



What's happening about the Bull?

Sorry about the delays - but I'm assured the documentation for the new play area and housing development is ready for signing and we are just waiting for our solicitors to get on with it!

Yes - there is a buyer for the Bull to run it as a pub.

From Tony Hodgson, Greene King

Who has won the Lottery?

Thank you all for your tremendous response in 2015. We have completed the last two draws of our 2015 Lottery in the Village Hall on New Years Eve and as an opener to the 4th January Parish Council Meeting.

The lucky winners were Sue Irwin, Lynne Fugle, Ron Jepp, Stephen Clark, Ross Bourne and Chris & Maureen Goddard.

This year the Lottery will invest in table tennis with a new table, nets, balls and bats for the Social Club.

Your parish councillors will be coming round to your door this month to collect your £15 stake. We hold six draws in the year with the proceeds after prizes going to projects to improve the amenities of the village.

From Richard Walker

Church News

St Mary's looked very pretty for Christmas thanks to Jenny Simmonds and Carol Littlewood for the beautiful flower arrangements and to Ann and Malcolm Grimwood for putting up the tree and who

keep the church looking clean and tidy throughout the year. There was a well-attended Carol Service followed by refreshments and Lily Wright (8yrs) sang a solo during the Christmas Eve service for the second year running. It was very special having the services held in our little church during this important time on the Christian calendar.

The services for the remainder of January are on the notice board - you will receive a warm welcome wherever you go. Troston's next café church will be held in the village hall 11.00 24th January, leave space and time for a spot of breakfast before the service begins!

Rev Tony Redman is taking an active pastoral interest in Troston and if you would like to talk to a vicar he would be happy to receive your call: 01359 269335 or 0786086882811.

From Jane Harland

Woman's Institute Events

Many thanks to all who took part in the Carol Singing in December and made £86 in aid of the 'Second Chance Stroke Support Group, Bury St Edmunds.' We were very pleased to keep up an old tradition.

Wednesday 13th January 2016 - New Year Meal at the Mill Market Weston, partners included. Details of the menu and cost can be got from our Treasurer: Anne Walker on 01359 269360 or by email: amwglide@gmail.com.

Wednesday 10th February 2016 – 19.45 at Troston Village Hall - "Don't do that George:

An Evening with Joyce Grenfell” by Gillian Grinham

Wednesday 9th March 2016 – 19.45 at Troston Village Hall - Craft Evening – come and learn how to make a Button Broach, you will have one to take home with you.

Wednesday 13th April 2016 – 19.45 at Troston Village Hall - Barney Baber from the Holiday Property Bond, will be with be us to explain how HBP works.

We are always pleased to welcome new faces to our meetings, so do come along and see whether the WI is for you. Membership fee for 2016 is £37.50, this includes membership of the National Federation of WI's and 8 copies of WI Life, membership of Suffolk West Federation of WI's and their monthly copy of WI News, membership of Troston WI with monthly meetings.

For further information please contact our President: Jenny Simmonds on 01359 269219 or Secretary: Sonia Farnaby on 01359 268667.

From Jenny Simmonds & Carol Littlewood

Youth Club

RAF Honington runs a number of Youth and Play Clubs running across four nights catering for ages 5 to 18.

Monday: age 11 - 13	18:00 – 20:00
Tuesday: age 8 - 10	17:30 – 19:30
Wednesday: age 5 - 7	17:00 – 18:30
Thursday: age 13+	18:30 – 20:30

As part of our commitment to the local community these clubs are open to civilian children. There are spaces on all evenings. The clubs have a mixture of fun, safe activities; including arts and crafts, sports and games, movie nights and cooking, in addition

to some issue based work. The clubs are run by professional youth workers employed by the RAF through the national charity 4 Children, and locally managed by myself.

Basically interested parents should call me (Nik Turk 0782 6868 703) and arrange to meet at the Guardroom approximately 15 mins before the club starts on the first night. I will then sign them in and accompany them onto the station. They are then given a basic vetting form, which I will sign stating their pass will be for the youth club access. They then have a week to sort this out and come back to the club the following week, where there pass will be ready.

There is a small charge per evening £1.00 on Monday, Tuesday and Thursday, where there is also a tuck shop, and £2.00 on Wednesday (includes snack in the price) but this money is reinvested in activities and equipment. We expect all parents to volunteer at least once per term to assist with the running of the clubs.

We also run activities for the youth club members during school holidays, including residential workshops.

