



*The*  
**BARTON**  
*Miller*

Dec 2020/Jan 2021



# Season's Greetings

Originating from & produced by St Mary's Church Barton Mills

# December 2020/January 2021

<b>Editors</b>	Frances Lewis frances_lewis11@hotmail.com Nancy Higgins nancy@bartonmills.com	11 Church Meadow	Tel 713155
<b>Compositor/ Typing/Cover</b>	Nancy Higgins	67 Church Meadow	Tel: 515215
<b>Duplicating</b>	Frances Cox	69 Church Meadow	Tel: 713477
<b>Duplicating / Collating Reserve</b>	Lindsay Judd	2A Church Lane	Tel: 715837
<b>Collating</b>	Karen Colasante	23 Church Lane	Tel: 713258
<b>Collating Assistant</b>	Lynne Elkington	13 Wiggin Close	Tel 715936
<b>Distribution</b>	Claire Miller and the House to House Delivery Team	6 The Street	Tel 07585 383334
<b>Accounts</b>	Barbara Murphy	73 Church Meadow	Tel:712000

Dear Readers,

This edition of the Barton Miller has been a bit delayed because we waited until we were out of 'Lockdown' to collect and process all the material.

But now, the important message is 'Happy Christmas' and very best wishes for 2021, which we hope will be a better year for all of us.

Sadly, because of the Covid restrictions we cannot hold the usual carol and Christingle service in church on Christmas Eve. This service, which, in recent years has been a happy and crowded family occasion has also raised funds for The Children's Society. But we are making a collection for them, so please see the details on another page telling you how you can support this important charity.

There will be a service in church at 9.30am on Christmas morning, when families will be very welcome, and we shall all keep the 'social distancing' rules. The Christmas tree is already set up in church and we are able to hold some services – please see the details on another page.

Your copy for the February 2021 Barton Miller to Nancy Higgins by 20<sup>th</sup> January, please.

Yours sincerely, Nancy Higgins and Frances Lewis.

## BURY ST EDMUNDS MOBILE LIBRARY VAN DATES (Route 4)

Email: [help@suffolklibraries.co.uk](mailto:help@suffolklibraries.co.uk) Telephone: 01473 584563

The Library Van visits Barton Mills (Lamb Court) on Saturday aft. 2.00pm to 2.30pm . This will be the following Saturdays - 12th December/9th January ?

## Vicar's Letter

As I write this, we are in the second week of a national 'lockdown' for Coronavirus. We hope and pray that the future will look brighter after this period; with the development of effective vaccines and a reduction in numbers of cases and ultimately, diminishing numbers of deaths and much less pressure on our wonderful Health Service and all of the NHS staff that must be completely exhausted by events.

Of course, for local churches, this has meant another step backwards with routine worship services 'in church' having to be cancelled, just when we had seemed to find safe ways of joining together, even though it was odd being unable to sing together! (Actually, with my singing voice that is probably a blessing for all!)

That said, since March we have held a weekly online 'Zoom' service every Sunday at 11am, which has proved to be very popular. You can even sing to your hearts content in the comfort of your own home! If you would like to join us on 'Zoom' please email me as each week has unique joining instructions.

In her final service at Barton Mills on 1<sup>st</sup> November, we said a fond farewell to our Parish Priest, Revd Canon Sandie Barton as she retired to spend more time at home and in her garden when weather permits. A huge 'Thank You' to all who contributed to Sandie's gifts of a beautiful stone sundial, a wooden garden chair seat set, with cushions, parasol and winter cover. There were also beautiful flowers and even a bottle of Malt Whiskey for Lawrence! There was some money left over for Sandie to use as she sees fit. She tells me it will add to her garden, but I suspect a bottle of champagne may feature too! We pray that Sandie has a long and happy retirement.

The 1<sup>st</sup> November was also a significant date for churches in and around Mildenhall, with the joining of 17 parishes into the brand new Forest Heath Team Benefice. Ultimately that team will have a Team Rector, 3 Team Vicars, 1 Team Curate plus numerous willing retired clergy and lay ministers serving all 17 churches, of which St Marys will be one. More news on all of that in later editions when we know more detail!

In the meantime may you have a Blessed and Peaceful Christmas, in whatever way we are able to gather together to celebrate and my prayer is that in 2021 things will continue to improve and life will return to something that we all recognise as more 'normal'.

