

MARTLESHAM MONTHLY

incorporating
THE TALKING MARTLESHAM
MONTHLY

MARCH 2004

Editor:

Neal Goldsmith

10 Lark Rise (624124)

Advertising and leaflets:

Paul Firman

45 Lark Rise (622874)

Latest copy date is the 18th of the preceding month. Please e-mail contributions to: martmonthly@tesco.net or deliver your copy to the editor or to Paul Firman, preferably word processed.

In order to standardise the publication of telephone numbers, all contributors are asked to include their STD code with their telephone number.

Contributors are also requested to limit their articles to approximately 250 words. This is being done in an effort to limit the number of pages of text in the Martlesham Monthly.

**MARTLESHAM MONTHLY
ONLINE**
www.martlesham.org.uk

DISCLAIMER

The views expressed in the Martlesham Monthly are those of the contributors and are not necessarily supported by the editor.

EDITORIAL

The Martlesham Monthly is proud to be one of the main contributors of financial support to the Martlesham Community Responders.

Please do read Group Co-ordinator Andy Oxborrow's article on this amazing service, and find out about how you can become involved. We all sincerely wish this operation every success.

Neal Goldsmith

TALKING MARTLESHAM MONTHLY

The Talking Martlesham Monthly is a free audio tape version of the text of the printed 'Monthly' and is available free of charge.

If you or someone you know has impaired vision and would like to receive a copy of the tape, please contact John Tyler on 612736.

POLICE

Community Police Officer
PC Ian Rafferty

In case of emergencies please always call 999. In non-emergency situations call the main switchboard on 01473 613500; you can also contact PC Rafferty on the following numbers for non-urgent matters: Office—01473 383487
E-mail—Woodbridge.CPO@suffolk.pnn.police.uk

MUSIC ON THE GREEN

July 10th 2004 - Where will you be?

"Music On The Green."

Saturday 10th July 2004 will see the fourth annual "Music on the Green" event. This is a free live music event whose proceeds are donated to charity.

Once again this year, as well as the music, there will be a car boot sale, stalls run by many local societies and individuals, children's entertainers, and everything you would want for a great day out.

Proceeds from this year's event will once again be divided between the Guide Dogs for the Blind Association, and St Elizabeth's Hospice.

Visit the "Music On The Green" website at www.musiconthegreen.com for all the very latest details of this year's event, and how you can help!

Bands

We are currently auditioning for bands for 2004. We are pleased to say that UB 4T are coming from Birmingham. As you will have realised, this is a UB 40 Tribute band. Also Soul Kitchen, Lightbody, Words & Music by Lennon & McCartney Live, The Bluewave Band, Moscow Road, Karki Parker, Suspect Device, Out of Proportion and Dyslexic 7 have all agreed to perform this year. As you will see, this is already an exciting line up of bands.

Stalls

Now is the time to apply for a pitch at this year's event. If your organisation had a stall last year, you will shortly be contacted, but anyone wishing to secure a pitch for the first time should phone 01473 610741

Raffle Prizes

The Music On The Green Grand Draw has attracted some major Raffle prizes. If you are interested in donating a prize, please contact Rachel on 01473 610437

Many thanks again to our sponsors. At the moment these include: Howard Plant, Douglas Bader, Chalk and Cheese, Martlesham Developments, Gordon Burke Transport, Martlesham Body Repair and The Martlesham Monthly.

MILESTONES IN MARTLESHAM

Some years ago Mr John Gibbs of Kesgrave started to raise funds to replace the milestones that were missing from Martlesham (one outside the Police Headquarters and the other on Lamb Barn Hill, Martlesham). Eighteen months ago Mr Gibbs approached Martlesham Monthly and asked if we could help him to raise the necessary funds. In conjunction with Martlesham Historical Society, this has been achieved and the new milestones are now in place.

Paul Firman
Martlesham Monthly

MARTLESHAM PARISH COUNCIL

Vacancy for Parish Councillor

A vacancy for a Parish Councillor has arisen because of the recent

resignation of Judith Rixon. It is currently being advertised, inviting any ten parishioners to request an election; if no election is asked for then the vacancy will be filled by co-option

The role of a parish councillor is varied and interesting as it involves many aspects of the community; it is a voluntary position involving usually only two meetings per month and the amount of any other time needed is as little or as much as you may wish to make of the role. If you are interested in helping to improve your community, perhaps you disagree with some of the things that the parish council does, or maybe you feel that your part of the parish needs better representation, please contact the Clerk who can provide further details or speak to any councillor.

Parish Plan

The Parish Council is preparing ideas for a Martlesham Parish Plan and is currently finding out what existing facilities, services, societies, etc., there are within Martlesham. The next stage will be to consult with all residents to find out what are their views, concerns, needs and aspirations regarding all aspects of our community. We can then work to plan to fulfill or resolve these as much as we are able and try to further improve the community and its facilities. The plan will also help give us a stronger voice in our liaison with and consultations from the district and county councils, and other agencies.

Anybody who has any comments, ideas or may be interested in helping with this please let the Clerk know.

Speeding

Because of concerns over speeding in parts of the parish the SID (Speed Indicating Device) has again been employed, with particular concern over speeds in Eagle Way and Main Road.

Eagle Way - over half of vehicles were under 30 mph but a few were over 40 mph with a top speed recorded of 47 mph.

Main Road - over 90% were over

30 mph, 25% exceeded 40 mph and a top speed of 60 mph was recorded.

It is very disappointing that so many motorists were exceeding the 30 mph speed limits and a reckless few were going very much faster than they should.

Please respect the speed limits for your own and others safety.

County Council Boundaries

Recommendations from the Boundary Commission have just been received and the parish council were very dissatisfied in that local views were ignored by the commission, who are recommending that Martlesham would share a county councillor with all the more rural areas towards the Trimleys and the River Orwell; at the moment we share a county councillor with Kesgrave.

Working Parties

There are often a number of tasks needing to be undertaken that can be safely carried by volunteers. There is a monthly working party on the last Saturday each month when parish councillors and any other volunteers will be carrying out these tasks.

Volunteers are most welcome; if you are interested please contact the Clerk for further details.

Meetings

- * Parish Council - Wednesday 3rd March and 7th April
- * Development Plans Committee - Wednesday 10th March
- * Recreation & Amenities Committee - Wednesday 17th March
- * Finance & General Purposes Committee - Wednesday 24th March

All meetings are at 7:30 pm in the Parish Room, Felixstowe Road but please check the notice boards for further details of the above and other meetings.

All meetings are open to the public and there is an opportunity at Council meetings for residents to ask questions or make comments to the council.

