

martlesham monthly

Incorporating The Talking Martlesham Monthly

**MARCH
2013**

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requested to limit their articles to
approximately 250 words.

MARTLESHAM MONTHLY ONLINE

www.martlesham.org.uk

TALKING MARTLESHAM MONTHLY

Please contact the Editors if you, or
someone you know, would benefit from
receiving one of the monthly audio
tapes. They are available free of charge
and are delivered by Royal Mail on the
second Saturday of the month. The
tape can be returned to Graham
Downing free of charge by reversing the
address label and dropping the
package in a letter box.

DISCLAIMER

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

MARTLESHAM BUTTERFLIES

March Red Admiral (*Vanessa atalanta*)

a colourful butterfly which emerges in
March spends a lot of time basking on
vegetation. Lays a single egg on the
upper surface of a stinging nettle plant.
The caterpillar feeds on the nettles
making its self a tent from one or more
leaves. The caterpillar is olive brown
with odd white speckles. Chrysalis can
be found hanging from the last tent
construction of the caterpillar, the
chrysalis is pale grey with gold points.

POLICE

Community Police Officer PC 651 Richard
Wright

In case of emergencies please always
call 999.

In non-emergency situations call the
main switchboard on 01473 613500 or
the new number 101.

You can also contact PC Wright for non-
urgent matters: Office: 01473 334980
E-mail:

richard.wright@suffolk.pnn.police.uk

Or the Safer Neighbourhood Team
kesgrave.snt@suffolk.pnn.police.uk

COMMUNITY RESPONDERS

Martlesham Community Responders are
a group of 5 volunteers (funded entirely
by donations) who are trained to provide
first aid and resuscitation skills. We
provide a first response to most 999 calls
received by the East Anglian Ambulance
Trust within Martlesham, Martlesham
Heath, Waldringfield, Newbourne and
Brightwell, in support of and until the
arrival of an emergency ambulance.

We now have our own website, which is
updated regularly. Why not have a look at
the site **www.martleshamcfr.co.uk**

For further details contact, Paul and
Claire Stockdale 01473 621225. (e.mail:
paulpstockdale@btinternet.com) or see
our web pages on www.martlesham.org.

MARTLESHAM VILLAGE HELP DESK YOUR PROBLEM IS OUR PROBLEM

**Want to know more about the
Bloor Homes Development?**

**Got a problem with – Parking
– Trees – Highways – Paths –
Open Spaces etc. ?**

IF YOU WISH TO DISCUSS A
PROBLEM OR ANY OTHER
TOPIC, PLEASE COME TO THE
PAVILION, THERE WILL BE
SOMEBODY THERE WHO CAN
HELP YOU

IT IS ALL

FREE

10.00am – 12.00pm.

**SATURDAY 16th MARCH
2013**

**MARTLESHAM HEATH
PAVILION**

No matter what your problem is
The Village Help Desk can help you.

**There will be a representative from
The Parish Council,
Martlesham Heath Householders Ltd
The Suffolk Constabulary
District Councillors
County Councillor
FREE ADVICE FROM A SOLICITOR
Barker Gotelee**

MARTLESHAM PARISH COUNCIL

Vacancy for Deputy Clerk

Do you have an interest in local issues, ability to work with volunteers and deal with members of the public, and good administrative skills

Salary scale £8.55 - £10.20 per hour depending on experience. 23 hours per week which may increase; availability on Wednesday evenings essential.

For information pack apply to the Clerk as below. Closing date for applications: Tuesday 2 April 2013.

What sort of place will Martlesham be in 15 years' time?

We have finalised the arrangements for the neighbourhood plan public meeting on 19 March and have updated items on our web site (<http://martlesham.onesuffolk.net>) to provide some background detail. Please take the opportunity to attend to meet your parish councillors and learn more about planning and your opportunity to influence the future of Martlesham. The meeting is being held at 7.30pm in St Michael's Church Centre, Martlesham Heath (next to The Square).

BOOK THE DATE IN YOUR DIARIES!

Wanted: Allotment Land In Martlesham

The Parish Council Allotment Project Team, comprising Parish Councillors and MALGA (Martlesham Allotment & Leisure Gardeners Association) representatives, are actively seeking to identify land in

Martlesham that could be leased for allotments. Do you have suitable land that you would be willing to lease, at realistic rates, for at least five years? If so please contact the Project Team via the Clerk.

Works on footpaths at Martlesham Creek sluice

The rubble bank that separates the lagoon from the tidal creek at Martlesham has a breach adjacent to the flood defence bank near the sluice. This breach has resulted in the flood bank being eroded away at the toe, as the tide fills and then empties from the lagoon.

The Environment Agency will be carrying out works to fill in this breach and construct a new opening further away. This will allow the tidal lagoon to remain tidal, whilst at the same time reducing the risk of erosion to the flood defences.

The existing breach will be filled with clean rubble and the new opening excavated nearer to the boatyard. Footpath 12 (over the sluice) and footpath 13 (from the sluice to the boatyard) will be closed during the works which are due to start on 11th March for 6 - 8 weeks. After completion of the work footpath 12 will open and footpath 13 will be passable at low tide.

Village Help Desk - 16 March 2013,

10am - 12 noon, The Pavilion
Please come along and see us at the Help Desk on 16 March - we'll be

pleased to chat and answer any queries.

Annual Parish Meeting - Wednesday 24 April 2013, 7.30pm, Parish Room

Your opportunity to have your say about issues that affect Martlesham; not a meeting of the Parish Council but includes a report of what we've been up to during the year and your opportunity to tell us what you think. All welcome.

Forthcoming meetings:

Parish Council - Wednesday 06 March 2013

Recreation & Amenities Committee - Wednesday 13 March 2013

Parish Council - Wednesday 03 April 2013

All meetings start at 7.30pm in the Parish Room, Felixstowe Road, and are open to the public, who are welcome to ask questions or make comments to the council during the adjournment.