Revd David Butcher



## **St Mary's Church Barton Mills.**

**Church Contact:** Revd. David Butcher  
9 Courier Close, Mildenhall, Suffolk IP287SB  
Tel. 01638 515665. Mobile 07747 816038  
Email - revdavidbutcher@gmail.com

### **Your Church Representatives:**

**Churchwardens:** Dave and Jo Traher, 25 Church Lane Close, Barton Mills. Tel 718328;

**Elders:** Colin Brotherton; Glynn East and Dave Traher.

## **St Mary's Parochial Church Council**

### **Elected Members**

**Secretary:** Diana Knight, The Manor, Barton Mills, IP28 6BL. Tel 711274. To whom all correspondence should be addressed.

**Treasurer:** Tony Potts.

**Deanery Synod Representatives:** Rodney Knight and Peter Alder

**Other PCC Members :** Steve Hills, Linda Jenkins  
Frances Lewis and Sandra Woollard.

### **Mothers Union**

Next Meeting - Suspended for the time being.  
(Usually the 3rd Monday every month - varying venues)



There is also a **Prayer Chain** for anyone needing prayers for themselves or others.  
Please ring **Colin Brotherton 713440.**

### **COFFEE MORNINGS**

Every Thursday 10.00 - noon in the Church Rooms.  
Postponed for the time being.



## CHURCH SERVICES

The following services will take place in

**St Marys Church, Barton Mills, during December and January:**

Sunday 6th December – 9.30am a Service of Holy Communion  
led by Revd David Butcher

Sunday 20th December – 9.30am a Service of the Word led by Dave Traher

Friday 25th December – **Christmas Morning** – 9.30am a Service of the Word  
led by Dave Traher

Sunday 27<sup>th</sup> December – no services

Sunday 3rd January 2021 – 9.30am a Service of the Word led by Dave Traher

Sunday 17th January 2021 – 9.30am a Service of Holy Communion  
led by Revd David Butcher

Sunday 31st January 2021 – 9.30am a Service of the Word  
led by Revd Gordon Anderson

Please also remember that on the ‘alternate’ Sundays when there is not a service in Barton Mills, there is an ‘in church’ service at 9.30am in St Peters Church at West Row, where you would be very welcome.

Finally, there will be an online ‘Zoom’ service **EVERY Sunday at 11am** to which you are warmly invited, if you would like the joining instructions please email [revdavidbutcher@gmail.com](mailto:revdavidbutcher@gmail.com) to be included on the invitation circulation.

### **SERVICES IN TEAM CHURCHES**

The normal pattern of Christmas Services is obviously disrupted this year due to circumstances, but there are the following opportunities to join in elsewhere if you wish. You would be welcome in any of these services.

**The ‘Zoom’ Service online at 11am on 20th December will be a traditional service of Lessons and Carols, where you can sing Carols at home!**

**Christmas Eve Services** do not include a ‘Midnight Mass’ this year, but there are services at the following churches and times on Christmas Eve. If you intend to attend one of the Christmas Eve Services please can you let Revd David Butcher know ([revdavidbutcher@gmail.com](mailto:revdavidbutcher@gmail.com) , 01638 515665), as, in view of our current capacity restrictions due to ‘social distancing’ numbers are restricted and we really don’t want anyone to be disappointed.

4pm – St Marys Church, Tuddenham a ‘Christingle Service’  
led by Revd Gill Anderson

5pm - St Johns Church, Beck Row a Service of Holy Communion  
led by Revd David Butcher

Cont’d

Cont'd

- 5pm - All Saints, Worlington led by Heath Rosselli - A Christmas Celebration and an opportunity to sing 'socially distanced' carols in the church-yard
- 7pm - St Laurence and St Peter Church, Eriswell an Evening Service led by Andrew Borrett
- 7.30pm - St Peters Church, West Row a Service of Holy Communion led by Revd David Butcher
- 10pm - St James Church, Icklingham a Service of Holy Communion led by Revd Caroline Butcher

### **BARTON MILLS CHURCH,** **OCTOBER HARVEST FESTIVAL: DONATIONS**

In the October Barton Miller we asked for money donations for the Mildenhall Food Bank (which is the "King's Project"), instead of the usual gifts of food. As a result of these very generous contributions, £310 were sent to the Food Bank.

In the letter of acknowledgement from 'The Food Bank Team' they say "Please convey our thanks ... for the generous monetary donation to the food bank in Mildenhall. It is donations such as these that enable us to continue to support families in the local area."

