

State of the SE District in the Guild's Centenary Year

Area 1 Tower Reports 2023

Shotley Peninsula Ringers - Harkstead, Holbrook, Stutton, Tattingstone

The Shotley peninsula ringers are largely a single band.

Practice night is Monday at Tattingstone, and mostly Holbrook, but sometimes Stutton or Harkstead on a Tuesday. There is usually good attendance at the practices, with as many as 17 at Holbrook on occasions. It's a bit cosy when that happens.

Our band of young ringers, age ranging from 10 to 18 rang for the Coronation, organising themselves, and ringing some very respectable rounds and call changes.

Over the summer, we have joined with the Falkenham and Felixstowe ringers for practices. Having a few more experienced ringers helps the learners enormously, enabling them to make progress.

Janet Looser
Area Representative

Area 2 Tower Reports 2023

Falkenham/Felixstowe

Felixstowe, although there is no band, is teaching three learners with help, and one of them has taken a keen interest in steeple keeping. Sunday service ringing takes place with help from Falkenham.

Falkenham is becoming a stronger band with our more inexperienced ringers improving all the time, the emphasis being on listening and striking. Help from Felixstowe and Holbrook is much appreciated. Sunday service ringing is well-supported, usually with all six bells. We also have enthusiastic cake-makers amongst us which goes down well with a hot drink on a cold evening.

As with both towers, experienced ringers would be most welcome and all are encouraged to visit other practice nights, district meetings, etc, work commitments permitting. Neither tower has ringers under 18.

With the CCCBR weekend still fresh in mind, it would be beneficial to continue with the odd training course here and there like raising/lowering in peal or progressing to surprise minor/major – there are many possibilities; learners and teachers alike benefit from training courses.

Lesley Barrell
Falkenham TC

Area 3 Tower reports 2023

Offton Ringing 2023

Offton has been fortunate this year in gaining a lapsed ringer, originally taught in Essex, and a new young ringer, who is progressing well, so when everyone is available we can ring all eight bells for service.

Service ringing continues to be on the 2nd and 3rd Sundays at 9.00am and 10.30am respectively, together with other special services.

Tuesday night practices continue and are generally preceded by a quarter peal attempt, 24 being scored in the last 12 months at the time of writing. This ensures that we normally have resources

available to offer opportunities to ring the “standard 8” surprise major methods and I am very grateful to the stalwarts whose attendance allows this to be the case.

This year saw the 40th anniversary of the augmentation to 8 and a peal of 5040 Double Norwich Court Bob Major was rung to mark the occasion.

Brian Whiting
Tower Correspondent

Rushmere St Andrew Ringing 2023

At Rushmere we have had quite a productive year with three new learners, of which two dropped out due to pressure from other commitments despite them progressing really well. The one who remains is also progressing further and almost ready to support Sunday service ringing.

We regularly get a group of learners from St. Matthews come along - a keen bunch who love to socialise and learn with us.

On a practice night we are regularly ringing Plain Hunt, Grandsire, and Plain Bob doubles and minor, to help our learners along, and also ring Stedman Doubles, and Cambridge if the numbers of more capable ringers enable it.

On a practice night we now lock the church doors whilst ringing as we have had intruders. To allow for late-comers to our practice, there is a door-bell-push located (hidden away) in the top left corner of the notice-board to the left of the main door.

On a sad note, many will remember Hilary Talbot who passed away towards the end of October. She was in charge at Rushmere from the late-1980's to mid-1990s and rang over twenty quarter peals and one peal there.

Paul Sharples
Tower Correspondent

St Margaret's Ipswich Ringing 2023

The St. Margaret's band of ringers consists of an absolute beginner who is progressing well under ART instruction on bell handling, right through the range of experience up to a handful of ringers with over 60 years experience each.

We are also visited on an irregular basis by several ringers who are being taught elsewhere but who come to us for basic skill tuition.

We are helped by some of St. Mary le Tower ringers for Sunday service ringing and on practice night. We are a friendly, considerate band caring for each other's ringing needs and personal welfare. We are appreciated by our congregation and vicar and encouraged to spread the interest in ringing as wide as possible. We welcome visitors and peal bands.

Shirley Girt
Tower Correspondent

Sproughton and Copdock Ringing 2023

Sproughton has maintained a pretty well unbroken record of Sunday service ringing and Wednesday evening practices, thanks to the regular stalwarts.

