

www.heartbeateastsuffolk.org.uk

PULSE

HEARTBEAT (East Suffolk) Newsletter

QUARTERLY ISSUE: November 2019

Founder Member and Life President: John Cuckow

Patron: Dr. Duncan McNab MB, BS, MPhil, FRACP

Patron: Dr. N Irvine B.Sc. (Hons) FRCP



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East Suffolk Cardiac Support Group
Big enough to cope, small enough to care

Heartbeat (East Suffolk) Charity Commission Registered Number 800632

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DISABLED ADVICE BUREAU

Room 11, 19 Tower Street, Ipswich.

Tel: (01473) 217313

www.ipswichdab.org.uk

Bed & Breakfast Recommendations

**Royal Papworth Hospital (new location next to Addenbrookes Hospital.
New telephone number 01223 638000. Postcode for SatNav CB2 0QQ)**

Papworth keep a list of nearby B&B's

Lea Hospital Cambridge: Wendy at Rose Cottage, Histon, Cambridge.

Tel: 01223 563136.

3-4 minute walk to the hospital, but return transport available if required.

Contacts

Heartbeat is affiliated to the British Heart Foundation & Arrhythmia Alliance - The Heart Rhythm Charity.

Art Group	Shirley West	(01473) 624113
Cardiac Ward Visit Co-ordinators	Peter & Diane Marriott	(01394) 286037
Editor of Pulse	Carol Nunn	(01473) 253766
Exercise	Peter & Diane Marriott	(01394) 286037
Treasurer	Yvonne Chittock	(01473) 623460
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Medicards	Carol Nunn	(01473) 253766
Meeting Steward	Patricia Fountain	(01473) 729326
Membership Secretary	Patricia Tibbs	(01394) 276735
Monday Club	David Parmenter	(01473) 420378
Speaker Facilitator	Doreen Robinson	(01473) 402429
Supermarket Collections	Kay Burton	(01473) 434545
Swimming	Adrian Cole	(01473) 602484
Ten Pin Bowling	Margaret Cockrill	(01473) 271958
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Travel/Outings	David & Doreen Robinson	(01473) 402429
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About Your Magazine

Pulse is issued four times annually, usually in the first week of each month: February, May, August and November. Articles for inclusion in the newsletter must be in the hands of the editor **AT LEAST 4 WEEKS BEFORE THE ISSUE DATE**. The views expressed in the contributions to the newsletter are not necessarily the views of the editor or the Heartbeat committee. The editor has the right to edit all letters or articles sent in for publication.

All correspondence relating to this newsletter should be forwarded to:

The Editor: Carol Nunn, 31 Wroxham Road, Ipswich IP3 0PH

Tel: (01473) 253766 or e-mail: carol.nunn1@yahoo.co.uk

CHAIRMAN'S REPORT

The memory of summer sunshine is fading but once again we were blessed with sunshine for our fun day at Dan's meadow although it was quite windy. Many friends enjoyed the day, trying out numerous games which reminded us of our childhood. Inside the hall we were entertained by 'No. 2 Shades of Grey' who played and sung, very professionally, many songs that we had enjoyed in our teens. The bacon rolls (we got through 7 kilos) were a great hit.

The annual Christmas Draw is with us once again and tickets have been enclosed within this edition of Pulse. Please try and sell them to family and friends as the money raised helps to finance this magazine.

You may not be aware that we have 1000 copies printed every quarter and together with postage the costs break down to £3 per copy per quarter. The Pulse is sent to all members who are no longer able to attend meetings but still take comfort from the fact that Heartbeat is there for them should they have need of us. It is also used via hospital visiting to introduce new heart patients to our organisation, therefore, please help us to continue to provide this service without charge to the recipients.

Thank you all for your help and support through the year. The membership continues to grow and our aim to support cardiac patients goes from strength to strength.

A happy healthy Christmas and New Year to you all and we look forward to being together in 2020.

NORMA AND MIKE FARTHING



DON'T FORGET TO USE OUR CO-OP CHARITY NUMBER 1946

To use this number you need to use your own dividend card first and then ask the assistant to transfer the dividend to the Heartbeat Number 1946

TREASURER'S REPORT

We have this week received the final instalment from the legacy of Joan Rosina Mogford. The total amount we received was £79,423.28. A very generous amount and, as a charity, we will endeavour to make sure it supports all cardiac patients and their carers in East Suffolk.

You will have received raffle tickets with this months magazine and I know you will support this annual draw as always. Last year we made a profit of almost £3,000 on this draw. This was after we made up 12 hampers, and cash prizes to the value of £525. The hampers again consisted mainly of donated items. Remember if you have any items you would like to offer for the draw you can pass them on to any member of the committee or at any of the groups or activities you may attend.

I started by saying we had received that amazing legacy but in my experience small amounts are just as acceptable and when added together keep our charity going and enable us to do many good things in the local area. I hope you will buy the raffle tickets and should you be able to persuade friends or family to buy any please contact me and I will send extra ones to you. Finally, when you do your shopping next time please drop an extra item into your basket and help us to fill up our hampers.