Thank you to everyone who sent a donation

### **CHURCHYARD: MUNTJAC DEER**

The churchyard is a peaceful place, and we are grateful to those who keep it in good order, cutting the grass and the hedges, and generally working to make it a pleasant place to visit. But there other visitors besides the people who come to tend the graves – these are the hungry muntjac deer. They like to eat flowers and are especially fond of roses and pansies. From a bouquet of roses they will eat the flowers and leave a collection of bare stalks. So please do not be distressed if you find that flower tributes have been spoiled. It is not possible to keep the deer out of the churchyard, they are part of the countryside around us, so we just have to recognise that they also see our churchyard as a good place to be in.

### **NORA SHIPLEY**

Nora Shipley, who died on 23<sup>rd</sup> October, would have had her 90<sup>th</sup> birthday on 4<sup>th</sup> December. With her husband, David and their two daughters, Annette and Vanessa, she came to live in Barton Mills in the summer of 1976, although David was often away working abroad. She joined St Mary's Church, Barton Mills and has been a loyal and hard working member of the congregation ever since, being an active member of the Mission Group, and a church representative on the Deanery Synod for more than 40 years. She also trained with the Citizens Advice Bureau, and worked as a volunteer advisor for them for over 25 years.

Nora had many friends and, despite Covid problems, restricted numbers joined together in her funeral service, led by Revd Sandie Barton, at Barton Mills Church, on Tuesday 17<sup>th</sup> November. This was a lovely service, reflecting Nora's deep and abiding Christian faith.

## **ST MARY'S CHURCH, BARTON MILLS, CHRISTMAS GIFTS TO THE CHILDREN'S SOCIETY**

Sadly, because of the Coronavirus restrictions, we cannot hold our usual Christmas Eve Carol Service in church this year. Until now, this has always been a great family occasion of worship and celebration, and in recent years, there have been over 200 people in the church on each Christmas Eve. There is always a special collection for The Children's Society and last Christmas this raised over £1,300.

So, although we cannot sing carols together, we should like to support The Children's Society with a Christmas financial gift. They really do need every help that they can get. If you would like to help, please put your donation into an envelope, mark it 'Children's Society, and deliver or post it to either:

Frances Lewis, 11 Church Meadow, Barton Mills, IP28 6AR or  
Dave Traher, 25 Church Lane Close, Barton Mills, IP28 6AX.

Donations can be as cash or cheque. Cheques should be made out to 'The Children's Society'. If you are eligible to include Gift Aid, please also complete the Gift Aid form at the foot of this page, cut it out, and put it into the envelope with your donation.

**THE CHILDREN'S SOCIETY:** This charity fights child poverty and neglect and tries to help all children have a better chance in life. They are a national charity working to transform the hopes and happiness of young people facing abuse, exploitation and neglect. Find out more from their web site [www.childrenssociety.org.uk](http://www.childrenssociety.org.uk)

**Thank you**

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**THE CHILDREN'S SOCIETY, GIFT AID**

I should like this donation of £ ..... to The Children's Society to be Gift Aided for tax purposes. I confirm that I have paid income and/or capital gains tax equal to the amount being claimed.

Signed ..... Date .....

Name please print).....

Address .....



## BARTON MILLS BAPTIST CHURCH



I recently experienced a “**disappointment**”, something I am sure we can all relate to. The Dictionary defines **disappointment** as “**failure to do what is desired or expected.**” Christmas is perhaps the holiday when we see family members we can **only catch up with once a year**, however, this year many families will suffer **disappointment not to be able to meet** at this very special time.

Over 2000 years ago shepherds watching over their sheep in the fields around Bethlehem were told by the angels **a Saviour had been born** in the city of David which is Christ the Lord (Luke 2 v 11). Some wise men were given a star to follow, expecting to be able to worship the King of the Jews (Matthew 2 v 1). I am sure **they would have felt a sense of disappointment if they had arrived and found nothing of any significance, BUT** and what a **BUT – they were not let down!** All of them witnessed something extra special – **the Birth of our Lord Jesus Christ.** Nothing would ever be the same again. In Matthew 1 v 21 it was prophesied that He would come into the world to **save His people from their sins.** Ever since that first Christmas morning **He has been there for each one of us and, as promised, will be our Friend and our Saviour to watch over us, to provide for us and love us. He can still be with us but not as a baby, but in Heaven.** The Bible tells us He has gone to **prepare a place for us and if we confess our sins, He is faithful** and just to forgive us our sins and to **cleanse us from all unrighteousness and we won't be disappointed if we have the faith to believe.**