Contacting the Council

Clerk to Martlesham Parish Council, Parish Room, Felixstowe Road, Martlesham, Woodbridge IP12 4PB
01473 612632
e-mail: clerk@martleshamcouncil.org.uk
website: <http://martlesham.onesuffolk.net> for latest news & events

Parish Office opening times: 9am - 12noon, Mon - Fri, excluding public holidays, but please book an appointment in advance.

JOHN KELSO DISTRICT COUNCILLORS REPORT

Local Development Framework (LDF) Core Strategy update

The Government Planning Inspector has now considered the Main Modifications Issue 5 Document and has concluded that the modifications are necessary for the soundness or legal compliance of the plan. He has now requested that Suffolk Coastal carries out a six week consultation exercise on this document. The consultation exercise may well have commenced before this article goes to print.

Please check the latest information available at www.suffolkcoastal.gov.uk home page under the LDF section.

One of the main modifications being proposed is to carry out a further review of the document before 2015 to enable the number of new homes to be built within the Suffolk Coastal area to be increased from 7,900 to around 11,000.

The document is available to view at www.suffolkcoastal.gov.uk/assets/documents/LDF/examination/mainmods5FINAL.pdf. If you do not have access to a computer please contact me to arrange for a viewing of the paper document.

If you wish to discuss the above issues further please contact me either by emailing john.kelso@suffolkcoastal.gov.uk or by telephone 01473 631682 after 6 p.m.

What sort of place will Martlesham be in 15 years' time?

Do you want to know about Neighbourhood Planning?

As a resident of Martlesham do you want to influence how Martlesham looks and what facilities are available? A public meeting to explain neighbourhood planning is being held by your Parish Council - please come along.

Tuesday 19th March at 7.30pm in St Michael's Church Centre, Martlesham Heath

MARTLESHAM HEATH HOUSEHOLDERS

By the time you read this our AGM will have taken place and we hope those who attended found it informative.

One of the topics to have been discussed is the proposed Neighbourhood Plan where the Parish Council hopes to gain the community's support in developing and in which MHHL has agreed to be active participants. The Parish Council are holding a launch meeting on 19 March in the Church Centre which we encourage our members to attend and become involved with if they feel they can spare time.

Unfortunately we have received notification from Vodafone that they no longer wish to proceed with the phone mast that was due to be erected near the Control Tower to improve the 3G signal in the village. There is a possibility a new company formed between Vodafone and O2 called CTIL may be interested in pursuing this in the future but this has not been confirmed. We will keep members informed of any developments.

We have been carrying out certain work around the village despite the inclement weather. Further drainage works have been carried out at the Control Tower to try and prevent future flooding on the Car Park and on the path to Gorseland School. Two French drains have been built which we hope will solve the problem. We thank you for your patience on this matter. A dangerous tree has been removed on a path in Birch Woods and trees have been trimmed back near the football pitch close to Gorseland School to prevent them causing an aerial obstruction during matches. Some birches have been felled and Gorse trimmed on the path behind Westland and Broomfield. Some maintenance work has also been carried out at the copse in Forest Lane.

We are always seeking more volunteers to help with maintaining our village's appearance and any offers of assistance would be gratefully received. To contact MHHL please leave a voicemail on 01473 612207, send an email to mhh@martlesham.org.uk or write to PO Box 897, Martlesham Heath, Ipswich, Suffolk IP1 9PB. Volunteers always welcome to help MHH maintain and improve the village.

MH SSSI LTD.

MHHL will allow dogs under control to be walked on the Western Corridor off-lead all year round. We would like all users to benefit from the amenity value of the SSSI, and believe that we can successfully manage it as both an urban SSSI and a recreational area

Signs were erected on the SSSI last year to say that the Countryside Rights of Way Act required dogs to be kept on a short lead during the March to July period to protect ground-nesting birds. This is not the case and, as landowner, MHHL can allow access to the land without reference to the Countryside Rights of Way Act. As this is a SSSI, we have considered the impact on wildlife and the views of Natural England. Ground-nesting birds do not feature in the SSSI designation, so NE has no formal objection to MHHL allowing dogs to walk off-lead. We do not believe that there are any ground-nesting birds nesting on the Western Corridor and, because of its location, it will never be a sensitive bird conservation site. We would like all users to treat the SSSI with care and help to look after the site. We would also ask that owners pick up and dispose of dog excrement responsibly, and be aware of other users who may not welcome boisterous dogs.

We have improved and added more information to the website, and this can now be found at: www.sssi.martlesham.org.uk or reached from the MHHL site.

Questions and comments should be sent to sssi@martlesham.org.uk which is also the address for the SSSI Interest Group mailing list.

MOBILE LIBRARY TIMES FOR MARCH 2013

Tuesday 26th March: Angela Close: 1:35-1:50pm, Redwold Close: 1:55-2:10pm, Falcon Mobile Home Park: 2:20-2:50pm, Douglas Bader: 3:00-4:30pm

Thursday, 14th March:, Douglas Bader: 10:15-11:45am

THE MARTLESHAM MONTHLY NEEDS YOUR HELP

Dear Reader, The Martlesham Monthly is delivered free to your door to help keep you abreast of local activities and events. The income from all advertising which it contains, once material costs are paid, is all used for charitable donations to very worthy causes. Some causes of note are East Anglia Childrens Hospice (EACH), The Air Ambulance, Martlesham Responders and all of our Local Primary Schools. To maintain our Advertising revenue we have to ensure that the Martlesham Monthly is delivered to most if not all of the dwellings in Martlesham and Martlesham Heath which we achieve by using a network of 90 volunteers who together compile, print, collate, distribute and deliver over 2800 copies each month.

