

# MARTLESHAM MONTHLY

incorporating  
**THE TALKING MARTLESHAM  
MONTHLY  
FEBRUARY 2005**

**Editor:**

**Neal Goldsmith**

**10 Lark Rise (01473 624124)**

**Advertising and leaflets:**

**Paul Firman**

**45 Lark Rise (01473 622874)**

**Distribution:**

**Roy Berridge (01473 611624)**

Latest copy date is the 18th of the preceding month. Please e-mail contributions to:- [martmonthly@tesco.net](mailto: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](http://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.

**TALKING MARTLESHAM  
MONTHLY**

One of our long serving reader/

recorders, Tricia Craven and her husband, Malcolm, are leaving the area. All the "Talking Monthly" team wish them every success in their exciting venture. The following is Tricia's "farewell" letter:

Au revoir.

The cat has got used to my company at half past three in the morning; that is the time when writing lists becomes the sensible alternative to tossing sleeplessly in bed.

By the end of January we will be living in France. It is something we have talked about for years, but our excitement is tempered by a certain amount of apprehension at the thought of our new life. Friendships that have grown and supported me and my family during our 30-year stay in Martlesham have contributed to my comfort zone.

But here we go, off on our great and hopefully successful adventure. The architect has drawn up the plans and the builder says he cannot wait to get started. Let's hope he is equally enthusiastic about finishing!

We should open the Bed and Breakfast business in the summer, providing we do not encounter too many of those problems that always beset Reality Relocation programmes. So thank you to all those people that have been so kind and contributed to so many happy memories.

## **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—[ian.rafferty@suffolk.pnn.police.uk](mailto:ian.rafferty@suffolk.pnn.police.uk)

## **Police Surgeries**

This is your opportunity to have an informal chat with your local policeman at the following dates and times (all surgeries will be held in **Martlesham Heath Pavilion**):

## **Mondays 12:30-2:00 pm**

21st February, 21st March, 18th April, 16th May, 20th June, 18th July, 15th August, 19th September, 17th October, 21st November, 19th December

## **Thursdays 4:45-5:45 pm**

3rd February, 3rd March, 7th April, 12th May, 9th June, 7th July, 11th August, 1st September, 6th October, 3rd November, 1st December

## **MARTLESHAM MONTHLY**

Martlesham Monthly are pleased to tell you that we have hired a garage in the Village for Community storage. This is available to all groups and organisations for storage of small equipment. There will be no charge for this service.

Please contact Paul Firman 01473 622874.

## **MUSIC ON THE GREEN**

The committee are pleased to tell you that the two charities we will be supporting this year are **St Elizabeth Hospice** and **Martlesham Community Responders**.

Saturday 9th July 2005 will see the fifth annual "Music on the Green" event. This is a free live music event and the proceeds are donated to charity, with continuous music from 10 am until 10:30 pm.

If you want to be a sponsor of "Music on The Green" please contact Paul Firman. We are indebted to our sponsors for 2005 which at the moment include **Howard Plant, Douglas Bader, Chalk & Cheese, GMA Warehousing & Transport Ltd, The Property Gallery, Universal Control System, RDP Partnership and The Martlesham Monthly**.

More news soon!!

Visit our website for the latest news - [www.musiconthegreen.com](http://www.musiconthegreen.com)

Paul Firman, Chairman

## **MARTLESHAM PARISH COUNCIL**

### **Odours from Foxhall Tip**

Many residents have complained for some time about the odours from Foxhall Tip. We have just been told that the tip needs to obtain an Integrated Pollution

Prevention & Control permit and that it may be issued within the next two months. Any complaints regarding odours from the site or health related issues should therefore be sent soon to:- Mr J Gladwin, Environment Agency-Lower Trent Area Office, Trentside Offices, Scarrington Road, West Bridgeford, Nottingham, NG2 5FA or to Suffolk Coastal District Council.

Once the permit has been issued any complaints should be directed to the Environment Agency whose hotline number is 08708 506 506.

We are hoping that representatives from Viridor, County Council and Suffolk Coastal will come to meet the parish council possibly this month; please check notice boards or ask the Clerk for more details.

#### **Parking on verges and footways**

We often receive complaints about vehicles being parked partly or wholly on footways and verges. Footways are often blocked by a parked car causing a nuisance and hazard to pedestrians. Verges get damaged and very unsightly when regularly parked on. Please park carefully and considerately.

#### **Felixstowe Road improvements**

Plans have been drawn showing possible improvements including a proper footway, cycle lanes and ideas for slowing traffic speeds. The County Council officers also informed us that some work could be started by the end of March. The parish council has been campaigning for a proper footway for many years and we are pleased that it may at last be provided. Money for these improvements will come from the County Council, Tesco and Sustrans.

There are plans in the Parish Room and if you wish to look at them please contact the Clerk.

#### **Grit Spreading**

There are several grit bins on some of the steeper roads in Martlesham and their use and who spreads grit from them is currently not known. If there are any volunteers who already spread grit occasionally or would be willing to check the bins regularly and spread grit when needed, please give your name to

the clerk so that they can be covered by SCC's insurance for such work.

#### **Meetings**

\* Parish Council - Wednesday 2nd February and Wednesday 2nd March.

\* Development Plans Committee - Wednesday 9th February.

\* Recreation and Amenities Committee - Wednesday 16th January.