Yvonne

100 CLUB WINNERS

August	Mr M Dicks	£44.40
	Mr J Pierce	£22.20
	Mrs P Bryanton	£11.10
September	Mr R Kirby	£44.00
	Mrs L Robinson	£22.00
	Mr E Woolnough	£11.00
October	Mrs M Abbott	£44.80
	Mr A Nichols	£22.40
	Mrs Y Chittock	£11.20



SUDOKU

	3		8				5	
7	4					2	8	
1			6					
				4		9	6	1
		5		3		8		
6	1	4		8				
					3			8
	6	1					3	2
	2				1		4	



I need everyone to wish me luck. I have a meeting at the bank later today and if all goes well, I will be out of debt. I'm so excited I can barely put on my ski mask!

Last night, on my way home, I was mugged by a thief. Pointing a knife at me he said "Your money or your life". I said look mate I'm married so I have no money and no life. We hugged and cried together - It was a beautiful moment.

The doctor told me that if I had a vasectomy I wouldn't have any kids. I had the operation but when I got home, they were still there.

HEARTBEAT COMMITTEE

President (Life)	John Cuckow	
Chairman	Michael Farthing	6 Medway Road, Ipswich, IP3 0QJ Tel: (01473) 714431 e-mail: michaelfarthing @talktalk.net
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Secretary	Patricia Tibbs	24 Colneis Road, Felixstowe, IP11 9HF Tel: (01394) 276735 e-mail: Patricia.tibbs@ hotmail.com
Treasurer	Yvonne Chittock	42 Padstow Road, Kesgrave, Ipswich, IP5 1LR Tel: (01473) 623460 e-mail: Yvonnechittock@hotmail.co.uk
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Meeting Steward	Patricia Fountain	14 Adelaide Road, Ipswich, IP4 5PR Tel: (01473) 729326
Monday Club	Dee & David Parmenter	See above.
Speaker Facilitator	Doreen Robinson	10 Dales View Road, Ipswich, IP1 4HL Tel: (01473) 402429 e-mail: david.robinson4@ntlworld.com
Travel & Outings	Doreen & David Robinson	As above
HELP LINE Store Collections	Kay Burton	211 Dales Road, Ipswich, IP1 4JY Tel: (01473) 434545 e-mail: parkie9@icloud.com
Member	John Biggs	48 Mildmay Road, Ipswich, IP3 9PG Tel: (01473) 710596 e-mail: johnbiggs65@outlook.com

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Hilda and Aggie were having a smoke walking to the shops. Hilda complained to Aggie “My joints are stiff”. Aggie replied “You’re rolling them too tight!”

To the person who stole my glasses - I will find you - I have contacts.

Michael O’Leary was waiting at the bus stop with his friend, Paddy Maguire when a lorry went by loaded up with rolls of turf. O’Leary opined, “I’m gonna do that when I win de lottery, Maguire”. “What’s that, Michael?” responds his mate.” “Send me lawn away to be cut,” concludes O’Leary.

Two Irish mothers, Kate and Lorna were talking about their sons. Kate say, “My Patrick is such a saint. He works hard, doesn’t smoke, and he hasn’t so much as looked at a woman in over two years.” Lorna responds, “Well, my Francis is a saint himself. Not only hasn’t he not looked at a woman in over three years, but he hasn’t touched a drop of liquor in all that time.” “My word,” says Kate, “You must be so proud.” “I am,” announces Lorna, “And when he’s paroled next month, I’m going to throw him a big party.”

HEARTBEAT REGALIA

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page 7) BEFORE FILLING OUT YOUR ORDER FORM

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A SEND OFF TO REMEMBER

An elderly Italian man lay dying in his bed. While suffering the agonies of impending death, he suddenly smelled the aroma of his favourite Italian anisette sprinkled cookies wafting up the stairs.

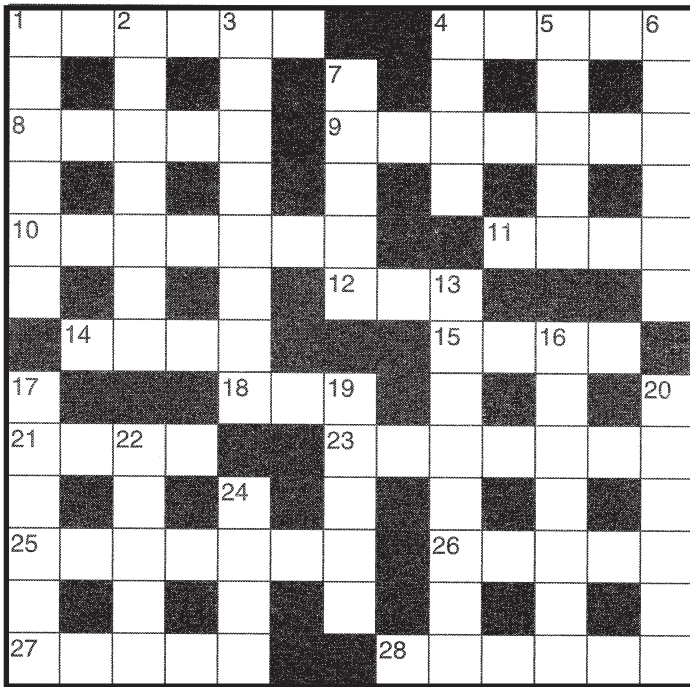
Gathering his remaining strength, he lifted himself from the bed. Leaning against the wall, he slowly made his way out of the bedroom and with even greater effort he gripped the bannister with both hands and leaned over and step by step went down stairs. With laboured breath he leaned against the doorframe, gazing into the kitchen. Where it not for death's agony, he would have thought himself already in heaven, for there, spread out upon waxed paper on the kitchen table were literally hundreds of his favourite anisette sprinkled cookies.