From time to time we need to replace deliverers who are no longer able to contribute to this worthy cause and we have now exhausted our list of replacements. We are therefore appealing for anyone who would be willing to take on a round in the future to put there name forward for inclusion on our new reserve list. Rounds are usually very close to the deliverers home address. The magazines are dropped with the deliverer on or just after the last Thursday in each month. The deliverer is then requested to deliver the magazines at their earliest convenience within the following 7 days.

If any person feels they might consider being able to help by taking on a round in the future I would be most grateful if they would contact me – Rob Webb (contact info below) – and I will be very happy to give further details and clarify any issues of concern.

Please remember that The Martlesham Monthly helps to make a difference to a lot of people in our community and about an hour of your time each month will help to enable us to continue such a worthwhile activity.

Many thanks for you consideration
Rob Webb

Martlesham Monthly Distribution
Manager

Tel - 01473 625786

Mob 07860 243625

Email – webbrn@btinternet.com

CALLING ALL MUMSThe next meeting of Martlesham Mums' Club will be held at St. Michael's Church Centre, Martlesham Heath on Tuesday, 5th March between 12.45 and 2.30 p.m. A sandwich, cake and fruit lunch will be served around 1.00 p.m. followed by a talk on 'Baby and Toddler First Aid' by a member of the Ambulance Trust. All mums with babies and toddlers are invited to join us.

DRINKS AND DRIBBLES BABY CAFE at St. Michael's Church Centre will be open on Thursdays, 7th and 21st March between 10 a.m. and 12 noon. A 'drop-in' for mums, babies and toddlers with refreshments, friendship and toys. For more details please 'phone Sue on 01473 624130 or Kay on 01473 626169.

BRIGHT STARS
During February, through music, puppets and activities, we enjoyed finding out that we can all talk to God, wherever we are. If you are a preschooler, toddler or baby why not bring your parents or carers to our next Bright Stars session where you can enjoy singing, stories and crafts? Our fun children's worship and activity sessions are held on the 2nd and 4th Monday's of each month (during term time), 10:30am at St Michael's Church Centre, Martlesham Heath. The half hour sessions are free and are followed by refreshments and a chance to chat and play.
Why not come and visit us at our next session? We look forward to seeing you. The remaining dates for our Spring 2013 sessions March 11th, 25th
If you would like any further information please contact:
Jo Dixon Tel.01473-622160 or Sonya Burrows Tel.01473-625196

SUFFOLK WILDLIFE TRUST
On Thursday 21st March we have a talk at 7-30pm in the Woodbridge Community Hall about "The Hidden Treasures of our Secret Sea" by Rob Spray of the Marine Conservation Society.
This talk has been rescheduled from January. Please come along and join us for an insight into our amazing sealife.

MARTLESHAM HEATH BABY AND TODDLER GROUP
Plans for the year at Martlesham Heath Baby and Toddler Group are coming together. We had fun with our Valentine's raffle and making our Valentine's cards in February, and are looking forward to a bit more colourful sticking with Mother's Day and Easter cards in March. We also have Easter activities planned for the end of March, including an exciting Easter Egg hunt around the Pavilion!
If you are looking for somewhere to take your baby or toddler, why not pop in on a Wednesday or Friday morning, between 9.30-11.30am? We are here during term time for playing, drawing, puzzles and singing – plus coffee, biscuits and chats if you need fortifying! Find us on Facebook or email us mhbabyandtoddlergroup@yahoo.co.uk if you have any questions!

MARTLESHAM PLAYSCHOOL
Our fundraisers have been busy organizing events for this term and next. Our last day of this term will combine a sponsored woodland walk followed by party food. This should be great fun for children and parents, walking through the woods looking for all sorts of things! We hope to raise funds to replace some of our older, well-loved toys. After their woodland walk the children will enjoy the party food!
This year our annual fun day will take place on Saturday 15th June. We shall be having all our usual stalls and activities. More details in due course.
If you wish to put your child's name on the waiting list please visit our website for more details :- www.playschool.martlesham.org.uk or contact me on 01473 621315. We take children from 2 years and the younger you register your child the better as we have a long waiting list! We are situated next to Gorseland School and serve families in Grange Farm and Kesgrave, Martlesham Heath, old Martlesham as well as all surrounding areas and school catchments further afield.
Caroline Swale (Business Manager)

PRE-SCHOOL PROVISION AT GORSELAND NURSERY
Gorseland Nursery is part of Gorseland Primary School, Deben Avenue, Martlesham Heath. We can offer your child a happy and stimulating educational environment where a fully trained and experienced staff supports the children's needs and ensure they make progress along their learning paths. Children can attend from the term after they become 3 years old until they are eligible for Reception.
Morning sessions 8.50-11.50 a.m. Afternoon sessions 12.30-3.30 p.m.
If you would like to find out more about us, please contact Gorseland Primary School on 01473 623790. We will be happy to arrange for you to visit or simply answer any queries you may have. You can also log on to our website: www.gorseland.net which will give you lots of information. Look at our Learning Zone/Nursery (the Giraffe icon!) and you will see the setting and the type of activities we do.
Ian Raindle – Foundation Stage Leader, Gorseland Primary School

THE SAPLINGS
With Easter fast approaching, don't forget to book your child in to our fun-packed EASTER HOLIDAY CLUB! There will be lots of Easter-themed crafts and activities to keep the children happily entertained and we offer extremely competitive rates with very flexible booking hours - please just give us a call for more details or to make a booking. We also have our annual Easter Craft Fair coming up on Saturday 23rd March. There will be lots of fun things to do and buy, so please do bring the children along to enjoy the activities and help raise funds for The Saplings.
The Saplings offers a full range of flexible child care from 7.30am until 6pm for children from age 2 up to age 11. Located in spacious, well equipped premises in the heart of Martlesham Heath, we pride ourselves on our excellent standards of child care and our highly qualified, welcoming staff. As well as our very popular Pre-School and Holiday Club, we also run Breakfast and After School Clubs, both of which include a 'walking bus' to Birchwood Primary School.
For further information on any of our child care services, please call us on 01473 614753, email us at news@thesaplings.org.uk website www.thesaplings.org.uk.

