

Dennington News



Issue Twenty-One: July-September 2020



www.denningtonvillagehall-sportsclub.org

**WITH UPDATES ON HOW
VILLAGE LIFE IS RESTARTING**

The Dennington Queen

We are continuing to offer a take away service from the menu below but are likely to be opening from 4th July too for limited times. Booking a table in advance over the phone is advised - more news & updates will be available soon on our website. Over the last few months, we've served over 2,000 take away meals - so thank you to all our loyal customers for your continued support.

Jon Reeves, Proprietor

Sample take away menu (may vary depending on availability)

Lunchtimes - Fridays 12pm - 2pm (order by 11am)

Sunday 12pm - 4pm (order by 11am)

Evenings - Tuesday to Saturday 5pm - 7.30pm (order by 4pm)

Starters

Prawn cocktail with seafood sauce £3.50

Breaded garlic mushrooms with garlic mayonnaise £4

Cheese & bacon potato skins with salsa £4

Mains

Chicken Caesar salad with bacon, croutons, parmesan & anchovies £8.50

Slow cooked brisket with a bourguignon sauce & glazed carrots £10

Beef lasagne with salad £8

Slow roasted belly of Dingley Dell pork with mash & vegetables £9

Fisherman's pie with vegetables £8

Dennington Queen lamb & beef burger with cheese & bacon with fries £8

Southern fried chicken burger with harissa mayo & fries £8

Beer battered fish & chips with mushy peas £7.50

Wholesale breaded scampi with chips & mushy peas £7.50

Vegan fish & chips (battered banana blossom) with mushy peas £7.50

(Vegan)

Vegetarian nut roast with new potatoes & vegetables £8 (V)

Vegetable lasagne with salad £8 (V)

Roast topside of beef or Dingley Dell pork loin £10 (Sunday lunch only)

Payment to be taken over the phone when ordering

- please call us on 01728 638241

EDITOR'S INTRODUCTION

As I write this in late June the country is slowly starting to come out of hibernation, with a whole raft of new activities available to us from the beginning of July, although we will all, of course, need to continue to be careful about things like social distancing, hand sanitising and wearing PPE for many months to come.

Since the end of March it has been terrific to see people in Dennington working so hard to make sure that everyone in the village is looked after. In particular, Jon and Lorna at the Queen and Vashti at the Neathouse have been fantastic, helping keep the village supplied with food and provisions, and, with other suppliers such as Dave Dunnett, we have been really very lucky indeed to have been able to keep safe and well fed. As things start to open up again, it would be great if everyone continues to support these local businesses - they really have showed just how vital they are to all our lives!

As things get back to 'normal', some of the information in this magazine will change, so do please keep an eye on the village hall website and FaceBook page for the latest news. And do please get in touch if you have any queries about anything, or need me to put you in touch with the Parish Councillor responsible for your area. My phone numbers are 01728 638795 / 07979 600442.

Jo Denton, Editor

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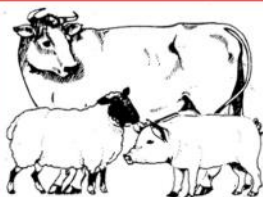
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Deliveries to Dennington on Thursday Evenings

Dennington Village Hall

So where to next?

What a time we have all had of it...and it's still not over by a long shot. Our hopes are for a steady and wise return to normality.

HOWEVER, the Government have now said that Village Halls can re-open on 4th July (unless otherwise advised). We have received a ream of documents to read with processes to be followed before we can re-open. We hope that classes such as Pilates may be able to start again, along with club meetings etc, as long as social distancing and other requirements are followed correctly.

One of the big issues will be cleanliness—the hall (or rooms and equipment used) will need to be cleaned before and after each event by the hirers, following guidelines.

In the meantime, we will need to re-assess how we progress from here, given the current situation, and bring the hall back to once again being a well-used community asset.

We hope to have a whole new website and booking system up and ready in the next couple of months—that should make a real difference to the way people view us when they find us on the internet.

To the future!

James Maberly



DENNINGTON PARISH COUNCIL CORONAVIRUS HELP ADVICE

The Parish Council is still offering help to any resident in the village who is in self isolation, and will collect and deliver to your doorstep any prepaid groceries and medication.

If you need help, please feel free to contact the Councillor for your part of the village from the list below:

Sam Steward: Dennington Place - Lodge Cottages

Ken Hoyle: Saxtead Road from 30 mph to Church Junction

Nick Watts: Church Junction - The Glebe - Ivy House - Park Gate Farm - Framlingham Hall

Matt Lunn: Laxfield Road to Dennington Lodge plus Hedgehogs

John Calver: Owls Green to Dennington Hall

Jo Denton (on behalf of Mary Mann): Clay Hill - Capons Green - Wood Farm.

