



*The*  
**BARTON**  
*Miller*

May 2021

May



**'Ne'er cast  
a clout till  
May be out'**

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

**May 2021**

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Dear Readers,

In this May edition of the Barton Miller we have some news of events that will be happening as we slowly emerge from Lockdown. Church services, at which everyone is welcome, will be held in Barton Mills Parish Church at 9.30am on alternate Sundays, on 2<sup>nd</sup>, 16<sup>th</sup> and 30<sup>th</sup> May. There will also be a service in church at 7pm on Thursday, 13<sup>th</sup> May, which is Ascension Day. Please remember to wear a face mask and observe covid rules while you are in the church.

We are fortunate in that we do have the open-air venue of the Playing Field, so the Car Boot Sales on the two May Bank Holiday Mondays will be able to take place, though no refreshments on 3<sup>rd</sup> May, and outdoor service on 31<sup>st</sup> May. And, instead of indoor Coffee Mornings, there will be picnics on the field on Thursdays after 17<sup>th</sup> May, starting each time at 12 noon. Please bring your own picnic, and a chair, and try to keep to social distances even though it will be great to meet friends again.

Your copy for the June edition of the Barton Miller to Nancy Higgins by 20<sup>th</sup> May, 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 - 1 May, 29 May**

(if Covid Restrictions are lifted)

## Vicar's Letter

### **Just as I am**

There have been two items in the media in the last few days which have disturbed me. The first was hearing some things from the trial on the police officer accused, and now found guilty, of killing George Floyd in the United States. This was an incident where the police were called out by a shopkeeper because he suspected that George Floyd had paid for goods with a forged banknote, and yet the brutal use of force by the police officer for such a minor offence seems to me to be outrageous. It also begs the question, would that level of force be used if it was a white skinned man they were dealing with? Many are asking if this was an act inspired by racist undertones within the US police.

The second item I am referring to was the Panorama programme which investigated racism within the Church of England. I found this hard to watch and far too close to home. There were a number of claims by individual clergy that the colour of their skin or ethnic background was a detrimental factor when senior clergy were deciding who should be shortlisted for posts within the Church. This, for me, was truly shocking! This is the Church of God discriminating against people for being the way that God has made them, the colour He has made them and from the background he called them from to undertake this ministry in His Kingdom. And there are far too many of these instances to be ignored or to be considered a blip.

In St Matthew's Gospel we hear the words of Jesus to those first disciples, "Go and make disciples of all nations baptising them in the name of the Father and of the Son and of the Holy Spirit". That is, ALL NATIONS meaning all peoples, not just those like you or me. Indeed, Jesus would not be considered a "white man" in today's western world! Would we, too, reject him because of his skin colour or background regardless of what he said or did or the message of God's love that he was sharing?

It is very easy for any of us to be influenced in our judgement of people by their skin colour, racial background, faith, disability, sex or sexuality. Jesus showed us through his life that God seeks to help each of his people to be the best that they can be regardless of all of these characteristics. He calls all of us to build His body here on earth, that is all those he has called. What right have we got to dismiss people from consideration if God himself has called them!

I pray that we may all seek to build up God's people whether they are like us or not, and this must without question apply to all of those who have authority and influence within God's Church, not least the Church of England.

Rev'd David Everett  
Team Vicar



## St Mary's Church Barton Mills.

**Church Contact:** Parish Priest: Revd. David Everett  
(Team Vicar), 24 Oxford Close, Mildenhall, IP28 7RP  
Tel. 01638 718801. Mobile 07887 964821  
e mail david.j.everett@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 but see Pg 15.



## **CHURCH SERVICES, MAY 2021**

On every Sunday, there is a virtual Zoom service at 11am that can be received via the internet or by phone. This is a Team Service and is led by various Team Clergy members. To access the link to a service for the internet or by telephone, please contact Revd David Butcher, (phone 01638 515665, 07747 816038, e mail, revdavidbutcher@gmail.com).