Was it heaven? Or was it one final act of heroic love from his devoted Italian wife of sixty years, seeing to it that he left this world a happy man?

Mustering one great final effort, he threw himself towards the table, landing on his knees in a crumpled posture. His parched lips parted, the wondrous taste of the cookies was already in his mouth, seemingly bringing him back to life. The aged and withered hand trembled on its way to a cookie at the edge of the table, when it was suddenly smacked with a spatula by his wife..... "Back off!" she said, "they're for the funeral."

HOW OLD?

Three Irishmen, Paddy, Sean and Seamus where stumbling home from the pub late one night and took a short cut through the graveyard. "Come have a look over here" says Paddy. It's Michael O'Grady's grave, God bless his soul. He lived to 87. "That's nothing" says Sean, "Here's Pat O' Toole, and he was 95". Just then Seamus yells out , "Good God, here's a fella that got to be 145!" "What was his name" asks Paddy. Seamus stumbles around a bit, awkwardly lights a match to see what else is written on the stone marker and exclaims: "Miles, from Dublin."



ACROSS

1. Agriculturalist (6)
4. Stop (5)
8. Wash (5)
9. Shorten (7)
10. Safe-keeping (7)
11. Gardner's basket (4)
12. Tear (3)
14. Threesome (3)
15. Slightly open (4)
18. Uncooked (3)
21. Volcanic emission (4)
23. Greek wine-jar (7)
25. Charming (7)
26. Permission (5)
27. Dangerous (5)
28. Seating (6)

DOWN

1. Woodland (6)
2. Malice (7)
3. Lift (8)
4. Cereal (4)
5. Viper (5)
6. Come out (6)
7. Subsequently (5)
13. Brochure (8)
16. Aligator pear (7)
17. Blossom (6)
19. Bet (5)
20. Fondle (6)
22. Goddess of Love (5)
24. Conservative (4)





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DOES THIS RING TRUE FOR YOU?

I'm getting ready for the fray, I need to phone my bank today.
My local branch closed down in June, I can't see another opening soon.
I'm sporting new batteries in my hearing aids
and my personal details ready in case my memory fails.

I have my banking card and new ballpoint pen,
I check the time - it's quarter to ten.
Shakily I pick up the phone -
Oh good, I can hear a dialing tone.

I punch in the numbers, the call goes through,
Then a robot tells me what to do.
I hear a list of various choices Press 1 (no option for human voices),
Press 2, press 3 - how many more? - Have I heard that choice before?

Now press the hash key to hear them all again,
But the option I want isn't there, It's insane.
Apparently, my call is important. Do I hear a ring?
No, it's Stravinsky playing The Rite Of Spring!

My hubby brings in toast and tea.
He says, 'No luck?' and pats me tenderly.
'Hang on in there,' he says, backing away.
This call is wasting all my day.

Then for no reason the line goes dead.
I know it can't be something I've said!
I sip some cold tea and seethe inside,
These impersonal calls I just can't abide.

I don't want to hear a 'droid on the phone.
I want to talk to a person of flesh and bone.
I don't want to select choices or do as I'm told.
And if this is the future...I'm glad that I'm old!

REGULARLY HELD ACTIVITIES

MONDAY CLUB 1.30 p.m.

Kesgrave Social Club, Edmonton Road, Kesgrave, IP5 1EE

Board Games, Dominoes, Kurling etc. or just a chat

Session **£2.00** incl. Tea/Coffee & biscuits

Dee/David Parmenter

Mob: 0744 3491 666



EXERCISE MONDAY 5.45-7.15p.m.

EXCEPT BANK HOLIDAYS

Chantry Academy Community Use Facilities, Mallard Way,

Ipswich, IP2 9LR.

Exercise for members, partners or their carers.

EXERCISE WEDNESDAY 4.30-6 p.m.

Felixstowe Leisure Centre, Undercliff Road West, Felixstowe, IP11 2AE

Exercise for members, partners or their carers.