Contacting the Council

In writing to the Clerk, Martlesham Parish Council Office, Felixstowe

Road, Martlesham, Woodbridge, IP12 4PB. Telephone or fax 01473 612632 via any councillor. E-mail: martleshampc@btclick.com

Laurence Burrows - Chairman

MARTLESHAM IN BLOOM

Hanging Baskets in The Square, Martlesham Heath

We hope to have summer hanging baskets in The Square again this year. We will be sending forms for sponsoring baskets and/or containers to everyone who sponsored last year but if any other firms or individual residents would like to sponsor some summer planting please speak to the secretary (name given below).

Summer Garden Competitions

The Garden Competition forms are now available for 2004. We will send these forms to last year's entrants but if you would like a form for yourself or a friend please ring the secretary and we will send you one.

A date for your diary - we will be holding a Martlesham in Bloom event on the evening of Thursday 6th May 2004 at St Michael's Church Centre. More details in the April Monthly.

If you would like information on the above or any Martlesham in Bloom activity please contact- J. Maureen Burrows (Secretary), 17 Squires Lane, Martlesham Heath, Tel. 01473 625196.

MARTLESHAM CONSULTANTS LIMITED

Looking After Our Village

We are pleased to report that as MCL now has additional help we have been able to appoint two volunteers to monitor the trees growing on MCL land for insurance and safety purposes. This will be an ongoing task and is a fairly onerous one. We would be grateful, therefore, if members could help by keeping an eye on the trees in their own areas and if they believe any to be in a dangerous or diseased state to let us know. Also if branches are overhanging footpaths or cycle ways causing prob-

lems we need to know. It does not matter if you are not knowledgeable as we have experts we can call on to check. Better to be safe than sorry!

On a less savoury note, it has become increasingly noticeable that some dog owners are reluctant to clear up after their dogs. There appear to be more and more dogs but sadly there also seem to be more and more owners who do not clean up after them. There are some twenty or so dog bins placed strategically around Martlesham Heath and there is no excuse not to use them. Most of us have at some time complained about youngsters leaving their litter about and it is outrageous that responsible adults leave dog mess all over the place, which is infinitely worse.

The footpaths and open spaces in Martlesham Heath are **t h e r e f o r t h e** benefit and enjoyment of all residents but it is not much fun having to watch where you put your feet all the time, particularly where children play. Many dog owners are meticulous about clearing up after their dogs and would not wish to be tarred with the same brush as those who do not. Therefore would those owners who do not go out armed with their doggie bags please do so and clear up after their dogs every time, thereby **LOOKING AFTER OUR VILLAGE.** Voicemail: 01473 612207. E-mail: mclmh@btinternet.com Letters to: 6 The Square.

MARTLESHAM HEATH PAVILION

As anyone who has been near the Village Green in the last four weeks will know, the refurbishment of the Martlesham Heath Pavilion is now well under way. Mr John Barrett and his team of builders are working very hard and already the Pavilion is looking very different, and the beginnings of the NEW Pavilion are beginning to appear.

Lots of decisions regarding furnishing, fabrics and colours are being made to contribute to the final appearance of the Pavilion.

We are very grateful to the Community Fund, who are providing

the majority of the finance, and Suffolk Coastal District Council and Martlesham Parish Council for their contributions towards the refurbishment.

We are hoping to re-open the Pavilion in early May, and look forward to welcoming all our users, existing and new, back then.

Paul Firman
Martlesham Heath Pavilion

MARTLESHAM HEATH BABY AND TODDLER GROUP

For any of you mums/carers with young children ageing from birth to pre-school, you would be made most welcome at any of our sessions. At present we run our sessions in the Martlesham Heath Scout Hut on Wednesdays and Fridays from 9:30 am – 11:30 am and 1:30 pm – 3:30 pm. In May we will resume sessions in the newly refurbished Pavilion. Drinks and biscuits are provided.

There is an area for those with very young babies where they can play with some protection from the larger children.

The AGM will be held on Tuesday 30th March 2004, 8 pm in the Scout Hut, all members welcome and if anyone would like to be on the committee there are still some vacancies.

Please call me on 01394 387281 if you would like any further information.

Louisa Smith (secretary)

MARTLESHAM PRE-SCHOOL PLAYGROUP

During this half term the children will be enjoying various activities and crafts on the theme of Around the World.

Thank you to everyone for their support in our fundraising efforts over the Christmas period—with your help we raised a total of £167.00

The group has recently joined an Internet shopping site, which is an exciting new fundraising initiative enabling you to help us generate significant funds towards our playgroup. Simply visit the site at www.buy.at/martleshampreschool and then you can shop at high street shops such as

Marks and Spencer, Index, Comet, MFI and many more and the group earns commission. Please use this shop and recommend your friends and family to use it as well.

The proposed date of the Fun Day this year is 26th June with a jungle theme. If you would like to have a stall or know anyone who would like a stall please contact us. Maybe you or your company would like to donate a raffle prize or some other contribution towards the event. We will be only too pleased to hear from you.

Of course, visitors are always welcome to come and see us. If you would like more information about the playgroup please contact Sarah Elmer, our bookings secretary, on Ipswich 620042. Alternatively visit our website at www.controltower.org.uk

Louisa Smith, Secretary
01394 387281

ST MICHAEL'S PRE-SCHOOL

Our theme for this term is Shapes. Activities will include coin rubbing, bubble painting, marbling, Hama beads, cooking, making mobiles, papier-mache balloons, puppets and sand pictures. The children will also discuss shapes around them - furniture, toys, buildings and vehicles.

Our next big fundraising event is a Spring Table Top Sale on Saturday 13th March from 10 - 12 noon. It is being held in St Michael's Church on Martlesham Heath. We will be selling good quality children's clothes, toys, games and books. There will also be a cake stall, refreshments and a playroom for young children. If you would like to book a table to sell your items, or if you would like us to sell items on your behalf (on a 50/50 basis) please contact our fund-raiser Maggie on 01473 621726. The funds raised will go towards buying more equipment for the children. We look forward to seeing you on the day.

Our pre-school committee has a vacancy for Chairperson if you think you could help us or know of someone who could, please contact Simone on 01473 625108.

If you are interested in sending your child to our pre-school and would like more information please

contact Claire Stockdale on 01473 623069.

Rachael Vest

THREE BEARS PLAYGROUP

This half term our topic has been "People Who Help Us". The children have so far enjoyed visits from London Road Fire Brigade and Kesgrave Community Police Officers. The children have experimented with a range of role-play activities, such as Doctors, Fire fighters, Police Officers and Lollipop People. They have learnt a lot about dental hygiene and are now able to select a range of healthy foods to keep their teeth and bodies healthy. They have investigated thermometers by taking each other's temperatures and can show much concern for others by making "Get Well" cards and pictures.