I was recently reminded of a hymn that is sung during the Christmas season:  
***All is well, All is well; Lift up your voice and sing, Born is now Emmanuel,  
Born is our Lord and Saviour, Sing Alleluia, sing Alleluia, All is well.***

To hear the words of that song at Christmastime is **comforting**, however, to many **this year it may not be well.** Those who have experienced **redundancy**, serious illness, loss of a loved one or depression that will **not go away** may cry out, “**All is not well – for me!**” But for those of us who celebrate the birth of our Saviour, we can experience **all is well - because of Christ.** We are not alone in our pain. **God is beside us and promises never to leave us** (Hebrews 13 v5). **He promises that His grace will be sufficient** in 2 Cor 12 v 9 and **He promises to supply all our needs** in Phil 4 v 19. Finally, **He will give us an amazing gift of eternal life** (John 10 v 27-28).

As we approach Christmas and enter 2021, **let us not be disappointed but accept Christ into our lives**, then we will be able to say with the poet John Greenleaf Whittier – “**Before me, even as behind, God is, and ALL IS WELL.**”

Dates of future services will be displayed on the notice board at the Chapel.  
F. A. RUTTERFORD



# BARTON MILLS PARISH COUNCIL

## THANK YOU

The Parish Council would like to thank Councillor Joanne Bye for her service on the Parish Council. Jo resigned from the Parish Council in October, following her service of one year.

Although Jo's service was short, her contribution in that time has been greatly appreciated.

## WELCOME

Following the resignations of both Cllr Joanne Bye and Cllr Garry Flack, the vacancies on the Parish Council were filled by co-option at the meeting held 1 st December 2020.

We welcome Cllr Tanya Newman and Cllr Anthony Potts to the Parish Council and hope that they enjoy their new role. The Parish Council would like to thank the other applicants who also applied for the vacancies.

## THE OLD LOCK BRIDGE, MILDENHALL

Suffolk County Council have confirmed sufficient funding has been identified for the replacement. Suffolk County Council have scheduled the work to begin in January/February 2021.

## CHURCH CLOCK

The Church clock is serviced annually and when the last service was carried out, a problem was identified with the strike hammer.

The work to repair this has now been carried out and was funded equally between the Parish Council, the Church Preservation Trust and the 100 Club.

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## Next Parish Council Meetings

The next Parish Council meetings will be held on **Tuesday 5 th January 2021** and **Tuesday 2 nd February 2021**. These will either be held remotely on Zoom or in the Village Hall, the details will be published on the agenda nearer to the meeting date. In the event of an extraordinary meeting being held before the next scheduled meeting, it will be published on the website and on the notice boards. The Public are welcome to attend Parish Council Meetings and will be offered the opportunity to speak at the beginning of the meeting or at the Chairman's discretion. To raise an item at any meeting please contact the Clerk at least 7 days prior to the meeting date.

**Chairman:** Neil Horne, 07590 672963

**Clerk:** Jadi Coe, [clerk@bartonmills.net](mailto:clerk@bartonmills.net) / 07724 737841

**Website:** [www.bartonmills.net](http://www.bartonmills.net)

**Find us on Facebook:** Barton Mills Parish Council

## **BARTON MILLS WEDNESDAY CLUB**

### **All Over 50s Welcome**

It has been a very strange year for us all but let us hope that 2021 will be better and we will all be able to meet again in the Spring. Meanwhile we wish you a very Happy Christmas and a Healthy New Year.

*Enquiries to Ann on 510008 or [jacobs.family@me.com](mailto:jacobs.family@me.com)*



## **Barton Mills & District Gardening Club**

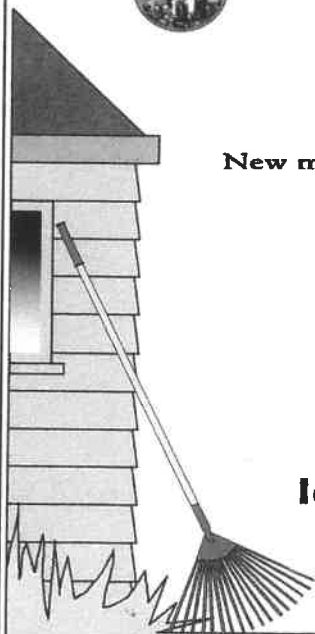
MEMBER OF R.H.S.