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](mailto:martleshampc@btclick.com)

Laurence Burrows - Chairman

#### **REPORTING NTL CABLE TELEVISION FAULTS**

##### **Correction!!**

NTL have altered their system for reporting faults to the standard cable TV system which is installed in most homes on the Heath.

The procedure now is as follows:

Have your Account Number ready!  
Dial 0800 052 2000

You will be told to enter your telephone number. Do not do this but enter 01582123456.

When prompted, enter "2" for "faults" followed by "4" for "Analogue". Be very patient!!!

#### **MARTLESHAM CONSULTANTS LIMITED**

##### **Looking After Our Village**

Members should by now have received the paperwork for the AGM to be held at St. Michael and All Angels' Church Centre on Thursday 10th February 2005 at 8:00 pm. We look forward to a good attendance.

A reminder - to ensure

continuity of membership would members please advise MCL when they are selling their property.

The web site address is: [www.martlesham.org.uk/mcl](http://www.martlesham.org.uk/mcl).

Voicemail 01473 612207.

E-mail: [mcl.mh@btinternet.com](mailto:mcl.mh@btinternet.com) Post: 6 The Square.

#### **ST ELIZABETH HOSPICE STAMPS APPEAL**

A great big THANK YOU to all who saved their used stamps over this Christmas time and posted them through my letter box. All together I was able to take four carrier bags stuffed full of stamps to the Hospice in Foxhall Road, Ipswich. That's a lot of stamps and be assured that your contribution has made a difference to this essential local charity. They are extremely grateful.

Please continue to collect stamps for me to pass on to the Hospice. I know most letters today are franked, but even small bundles of stamps soon add up. If any offices or businesses have time to save their stamps I'd be very happy to collect them from you. Just give me a call.

Thanks again and a happy New Year.

Bev Read 01473 622721

#### **MUSIC QUIZ**

at

**THE DOUGLAS BADER**  
on Sunday 13th March 2005

7 pm for 7:30 pm

£4 per person includes a light supper

**Up to 6 per team**

Book your table now as this quiz evening is very popular.  
Please call **Karen 01473 625394**

**Presented by Geoff and Simon Lambert**

**In aid of "MUSIC ON THE GREEN"**

#### **MARTLESHAM VILLAGE PRODUCE ASSOCIATION**

The Quiz night held in January and arranged by Brian Davey was as usual a light hearted, happy and

most enjoyable evening for all those who attended.

Just a reminder now about our winter meetings for this month. Please do get in touch with one of the contacts below if you wish to come along to the mentioned events:

#### **Programme for February**

- 11th New Flowers and Vegetables for 2005 by Andrew Tokely

- 25th Gardens and scenery of Western Canada by Peter Hore.

We also plan to arrange some outings throughout the year, one of which will be to the gardens of Hyde Hall, a very popular afternoon's visit. More details to follow at a later date.

Another visit planned is to this year's Thursford Christmas Show. It may be a long way off but Cyril Watson is taking bookings now. If you are interested please telephone Cyril on 01473 622280. Cyril is also still taking orders from the seed catalogue.

Contacts - Chairman Stan Harris 01473 623427

Secretary - Linda Mitchell 01394 388577

#### **MARTLESHAM & DISTRICT FLOWER CLUB**

The demonstrator for our January meeting was Mrs Christine Hurst, from "Christine's" florist in Ipswich, and her subject was "Looking Forward to Spring".

We began the afternoon with an arrangement of 40 blue iris and pale green carnations.

As Christine demonstrated, she gave us tips from her 36 years in the floristry business about flower freshness and how to avoid buying flowers that were not fresh. In less than 90 minutes she produced 7 arrangements in a variety of colours ranging from one all green and white, through to a lovely basket of orange roses and creamy gold carnations, to an arrangement in shades of cerise and deep pink. Her final arrangement was interpretive of a walk through the woods on a frosty spring morning where she used a variety of material imaginatively.

Ann Fraser gave the vote of thanks to Christine.

The competition, "Greenpeace", was won by Ann Berg, with Christine Gedney winning the Novice Class.

On February 16th our demonstrator will be Mrs Linda Harman from Ipswich, and she will demonstrate "Pantomime". The competition will be for "Your Favourite Panto".

The club meets at St Michael's Church centre, Martlesham Heath, on the third Wednesday of each month at 2:30 pm.

Annual subscription is £10 with visitors welcome at £2 per session.

There is a plant and flower arrangers stall at each meeting.

Ruth Mellen 01473 624401

#### **MARTLESHAM HEATH W.I.**

Our first meeting of 2005 began with President Kay Hall welcoming Bronwyn Tyler as a visitor, hoping that she would enjoy her evening with us and consider becoming our first new member of the year.

Minutes of the AGM (held over from the previous month) and the last meeting were read and approved. The Christmas Tree Festival in which we participated was very successful. Kay thanked all who helped with our display of decorative Christmas stockings.

Our speaker Paula Slater from the Make A Wish Foundation was then introduced. The foundation is a worldwide organization founded in America. Children aged between three and eighteen with life threatening health problems can participate. It was in 1986 that 'Make A Wish' came to the UK. Paula has worked as a volunteer for five years. The average cost of a Wish is now £3000. The family as a whole go to make it memorable for all. Disneyland, Florida is a particular favourite. The effort that goes into each wish to make it so special for that special child is incredible but so rewarding. The vote of thanks for a much appreciated talk was given by Angela Dack.

Tea or coffee and biscuits followed, also the raffle and competition results.