Please note we are holding another CLAIRVOYANT EVENING on Friday March 12th at Martlesham Community Centre. Tickets are available from me by calling 01473 631087.

If you would like further information about the playgroup and/or wish to be added to our waiting list please give me a call.

Lisa Poole, Business Manager, Tel. 01473 631087

CALLING ALL MUMS...

The Mums' Club will be holding two meetings in March. On Tuesday, 2nd March the speaker will be Caroline Patterson, careers co-ordinator at Suffolk College, who will discuss returning to work after taking a career break to have children. Caroline will explain retraining opportunities available and will answer any questions you may have so come along and find out more.

On Tuesday, 30th March the Mums' Club will be holding its 4th Birthday party so come and help us celebrate!

Both meetings will be held at St. Michael's Church Centre from 12:45 to 2:30 pm. Lunch will be served around 1:00 pm. All mums, toddlers and babies are welcome to join us.

Please note there will be no Mums' Club meeting in April.

For more details please 'phone Sue on 01473 624130 or Kay on 01473 626169.

MARTLESHAM WIVES GROUP

Our next meeting is at 8:15 pm on Monday 29th March at Jan's, 30 Demesne Gardens.

"The reality of being a refugee in Suffolk" - a talk.

New members are always welcome (marital status immaterial!) - contact Jenny 01473 626253.

MARTLESHAM LADIES CLUB

At our meeting on January 22nd Michelle Frost, a qualified chiropodist, came to give us, what turned out to be a very in depth informative talk on the care of feet.

Disease, disorders and disabilities of the foot or ankle affect the quality of life for so many people so Michelle shared with us a few tips to help us keep our feet healthy.

Michelle was thanked for a most interesting talk and I am sure many of us learnt a few things that may be able to help us continue to keep our feet in good shape.

Our interesting programme of speaker's continued with Mrs Barbara Cole visiting us on the evening of February 5th to talk to us about Christchurch Mansion. There are changing exhibitions reflecting all aspects of bygone times and Barbara urged us to re-visit the Mansion, or if we had not yet been to make a point of doing just that. Rita Dunnett thanked Barbara for sharing her love of Christchurch Mansion with us and that she had no doubt re-kindled our interest in such an historical site in our County Town.

Erratum:- Members enjoyed their Christmas Dinner at the Seckford Golf Club on January 29th, not Seckford Hall as previously reported!!!!

March meetings are scheduled for the 4th and 18th. More details are available from Vera Pawsey on 01473 610366.

Rita Smith

MARTLESHAM MOTHERS' UNION

Food was very much to the fore for MU members these last few weeks. At the end of January, 20 of us sat down to a delicious meal of piping hot fish and chips from our local mobile van, followed by a fascinating 'Winter' musical quiz concocted by Sue Lambert.

Our February event was our Overseas Lunch. No, we didn't go gallivanting across the channel for French 'Haute Cuisine' but enjoyed either hot soup or a ploughman's lunch purchased in aid of MU projects overseas. It was wonderful to see so many folk enjoying fun and fellowship at St. Michaels', particularly the table of young mums and their toddlers. Altogether, with the proceeds of the raffle and sales table, £379 was raised - well done everybody!

At our meeting on Wednesday March 3rd the speaker will be Caroline Hawkesley from 'Homestart' (supporting families).

Don't forget that any toilets you are unable to use will be welcomed by the victims of domestic violence and that seafarers are still anxious to receive copies of Reader's Digest and are still welcoming our knitted hats.

Please remember Betty Dickinson, Olive Smith, Lillian, Nesta, Ena, Doreen, Peg and the family of the late Ethel Kitson in your prayers, together with any others you feel need our support.

A thought for the month— if you bear a grudge, the chances are that you will suffer more distress than the other party!

GOD BLESS,
SHEILA SMITH

MARTLESHAM HEATH W.I.

The church extension was again the venue for our February meeting. Our President Kay Hall presented buttonholes to members with birthdays in February.

We have entered several classes for the Suffolk Show and

Kay asked members to form a committee to help with the exhibits.

Due to a family crisis our proposed speaker had to cancel, but Mr Hopper very kindly stepped in to fill the breach.

We had a very interesting and informative talk on 'Illusions'. As always Mr Hopper entertained us with many graphic illustrations accompanied by amusing stories. We could hardly believe our own eyes. Thank you Mr Hopper!

Our next meeting will be on Monday March 8th at the Control Tower and the speaker will be PC Ian Rafferty.

www.marketonthegreen.org

This is the temporary new name for the Martlesham Heath WI Market. At the moment changes are taking place within the WI market organisation and we will not know until May what our official title will be.

As you may have seen in the local press we now have a website where ordering online is possible. We will continue to open every Tuesday for all our usual produce at the Scout HO (until the pavilion is ready) from 9:00 to 10:30 am. Orders can be collected from the market or delivered locally at a cost of 50p/mile. Orders over £20 are delivered free.

Other events include a regular monthly market on the last Friday in the month at Beacon Hill School 3:00-4:00 pm and, starting in April, a stall at the new weekly market to be held in Kesgrave town centre. For full details contact us via the website:

www.marketonthegreen.org

MARTLESHAM W.I.

Report of monthly meeting— February 20th 2004

At the February meeting Mr Stein of the Belgian Chocolate Shop in Woodbridge produced a light-hearted quiz to start his talk. Members were asked questions such as when was chocolate introduced into this country, how much chocolate is consumed per person, per year, etc., etc. WE learned that chocolate beans were brought to Europe by Christopher Columbus in 1503 and in 1828 the first eating

Chocolate was made by a Dutchman.

Mr Stein had brought a delicious selection of chocolates from his shop which several members were tempted to purchase.

There were six entries in the competition for "an item using chocolate". Chocolate truffles made by Pat Brown gained most points with a decorated chocolate sponge made by Ann Berg coming second.

Miss Berg is once again arranging a summer outing to the theatre. We hope to visit Aldeburgh on Saturday July 24th to see "The Boy Friend".

At our next meeting on Friday 19th March at 7:30 pm in the Richard Room the subject will be "Fair Trade" and the competition a "Fair Trade Item". Visitors welcome. Contact Mrs Betty Darke—tel. 01473 624193

MARTLESHAM VILLAGE PRODUCE ASSOCIATION

The daffodils and spring bulbs are now showing making the gardens bright and sunny just in time for the good weather to start appearing, so we can get out and enjoy the garden.

Our programme for March continues with the Quiz against Woodbridge Horticultural Society (WHS). This year it will be held at Woodbridge Community Centre on **Thursday 11th March at 7:30 pm, by the kind invitation of W.H.S.**

On **Friday March 26th** we have Ian O' Brian Baker speaking on 'Getting the best from your Lawn' at our meeting in the Richards Room starting at 7:30 pm.

