



*The*  
**BARTON**  
*Miller*

Oct 2020

# Harvest Festival

Sun  
18 Oct



See inside for more details

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

# October 2020

<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,

As you will have seen in the September Barton Miller, Joy Willis, who celebrated her 99<sup>th</sup> birthday in June, has decided to resign as Editor of the Barton Miller, after more than 30 years work on this magazine. Thank you to Joy. She has asked Nancy Higgins and myself to be the new joint editors, so this is our first 'Dear Readers'.

We are living in such difficult times that cancellations of events feature much more than actual fixtures. Sadly, there will be no Autumn Fair in church on 17<sup>th</sup> October. No Quiz in the Village Hall on Friday 23<sup>rd</sup> October, but in this magazine you will find some Quiz Questions that you might like to try.

On the positive side, there are new exercise and fitness classes, run by Marta Maj, in the Village Hall. Please look at her article for more details.

Copy for the November issue by 20<sup>th</sup> October, please.

Yours sincerely, Frances Lewis and Nancy Higgins

## 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 (behind Lamb Court) on Saturday aft. 2.00pm to 2.30pm . **This will be the following Saturdays -**  
17th October/14th November/12th December

## Vicar's Letter

Dear friends

When I was about 8 or 9 years old my glamorous older sister flew out on holiday to Spain with some friends. It all seemed so exotic and exciting back in the 60's, when package holidays made trips overseas so much more accessible to ordinary people like us. On that occasion though, the most exciting part about it for me was getting up before dawn to welcome my sister home. She had brought presents for all the family, and for me there were some flip-flops with colourful plastic flowers adorning the toes. I put them on immediately (of course) and ran outside into the garden to try them out. The sun had not yet risen but there was a glimmer of light, and there were birds beginning to sing in the spinney behind our house. As I stood with my feet in the damp grass and the light grew, the chorus of birdsong got louder and louder until I was almost deafened by my first magnificent experience of the dawn chorus, when every bird welcomes the daylight with its loudest singing.

I think that was the moment when my love of nature was born. As I grew older, I often used to get up before first light and wander the beautiful countryside around our house identifying different birds, spotting all kinds of small creatures and learning about trees and flowers. Over the years my love of creation became intertwined with my love for God, and so it remains today. Isn't it strange that this love affair began with polluting air travel and plastic flip-flops – God really does move in mysterious ways!

The Bible tells us that "The heavens declare the glory of God; the skies proclaim the work of his hands" (Psalm 19) and describes how he is praised by "great sea creatures and all ocean depths ... mountains and hills, fruit trees and cedars, wild and domestic animals, small creatures and flying birds." (Psalm 148) No wonder that being amongst nature is so uplifting – everything we see and hear around us is part of an unending song of praise. Increasingly we realise how important it is to protect and care for this planet we call home – not just for our own benefit, but because God loves it.

As we move into Autumn my prayer is that you will find joy in colourful leaves, misty mornings and sparkling frosts even as we continue to cope with these strange times.

Love Sandie x



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

**Parish Priest in Charge:** Rev. Sandie Barton.

6 The Street, Freckenham. IP28 8HZ . Tel 01638-720770

Email - revsandiebarton@gmail.com

### **Your Church Representatives:**

**Churchwardens:** Dave Traher, 25 Church Lane Close, Barton Mills. Tel 718328; Alan Butcher, 3 Church Lane, Barton Mills. Tel 713534

**Vergers:** Davina Peachey, 24 Church Lane Close, Barton Mills. Tel 716265

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

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

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

**Treasurer:** Steve Hills.

**Deanery Synod Representatives:** Nora Shipley and Rodney Knight.

**Other PCC Members :** Davina Peachey, Jo Traher; Sandra Woollard and Peter Alder.

There are also sub-groups to help with various aspects of church life. Sign up sheet at the back of the church.