### **SERVICES in CHURCH**

#### **BARTON MILLS CHURCH**

Sunday, 2<sup>nd</sup> May, 9.30am, Service of the Word,  
Thursday 13<sup>th</sup> May, Ascension Day, 7pm, Holy Communion  
Sunday, 16<sup>th</sup> May, 9.30am, Service of the Word  
Sunday, 30<sup>th</sup> May, 9.30am, Holy Communion

On these Sundays, after the service, the church will remain open during the day, until 5pm, for individual private prayer.

You are requested, please, to comply with covid regulations when you come into the church, by wearing a face covering, using the hand sanitiser, and keeping to social distancing.

#### **BARTON MILLS ANNUAL PARISH CHURCH MEETING (APCM)**

This meeting will be held on Thursday 27<sup>th</sup> May, hopefully in the church, starting at 7.30pm. The annual reports and accounts will be presented and the elections for the various church officials, including for members of the Parochial Church Council, will be held. All church members are welcome to attend .

#### **WEST ROW CHURCH**

On the Sundays when there is no service in Barton Mills church, there is a service in West Row church at 9.30am.

#### **WORLINGTON CHURCH**

Sunday, 2<sup>nd</sup> May, 9.30am Holy Communion  
Sunday, 16<sup>th</sup> May, 9.30am, Service of the Word

#### **FRECKENHAM CHURCH**

There is usually a service every Sunday at 9.30am in Freckenham Church, but not on 30<sup>th</sup> May.

## **CHURCHYARD WORK TEAMS – PLEASE HELP**

Although we usually have a Payback Work Team of people doing their Community Service, coming once a month to work in our churchyard, Covid 19 restrictions have meant that this has not been possible this year.

But a noble team of local people have been working hard to keep the churchyard in good order. They have been clearing the storm debris, cutting the grass and generally tidying up the whole area.

Would you like to join them?

Starting on Friday 28<sup>th</sup> May, they will work regularly on the last Friday of each month, from 9am to 12noon. Any new helpers will be very welcome. Please contact Alan Butcher (01638 713534) for more information – or just turn up on that Friday morning!



## **VILLAGE HALL: MISSING WHEELIE BIN.**

One of the black wheelie bins that live outside the Village Hall, has gone missing. The hall needs two bins and both are regularly filled.

If you can find this bin, or if you have a spare black bin, please take it to the hall so that it can sit alongside the other bins there – and, hopefull, keep them, and us, happy!

**Thank you**

**Village Hall**  
Barton Mills  
Registered Charity

# **CAR BOOT SALES**

**on BARTON MILLS  
PLAYING FIELD**

next to the Village Hall

7am to 12 noon

Pitches £6 single, £10 double  
(no need to book)

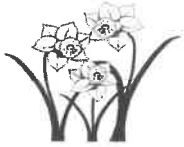
## **BANK HOLIDAY MONDAYS**

**3<sup>rd</sup> May Boots in aid of Barton Mills  
Village Hall funds.**

**No refreshments (Covid restrictions)**

**31<sup>st</sup> May Boots in aid of Allotments  
Association funds.**

**Refreshments in aid of Barton Mills  
church funds.**



## BARTON MILLS BAPTIST CHURCH



May is considered to be the **fastest growing** month in the gardening calendar. The seeds and plants we diligently set a few months ago are now well and truly **growing**. The front gardens are looking beautiful and the back gardens are bulging with shoots. This reminds us, that within 4 to 6 weeks time, Sunday lunch will consist of new potatoes, carrots and other delightful vegetables we are now encouraged to eat

The Day of Pentecost, this year is 23 May. This day reminds us of when our Lord Jesus Christ promised His disciples in John 14 v 16 that, even though He would ascend into Heaven to sit at the right hand of His Father, He would send them a Comforter, the Holy Spirit, who would give them the power to **grow** in grace and truth. After this event we read in Acts 12 v 24, the **Word of God grew**. In Acts 11 v 21, we read the **early Church grew** in great numbers. Like the early Christians **we too can receive the Holy Spirit but to enable us to grow we need "as newborn babes the sincere milk of the Word that we may grow thereby"** (1 Peter 2 v 2) If we do this we will **"....grow in grace and in the knowledge of our Lord and Saviour Jesus Christ (2 Peter 3 v 18)**. We must not sit back and be satisfied with our spiritual attainments but **with the help of the Holy Spirit keep pressing on!** We can be certain that **as we allow Him to control our lives, He will help us to continue to grow.**

