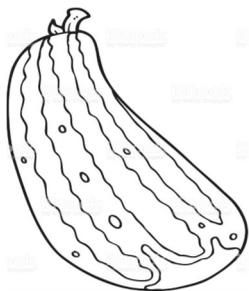
We love home grown produce and hate waste. Courgettes are tasty and they are mostly all water, so you can eat any amount of them. There are so many ways of presenting courgettes. You can cut them into thin rounds and fry them. You can steam them and serve them in cheese sauce. You can slice them and bake them in a courgette moussaka. You can grate them and mix them with a little cheese and self-raising flour and make delicious courgette fritters. You can make courgette cake. I have even sliced them thinly and marinated them raw in lime juice oil and seasoning to make a courgette carpaccio – though this was not an experiment I was asked to repeat. 2019 was the year when we were not going to be overcome by a superfluity of courgettes.



But last night when I went to pick some for supper, I spied a fatal gleam in the murkier depths of their garden lair. I spotted a wolf pack of green and yellow U boats we had somehow overlooked and allowed to grow huge and inedible. Cooking was going to be no good for these monsters, with their large unappetising seeds and watery, tasteless flesh. Overnight we had become victims of a courgette glut.

I crawled out of bed and went straight to my laptop. I had to find something to do with them – I did not want to have to admit defeat and trash them. Even in the stranger corners of the internet I did not find many ways to deal with the monstrous courgettes I had discovered. But an American website did have a solution for what to do with even the most gigantic zucchini. According to them, if you boil up chunks of the flesh and add a little bit of dried fruit and encase the result in pastry what you end up with is indistinguishable from apple pie. I found that hard to swallow. I stopped searching for more recipes, admitted defeat in my crusade to eat the whole crop and slung our outsized courgettes straight into the bin.





On reflection however, I find the idea of masses of unappetising giant courgette flesh taking on the characteristics of a micro dose of something added to it rather appealing. Homeopaths say that a few molecules of a medicine are enough to change a large volume of water into an effective medicine. This homeopathic theory of courgette cookery is growing in my mind – like an out of control courgette. Imagine a pie made of golden pastry atop a fragrantly meaty filling of enormous courgettes stewed with a fleck of mince and a shaving of kidney! Using this approach, the giant courgette could feed the world. If scientists could one day develop them – we could see the start of a new era of peace and prosperity ushered in by Zeppelin sized zucchinis.

I realise that this is becoming an intemperate rant. But that's the trouble with courgettes - they always run wild in the end. Roll on the end of the courgette season when I might be able to calm down.

**Nigel Cousins**

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## **Cauliflower and Parmesan Soup**

IF YOU CAN FIND A **CAULIFLOWER** YOU CAN STILL AFFORD why not try this soup, it's good cold as well while the weather's still mild

Ingredients:-

- 1 large cauliflower
- 2 cloves of garlic
- tsp of butter
- 750mls milk
- 50g grated parmesan
- Chives
- Crusty bread to serve

Cook the large chopped **onion** and 2 roughly chopped **garlic** cloves in a large knob of **butter** until really soft. Add the 1 roughly chopped **cauliflower** and cook for about a minute then pour in the **milk** and simmer until the cauliflower is tender. Whizz in a blender until completely smooth. Stir in the grated **parmesan** cheese, season and sprinkle with long lengths of **chives**.

Serve with **crusty bread**.

**Serves 4**

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**HARVEST SUPPER**  
**IN**  
**CRATFIELD**  
**CHURCH**  
**SATURDAY SEPTEMBER 21ST**  
**7 FOR 7.30pm**

**£12.00**  
**under 11s £8.00**  
**Please bring your own drinks**

**Tickets M. Thompson**  
**07906 509302**  
**ianandmadge@hotmail.com**

**in aid of Cratfield Church**



## Survivors (For those born before 1940)

You were born before television, before penicillin, polio shots, frozen foods, contact lenses, videos and the pill. You were before radar, credit cards, split atoms, Laser beams and ball-point pens, before dish washers, tumble dryers, electric blankets, air conditioning, drip-dry clothes... and before man walked on the moon.

You got married first and then lived together (how quaint can you be?). 'Going all the way' meant staying on a double decker bus to the terminus. A 'stud' was something that fastened a collar to a shirt, a 'gay' person was the life and soul of the party, while 'aids' just meant beauty treatment or help for someone in trouble. You existed before house-husbands or young men wearing earrings, where 'snowflakes' fell from the sky. You were before computer dating, day care centres, group homes, disposable nappies and 'sheltered accommodation' was where you waited for the bus.