Rebecca Smith: Maypole Green - Fenton's Farm to Severalls Cottage

Robert Wardley: The Square plus stand in relief for Councillors who may be unavailable

Shirley Cunningham (on behalf of Doris Dearing): Badingham Road (The Street) to Mill House

Delivery services are also available from a number of local business, including Vashti from The Neathouse, who will take phone orders (07506868240 or 01728 638957) for bread, veg, meat and other goods and deliver to residents; Jon from the Dennington Queen, who will supply takeaways which can be collected or, if necessary, delivered to residents (see details on page 2 or call 01728 638241); David Dunnett, who will deliver meat orders on Thursdays (see details on page 4 or ring 01379 870155) and Eve and Richard from Case-sera Wines, who have an interesting wine selection for local delivery (tel. 01728 638 3895).

LIBRARY NEWS

Library and mobile service will begin re-opening from 6th July with limited services. The schedule for Leiston Mobile Library Route 5, which runs through Dennington on Tuesdays between 10.35 and 11.05, should be: 28th July / 25th August / 22nd September.

Framlingham library would love some input from their users: "We are hoping some of our customers might provide written contributions, for example author/book recommendations, reviews and suggestions. We'd also be interested in written pieces about any of the Suffolk Libraries apps such as 'Libby', 'Borrowbox', 'Press Reader', 'Kanopy' and 'Freegal' and your experiences of these services. If you think that you might be able to provide something upbeat and engaging to share with the Framlingham Library community, do please contact trisha.adkins@suffolklibraries.co.uk."



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NEWS FROM THE NEATHOUSE

Vashti at the Neathouse has been providing a fantastic service to everyone in Dennington during lock-down. While the café has of course been closed, she's been supplying many in the village with their daily requirements. Over lockdown she's been putting in new shelving and now offers lots of fresh fruit and vegetables as well as a wide range of groceries (some available in loose form such as flour) and general household supplies. If you want anything in particular please phone ahead to order, but there's now plenty of stock to buy on the spot too.

The Neathouse has also been the beneficiary of an artwork from mystery local artist "The Hat" who has been inspired by the virus to create a series of works - see the BBC report at <https://bit.ly/hatartwork>. Vashti is working with Clarke & Simpson to put the artwork up for auction to raise money for deserving causes.



Infected by "The Hat"

Jo Denton

DENNINGTON PARISH COUNCIL

The Parish Council has not been able to meet since the start of the lockdown in late March, but hope to be able to reconvene with the scheduled meeting on 13th July - please see the website for updates. In the meantime, last year's accounts have been approved by the internal auditor, and the local planning inspector's comments on the District local plan have been published and are available via the website.

Robert Wardley (Chair), Lydia Kirk (Clerk)

VILLAGE PERSONALITIES: JON REEVES

Jon, our local publican, was born in Kent in 1973, where his father was a bank manager in Gravesend, and attended Dartford Grammar, as did Mick Jagger before him; it's still an all-boys' school today. Jon lived for his sport and attended a county trial for rugby, but his passion was football and he played for Istead United Club until a bad leg break requiring a steel plate insertion left him on crutches for two years. It was, effectively, the end of his contact sport days and he concentrated thereafter on cricket, tennis and snooker.

By 18, Jon was heavily involved with music, working as a DJ in pubs, clubs and for parties. Today he still has over 5,000 vinyls in the loft! Having gone back to school - reluctantly - to do A levels, he then did a two-year HND in Business Studies at Chatham College, followed by a job in the claims department of an insurance company. After four years, Jon had worked himself up into a management position and learnt a lot about the customer service industry, leading a team, co-ordinating meetings and dealing with customers.

As a DJ Jon had enjoyed a fantastic social life. His local was the King's Arms in Meopham Green and, out of the blue, he was asked to consider becoming the manager of the pub. Only 25, and disillusioned with his job in insurance, Jon seized the opportunity and in 2001 was asked if he would like to buy the pub license. Jon's stepfather helped him financially and he was away.