MARTLESHAM COMMUNITY COUNCIL Registered Charity No 273769
Unfortunately the "Book Sale" which was to be in March has been postponed

"AN EVENING WITH PETER"

We are pleased to announce that PETER PURVES will be presenting "An Evening with Peter" on TUESDAY 1st October 2013 in St Michael's Church Centre, Martlesham Heath. (Keep this date in your diary) Further details (tickets, etc.,) will be announced later. All queries to Jackie Bear on 01473-623007

MARTLESHAM COMMUNITY COUNCIL are looking for anyone to become a member of the MCC. The aim of the council is to try and raise money for providing recreational amenities, etc., for the residents of Martlesham and The Heath.

We are always looking for members who can help in some small way by either helping at fundraising events, or in any other way. We meet once a month in the Parish Room in the evenings on the 2nd Monday of each month.

Any queries please contact Jackie Bear on 01473-623007

MARTLESHAM CONSERVATION GROUP

The next working party for Martlesham Conservation Group will take place on Sunday 10th March at 10 am. Please meet on the western corridor SSSI - northern end - where we intend to follow up the work undertaken on the Megabash that took place on Saturday 23rd February.

As we progress through March, please keep a look out for spring migrant birds. The Chiff Chaff is one of the first to arrive and may begin to occupy our local woodlands usually in the second half of the month. The cheerful repetitive song of the Chiff Chaff is a welcome addition as it points the way to warmer times to come and to other migrants with more varied song such as the Willow Warbler and Nightingale that should arrive in April. All these birds were present on our heath last year.

Many of you will have noticed the work undertaken on the Martlesham Heath SSSI during the winter. This work has been scheduled with the twin objectives of restoring heathland habitat, with more heather content, and reducing the risk and impact of fire, by removing invasive scrub and trees. This work will continue in future years over a period of several years based on a plan agreed with Natural England with the aims of restoring our internationally rare heathland habitat and the corresponding heathland wildlife.

Phil Smith 01473 625630

PORTAL WOODLANDS CONSERVATION GROUP

The Nature Explorers, who are young people aged 11 and over, enjoyed surveying and maintaining the bird boxes in January in the snow. They found that over 90% of the boxes had been used including a cheeky squirrel living in the owl box.

Younger children aged 5-11 can join our educational Nature Watch Club (classes start on April 13th). The volunteers have been continuing the clearance of the Bronze Age tumuli, which will be ongoing over the next few years but will be worth the effort in the end.

Our AGM will be held on 4th March in the Martlesham Parish Room at 7.30pm. Attendees will hear the group's annual report, a presentation on the history of the group and a new committee will be elected for the coming year.

Dates for the diary:

Nature Explorers Saturday 16th March 9:00-11:00am
Woodlands Work Morning Saturday 16th March 10:00am-Noon
Meet at the Education Area (at the Control Tower end of the woods)
Be sure to book your place for Nature Explorers by sending an email to
pwcg.naturewatch@martlesham.org.uk

Information and dates for 2013 Work Mornings, Nature Watch and Nature Explorers are now available at <http://pwcg.onesuffolk.net/> For more information about PWCg and its activities or if you have any questions please email us at pwcg@martlesham.org.uk or phone Martlesham Parish Council on 01473 612632

MUSIC OFF THE GREEN

Just to let you all know that by popular request we are holding another Music OFF The Green event on Friday 1st March 2013 at the Douglas Bader Pub. The evening kicks off at 8:30 with music from Blue Wave who have never failed to deliver in this setting followed by an exciting dance and party set from Cool Remedy.

There will be the usual raffles, competitions and fun that Music OFF The Green is famous for so we hope to see you all there on the night.

Best regards

Stuart Gordon, Chairman

Music On The Green (and OFF)

SUFFOLK GREENEST COUNTY EVENT

This year Birchwood Primary School have been invited to enter the 'Champion of Champions' award. We successfully made it through to the final five, in recognition of our awards in 'Buildings, Energy and Water' 2010, and as 'Suffolk's Greenest School' 2012. The East Anglian Daily times will be featuring Birchwood Primary School on a double page spread in their environment section on Saturday 2nd March.

The public votes the winners, so please give us your vote by visiting www.greensuffolk.org/vote

A short film (made 2010) accompanies this page. Winners will be announced at an awards ceremony in Bury St Edmunds on March 28th 2013. Sandra Doman, Eco-Schools co-ordinator

MARTLESHAM IN BLOOM

Bulb planting

At the end of autumn Martlesham in Bloom planted daffodils in the verge between Lancaster Drive and the bus shelter and around all of the Diamond Jubilee trees, they will all provide a bright spring display.

Our next event:-

"Summer Flowers"

A talk by Sonya Burrows
(Licentiate Member of The Landscape Institute)

Tuesday 23rd April 2013 7.30 pm

St Michael's Church Centre,
Martlesham Heath, IP5 3PL

There will be light refreshments and a raffle and the evening will include our AGM

THE BIG QUIZ NITE

ON SATURDAY 9th MARCH AT 7PM

ST MICHAEL'S CHURCH CENTRE

MARTLESHAM HEATH

Entrance £5.00 per person or £2.50
for under 14's

including buffet supper

Tickets from

Ann Berg 01394 387049

Or Martin Cottrell

COUNTRY MARKETS

Do you enjoy cooking? Would you like to earn some more money?

Martlesham Heath and Kesgrave

Country Market is looking for additional cooks.

The Country Markets network of co-operatives was set up almost 100 years ago to help local producers to sell their produce to the public. We sell on a co-operative basis, a wide range of home-made baked goods and preserves, seasonal home-grown fruit, vegetables, plants and flowers, and home-produced crafts.

