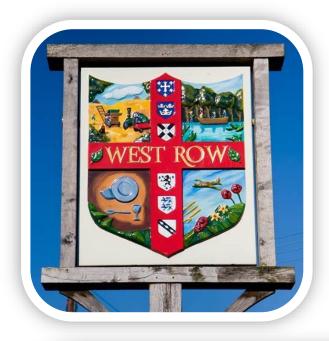
Issue 46 January — February 2024



West Row Parish Echo







Useful Information

Contacts for The Parish Echo

• Editor: Peter Rolfe 01638 714073 Email: peter.rolfe3@btopenworld.com

• Compositor: Helen Webber 01638 712058 Email: helen.webber60@gmail.com

• Advertising: Carol Bebee 01638 712400 Email: carol_bebee@hotmail.com

• Parish Clerk: Sharon Vale 07860 358493 Email: westrowpc@gmail.com

• Printed By:riverside-print.com

NEXT ISSUE: Published March 2024

The deadline for all editorials and advertising is the

15th February 2024

Dates for your Diary

If there is anything you would like included here for future issues: contact Helen Webber

T: 01638 712058 Email: helen.webber60@gmail.com

Please note: no lunch at St Peter's in January

January 2024

7th	Sunday Celebration St Peter's Church 11 o/c
14th	Holy Communion St Peter's Church 11 o/c
21st	Sunday Celebration St Peter's Church 11 o/c
16 th	Community lunch at the Baptist Chapel 12.30
26th	Fish & Chip Lunch Village Hall 12.30
27th	Bingo West Row Bowls Club
28 th	Sunday Family Service Baptist Chapel 10.45
28th	Holy Communion St Peter's Church 11 o/c
I	

February 2024

4th	Sunday Celebration St Peter's Church 11 o/c
6th	St Peter's Lunch 12 o/c
11th	Holy Communion St Peter's Church 11 o/c
17th	Country Night West Row Bowls Club
18th	Sunday Celebration St Peter's Church 11 o/c
20^{th}	Community lunch at the Baptist Chapel 12.30
23rd	Fish & Chip Lunch Village Hall 12.30
24th	Bingo West Row Bowls Club

25th Holy Communion St Peter's Church 11 o/c

◆ Emergency for Police, Fire, Ambulance	999
◆ Police (Non-emergency)	101
♦ A & E (Addenbrooke's)	01223 217118
♦ Addenbrooke's Hospital (Cambridge)	01223 805000
♦ Newmarket Hospital	01638 558400
♦ West Suffolk Hospital (Bury St Eds)	01284 713000
◆ The Market Cross Surgery- Mildenhall	
Appointments	01638 713109
Prescriptions	01638 713213
♦ Reynards Surgery—Red Lodge	
Appointments	01638 552211
Prescriptions	01638 552211
◆ Electricity Emergencies—Power Cut	105
◆ Electricity Potential Hazards	0800 404090
♦ Anglian Water Leaks	0800 771881
- 24 hour line	0345 7145145
◆ Social Services—office hours	0800 911109
- out of hours emergency	0800 8004005
◆ Refuse Collection	01284 757320
♦ RSPCA Suffolk	0300 9997321
◆ Citizens Advice Bureau	0808 2787868
♦ Mildenhall Hub	01284 757473
◆ RAF Mildenhall	01638 545555

Parish Councillors

Rosalind Hamill Chair
Alan Fisher Vice Chair

Michael J Peachev

Teressa Gooch Taylor-Balls

June Goodenough Alan Goodenough

Lisa Doyle

Martin Connery

Vacancy 2 Contact Parish Clerk

Sharon Vale Parish Clerk

Contact details: Westrowpc@gmail.com

West Suffolk District Councillors

Mick (Michael) Bradshaw Don (Donald) Waldron

<u>The Parish Echo</u> editorial team takes no responsibility for endorsements of, or statements made in published adverts which are accepted in good faith. However, we reserve the right to refuse any advertisement, article, or item that we feel is considered inappropriate for publication.

A note from the EDITOR

Dear Reader

Welcome to the latest edition of the West Row Echo.

There are a few items I wish to bring to your attention that you might find interesting.

The very proactive West Row Parish Council report on page 11 highlights much of the work they do to make the village one to be proud of.

Another proactive group are those who are continually developing The Shed's facilities. Their report on page 12 is very interesting.

In case you miss the advert, there is The Big Parish Gardening Day on Saturday 11th. February. If you have a few hours to spare your services would be sincerely appreciated.

I hope you have all had a Merry Christmas and wishing you all a prosperous New Year.