The **SPRING SHOW** this year will be held just into April on **Saturday 3rd** at St Michaels Church Centre. There is no exhibitor's fee and always something in the schedule for everyone who is resident in Martlesham to enter. So if you're 3 or 93 years old, you should be able to find something worth showing. Bernard Ward has now agreed the schedule with his supporters and copies should be avail

able soon, see telephone numbers below.

Other dates for your diaries – **23rd April** when Cyril Watson tells us of his 'Life as a Country Boy' and our only fund raising event of the year, the Spring Fayre, held at the Church extension on **1st May**.

We look forward to welcoming all members and friends at some of these events.

If you have any ideas for forthcoming events that the MVPA could take part in or you would like to find out more about the Association, please speak to any of the committee members below.

We look forward to your comments. Linda Mitchell (Hon Sec)

For show schedules tel. Bernard Ward 01473 626913, Stan Harris 01473 623427 or Doug Steggles 01473 610148.

*Martlesham Village Produce
Association*

SPRING SHOW

**3rd April 2004
St Michaels Church Centre
Martlesham Heath**

**Viewing 2 pm
All Welcome
Refreshments available**

MARTLESHAM & DISTRICT FLOWER CLUB

The February meeting was a great success with many members and visitors coming with bunches of flowers and bags of greenery for our workshop 'Ready, Steady, Arrange'. MRS RUTH MELLEN, a member of the club, demonstrated a continental arrangement with four types of greenery of different shapes and textures and three groups of spring flowers. She then produced two other beautiful arrangements featuring different kinds and colour of flowers. Everyone watched, then it was the turn of

The members to have a go. The results were delightful and made a stunning show. Our thanks go to Ruth.

Tea and biscuits were then served.

There is a flower arrangers and plant stall at each of our meetings which are held on the third Wednesday of the month at 2:30 pm in St Michaels Church Hall, Martlesham Heath. Annual subscription is £10 and visitors are welcome at £2 per session. ALL WELCOME.

Next meetings: MARCH 17TH—short AGM followed by Home Meadows Nursery Ltd "Preparation and survival of summer hanging baskets". APRIL 21ST—"April Showers", Mrs Jill Nicholls. Competition is "Basket of Spring Flowers".

Margaret Forbes 01394 382209

MARTLESHAM HISTORICAL SOCIETY

Our first meeting of 2004 was held at St Michael's Church Centre on Tuesday, February 10th 2004 when Michael Weaver gave an illustrated talk on "The Seckford Foundation". As is usually the case with Michael's talks it was an extremely informative evening by a first class speaker. It was interesting to hear the impact today of a foundation created five hundred years ago by a Woodbridge boy who grew up to be one of the most influential men during the reign of Elizabeth the First. Had Thomas Seckford not died without an heir things might have been very different for Woodbridge.

Our next meeting, in April, will be an evening with the East Anglian Film Archive - further details in next month's "Monthly" but please note that the meeting will be held on Tuesday, April **20th** (a week later than usual). The venue will be St Michael's Church Centre at 8 pm.

We are still seeking a volunteer to take over the position of Secretary at the AGM in May. If you are able to help please let me

know.

John Tyler Hon. Sec.
Tel. 01473 612736

MARTLESHAM HEATH AVIATION SOCIETY

Friday 7th February and more than 100 members were present to hear a talk by Mr Jeff Errington of "Diveline" Ltd, Ipswich. His talk was entitled "Diving on Aircraft" and he related some experiences of recovering and exploring undersea crashed aircraft.

Jeff was involved with the recovery of the Harrier jump-jet that crashed at the Lowestoft Air show in 2002. A Hampden bomber hit a barrage balloon cable at Harwich in June 1940 and Jeff Errington has dived on the site of this crash as he has done on many old wartime crashed aircraft. Incidentally we have one of the machine guns from that tragic aircraft in the Control Tower Museum. The pilot was the only one to survive and he was extremely lucky to do so.

Jeff has dived on ships and aircraft in many parts of the world. He spoke of the remains of a Hastings aircraft that crashed many years ago in the Maldives. Amazingly a member of the audience had been a passenger on that aircraft and was able to relate the story of his escape from death. All the passengers and crew escaped unharmed after the Hastings missed the runway in a torrential tropical storm and came down in the sea.

A vote of thanks was given by our member, Tony Errington.

The next meeting will be held as usual in the Community Hall and will start at 7:30 pm. Mr Charlie Brown is a display pilot of great experience and he will compare the strengths and weaknesses of the Spitfire and the Messerschmitt 109, which was the German equivalent to our Spitfire during WW2. Visitors are always welcome for an entry fee of only £2.

Alan Powell 01473 622458

MARTLESHAM COMMUNITY HALL MANAGEMENT COMMITTEE **including the Richards Room (Registered Charity 1009602)**

Reply to Martlesham Community Hall, Felixstowe Road, Martlesham, Woodbridge, IP12 4PB. Telephone (answering machine) 01473 623203.

The AGM. of the Hall Committee is to be held on Friday April 2nd in the Parish Council Room, Felixstowe Road, Martlesham, 7:30 pm, with a short Committee meeting after.

This year has not only been sad but has left the few people who are left on the Committee wondering if it worth going on. We have lost three stalwart members of the Committee this year, all of whom have died. We need a Secretary and Minutes Secretary to share the load, two people will have less to do and make it easier to do the two different jobs. We need more people to come onto the Committee and help just a little with the working of the Committee and the Halls.

We find we should have about 12 to 15 regular Committee members from the various groups that regularly hire the Hall. Every group does not have to send the same person to each meeting, but it is better if one person can attend for the year between AGMs. At present we have about four or five and three elected members. Once again at the last Committee meeting we discussed several matters which had a direct bearing on the regular hirers and in due course they will know about the conclusions agreed on. But we had very little input of course from the very groups we were discussing.

Please come to the AGM. and at least show the Committee there are some of you who use the Hall and Room that are interested in them. If you are one of the regular hirers please send at least one but two or three members to show you have an interest in how the Halls run.

Ian O'Brien Baker, Chairman.

**PORTAL AVENUE
WOODLANDS MANAGEMENT/
CONSERVATION GROUP**

With the approach of the wildlife mating season, our use of machinery for path improvement and tree felling is drawing to an end. Towards the end of this month we will have to revert to tidying and weeding much to the regret of many volunteers who hate weeding! However, we managed to fell the last of the trees identified by the SCDC Arboricultural Officer as a danger to Woodland users on 14th February. Hopefully this will give us time to chip branches to improve path surfaces, cut the trunks, arrange them into wildlife habitats and pile logs to dry that we can use next year to obtain donations towards Group running costs.

