



# SUFFOLK # DAY

## Suffolk Heart

### I.

I've got a Suffolk Heart  
like the Suffolk Punch it's strong  
and however far it travels  
it beats to a Suffolk song

I live the Suffolk dream  
far away from city crowds  
motorway free, glad to  
be head up in the clouds

I reach across the Orwell  
with a wide-eyed Suffolk view  
flat county, full landscape  
tall skies and so much blue

First to see the sunrise  
with Gulliver turning still  
I like to watch the sunset  
from Ed's castle on the hill

It's all sloightly on the huh  
but that'll hatter dew  
no airs and graces, friendly faces  
Suffolk we heart you!

### II.

We're singalong a'Suffolk  
our festivals are the best  
in party mood at Latitude  
foot-tapping at FolkEast

I'm a soprano at The Maltings  
in a choir performing Britten  
I'm twitching in the reedbeds  
for the booming of the bittern

We're under starters orders  
and *They're Off!* down the Rowley Mile  
Let's make a noise for the Tractor Boys  
in Portman Road true style

There's new life on the waterfront  
a third crossing for a river  
A skyline drawn from history  
lighthouse, mill and tower

We're crinkle-crankle Suffolk  
timber-framed with twisty lanes  
We're free-range homegrown Suffolk  
with handmade roadside signs

I have to stop and ask  
(my Sat Nav hasn't a clue)  
'Know the way to Hollesley Bay?'  
*Yis, thank yer kindly I dew*

### III.

Roll up for Suffolk Show-time!  
Red Poll beef, Blythburgh pork  
farm shops fresh with fruit and veg  
gate to plate and field to fork

I'm picture postcard Suffolk  
seaside huts, gulls and chips  
I'm busy port-side Suffolk  
all cranes and passing ships

The best beaches, out of reach-ness  
off the beaten track  
The most easterly well-kept secret  
First timer? You'll be back!

They say we're silly Suffolk  
*and thas a rum ole dew*  
If we're on the way to nowhere  
must be where you're headed to

So, larn yerself some Suffolk  
take the slow road to unwind  
Hold yew hard, calm yew down  
find the Suffolk state of mind

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