Peter Rolfe

Contents

Page 1	Front Cover
Page 2	Information Page
Page 3	Editorial and Contents
Page 4/5	Adverts
Page 6	Village Hall
Page 7	Information/100 Club
Page 8/9	Adverts
Page 10	Council/Community News
Page 11	Parish News
Page 12	Down the Shed
Page 13/14	Adverts
Page 15	Bowls Club News
Page 16	Around the Allotments
Page 17/18	St Peters Church
Page 19	Adverts

Baptist Chapel

Social Events

Winter Quiz

West Row Boys WWI Trip

WW1 Battlefields Trip

Peter Rolle

Autumn Quiz answers

Liverpool 2. Fulham 3. Barrow 4. Morecambe 5. Falkirk 6. Everton 7. Hull City 8. Reading 9. Motherwell 10. Dundee United 11. Crystal Palace 12. Stoke City 13. Clyde 14. Millwall 15. Arsenal 16. Blackpool 17. Stevenage 18. Celtic 19. Wrexham 20. Airdrieonians.

Page 20

Page 21

Page 22

Page 23

Page 24

The winner, of the Autumn Quiz drawn by lot was Christine Hetherington, Ferry Lane, West Row

Are you looking for a career WITH NEW PERSPECTIVE?

Scan the QR code to get started!

Work as a civilian on RAF Lakenheath to support the United States Air Force.

These benefits could have you dancing for joy at your new job! •

- Annual leave (up to 30 days) * UK bank holidays
- · Poid sick leave
- · Various pay schedules dependent upon position
- Overtime available*
- · Flexible working options*
- · Pension scheme
- · Life assurance scheme
- Free Employee Assistance Program (EAP)*
- · Free on-site parking
- Free specialized training provided*
- Development opportunities available
- Time off, cash and honorary awards, and recognition available for significant contributions and consistent high performance
- Free access to on-site gym facilities
 "Subject to terms and conditions





Nursery Assistant • Kitchen Assistant • Janitor • Housekeeper
 Recreation Assistant • Engineer • and MORE! •

For more information visit.

https://www.mildenhall.of.mil/libout-Us/Fact-Sheets/Display/Article/759969-icivilian-personnel-start-your-job-search-hen

The 48th Fighter
Wing provides
worldwide responsive
combat airpower
and support.

The 48th Fighter Wing – also known as the Liberty Wing – is located at RAF Lakenheath and RAF Feltwell. Consisting of more than 5,000 U.S. military members, over 1,500 British and U.S. civilians, and around 8,500 dependents, it is the largest U.S.-operated Air Force base in the United Kingdom and home to both F-15E and F-35A fighter jets. Current priorities for the 48th Fighter Wing include doubling our F-35A fleet by 2024 and providing balance for our people.



Historically, the 48th FW has been the foundation of USAFE's combat capability and remains so today. The Liberty Wing led the EI Dorado Caryon roids into Libyu in 1986 and was the first F-111 fighter unit to deploy to the Gulf during Operations Desert Shield and Desert Storm. The Liberty Wing also anchored NATO forces during Operations Deliberate Force and Allied Force. Since September 11, 2001, the 48th FW has played a key role in antiterrorism operations, flying combat missions, and providing combat support in Operations Enduring Freedom and Iraqui Freedom.





102 Church Road, West Row, Suffolk IP28 8PF
T: 01638 715857
M: 07917 082903 or 07917 082906

DESIGN & BUILD ELECTRICAL ENGINEERS & CONTRACTORS

DOMESTIC - INDUSTRIAL - COMMERCIAL - AGRICULTURAL

PERIODIC TESTING & INSPECTING

P.A.T. TESTING
TEMPORARY SITE ELECTRICS (FOR HIRE)



CYCLE REPAIRS SERVICING & ACCESSORIES

1 Fifty Farm, Chairfen Drove, West Row IP28 8QT E: klcyclesmildenhall@gmail.com

www.klcycles.co.uk

T: 01638 476095

Find us on instagram and Facebook search KL Cycles





Industrial & Domestic Heating Services

Gas • LPG • Oil Heating Systems

T: 01638 712 400 • M: 07973 372 945

E: heatmasterukltd@hotmail.co.uk









Ben Norman

M: 07540 052844

INSTALLATIONS & REPAIRS

Trelowen, Cooks Drove, West Row, Suffolk IP28 8QL

ECTRICAL



KATHERINE CHEESMAN Psychic Medium & Reiki Healer



I am a Psychic Medium, based in West Row. I specialise in Readings and Reiki Healing. Spiritual guidance and healing can help to give you strength, clarity and harmony within yourself.

Readings

Reiki

Audio Recorded Readings

Video/Phone Readings

Face to Face Readings

Spirit/Evidential Readings

1 hour or 30 minute Reiki for Adults

Distant/Absent Reiki

30 minute Reiki for Children

www.katherinecheesmanmedium.com

07795364714

katcheesmanart@gmail.com



WEST ROW VILLAGE HALL FOUNDATION

Chapel Road, West Row, IP28 8NY Registered Charity No: 1165959

To hire the village hall please call: Vicki Butler – 01638 716924 or 07704 693706

Or visit the website **westrowvillagehall.co.uk** or visit us on Facebook

West Row Village Hall offers a range of sports, exercise classes and community gatherings:

Mon: 4.30-7.30pm: PWL Acro & Gymnastic Club for children of all ages. Call Sophie on

07510 611231

Tues: 7-8pm: Pilates with Karen Peachey-Gallagher. Aimed at men & women of all ages & abilities. Just turn

up with a mat! Contact Karen on 07554119550 for more details

Weds: 6am-7am Bootcamp Fitness with Amber – behind the village hall. £7 payg

Contact Amber on 07823330201

10-12 noon: NEW Toddler Group. Pay as you go £5 per child (inc. drink & biscuits)

Contact Kirsty 07538 637758

Thurs: 6-6.45pm: Step Aerobics Class – open to all ages. All equipment provided.