We said goodbye to a ringer who left to study at Bristol in September, but not before mastering most of the regular 5 & 6 bell methods and being equipped with the 'experience' of attempting to ring Mersey Ferry Jump Minor.

Two of our regulars underwent major surgery but we're delighted to have them ringable again. Visitors have been warmly welcomed; it's been a real pleasure to teach and encourage learners from various towers in the area and to be able to be part of their journey in the art.

Various band members have supported **Copdock** in ringing for the considerable number of weddings at this popular venue.

Although the bells themselves have not been a very 'popular' venue for ringers; having to contend with the very long draft, the extremely quiet sound (requiring the West tower door to be opened to hear the ringing, which subsequently blows the treble rope very close to the 2nd's). But, thanks to the installation of a toilet in the ground floor of the tower, there is now a new floor creating a first floor ringing room, making the bells much more audible and, with the shortening of the ropes by nearly 4m, much more of a pleasure to ring. I was pleased to support Copdock during these changes along with 2 members of the Guild Belfry Advisory team.

The parish are now embarking on a project to restore and rehang the bells and train a band of ringers - perhaps utilising the Suffolk Training Bells at St. Mary-Le-Tower so, please consider a donation towards the training bells project if you can.

Ralph Earey
Tower Correspondent

Ipswich Teaching Report 2023

We are currently involved with teaching 32 ringers at various stages of learning over the following weekly groups. There are inevitably some crossovers with many learners attending more than one weekly practice but each person has only been included once at their main/home tower to fairly reflect the numbers involved.

In order of advancement the groups are:

St. Mary-le-Tower Ringing 2023

Practice Monday 7.00pm-9.00pm

Three developing ringers from SMLT currently learning Plain Bob, Treble Bob on the treble, plain hunting the treble on higher numbers (usually Grandsire Triples & Caters) and Rounds and Call Changes on 10/12.

There is a dedicated learners' half hour at the start of Monday practices though the learners stay on to get experience on higher numbers as part of the main practice.

Our own Training Bells are planned for installation at St. Mary-le-Tower in summer 2024. Fundraising is ongoing and we have already paid the deposit to Matthew Higby & Co. Currently we have raised about half of the funding needed. We are looking forward to the installation of these Training Bells which will bring more flexibility to our practices as well as more capability and varied learning from the associated simulators.

Bramford Ringing 2023

Practice Tuesday 7.30pm-9.00pm

Seven ringers (including the Vicar) mostly recruited for the Platinum Jubilee of Queen Elizabeth now ringing Plain Hunt, Plain Bob Minimus and Doubles and making good progress. Bramford entered a Rounds & Call Change team in the District Striking Competition this year. We hope they will do so again.

St Clement and St Lawrence Ipswich Ringing 2023

Fledglings

Practice Tuesday 6.00pm-7.30pm at either St. Lawrence or St. Clement

The first of our two Ring for the King group of recruits. This group comprises seven learners currently ranging in ability from advanced Rounds & Call Changes to touches of Plain Bob Doubles.

Wednesday Stars

Practice Wednesday 7.30pm-9.00pm at St. Lawrence

The second of our Ring for the King group of recruits comprising seven learners who are perfecting their handling, ringing good rounds and making excellent progress with Rounds & Call Changes.

2023 Outings

In 2023 we organised mini-outings for the Fledglings group (27th May to Harkstead, Holbrook and Stutton) and the Bramford ringers (14th October to Wickham Market, Pettistree and Hasketon) as well as a visit to the Ringing Discovery Centre at St. Peter Mancroft in Norwich (21st October) intended for Fledglings and Wednesday Stars. Despite the heavy rain and floods that came on the previous day half the group made it through to Mancroft for what proved to be an exceptional afternoon. We were well looked after by Nikki Thomas who explained everything in great detail and the group spent 2 hours exploring the possibilities with the Mancroft Training Bells. A further visit is booked for January 2024 so that those who couldn't make this visit can see the huge potential of Training Bells.

Teachers & Helpers

The above groups are being taught by us with valuable support. We would like to place on record our grateful thanks to all who give so generously of their time to help the development of all these groups.

