

FOCUS

May/June/July 2013



Tuesday 25th June at 7.45pm

Black&White Productions present

IN HEALTH AND IN SICKNESS A History of The Bartlet

*a new play by Suzanne Hawkes traces the history of The Bartlet
with humour, pathos and live music*

Tickets £9/£8 from 01394 279613 or Blurb Bookshop, 36 Hamilton Rd, Felixstowe

Dancing at Waldringfield

Country & Western is alive and well and living in Waldringfield!



At the time of going to press, we have had two very successful Line Dancing taster sessions where we strutted our stuff and learned, amongst other things, how to grapevine, twinkle, hitch, electric slide and cowboy reggae.

All to a mixture of music including pop and Irish folk, as well as some Country & Western tracks.

We will shortly be holding two **Scottish Dancing taster sessions on May 9th and 16th** at 7.30pm in the village hall.

As well as the teachers, we will also have a group of experienced dancers to help take us through the steps and sequences of the dances. Soft shoes are recommended (for the sake of others' toes) and of course if you have a kilt, now is the time to wear it.

After the two sets of tasters we can then decide if there is enough support to arrange regular classes in either, or perhaps even both, of the dancing options.



I don't have everyone's email address (the registration forms you completed are confidential and go straight to the teacher) and I know that not everyone is on Waldringfielders, so, if you have enjoyed the classes and wish them to continue please contact me either through email on janet@buttermans.com or by phone on 736736 to let me know. I can then keep in touch whilst liaising with Suffolk Sport and the teachers.

In the meantime... "keeeep dancing!!"

Village Hall Short Mat Bowling - Like to play bowls but never have?

Short mat bowling (not carpet bowls) is just like the real thing only more interesting!

Played on a mat the length of the hall with a stopper bar in the middle to make it more interesting. This stops bowling straight down the middle to break up the set. Short mat bowling is played in many halls around the country, more information can be found on the net.

The village hall has two mats complete with bowls purchased for the previous hall. If any one is interested, please contact me and I will set the mats up for a demonstration.

John Nayler 736228



COFFEE MORNINGS

Come and meet, or make new friends!

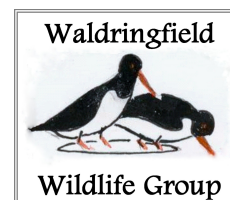
The first Wednesday of the month
10 - 12

£2.00 for Coffee/Tea
and homemade cake
Or £1.80 with biscuits

WILDLIFE GROUP

23rd May

trip to Trimly Marshes
guided by Andrew Excel,
Suffolk Wildlife Trust warden



8th June 11am

'The Beginnings of a Wildflower Meadow'
talk by Peter Olliff,
Chairman of Woodbridge Horticultural Society
contact Linda Wilkins 736044

Stress - a pain in the neck! *By Katharina Hesse, Pilates teacher at the Hall*

Stress and discomfort seem to affect the neck more immediately than any other area. Neck tension creates tension in every part of the spine - including the shoulders and lower back: an important consideration for those of us who spent much of our time in front of our computers with necks often tilted back, full of tension.

A tense neck might also affect our mood, according to Yoga guru Doug Keller.

In Ayurveda, "Kritatika" are two marma points just below the skull on either side of the spine. Doug Keller suggests that apart from a postural role, these points can bring "contentment and lubrication to the brain".

I can certainly vouch for the fact that they "bring contentment"!

Whenever I work with these points in class, everyone seems to release tension almost immediately, not just in that area but also in the rest of their bodies.

Try it (but make sure you work gently and check with your doctor first if you have any neck problems):

Lying down on your back, head supported by the floor, start by massaging these points.

Then keep your thumbs on these points whilst placing your other fingers on top of your head: A perfect position to gently move the skin of the scalp.

Gently slide the skin forward, like a hood, towards the forehead and nose, and then massage it back in a circular move.

Follow this self-massage with slow, active movement.

Slow – moving like thick lava - so that we can still focus on the skin stretching:

Bring the chin forward, careful – as if squeezing a ripe peach, and then take the head back very gently, as if you trying to smell a delicious, delicate perfume above you.

Follow this with some sideway tilts of the head – again with that same slow, delicate quality.