Booking essential. Call Karen Peachey-Gallagher on 07554 119550

Fri: 6am-7am Bootcamp Fitness with Amber – behind the village hall

Mob: 07823330201

Fri: 12.30pm (2nd & last Friday of each month): Fish n Chip Lunch. Contact Sharon

West Row Parish Council) to book.

Fri: 5.30-7.30pm Martial Arts Training with Darren Hart. Children & Adults welcome.

Contact Darren on 07717 886917

Hall fees: £15 per hour (residents of parish) £18 per hour – non residents Extra charge for Bar & Sun Lounge

Advertising Rates

Please contact Carol to discuss your advertising requirements carol_bebee@hotmail.com/ 01638 712400

Do you have a business that you want to advertise in the Parish Echo.

Please see the current advertising rates for the year. This cover 6 editions and we currently deliver to 800 homes, so you could reach a wide audience.

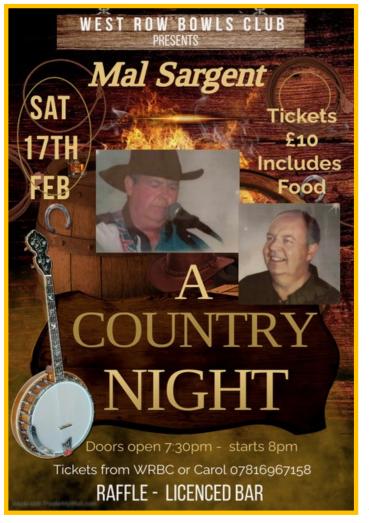
Size	Dimensions & Orientation	B & W	Colour
Business Card (Standard)	85mm X 55mm Landscape	£20.00	£30.00
Eighth of a page of A4	96.5mm x 67.5mm Landscape	£30.00	£40.00
Quarter of a Page of A4	96.5mm x 140mm Landscape or Portrait	£60.00	£80.00
Half a Page of A4	198mm x 140mm Landscape	£120.00	£160.00
Full Page A4	210mm x 297mm Portrait	£240.00	£320.00

Our deadline for

issue 47

March/April 2024 is: 15th February 2024

Please email Helen Webber at helen.webber60@gmail.com



100 Club Winner

Congratulations to this time's winner

Mark Garrard who wins £59

For Further information or to join, contact the Sharon The Parish clerk westrowpc@gmail.com

100 Club News

REMINDER

That you annual subscription is due December/January for the 100 Club.

Payment can be made either by Direct Debit or Credit to the Parish Council or

If you wish to pay cash (£12) you can take your money in an envelope with your name and contact details to Chloe in the coffee shop.

Thank you



A C Stevens Engineering



Garden Machinery Repairs & Servicing
Quads - Motorbikes - Generators - Bicycles
Welding and Metal Fabrication
Collection and delivery service available
Fast and reliable service

Contact Andy on 07850 356555 or 01638 715875

acstevensengineering@gmail.com www.acstevensengineering.co.uk





A salon experience in the comfort of my own home

7 Years experience

Toni & Guy trained

HAIR CUT ~ BLOW DRY ~ HAIR COLOUR ~ HAIR TREATMENTS

Appointment's Only

Trained in Olaplex services and Brazilian Blowdrys

Specialises in Balayage and creative colours

Loyalty card discount available

Contact: Jenna 07538 872860 2 John Walter Drive, West Row, IP288WZ



Or find us on Facebook

MILDENHALL BUTCHERS

Traditional Family Butcher

Tel: 01638 712248

10 High St. Mildenhall, Bury St Edmunds. IP28 7EQ

OPENING TIMES

Monday - Saturday 7.00am - 5.00pm Sunday - Closed

Customer car park available behind the shop.



Find us on Facebook





- · SERVICING · TYRES · AIR CON
 - · EXHAUSTS · DIAGNOSTICS
- WHEEL ALIGNMENT BODY REPAIRS

Collection & Delivery available

OVER 50 YEARS EXPERIENCE

Unit 2 Harlequin Business Park, Kenny Hill, Suffolk, IP28 8DS.

call us now for best prices 01353 675000 · www.candlmotortech.com

NEWS FROM YOUR COUNCILLORS AND COMMUNITY OFFICERS



District Councillor Mick Bradshaw Mick.bradshaw@westsuffolk.gov.uk



District Councillor Don WaldronDon.waldron@westsuffolk.gov.uk



Colin Noble Suffolk County Council Councillor for Row Heath Division

Tel: 07545 423795

Email; colin.noble@suffolk.gov.uk

See report below



Youth Worker/Director and Researcher Jordon Millward BSC, MSC Call 07771 621038

Email: jkmillward@askjordon.co.uk

See report below

As the New Year fast approached, the next group of students quickly approach the UCAS deadline. As they look to which university will offer them their next step forward in their career. However, for those still undecided about their choices or if your child is in the first year of college, you're wondering when they should start looking at courses or what careers are available. In terms of universities, summer schools (a weekend at a university) or taster days are available throughout the year at various institutions that you can visit.