Peter/Diane Marriott (01394) 286037

Mob: 0797 4756 498 (Peter)

Mob: 0781 7294 283 (Diane)

All sessions are £5.00 each



ART GROUP

WEDNESDAY 9.30 a.m. - Noon

Rushmere Sports Centre, The Street, Rushmere St Andrews, Ipswich

Water Colours, Oils, Acrylics, Pastels.

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Sessions **£3.50**

Shirley West (01473) 624113

SWIMMING

WEDNESDAY 3-4 p.m.

SATURDAY 11 a.m.-Noon

Swimming at Fore Street Baths,

Ipswich Sessions **£3.00**

Adrian Cole (01473) 602484



LINE DANCING

THURSDAY 2 p.m

Kesgrave Social Club, Edmonton Road, Kesgrave. IP5 1EE

Line dancing partners are welcome to come and enjoy a game of cards or just a drink and a chat.

Sessions **£3.00**

Dee/David Parmenter

Mob: 0744 3491 666



TEN PIN BOWLING

FRIDAY 10 a.m. - 1 p.m.

KingPin Bowling, Martlesham Heath,

All year round but subject to lane availability during school holidays.

£7.00 (including bowling, shoe hire and a free cup of coffee).

Margaret Cockrill (01473) 271958

Medicard

FOR AN APPLICATION FORM CONTACT:

CAROL NUNN, 31 WROXHAM ROAD, IPSWICH, IP3 0PH

Tel: (01473) 253766 e-mail: carol.nunn1@yahoo.co.uk

MEN ARE LIKE MOTORS

As it gets older, the differential starts slipping and the U-joints get worn, causing the drive shaft to go bad. The transmission won't go into high gear and sometimes has difficulty getting out of low. The cylinders get worn and lose compression, making it hard to climb the slightest incline.

When it is climbing, the tappets clatter and ping to the point where one wonders if the old bus will make it to the top. The carburettor gets fouled with pollutants and other matter, making it hard to get started in the morning. It is hard to keep the radiator filled because of the leaking hose.

The thermostat goes out, making it difficult to reach operating temperature. The headlights grow dim, and the battery needs constant recharging. But if the body looks good, we can keep it washed and polished, giving the impression it can compete with newer models and make one more trip down the primrose lane before the head gasket blows. Gentlemen, start your engines.



THE IRISHMAN AND THE VENTRILOQUIST

A ventriloquist is telling Irish jokes in the Davy Byrne's pub in Grafton Street, Dublin, when, O'Leary, an irate Irishman stands up shouting, "Yor're making out we're all dumb and stupid. I oughtta punch you on the nose."

"I'm sorry sir, I....."

"Not you," says O'Leary, "I'm talking to that little fella on you knee."

Note from the Editor: I hope you have enjoyed reading this years Pulse magazines. May I wish you all a Merry Christmas and a Happy and Healthy New Year.



Carol

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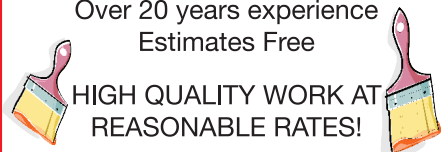
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MONTHLY MEETING DATES AND SPEAKERS

MEETINGS WILL BE HELD at Kesgrave Social Club, Edmonton Road, Kesgrave, IP5 1EE usually on the first Tuesday of each month. **SEE TIMES BELOW.** All members are welcome.

Future dates and speakers

3rd	Dec	The VIP's	Singing Group
7th	Jan	Bill Tancred MBE	My life in international sport and the many personalities met
4th	Feb	Norma Howell	Medical Detection Dogs
3rd	Mar	Annie	Return visit Keyboard/Vocalist

If you belong to any other groups or have heard speakers that you could recommend to our group please get in touch with Doreen Robinson on (01473) 402429



IMPORTANT NOTICE

2019

THE OCTOBER MEETING WILL BE THE START OF OUR AFTERNOON PROGRAMMES. THEY WILL BE HELD AT OUR USUAL VENUE WITH THE COMMENCEMENT TIME OF 2.00p.m.

EVENING MEETINGS WILL RECOMMENCE IN APRIL 2020

DOREEN

Travel Organisers:

Doreen & David Robinson
10 Dales View Road, Ipswich, IP1 4HL
Tel: (01473) 402429
E-mail: david.robinson4@ntlworld.com

**ALL TRAVELLERS
SHOULD CARRY AN
UP-TO-DATE
MEDICARD**

2019

9-13th December Warners, Alvaston Hall, Cheshire
18th December Thursford Christmas Spectacular

2020

13-17th July Warners Bembridge IOW
7-11th December Warners Littlecote, Berkshire

Please contact us for full details of cost/deposits/vacancies required.
We maintain reserve lists for most of our events and **we have always needed them.**

Cheque payment should be made payable to Heartbeat East Suffolk

**PEOPLE TRAVELLING WITH HEARTBEAT SHOULD TAKE OUT
INSURANCE COVER TO INCLUDE THE FOLLOWING:**

LOSS OF DEPOSIT, HEALTH CONDITIONS,
LOSS/DAMAGE OF/TO LUGGAGE & CANCELLATION CHARGES

Don't forget to bring your *up-to-date* medicard

It is vital that you obtain a Heartbeat Medicard. We have had several incidents in the past when these cards have been extremely important to attending doctors or necessary visits to local hospitals.