For 6 years Jon was the landlord, building up the trade in what became a very popular rural hub. It was an enjoyable but hugely busy and stressful time. Jon had introduced live music nights, live sports coverage, open mic evenings, theme nights, a 50-cover restaurant and two drinking bars with late night lock-ins! He didn't enjoy a day off for the first two years and the pub was open late seven nights a week.



while his best friend at school, and later business partner, had parents in Cratfield. Discovering that Dennington's Queen's Head was about to be put on the market, and in the process of selling the King's Arms in Meopham, Jon came to look at the pub and meet Hilary and Peter Mills who were then running it. Loving the look of the property, its situation next to the church in the village centre, and the feeling that it had a lot of potential, he made an offer. Upstairs, there was plenty of

living space, with old beams and uneven 16th century floorboards only adding to the charm. Jon worked tirelessly, tearing down false ceilings and exposing old beams and fireplaces, including the huge one in the main bar area downstairs, long ago plastered over.

It was August, 2007. The restaurant was full, but by 9.20pm everyone had gone home and Jon had only sold a single bottle of wine, when in Kent the evening would have been just getting going! Jon realised that the Queen's Head had an older clientele, while the restaurant lacked atmosphere and had a rather dated menu. He felt there was a gap in the market for a younger, fun-loving crowd, who would enjoy fresh food and a greater variety of dishes, so in March 2008 he closed for a fortnight, refurbished the eating areas, completely revamped the menu, and re-opened. He has never looked back, and the business has gone from strength to strength. In the process Jon met local girl Lorna, who was working as a chef at the pub when Jon arrived. They married in St. Mary's and now have two children, Reggie and Vivi, both at Dennington Primary. Along the way, Jon has re-launched the Meopham Green

pub twice (taking him back to Kent for a period) and briefly went into partnership at the Hoxne Swan, then in need of new life.

Jon's mother, who had helped Jon with his accounting, died in 2015 at the same time as his head chef at the Queen's Head moved on. Jon had loved his role as Front of House but he took over in the kitchen, which proved a good move as he was able to control the quality and consistency of what went out to the diners. Sarah Turner joined the team in 2007 as the pub's general manager, willing to turn her hand to every aspect of the business when required. In 2008, attractive decking was added to the rear of the premises next to the pond (to be enhanced in the future); in 2019, hard standing was provided for all the lawn tables, back and front. The pub has welcomed the Easton Harriers Hunt, the Kent Morris Dancers, and the Porsche Club of Suffolk amongst others. Jon admits that he has never seen its rumoured ghost, but there is a bricked-up passageway between the cellar and the church to add intrigue to the old building.

Fast forward to March 2020 and the government decision to close all pubs and restaurants in the face of the Covid 19 crisis, a new challenge for the Reeves. Jon quickly established an extensive take-out menu for both lunch and suppers at inexpensive prices. Lorna is in charge of the kitchen, Jon does the orders and delivery; they've hugely appreciated the massive support from the village.

Jon has always immersed himself in the community and now sees Suffolk as 'home', with no intention of leaving any time soon. Jon loves what he does, and says he wakes up every morning really looking forward to whatever the new day brings. It's a way of life in which Jon can give the children breakfast, walk them to school, sit down for tea as a family and appreciate some real quality time in a beautiful environment. It seems incredible that Jon has already been here 13 years; let's hope they stay for many more!

As told to Mark Kendall

Photograph by Angela Kendall

DUNDEE CAKE

Ingredients:

6oz butter (or margarine, but I think butter tastes best)
6oz caster sugar
3 large eggs
8oz flour ($\frac{1}{2}$ plain $\frac{1}{2}$ self-raising or all plain with 1 $\frac{1}{2}$ level teaspoons baking powder)
1 teaspoon cinnamon
 $\frac{1}{2}$ teaspoon mixed spice
1lb 4ozs mixed dried fruit (incl. cherries)
little milk
whole blanched almonds (about 80)



Method:

Pre-heat oven to 160 c / 150 fan. Wash the fruit in hot water to plump it up and dry well. Cream butter and sugar together until soft and light in colour, then add the eggs one at a time, beating well after each addition. Fold in the flour, mixed with the spices, add fruit & enough milk to make a soft dropping consistency. Put into 8-9" tin, greased & lined, and arrange almonds on top. Bake for 1 $\frac{3}{4}$ -2 hours in centre of moderate oven, reducing the heat a little after 1 hour. Cool and turn out carefully.

Maggie Archard

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At Dennington School we were very glad to welcome back some of our pupils on June 1st. During the lockdown period the school has provided weekly work for each subject for the children in each class to do at home and parents have turned into great teachers! We have been sent emails and pictures of work to comment on and mark and it has been good to see the creativity and enthusiasm of many children to extend their learning in fun and interesting ways. The village might have noticed children out and about identifying trees or testing out boat designs! We were in telephone contact with all our families and it was lovely to be able to find out about how the children were getting on. We are continuing to provide this work for the families who are not yet able to return to school.