Our next meeting in The Pavilion is Monday 14th February at 7:45 pm. The speaker will be Julia Des-saur on Safety in the Community. Do

hope you can come.

Jean Penny 01473 626627

Betty Dickinson 01473 624250

#### **CHILDCARE**

Ofsted approved Registered Child-minders of Martlesham/Martlesham Heath are now able to offer early education grant funded sessions for three and four year olds.

During these sessions we will be able to implement the curriculum for the 'Foundation Stage' - the main emphasis being on the children learning through play.

For further information about grant funded places, please contact me on 01473 610411 or e-mail [childminding@fiona-jackson.com](mailto:childminding@fiona-jackson.com).

Look forward to hearing from you.

Fiona Jackson

#### **MARTLESHAM HEATH BABY & TODDLER GROUP**

The toddler group sessions are now back to normal after all the festivities. The children had lots of fun at the Christmas Party and the mums also enjoyed themselves at the dinner/dance. We'd like to say a big thank you to the following who very generously donated to the Christmas raffle at the party: Potions and Possibilities, Toni & Guy, The Black Tiles, S&I Beauty and Tanning, Tesco's, Notcutts, Sainsburys, Kidz Kingdom/Kingpin - Thank You!!!

At the end of the month we're saying goodbye to Lucy who runs our Wednesday toddler sessions. We'd like to say a very big thank you for all your hard work, and it goes without saying that we'll miss you!!

We are therefore now looking for someone to run our Wednesday sessions, so if you fancy giving it a go and would like further details please give me a call on 01473 611958.

If you'd like to pop along to one of the sessions we're in the Martlesham Heath Pavilion on a Wednesday and Friday from 9:30 am until 11:30 am and 1:30 pm until 3:30 pm. We have lots of toys for free play, some craft activities and a music session. We also provide refreshments. It's a chance to meet other parents/carers for a chat. We look forward to seeing you...

Joanne Warren 01473 611958

### **MARTLESHAM PLAYSCHOOL**

This half term we say a fond farewell to Angie Galloway, our Pre-School teacher, and a very warm welcome to Jane Reeve, her replacement. The children are enjoying a half term filled with activities and crafts on the topic of communications.

Visitors are always welcome to come and see us. If you would like more information about the playgroup please contact Nikki Smith, our bookings secretary, on 01473 614055.

Louisa Smith, Secretary

### **THREE BEARS PLAYGROUP**

At the time of writing this article, we have just about completed our first week in our new building and it is fantastic. The children are all settling in well and enjoying the facilities that this building gives us. We are extremely grateful to Suffolk County Council for enabling us to fulfil our goal of having our very own Three Bears Playgroup building. We would also like to say thank you to Farrans (the builders) for turning the plans into reality.

We have three Trainee Play Assistants joining us, Sue, Lyn and Karen, and we would also like to welcome back Brigitte as a Play Assistant. I am sure they will settle in quickly and we look forward to them working with us.

The children have been learning about their bodies, including what their bodies are capable of doing, features of their bodies which make them unique and how to keep fit and healthy. When they return after half term, our topic will be "Spring and New Life" and they will be learning about the lifecycles of various animals, insects and plants and looking for and learning about the features of Spring, together with a range of Easter activities.

We would like to thank Bennetts at Martlesham Heath for the discount they afforded us for our new fridge.

If you wish to receive a copy of our Prospectus and Registration Form, or require further details about our Playgroup, please contact me on 01473 635944.

Elizabeth Leonard  
Chairperson

### **ST MICHAEL'S PRE-SCHOOL** **Martlesham Heath**

The children are enjoying this term's theme 'senses' and are settling back into pre-school nicely after all the excitement of Christmas.

In March we are looking forward to a trip to Foxburrow Farm. The children will be able to see the sheep and lambs on the farm. They will learn how the fleece is made into a jumper and they are also going on a scavenger hunt around the farm.

Half-term runs from Monday 14th - Friday 18th February 2005.

If you are interested in sending your child to our pre-school and would like more information, please contact the pre-school on the following mobile number - 07712 506123. This number will be answered during session times (9:15 - 3:15 Monday, Tuesday and Friday, 1:15 - 3:45 Wednesday and 12:45 - 3:15 Thursday) and is available during school holidays.

Rachael Vest

### **CALLING ALL MUMS...**

The next meeting of Martlesham Mums' Club will be on Tuesday 1st February. Lunch will be served at around 1 pm after which Julia Dessaur, Community Safety Project Officer from Suffolk Constabulary will give a talk entitled 'Making Women Feel Safer'.

Our March meeting of the Mums' Club will be on Tuesday 1st March when our speaker will be Emma Dalton from Woodbridge Complimentary Health Centre who will tell us about Homeopathic First Aid for Children.

Both meetings will be held at St Michael's Church Centre from 12:45 to 2:30 pm. All mums, babies and toddlers welcome.

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

### **KYSON PLAYGROUP** **Happy 30th Birthday**

Kyson Playgroup is celebrating its 30th birthday this year.

Nevertheless, if you walked through our doors you would find that last year we extended the building, painted the interior and exterior and access was improved with a new path.

Kyson Playgroup offers a happy and friendly environment for your child's first step on the education ladder. We have a strong team of staff with many accumulative years in early years teaching. The Playgroup offers five morning sessions for 3 - 5 year olds, all of which are grant funded, which means they are FREE. We offer 2 afternoon sessions specifically for 2 1/2 year olds. Also on offer is the Music Group and 'Fizz Fun', a physical fun session. Both sessions are available for 2 1/2 - 5 year olds, Thursday and Monday afternoons respectively and can be nominated as part of your free place entitlement.