Amanda Richmond & Jonathan Williamson
Ipswich ART teachers

St Matthews, Ipswich Ringing 2023

St Matthews is a growing band in number and in progression. We now practice weekly on a Thursday and now also ring for the Sunday service with help from other Ipswich towers. We are being supported by ringers from SMLT and are progressing well, moving from call changes to method. We have definitely benefitted from the resurgence in popularity of ringing as our numbers at St Matthews and across Ipswich have increased greatly. We have some members who have returned to ringing and other new ringers starting from scratch. It really is positive news.

Matt Thomas
Tower Correspondent

Area 4 Tower Reports 2023

Burgh

There are no Guild members or ringers associated with Burgh. A benefice-wide band aim to ring the bells once in the months when there are Sunday services.

The bells were rung for the Coronation of King Charles III in May by ringers from benefice towers.

Clopton

There are weekly Friday practices with an average attendance of nine comprising both Clopton tower members and regular visitors. The bells are rung for Sunday service on the 4th Sunday. Four people were taught to ring during the year all of whom joined the Guild as Clopton tower members. There are no ringers under eighteen years of age.

The bells were rung for the Coronation of King Charles III by Clopton ringers and regular visitors.

A combination of good fortune and foresight resulted in the acquisition of a tower vacuum cleaner and there is optimism that a clean ringing room will ensure good ringing into the future.

Looking ahead the band will progress to simple change ringing and some additional proficient ringers will be helpful to those learning.

Grundisburgh

There are practices most Thursdays with attendance being sporadic but usually sufficient to ring some doubles methods. Some additional regular visitors would help those who currently attend and possibly be a step toward ringing all twelve bells (and ultimately the National Twelve Bell

Competition).

The bells are rung weekly for Sunday services when there are typically eight ringers from benefice towers.

There are no ringers under the age of eighteen and at this time no learners being taught to handle.

The bells were rung by ringers from benefice towers to mark Commonwealth Day in March and the Coronation of King Charles III in May.

Hasketon

There are no Guild members or ringers associated with Hasketon but a benefice-wide band rang for Sunday services at least once a month with the exception of when the church was not accessible due to the installation of a kitchen and toilet.

The congregation express their like of the Sunday service ringing and usually ensure a suitable gift of appreciation is given to the ringers at Christmas time.

Woodbridge

Woodbridge has a very loyal band of ringers who ring every Sunday morning for the morning service with attendance being typically ten ringers. Most of the ringing for Sunday services, weddings and special events is posted on Bellboard. One Sunday in January an entire Woodbridge band of eleven ringers rang before morning Eucharist Service and in May fifteen ringers gathered to ring for the Coronation of King Charles III.

There are no ringers or learners under eighteen years of age.

Two members of the band having completed the Association of Ringing Teachers (ART) module one teacher course are teaching new recruits and working towards ART teacher accreditation. The band is self-sufficient and progressing but welcomes visitors.

David Stanford
Area Representative

Area 5 Tower Reports

Bredfield Ringing 2023

The Bredfield band continues to make steady progress, with regular Friday practices and Sunday service ringing. With a new Vicar, we are back to regular service times, ringing from 8:45 till 9:15 every week, apart from major festivals when the service is at 10am.

We started training some new recruits last year, and now have a very cohesive social group, often migrating over the road to the monthly Village Hall Pop-up-Bar after the practice. Four of the recruits are now ringing call-changes (one has progressed to Plain Hunt and covering for Plain Bob Doubles), while another who no longer has to do taxi-duties for a teenage daughter has just come back and discovered that he can still remember how to ring ! For the first time for many years more than half of the Sunday service band actually live in the parish.

The highlight of the year was Coronation Day: the ringers joined other residents for bacon butties before we all watched the coronation on a big screen in the Village Hall. When the Abbey bells signalled the end of the ceremony, we dashed over the road and rang for half an hour before returning to the hall for a village Bring-and-Share lunch accompanied by sparkling wine from a vineyard in the parish!

Through the summer we had very welcome help from a couple of Norfolk ringers, staying with parents in the area after selling their house. This, plus regular help from one of the Wickham Market ringers has forged a link between the two towers, and some of us now regularly go to Wickham on a Monday, and they come to Bredfield on a Friday. An extra one or two ringers makes a tremendous

difference to what we can ring - Stedman Doubles and Bristol Minimus as well as Plain Bob and Grandsire.