When the Government announced that pupils in Reception Year and Years 1 and 6 would be able to return, we set to work to make that return as safe and practicable as possible. Fortunately our lovely Victorian building actually facilitated this well and we have been able to operate a “Bubble System” at Dennington efficiently, with the children working and playing in their three “bubbles”. Despite what may be heard from the wider media about schools, the staff at Dennington have all had a great “can-do” positivity about the return to school for these pupils and we have striven to create an environment that follows all the safety measures and is welcoming too. The children who have returned have done

brilliantly and settled in very well. The school does feel a bit quiet still but it has been great to have at least some children’s voices in school again!



Our guinea pigs, Cookie and Peanut, were pleased to be back at school!



Making Greek pots from clay

We do not know what the future holds, even in the short term, but we look forward to the day when we welcome all 72 of our pupils back to school and can hold all our normal events and activities again. Until then we will do the best we can to support our

Dennington School families and hope for good weather for the rest of the summer term to do lots of learning in the sunshine!

Charys Rushbrook, Head of School, June 2020



Studying maps of the local area



On the boat in the playground

DENNINGTON QUEEN CRIBBAGE TEAM

The Mid Suffolk Cribbage League has been closed for the rest of the season. If the current situation permits the new season will commence in September. **Please contact Allan Dyne on 01728-638166 for further information.**

Please send all stories or items to be included in the next issue, which covers October - December 2020, to the Editor no later than 9th September. Send via email to denningtonnews@gmail.com, or via post to Spring Farm House, The Street, Dennington IP13 8JF. Please send pictures and advertisements as jpeg attachments.

AND LOVELY IS THE ROSE

One advantage of living on a clay soil is that it suits the growth of roses. Roses are definitely one of my favourite groups of plants for their sheer beauty but probably above all for their fragrance. I expect we all have our favourites for whatever reason.

The classification and history of roses is complex, many of their names romantic and evocative. Graham Stuart Thomas wrote several books on roses and in particular he was responsible for collecting and preserving many of the old shrub roses. At one time he sold roses from his nursery in Surrey and then his collection passed to the garden at Mottisfont Abbey in Hampshire, owned by the National Trust and well worth a visit in June. More local to us, Peter Beales Roses at Attleborough in Norfolk is a very good source of all types of roses, especially if bought bare-rooted between November and March.

At the beginning of June we have 'Seagull' in full flower, sprays of single white flowers, deliciously scented, much frequented by bees, a rambler that mounds itself up to about 9 ft. height by 12 ft. width and increasing. Completely healthy, few thorns, requires no spraying or feeding, has small red hips in autumn and is suitable for a wild corner of the garden. Suitable for a small garden is 'Just Joey', a hybrid tea of a wonderful coppery orange colour, scented, 2.5ft. height by 2ft. width, pictured right.



Climbing roses produce more flowers if growths are trained horizontally, an example being 'Guinee' with sumptuous dark crimson, very fragrant flowers. Two David Austin roses that we grow are 'Abraham Darby' and 'Sweet Juliet', both make good bushes with highly scented, many-petalled flowers.

Andrew Stansfeld, Stansfeld Garden Design

SPORTS CLUB

At last, after nearly three months, some of the sports club facilities are now reopening for use again. The tennis courts are open for play, and it's been good to see people on them again. Family membership is only £40, so do sign up now if you'd like to take advantage of this facility! Contact avrilepalmer@hotmail.com.

The bowls club has been watering their pitch, and as always the sports field is beautifully mown and ready to go. Unfortunately, the netting from the large goal posts was stolen from the field, probably sometime in April, so only the small goals now have netting on them. Spare ones are now kept in storage and can be made available for use by applying to the Sports Club .

At the time of writing (mid June), the children's playing ground is still closed for use, but it is hoped this can reopen in early July - for an update on this please see the Village Hall website.

We are also still looking for a new Sports Club secretary. If you would like to play a part in village life and would be interested in taking on this role, please email me on denningtonsportsclub@outlook.com. Many thanks!

Elaine Felton, (retiring) Secretary



**Dennington rape
fields**

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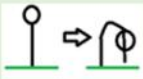
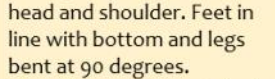
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KEEPING FIT IN LOCKDOWN

I hope that you are safe and well, and I am impressed with the effort that has been put into practising Pilates at home during lockdown! Here are my 3 favourite exercises for you to practice at home (repeat all for 8-10 repetitions).

Take care when performing any Pilates exercises, ensuring you are in the correct position, engaging pelvic floor and tummy muscles to 30%. If you are unsure please contact me before attempting these exercises.