Yet at Kyson Playgroup we believe the first prong on the ladder is much earlier and we have our own Parent and Toddler Group. This is a great opportunity for Parents/Carers to meet up and share advice in the wonderful world of parenting and for the children to play together and become comfortable in the Playgroup building. The Toddler Group meets every Tuesday, term time only, 1:30 - 3 pm. There is a charge of £1 and we regularly offer craft activities aimed at children aged 1+.

Contact Kyson Playgroup at Newnham Avenue, Woodbridge, tel: 01394 385087 for more information.

### **BIRCHWOOD PRIMARY** **SCHOOL**

#### **Introducing our new headteacher- Jacqui Lomas**

As the new headteacher of Birchwood Primary School, I have been overwhelmed by the welcome I have received from children, staff, parents and governors. The first few days have been fantastic. The enthusiasm of the children and staff is very infectious! What a brilliant way to start the New Year!

I have moved from a small village school, Charsfield near Woodbridge, where I was head-

teacher for four years. Most of my teaching career has been quite local.

After the terrible events in Asia over the Christmas break, staff and children wanted to join together for some fundraising. Consequently, we have joined forces with our School Association. This term all members of the school community have been given a full tube of Smarties. After eating or sharing the sweets everyone has been encouraged to collect silver coins and place them in the tube. We shall let you know how much we raise in due course. Additionally, next half term we shall be inviting the children to "wear what they want to school" for a day. For this privilege we ask that they bring in at least one jar filled with an item or items which would add a little luxury or pleasure to someone's life. The jars will then be sold as part of a lucky dip!

The term has already got off to a flying start. If you wish to visit the school please contact me at school to make an appointment 01437 610701.

Jacqui Lomas, Headteacher

### **GORSELAND PRIMARY SCHOOL PARENTS' AND FRIENDS' ASSOCIATION**

#### **Quiz Evening**

Nothing on the television? Fed up of the long dark evenings? Gorseland School has the answer! We are holding a Quiz Evening on **Saturday 5th February**. Tickets are **£3 per person** and can be bought from the school. We need to make up teams of eight people. Please have the names of your team members when you apply for tickets or else we will make up the teams with individuals or small groups. Drinks will be available for purchase from the licensed bar. There will be a prize for the winning team and a prize draw will take place during the evening. For further details please contact the School on **01473 623790**.

Helen Theobald, Gorseland PFA

### **MARTLESHAM MOTHERS' UNION**

We did not open 2005 as

expected with a Communion Service, as Elizabeth was occupied elsewhere. We are all thankful to hear that Robert is now progressing well after his heart surgery. Cynthia led worship for us and as the meeting fell on the day before Epiphany, she used the gifts of the Magi as her theme. The meeting closed with prayers for the Tsunami victims. There was also a special MU Prayer Meeting on the Thursday morning attended by those members who were free.

Our February meeting will be at lunch time on Wednesday 2nd to raise money for MU overseas projects. Everybody is welcome. Lunches will be on sale from 12:30 and there will be various stalls.

In case you didn't already know! This year's MU AGM is being held in IPSWICH at Portman Road and if you want to go it is advisable to book your seat with Monica NOW. Her telephone number is 01473 623194.

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 continue to pray for Elizabeth and Robert together with Betty Dickinson, Olive Smith, Lillian, Nesta, Doreen and Peg and any others you feel need our support.

Instead of a thought for the month I close with the final words of the MU Remembrance Service for the Tsunami victims: Neither Death nor Life can separate us from the Love of God.

GOD BLESS, Sheila Smith

### **MARTLESHAM LADIES CLUB**

We ended the old year with our Christmas Party way back on December 9th. It was an enjoyable evening, with poems, sketches and games all organized by the committee. As usual the food was supplied by members and the fare on

offer was extremely varied and appetising. With canned music to keep everyone in a party mood, we ended the evening singing Carols accompanied by Ethel Edwards on the keyboard. With seasonal greetings echoing round as we left, it seems that everyone had had a good time.

To start the New Year Mr Robin Stroud came to talk to us about Rochford House. This house is run by the Rochford Trust which is a registered charity that we are supporting this year. Robin first told us how he became involved with youth work which led him attending Leicester Polytechnic in 1977 to become qualified in this field. Mr Stroud is now the Centre Manager of Rochford House in Woodbridge, which is a drop-in centre for 12-19 year olds. It provides a safe environment where youngsters have the opportunity to spend time with their mates listening to music, play pool, cook or just chill out; with professionals or volunteers always on hand with information and/or guidance if the need arises. Beryl Dyer thanked Robin for coming to talk to us about Rochford House, which will no doubt spur us on with our fund raising this year.

February meetings will be on the 3rd and 17th.

Rita Smith

### **MARTLESHAM WIVES GROUP**

The next meeting is on Monday 28th February 8:15 pm (please note date - not the usual third Monday)

### **"Room 101"**

Our version of Paul Merton's popular TV programme.

Please bring an item/ photograph, etc., to represent what you would like to see disappear into room 101. The venue is Elaine's - 4 Mayfields.

For further details contact Jenny 01473 626253.