Contact the editor for an application form.

DOREEN & DAVID

WORDSEARCH - JOYS OF CHRISTMAS

C	Y	S	N	R	H	A	W	L	R	L	S	E	O	E	T	Y
B	H	D	H	G	E	I	D	M	L	A	K	N	B	L	N	L
B	U	R	I	E	S	K	S	V	M	F	T	I	W	C	E	L
I	M	E	I	E	P	N	C	T	E	I	K	W	R	I	S	O
I	L	N	M	S	O	H	S	A	N	N	Q	D	A	C	E	H
S	N	E	C	W	T	I	E	S	R	U	T	E	P	I	R	Q
W	N	O	B	P	R	M	E	R	E	C	E	L	P	G	P	B
C	A	A	I	H	A	L	A	E	D	F	L	L	I	S	E	R
L	L	P	C	T	T	R	N	S	L	S	U	U	N	C	X	E
L	Y	Z	N	L	A	S	T	E	C	V	Y	M	G	R	V	I
S	U	A	L	C	S	R	O	I	E	A	E	D	P	O	T	N
L	S	B	X	P	I	F	O	R	E	R	K	S	A	O	T	D
G	S	W	E	A	T	E	R	C	F	S	T	E	P	G	A	E
F	E	E	G	M	I	S	T	L	E	T	O	E	E	E	N	E
U	C	G	N	I	F	F	U	T	S	D	S	T	R	A	G	R
H	G	N	I	D	D	U	P	M	U	L	P	L	M	K	E	O
E	R	I	F	E	L	B	U	A	B	F	C	W	O	Y	L	B
T	U	R	K	E	Y	B	E	L	L	S	O	M	V	R	S	I
L	O	G	J	D	E	U	X	F	C	N	W	I	R	H	A	N
X	Q	T	S	L	O	R	A	C	S	M	V	P	O	S	J	J

Advent
Angels
Bauble
Bells
Carols
Christmas
Christmas Cake
Claus
Coal
Cracker

Decoration
Elves
Fire
Frost
Holly
Icicle
Ivy
Log
Mistletoe
Mulled Wine

Parties
Plum Pudding
Present
Queens Speech
Reindeer
Robin
Santa
Scrooge
Shepherds
Sleigh

Snow Ball
Snow Man
Stuffing
Sweater
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Tree
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Wise Men
Wrapping Paper
Yule

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Christmas Trivia

1. Which milk-based beverage is available around Christmas time and comes in both alcoholic and non- alcoholic versions?
2. Stollen is the traditional fruit cake of which country?
3. What name is given to small sausages wrapped in bacon, a staple at a British Christmas dinner?
4. The red and white costume of Father Christmas was allegedly first introduced by which drinks manufacturer?
5. In which direction should you stir mincemeat for good luck; clockwise or anti-clockwise?
6. What would you stick into an onion when following a traditional bread sauce recipe?
7. A swede is a cross between which two vegetables?
8. What is a female turkey called?
9. What is the name of a skin that hangs from a turkey's neck?
10. True or False: Before turkey, the traditional English Christmas dinner included a pig's head smothered in mustard.
11. Visions of which sweet foodstuff danced in children's heads as they slept, according to Clement Clarke Moore's poem "Twas the Night before Christmas".
12. In Oaxaca City, Mexico, Noche de rabanos is celebrated every 23rd December. Which food gives this festival its name?
13. Approximately how many turkeys were purchased at Christmas 2013 in the UK?
14. What is a 'Buche de Noel', commonly eaten in France at Christmas?
15. What would you be drinking if you had 'Gluhwein'?
16. Which type of sweetbread loaf, originated in Milan, is traditionally eaten at Christmas in Italy and many other European countries?
17. Which Christmas food is it considered good luck to eat one of on each of the 12 days of Christmas?
18. As the clock chimes midnight to ring in the New Year, a Spanish tradition involves eating twelve of what - one for each chime?
19. Which type of tree was the partridge sitting in, according to a well-known Christmas song?
20. When was the first Christmas card sent and who designed it?