On 16th February the Chairman and myself met a walker in the Woodland who was not happy with the Group's activities. Of interest, after 30 minutes of discussion/ explanation of the Group's aims, we were not at odds on many of the Group activities, although we had not completely convinced him. We would request that those people who feel that the Group's activities are wrong, contact us and discuss this. There is a five year management/conservation plan lodged with the County, Coastal District and Parish Councils, Suffolk Constabulary, Bradford Property Trust and any other organisation we feel may help us to prevent the development of the Woodland into anything other than an area to be enjoyed by local people. It can always be changed if we have got it wrong!

Volunteers:- Next workday is 20th March, 10:00 am – 12:30 pm, all are welcome. We meet at the entrance to the Force HQ sports field on the perimeter track.

Contacts: Chairman – Duncan Sweeting 01473 622859, Secretary – Peter Izzard 01473 611291, Martlesham Parish Council 01473 612632.

**MARTLESHAM COMMUNITY
RESPONDERS**

Andy Oxborrow, Group Co-ordinator

Martlesham Community Responders is a St John Ambulance affiliated unit which has been formed to provide a first response to 999 calls received by the East Anglian Ambulance NHS Trust from the Martlesham, Martlesham Heath, Waldringfield, Newbourne and Brightwell community in Suffolk. Our aim is to provide first aid and resuscitation skills until the arrival of an emergency ambulance.

A study made by Dr Richard Cummins in Seattle, USA found that the chances of a person surviving a cardiac arrest were dependant on four events happening in sequence, which have been since termed "The Chain of Survival". These are :

- Early Access
- Early Resuscitation
- Early Defibrillation
- Early Advanced Life Support

When these events happen within 8 minutes of the cardiac arrest happening, it has been found that the chances of surviving a cardiac arrest can improve by as much as 30%. If left untreated, a casualty's chances of survival decrease at approx 20% per minute. Our aim is to be able to get a trained responder to the scene of an incident in less than 8 minutes, 24 hours a day.

The scheme works in partnership with the Adastral Park Emergency Services, who provide cover using their first aid response team in working hours, the Martlesham Heath Responders providing cover at all other times. Since going "live" on New Years Eve, 31st December 2003 we have responded to over 20 calls in the community.

Currently we are using resuscitation equipment and a defibrillator loaned by the East Anglian Ambulance NHS Trust, but to continue to provide the service to the community long term, we need to provide our own equipment. Thanks to very generous support from the

Martlesham Monthly, and from Cllr. John Kelso we have raised enough money to fund the startup costs of the scheme, enabling us to buy our own defibrillator, first aid kit and training equipment.

Currently the scheme is being covered by two responders, myself and Mark Deer. We are now trying to recruit more volunteers who would be interested in supporting the scheme, either as a responder or in an administration role. Although beneficial, a first aid qualification is not a pre-requisite as training in first aid, medical gases and defibrillation will be given. Volunteers must be between 18 and 70 years old, must be able to achieve a satisfactory standard of proficiency after training, have a full driving licence and access to a car and a sympathetic caring approach to people.

For further information please contact Andy Oxborrow on 01473 620432 or e-mail Martlesham-Responders@suffolk.sja.org.uk

PIZZA & PROMISES

Martlesham PCC are holding an Auction of Promises on Saturday 20th March at 6:30 pm. Tickets £3 from St Michael & All Angels Church Centre or by telephoning either 01473 623194 or 01473 625617. Ticket price includes a pizza or pasta supper. Please provide your own drink. Supper from 6:30 pm, auction commences at 7:45 pm. Auctioneer Paul Firman.

SUFFOLK ORCHID SOCIETY

The Suffolk Orchid Society will be holding its Spring Show on Saturday 20th March at St Michael's Church Centre, (near Douglas Bader Public House), MARTLESHAM HEATH, between 10 am and 4 pm. In addition to our own magnificent display of orchids there will be first class orchids for sale, advice on the cultivation of orchids and a competition for non-members. Refreshments including light lunches will be available.

MARTLESHAM BRASS

On 13th February we held our annual AGM. We welcomed Mr Adrian Hopgood as our new Band President. We are honoured to have Adrian as president of our band, and know that with his involvement Martlesham Brass will continue to have fun making music!

We also presented our three nominated charities with the proceeds from our Christmas fundraising efforts. Maureen Travis received the donation on behalf of the Ipswich branch of the British Heart Foundation from bandleader Mike Brierley.

Jackie Wright represented the Malawi Rehabilitation Project, receiving their cheque for £265 from band member Joy Porter. If anyone wishes to donate to this very worthy cause please contact the band and we will give you Jackie's details.

Marguerite Taylor represented the Breast Cancer Campaign and received their cheque from June and Chris Alexander.

Another charity that has benefited from recent Martlesham Brass activities has been the Wishes and Dreams trust, which funds holidays for terminally ill children and their families. We held a race evening on 31st January, raising £439 for the charity.

The next few weeks sees Martlesham Brass focus on contesting. On March 21st our Main Band are heading off to Stevenage for the London and Southern Counties Area contest. We are planning to compete in the fourth section, playing a piece entitled 'Partita'.

Lastly I would like to say goodbye, as this is my last contribution as Martlesham Brass publicity officer. I am handing over the role of Publicity officer to Matthew Ellis, who is one of our bandleaders. He has recently completed his studies at Lincoln University and has returned to the band after three years absence!

If you wish to find out more about Martlesham Brass please look at our website www.martleshambrass.btinternet.co.uk

Alison Eyley

THE RED LION MARTLESHAM

As usual at the Red Lion we are planning lots of fun events over the next few months and details are available on our website, visit www.redlionmartlesham.co.uk.

This month sees Mothers Day and we are open all day, there's no need to book, just come along! As well as the usual decorations we will be selling balloons that you can dedicate to your mum and then release in a race with the balloon that travels the furthest winning the ticket holder a meal for four at the Red Lion. We are fundraising for our Charity Challenge 2004 which will see Charles and Karl walking part of the Great Wall of China in September with the money going to the Cancer Care Unit at Ipswich Hospital. If you would like to sponsor the lads, please see Charles.

1ST MARTLESHAM SCOUT GROUP

The Scouts started the new year in style and have been camping twice already! In January we held "Frostbite Camp" at Hallowtree and in the middle of February some of the more senior Scouts attended a Patrol Leaders' camp at Bradfield Park near Bury St Edmunds.

Camping at any time of year is challenging enough, but when you throw in the obstacles of having to erect your tent in the dark, trying to keep dry when it's lashing down, trying to keep warm when it's below freezing and having to cook your own meals on open fires then it all becomes much more fun!