### **MARTLESHAM HISTORICAL SOCIETY**

Our first meeting of 2005 will be held in the Pavilion on Monday

February 21st when our speaker will be Mr "Pip" Wright from Stowmarket whose topic will be "Frolic, Fervour and Fornication in Suffolk Parishes". All of the examples have been culled from Parish Records, though I am assured by the speaker that, so far as he is aware, none of the examples come from the Parish of Martlesham!!!

The meeting will commence at 8 pm. Admission is £1 and all are welcome.

John Tyler, Hon. Sec., tel. 01473 612736

### **MARTLESHAM HEATH AVIATION SOCIETY**

Our first monthly meeting of 2005 featured a talk by our President and well-known local historian, Gordon Kinsey. The Community Hall was once again very full on Friday 7th January and the subject of Gordon's talk was "The Birth of the Beam".

Interest in the birthplace of Radar was re-kindled a few months ago when the BBC "Restoration" series included the Bawdsey transmitter block as a potential site for restoration. Gordon Kinsey, who has written a book about the momentous research work carried out at Bawdsey, was well suited to entertain us with his unique style of humorous but very knowledgeable delivery.

Robert Watson-Watt led the team who were instrumental in providing the vital means of detecting the approach enemy aircraft during WW2. Gordon Kinsey related stories of those pre-war years, when the locals were aware that secret work was taking place just over the river from Felixtowe.

A vote of thanks was given by our member, Stan Ward.

A bucket was passed round and this resulted in £85.60 towards the Tsunami appeal.

Our next meeting will be on Friday 4th February, in the Community Hall, and there is scheduled to be a talk by Mr Hedley Molland entitled "50 Years of Flying", 1951 - 2001. He has a most interesting story to tell, including twice ejecting from stricken aircraft. Meetings start promptly at 7:30 pm

**PORTAL AVENUE CELEBRATION**

with a coffee break half way through. Non-members are welcome at a cost of £2 at the door.

Alan Powell 01473 622458

### **TSUNAMI COFFEE MORNING**

Jean Watson and Marion would like to say a big thank you to all who helped and supported the recent tsunami coffee morning, the result being £846.04.

### **CONCERT RAISES £250**

**29th December 2004**

Thank you to everyone that supported this concert - it was a huge success raising over £250 for Link Community Development. This will help enormously to improve the schools in South Africa, Ghana and Uganda, providing them with basic writing materials and training teachers.

Thank you, Hollie Hovell

### **NATIONAL OSTEOPOROSIS SOCIETY**

**Local Group**

Our next event will be a Coffee Morning with the usual Raffle, Cakes and Preserves, etc., at MARTLESHAM HEATH PAVILION (near the Church and The Douglas Bader) on THURSDAY FEBRUARY 17TH 10:00 am to NOON.

Do come and join us for the first event of the New Year!

### **HEARTBEAT EAST SUFFOLK**

At the January meeting of Heartbeat, held at the Trinity Rooms on the Suffolk Show ground, members heard a very interesting and informative talk on "Eating for your Heart's Content", by Kathryn Sutton, Chief Community Dietitian from the Ipswich Hospital NHS Trust. Following the excesses of the long Christmas season, this timely talk reminded members of the things to eat which help our hearts to combat and recover from heart disease. Of course, it also reminded us of the things that are bad for our hearts and which should only be indulged in on a very infrequent basis. The old enemy Saturated Fat tops this list and cream, butter, cheese, cakes

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**BARN DANCE**

and biscuits will now be put aside until Easter at the earliest. Heartbeat meets at the Trinity Rooms on the first Tuesday of every month at 7:30.

Heartbeat is a local support group in East Suffolk for individuals and families coping with Heart Disease. It meets each month at the Suffolk Show ground and membership is free. Heartbeat also provides weekly swimming and exercise sessions and has established close links with the Ipswich Hospital Cardiac department. For further details of Heartbeat's activities or membership contact Tessa Hawes on 01394 384431.

### **VILLAGE VIEWS**

**The chance for you to write in and have your say...**

### **EXTERNAL AERIALS**

Regarding Village Views in the January edition of the Martlesham Monthly, Denise and Robin Guy refer to "illegal" installations of aerials in clandestine corners of the heath.

A satellite dish is also an external aerial. When the first of these eyesores appeared on the heath I raised the matter with MCL and was told these were in order—that people cannot be denied their right to watch television.

On this basis I have erected an external aerial to receive VHF signals. I cannot be denied my right to good reception of Radio 4. I would imagine people erecting aerials to receive the new digital terrestrial services are in a similar position. These aerials will not function in a roof space.

Not much point in raising this with MCL. What would they know about cable systems? A bit of planning a few years ago would have eliminated the need for any form of aerials but this would have cost money.

G A Wheeler

at St. Michael's Church Centre

**PORTAL AVENUE**  
**WOODLANDS MANAGEMENT/**  
**CONSERVATION GROUP**

It is time for a review of the past year's work, planning the next year's work and the election of the Chairman and Committee members. The Parish Rooms have been booked for Tuesday 22nd February and our AGM will start at 7 o'clock. It is hoped that the business side of the meeting will not take too long, and a Mammal Society slide show presentation will follow. Anyone with an interest in the woodland can attend and any constructive comments on past or future work in the woodland, whether you agree or disagree with what is going on, will be welcome; although hopefully not too many disagreements!

The next month's workday is Sunday 20th February, meeting at 10 o'clock at the Force HQ Sports field gate and all are welcome.