Exercise:	Roll Down	Shoulder Bridge	Clam
Aim:	Mobilise spine	Mobilise spine, strengthen pelvis, abdominals and glutes	Glute Strength
Start Position:			
Method:	Inhale to prepare. Exhaled to gently peel forwards one section of the spine at a time reaching towards to mat. Hold for a breath in. Exhale and restack the spine one vertebra at a time (head up last to avoid dizziness!).	Inhale to prepare. Exhale and gently roll the lower back into the mat, lift the tailbone upwards to the ceiling and continue to peel your spine off the mat one section at a time. Inhale and hold the shoulder bridge. Exhale and lower.	Inhale to prepare. Exhale and lift the top knee, keeping the feet together. Ensure using glute muscles. Inhale and lower. 

Following Government guidelines, it is unlikely that we will be able to get back to normal classes before August. However, I am offering the following:



6-week online Pilates course (£15). This course consists of 30-minute online classes, sent out via email link once a week for 6 weeks.

1:1 outdoor Pilates and small group sessions (up to 5 people). £40 per hour/group share cost.

If you are interested in any of the above, do please contact me on 07974142240 / contact@larapepper.com / www.larapepper.com.

I am really looking forward to when we can get back to face-to-face classes, however I hope that the online courses and exercises above help to keep you in a routine. Stay safe.

Lara Pepper



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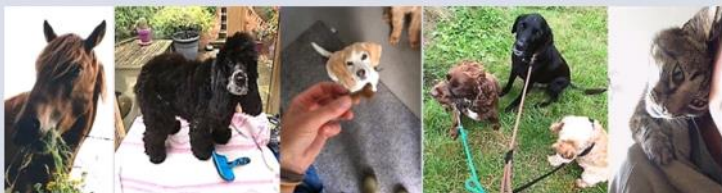
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Dennington Horticultural Club

Unfortunately the Horticultural club has had to cancel its last two meetings, when our speakers were due to be Frances Boscawen of Moat Farm Flowers and Anne-Maria Brennan who, among many other things, worked with Christopher Wright at Great Dixter and created and presented Over the Garden Wall for Channel 4 in the early 90s, as well as our planned Summer Show as part of the village fete. Hopefully we'll be able to reschedule these soon, when it is safe to resume indoor activities.



My Bowl of Beauty paeony

In the meantime, members have been sending in photos of their gardens, and a selection are now up on the Horticultural Club page on the village hall website. If you have something in your garden you're particularly enjoying, do send a photo in to denningtonnews@gmail.com as we'd love to see it too!

Jo Denton (secretary)



*Irises in
Anne Keys'
garden*

The Wyatt's Rudolph tree



ST MARY THE VIRGIN PARISH CHURCH



The church on VE day (credit R. Wardley)

Dennington Church is once again open from 9.00-4.30 daily. This building is at least 700 years old, while people will have brought their prayers and thoughts to this special place for at least 1,000 years and possibly very much more.

There is a pervading sense of peace in the building and the people of Dennington have sat here through wars, famines, times of joy and sadness and of course many plagues from the Black death onwards. So whatever your faith, please benefit from this place of prayer as we move away from lockdown. Hopefully before too long we can celebrate the defeat of the virus together.

Of course be COVID aware, hand cleanser and wipes are in the Church, and practice social distancing.

Verónica Maberly

DENNINGTON VILLAGE HALL

COFFEE MORNINGS

*The fortnightly coffee mornings are still
cancelled until further notice.*

*For more information, please email us c/o the
Dennington News: denningtonnews@gmail.com*

SOME RECENT READS BY THE BOOK CLUB...

The House of Blue Mangoes by **David Davidar** is the story of the Dorai family, and is set in India, a land of extremes. It is about India's struggle for independence, the emergence of Gandhi and the Congress Party, through two world wars until the new India finally emerges. These major events of the 20th century are the backdrop for the story of an extraordinary family. It is filled with colour, both of the vibrant characters and the land, which is dominated by the sea and the mountains in the south of India. This has been a really good read.

Double Cross by **Ben MacIntyre** is the account of a network of double agents and their handlers, both in Britain and Germany, leading up to the D Day landings. They are really a lot of oddballs and misfits, and the action takes place all over Europe. The reader feels as though they know the agents well, with all their strengths and weaknesses. Several agents were so trusted by both sides they were awarded both the Iron Cross and the OBE/MBE, becoming - confusingly - not only double but quadruple and even quintuple agents. Almost as fascinating is what happened to the agents and handlers after the war was over. An excellent read.