### **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 October 2020**

**On each Sunday**, there is a team **ZOOM service at 11am** that can be received via the internet or by phone. Joining instructions from [revsandiebarton@gmail.com](mailto:revsandiebarton@gmail.com) (01638 720770) or [revdavidbutcher@gmail.com](mailto:revdavidbutcher@gmail.com) (01638 515665, 07747 816038)

**October 4th 9.30am Sunday Celebration, at Barton Mills church**

11am Zoom Worship

**October 11th Holy Communion, West Row**

11am Zoom Worship

**October 18th HARVEST FESTIVAL Sunday Celebration, Barton Mills.**

**Because of Covid-19 restrictions we cannot make our usual collection of non-perishable food for the Mildenhall Food Bank, so, instead, we will make a special financial collection of money for the Food Bank. There will be a retiring collection after the Harvest Festival service, and if you cannot come to the service, but would like to help the Food Bank, please put your contribution into an envelope, mark it 'FOOD BANK' and put it through the door of either Dave Traher, 25 Church Lane Close, or Frances Lewis, 11 Church Meadow. Cheques should be made out to 'King's Church Mildenhall'. Thank you.**

11am Zoom Worship

**October 25th Sunday Celebration, West Row**

11am Zoom Worship

**Nov 1st Sandie Barton's last service, details t.b.a.**

On the Sundays when there is a service in Barton Mills church, the church will remain open during that day for private prayer. Please observe Covid 19 precautions.

**THURSDAY COFFEE MORNINGS:** these have had to be suspended during the Covid pandemic, and no news yet as to when they can restart.

But there have been several Thursday lunchtime picnics on the playing field, attended and much enjoyed by regular coffee morning people, together with other visitors, and several dogs (all very well behaved)! But now, with 'Group of 6' regulations, and Autumn weather cooling down, no more picnics are planned.

**CHURCH CLOCK:** the striker has been removed for repair work to the connecting linkage. So, although the clock still tells the correct time - no chimes!

# ST MARY'S CHURCH, BARTON MILLS

## THE CROSS

We would like to thank all the local men who help to take down and put the cross back up on to the church tower. It went back up on Saturday, 19<sup>th</sup> September 2020, after refurbishment, which was carried out by Peter Noble. It will now be alight between 6 and 10pm each evening.

I would also like to thank Derek Judd, Dennis Todd and Peter Alder for their assistance throughout the year with the maintenance and grass cutting of the Church Yard.

*Alan Butcher, Churchwarden*

## HARVEST FESTIVAL, SUNDAY 18<sup>th</sup> OCTOBER. HARVEST HATS

As you will have seen on the church services page, Harvest Festival Sunday will be 18<sup>th</sup> October. Usually, in preparation for this, we would be asking for gifts of food for the Mildenhall Food Bank, and for people to decorate the church with fruit and vegetables and flowers.

But because of Covid-19, things are different. Instead of asking for gifts of food we are asking for gifts of money which will be given to the Food Bank for them to purchase necessary food. Details on the other page.

And, instead of decorating the church, which is not permitted, it has been suggested that we could decorate ourselves, by wearing **HARVEST HATS!** So, do come to the service at 9.30am on Sunday 18<sup>th</sup> October, and, if possible, wear a HARVEST HAT, i.e. any old hat suitably decorated to celebrate Harvest. Despite these difficult times, we do still have much to be thankful for.



## **A BRIEF HISTORY of BARTON MILLS**

Archaeology in 1923, at Chalk Hill near the village, showed finds of cremation burials, a pottery urn, and a bone necklace, all dating from the Bronze Age. Previous excavations here, in 1869, found similar burials and 'Beaker' pottery.

The Domesday Book (1086) shows that there were 22 households; these were under the control of two Tenant Owners. They were Richard son of Count Gilbert, who had 1 freeman, 8 smallholders and 1 servant/slave; and William of Vatteville who had 7 villagers and 5 smallholders.

The Church of St. Mary is medieval; it has a 13<sup>th</sup> century doorway and a 14<sup>th</sup> Century tower. There was much rebuilding work done in 14<sup>th</sup> Century, and later it was 'restored' in Victorian times.

Street Farmhouse, which has timber framing and jetted upper floors, dates from about 1500.

Grange Farmhouse has 16<sup>th</sup> Century origins with various additions throughout later centuries. The farmhouse stands on the site of the Grange of Barton Parva, which was held by Bury St. Edmunds Abbey from the 13<sup>th</sup> or 14<sup>th</sup> Century, until the Dissolution of Monasteries.