**God wants us to reach even higher plateaus of service and Christlikeness.** Paul recognized this **need to grow** and admitted he still needed to advance in holiness (**Phil 3 v 12-14**). We too must not sit back and be satisfied with our spiritual attainments but **with the help of the Holy Spirit keep pressing on!** We can be certain that **as we allow Him to control our lives, He will help us to continue to grow.**

Times of services at the Chapel will be provided on a notice outside.

F. A. RUTTERFORD



# BARTON MILLS PARISH COUNCIL

## **YOUR PARISH COUNCILLORS**

**Chairman – Cllr Neil Horne**

**Vice-Chairman – Cllr Amin Harji**

**Cllr Claire Miller**

**Cllr Robert Lewis**

**Cllr Keith Fuller**

**Cllr Steve Mullender**

**Cllr Mick Colsey**

**Cllr Tanya Newman**

**Cllr Anthony Potts**

**Clerk to the Council - Jadi Coe**

All councillors contact details can be found on the Parish Council website.

## **UPCOMING PARISH COUNCIL MEETINGS AND REOPENING OF THE VILLAGE HALL**

Parish Council meetings cannot be held remotely from 7th May. All meetings will return to the Village Hall from 17th May (earliest date) as part of Step 3 of the Roadmap out of Lockdown.

The first Parish Council Meeting to be held back in the Village Hall is scheduled for 7:30pm on Tuesday 2nd June.

Members of the public are invited to join public Parish Council meetings in the village hall but attendee numbers will be limited.

If you wish to attend a meeting, please let the clerk know prior to the meeting to book a seat. Walk-ins are permitted but priority will be given to those who have booked a seat.

## **ANNUAL PARISH MEETING**

The Annual Parish Meeting will be held at 7:00pm on Tuesday 4th May.

The meeting will be held remotely on Zoom so there will be no limit to the number of attendees. If you wish to join the meeting simply go to <https://zoom.us/join> and enter meeting ID number 826 0776 7614

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## **Upcoming Meetings**

**The next meetings will be the Annual Parish Meeting to held on Tuesday 4 th May at 7:00 followed by the Annual Parish Council Meeting.** The meetings will be held remotely, details on how to join the meetings remotely can be found on the published agenda. 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

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## **BARTON MILLS WEDNESDAY CLUB**

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

Your committee is starting to think about a programme of events for when we can return to meeting again. We would love to hear your suggestions for speakers as well as visits.

Are you happy to travel on a coach or shall we wait until next year to resume our visits? Please let us know.

Keep smiling and keep in touch.

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



## *Barton Mills & District Gardening Club*

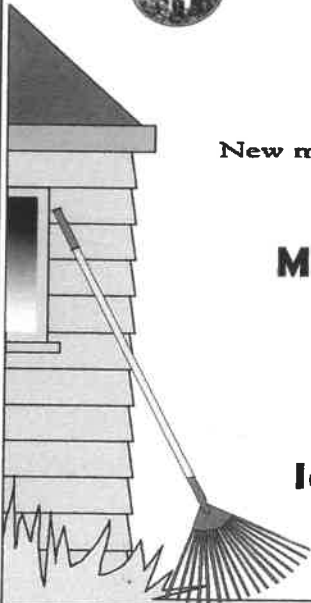
MEMBER OF R.H.S.

Annual Subscription £12.00

New members and friends welcome as paying visitors

**Meetings still 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 - April 21

£30	218	N Chapman
£20	102	T Kerridge
£10	126	C Coomber
£10	110	D Smiley

**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, £20, and 2 x £10 monthly and twice a year additional prizes of £150.



### **MILDENHALL & DISTRICT MUSEUM AND MUSEUM SOCIETY**

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

The Museum Trustees hope that from MAY 18th the Museum will be permitted to open. Watch the notice board at the Museum for opening times, and also the Covid precautions set up in the Museum and required of visitors.