In September, we joined the Wickham Market ringers for a joint outing, cycling or driving vintage cars and ringing at six towers in the Deben and Ore valleys, making new friends and raising over £350 for the SCHAT in the process. We finished at Easton where we rang after a wedding, then adjourned to the White Horse for well-earned refreshments !

Challenges: all our band are active in their local communities, so there are conflicts with running the pop-up bars (Charsfield as well as Bredfield), band concerts, vintage car rallies, etc. Progress is therefore slower than we would like, and age is against us too (even active retired people don't learn as fast as teenagers, especially when they have grand-parenting duties as well). It also means that most of us don't manage to support Guild activities as much as we would like.

Ann Pilgrim
Tower Correspondent

Brandeston, Easton, Kettleburgh Ringing 2023

At Brandeston services are now only one or two a month, but usually ringers from across the benefice help us ring including all the major festivals. No practise night takes place and recruitment has been difficult, but a band of six does exist although some ringers also reside in London. A similar situation exists at Kettleburgh and we have always been a joint band with this tower. At Easton very occasional ringing takes place but only one ringer lives in the parish. We help as required.

All three churches bells remain in very good order and initiatives to find new ringers will continue. Retirements, ill health and deaths have diminished us from what were strong towers some ten years back.

However, we also support Framlingham church and have taught ringers successfully in 2023, this is like a mother church to the smaller villages.

The towers above are part of the Orebeck Benefice and all seven churches have bells - Brandeston, Kettleburgh, Easton, Campse Ash, Marlsford, Hatcheston and Parham.

Fine cooperation between the tower captains means we very much help each other on many occasions. For this benefice we have a new Priest in Charge (July 2023) – Anne Kember and she is very keen on ringing, a welcome breath of fresh air.

Christopher McArthur
Tower Captain – Brandeston

Hacheston, Marlesford and Parham Ringing 2023

We run weekly (Tuesday evenings) practice sessions at Parham and Hacheston, and also occasionally at Marlesford. On a good evening we can have an attendance of 12, but more usually between eight and ten.

Participants are from Hacheston and Parham with an occasional visit from the tower captain at Campsea Ashe. Unfortunately there are currently no active bell ringers in Marlesford.

We currently have four guild members in Parham, two of which are new this year, and four from Hacheston. In addition, we have two from Hacheston who are ready for guild membership and are waiting for a practice session convenient for them to attend so their applications may be presented and hopefully accepted. Others are still progressing to the standard needed.

We had one new ringer start on 15th March and with some accelerated coaching was able to ring at three towers for the Coronation on Saturday 6th May. More recently we have had three new starters who have each been for one practice; I hope that they will continue.

We usually ring for services at Parham and Hacheston. A few of our number also ring sometimes elsewhere in our Benefice and beyond.

Jos Slade
Tower captain - Parham

Pettistree Ringing 2023

Since the ADM in 2022 we have practised weekly and rung for every service. Our practices are generally very well supported, with numbers frequently between 15 and 20. We have a good number of regular visitors and are able to cater for a wide range of abilities. Currently we have three people learning to handle, as well as being able to provide a supportive band for call changes, plain hunt, plain bob doubles etc, not to say surprise minor and spliced. We feel that we are very fortunate to be able to do this.

During the year, as well as many quarters, there have been two peals, one to mark the 36th Anniversary of the rededication of the bells in December 1986 and the other on May 5th to celebrate the Coronation of Charles III.

As with many towers it can be a struggle to have enough for service ringing. Wickham Market is in the same Benefice and we are both fortunate enough to have weekly services. As the times are different we are able to share some ringers.

Mary Garner

Campsea Ashe, Wickham Market, Ufford Ringing 2023

Campsea Ashe had a local band 'Ring for the King' for 30 minutes on Saturday 6th May, with a mix of Rounds and Grandsire Doubles.

Local band members of **Wickham Market** celebrated the Coronation of King Charles III and Queen Camilla by ringing Rounds and Call Changes, including Kings and Queens on the morning of the coronation.

Ufford celebrated with some general ringing on the day of the coronation.

Ringers from Campsea Ashe, Pettistree, Wickham Market and Parham came together on Monday 8th May to ring 1260 Doubles [2m] - Grandsire and Plain Bob

Area 6 Tower Reports 2023

Hollesley, Iken, Orford, Tunstall Ringing 2023

Hollesley, Orford and Tunstall, each rang in a way that suited them best to celebrate the Coronation of King Charles III and Queen Camilla.