Deben Cubs are doing a 'film theme' this term with a cinema evening, making 'Zeotropes', pin hole cameras, learning about New Zealand (with the tenuous link being this is where Lord of the Rings was filmed!!) complete with a very frightening Deben Pack 'Haka'. We have a video evening planned where the Cubs will have to make an advert about recycling and a presentation from a Scout who went to a Scouting World Jamboree in Thailand.

This year's camp is planned

for Saturday 14th to Tuesday 17th August at the headquarters of Scouting – Gillwell Park.

Finally, we are planning to take the sixers to the Suffolk County sixers' day trip to London at the end of March to visit HMS Belfast and the Natural History Museum.

More information - including section programmes and Scout Group events is - posted on the Martlesham Community website under 'Youth Groups' at <http://www.martlesham.org.uk/>

QUIZ NIGHT

in aid of **Comanche Explorer
Scouts**
Saturday 13th March
at Nacton Village Hall

Enter your team of 4 for **£5**
Questions begin at **8:00 pm**
For more information and tickets
phone **Claire** on **01473 612469**

MARTLESHAM LEISURE JUNIOR SQUASH

After a rest last month we began February with Suffolk trials in Bury at the Moreton Hall squash and fitness club. I would like to take this opportunity to thank the parents who gave lifts to the club as it wasn't easy to find! I would like to congratulate Lauren Scott for making the girls team and Marcus Bennett, Ashley Scott, Peter Russell and Michael Tween for making the boys team. Both teams will be playing the Essex B team and I wish them every success - they have certainly earned it. While the county games take place we have another short break before we begin to play team squash again. The junior leagues have continued to grow with more children than ever taking part which is fantastic to see. If anyone is interested in taking part in junior squash then feel free to contact me at the club as everyone needs to attend coaching before they can take part in the leagues or team.

Dave McConnell

MARTLESHAM TABLE TENNIS

After a successful start for the Martlesham Table Tennis Club, we are able to open up membership to people who may have missed the first advertisement.

The sessions are open to any non-league players over the age of 16, or age 11+ if accompanied by an adult. Club night is every Friday from 7:45 to 10 pm, currently in the Scout Hut.

If you want to fill those dark winter evenings with some exercise and social banter, please contact Steve on 01473 610177.

Please note: there is some restriction to the number of people per table, so don't wait too long.

MARTLESHAM BOWLS CLUB

The Committee held its first meeting of the year, can spring be far behind?

Members will be pleased to hear that the green is in a good state after the unhelpful weather at the end of last season.

Some dates for the season... All start at 2:00 pm except for Sheila McIntyre Rose Bowl and the Cyril Marsh Shield—they start at 10:00 am: The 'get together' 17th April (no playing), Spoon Drive 24th April, Captain's Team v Chairman's Team 28th April 6:30 pm, Frost Drive 15th May, Jubilee Drive 31st May, Thurlow Cup 12th June, Sheila McIntyre Rose Bowl 26th June, Coronation Cup 31st July, Keen Pairs 1st July, George Rous Cup 14th August, Cyril Marsh Shield 28th August, Lads and Lassies 4th September.

The Wednesday pairs will be played this year—get your names down as soon as possible.

The Friendlies will play this year with a new Captain, David Bowtle.

For new players we are holding an open day, to see if you like it, on Saturday 8th May at 2—4 pm.

Any questions, get in touch with our Secretary Linda Brown on 01394 38498.

Next Committee meeting Monday 5th April at 7:00 pm.

Jack Cot

MARTLESHAM CARPET BOWLS CLUB

The whole community is feeling the sad loss of Fred Hunter. For the Carpet Bowls Club it is especially hard because Fred has always been so fully involved. Fred was a founder member, he was a committee member for many years, and of course the Club Captain until three years ago. His services had been recognised several years ago when he was made an Honorary Life Member.

Some years ago the Club dedicated a Trophy, The Fred Hunter Cup, which is played for annually by the members and which Fred himself managed to win on two or three occasions! He would be pleased too by the Club's present form. We are currently top of Division Two in the League and have reached the Semi-Final of the Joe Rice Cup, a County Competition.

Fred was a very skillful bowler and always keen to help others to improve. In short, a very special person, and a kinder man it would be hard to find.

The Club plays on a Tuesday afternoon and evening and also on Friday afternoon in the winter. If you would like to join us, just come along or phone the Secretary Vie Harrup on 01394 386171 or Steve Danby (Captain) on 01473 744250.

MARTLESHAM SEQUENCE DANCE CLUB

Are you a Sequence Dancer? If you are we have vacancies for up to five couples at present.

We dance weekly in Martlesham Community Hall on Thursday evenings. For further information call Les on 01473 620528.

AGE CONCERN ADVICE SERVICE

Age Concern Suffolk offers a free, confidential welfare rights service to anyone living in Suffolk who is over sixty years of age, or who cares for another person, also living in Suffolk, who is over sixty.

We have a countywide telephone helpline that offers benefit checks to ensure you are receiving all the income to which you are entitled. For some benefits such as Pension Credit, or help with rent or Council Tax, we may need to ask for information about your income and savings. We can then advise you of allowances that you may be able to claim. We offer a confidential home visiting service throughout Suffolk to help people complete some claim forms or we can arrange for the relevant agencies to visit you and assist with a claim.

Many people who are beginning to find that living independently at home is quite difficult, could be missing out on Attendance Allowance or Disability Living Allowance. These benefits are NOT related to your income, but to the help or care you may need to help you continue to live at home. For instance, if you are someone who is likely to fall, or you have difficulty with things such as washing or dressing, you may be able to apply. If you are not sure, then please contact us to discuss your needs and we will be pleased to advise and help you.

The Advice Service holds regular benefit surgeries at our shops in Stowmarket, Ipswich, Sudbury and Lowestoft. Please call to arrange an appointment.

During Your Rights Week 2004, which runs from 16 - 23 April, we will be holding additional benefit advice surgeries at each of these locations as well as one in Mildenhall. Callers are invited to drop in for a comprehensive, confidential benefit check.

SUDBURY Monday 19th April 2004, 10:00 am - 1:00 pm

IPSWICH Wednesday 21st April 2004, 10:00 am - 1:00 pm

LOWESTOFT Wednesday 21st April 2004 10:00 am - 1:00 pm

STOWMARKET Thursday 22nd April 2004, 10:00 am - 1:00 pm

MILDENHALL To be arranged - please phone for details.

The helpline number is 0 1 4 4 9 674222. Our address is: Age Concern Suffolk, Advice Service, 45A Ipswich Street, Stowmarket, Suffolk IP14 1AH.