21. Canada, the UK and most other Commonwealth countries officially celebrate the day after Christmas as what holiday?
22. How do you say "Merry Christmas" in Spanish?
23. What are two other names for Santa Claus?
24. True or False: The first Christmas tree appeared in the USA?
25. Who created Rudolph, the most popular reindeer of Santa Clause?
26. Which country was the first to use the tradition of Christmas trees?
27. Who invented electric Christmas lights?
28. Which was the last US state to declare an official holiday for Christmas?
29. Which was the first country to issue a Christmas postage stamp?
30. When was Christmas declared as a federal holiday in the USA?
31. Which Country has a tradition of a witch dropping gifts for children through the chimney at Christmas?
32. What is Santa Claus called in France?
33. Which country is the largest exporter of Christmas trees?
34. Which US President banned Christmas trees in the White House?
35. How many days do we have between Christmas and the Epiphany?
36. Which country follows the tradition to light candles on the graves of relatives on Christmas Eve?
37. Where did the Nativity take place?
38. Which of these was not a gift given by the 'Wise Men' to baby Jesus - gold, silver, myrrh or frankincense?
39. Which company made the concept of Santa Claus popular world wide?
40. Which of Santa's reindeer is named after another animal?
41. Who was the first person to wear a tailored Santa costume and walk around a store, distributing gifts?
42. Is there a Mrs Santa Claus?
43. Why are candy canes red and white in colour?
44. True or False - Christmas has, in the past, been banned in England.
45. In Italy, who is believed to deliver presents to children on Christmas eve?
46. After leaving Bethlehem where did Mary, Joseph, & Jesus go?
47. Which ornament do the elves have on the tip of the shoes?
48. How does Santa go back up the chimney?
49. How many points does a snowflake traditionally have?
50. Name the eight original Reindeer.

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SECKFORD HALL HISTORY

Named for the family that have owned the estate since the Domesday Book of 1086, Seckford Hall sits in its own private valley in an area of outstanding natural beauty, surrounded by ancient wetlands and historic towns. It is the perfect gateway to explore the Suffolk coast and heaths.

Amongst its contemporary offer guests can expect the finest facilities at the newly refurbished Seckford Spa, fine dining at the '1530' restaurant or work up an appetite on Seckford's 18-hole golf course.

Featuring grandiose chimneys, crenellations, Flemish gables and a classic E-shaped layout, Seckford Hall is a mansion whose architecture defines the confidence and majesty of the Tudor age. It was built in 1530, partly using materials from earlier medieval buildings; however, unlike its contemporaries of the day who utilised paraphernalia from the Reformation, Seckford Hall was built around the site of a much earlier residence that the Seckford family called home.

The original Hall is first recorded in 1185 during the reign of Henry II with the family having risen from humble origins as tenant farmers to claim significant estates through marriage and inheritance. The early history of the second hall is the story of two Thomases. Thomas Seckford Esquire and his second born son Sir Thomas Seckford.

Thomas Seckford married into another notable Suffolk family called the Wingfields, themselves being landowners and descended from a famous knight. Thomas decided to establish all his estates with the Seckford locality and upgraded the mediaeval mansion of Seckford Hall for use as the family home. This earned him the nickname locally as 'the settler'. Raising his family at Seckford, Thomas primed his eldest son Francis to manage the estate. This afforded his other sons the opportunity to pursue their own ventures and it was his second son, also Thomas, who became something of a prodigy.



Photo: Joolsptown, Flickr

Seckford Hall

The younger Thomas worked hard to secure a place at Cambridge where he studied law and in 1540 he was called to the bar to the renowned Gray's Inn, a professional association of Barristers.

Thomas befriended the influential William Cecil and his career began to flourish. Under his tutelage he helped draft the Third Succession Act of 1543, restoring Mary and Elizabeth Tudor as successors to the English throne. He probably regretted this when in 1553 the Catholic Mary became Queen. Devout and determined, Mary spent most of her reign attempting to restore the Catholic faith in England. Now an MP, Sir Thomas voted against a bill to restore church revenues and property in 1555. The consequence of standing up for his beliefs left him outcast from English politics. Sir Thomas retreated back to his constituency in Suffolk and it was during this time that Seckford Hall was given the attention it needed for further enhancements.

Sir Thomas returned from the political wilderness in 1558. With the death of Mary I, Elizabeth was now Queen and Thomas retreated back to his constituency in Suffolk and it was during this time that Seckford Hall was given the attention it needed for further enhancements.

Thomas was very industrious and spent his time between his home at the family estates and his duties in London. As a member of the landed gentry and a pious Protestant, his role as an MP and Barrister led to the occasional conflict of interest. Always present at the prosecution of those who would conspire to murder the Queen, his own cousin Lady Margaret Stanley was once the subject of just such an accusation. Charges with using sorcery to predict the Queen's death and her own rise, Lady Margaret's own life was spared; her sorcerer was not so fortunate! Thomas also presided over the prosecution of Thomas Howard, 4th Duke of Norfolk for his part in plotting to place Mary Queen of Scots on the throne. The Seckfords had commercial interests with the Howards so no doubt the guilty verdict wasn't good for business! Such was the scheming of Tudor politics.

Staying with the family into the 1700's Seckford Hall then passed between various families and saw a steady decline. Credit for its return to glory must go to Sir Ralph Harwood, a former financial secretary to George V. Sir Ralph had a talent and passion for restoring tudor houses and was able to throw his lot into the house in 1946. As with Thomas 'the settler's' renovation salvaged materials were used, these being from houses which had been destroyed during the Second World War. Seckford was restored to its former magnificence and it is said that Queen Mary herself supplied Sir Ralph with some of the materials. Amongst the finest rooms is the Great Hall; despite the name it is not the typical cold and windy place you may associate with Tudor halls but a cosy, intimate place of oak panelled doors and ceiling and a huge open fireplace.