Orford participated towards the target of ringing all currently ringable tower bells in the SE District with a 'Royal Ring' of individual bells during their Bell Handling Practice on Thursday 4th

Hollesley celebrated by ringing both before and after the coronation service on Saturday 6th

Tunstall celebrated with Rounds and Call Change ringing on Saturday 6th

Hollesley once again participated in the SE District Striking Competitions, held at Barham in June, entering a call change band.

Area 7 Tower Reports 2023

Badingham and Dennington

Continue to alternate their Thursday evening practice and ring for services when possible. The bells were rung for the Coronation of King Charles III and Queen Camilla on 7th May. 48 changes, as used in 1953, rung out once more from both towers. It has been pleasing to see new members elected from these two towers.

Cretingham, Earl Soham, Monewden

All in the Mid-Loes Benefice, are rung when possible for special services and by visiting bands. All three towers were rung during the weekend of celebration of the coronation.

Framlingham

Framlingham is happy to report that we have a team of ringers for both Sunday mornings and Tuesday evening practice (more on Tuesdays). We often ring all eight bells on a practice night. We have rung for weddings, funerals and special events throughout the year and have been thankful for ringers from other towers who have helped in the holiday.

We rung for the King in May and also took part in the Framlingham Coronation Celebrations where we had a recruitment stand. We borrowed a local bell demonstration model and this was successful.

We have welcomed some interested ringers and one of which is now fully trained. We would like thank visiting teachers from Brandeston and Wickham Market for their continued support and teaching experience.

Rachel Chesman
Tower Captain

Otley

With the wonderful support of ringers from nearby towers, we sustain a weekly practice at Otley (followed by social time at the White Hart) and monthly service ringing. The occasion of the Coronation of King Charles III in May 2023 was marked with general ringing. Otley also entered a Call Change band in the SE District Striking Competition at Barham in May.

Tig Sweet
Tower Captain

Debenham

Regular service and practice ringing has continued throughout the year. The numbers for weekly service ringing is good. We are usually able to ring all 8 bells on Sunday morning. Tuesday practices continue to be well attended. Visitors are always welcome. The ringing ranges from rounds to surprise major/Stedman triples. Other ringing opportunities are arranged at local towers for ringing development and quarter peals. Being placed first (jointly with Pettistree) in the SE District method striking competition, for the first time was pleasing. Practise and many years of entering a band has led to steady improvement.

As well as ringing in celebration of the coronation, other special ringing has taken place during the year. Suffolk based members of the College Youths rang a peal of Double Norwich, for the Suffolk Guild, on the 100th anniversary of the first 8 bell peal rung for the Guild, also rung at Debenham. We were delighted that Diana Pipe was able to ring a quarter to celebrate the 70th anniversary of her first peal. Also rung here.

Framsden

The back 6 of these bells, which are near end of life, and only to be rung occasionally, were rung twice during the year. They were rung in celebration of the coronation and for a benefice service.

The ringing was organised by the Debenham ringers.

The BAC are suggesting doing some safety repair work to the floor under the trebles. This should enable all 8 bells to be rung, but will not change the condition of the bells, which will remain at condition 4.

Helmingham

The 3rd Friday practices have continued over the year and are usually well attended. Debenham Sunday service ringers continue to ring for the monthly service. This is sometimes only on 6 bells due to clashes with other services in the area. They were rung for the coronation, weddings and by visiting bands.

Winston

Debenham ringers have arranged for these bells to be rung for important services and events, including the coronation, benefice service, and Christmas.

Jenny Scase
Tower Captain (Benefice)

Area 8 Tower Reports 2023

Barking

Barking has had a reasonable year. An extra ringer has been gained for the regular Monday night practices. They are very fortunate to have a young ringer who is developing rapidly, enabling the band to occasionally ring Cambridge and Stedman on practice nights.

Sunday service ringing can be a problem due to not being able to find enough ringers but the Ellacombe Chimes are rung when possible.

Ringing for one wedding took place and a peal was rung to mark the 20th anniversary of the passing of former Tower Captain, David Barnard.

Coddenham

No practice night or Sunday Service ringing.

Ringing for weddings and Special Occasions takes place with the support of ringers from other towers.

Earl Stonham

No practice night. Sunday Service ringing once a month, a mix of band members and support from other towers. Ringing for all the festivals but no weddings in 2023.