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

**MARTLESHAM**  
**CONSERVATION GROUP**

We held our first work party of 2005 in the local woodland at the bottom of the green. We cleared out some fallen trees in a glade and cut out some brambles to let in more sunlight to recover some grassland and so encourage a greater diversity of wildlife. Many thanks to all those who came along and achieved so much in a short time.

Since the turn of the year, with the progression towards spring, many of our native birds have already begun to make their presence felt by their song. Please listen out as you walk around. As we proceed further into the year these native birds will be joined by migrants arriving here to breed over the summer months. Winter visitors are still around and perhaps we will enjoy another spectacular display similar to the fall of waxwings we had in and around the square. Please keep a look out.

We intend to hold a work party this month on Sunday 13th February, meeting outside the Douglas Bader at 10 am. We will be returning to the SSSI area on the western corridor, clearing more scrubby areas and trying to promote more heather growth to the benefit of the special wildlife that we have on our heath. This work party will be followed up by a similar one on Sunday 13th March at 10 am again. Please come along and help your local wildlife. All equipment provided, no previous experience necessary.

Phil Smith 01473 625630

**SUFFOLK WILDLIFE TRUST**

On Thursday 17th February at 7:30 pm we have something a little different to usual with a presentation from the East Anglian film archive entitled "Wildlife and Local Scenes", fascinating close up photography, in the Woodbridge Community Hall.

On Thursday 17th March at 7:15 pm we will explore a more exotic subject and location when we will be joined by Andrew Bennett whose talk will feature "Rathambore-Land of the Tiger", also in the Woodbridge Community Hall. We will also hold a brief AGM..

On Thursday 14th April at 7:30 pm we will have an illustrated talk on "The Woodland Trust" by Jennifer Tyson in Wickham Market village hall. NOTE the change of location from usual.

Please come along and join us for these terrific talks. Entrance is only £1.50 and non-members are very welcome.

Phil Smith 01473 625630

**MARTLESHAM BRASS**

Martlesham Brass had an extremely busy Christmas period this year, out collecting in various places most nights and weekends in December.

As usual this collecting marathon was not just raising money for Band funds, but also for three charities nominated by members of the Band. These were The Barnabus Trust, Martlesham Community Response Unit and The Ipswich NHS

Trust Rheumatology Unit. In total well over £2,000 has been raised, with the bulk of this, some £1,755.36 being raised over 9 collecting sessions at local Supermarkets and around the streets of Martlesham Heath and Kesgrave. Martlesham Brass would like to thank the people of Martlesham and Kesgrave, as well as the staff and customers of Sainsburys Warren Heath and Tescos Martlesham Supermarkets for their astounding generosity and hospitality.

The incredible amount of money raised will be put to good use by all the chosen Charities, and should really make a difference for the people involved in 2005. Certainly the money used for Band funds will make a huge difference as we continue to grow and develop into 2005.

For information on booking Martlesham Brass for your event please call Julie Clapson on (01473) 620240.

Matthew Ellis, Publicity Officer

**MARTLESHAM WANDERERS**  
**FOOTBALL CLUB**  
**JUMBLE SALE**

**Saturday 19th February**  
**2 pm**

**The Scout Hut, Martlesham Heath**  
**Admission 20p**

**JUMBLE REQUIRED**

**Can be dropped into the Scout Hut**  
**on the morning of the sale**  
**For collection please contact:**  
**Brenda Chandler 01473 611066**

**MARTLESHAM CARPET BOWLS**

Our last match of 2004 on the 21st December ended on a good note with a home win of 8-2 against Belstead.

Then 2005 started off well, winning 8-2 at home against Hintlesham and Chattisham on 11th January.

The first match of the Chairman's Plate in early January, away at East Bergholt, was a 2-2 draw but we lost out on shots. The return match will be coming up soon.

Congratulations to Peter Mullett on winning the club's mixed sin-

gles competition for the Chandos Cup. Well done Peter.

Please note the next committee meeting is on Monday 21st February.

Chris Chamberlain

### **KESGRAVE & DISTRICT YOUTH FORUM**

We have had just been awarded funding from the Local Network Fund to start a drop-in facility one evening a week at Kesgrave Youth Centre.

We hope to start this in the second half of April and are delighted by our success. The money would not have been awarded without assurances that young people were involved in the decision making.

A huge vote of thanks should be given to the young people who came forward after our Open Evening in November. Without their input, the money would not have been granted.

We are still investigating possibilities for permanent or mobile skate parks and hope to see more developments in this area in the future.

For further information on the work of the Youth Forum, please contact Joyce Beale on 01394 387496 or e-mail [joyce@bealej.fsnet.co.uk](mailto:joyce@bealej.fsnet.co.uk).

We are still looking for more volunteer help of any kind.

### **DEBEN PROBUS CLUB**

#### **Woodbridge**

At its first meeting in 2005, The Deben Probus Club had the usual high attendance, and after an initial social chat members once again enjoyed a good meal and an excellent after dinner talk. Our speaker was John Allport, now retired after a long and varied career in the police force. His talk was titled 'Thief Row', this being the nickname for Heathrow airport during the 1960-80s period when there was a high level of theft there from passengers baggage, etc. He gave a fascinating insight into the thief's organisation and how the police gained the necessary knowledge to target the leaders and make arrests.