Remember to ask them about the course, careers, student experience and the research area the academic team is working in. If they are working on areas your child is interested in, this will likely be seen in the material they are taught. Equally, if you're looking for the perspective of current and former students, look at websites such as whatuni.com, which is filled with easy-to-find courses and student-based ranking.

Alternatively, if you are leaning more practically, then www.apprenticeships.gov.uk is a good place to start. Other useful apprenticeship providers are local colleges such as West Suffolk and Norfolk-based Poultec Training. There are also several degree apprenticeships available on the following site:

https://careerfinder.ucas.com/jobs/degree/#browsing

If your child still needs to find out what career or course they are interested in pursuing or you want to know what options are available, I am more than happy to provide some impartial advice.

Thank you for reading this article in the great Parish Magazine.

I hope you and your family had a great Christmas and I wish you a very happy New Year.

It is now the coldest time of year, and if you are struggling with heating your home or bills in general, there is real help out there. The best way to access what is available is to read through the helpful information on the county council website.

www.suffolk.gov.uk/CostOfLiving

At this time of year, we are busy looking at the County Council 2024/25 budget. The process is a complex and crucial aspect of local governance and our role on your behalf. It reflects the delicate balance between meeting the community's needs and managing financial resources, never forgetting that it is your hard-earned money we are asking for.

The budget-setting process typically begins with an in-depth analysis of the previous year's expenditures and an evaluation of anticipated revenues and grants. We meticulously review population growth, economic trends, and legislative changes to formulate a comprehensive understanding of the financial landscape. This groundwork serves as the foundation for developing a budget.

Council tax serves as a vital source of revenue for the county council, funding services such as education, adult social care, Children's services to protect children and help for those who need support, waste management, and infrastructure development to help our economy grow to provide better jobs.

Public consultation plays a significant role in this process. Your opinions on the proposed council tax increase are considered, and we work to communicate the reasons behind such decisions transparently. If you want to contact me with your priorities, don't hesitate to contact me.

Your bill comprises the County Council element, West Suffolk Council, The Police Service, and Parish Council precepts. All of this has to take place over the coming weeks, and by law, all budgets must be set by the end of February, ready for the council tax bills, which land on all our doorsteps at the end of March.

Beyond this work, at this time of year, I am also looking for ways to help the village and improve services. As well as deal with problems that might occur with a service provided by Suffolk County Council. So, if you have any issues or concerns, you can always call or email me, and I will do my best to help.

That just leaves me to wish you and your family a happy New Year.

Take Care.

Colin Noble 10 Email; colin.noble@suffolk.gov.uk

Clerk:

Email: westrowpc@gmail.com

Website: https://westrowparish.org.uk



Parish Update – Jan—Feb 2024

HAPPY NEW YEAR EVERYONE: Writing this ahead of the events is a little strange, but deadlines have to be met. Looking back over 2023 the Parish Councillors led on so many projects, its satisfying that the hard work brings rewards. We still have a **vacancy**, and some illnesses has meant others picked up the slack, so looking towards 2024 we hope someone will be able to fill the gap. We had two new District Councillors elected for 2023 - 2027, namely Don Waldron and Mick Bradshaw.

A quick recap of 2023: Cllr Peachey made enormous progress towards our Parish gaining its own

Cemetery, with plans being in the final stages. Cllr Fisher monitored the SIDS (speed indicator devices) and placed them where most needed. He can confirm they have had a positive impact but work towards reducing speeding vehicles continues. Cllrs Goodenough took on the maintenance of our War Memorial garden, replanting throughout the year and Alan also cuts the grass on Church Green. Cllr Fisher and Sharon our Clerk manage our accountability, ensuring the precept receipt is sufficient for our needs. We are very pleased to report that the precept will NOT be increased this next financial year thanks to their expert management. Councillors continue to monitor planning applications affecting the Parish. Although we do not have the final say, we can make representation where necessary. Cllr Peachey and others have been closely monitoring the large developments. One opposite our school is currently being constructed and the second is in the planning stages. Cllr Peachey is leading on negotiations with WSDC Planners and the developers, always mindful of our Parish position in these situations. We have erected a Parish board near Plantation Farm, prominent for all to see, especially reaching those not on social media. Footpaths is another responsibility we are making progress with. Emphasis continues for residents to maintain their frontages, preventing hedges and planting from encroaching onto public highways. Public Footpaths are monitored with Cllr Peachey taking the lead on the path between Friday Street and the Village Hall, plus the route just beyond Judes Ferry Bridge which leads to Worlington. Watch this space for progress later this year. Shop Drove continues to be a challenge and stronger support from District needs to be addressed. We took on financial management of The Parish Echo, following the passing away of Lynn Morley who was instrumental in its development. Helen Webber has taken over that mantel as compiler and every household in the village should receive its own copy. The 100 Club helps finance the printing costs of The Echo. We had hoped during 2023 we would reach 100 participants, sadly this did not happen. Contact the Clerk, your contribution of only £12 per year gives an opportunity of winning a cash prize bi-monthly. Sharon continues to lead on the Neighbourhood Plan, which is important to determine those pockets of space which can be considered for future development. We ensured the path on Church Road continued up to the exit of the Public Path, it was a small strip, but a lot of work ensured it was done. The Warm Places continues to grow, providing a hot lunch for those who need to get out of their houses, especially during these dark winter months. These are Fish and Chip lunches, subsidised by various grants (Soup is an alternative). We have installed **public benches** throughout the parish, flower tubs and cycle stands outside the fish shop. As always, our annual events attract huge support, whether it is the Parish Litter Pick, November Remembrance Service, Christmas Tree Lighting, Santa Sleigh visits and much more. These only happen through dedicated volunteers.