**Annual Subscription £12.00**

**New members and friends welcome as paying visitors**

**Meetings suspended  
for the time being.**

**For further details  
telephone  
Ian Anderson. Tel 515741.**



# BARTON MILLS 100 CLUB

The purpose of the Barton Mills 100 Club is to raise funds by operation of lotteries and draws to contribute to projects and/or organisations within the parish of Barton Mills for the general benefit of the people of Barton Mills.

## 100 CLUB WINNERS - November

£30	130	A Polley
£20	80	J Stirges
£10	143	D Peachey
£10	125	R Wilson

**If you would like to become a member please contact our Treasurer:  
Janette Miller - 49 The Street. Tel 712843**

**IF YOU WANT TO WIN, YOU HAVE TO BE IN !!**

Prizes of £30, £15, £10 and £5 monthly and twice a year additional prizes of £150.



## MILDENHALL & DISTRICT MUSEUM AND MUSEUM SOCIETY

### News from your local museum.....

The museum may re-open for a while in December, depending upon what the Government tell us early in the month. If so, there will be unusual home preserves on sale and also small Christmas table decorations, well as the range of books of local interest and small items for children. Watch the notice board at the museum or you could ring 712162 to find out the arrangements.

REMEMBRANCE DAY. I am sure we all regretted having to miss the village's annual tribute to the fallen but it was good to see the wreaths at the memorial garden. Please would the "keeper of the roll of the lost lives" note the following as I am pretty certain this soldier's name has never been read out. **CECIL FULLER**, Private in the 2nd/3rd London Regiment Royal Fusiliers, died on Nov. 25th 1915 at Gallipoli, aged 23 . He was the only son of Esther Fuller on whose gravestone he is remembered. This grave is a few metres from our War Grave, near the box tree with ivy on it.



About this time each year the WI Committee are busy finalising plans for our Christmas meal but not so this year.

When I joined, in 2007, our Christmas meal was prepared for us by a group of ladies known to the then President, Dorothy Ashton. We then moved on to catering for ourselves, each member bringing food with them, this led on to catering by the Committee with jacket potato, cold meats and salads and mouth watering desserts. This began to be difficult as our Committee numbers dwindled. We then decided to 'eat out' and find somewhere that could cater for 20 to 30 people. Over the years we have been to The Bell in Mildenhall, Worlington Hall, the Chequers near Lakenheath. This year? Well we had chosen the venue but that might have to wait until next year.

All of us at Barton Mills and District WI wish you a Good Christmas and a safe and healthy 2021.

Marilyn Badger

**Take a look at our website -**  
**[www.wibartonmills.weebly.com](http://www.wibartonmills.weebly.com)**

## **Barton Mills Quilting Group**

We do hope that by the spring we will be able to meet again. Meanwhile the committee wish all members a very Happy Christmas and a Healthy New Year.

*Enquiries to Ann on 51008 or  
[jacobs.family@me.com](mailto:jacobs.family@me.com)*

## **ST MARY'S CHURCH, BARTON MILLS,** **PRESERVATION TRUST CHARITY**

Well, it's been quite a year. Covid has swept through many aspects of life and our social events have suffered most. We were delighted to be able to celebrate in February and be able to thank Rodney Knight for his many years of service as Chairman of the Trust as well as have an "official" inaugural gathering of the Preservation Trust Charity. We have our tax rebate number so we can now claim tax refunds on all donations made by tax payers, but we have not been able to hold any more social events, so no Autumn Fair and no Quiz.

We have had a couple of meetings as Trustees to complete the accounts for submission for audit and also resolve final payments from the Church PCC for the cost of the new Boiler which is installed and working well. It is now due its first service, would you believe! It really is amazing how so many supported the project. We do thank everyone who contributed for their generosity, and are grateful for Church Heritage Trust and the 100 Club for their contributions.

There are some big projects looming one of which is to sort out some of the wiring in the church so that it is fit for purpose and is up to standards required for a public building. We are now seeking a survey/report on the wiring and will then start the process of re doing wiring that requires attention. This hopefully will ensure that our Church is safe and usable for many more years.

The Parochial Church Council (PCC) and the Preservation Trust Charity have been working together to ensure that this wonderful Listed Building at the heart of our village and community continues to be kept in good order and available for people inside and outside of our village to visit and use in the enrichment of their lives – religious, aesthetic or community functions. It is with this in mind that the Trust and the PCC would welcome the opportunity to consider how the Church might fulfil the needs of the community as a whole and not be seen solely as a focus of religious worship.