Built to serve as the seat of a family estate, Seckford Hall has barely known any other purpose. The architecture, 'tempered by time' yet combined with the intimate family feel bestowed upon it by successive owners, makes for a unique 'Seckford Experience'.

INTERESTING FACTS ABOUT SECKFORD HALL:

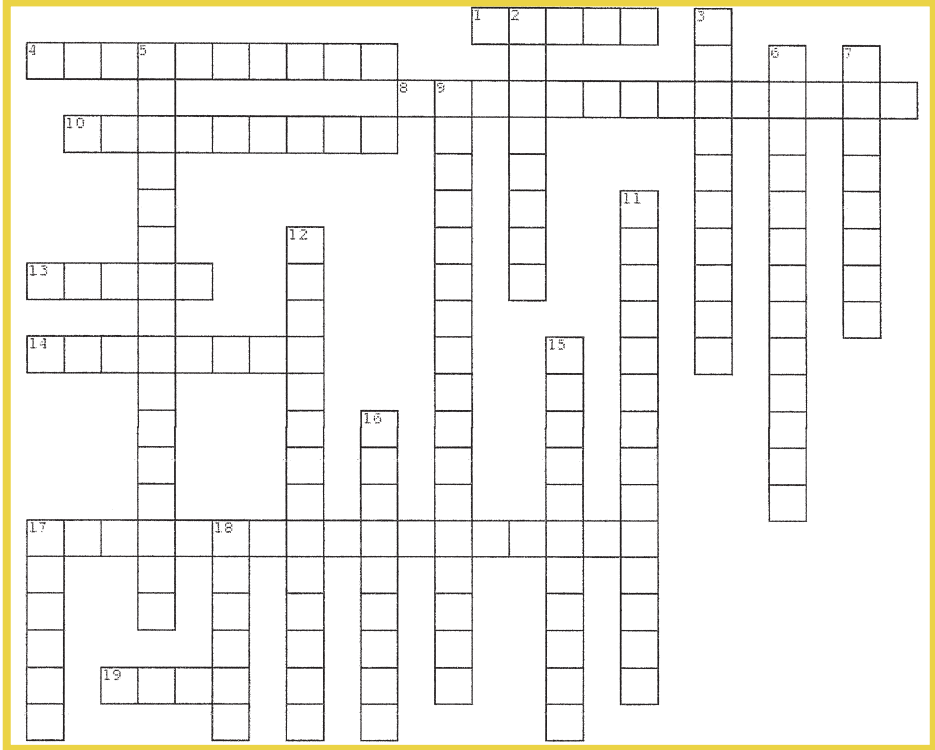
1. Amongst the collection of antiques and artefacts decorating the interior of Seckford Hall is a yellow covered chair that King Edward VII passed away in in 1910. This royal chair was said to have been a gift from Queen Mary.
2. The philanthropic Sir Thomas Seckford was a conscientious man, taking on civic projects in nearby Woodbridge. The Trust he founded continues to benefit the town to this day, providing education, care and grants to the folk of historic Woodbridge.
3. After the Dissolution of the Monasteries, responsibility for the poor passed from the church to the crown. Under Queen Elizabeth I it passed to wealthy landowners of which Sir Thomas was one. A true pioneer of his day, Sir Thomas built the first secular alms-houses. Just as well for the poor, since the punishment for begging in Tudor England was a hot poker to the right ear!
4. Sir Thomas was also the patron of Christopher Saxton, the surveyor of the first in depth maps of England and precursor to todays ordnance survey maps. Sir Thomas owned the first 10 years of all map copyrights so was indeed a very wealthy man.



TICKLE ME ELMO

There is a factory in Northern Minnesota which makes the 'Tickle Me Elmo' toys. The toy laughs when you tickle it under the arms. Lena is hired at the factory and she reports for her first day promptly at 8a.m. The next day at 8.45a.m. there is a knock at the Personnel Manager's door. The Foreman throws open the door and begins to rant about Lena. He complains that she is incredibly slow and the whole line is backing up, putting the entire production line behind schedule. The Personnel Manager decides to see for himself, so the 2 men march down to the factory floor. When they get there the line is backed up that there are 'Elmo's' all over the floor around Lena who has a roll of plush red fabric and a huge bag of marbles. They watch as Lena cuts a piece of fabric, wraps it around two marbles and sews the package between Elmo's legs. The Personnel manager bursts into laughter. After several minutes of hysterics he pulls himself together and approaches Lena..... "I'm sorry" he says to her, barely able to keep a straight face, "but I think you misunderstood the instructions I gave you yesterday..." "Your job is to give Elmo two test tickles."