THE FUTURE: 2024 brings new challenges with 80th anniversaries of D-Day, RAF Mildenhall and the Comet Air Race, and for 2025 the 80th anniversary of VE Day end of the war in Europe. If we are to commemorate and celebrate these occasions, helpers need to step forward and be part of the planning process. Contact the Clerk if you have any suggestions or time available to help our Parish continue to flourish.

Remember, if you have ideas on what the Parish should be doing, we have a vacancy on the Parish Council which meets on the third Wednesday of each month, 7pm in the Church Hall. All welcome to attend to bring your concerns to the Parish and District Councillors' attention. Or, if you would like clarification on anything the PC is involved in. Just ask.

Rosalind Hamill, Chair

DOWN THE SHED Jan—Feb 2024 theshedcharity@gmail.com

A new year usually brings a reflection on past achievements. So here we go.....and as usual, I rely on our photo album to recall most things we have done. It was cold Jan. 2023.... bit like now!

Donations from so many, inc. Bingo Buddies, Sunday Suppers,2nd Rainbow Brownies, WSDC Locality and Families Community Fund, SCC Communities, Sainsbury's, CoOp and of course the supermarkets who support Little Shed, plus the many donations given with love for the work we do to help others.

Our Tea Room was ready, only draw back was the lack of disabled toilets. The Big Circle received its lawn seed and feeding, ready for recreational use Little Shed got a make-over thanks to Dave Volunteers arrived to help clear the Kirchen Garden and then the digger started work, base laid and paths provided, and the big boy (septic tank) was sunk Harvest Thanksgiving: with St. Peter's and a BBQ Of course we have to mention our Disabled Toilet. The Wood Shed received a make-over, work in progress.

We raised our profile at the Merry Mildenhall Christmas Fayre. We decorated a tree in St. Mary's church

And throughout the year, The Shed has supported the Parish Warm Rooms project with supplies for the fish and chip lunches, thereby eking out the grant money to stretch even further.

And so what does 2024 have in store?: **LOTS** Erecting the **new greenhouse**, the base has been done and part of the frame completed – all down hill now!

Raised Beds: The frames have been constructed. We now need to clear another space to site them. One already started -2 to go.

The Mildenhall Cycling Club are interested in using the Big Circle for training on a Sunday afternoon.

Rich's Mens Group aim to use our Tea Room for their Thursday evening meetings.

The **Wood Store** will be completed, and the last bay will have a floor for more storage. AND we plan on acquiring another shed.....

Plus we will have our Spring Fling, Summer BBQ, possibly a Table Top Sale, and who knows.... Outdoor theatre maybe ???

We appreciate you one and all Thank you.

FMI: email theshedcharity@gmail.com Tel: 01638 715329































Rothwell's

Carpet & Stone Floor Cleaning

CARPET CLEANING & STONE FLOOR, UPHOLSTERY, RUGS

Telephone: 01638 428060

www.Rothwells.biz

A few points that make us stand out.

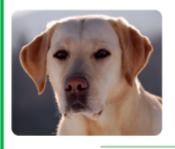
We're an honest local family firm.
and have been in business since 1993.

Our large truck mounted machines mean
more cleaning and drying power
for the best results possible.

Members of both the NCCA & TACCA

We will move the furniture • 100% satisfaction or it's FREE.

Call Oliver or Max Campbell for expert help today.



Southview Supplies

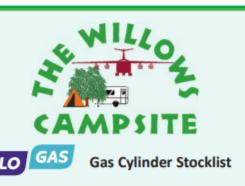
Stockist of CSJ K9
Specialist Canine Feeds, based in West Row
www.southviewsupplies.co.uk



- Natural Dry Dog feeds for all types of working and pet dogs.
- Range includes Wheat and Gluten Free, Rice Free and Grain Free.
- Great Quality and Value.
- All ages catered for.
- Great Range Natural Herbal Supplements.
- Free Feed Samples available on request.
- Range of Skin Cream, Shampoo and Flea Spray.
- Filly No Mates! Natural Herbal Fly, Lice, Mite and Tick repellent for Horses and Ponies.