The Librarian by **Salley Vickers** is a delightful read. The story is set in a small English town in the late fifties. The newly appointed Children's Librarian, Sylvia Blackwell, arrives to find her section of the library dull and under-used. With enthusiasm, she immediately sets about improving the selection of books and making the place more child-friendly. She quickly becomes popular but, when she forms a special relationship with two of the children and the local doctor, this leads to problems and her life takes a different turn. The story reflects the inequalities and divisions in fifties society and a period when women like Sylvia had very little control over their own lives, but also the power of children's literature to enrich and help shape their futures, and the joy of libraries.

Dennington Hall Farms

When writing my last “Farming News”, thoughts were on Brexit – something we have hardly thought of since...and the weather. For everyone restricted by the Coronavirus the sunny weather over the last three months has been wonderful but for farmers it was exactly what I most feared in the last publication, a wet winter followed by a dry spring. Such a very dry spring – no rain at all in May and only 17mls in April at the end of the month. It was difficult to make a seed bed in the wet ground in March and what soil we moved quickly dried out in the strong drying winds. This has left patchy germination, most especially in our sugar beet where the seeds are individually placed by a precision drill at the optimum spacing. On heavy clay land, which we have here, the soil is very moisture retentive at depth and so irrigation is not usually required but even our land is drying out with deep cracks appearing. All the crops will be suffering.

But it was a very good spring for wildlife, with so much to see and enjoy in our gardens or on walks along our public and permissive footpaths. We have a good number of brimstone, red admiral,



peacock, tortoiseshell, blues and speckled wood butterflies on the farm. The summer will bring more and varied butterflies. With little traffic and no aeroplanes, the birdsong has been wonderful. Cuckoos, which we have rarely heard over the last few years, have been very vocal. Swifts, swallows, and house martins have all made their incredible journey back to Dennington and their numbers are holding steady after two difficult years. The turtle doves have returned in slightly larger numbers this year and you may hear them “turring” in the trees and tall hedgerows. There are



a myriad of warblers – chiffchaff, blackcap, whitethroat and garden. We continue to feed the wild birds from wheat feeders scattered around the farm until harvest. These are especially appreciated by yellow hammers and other finches.

The grass margins continue to provide very valuable wildlife corridors, habitat and diversity for many wild creatures which might otherwise disappear from our countryside. They offer undisturbed nesting, a world for small mammals and wild flowers and insects, a necessary drying area for young chicks, a hunting ground for the owls and are loved by the hares and so much more. We often take hares for granted but there are now many areas in England where they have become extinct. Our strength in wildlife comes from these carefully tended, undisturbed field margins. Not all farms have them. We do not like having to ask people to turn back when walking on these margins but we are obliged to do so to preserve the wildlife. We gained permission to allow permissive paths in some areas which are well marked. Please help us care for our wildlife and keep to these and the footpaths to enjoy our beautiful countryside.



Despite COVID 19 restrictions, the farm has had to carry on growing next year's food and, in many ways, has been little affected. We have even had a team from surrounding villages helping to hand pull blackgrass weeds from the crops. Teresa and I are grateful for all who have worked on through this epidemic. In the village, it has been wonderful to see the community spirit. We now wait for Harvest 2020 – a farming year we will be glad to see the end of!

Robert Rous

DENNINGTON IN LOCKDOWN!



Since late March, John Watterston has been walking around the sports field six times every day, a distance that he calculates, with the walk to and from his home to the field, is about 2 miles a day. He keeps himself entertained by reciting poetry (mostly Shakespeare!) and has been lucky with the weather, not being rained off once. He reckons that he has now done nearly 500 laps, roughly the equivalent of walking to London and back again – something that is particularly impressive given that he has two artificial knees, thanks to a sporting injury back in his 20s playing for Richmond Rugby Club at Twickenham.

Pene and Danny write: *“The village seems much more of a community, with neighbours phoning and greeting at a distance on walks etc. to make sure people are alright and not in need of any shopping. Dennington no longer feels like a drive-through on the way to somewhere “more important”. There is a delightful quiet with the reduced traffic. Birds are singing nearer to the road to claim territory because they can be heard.*

The glorious weather and extra free time has meant that, apart from sunning ourselves in a deckchair in the garden and watching the weeds grow, and despite aching limbs, we realise how lucky we are to live in such a lovely area. Despite the awful health situation, the corona lockdown has brought a different dimension to our lives. The allotment site, always an asset, is now proving more so with healthy

and productive exercise and strict adherence to social spacing and somewhere for villagers to walk around the perimeter and follow progress on the plots.”