RAF Cafe

Please feel most welcome to enjoy the Café in the Community Centre - open from 09:00 – 14:00 Mon – Fri. This is located at the top of Heath Road, opposite the Honington Post Office - no security passes needed!

From Nick Turk, Community Relations Officer

Waste Hub Consultation

The Borough is seeking to create a single site for waste and vehicle management. The suggested site is off Hollow Farm Road near the Sugar Factory. The next stage of

consultation which will start on 8 January and finish six weeks later on 19 February 2016.

Please come along to one of the drop-in events in Bury St. Edmunds to find out more: Friday 15 January, 2.30pm to 6pm, in the Unitarian Meeting House, Churchgate Street. Or Saturday 16 January, 10am to 1pm, in the Apex, or Tuesday 19 January, 4-8pm, in the St John's Centre, St John's Street.

There will also be a public meeting: Friday 29 January, 7pm, The Athenaeum - which could get noisy.

From Simon Brown, Borough Councillor

French Conversation?

Absolutely all levels welcome, no stress just fun. Ring me on 269467 for more info about this friendly, relaxed group.

From Sue Bishop

Village Social Club

We had a good year in 2015. On the last Friday of each month we held a get together in the Village Hall for a chat and a drink. The walking group met every 4 weeks. We had two very successful quizzes and a curry night was enjoyed by a full house.

In 2016 the walking group will meet on 20th January and 17 February 2016. Watch the notice board for details of where to meet. Also see the dates on the website <http://troston.onesuffolk.net/home/events/>

The next social event is the Pop Up Pub on the 29th January in the Village Hall. Everyone is welcome to come along to socialise for an hour or two.

If you would like to help with organising events for the village our next steering group meeting will be on 15th January 7-30 in the Village Hall. We will be discussing forming a table tennis club and the purchase of a new sign to show our events. You will be most welcome.

From Anne Walker

Village Hall News

The hall was so beautifully decorated for the festive season that it got a "Wow" from hirers. Many thanks to Val and Bob Holden.

Thinking of planning a Spring or Summer event? Contact Sue on 269467 (if unavailable, Cathy on 269753) for details.

Wi Fi for Village Hall?

Should we install a wi-fi facility in the hall? This could be used by the pop-up pub regulars to access information, for downloading music and information for other users - like the café church and perhaps a youth club. Would a computer novices club be of interest?

From Sonia Farnaby

School News

There were two packed Christmas performances which went exceptionally well. The children also enjoyed productions of the Wizard of Oz and Aladdin, both by visiting theatre companies.

The school continues to work with the Thurston Partnership and Local family of Schools. We have increased our links with Ixworth Free School. Our new web-site provides additional information.

We are planning to use Troston's Wood to run a "Forest School" a day a week in the Spring and Summer Terms to enable children to have more practical nature study lessons.

From Brenda Burridge

End to Smelly Pigs?

The Enviropig, or "Frankenswine," as critics call it, is a pig that's been genetically altered to better digest and process phosphorus. Pig manure is high in phytate, a form of phosphorus, so when farmers use the manure as fertilizer, the chemical enters the watershed and causes algae blooms that deplete oxygen in the water and kill marine life. So scientists have added an E. Coli bacteria and mouse DNA to a pig embryo. This modification decreases a pig's phosphorous output by as much as 70 percent - so there is less smell and less opportunity for pollution of water sources. The technology is easy, if you know how to raise pigs, you know how to raise Enviropigs!

From Hannah Devlin, Guardian Reporter

Neighbourhood Watch

Since 2000 there has been a 40% decline in membership. We need to think how we can start to turn that situation around and show that Neighbourhood Watch is a credible and effective crime prevention initiative.

Crime is falling and it is also changing in two different, but equally important ways. Firstly, the internet and new technology offer criminals new opportunities to commit crimes such as fraud and cyber crime - and not just older people are being scammed. Secondly, more people are coming forward to report crimes such as domestic abuse (often fuelled

by alcohol or drugs), child sexual abuse and modern slavery, which have previously been under-reported.

Neighbourhood Watch is not a vigilante group! It is being a good neighbour - keeping an eye open and spotting suspicious behaviour. Noting dubious phone calls or emails and alerting your Neighbourhood Watch Co-ordinator - Martyn Smith 07923 267 661. Social media like Twitter, Whatsap and Facebook can also provide new tools for informally sharing concerns and just keeping in touch. What do you think?