Christmas Crossword



ACROSS

1. A sauce made from the juices of cooking meat (5)
4. A vibrant, shredded vegetable (3,7)
8. A small, unpopular vegetable (7,7)
10. A cocktail of champagne and Creme de Cassis (3,6)
13. A herb with small, round leaves (5)
14. Pale, sweet root vegetables (8)
17. British tradition of breaking a parcel containing small gifts and Jokes (9,8)
19. Alcoholic, fermented grapes (4)

DOWN

2. A herb with a strong scent & spikey leaves (8)
3. Fruity accompaniment to meats (5,6)
5. Dessert set alight with brandy (9,7)
6. Vegetables cooked in the oven (5,8)
7. A mix, cooked inside the bird (8)
9. Healthy food cooked in oven (7,10)
11. Red, sharp sauce for meat (9,5)
12. Pork wrapped in bacon (3,2,8)
15. Selection of dairy produce (6,5)
16. Pastry with fruity filling (5,4)
17. Dark, bitter hot drink (6)
18. The large bird for dinner (6)

ALIENS BEWARE!

Two aliens landed in the Arizona desert near a gas station that was closed for the night. They approached one of the gas pumps and the younger alien addressed it saying, “Greetings, Earthling. We come in peace. Take us to your leader” The gas pump, of course, didn’t respond. The younger alien became angry at the lack of response. The older alien said, “I’d calm down if I were you.”

The younger alien ignored the warning and repeated his greeting. Again, there was no response. Annoyed at the pup’s haughty attitude, he drew his ray gun and said gruffly, “Greetings, Earthling. We come in peace. Take us to your leader or I will fire!”

The older alien again warned his comrade saying “You probably don’t want to do that! I really think that will make him mad.” “Rubbish,” replied the cocky, young alien. He aimed his weapon and opened fire.

There was a huge explosion. A massive fireball roared towards him and blew the younger alien off his feet and threw him in a burnt, smoking mess about 200 yards away in a cactus patch.

Half an hour passed. When he finally regained consciousness, he re-focused his three eyes, straightened his bent antenna, and looked dazedly at the older, wiser alien who was standing over him shaking his big, green head.

“What a ferocious creature!” exclaimed the young, fried alien. “He damn near killed me! How did you know he was so dangerous?” The older alien leaned over, placed a friendly feeler on his crispy friend and replied, “If there’s one thing I’ve learned during my intergalactic travels, you never mess with a guy who can loop his manhood over his shoulder twice and then stick it in his ear.”



Crossword Answers Page 11

Across: 1. Farmer, 4 .Cease, 8. Rinse, 9. Abridge, 10. Storage, 11. Trug, 12. Rip, 14. Trio, 15. Ajar, 18. Raw, 21. Lava, 23. Amphora, 25 .Winsome, 26. Leave, 27. Risky, 28. Stools.

Down: 1. Forest, 2. Rancour, 3. Elevator, 4. Corn, 5. Adder, 6. Emerge, 7. Later, 13. Pamphlet, 16. Avocado 17. Flower, 19. Wager, 20. Caress, 22. Venus 24. Tory.



Christmas Crossword answers Page 29

Across: 1. Gravy, 4. Red Cabbage, 8 .Brussel sprouts, 10. Kir Royal, 13. Thyme, 14. Parsnips, 17. Christmas crackers, 19. Wine.

Down: 2. Rosemary, 3. Apple sauce, 5. Christmas pudding, 6. Roast Potatoes, 7. Stuffing, 9. Roasted vegetables, 11. Cranberry sauce, 12. Pigs in blankets, 15. Cheese board, 16. Mince pies, 17. Coffee, 18. Turkey.



Christmas Trivia answers

1. Eggnog, 2. Germany, 3. Pigs in blankets 4. Coca-Cola, 5. Clockwise, 6. Cloves, 7. A cabbage and a turnip, 8.Hen, 9. Wattle, 10. True, 11. Sugar-plums, 12. Radish, 13. 14 Million, 14. Yule log 15. Mulled wine, 16. Panettone, 17. Mince Pies, 18 .Grapes, 19. Pear, 20 .1843 designed by John Horsley, 21. Boxing Day, 22. Feliz Navidad, 23. St. Nick & Kris Kringle, 24. False, 25. Robert L May 26. Germany, 27. Thomas Edison in 1880, 28. Oklahoma, 29. Canada, 30. 1870, 31. Italy, 32. Pere Noel, 33. Canada 34. Theodore Roosevelt, 35. Twelve, 36. Finland, 37. Bethlehem, 38. Silver, 39. Coca-Cola, 40. Vixen, 41. James Edgar in 1890, 42. Yes, 43. White symbolizes the purity of Jesus and Red symbolizes the blood that Jesus shed for us 44. Yes, 45. An old lady/witch named Befana, 46. Egypt, 47. Bells, 48. He puts a finger on the side of his nose, gives a smile and a nod 49. Six, 50. Blitzen, Comet, Cupid, Dasher, Prancer, Vixen, Dancer & Donner.

Colour your Christmas