Postponed for  
the time being.

Take a look at our website -

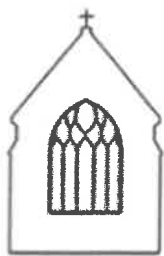
[www.wibartonmills.weebly.com](http://www.wibartonmills.weebly.com)

Hello Everyone.

I have been given a copy of a pamphlet entitled "**Barton Village Trail**" in which the author outlines the history of some 54 houses in the village. Unfortunately, the pamphlet is not dated and there is no indication of who produced it. The copy I have come from Anne Lowe, who was given it by Sheila & Peter Pears of 6, The Street - but sadly they are no longer with us. I would really like to know who produced it, when (I suspect 1990's?), and why (was it part of a county-wide survey?).

If anybody could help in this please contact me on 717925 or at [jlberrett@gmail.com](mailto:jlberrett@gmail.com).





## ST MARY'S (BARTON MILLS)

### PRESERVATION CHARITABLE TRUST

First of all, a big 'thank you' to everyone who has already made a donation to the Trust this year.

As explained in the April Barton Miller, this Trust is now established as a charity and as a separate entity to the Church. We face the big challenge of raising sufficient funds to maintain our church as a community building that can be used for various events in addition to regular church worship services. The challenge at the moment is the upgrading of the electrical wiring in the building. This work has to be done to meet safety and insurance regulations and estimates for the work are now being sought along with a Faculty from Diocese. This application is being processed by the PCC of the Church.

Because of Covid, most of our planned events have been moved to later in the year. There will be an AGM on Thursday 18th November, which we hope will be a friendly and sociable evening. We do hope that there will be a quiz in the Village Hall in the autumn. The Felix Simpson and Terry Adams Band will be coming here on Saturday 25th September, and the Midnight Oil Jazz Quartet are booked for Sunday 12th December. So please put all these dates into your diaries – more information later! Contact Dave Traher or Alan Butcher if you would like to book tickets.

The Trust would welcome new members, and there are opportunities for others to join the Trustees in organising this charity. If you would like more information, or if you would like to receive our newsletters, please contact The Chair, Dave Traher on 07799661803 or e mail [dtraher@icloud.com](mailto:dtraher@icloud.com) or the Secretary, Frances Lewis, 11 Church Meadow, phone 01638 713155, e mail [frances\\_lewis11@hotmail.com](mailto:frances_lewis11@hotmail.com).

PS!! We are hoping for a volunteer to undertake the role of Treasurer.

David Traher. Chairman



## GOOD NEIGHBOUR SCHEME. a Spring in our step

As we look forward to the coming of Summer and a return to a much greater sense of normal family and community life with the promised roadmap to the ending of most COVID restrictions, we should perhaps pause and think of the journey that we have all been on to reach this point. A journey that has encompassed many feelings – including worry; deprivation of our freedoms and family visits; loss – for some in very real terms. However, the volunteers on the Good Neighbour Scheme have brought their time, skills, knowledge and commitment to helping to ease the situation for their neighbours during this time, and key to this has been the friendship that has been offered and sustained during and beyond the darkest times of the pandemic over the past year. Now that the weather has brought some glorious sunshine and vaccinations have brought a feeling of relief that the worst may be over, we can start to look forward to the community spirit that built up during the past year becoming one where we can meet up as neighbours and as a community to share the joys of the summer and togetherness, after the long months of separation. We will as the Scheme's volunteers be once again able to enter our neighbours' homes and gardens to be able to carry out the tasks that we have always offered to undertake for those in need. We will be able to call in to chat with those of our neighbours for whom loneliness has been an everyday experience, both before and during the pandemic. Befriending between our volunteers and those villagers who hitherto have not accessed our services can be a meaningful way in bringing the community into the lives of the lonely and those villagers into the life of the community. Can I remind readers that we offer a range of support services and please view our advert in this magazine to see if we can help you.