The club meets monthly on

the third Monday in each month at Ufford Park Hotel for luncheon followed by a speaker on a topic of interest. In addition a number of visits, mainly to local venues, are arranged during the summer months as also are a number of short walks, both of which are open to member's wives and family. New members are always welcome and anyone interested in joining should contact either the Chairman, Mr D Tucker on 01394 385011, or the Secretary, Mr W Gormer on 01473 252294.

### **SPEAKERS OF FELIXSTOWE**

With Christmas now well and truly behind us, Easter is on the horizon and the thought of the new bride. This means a wedding and the mixed blessings of the concomitant wedding speeches!

Most of us at some time have sat through the terribly boring speeches of the stumbling father of the bride who is so nervous that no-one can hear him.

Most of us have sat embarrassed while the Best Man trots out one smutty story too many and embarrasses Aunt Lucy.

Most people only get one chance to be the Best Man, but do you want to leave it to chance to get it right?

A Speakers Club can help you.

If you would like to make a start at being more confident at any level of speaking, be it a wedding speech, chairing a meeting or an interview situation, then please come along or phone Mike on 01473 623918 or Elaine on 01473 729867, or go to [www.felixstowespeakers.org.uk](http://www.felixstowespeakers.org.uk)

### **MARTLESHAM CHRISTIAN**

#### **FELLOWSHIP**

#### **Black Tiles Lane**

It is not surprising, considering the kind of world we live in, that many people are "stressed out".

There are constant pressures on family life. Others struggle with financial worries, and many have to carry the burden of ill health.

Perhaps life has always been this way, except that pressure has

taken a different form (life was probably not much fun for the 'hunter-gatherers' either!)

When Paul wrote to the Church at Philippi he shared with them the ups and downs of his life, but concluded with these words: "Whether in plenty or in want, I can do all things through Christ who gives me strength".

God never promises to take away our pains, for it is often through struggling with these that many people have become enriched. He does however promise to be alongside us, like a close friend whose shoulder we can lean upon.

In the same letter, Paul wrote, "Do not be anxious about anything (i.e. Do not let it paralyse you), but in everything make your requests known to God with thanksgiving, and the peace of God which passes all understanding will stand guard over your hearts, through Christ Jesus."

Another person wrote rather aptly:

"Faith came singing into my room,  
and other guests took flight.

Fear, anxiety, grief and gloom,  
Fled out into the night

I wondered that such peace could  
be,

But faith said gently, don't you see,  
They really could not live with me!"

Anon.

### **SERVICES IN FEBRUARY**

#### **SUNDAYS**

Family Service and "Sunspot"—  
10:30 am

Communion—12 noon

MONDAYS (Fortnightly)

Art Club—7:30 pm

#### **TUESDAY CIRCLE**

8th February 2 pm—The work of a  
Macmillan Nurse

#### **WEDNESDAYS**

Fun-Fit—9:30 am

Ladies Bible Study—11 am

House Groups—7:45 pm

#### **THURSDAYS**

Toddler Group—10 am

Youth Club—7 pm

During February in our Family Services we shall be looking at some of the Minor Prophets of the Old Testament (called 'minor' because they are short! Certainly not minor in importance!).



In our House Groups we shall continue with our study in the Epistle to the Galatians.

For any further information you require about the Fellowship, please contact Julia Faulkner (01473 625482) or John Mellen (01473 624401).

### **THE END**

**A message from Martin Montgomery, youth leader at the End drop in centre to parents and interested readers.**

#### **What is the End?**

The End is a drop in run by the local Churches in Martlesham and Kesgrave, held in St Michaels Hall on Saturday nights from 7:30-9:30. We have been running for about a year now.

To many, young people are seen as 'projects'. The End does not view its work this way - we do not seek to indoctrinate them with any religious views or beliefs. We seek to build relationships and provide information to the young people which will enable them to make educated decisions about their future.

#### **So what is a drop in, is it a just another name for a youth club?**

A drop in is slightly different to a youth club in that it is a place where the doors are always open. We do not work to schedules; instead the young people are free to come and go as they like and be as involved or detached from the leaders and facilities as they wish. This gives young people choice, and the format IS working as they are choosing to come back week after week AND bringing their friends with them!

#### **I am concerned about the safety of my child at the drop in.**

The End is not a babysitting service, however we do have a sign in book and the hall is of sufficient size that we can keep our eyes on the young people at all times. We do have two main policies - we don't permit anyone under the influence of any illegal substance to enter the building, and we ensure any inappropriate behaviour is challenged and if necessary the young person involved may be asked to leave. You will be glad to know we have not had to ask anyone to leave be-

cause of behaviour problems since we opened.

Please contact me if you would like to ask any more questions on: [martinmontgomery@btopenworld.com](mailto:martinmontgomery@btopenworld.com) or phone me on 07812050920. Please be aware I have an Irish accent so maybe e-mail is better!! Check out [www.rushmereyouth.com](http://www.rushmereyouth.com) for more info!

### **BRIGHTWELL CHURCH**

We are pleased to be able to say that work is about to start on the extension to the Church Hall which will give toilet facilities for the disabled and additional storage space. Also we hope that by now we will have installed a deaf loop amplifier in the Church. Further work planned for the Church is a pathway across the churchyard from the car park to the Church porch and the provision of provide basic toilet facilities (although some would say that these already exist!) We are grateful to Mr Guy Nicholls for the provision of a new access track which has now been surfaced.