NATIONAL OSTEOPOROSIS SOCIETY

Local Group

Our next Group Walk will be on March 11th (weather permitting). For details contact Anne Barnes 01394 382534 or Olive Stowe on 01394 420489.

On March 31st Heather Freeborough will be taking us on "A Fractured Journey through A & E" after which Sandy Larcombe and Liz Newman will be discussing "Occupational Therapy after a Fracture". The meeting will be from 9:30 am to 12:30 pm in the Post Graduate Centre, Ipswich Hospital. Please feel free to join us and take the opportunity of gleaning some useful information.

FAIRTRADE COFFEE MORNING

Fairtrade fortnight (1-14 March 2004) marks the 10th birthday of the FAIRTRADE Mark—the independent consumer label awarded by the Fairtrade Foundation that guarantees producers in developing countries a fair deal. To celebrate there will be a Fairtrade Coffee Morning on Saturday 6th March 2004 from 10—12 noon in St Michael's Church Centre. So come along and sample Fairtrade products and enjoy a refreshing cuppa.

Since the first products with the FAIRTRADE Mark hit the shelves in 1994, the power of consumer choice has enabled hundreds of thousands of food producers, from Sri Lankan tea pluckers to Windward Islands banana farmers, to improve the quality of life for their families. The first products were Cafedirect coffee, Green & Black's Maya Gold chocolate and Clipper Fairtrade tea. Sales of products with the FAIRTRADE Mark increased to an estimated retail value of £63 million in 2002.

The FAIRTRADE Mark is now available on over 180 varieties of coffee, tea, chocolate, sugar, bananas, fresh fruit, juices, honey, cakes, biscuits, cereal bars, jams and sauces. Products carrying the FAIRTRADE Mark are also now served in more and more government departments, offices, bed and

breakfasts, universities, cafes and restaurants. Twenty nine towns have shown such a commitment that they have met five goals to become 'Fairtrade Towns' and 100 more, including London, are working towards it.

Pauline Jordan

YOUNG ENTERPRISE

East of England

What would it take to get you back to school?

Suffolk Young Enterprise, a national educational charity (Registered charity No. 1098610), is looking for volunteers to introduce an exciting enterprise programme to primary schools.

Suffolk Young Enterprise is already well respected for the work it does in local secondary schools introducing students to entrepreneurship and business skills. This vision has now been extended to primary school children, and we are looking for people who are willing to act as a role model for youngsters to deliver a series of lessons that develop citizenship skills using the 'World of Business' as a theme.

The time commitment from you is approximately 10-12 hours, usually spread over six weeks, but flexibility is one of the keys of the programme. It is also fun for all those involved.

As we are all committed to ensuring the safety of the children with whom we work we require all our potential volunteers to obtain a Criminal Records Bureau (CRB) check which is conducted by Young Enterprise (free of charge), before delivering the programme.

For an informal chat, or to discuss how you or your business may be able to get involved, please contact: Janet Wicks, Primary Programme Manager, Suffolk Young Enterprise, Tel: 01473 408064, Fax: 08701 696797, Mob: 07919 391 569, e-mail: office@suffolkye.com

KESGRAVE AND DISTRICT YOUTH FORUM

The date of the next meeting has

10

been changed from March 24th to March 31st at 7:15 pm, in the Conference room of the Kesgrave War Memorial Community Centre. We apologise for any inconvenience caused by this change. The Task Groups are continuing to meet to work on the various projects, and will report back to the meeting on the 31st. We would be interested to hear from any other young people who wish to be involved in the projects. We are particularly interested to hear from any one who is involved, or would like to be involved, in 'dirt-jumping', as we need a team of young people to get this project off the ground. For further information about this or any of the other projects, please contact Rosy Scott on 01473 610440, mailto: rosy.scott@talk21.com

'FRICTION' SKATEPARK ASSOCIATION

We have now been joined by other members of the Youth forum to help us find an alternative site for a skating facility. We are hoping to provide a facility that is based on 'street' skating, and which will compliment, rather than duplicate, the parks in Woodbridge and Ipswich.

Our next club event will be a trip to Great Yarmouth in April. For further details of this or any other aspects of the project, please contact Rosy Scott on 01473 610440, mailto: rosy.scott@talk21.com

ACKNOWLEDGEMENT

Jean Watson would like to thank everyone for cards, messages and donations to F.A.C.T.S. on the recent loss of her mum.

FROM THE EDITOR

We are looking to start up a BIRTHS, MARRIAGES, DEATHS AND ACKNOWLEDGEMENTS column for next month's edition, so please do send in your contributions.

THE END IS OPEN IN MARCH...

on Sat March 6th at 7:30 pm, Sat March 13th at 7:30 pm, Sat March 27th at 7:30 pm, NOT OPEN on March 20th.

**MATLESHAM CHRISTIAN
FELLOWSHIP**

Black Tiles Lane

The Christian Faith is not so much to do with hymns and prayers and services, as with a "Person" - Jesus Christ, The Son of God.

It is the aim of even Christian to become more like Him.

Not only in the words you say,
Not only in your deeds
confessed,

but in the most unconscious way
Is Christ expressed.

Is it a beautiful smile?

A holy light upon your brow?

Oh No! — I felt His presence,
when you laughed just now!
For me t'was not the truth you
taught,

To you so clear, to me still dim,
But when you came to me
You brought a sense of Him.
And from your eyes He beckons
me,

And from your heart His love is
shed.

Till I lose sight of you,
And see the Christ instead.

Anon

The Apostle Peter instructs us:-
"Grow in grace and in the
knowledge of your Lord and
Saviour Jesus Christ."

You are very welcome to the
following Fellowship Activities
during the month of MARCH:
SUNDAYS

* Family Service and "Sunspot" @
10:30 am.

* Communion 6:30 pm

TUESDAY CIRCLE 9th March

WEDNESDAY

* Fun-Fit - 9:30 am

* Ladies Bible Study - 11:00 am

* House Groups - 7:45 pm

THURSDAY

* Toddler Group - 10:00 am

* Youth Club - 7:00 pm

6th March - BARN DANCE!

For more information about the
Fellowship's work, or a copy of
our Basis of Faith, please ring
either Julia Faulkner (625482) or
John Mellen (624401).

THE 'EnD' DROP IN CENTRE

On 17th January a successful start
was made with the "drop-in" centre
situated, literally at the end of St
Michael's Church. The centre is open
every Saturday evening in term time

from 7:30 pm to 9:30 pm, catering
for young people aged 12 to 16.
Facilities include pool and snooker
tables, dance mats, computer
games and a tuck shop.

Up to 17 youngsters have
attended, and there is room
for more.