May we wish everyone in our lovely village a very special healthy and safe Christmas and may the New Year bring joy, continued good health and in the grace of God an end to the strictures that COVID has placed on us all.

Warmest regards, Dave Traher, Chairman,  
St Mary's Church Barton Mills Preservation Trust Charity.

**ST MARY'S CHURCH, BARTON MILLS,  
PRESERVATION TRUST CHARITY**

**Christmas 2020, A special offer from James Bercovici  
THE BIG RED WINE COMPANY, Barton Mills**

In normal years, the Big Red Wine Company joins with St Mary's Church Preservation Trust to hold a wine tasting and offer some of our wines to people in the Barton Mills area at discounted prices with a kickback going to the Trust. 2020 has not been a normal year, of course, so we were planning a Zoom tasting session but, instead, the Trust has asked us to put together some special offers on our website.

Why buy from us? We are a leading importer of wines from the Rhône Valley and northern Italy although, of course, we don't stop there. We are LOCAL which means DELIVERY at a time to suit you.

We offer highly lauded wines at exceptionally low prices for the quality and, for anyone in the Barton Mills area, we are pleased to offer a further 10% DISCOUNT for orders of 12+ bottles this December on any wines from our list (check out the full list of wines available on the website). That may not sound a lot compared with some offers out there, but we do not over-inflate our prices in the first place, preferring to offer fantastic value all year round. In addition, we will donate £5 for every order of at least 6 bottles to the Preservation Trust. All we ask is for orders by email, payment by cash or cheque and straightforward delivery instructions. GO and have a browse... <http://bigredwine.co.uk/bm.asp>

*N.B. This advertisement has been placed at the request of  
ST MARY'S CHURCH, BARTON MILLS,  
PRESERVATION TRUST CHARITY*

## **BARTON MILLS GARDENING CLUB**

We have all enjoyed spending a lot more time in our gardens this year as we have had to ensure lockdown. Unfortunately, as a group of horticultural enthusiasts Barton Mills Gardening Club have been unable to join together to enjoy the speakers, visits and general sharing of ideas. We are keeping in touch with a Newsletter and very much look forward to restarting our meetings some time in 2021. Even as the days get colder we can find jobs to do in the garden to lift our spirits and get us out of the house.

Below are a few tips from our resident guru Glenda Berrett.

Leave Christmas cacti in the same place once they have formed flower buds. If you need to move the pot (possibly to dust) mark it and put it back in exactly the same place otherwise it will drop its buds. Best thing is not to dust.!!!

To protect your hands when repotting prickly cacti, fold a couple of sheets of newspaper into a strip to wrap around the plant.

Recycle potted Chrysanths into garden plants by snipping off the dead flower heads and separating the plants (you will probably find a few individual plants all in the same pot) before planting them out 18" apart. Give them a feed to help them recover from the dwarfing chemicals they have been sprayed with and let them grow on to flower naturally in the autumn.

This would be best left until the spring as the baby plants will not cope with winter. However, this is the time of year we are persuaded to buy these lovely colourful plants and once they have finished flowering we are reluctant to throw them away. Perhaps keep them undisturbed , somewhere sheltered and barely watered, till the next year.

Spread compost or rotted manure on the surface in late autumn instead of digging it in. The worms will take it down into the soil for you over the winter.

Make leaf mould in plastic bin bags for a fast compost. Cram the bags full of leaves pushing down to form a hollow which will hold rainwater. Punch a few holes to let the water into the leaves and wait till spring. Possibly longer depending on the leaves used.

If I just want to take two or three cuttings I use a lemonade bottle. Cut the top third away, fill the bottom two thirds with cutting type compost, add the cuttings and put back the top you had cut off. It might require a further little trimming to enable it to fit inside the bottom half. The lid can be used to regulate moisture level. I didn't do drainage and found one watering at the start was sufficient to get the cuttings going.

Good Gardening

Sue Little



**Merry Christmas and a Happy New Year  
to the residents of Barton Mills and a  
special thanks to all of our Volunteers  
who offer their time and support.**

**We are there to help when needed.**

**Barton Mills Good Neighbour Scheme**



We have had a request from a Barton Mills resident, who wishes to remain anonymous to say thank you to the person/s who tidied up the streets recently, sweeping away the fallen leaves, and making the roads considerably cleaner.

Thank you also to the person with the litter picker, spotted keeping our village clean.