If in doubt, ask us on 07419 211040 or e-mail us at [barton.neighbours@gmail.com](mailto:barton.neighbours@gmail.com)

# THURSDAY PICNICS



Lockdown is easing, so, although we can't have Coffee Mornings in the church room yet, from 17<sup>th</sup> May we can meet outdoors, in groups of up to 30 people.

So, we plan to have our Thursday picnics on the Playing Field, starting on Thursday 20<sup>th</sup> May, from 12noon till we've finished. It would be great if there were, in fact, 30 people there to celebrate!!

Please bring your own picnic and drinks.

Then, fortnightly picnics on Thursdays - 3<sup>rd</sup> and 17<sup>th</sup> June, and after 21<sup>st</sup> June we hope to be able to hold regular Thursday Coffee Mornings in the church room.

SEE YOU THERE!





**'THANK YOU'  
from BARTON MILLS  
FOOTBALL CLUB**



The Football Club Pavilion on the playing field is currently undergoing some of the most comprehensive refurbishments to it since it was built over 40 years ago.

The works include roof repairs, a major rewire, and new showers, as well as other comprehensive refurbishments. These works have cost several thousand pounds and have only been made possible by the generous funding from a number of local organisations.

The Football Club would therefore very much like to formally thank the following organisations, without whose generous donations these works would not have been possible.

Barton Mills 100 Club, who support many Village good causes.

The Burrell Trust who fund works to the playing fields and the Village Hall.

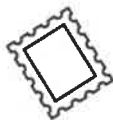
The West Suffolk Council Locality Fund from District Councillor Brian Harvey.

The Suffolk County Council Locality Fund from County Councillor Louis Busuttil.

The Football Club very much look forward to support and spectators for the new season starting in September.



## USED POSTAGE STAMPS



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

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**

**RNIB**

Supporting people  
with sight loss

**Great British Spring Clean 28 May to 13 June 2021**

[www.keepbritaintidy.org](http://www.keepbritaintidy.org)



**Love  
Where  
You Live**

Thank you to those around the  
village who go out with a black  
bag and pick up litter.

## **Barton Mills Parish Council**

### **Draft Planning Policy**

This draft statement forms the Barton Mills Parish Council Planning Policy and is an informal statement of our views and operation.

It will form a view going forward once it is approved and will be reviewed annually.

The Parish Council are asking for resident's thoughts on the statement and are welcoming comments.

If you wish to comment on the statement please contact the clerk or if you require further information please contact Cllr Steve Mullender (01638 716189) or Cllr N Horne (07590 672963)

The Parish council may adjust this policy at any date in time and may object or not object to individual applications which do not necessarily adhere to this policy.

At the Annual General Meeting of the Council, the Parish Council will appoint a Councillor with a responsibility for planning who will take a more in-depth investigation in planning matters, in order to advise the Council.

The Parish Council will consider and comment on all applications within the Parish and occasionally on those outside the Parish which have an impact on the Parish. The Parish Council will attempt to make constructive comments rather than just "object or support".

Unless the Parish Council see a specific reason, they will not normally comment on 'Tree applications', in the expectation that the District Tree Officer will make a professional judgement.

The Parish Council will take into account relevant County, District and Parish policies and will pay particular attention to the village settlement boundary when considering any comments.

The Parish Council will consider any comments by the District and County Councillor who may have specific knowledge on applications when considering any comments.

The Parish Council would expect that the District and County Councillors will support the Parish Council views, although they are under no obligation to do so.

The Parish Council acknowledge that District Council policy is heavily influenced by the current settlement boundary and that in addition individual applications will carry more scrutiny when inside the village conservation area.

Barton Mills is formerly designated as a “secondary village” and County guidelines therefore, is against any significant development outside the settlement boundary or changes to the settlement boundary

The Parish Council is in favour of modest and controlled development, in order to ensure that the village remains vibrant. This was reflected in the most recent Village Plan from 2002 which had around 75% in favour of small, limited or modest development. The Village Settlement boundary has been almost unchanged since the 1980’s and there is very little infill now available to enable the village to expand.