You had never heard of FM radio, artificial hearts, word processors, a chip was a piece of wood or a fried potato, 'hardware' meant nuts and bolts and 'software' wasn't a word.

In your day cigarette smoking was 'fashionable', 'grass' was mown, 'coke' was kept in the coal-house, 'pot' was something you cooked in, a 'joint' was a piece of meat you cooked on Sundays, and spice was something you flavoured your food with.

You who were born before 1940 must be a hardy bunch when you think of the way in which the world has changed and the adjustments you have had to make. No wonder there is a generation gap today....BUT, by the grace of God you have survived.

September is sometimes thought of as the last gasp of summer and at the tail end of September comes Michaelmas Day. This is the feast of Saint Michael and all angels, celebrated on 29 September. St. Michael was the Angel who hurled Lucifer (the devil) down from Heaven for his treachery. Traditionally, it is the last day of the harvest season and is around this time that many Harvest Festivals are celebrated.

Michaelmas used to be the day on which the winter night curfew began. The curfew took the form of a tolling of the church bell, usually one strike for each of the days of the month and was generally rung at 9pm. The word curfew may derive from the French word *couvre feu*, meaning 'cover fire'. Curfew was the time when household fires were supposed to be doused and all good Christian folk tucked up in their beds. The bell was tolled every night, apart from Sunday, until Shrove Tuesday.

Michaelmas Day is also called Goose Day. Goose Fairs are still held in some English towns, but geese are no longer sold. A famous Michaelmas fair is the Nottingham Goose Fair which is now held on or around 3<sup>rd</sup> October. A Great custom in England was to dine on goose at Michaelmas. One reason for this was said to be that Queen Elizabeth I was eating goose when news of the defeat of the Armada was brought to her. In celebration she said that henceforth she would always eat goose on Michaelmas Day.

On the day after Michaelmas, every year agricultural labourers presented themselves, along with their tools, at the nearest market town. There they offered themselves for hire for the coming year. A fair followed the hiring's and this was called a 'Mop Fair' where much riotous goings on occurred. This was so called because those offering themselves for hire would wear a symbol of their trade in their lapel and these were called mops.

Folklore in England holds that the devil stamps on bramble bushes or as they say in some areas, spits on them. Therefore one must not pick blackberries after Michaelmas.

The reason for this belief has ancient origins. It was said that the devil was kicked out of heaven on St Michael's Feast Day, but as he fell from the skies, he landed in a bramble bush! He cursed the fruit of that prickly plant, scorching them with his fiery breath, stamping on them, spitting on them and generally making them unsuitable for human consumption. Legend suggests he renews his curse annually on Michaelmas Day and therefore it is very unlucky to gather blackberries after that date.

The Christian tradition is to honour Michael who carries his burning sword and defends the church against evil and promotes what is right. However you celebrate Michaelmas remember Michael prevailed over Satan, evil was overcome by good, love flourished over hate and joy replaced the agents of sorrow. Happy Michaelmas.

David

## St. Mary's Church Services – September 2019

Sunday 8th	Sunday 15th	Sunday 22nd
8.00am Holy Communion DB	9.30am Village Worship Lay Elder	6.30pm Harvest Festival DM
Sidesperson Don Peacock	Sidesperson Andy Edmonds	Sidesperson A. Edmonds
Reader E. cook	Reader Peter Baker	Readers Various TBA
Jeremiah 18:1-11 Philemom 1:1-21 Luke 14:25-33	Jeremiah 4:11-12, 22-28 1 Timothy 1:12-17 Luke 15:1-10	

### NOTES

**Please see main advert for Harvest Supper on 21<sup>st</sup> September. If you haven't been before, come along for excellent food and village entertainment. It's a real community evening.**

**Call Margaret Thompson on 07906509302**

# 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](mailto: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	<a href="http://www.cratfield.onesuffolk.net">www.cratfield.onesuffolk.net</a>	
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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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## Magazine Editors:

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All information must arrive by 20<sup>th</sup> of the month.

Advertising rates p/a: Full page £60; half page £30; quarter £20; eighth £10; directory £8; flyer £10.

Please contact Sue, Geoff, Molly or Peter for more information