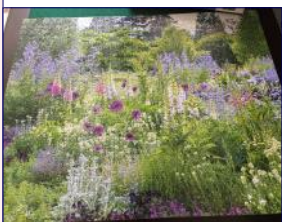
The Kendall family have also been enjoying parts of lockdown. “More home time has meant more dedicated time to watch selected Netflix series”, says Tristan, with “later bedtimes, as I don’t need to get up quite so early to get ready for school!” while Mark adds: “I’ve saved money on not going out so much and have really cut down on car fuel costs. And it’s encouraged me to visit the allotments as a daily form of exercise.”

Diane Worth says: “We started to paint the gates of our house last summer, but we didn’t get to finish them! So that was the first thing we did. The front door was next, and here I learned how to refinish brass properly. I knitted twelve hearts for dying Covid patients at Ipswich Hospital, and set up a graph and a diary to monitor our way through it. Our son is a dental nurse apprentice and was quickly furloughed; he has studied very hard and will soon be qualified. I am looking forward to doing my own shopping! Two great nephews have arrived in the last month, they need to be met and hugged. So many people to hug! Finally, our dear dog Harry has been diagnosed with lymphoma, we are treasuring every moment we have left with him.”

As workers in the Critical National Infrastructure, Matt & Lisa Lunn were fortunate to keep working throughout. Matt was working 72 hour weeks with colleagues from all around the UK and USA at Sizewell B Power Station, to help keep EDF Energy powering homes and hospitals. Lisa juggled working from home (supporting Fram Farmers to distribute wheat, barley and rape seed from farms to the mills) whilst caring for, and trying to teach, their primary school age son.

They say: “Like many working parents, we saw the impact of the national response to this virus on our child’s mental health. After a

month we decided to use the Haven Club that Dennington CEVCP School had established for key workers' children at Laxfield Primary School. The staff at Dennington and the rest of the Trust have been brilliant! They anticipated the school closures and quickly implemented a contingency plan to help the key workers and vulnerable children. They also saw the impact that the 'lockdown' was having on the children, and have put in place some very simple, and effective measures to allow our son to safely get back the old normal."



Those like me who are able to work from home relatively easily and, critically, don't have school age children, have been able to enjoy some additional leisure time - I've spent some of mine doing jigsaws, with a favourite being one showing Cambridge University's botanical

garden (above). Don't forget that there are jigsaws and books available to take in the church porch, so do help yourself if you're in need of some new entertainment.

Jo Denton



ON YOUR BIKE 2020!

The 2020 Ride and Stride is likely to be held on Saturday, 12th September. You will be able to download the 2020 sponsorship paperwork and a full list of churches that are open nearer to the time. This Annual Sponsored Ride and Stride is a national event,



making money for local churches. The idea started in Suffolk, and Suffolk has consistently headed the table of funds raised, so let's make 2020 an especially good year! Contact Avril Palmer for more details on avrilepalmer@hotmail.com.

VJ DAY 15th AUGUST - JOIN US FOR A TEA PARTY

Despite being unable to meet up in person to commemorate VE day, the village put out the bunting and looked very festive!



Views of the village (credit R. Wardley)



Red arrows flying over the village

In the hope that the good weather holds, we are now planning a bring-your-own tea party on Saturday, 15th August on the sports field to commemorate the 75th anniversary of VJ day, starting at 3.30. We hope as many people as possible will join us - please provide your own food, drink, chairs, rugs etc. and we can all say (shout) hello in a suitably distanced manner! We should be able to provide boiling water for tea from the village hall urn, and, if the weather lets us down, we can postpone/cancel at the last minute. We all look forward to seeing you there!

The Dennington Village hall trustees

DENNINGTON ALLOTMENT NEWS



entered the driest spring on record!

Fortunately the Allotment was one of the few places that people were allowed to visit and work during lockdown. Social

Rain, at last! In the March issue of the 'News' we were telling you how difficult it had become to work the soil due to the sheer volume of rain throughout the winter. No sooner had the 'News' been distributed then we



distancing was particularly easy and the individual plots were transformed with much digging, tilling and planting. The exceptionally warm and dry weather made the work all that much easier and a real pleasure, but the lack of rain did become a

concern and we had to start watering the new seeds and plants daily.

The recent rains have helped, even though the surrounding ground is still hard and fractured. Let's hope that we continue to have the occasional shower interspersed with warm sunshine. At least the village



green is green again!

Whilst working on our plots we were pleased to see many more villagers taking their daily 'Exercise' around the perimeter and it was good to be able to exchange greetings. Meanwhile Vashti was, and still is, providing an invaluable service to the village, many thanks Vashti.



We are also pleased to say that we now have full occupancy of the Allotment. However, if you are interested in taking on a plot, or part of a plot, do get in touch and we can let you know as soon as there are any vacancies.