Interested in finding out more? Visit www.country-markets.co.uk or pop in to your local Country Market for a friendly chat. Saturday at the Scout H/Q Twelve Acre Approach Kesgrave between 9.30 and 11.30am or on a Tuesday at The Pavilion, The Square, Martlesham Heath between 9 and 10.15am.

Margaret Gayfer 01473 623849

MARTLESHAM CARPET BOWLS

The arrangements are now completed for our Annual Dinner which, as mentioned previously, will be held at the Alnesbourne Priory on Wednesday, 13th March, the dinner being followed by a quiz and draw, the very generous prizes being supplied by the club.

Our Club pairs competitions will be held during the afternoon of 17th February and the winners will be shown in the next Martlesham Monthly.

We have played three league matches since the last edition, winning 8-2 against Old Felixstowe at home, but we prefer not to mention the other two matches, both played away. However, we did enjoy the evenings on all three occasions. Maureen Banthorp

MARTLESHAM HEATH AVIATION SOCIETY

Friday February 1st and another very good attendance at the Community Hall for an illustrated talk entitled, "Edith Maude Cook – An Almost Forgotten Aviatrix" (woman aviator) Martin Atkinson lives on the Heath and delivered a most interesting talk about a local girl, Edith Cook, who became an aviation pioneer in what was, at the turn of the 20th century very much a mans world. Edith was born at 90 Fore Street in 1878,.. Over a period of about ten years from 1900 she astonishingly made over 300 parachute drops. She would hang beneath a balloon on a sort of trapeze, with the parachute strapped to the side of the balloon. The parachute was detached from the balloon when she released her hold to begin her descent. Sadly her luck finally ran out in 1910, when she landed on the roof of a building at Hendon and was swept off by a gust of wind. Edith Cook sustained injuries from which she sadly died. This brave Ipswich woman was a pupil at the Bleriot flying school and a pupil under Claude Grahame White. She is reputed to be the first Englishwoman to learn to fly an aeroplane. Thanks to the Suffolk Aviation Heritage Group A blue plaque has been erected at her birthplace in Fore Street.

Our next meeting will be on Friday, 1st March and will feature a talk by Mr Peter Durrell entitled, "Royal Air Force Heraldry". The fascinating story behind the colourful RAF squadron and Station badges that often hint at the exploits and missions of the many RAF squadrons and the role of RAF Stations. Meetings are held at the Community Hall behind Tesco's in Felixtowe Road.

MOTHERS UNION

On Wednesday 6th February we held our Annual Meeting at St Michael's church Centre. Reports were read out by the secretary, treasurer and the branch leader. Cynthia Walsh then took us on a journey for Lent culminating in the joy of Easter Sunday. After the business part of the afternoon, a celebration cake was cut by 96 year old Ruby Howard who has been an MU member for 70 years. For many of those years Ruby was the branch treasurer. Many congratulations Ruby!

We meet on the first Wednesday of each month at St Michael's at 2.30pm New members or visitors are always welcome.

In March our guest speaker will be Sue Adair who will speak about "The Diocesan Holy Lands visit." For more details telephone Florence on 01473 631347

1ST MARTLESHAM HEATH RANGERS

Would like to say "Thank you" to everyone who enjoyed their soup & a roll after Carols in the Square at Christmas. We made just over £60 profit on the soup & £11 from the sale of items on our stall. Thank you to all the Guides, their Leaders & members of St Michael's congregation, who came along & helped us set up & serve.

Rangers is open to young women aged 14-25 years, we still have a few spaces locally, so contact the central details to join us.

MARTLESHAM HISTORY SOCIETY

The next meeting of the Martlesham History Society will be on Monday 15th April 2013.

Building the Millennium Tower, Bury St Edmunds Cathedral ~ Horry Parsons After a lifetime in the building industry just as he was contemplating retirement it was announced that the project to build a 150 foot Gothic Lantern Tower on St. Edmundsbury Cathedral was to be revived for the Millennium. Horry thought if there was a chance he could be involved he would defer his retirement. This was the way it worked out and Horry became Cathedral Project Manager. His talk explains how they built a medieval tower in the twenty first century!

STAY FIT - FOREVER

A gentle Body Conditioning class will be starting on Tuesday mornings at St Michael's Church Centre on 12th March. The sessions will consist of a combination of standing and seated exercises and are suitable for people requiring a strengthening workout and also for those returning to fitness. After a gradual warm-up to mobilise joints, warm muscles and boost circulation, there will be a series of muscular strengthening exercises followed by stretching and relaxation. The classes will be set to music and are pay-on-the-day. For details please contact Julia Drewell on 01473 620511 (please leave a message if there is no answer)

MARTLESHAM W.I.

We don't sing "Jerusalem" at our meetings! Contrary to popular belief it's not compulsory, and to be honest it always sounded a bit pathetic in the Richards Room with no piano. But on March 5th many of us will be belting out "And did those feet in ancient times....." with gusto. Because we'll be in the company of about 800 fellow W.I. members from all over East Suffolk at the County Annual Meeting at Trinity Park. And then it really does send a tingle down the spine and set us up for another good day, because this is one of the highlights of the W.I. year, with a range of interesting speakers, a chance to browse the many stalls, and catch up with old friends.

We are expecting a good attendance at our March meeting when the speaker, Paul Sawyer will be returning for his third visit to us. Last year, when he came to talk about Wildlife in the Masi Mara, we had a good sprinkling of "W.I. husbands and sons", and we were entranced when Paul showed his stunning photographs of animals. So this year we are leaving it up to him to choose the subject and he will be showing us "My favourite Photographs". He is an outstanding wildlife photographer so do join us in the Richards Room on Friday March 15th at 7.30. And you don't even have to know the words of "Jerusalem"!!!!