The Neighbourhood Alert system enables co-ordinators to share information with not only the Police but also Action Fraud, the big banks, other Neighbourhood Watch groups, the Fire & Rescue Service and local authorities. This approach to information sharing builds a database of incidents which can help uncover trends and target resources to catching criminals.

Beware Nottingham Knockers!

A gang of young salesmen, historically dubbed the 'Nottingham Knockers', after a scam, originating in Nottingham in the 1970's are working in this area.

They knock at doors and claim to be ex-convicts attempting to mend their ways, before trying to sell the householder everyday household products at very high prices.

We advise residents to refrain from buying at the doorstep and not to buckle to pressure from salespeople offering supposedly one-off 'buy it now' low prices. However, often kind-hearted residents feel they are helping the 'Nottingham Knockers,' to turn their lives around so agree to buy their wares.

These so called 'Nottingham Knockers,' work with false Identity badges but they are not involved in any officially recognised, 'offender rehabilitation programme'. Sympathetic members of the public are being duped into buying cheap products at highly-inflated prices.

From PCSO Claire Teakle, Ixworth Police

Cycle of Change

I recently heard how a friend had lost his mother, and after a few days felt he had coped with her death fairly well. Then he suffered another bereavement in the family and again he coped with it better than he expected. Then his dog died, and he fell apart and became a quivering wreck.

Reflecting on this many months later, he came to understand that he had been going through a massive cycle of emotional change and it wasn't until the third incident that he came to appreciate that he had not properly assimilated the other two losses in his life before moving on and encountering the third.

Professional counsellors will tell you that you need to have "endings before beginnings".

Until you have given a chance to the natural feelings of sadness - even anger, and to take time to recognised what has come to an end, it is not possible to begin life again. Do not dive into "busy" diversionary activities. Talk about what has ended, what has been lost - be open to grief - only then can you start to make those first tentative steps into the next phase of your life.

At the end of last year I received a nasty shock to my career hopes. Nothing very substantial as things go maybe, but my future

looked bleak. All of a sudden my life turned upside down. I have to admit that the initial shock of it all reduced me to tears. There must be some mistake I thought to myself. I was in denial of it being a problem for a time, but quickly the true horror of the losses in opportunity to make a difference set in. I became angry, seeking to blame my clergy colleagues, the system, those unprepared to bend the rules in my favour, in fact just about anybody else but me, for the position and influence I felt I had lost. I felt like a victim, marginalised and effectively thrown away, my past contributions to the wider church unrecognised and my future opportunities drastically curtailed. I was stranded on life's beach well beyond the tide line. Shipwrecked.

My fuse shortened, my motivation evaporated. "What is the point of doing anything if this is how it all ends up" I felt like saying, and probably did, at least in my prayers to God. My self-esteem hit rock bottom.

As the days shortened, anybody who tried to assist me was rebuffed. I didn't need people to show me the way with a spiritual or philosophical torch. I just needed their ears and their time. The eventual outpouring of my personal grief was cathartic.

I now reflect that I am on that cycle of emotional change. It begins with shock, goes through denial, anger, depression, feelings of victimisation, and then goes quiet and gradually to acceptance, maybe to trying out new experiences, adaptation of my expectations, and eventually to a tiny upward shift, eventually coming up for air and leaving the past behind and moving on. I am not sure where I am in the cycle at present, but it can get better. My prayerful searching for new significance and opportunities to

contribute to encouraging change within and without the church continues.

We might all be on a change cycle somehow or other. Sometimes we manage our way round it with ease. Other times we can get stuck at one stage or another, something gets stuck in the spokes and our inability to move on can get us down, or even lead to a breakdown in our health and wellbeing. This cycle may relate to our personal circumstances, to a bereavement or relationship breakdown, the loss of a treasured friend, to something life threatening or to something quite small. Whatever, it is, it may be reassuring to realise that these things do go in cycles of down before up, and that the successful completion of one cycle can help us to cope with the next crisis better. Theologically speaking, you could say The Lord gives, the Lord takes away, the Lord tears, the Lord heals, but blessed be the name of the Lord.

I believe I am getting there slowly although as I write this, I am not quite sure where "there" really is. I believe and trust that He might have something for me to do, some new work to do maybe, some new way to contribute meaningfully, meanwhile I will have to lie fallow and wait, even though patient waiting is not necessarily in my skill set....

From Rev. Tony Redman

Next Parish Council Meeting

The next Parish Council Meeting will be in the Village Hall at 19.30 7th March 2016. Please don't hesitate to contact me with any issues you would like raised at the Meeting - 01284 787 777.

From Linda Harley, Parish Clerk