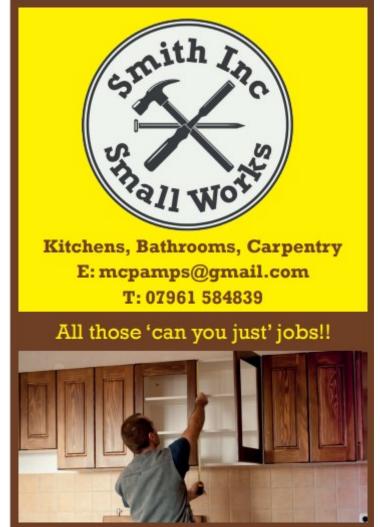
07776 188548 or 01638715875
alana.southviewsupplies@gmail.com
Follow me on facebook Southview Supplies





Hurdle Drove, West Row, Suffolk IP28 8RB
Call Lee on 07775 725006
www.thewillowscampsite.co.uk







Antony 07769 680761 lan 07748 731864





WEST ROW BOWLS CLUB NEWS

The Club's Indoor season has progressed well with the players and social members enjoying the Club's new additional facilities.

English international bowler Mark Royal, visited the club in November with his mobile bowls shop and many members purchased new sets of bowls and clothing accessories.

The club has also been chosen to host the National area Under 25's singles final in December.

The Wednesday evening coaching sessions have seen fourteen new people trying out the sport so far and they are developing their skills at a fast rate. The Bowls Drive that follows the coaching session has been reinstated, attracting a dozen or more bowlers each time.

As a reminder coaching is provided each Wednesday 6.00 p.m.— 7.00 p.m. Any one interested in taking up the sport of bowls is offered their first five coaching sessions free of charge. Following this, new members can join as a Social/Beginner at a cost of £18.

The club's new facilities were officially opened on 11th November, by longstanding members David & Megan Barber. Over 100 visitors attended during the afternoon and evening.











For information regarding any aspect of the club please contact Club Coach, Peter Rolfe, tel: 07501 640328 or email:

peter.rolfe3@btopenworld.com

AROUND THE ALLOTMENTS IN JANUARY AND FEBRUARY



We hope everyone had a good Christmas and enjoyed the New Year celebrations.

With the start of the new year, it's time to get busy organising and planning for the year ahead on the allotment. There are still a few vegetables available for harvesting at this time of year including cabbages, parsnips, spinach and Swiss chard. New crops of produce such as currants, raspberries and shallot sets can be planted direct as long as the weather isn't too bad



Spinach: Matador

The winter months are a great time to browse the catalogues and internet for seeds and plants ready for the



coming growing season. Many seeds can be given a head start in heated propagators, greenhouses or even on sunny window-sills, ready for them to be planted later in the spring. Vegetables and salad vegetables such as early radishes, broad beans, leeks, lettuces and rocket can all be sown under protection from the weather. For those gardeners who grow their own potatoes it's a good time to buy and chit seed potatoes ready for setting in March and April and there are many varieties to choose from. Depending on whether you would like new potatoes or main crop (or both), reds or whites, bakers or mashers or good all-rounders —

there's usually a variety available to suit your requirements.

If the weather allows, it's good to start getting the ground prepared and to tidy up plots and maintain tools and equipment. Making sure that cold frames and fleeces are pegged down will help prevent them from damage. Netting currant bushes will help protect them from the birds when they start to fruit and it's possible to 'force' rhubarb for early growth by covering it with an upside-down bucket or covering the crowns with straw. More information can be found at https://www.ruralsprout.com/force-rhubarb/



Forcing Rhubarb

As spring approaches, we can only hope that the weather will be kinder to us all this year as it made growing conditions very difficult on the allotments in 2023 – the weeds were a nightmare for everyone! From all of us on the allotments we wish everyone a very Happy New Year with fingers crossed for good weather and a great growing season ahead.

St Peter's Church West Row



CONTACTS:

Team Vicar: Rev'd David Butcher

Tel.: 07747 816 038

Email: revdavidbutcher@gmail.com

Other priests serving at St Peter's:

Rev'd Gordon Anderson and

Rev'd Gill Anderson

Churchwardens: Beryl Austin 01638 712708 - Debbie Eaglen

Elders: Tricia Leverington - David Sennitt

Happy New Year

The page turns once more and as it does so we see the start of 2024. New Year is the oldest of all holidays, being first observed in ancient Babylon about 4000 years ago. We have all grown up with 1st January as the obvious time to celebrate New Year but it hasn't always been so. For many years it was celebrated in March because of its connection with spring; the season of rebirth, planting new crops and the blossoming of life. It wasn't until the time of Pope Gregory XIII in 1582 and the introduction of the Gregorian calendar that January was finally fixed as the time to celebrate New Year.