More info from our secretary Pat Jackson on 01473611811

MARTLESHAM & DISTRICT FLOWER CLUB

Thanks to the members who braved the snow and ice to attend our 22nd Annual General Meeting. The Minutes of the 21st AGM were adopted. Our President, Mrs Sheila Woods gave her address. Our Chairman, Mrs Florence Fisher, then gave her report followed by reports from the Secretary and Treasurer. The annual cups for the flower arranging competitions held throughout the year were won by Mrs Ann Chisem in the Senior Class, Mrs Dorothy Willett and Mrs Florence Fisher joint winners in the Intermediate Class and Mrs Frances Davies in the Novice Class. With one exception the present committee agreed to stand again. Mrs Ann Chisem resigned as Treasurer but will remain on the committee. Mrs Margaret Spurgeon agreed to take over the position as Treasurer.

We then welcomed Mr Peter Olliff, Chairman of Woodbridge Horticultural Society, who gave an informative talk along with slides on his visit to Keukenhof Garden in Holland which is known as the most beautiful spring garden in the World. The many varieties of flowers and array of colours were amazing. Definitely worth a visit. The Club meets at St. Michael's Church Centre, Martlesham Heath, on the third Wednesday of each month at 2.30pm. The annual subscription is £15 with visitors welcome at £4 per session. There is a plant and flower arrangers stall at each meeting. The next meeting will be on 20th March when Mr Lionel Clark will demonstrate "A touch of Glass". The competition is an "Arrangement in a Glass". All most welcome. Margaret Doveston 01473 624422

END PUBLIC SPEAKING FEAR

Get those butterflies flying in formation with Speak Easy at Martlesham Speakers' Club. Here you will meet people from a wide variety of occupations and interest, many of whom joined to conquer that fear of public speaking. If you want to quell your fear Speak Easy is the club for you. Meetings contain a table topics session where you will learn to speak off the cuff with confidence in no more than two minutes. You will learn how to give longer speeches of no more than ten minutes and as you develop your skills, which you will, your fear will diminish. You will also learn how to conduct meetings and develop skills related to listening - essential when you evaluate speeches - timekeeping, grammar and constructing engaging narrative.

The club meets fortnightly on alternate Thursdays in the Richards Room, Martlesham Community Hall, Felixstowe Road, Martlesham IP12 4PB (behind the Tesco superstore). Meetings are 7.00 pm for a 7.15 pm start and finish at 9.30pm. We look forward to seeing you, as guests are always assured of a warm welcome with a cuppa.

Future Speak Easy at Martlesham meetings in 2013:

March 14th & 28th, April 11th & 25th

Further details about Speak Easy can be found at www.speak-easy.org.uk

Or call Dave Nightingale Tel. 07969 598633 or Sonya Burrows Tel. 01473 625196

Fundraising General knowledge Quiz

Saturday 27th April 7pm

Scout HQ, The Drift, Martlesham Heath

**Teams of up to 6 £10 per team or
£2.50 per person**

Bring own drinks. Tea/Coffee available. 'nibbles' provided.

Proceeds to 1st Martlesham Scouts and Ipswich & District Talking Newspaper

Tickets available from Rachel Pennick

"THE WOMEN'S WORLD DAY OF PRAYER

will be held at

St Michaels and All Angels Church at 10.30am on Friday March 1st 2013.

The service prepared by the Christian Women of France.

Theme: "I was a stranger and you welcomed me"

Speaker: Miss Susan Doe.

Everyone welcome.

Services St Mary's Church Woodbridge at 2.30pm and at St Andrew's Church Melton at 7.30pm.

GIRLGUIDING MARTLESHAM DISTRICT

For general enquiries about Guiding in Martlesham, please contact Jo Dixon (Martlesham District Commissioner) 01473 622160

For enquiries about existing members on our Wait List, please contact Chris Cooper (Martlesham District Wait List Co-ordinator) 01473 626024

For all NEW enquiries to join Guiding as a young member or adult volunteer, please visit www.girlguiding.org.uk/interested or call 0800 1 69 59 01. A new Guiding database has been set up to comply with the Data Protection Act, all applications across the country for Rainbows, Brownies, Guides, Senior Section & Adults are now being dealt with centrally.

1ST MARTLESHAM SCOUTS

For all enquiries regarding joining the group, becoming a helper or hiring of the Scout HQ please contact Sarah Cooke on 01394 387858.

NEWS FROM WOODBRIDGE LIONS CLUB

It is with great regret and sadness the Lions Club of Woodbridge & District has to announce the cancellation of the Martlesham 10KM Run and Fun Run. The Martlesham 10KM has been a fixture in October since the 1980s. It started as a community event but has developed in to a major local run with over 500 entrants. Over the years it has also become the Club's biggest fund raiser with nearly £4000 raised last year alone. One way or another all this money has found its way back in to the local community.

Staging a race of this size has become increasingly complex and the Club finds it no longer has the resources to meet the ever higher standards required, to ensure the race complies with UK Athletics rules and is staged in a safe and professional way. We thank all those who have helped us over the years, in particular Bill and Jean Cox and the Woodbridge Shufflers, also Joe Mower and Paul Feltham of UK Athletics, all of whom without their guidance and time, freely given, the race would not have developed as it has. Thanks as well to Martlesham Heath Householders who have very kindly allowed us to use the green, all our sponsors over the years who have provide financial support and of course to all those who took part. On a more positive note, we look forward to new fund raising events during the year and if you would like to help us in the community and join in some social evenings give us a call on 0845 8332820 or contact us through www.woodbridgelions.org.uk

LITTLE BEALINGS SCHOOL HISTORY

Stimulation to write this history came from a meeting with Michael Burn a member of a concerned group of parents, residents and friends drawn from the three villages of Great and Little Bealings with Playford, who had refused to accept a closure order placed on the school in June of 1986 It was story that simply had to be told but it had to be related in a context with the schools early foundation in October 1887 as one of many public Board School created by Gladstone's Liberal Government in the Act of 1870. Simply put, these schools were to be established wherever there was a need in places where the elementary education offered was inadequate and didn't meet the needs of the poor. The history unfolds from that point with a Victorian school struggling to find form and identity with basic help from the school managers/governors and funded by a precept from the local rates. It isn't until the early part of the 20th century that the school settles into a pattern, turbulent at times

particularly through the War of 1914-1918 and the great depression of the twenties and thirties, but beginning to show steady improvement and positive results, with several boys winning scholarships to Woodbridge School.