Pamela Turner (Secretary) pstevensturner@gmail.com

John Jarvie (Chairman)

SEND US YOUR PHOTOS OF DENNINGTON

Don't forget that we're planning to produce a Dennington calendar next year to raise some money for the village hall. Are you out and about enjoying the fresh air over the summer? Then do please take some photographs to upload to the Dennington Views Facebook group! If you prefer to submit them privately, then email them to denningtonviews@gmail.com and tell us whether you're happy to show them off or would prefer to keep them private for now.

We'll need high resolution photos for reproduction, so please make sure you keep the original digital images or negatives when you send your prints. Final deadline for photos is 7th **November 2020**.

Kate Viscardi

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A LOCKDOWN POEM (With apologies to GGS)

We are a pair of oldies stuck inside for the duration
We have to do what Boris says to help to save the nation
We wash our hands, we wash our goods, and organise deliveries
The pub is doing take-aways, the coffee shop is likewise.

The household jobs we promised would be done one rainy day
Are finding they are done at last – we knew we'd find a way
The board games in the garage, the puzzles in the loft
Will help us with our memories, in case our brains go soft.

Daytime television tends to lead to mild frustration
It's all repeats and murder stories or homes in a new location
Bring on the period drama or an interesting documentary
To take us all to wonderland instead of being sedentary.

In fact we're very fortunate with family and friends
Thank goodness for the internet and all those modern trends
It means that we can Facetime, and Skype or even Zoom
And see our friends and loved ones over cocktails in their room.

And so we wait here patiently for the beastly bug to pass
We want to see our family and friends for real at last
Let's hope we all survive this time of tedious isolation
And get back to our normal lives of Social Jollification!

Penny Evers

Disclaimer: Dennington Village Hall produces this newsletter in good faith from articles submitted by local organisations and individuals. Dennington Village Hall can accept no responsibility for any inaccuracies contained therein, which must be taken up with the relevant organisation or individual.

LATEST NEWS FROM DR. DAN POULTER, MP

Dr. Dan Poulter, MP for Central Suffolk and North Ipswich, has been working part-time as a doctor in the NHS during the COVID-19 crisis, but continues to work as our Member of Parliament too. His latest letter to constituents, dated 19th June, advises that information on business support, individual/household financial help and wider COVID-19 advice is available on his website at <https://bit.ly/danpoutersupport>, while detailed COVID-19 advice that is regularly updated can be found on the Government website at www.gov.uk/coronavirus. The local council is administering the Government's business support scheme; anyone needing help and advice should go to <https://bit.ly/midsuffolksupport>.

On local issues, he says the following: "There has been much interest in the matter of food safety and animal welfare standards and a number of you may have already been in touch with me directly. Contrary to some media speculation that UK food standards will be lowered as part of future trade deals with the USA or other countries, I want to reassure you that this is not the case. In Suffolk, we are very proud of our high standards of locally produced food and drink, as well as of our high animal welfare standards. It is important in any potential future trade deal that UK farmers are treated fairly by sharing a level playing field with farmers from overseas, and that everyone must adopt the same high standards of food quality as UK farmers.

I have been reassured that the Government is actively engaging with farmers and the agricultural sector to ensure that we fully support our food producers as part of any future trade discussions. Locally, I meet regularly with farmers and the National Farmers Union and will always act in their best interests. I shall continue to do all that I can to support them and to ensure the highest standards for food consumers.

Some people have also been in touch with me regarding the continuation of free school meals during the school summer holidays to support the most vulnerable in our communities. I too share these concerns which is why, together with a number of other MPs, I successfully lobbied the Government to continue providing funding throughout the summer holiday period to enable the poorest and most vulnerable children in our area to receive the food and support they need during this difficult time.

So, I am pleased that our Prime Minister has listened and is setting up a COVID Summer Food Fund. There will now be a food voucher scheme to cover the entire six-week summer holiday period for pupils who already qualify for free school meals."

Dr Daniel Poulter MP

GRANOLA (a bonus recipe!)

Ingredients:

125gm unsalted butter

50gm brown sugar

1 teaspoon ground cinnamon

300gm rolled oats

150gm almonds with skin on, roughly chopped



Method:

Preheat oven to 150° and line large baking tray. Put butter, sugar and cinnamon in large pan, stir on medium heat until the butter has melted and sugar dissolved. Turn off heat and add almonds and oats and stir until coated. Spread mixture evenly on tray and bake for 30-35 mins, stirring occasionally, until lightly browned. Serve with dried fruit, if liked, with milk for breakfast, but it's also delicious with fruit and yogurt at any time!

Maggie Archard

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