Our social evening planned for January 28th was cancelled due to the date clashing with the Retirement Service for Archdeacon Terry Gibson at the Cathedral but our next event is planned for Saturday March 12th at The Church Hall and will be a dramatic reconstruction of "The Committee Meetings of 1935-1945". This will be an opportunity to learn of the decision making which altered the course of history and to enjoy coming to a meeting without the constraints of Health and Safety, Health and Hygiene and Child Protection. We assure you that you will not be cajoled into joining the Committee!

Finally, the John Constable Painting "Brightwell Church and Village" will be at The Christchurch Mansion on loan from the Tate Gallery from 15th March to 15th May. Geoff Lambert, PCC Secretary

### **BRIGHT STARS**

We only have one service in February, which will be on Monday 28th at 10:30 am in St Michael's Church Centre.

Bright Stars is a short service

designed to make children's worship fun and exciting. We welcome all pre-school children and their carers to our services which are held on the second and fourth Mondays of each month, during term time. We meet at 10:30 am in St Michael's Church Centre. There is a chance to meet for refreshments and a chat after the service, which lasts about half an hour.

For more details please call Pauline (01473 625061) or Liz (01473 625617).

### **THOUGHTS FROM YOUR PARISH CHURCH**

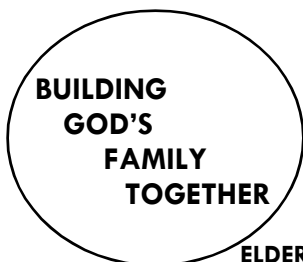
The church of St. John the Baptist, Brightwell, has stood in one form or another for about 700 years. The earliest record of a vicar of Brightwell is that of Walter de Eastaugh in 1329. It is an attractive building, high above the Bucklesham to Martlesham road.

The body of the church itself is not unfamiliar, a simple 13th century nave without a separate chancel. But the tower that rises from the west end is unusual, as are the three pyramid obelisks at the west end. The red brick is common around these parts, but the style is wholly out of keeping with what we have come to expect in Suffolk. And that is because this is one of the few churches in England to have been extensively rebuilt during the Commonwealth period of the 1640s and 1650s. Here, there seems to have been a very brave Squire, Thomas Essington, who at the height of the Cromwellian persecution rebuilt the tower, and supported it internally with Tuscan columns and an arcade.

In fact if you look back over church records you can find many alterations, repairs and additions to the church building, both inside and out. This reflects the affection and care that this church has received over the years. Reflection and care that is very much still going on today. However old they are, church buildings are not museums, they are, as is the case with St. John's, centres of worship and a testament to the relationship a place has had with the living God, who was and is, and is to come.

Revd Ian Naylor

## THE CHURCH IN MARTLESHAM & BRIGHTWELL



**PARISH MINISTER:** The Revd. Ian Naylor, 17 Lark Rise, Martlesham Heath, IP5 3SA,  
Tel: 01473 622424 and e-mail address: inaylor17@aol.com

**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:** 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 6th February Sunday before Lent	8am Holy Communion	11am Holy Communion BCP	9:45am All Age Worship 6:30pm Informal Worship
Wed 9th February Ash Wednesday		11:15am Holy Communion	10am Holy Communion 7:45pm Holy Communion
Sunday 13th February Lent 1	6:30pm Lenten Evensong	8am Holy Communion 11am Matins	9:45am Family Holy Communion & Sunday School
Sunday 20th February Lent 2	8am Holy Communion	11am Family Holy Communion	9:45am Worship
Sunday 27th February Lent 3		8am Holy Communion 11am Matins	9:45am Family Holy Communion & Sunday School
Sunday 6th March Mothering Sunday	8am Holy Communion	11am Holy Communion BCP 6:30pm Lenten Evensong	9:45am All Age Worship

**MIDWEEK SERVICES:** Holy Communion each Wednesday at 10am in St Michael's Church Centre. See above for Ash Wednesday services. Bright Stars will meet on Monday 28th February at St Michaels at 10:30am. NOTE—During Lent there will be our usual Services of Evensong starting with Brightwell on 13/02, Waldringfield on 20/02, Hemley on 27/02 and St Mary's Martlesham on 06/03. See March Martlesham Monthly for final two Services in Lent.

### PRAYER DIARY FOR FEBRUARY

Pray daily for subjects listed in the Sunday sheet and the following:

- 7 for continuing worldwide generosity after tsunami
- 8 for all our local shops
- 9 that we may give more prayer time to God, to learn His will for us
- 10 for understanding between major religions
- 11 for those living in Bealings Road
- 12 for our local schools, children and staff
- 13** that we may worship the Lord our God, and worship only Him
- 14 thank God for His gift of love
- 15 for the work of the Society of the Propagation of the Gospel
- 16 for those living in Birchgrove
- 17 for God's blessing on persecuted Christians (Bishop Lwum martyred 1977)
- 18 for all training for ministry
- 19 for all our work with children
- 20** that we may know God's presence with us
- 21 for our American friends

- 22 for all who maintain vital services in all weathers
- 23 for all living in Black Tiles Lane
- 24 for our parish prayer meeting
- 25 for all seafarers
- 26 for the Barnabus Trust, and Camilla's involvement
- 27** that we may walk in the way of the cross
- 28 for integrity in the judiciary
- MARCH 1** for our Welsh friends (St David's Day)
- 2 for all living in Borrett Place
- 3 give thanks for the MU and its effective worldwide mission
- 4 for those in our Lent House Groups
- 5 for all contemplating Christian marriage
- 6** Mothering Sunday—pray for all families