A quarter peal is rung once a month by local band.

A booster group of ringers practice occasionally on a Thursday afternoon, led by the Tower Captain from Debenham.

One member of the band attended a Ringing Development session for 'ringing up and down in peal' held at St Margaret's church, Ipswich in September, as part of the CCCBR Suffolk 2023 weekend.

Stonham Aspal

It remains challenging to persuade ringers to attempt even some of the Stonham Aspal ten bells.

In spite of this, ringing has taken place for most of the major events, largely relying on ringers from other towers.

Unfortunately the aim of service ringing once per month has rarely been met. Partly this is because other local towers are ringing at the same time, partly because of the reputation of the bells and partly because of the steep ladder to reach them.

There have been a number of visiting bands. Hopefully the newly built state-of-the-art toilet facilities about to be opened in the church might encourage others.

All towers were involved in ringing for the King on the occasion of the Coronation of King Charles 111, May 6th

Margaret Cherry
Area Representative

bellsashen Teaching Hub 2023

We have grown rather rapidly since October 2022 when our group comprised of us and two learners on the ART Learning the Ropes scheme at Level 1 Bell Handling to now when we teach 14 individuals at different stages of Level 1 Bell Handling, plus 6 individuals progressing through Level 2 Foundation Skills.

3 experienced ringers continue to willingly and enthusiastically participate in one of the weekly practices, Sunday service ringing and the additional activities on offer to further support progress for all the learners. On November 17th 2023, we became an Art Teaching Hub.

Our tower bases are:

All Saints Ashbocking

- just right for holding the initial introductory session ... being invited to climb 52 steps to get to stand right by the bells/bell furniture then back down again to be taught to chime in a long draft, ground floor, ringing chamber!
- with the support of our colleagues in neighbouring bands we continue to ring for the monthly Sunday service, weddings and additional services.
- thanks to the enthusiasm of Yellingham ringers, the tradition of a 4th Friday QP continues.

St Mary Barham

- our current teaching base, where everyone is advised to come prepared wearing numerous layers and a woolly hat to ring in, plus an additional coat to wear whilst not ringing - as it is rather chilly when operating out of an open porch ringing chamber over the months of October to January!
- for the first time an all Claydon Benefice band had the necessary skills to ring for a Sunday service on Bell Sunday [14th May 202] exciting times!
- 2 residents of Barham & Claydon are so very close to being ready to join in the ringing for this years Carol Service another important step for them and the community.

St Peter Henley

- until building work started at the end of August, we had once again resurrected a regular practice night - a Thursday as in our young ringer days!
- by May, both Tuesday and Thursday evenings were required to ensure everyone who approached us with an interest in learning to ring tower bells didn't go on a waiting list but was welcomed into the fold - madness or common sense!!
- in August we ran our first 'Bell Handling Summer School' - fun, rewarding and a real buzz planning on each days achievements.

Tuddenham St Martin

- after the excitement of the Coronation, we were ready to begin regular Sunday service ringing [once a month] by a band made up of members who live or had lived in the village [plus one guest!]
- a smile, and "thank you" is always shared by the vicar before she starts the service, and we are pleased to hear that the congregation recognise that the quality of the ringing is improving all the time.

Outside of our 4 bases, we:

- enjoyed celebrating King Charles III Coronation with a Mini-Outing to 7 churches where everyone participated at their level through Rounds, Coronation specific Call Change sequences Orb, Sceptre, Kings, Queens and the Coronation March including Switch-a-Roo and Mexican Wave. We got to chime 3 Medieval bells too!

- entered a Call Change band in the SE District Striking Competition for the first time for many years
- had a great time on the Norfolk Young Ringers Outing to Ipswich [09.08.23], being encouraged and supported through the day to participate in more of the ringing and increase repertoire
- celebrated 5 first achievement certificates, Learning the Ropes Level 1 - Bell Handling and becoming 2 ART Associate Member teachers
- embraced the opportunity to visit Mancroft Ringing Discovery Centre training bells with Ipswich ringers - experiencing different, fascinating and fun exercises to improve bell control and change ringing skills
- participated in one ringing and one development session over CCCBR Suffolk 2023 weekend - both motivating and 'ker-chung' has become the latest word to be heard every session!
- have 8 Suffolk Guild members ready to participate in more SE District events in 2024

Elizabeth and Podge Christian