**LOVE  
WHERE  
YOU LIVE.**



**KEEP  
BRITAIN  
TIDY.**



## **Exercise Classes in Barton Mills Village Hall**

### **THE CLASSES ARE BACK IN BARTON MILLS HALL IN DECEMBER**

#### **Move4Life every Tuesday at 2:00 pm**

Chair based dance, mobility and strength class every Tuesday at 2:00pm. These classes are made up of low impact and low intensity routines, designed to get you moving to maintain co-ordination, stamina and strength. As well as the moving to music, we use resistance bands, soft balls and light dumbbells for the strength section of the class. The simple routines will be done to a great playlist of music from the past few decades, you'll have the time of your life. Does it sound interesting? Contact Marta to book your place

**marta.maj@mmhealthandfitness.co    Mobile: 07914493352**

#### **Pilates classes every Tuesday at 3:00 pm**

*"A few well-designed movements, properly performed in a balanced sequence, are worth hours of doing sloppy calisthenics or forced contortion." Joseph Pilates*

Whether you are a complete Pilates beginner or want to further your practice to a more advanced level, this course is for you. The complete mat work sequence is perfectly balanced for strength, flexibility and mobility and is excellent for all who wish to avoid injury. Pilates is an excellent way to avoid back problems and help manage and improve chronic non-specific back pain. Contact Marta to book a place.

**marta.maj@mmhealthandfitness.co    Mobile: 07914493352**

#### **Strictly Dance on Thursdays at 10:30 am**

If you are a fan of Strictly Come Dancing or you love dancing to the Latin rhythms, this class is for you. In the partner free class you will have fun moving to cha cha cha, samba, rumba, tango, flamenco, boogie, swing and many more free style dances. It feels like a party not a workout and you can lose up to 500 calories. Does it sound interesting? Contact Marta to reserve your spot.

**marta.maj@mmhealthandfitness.co    Mobile: 07914493352**

## **Nora Shipley (Nee Cain)**

Nora passed away peacefully on Friday, 23rd October 2020, surrounded by her family.

We will always remember Nora with much love as a wife, mother, grandmother, cousin, friend and nurse. She was born on 4th December 1930 in St Helens, the only child of Tom & Annie Cain & had an incredible life; full of adventure & marked by a thirst for knowledge. She talked with much affection about her childhood, living with her family, including her much - loved Auntie Norah & cousins John & Tom. Incredibly clever, she attended Cowley Grammar School for girls & maintained life - long friendships with her school friends Barbara Marsh & Wynne Lycett. What a talented group they were!



On leaving school, she trained to be a nurse at St Bartholomew's Hospital in London, before going on to have a career in nursing that included time in Kenya & Uganda. She was incredibly proud of being a Bart's nurse, making more life long friendships & was a supporter of Bart's hospital until the end of her life. During her career, she would work as a senior sister, a highly-qualified midwife & health visitor, & in family planning clinics in East Africa.

In 1957, she met David Roy Shipley whilst in East Africa; they got married & continued their careers together. She and David then had 2 children, Annette & Vanessa; & her focus shifted to family. In the following decade, they went on to live around the world, including a 6 year stint in Jamaica.

When it was time for the girls to go to junior school, Nora moved back to the UK with them, although they would fly to wherever David was in the world for the school holidays, or meet up somewhere in between if it was too remote.

Once back in England, Nora built her whole life around her local community, working tirelessly for many years with the Citizens Advice Bureau, local charities & the church. Her faith was incredibly important to her, giving her strength & guidance. In turn she provided this to many others.

Her circle of friends was very important to her; she maintained this over the years no matter where they were in the world & when she had met them; spending hours writing cards & letters. She maintained her positive outlook until the end, phoning others on a regular basis, despite her own mobility restrictions & ill health, to see how they were & to offer her support

Her interest in the world meant that she was a voracious reader with a sharp sense of humour & a love of doing crosswords. She kept on top of world affairs, ably sharing her views & opinions on favourite topics.

She was incredibly proud of her 4 grandchildren: Ben, Tom, Livia & Eve - always taking the time to talk to them about school & university, offering wise counsel & maintaining a close interest in their lives. All grandchildren have very fond memories of weekends spent with their grandparents, exploring their garden & having family BBQs.

She will be much missed by many, but will always be in our hearts.



David & family

## **What's on in Freckenham** December & January

Back AGAIN at Freckenham Village Hall so far Tuesday yoga & FitSteps. Others still doing zoom or are waiting till January, please check with the tutor direct including the new #ChairFit class with Karen Peachy-Gallagher 07554 119 550 it is designed for the less mobile, ideal if you are recovering from an illness or operation wanting to get more active and open to men and women of all ages. All exercises are designed on or around a chair with accessories to add a little interest! But there are different things in place to make sure we all can keep as safe as possible. Guidelines do change so do take a look at the village hall pages of the Freckenham website or V Hall 07542 198 933 to ask!