It may be New Year but I have to say that January always seems to me to be a rather dark month. The lights have been switched off and Christmas has been packed away for another year. New Year also brings with it the idea of making a new start. We resolve to eat less, exercise more and generally recover from too much turkey and mince pies! On a more serious note though New Year, coming straight after the celebrations of the birth of Jesus, is a good time to think about what is important in our lives. On the Sunday Worship programme on Radio 4 a few years ago the speaker urged us not to *miss* Christmas. The real meaning of Christmas is easily lost among all the activity and celebrating that has become attached to it. In John's gospel Jesus takes us to the heart of Christmas and reminds us that he came on that first Christmas to give you a rich and satisfying life. Christmas comes with a spiritual health warning: this child can seriously change your life but only if you let him in to our heart and love him.

One of my favourite carols is "O Little Town of Bethlehem". It was written in the nineteenth century by a man called Phillip Brooks, who was an American visiting the Holy Land. As he sat on his horse on a hillside overlooking Bethlehem the words of this carol came to him. It is now loved by many and even our late Queen quoted words from it a few years ago in her Christmas message.

How silently, how silently The wondrous gift is given! So God imparts to human hearts The blessings of His heaven. No ear may hear His coming, But in this world of sin, Where meek souls will receive him still, The dear Christ enters in.

A happy and blessed 2024 to you all. Rev Gordon Anderson

Dates for your Diary

No Lunch for January

Tuesday 6th February Lunch 12 o/c St Peter's Church Hall

St Peter's Church West Row



Reflection from Revd Gill

What a year it has been! First I had to clear my mothers' flat as she moved into residential care and then I had to help my sister to empty and store the contents of her garage in preparation for building work! On top of that we have items from my nephew stored together with a growing mountain of goods from my children who do not seem to have the room (or inclination!) to sort it for themselves!

It made me wonder why we hang on to so much 'stuff' – and don't get me wrong, my long-suffering husband will tell you I can be the worst offender!

Of course, some things hold precious memories and need to be kept but as I check my overflowing garage I can see so much is just 'clutter'. Goodness knows how much money is represented in the mountains of discarded goods currently decaying in the garage.

But we are making a positive start and are now on first name terms with the Charity shops in Newmarket!!

At a time when so many are making adjustments to their spending habits I, along with others, have reflected on what it is we 'need', as opposed to what we 'want' – not least in the frantic preparation for Christmas. As a result I encouraged my family to consider buying all their 'adult' presents from charity shops this year! – (I promised to provide a box on Christmas Day for all those things not wanted so that they can be returned to whence they came!!!) This arrangement was met with some derision but all have agreed that essentially it's quite a good idea. (I've already found some great bargains – you can ask me what I received from my son who is not enjoying the challenge).

Should this be what Christmas is about in the future? Anxious present buying and spending more than is comfortable - all to be over in a few hours and packed away in the garage to join last years excess!

Of course I am generalizing but can we please stop for a moment and think about what Christmas meant to us? Can we put aside the anxiety about buying the perfect gift and dwell instead on the only gift we should ever desire and be thankful for - God made flesh and born amongst us -showing his love for us all and offering companionship and guidance into eternity.

Now that's some gift!

But a gift that must be received and treasured and given the honour it deserves, not packed away and left languishing in a dusty corner of our lives.

Think about what is really important to you, and what is really important to God.

I pray you found the perfect match! Alleluia







Looking for support & guidance from a local Accountancy firm?

Contact your local Mildenhall office to arrange your FREE initial consultation.

t: 01638 712267

e: mildenhall@whitingslip.co.uk

w: www.whitingslip.co.uk

Willow House, 46 St. Andrews Street, Mildenhall, Bury St. Edmunds, Suffolk, IP28 7HB

SERVICES: Audit & Assurance • Business Support • Business Tax • Corporate Finance General Practice • IT Services • Payroll • Private Client Tax • Probate & Estate Administration • Start Ups • Tax Enquiry & Investigation Service • Wealth Management



West Row Baptist Church

From the Pastor's Desk evan@westrowbaptistchurch.org.uk



Christmas has come and gone and for many it seems like a dim and distant memory as we now grapple with the issues and concerns of the new year. Our world is changing at such a fast pace, and it is a struggle to keep up with what society now believes is right and wrong. Absolute truth is discarded for feelings and for many "what feels right" is now their "truth." This leads to confusion, aimlessness and self-indulgence ... a worship of self, one could say. As we look around and see what is happening in our world today, the worship of self has and is causing untold harm at an individual, family, national and International level.

The true message of Christmas, that one God exists and that He loves the world so much that He gave the world His Son so that whoever believes in Him will not perish but have eternal life (John 3:16), is rejected as being an outdated belief and one that is no longer applicable in a modern and "civilized" society. But ... truth is truth no matter what people feel, and the truth of the matter is that the God who created the universe is the self-same God who entered our world as a baby, who grew up never sinning and who paid the penalty for the sin of all those who would ever believe in Him on the cross.