Finish with some very gentle free movements of the head – imagine that you are trying to "untangle a delicate gold chain that is stuck between the bones". Move with care so that you don't break that imaginary chain.

Finally, stop moving and imagine that you can look backwards into your head: let your eyes look back into your skull, ideally back at the Marma points.

Doug Keller points out that some muscles in this area are also involved in the movement of the eyes, so this is a lovely relaxation for your eyes as well as your neck – very important for anyone looking at a screen all day.

Katharina Hesse teaches somatic Pilates in Waldringfield village hall on Friday afternoons.

For more information look at her website www.rhythmoflife.org.uk.

You can contact her on kat@rhythmoflife.org.uk or telephone 01728 638604.

A LOAD OF RUBBISH?!!

Saturday 13th April was the first warm weekend of the year and the last of the Easter Holidays. So thanks to all the people who came to the ENERGY AND COMMUNITY AFTERNOON to promote the village's clubs and businesses and to hear about a diverse range of energy projects.

You may well have heard Karen Cannard talking about **The Rubbish Diet** on BBC Radio Suffolk. We were delighted that she chose the Energy and Community Afternoon as the launch for her new project! Other highlights were an inspirational talk by Keith Dickerson about an ambitious community energy project at Kelsale-cum-Carlton; children from our very own school enthusing about sloppy waste in their hotbins; Debbie Wargate of the Greenprint Forum about ways to tackle energy costs and consumption; and Tony Callaghan, inventor of the Hotbin.

Thanks to everyone who was involved in setting up this event. If you missed it - or think we missed something in it - drop Libby a line on 736523. And if you attended we'd be grateful if you could get in touch as we'd love and value your feedback. Thank you! ☺

HARVEST SUPPER 2013 - what do YOU want to see??

Dear Villagers, Waldringfield has always held a Harvest Supper in October and we want to go on doing so!

As you may know, Annie and Neil have organised the last few years celebrations and are now retiring from the role.

So now it's over to you!! What would you like to see? A variety show? A disco?

If you have any suggestions or would like to get involved, please contact Trisha on 736754 or come along to the AGM on 28th May

VACANCY!! CARETAKER/CLEANER NEEDED

For the last two years, David Eaton has been Caretaker of Waldringfield Village Hall. He only took this job on a temporary basis - so the Committee is even more grateful for everything he's done. Now, he's decided it's time to retire so he can go on more cross country walks and spend time doing important research for the Wine Club!

The Village Hall is a busy, high quality venue much valued by the community and by hirers from elsewhere who make a major contribution to its finances. **The Committee is looking for a responsible person with high standards to play a key role in helping to keep it in first class condition.**

We shall pay for a regular two hours each week and for occasional additional hours when needed and mutually agreed.

If you are interested please contact Trisha Eaton 736754, dandt.eaton@btinternet.com, Donna Morgan donna.morgan@quaysidecottage.com or Colin Reid 736506, colin_reid1@btinternet.com



One of the highlights of recent events at the Village Hall was Eastern Angles' production of **The Long Life and Great Good Fortune of John Clare**. An impressively talented trio tell the story of a psychiatric patient convinced he's the 19th century poet, switching effortlessly between the parallel lives of characters interwoven in history and psychology. It was a privilege to be in the audience, all of its members transported by such a powerful and dynamic show. **Whatever you do, don't miss this company next time they're here!!**

WALGA

Thursday 16th May 6.30 -8.00

Tour of Katie's Garden, Newbourne

Sunday 2nd June 2.00 - 5.00

Open Gardens around the village

Cream teas at Dormers from 3.00 p.m. Passport from Jo Garrard

or sold at the school on the day

If you'd like to participate in Open Gardens - whether you have flowers, shrubs or a veg patch - please contact Betsy on 736506

YOGA - 10 years of keeping fit and flexible at Waldringfield village hall Wednesdays 7pm/8pm

This Yoga/ stretch class is suitable for all ages and ability. Toning and strengthening the body for a better quality of life. New participants always welcome on a "just turn up " basis. Come along and have a good stretch and feel so much better after.