The Parish Council did not make comment on the recent settlement boundary review as no amendments were made that affected the Parish.

The Parish Council have commented on the recent “call for sites” and are in favour of sites WS017, land west of Church Lane, WS018, land rear of 21 Mildenhall Road. The Parish Council against the inclusion of sites WS015 and WS016, land at the end of Grange Lane

The Parish Council had indicated provisional support for the development of the Suffolk County Council field behind the existing PC exception site. This was under the strict condition that more substantial detail on the proposal should be supplied as the current proposal did not meet planning or commercial requirements.

The Parish Council had indicated provisional support for the development of the balance of the car boot field based on the drawing supplied. This was under the strict condition that the scheme should not be a high density, sound limiting against the A11 proposal should be supplied and other factors such a reduced speed limit on the Newmarket Road included.

The Parish Council are at an advanced stage on pursuing an exception site housing scheme (priority for villagers) scheme in the North Western corner of the car boot field. It is planned that this will provide around 15 homes for rental and shared ownership for people with local connections.

The Parish Council are in the early stages of investigating a formal “Parish Neighbourhood Plan”.

[A copy of this statement can also be found on the Parish Council website](#)

## What's on in Freckenham May

We'll do expect things to change as we all follow the Government Road Map to Recovery!! As I write we still have classes via Zoom Zumba, Yoga, Pilates & FitSteps. With the positive news that FitSteps is back outside in the car park, contact sharon.hayns@gmail.com; 07930 220 623, two sessions on Wednesday's 5 and 6.30pm!! We are still waiting to hear that we can definitely go back into Freckenham Village Hall, we all hope from late May early June. Please take a look at the website and contact the tutor direct as there are number limits due to social distancing, it's on the village hall pages of the Freckenham website or phone V Hall mobile 07542 198 933 to ask! Some tutors are going to wait a bit longer before starting back inside the hall, so do check first.

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

The **Farmers Market with some Crafts** we had our first monthly market in April partly inside and outside. next one will be 22<sup>nd</sup> May so we avoid the Bank Holiday weekend and then 26<sup>th</sup> June. It will include all our regular stalls along with seasonal local fresh cut flowers, plants & bedding plants. Just keep an eye out for updates. We will make sure we follow the latest 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 if inside. Check the website and social media, so you can pre-order to avoid disappointment as some stalls are very popular!

**Creative Arts East (CAE)** live theatre music events. They'd like to track how you're feeling about returning to events by sending you a survey regularly over the next 6 months, which will ask many of the same questions each time so that we can see how things change.

The survey should take about 10-15 minutes to complete, and you can access it via the link below.

**SURVEY LINK:** <https://www.surveymonkey.co.uk/r/BNXNVW8>

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

**The Golden Boar Inn** – have food and music for their outside space so check their Facebook page or give them a ring 01638 723000 to find out!

**St Andrew's Church** is currently holding weekly informal service at 9.30am on Sundays.

## **EXERCISE CLASSES in BARTON MILLS VILLAGE HALL**

Exercising with others works wonders!

In a world where stress, uncertainty and change are more prevalent than ever, nurturing our mental and physical wellness has become imperative. Regular exercise does so much more than building strong lean muscles and a healthy heart – it offers a wealth of “above-the-neck” benefits too. Exercise has been linked to everything from boosting brain power and helping control addiction, to inspiring creativity and reducing stress.

**From 17th May** we can return to the indoor group exercise classes to enjoy exercising with others in the Barton Mills Village Hall. Why not choose one of the below classes to boost your physical and mental wellbeing?

**Wednesday 3 pm – STRICTLY DANCE**

You will enjoy Latin and Ballroom dances without a partner. We will dance samba, cha cha, tango and many more. Get ready to have fun! You will definitely feel energised and happier after the class.

**Wednesday 4 pm – PILATES all levels**

The Pilates workout is great for all who want to improve balance, joint mobility and strengthen muscles through slow pace, gentle exercises synchronised with breath.

**Friday 10 am VINYASA YOGA for supple strength**

Reinvigorate yourself with this class that focuses on body strength and muscle flexibility.