Martin Montgomery, a
Youth Worker attached to Rushmere
Church, heads up this work.

John Mellen

**WOMEN'S WORLD DAY OF
PRAYER**

**at St. Michael's and All Angela's
Church on
Friday March 5th 2004, 10:30 am**

**"In Faith—Women Shape the
Future"**

Speaker: Mrs Marianne Fellows

Other local services

Quay URC Quay St, Woodbridge

Speaker: Mrs Doreen Martin, 2 pm

St Andrew's Church, Melton

Speaker: Mr David Bird, 7:30 pm

EVERYONE MOST WELCOME

BRIGHT STARS

Our services this month are on Mon-
day March 8th and Monday March
22nd. We meet at 10:30 am in St
Michael's Church Centre for a short
time of praise and fun for all pre-
school children and their carers. We
look forward to welcoming you!

For details call Pauline on
01473 625061 or Liz on 01473
625617.

**THOUGHTS FROM YOUR
PARISH CHURCH**

"What do you want to discuss?"
"Women", chorused the men! We
were in a classroom in Moroto, in
Karamoja, Uganda. It was a class
in adult literacy, run by workers
from the church, and "women" we
discussed.

In the world's poorest nations,
education is a need which is second
only to food and shelter. It's not just
children who need it — great num-
bers of adults do, too. Adult literacy
classes such as the one we visited
cannot use textbooks — the people
cannot read them, and anyway
there's usually no money available

to provide them. Instead, they use
the knowledge the learners already
possess, so a group will choose a
topic of importance to them — it
could be water, farming, or security.
Ours just happened to choose
"women". All kinds of issues came
into their discussion. As well as
learning to read, write and do sums
based on the chosen topic, the
group learned to think about the
life of their community.

The men were conscious of
their own need of education, but
they came to realise that their wom-
enfolk needed it, too. Worldwide,
women are the main providers of
care, family income and family
food. They face the daily problems
of life in the rural areas of devel-
oping countries: fetching water, sick-
ness, death, violence and over-
whelming poverty; but they have
few opportunities for education —
probably even fewer than the men.

In various other parts of Af-
rica, a Literacy and Development
Programme is being run by the
Mothers' Union. The women they
help say that becoming literate and
numerate is the most important fac-
tor in beginning to solve their prob-
lems. "People now envy me because
I can read and write", wrote one.
The letters they write show that their
lives have often been changed be-
yond belief.

Here are some of their com-
ments:

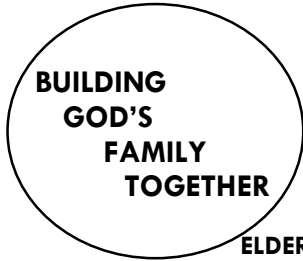
* "When there was no Adult Liter-
acy Programme, I never knew any-
thing. Now when I go to Nkhata
Bay to sell fish, I can give the right
change. I know my business now. I
never knew my name, but now I am
happy; I know it."

* "I work as a cleaner. During pay
day I just take my pay. The cashier
pointed to my name; I used my
thumb sign. Now I know how to
read and write. I cannot be de-
ceived any more. I'm happy."

* "In my life, I just saw the black-
board through the window. Now I
am seeing it and it is looking at me.
Grace to God. Thanks to you."

We tend to take education
for granted. They don't. So thank
God for programmes such as this
one.

Jeremy Walsh



THE CHURCH IN MARTLESHAM & BRIGHTWELL

PLEASE NOTE if you need to contact the church here are the details—Tel: 01473 625320, Mobile no: 07947 592118 and e-mail address: lcsc@isitme.freeserve.co.uk
CLERGY: The Revd. Elizabeth Corker, 12 Fairfield Avenue, Felixstowe, Tel: 01394 210793
 The Revd. Heather Cooke, 9 Swan Close, Martlesham Heath, Tel: 623770
READERS: Carolyn Smith, 74 Heathfield, Martlesham Heath, Tel: 01473 625630
 Lewis Currie, 18 Parkers Place, Martlesham Heath, Tel: 01473 625320
ELDERS: Ann Little, 60 Deben Avenue Tel: 01473 624002; Margaret Rollins, 9 Angela Close, Tel: 01473 623868; Monica Twaits, 39 Angela Close, Tel: 01473 623194

Services for the Month	Brightwell St. John's	Martlesham St. Mary's	Martlesham Heath St. Michael's
Sunday 7th March 2nd in Lent	8am Holy Communion	11am Holy Communion BCP	9:45am Worship and Sunday School 6:30pm Evensong (NEWBOURNE)
Sunday 14th March 3rd in Lent	3pm Evensong	8am Holy Communion 11am Matins	9:45am Family Holy Communion and Sunday School 6:30pm Evensong (WALDRINGFIELD)
Sunday 21st March Mothering Sunday 4th in Lent	8am Holy Communion	11am Family Holy Communion 6:30pm Evensong	9:45am All Age Worship
Sunday 28th March Passion Sunday 5th in Lent		8am Holy Communion 11am Matins	9:45am Family Holy Communion and Sunday School 6:30pm Evensong (HEMLEY)
Sunday 4th April 1st in Lent	8am Holy Communion	11am Holy Communion BCP	9:45am All Age Worship and Baptism 6:30pm Informal Worship

MIDWEEK SERVICES: Holy Communion each Wednesday at 10am in St Michael's Church Centre. Bright Stars on Monday 8th and 22nd March at 10:30am in St Michael's Church Centre.

PRAYER DIARY FOR MARCH

Please pray daily for the requests on the Sunday sheet and for the following:

- 8 friends overseas (commonwealth day)
- 9 for all living with disability
- 10 those living in Mill Lane
- 11 our Lent lunches, a means of deepening our faith
- 12 our farmers
- 13 the ministry team
- 14 that we may bear good fruit
- 15 house groups this Lent
- 16 those living in Netherwood Court
- 17 our Irish friends (St Patrick's Day)
- 18 aid agencies
- 19 integrity in the work force
- 20 give thanks for the beauty of Spring
- 21 families (mothering Sunday)
- 22 all at Bright Stars
- 23 those living in Newbourne Road
- 24 the church Annual Meeting tonight
- 25 the Auction of Promises, that it may be a happy and productive meeting
- 26 the wonder of the annunciation
- 27 our USPG projects
- 28 sincere worship today—Passion Sunday
- 29 Christian camps
- 30 the unemployed
- 31 those living in Nunn Close
- APRIL 1** for a deeper prayer life
- 2 newcomers in Martlesham
- 3 reconciliation between religions
- 4 celebrate Palm Sunday
- 5 our walk with Christ this week
- 6 those living in Park Close
- 7 World Health Day, all who promote better health care worldwide