Di Taylor has been teaching in this area for over 30 years with a strong following of clients. For more information phone 07748611730
Di Taylor (BSYA)

If you are interested in playing tennis on a casual or regular basis then why not take advantage of the **Waldringfield tennis court**, situated at the rear of the playing field on the corner of School and Cliff roads. The court has recently had a major refurbishment and is in excellent condition.

From 1st April 2013 to 31st March 2014
Liz Melero 736503

Tuesday 28th May 7.30 pm

Annual General Meeting of the Trustees of the Village Hall

You may not be aware of the fact that all the Trustees are unpaid volunteers.

As a committee, we meet approximately every two months to discuss the running of the hall, including organising fund raising. If you would like to be involved, join the committee or have any questions or issues about the Hall, please come along to the AGM to meet the Trustees.

The Trustees are particularly keen to hear from local clubs and societies about how they'd like to use the hall.

Saturday 20th July 4-7 p.m.
Waldringfield Church Field 10th anniversary summer teatime event

It is 10 years since Dr Tom Waller gave the field to the village. Everyone is invited to come and help celebrate our anniversary with a grand game of rounders and other fun activities. **Bring a picnic!**

RYA – VHF/DSC Marine Radio Short Range Certificate Course
Saturday 18th May
Contact Ged Morgan at Quayside (next door to Waldringfield Boatyard)
736625

The Village Hall is doing its bit as part of **Waldringfield Community Composting**: in the kitchen there is now a bokashi bucket and a clear set of instructions - so all groups can safely add ALL their food waste to the bucket, cover it generously with the bran and press it down a bit (use some paper to protect your hand if you feel squeamish!). A member of the WCC team will empty it into a nice new wormery at the back of the village hall. (Tea bags into a separate container, please). *So the Village hall is now one of more than 30 households dealing with their kitchen waste with the help of Waldringfield Community Composting!*

Cancer Campaign for Suffolk

The event planned for this year is a lunch with Guest Speaker, award winning local author Ruth Dugdall, on **Tuesday 5th November**.

Please make a date on your calendars!
Details to follow soon. *Alison, Nickie and Trisha*

!!DON'T FORGET TO VOTE!!

Election Day is on **Thursday 2nd May**
The polling station will be the Kennedy Room and will be open from 7am to 10pm.
There are four candidates for the Martlesham division.
Find out more at www.suffolkcoastal.gov.uk

REGULAR EVENTS/CLUBS AT WALDRINGFIELD VILLAGE HALL

Bridge Wednesday evenings: Norman Rea 736577
OR 2nd and 4th Monday of the month: Freddie Davies 07799 890300
Coffee Mornings 1st Wednesday of the month: Lynn 736696
The History Group Stan Baston 736509
Greener Waldringfield Betsy Reid 736506
Knot's Therapy massage & beauty, fortnightly on Thursday afternoons: Charlotte 01394 383088
Liz's Art Class Wednesday mornings: Liz Kennedy 736637
Parish Council Meetings 2nd Tuesday of the month: Ian Kay 736384
Pilates Friday afternoons: Kat Hesse 01738 638604
Post Office Mon, Weds and Fri 11am to 1pm
Thursday Afternoon Art Class Waiting list: Kit Clark 736670
Social Evenings/Badminton Tuesday evenings: John Nayler 736228
Wine Club David Eaton 736754
Waldringfield Allotment and Leisure Gardeners Association
Betsy Reid 736506
Wildlife Group Linda Wilkins 736044
Yoga Wednesday evenings: Di Taylor 07748 611730

SUMMER 2013
DATES FOR YOUR DIARY

1 st May	Coffee Morning
2 nd May	Local Election voting
9 th May	Dancing Taster
16 th May	Tour of Katie's Garden
16 th May	Dancing Taster
18 th May	RYA course
23 rd May	Trimley Marshes visit
28 th May	Village Hall AGM
2 nd June	Open Gardens
5 th June	Coffee Morning
8 th June	Peter Olliff talk
25 th June	Black & White Productions
10 th July	Church Field Anniversary
5 th Nov	Cancer Campaign

To hire the hall for a private event, contact Bookings Secretary Donna Morgan **between 9am and 6pm** on 736724 or email donna.morgan@quaysidecottage.com anytime.
To feature an event/review in Focus, contact Focus Editor Libby Ruffle 736523