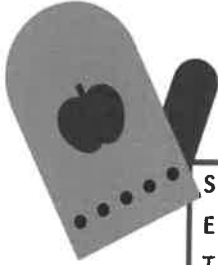
**Friday 11 am MOVE4LIVE**

This chair based exercise for senior residents will boost your wellbeing and make you feel invigorated and happy. The workout includes some dance moves, exercises with light weights and gentle stretch. You will enjoy moving to the music in company of others.

To book a class contact Marta at [marta.maj@mmhealthandfitness.co](mailto:marta.maj@mmhealthandfitness.co) or call on 07914493352

Please feel free to contact me if you have any queries about the classes or feedback on what times and days would work better for you and your friends.

Marta



# Cooking Terms

## WORD SEARCH

S	H	U	C	K	M	A	D	C	X	M	O	I	S	T	E	N	U	K
E	K	N	E	A	D	P	O	A	C	H	L	D	E	S	E	M	N	M
T	K	S	E	H	Y	A	Z	Q	Q	Z	I	U	R	T	O	C	S	I
U	E	T	P	O	H	C	K	Y	W	W	O	S	O	Q	A	T	I	X
A	S	L	Y	D	A	S	H	F	H	N	B	T	C	C	E	R	A	D
S	E	S	I	Y	M	A	R	I	N	A	T	E	S	E	R	R	G	G
D	E	E	P	F	R	Y	S	R	H	L	A	A	P	F	E	U	R	X
U	Q	Z	U	I	Y	K	P	A	S	A	E	F	S	M	Z	E	S	T
E	K	R	A	S	E	S	E	L	S	T	B	S	M	R	T	B	I	H
H	C	N	A	L	B	C	P	C	U	W	E	I	A	L	S	T	I	R
C	O	A	T	U	G	A	R	L	R	R	S	C	I	E	G	E	O	Y
B	H	J	S	M	S	L	I	E	T	D	U	F	U	G	R	U	A	S
R	R	U	U	E	E	D	G	E	A	B	L	E	N	D	X	G	X	R
A	T	O	L	L	A	E	T	R	T	M	A	O	O	E	E	M	M	P
I	T	N	I	L	I	S	R	M	I	N	A	S	F	R	B	R	I	J
S	T	T	J	L	A	E	O	U	M	L	E	S	I	D	U	N	M	W
E	M	X	A	B	K	W	N	N	P	U	L	D	H	F	C	Z	H	Y
G	R	I	N	D	W	C	E	N	D	R	L	L	L	H	T	I	C	I
E	K	A	B	D	N	I	L	B	E	X	W	L	P	A	P	A	R	E

- AL DENTE
- BASTE
- BEAT
- BLANCH
- BLEND
- BLIND BAKE
- BOIL
- BRAISE
- BROIL
- CHOP
- CLARIFY
- COAT
- CREAM
- CRUSH
- CUBE
- DASH
- DEEP FRY
- DICE
- DILUTE
- DREDGE
- DUST
- EMULSIFY
- FILET
- FILTER
- FOLD
- GLAZE
- GRATE
- GREASE
- GRILL
- GRIND
- HULL
- JULIENNE

- KNEAD
- MARINATE
- MASH
- MIX
- MOISTEN
- MULL
- PARE
- PINCH
- POACH
- PUREE
- REDUCE

- ROUX
- SAUTÉ
- SCALD
- SCORE
- SEAR
- SEASON
- SHUCK
- SIFT
- SIMMER
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- STIR
- TOSS
- TRUSS
- WHIP
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#### 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](mailto:nancy@bartonmills.com)** ensuring that a printout of the item is provided to the Editor before the required cut off date.

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

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Police Community Support Officer  
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## Litter!

As everyone will be aware litter has been a problem at various times during this difficult year. We hope to organise a litter pick event in the near future where everyone can participate in a community clean! Normally we would provide litter picking kits for everyone to use. At the moment we are unable to distribute these due to Covid 19 restrictions.

But they can be ordered individually on line and delivered to your door. They are free on a long term loan.

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