Today it is a school well known for its high standards in all aspects of primary education. The excellent teaching given to children of all abilities is much sought after, giving justification to the those who strongly fought and campaigned to keep the school open. Copies of this book at £9.95 can be obtained direct from the school office, 01473 622376, from my home address, 14 Richards Drive, Little Bealings, 01473 624864 and from Ferial Rogers at Marigold Cottage, Holly Lane, Lt Bealings, 01473 624141.

BENTWATERS COLD WAR MUSEUM

Opening Dates 2013

March/April Sunday 31st, Monday April 1st, Sunday 7th, 21st

May Sunday 5th, Monday 6th, Sunday 19th, 26th, Monday 27th

June Sunday 2nd, 16th (Special Open Day)

July Sunday 7th, 21st

August Sunday 4th, 18th, 25th, Monday 26th

September Sunday 1st, 15th

October Sunday 6th, 20th
Opening times 10.00 - 16.00

For details of prices and facilities see the museum website www.bcwm.org.uk

Free Dermasalve Foot Cream for all patients having their Feet treated with Clifford Spencer Bull at the Woodbridge Complementary Health Centre, Sandy Lane IP12 4SD.

See Main Advert. While stocks last,. Please mention Martlesham Monthly when booking.

MARTLESHAM LADIES CLUB

The February weather meant our planned meetings were subject to change, but with Spring on the doorstep we should be back on track with a talk and demonstration of felt making on March 7th, and our regular Easter Quiz and "nibble night" on the 21st.

We always give new Ladies a warm and friendly welcome, so why not pop along to the Richards Rooms on either of the above dates. We meet alternate Thursdays at 7.30pm.

Do contact our Chairman, Doreen Boar, on 01473 622768 to find out more about our informal get togethers. Lots planned for the rest of this year; why not come and be part of it?

KESGRAVE MARKET

Kesgrave Market, held on the third Saturday of every month, is now well established in many peoples' diaries. A new feature for 2013 is to include some fun, free activities for the children On 16th March, as well as our regular stall holders, Katie's Garden will be with us - just in time for the spring gardening - and we hope to have a new stall holder too, but we'll keep the details on that under wraps

Do come and see for yourself - there is something for everyone

For more up to date news and offers before you visit the Market, please visit www.kesgravemarket.org.uk and/or www.facebook.com/KesgraveMarket.

NEW LIFE COMMUNITY CHURCH

NLCC, which started in January 2012, is aware that so many people today are suffering from all kinds of stress. So often people just want to be able to talk to someone. Everyone has very busy lives and often we just do not have the time to listen to one another. We have a team of very caring Christians who want to be able to help and genuinely care about the welfare of others. We will be offering the service of "Listening" at the school where we meet each Sunday at Heath Primary on Bell Lane Kesgrave. A team of trained listeners will be there between the times of 10.45am until 12.30. This is a free service which we intend to commence from Sunday 17th February 2013.

If you have any queries or need more information, please contact Pastor Roger Seville 01473 809469

MARTLESHAM CHRISTIAN FELLOWSHIP

Black Tiles lane

"Easter Contrasts"

March heralds the promise of springtime, and looks forward to Easter.

As I write, the snow still covers the ground, and I am wondering if the daffodills will be brave enough to be out for St David's Day!

We will celebrate the Resurrection of Christ on 31st March. This is always more radiant because of the contrast with the dark shadow of the Cross which precedes it. Often in life we have to experience a time of darkness before light and joy appear. - Like a mother going through the pain of childbirth before the miracle of a new born babe lies in her arms. Some of you have to travel through a long tunnel of grief or pain before you reach the light at it's ending.

Christianity is a Faith full of hope. The scriptures say "Because Christ lives - We shall live also - He is the first fruits of those who will be raised from the dead". No matter what dark experiences life brings to us, we can, by faith, look forward to that voyage of love and discovery in the world to come, with God and the Risen Christ.

ACTIVITIES IN MARCH

SUNDAYS

Worship and Communion - 10.00 a.m.

TUESDAY CIRCLE

March 12th - Preparing for Easter.

WEDNESDAYS

Home Group - 7.30 p.m.

THURSDAYS

Mums and Toddlers - 10.00 a.m.

FRIDAYS

Friends on Friday - 10.00 a.m.

For further information contact John or Ruth Mellen (01473 624401)

MARTLESHAM COMMUNITY HALL AND RICHARDS ROOM

To enquire about booking Martlesham Community Hall or the Richards Room please telephone the Booking secretary on 01473 623203 who will be available to help you with your enquiry or will telephone you back if not available.

Alternatively E-Mail the new E-Mail address martcomhall@btinternet.com

BRIGHTWELL CHURCH

No sooner are we into the New Year than we seem to be into Lent leading us into Easter at the end of the month. We extend a warm welcome to anyone who wishes to attend any of our Services listed on page 10.

On the social scene we will be holding a bring and share lunch at the Church Hall on Thursday 21st March at 12.15 for 12.30pm All are welcome - you are welcome to share even if you do not bring! For your diaries please note the date of the Annual Parish Church Meeting on Monday 29th April at 7.00pm in the Church Hall.

Brightwell Men in Sheds continue to meet on the 2nd and 4th Thursdays of each month and new members are always welcome. We are presently involved in a medium term project which looks forward to a conclusion toward the end of April. If you would be interested in joining us please contact me on 01473 624130. Geoffrey Lambert Secretary to Brightwell PCC.