The Bible predicted Jesus would come thousands of years before He did, and it has also predicted that He will come back again ... not as a baby ... but as King and Judge. We can believe the Bible because all of its predictions with regards to Christ's first coming have proved to be true, so there's no reason to disbelieve what it says about Him coming again. On His return we are told He will judge each person who has ever lived against the absolute truth of His Word, the Bible. In the Bible we are told in the book of 1 Peter 4:5, "they will give account to him who is ready to judge the living and the dead."

So many people were not prepared for Christ's first coming, so many people still reject Him today and if they continue along this path, they will not be ready when He comes back as their judge. God demands perfection from every one of us, something we cannot attain for ourselves, but which Jesus has attained on behalf of all those who trust in Him for the forgiveness of their sin and to repair the broken relationship with God.

Are you trusting in Jesus as the only One who can make you acceptable in God's eyes? It's only in Jesus that we are fit for heaven, it's only in Him that we receive eternal life. It's only in Him we will not pay the penalty for our own sin for the rest of eternity. Jesus tells us in the Bible in John 14:6, "I am the way, and the truth, and the life. No one comes to the Father except through me."

Today can be a new beginning for you if you just heed God's call on your life. I urge you to turn to Him today, through the Lord Jesus. He is the truth! Don't believe the lies of this world ... they only lead to disaster ... trust in Jesus and look forward to His return when all those who are His will be vindicated and will live with Him in a perfect world forever.

May the One, True God be gracious to you this year. May He reveal Himself to you and may you trust in His Son. I hope 2024 will be a really blessed year for you all.

Evan

Jesus said, "I am the way, the truth and the life." John 14 v 6



We can't say goodbye to 2023 without saying a huge public thank you to our wonderful team of Parish Councillors and "willing" volunteers who work their socks off to put on events you so brilliantly support. We don't always get it right but believe me we all have the best interests of the Parish to heart.

There is a vacancy. Come on board and enjoy the ride.

Thank you everyone, you're all very very special





The West Row Boys Battlefield Tour 27th – 30th Sept 2024

The price per person is £450 per person for a double/twin room or £538 for a single room. You can pay it all in one go or we will have a monthly payment scheme going where you can pay a specified amount each month starting in August 2023, the final payment being August 1st 2024. Proof of Holiday Insurance needs to be provided by the final payment date.

Included in the pricing is:

- · Return Coach travel from West Row Ferry Crossing Dover to Calais · Hotel Novotel Lille Centre Gares
- · Friday Lunch, Dinner and admission into Talbot House.
- · Saturday Breakfast, Lunch, Dinner and admission into Musee Somme. · Sunday – Breakfast, Lunch and admission into the Memorial Museum Passchendaele and In Flanders Field Museum.
- · Monday Breakfast

<u>Itinerary</u>

<u>Day 1 – Dud Corner Cemetery – Poperinge/Talbot House – Estaires Communal Cemetary – Pont de Nieppe Communal Cemetery</u>

<u>Day 2 –</u> Albert &The Musee Somme – Lochnager Crater – Thiepval Memorial – Pozieres Cemetary – Delville Wood – High Wood – Guillemont Road Cemetary

<u>Day 3 –</u> Ploegsteert Memorial – Messines – Railway Dugouts Cemetery – Memorial Museum Passchendale – Tyne Cott Cemetery & Memorial – Hooge Crater Museum – Brandhoek New Military Cemetery – Ypres – Last Post ceremony

<u>Day 4 – Masnieres British Cemetery – Battlefields of Cambrai & Memorial – Ecoust-St-Mein Cemetery – Arras – Home</u>

Contact Ellen Clark on 07368989164

Email: ellenclark1914@gmail.com

WINTER QUIZ 2023/24

All answers are past or present pop singers/groups E.g. Rambler siblings (6, 8) ANS — Walker Brothers Feline Barbies? (8, 5) 1. 2. Sounds like a pretty roofer? (6, 5) Saint picks up OT book? (6, 4) 3. A range and a drain get mixed? (6, 6) 4. Could be a tennis problem? (5) 5. 6. Shocking shade? (4) **Lunacy? (7)** 7. Haircut and film dog? (3, 6) 8. Lancs town raingear? (9, 3) 9. 10. Get a hamster from these guys? (3, 4, 4) 11. Nun on luge? (6, 6) **12**. Palindromic band? (4) Sounds like speedy sower? (6, 5) **13**. 14. Find these on the washing line? (8, 4, 5) **15**. First man and soldiers? (4, 3, 3, 4) The existing condition? (6, 3) **16**. **17**. Imp suffering from vertigo? (5, 6) Fate's Offspring? (7'1, 5) 18. **19**. Sounds like a skeletal letter? (5, 1) **20**. Wireless top? (9) Name of Entrant..... Address Contact tel no.

PLEASE LEAVE YOUR ENTRY AT THE VILLAGE STORES BY

30th JANUARY 2024 AT THE LATEST

THERE IS ALWAYS A PRIZE AWARDED TO THE WINNER

OFTEN THE WINNER DOES NOT HAVE ALL THE CORRECT ANSWERS

WEST ROW BOYS BATTLEFIELD TOUR

27th - 30th Sept 2024

SEE PAGE 22 FOR FULL DETAILS