<https://freckenham.suffolk.cloud/freckenham-village-hall/village-hall-weekly-events/>. On Facebook and Twitter @FreckenhamVH

The **Farmers Market with some Crafts** sadly with Lockdown 2 no November market. But we can have a Christmas Market on Wednesday evening 16<sup>th</sup> December spread over two venues. The Golden Boar have kindly offered some of their restaurant space, conservatory and marquee. So plenty of space for following the current guidelines for Covid-19 awareness, including social distancing & making it a one-way system. You will have to wear a mask to visit the stalls. Staggered start 5pm at the pub, 5.30pm at the village hall till 7.30pm. Added bonus the pub will be able to offer refreshments! All our regular stalls with some extra ones, check the website and social media. Bound to be some Christmas food, puddings and children's jumpers, plus some gift ideas, candles, jewellery and more to confirm. Even local brewed beer

<https://www.biochemistbrewery.com/> to buy as a present or a treat!

Next market 30<sup>th</sup> January 10 – 12 noon, wait confirmation of venue(s) & stalls! But Bacon rolls or breakfast could be on the menu!!

**Friday Film Nights** – are still currently postponed.

**The Golden Boar Inn** with all their Covid-19 aware procedures in place, do great meals, check Facebook page or give them a ring 01638 723000!

## Christmas and New Year bin collection days



<b>Usual Collection</b>	<b>Revised Collection</b>	<b>Change</b>
Fri 25 Dec	Tue 29 Dec	4 days late
Mon 28 Dec	Wed 30 Dec	2 days late
Tue 29 Dec	Thu 31 Dec	2 days late
Wed 30 Dec	Sat 2 Jan	3 days late
Thu 31 Dec	Mon 4 Jan	4 days late
Fri 1 Jan	Tue 5 Jan	4 days late
Mon 4 Jan	Wed 6 Jan	2 days late
Tue 5 Jan	Thu 7 Jan	2 days late
Wed 6 Jan	Fri 8 Jan	2 days late
Thu 7 Jan	Sat 9 Jan	2 days late
Fri 8 Jan	Mon 11 Jan	3 days late
Mon 11 Jan	Tues 12 Jan	1 day late
Tues 12 Jan	Weds 13 Jan	1 day late
Weds 13 Jan	Thurs 14 Jan	1 day late
Thurs 14 Jan	Fri 15 Jan	1 day late
Fri 15 Jan	Sat 16 Jan	1 day late

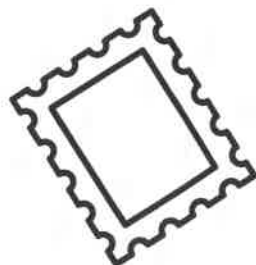
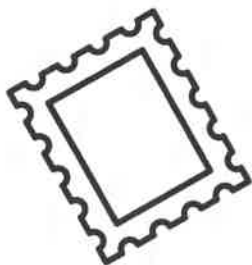


## USED POSTAGE STAMPS

Please will you save and donate some used postage stamps to help the RNIB (Royal National Institute of Blind People )?

At this time of year, most of us receive lots of mail through the post. If you receive items with postage stamps on, please tear off the stamps, if possible leaving about a 1cm border all round, collect them together and put them in the special collecting box in the church porch. They will be sent on to the RNIB.

**THANK YOU**





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Depending on the content for some local items, some adjustments may be made. This is envisaged as being for "poster type" publicity for events.

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take no responsibility for endorsement of, or statements made in published advertisements which are accepted in good faith. However we reserve the right to refuse any advertisement considered inappropriate for publication

### **SPECIAL NOTICE**

If you are preparing any articles or advertisements for inclusion in the **BARTON MILLER** would you please submit where possible in A5 format copy. Please email the text (Word/Publisher doc) and illustrations (JPEG) to **nancy@bartonmills.com**

ensuring that a printout of the item is provided to the Editor before the required cut off date. Any item emailed but not received by the Editor will **NOT** be included in the magazine.

To keep proportions correct, fold an A5 sheet of paper in half 3 times to achieve minimum size. Many thanks.

**SGT 559 JASON FRANCIS**  
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# Season's Greetings

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