LIVING LENT

At last the days are getting a little bit longer. The crocuses and daffodils are in flower (unless they were dug up by the squirrels during the winter) We can tell that Spring is on its way. At the time of writing it's six weeks until Easter and it will be less by the time you are reading this.

The period of six weeks leading up to Holy week and Easter is known as Lent, probably after the Old Germanic word, lenct, meaning Spring. In the early Church people who wanted to be baptised were expected to undertake an intense period of Christian training at this time, including a programme of regular prayer and fasting, to prepare them for an Easter baptism. Eventually all devout Christians became involved in this time of prayer, almsgiving and fasting every year.

There may have been a Spring Fast before the coming of Christianity. By late February and early March the winter food stores would have been running low and it would often have been necessary to ration the amount people ate in order to avoid starvation. The Christian Church would have made this practice part of the season's devotions in preparation for Holy Week and Easter.

The day before the Lent Fast began, all surplus luxury foods such as meat, eggs and dairy products had to be consumed so that they wouldn't be wasted. This festival was known in Britain as "Shrove Tuesday" - named after the private confessions that took place before Lent began. Often it was known as Pancake Day. It was the last day to indulge yourself in rich food. All over the Catholic world there were carnivals celebrating "Mardi Gras", meaning Fat Tuesday.

The next day was Ash Wednesday, the beginning of Lent. Like many churches today, worshippers received ashes on their forehead as a sign of repentance. The ashes reminded them that their mortal lives were only temporary, that they should count their blessings and live as God intended them to before it was too late. Ash Wednesday was a fast day, as Good Friday would be a fast day at the end of Lent. Every Friday in Lent was a day of abstinence, when meat was not allowed.

Today many Lenten traditions continue. In church we worship more simply with no Gloria and no flowers. Some churches still don't hold weddings during Lent. The liturgical colour of Lent is purple, the colour of Christ's pain and our repentance. There is an emphasis on prayer, self examination, self denial and almsgiving.

Even some of those who never go to church find something to give up for Lent. In our society most of us are exposed to the temptations of rich food and drink although we know that too much is bad for our health. So many people abstain from alcohol, sweets or chocolate during Lent. Others choose a bad habit to try and break: whether it's swearing, gossiping, or losing their temper. It is really the mental attitude that counts: the determination to change what we don't like about ourselves, and the self discipline to implement this change. Sometimes the change isn't permanent and people resume their bad habits when Lent is over. Children have been known to hoard their sweet allowance during Lent and then eat them all up in one go on Easter Day, on top of their Easter eggs. But some behaviour therapists argue that six weeks is about right to shake a habit altogether if a person has the will power. We may surprise ourselves about how we can change, and help to change the world around us for the better. Tricia Shuler, Vicar

**Building
God's
Family
Together**

THE CHURCH IN MARTLESHAM & BRIGHTWELL

PARISH MINISTER: The Revd Tricia Shuler 17 Lark Rise Martlesham Heath IP5 3SA
01473 612659

READER: Carolyn Smith 74 Heathfield, Martlesham Heath.

ELDERS: Margaret Rollins 9 Angela Close, Martlesham. 01473 623868
Liz Welham 23 Deben Avenue Martlesham Heath. 01473 622709
Lynn Wilder Kenton Nr Debenham. 01728 860627

Services for the Month	Martlesham Heath St Michael's	Martlesham St Mary's	Brightwell St John's
Sunday 3rd March 3rd Sunday of Lent	9.45am Family Communion and Junior Church	11am Morning Worship	8am Holy Communion
Sunday 10th March Mothering Sunday	9.45 All Age Worship 6.30pm United Service at St Mary's	11am Holy Communion (BCP)	
Sunday 17th March Passion Sunday	9am Breakfast @9	11am Holy Communion	8am Holy Communion
Sunday 24th March Palm Sunday	9.45am Family Communion and Junior Church 3pm Baptism at Martlesham Christian Fellowship	11am Morning Prayer	6.30pm Evensong
Thursday 28th March Maundy Thursday	6pm Benefice "Passover" meal and Holy Communion at St Michael's		
Friday 29th March Good Friday	12noon Start of Walk of Witness to St Mary's	2pm Hour at the Cross	6.30pm Good Friday Meditation
Saturday 30th March Holy Saturday	No Service		
Sunday 31st March Easter Day	9.45am Easter Praise for All the Family	11am Holy Communion	8am Holy Communion
Sunday 7th April 2nd Sunday of Easter	9.45 All Age Worship	11am Holy Communion (BCP)	8am Holy Communion
Midweek Services	Holy Communion each Wednesday at 10 am in St. Michael's. Bright Stars meet on Monday, 11th & 25th March		

March Prayer Diary

Please use these thoughts as an addition to your daily prayers and pray for

5th Ipswich hospital staff and developments	21st all those involved in Martlesham Brass.
6th all the residents of Burgess Place	22nd the Nursery schools
7th for all involved in Youth Activities	23rd for time to explore and create and invent
8th all Heads of Schools	24th for the peace of Jerusalem
9th Justin Welby as Archbishop	25th for local shops and businesses
10th for family relationships, especially those who Mother	26th for all who work towards the prevention of crime
11th the Monday afternoon Bible Study group	27th all the residents of Carol Avenue
12th all involved in farming locally	28th Prayerfully consider Jesus in Gethsemane
13th all residents of California	29th Thank GOD for His Son
14th the world wide work of the Mothers' Union	30th for new life
15th the work and support of the Hospice	31st Thank GOD for the Resurrection
16th for the safety of all those in the Services	1st for the new term
17th give thanks for St. Patrick	2nd for all needing help with budgets
18th for all who are studying to attain good results	3rd all the residents of Chandos Court
19th all who are bereaved and lonely	4th all who need your encouragement
20th all the residents of Carlford Close	