Other properties date from the 16<sup>th</sup> and 17<sup>th</sup> Centuries. One of these is the timber framed and thatched, Lord Mayor's Cottage, which stands on the probable site of Sir Henry Barton's house. He was the Lord Mayor of London from 1416 to 1428.

The Bull Inn dates from the 18<sup>th</sup> Century. It is known that Queen Victoria stayed here just before succeeding to the throne.

In 1732, the 2<sup>nd</sup> Earl of Oxford described a tiring journey across the Fens to reach Barton Mills, but was pleased to find that his onward journey to Bury St. Edmunds was easily navigable on the River Lark!



## BARTON MILLS BAPTIST CHURCH



Recently myself and many older friends, **have become increasingly anxious** when visiting shops for the first time after the **lifting of the original lockdown**. **Fear** for our children, **who are not afraid of what lies ahead**, and **fear** for older members who grew up in a society where the **doors to our homes never needed to be locked** but were always open to anybody for chats and a cup of tea. In this **fragile world**, where the most **solid institutions of our land are going “under”**, we are only human and **have cause to fret!** Our TVs and newspaper headlines constantly remind us to **be fearful of job losses**, and now the **dreaded loss of life from the current flu virus**. What then for the future?

Before we fall under the weight of **our accumulated fears**, we would do well to look back to a 20<sup>th</sup> century woman who bore sadness, pain and heartache with grace. Corrie Ten Boom lived through the hellish life of Nazi concentration camps – a place where **hope was lost** for most people. She survived to tell her story of **unfaltering faith and tight fisted hope in God**. She saw the face of evil up close and personal. She saw some of the most inhumane acts man can do to man. And when she came out of it all, she said this **“If you look at the world, you’ll be distressed, if you look within, you’ll be depressed, BUT if you look at Christ, you’ll be at rest”**. Where are you looking? Are you focusing on the world and its dangers? Are you gazing at yourself, hoping to find your own answer, or are you looking to **Jesus the author and finisher of your faith?** (Hebrews 12 v 1-2).

**Fear is a powerful emotion, it can make grown men seem like frightened children. God not only understands this, but He is also very patient with us as He develops in us the faith that overcomes fear. The Lord can use our fears to develop our faith.** To those who put **their trust in Him** He has promised **never to leave nor forsake** (Hebrews 13 v 5) and we have more **assurance in His word** that if we **acknowledge Him in all our ways, He will direct our paths.** (Proverbs 3 v 6). In verse 4 of Psalm 23 we read **“Yea, though I walk through the valley of the shadow of death I will fear no evil for Thou art with me, thy rod and thy staff they comfort me.”** To the child of God learning to trust in His care and goodness, our fears will bring renewed assurance that He is always there.

We hope to reopen the Chapel, D.V., at 3 p.m. on Sunday 27<sup>th</sup> September. Times and Dates of future services will be displayed on the notice board at the Chapel.

F. A. RUTTERFORD



# BARTON MILLS PARISH COUNCIL

## VACANCY ON THE PARISH COUNCIL

The Parish Council have a vacancy arising following the resignation of Cllr Garry Flack. A Notice of Vacancy has been published accordingly and an election will be held if requested by more than 9 electors, otherwise the Parish Council can fill the vacancy by co-option. This has not been determined at the time of printing and therefore will be confirmed on the website and Facebook.

If the vacancy can be filled by co-option, this will be at the meeting scheduled 3<sup>rd</sup> November 2020.

To be considered for co-option applicants must be at least 18 years of age and a Commonwealth or EU citizen, and must meet one of the following criteria:

- Be registered as a Local Government Elector for the Parish on the current Electoral Register.
- Has during the whole of the previous 12 months occupied as tenant or owner any land or other premises in the Parish.
- Has had his/her principal or only place of work in the previous 12 months in the Parish.
- Has resided either in the Parish or within 3 miles thereof during the previous 12 months

In the event of a co-option, anyone wishing to be considered for the vacancy should contact the Clerk to the Council, in writing by 24<sup>th</sup> October 2020, confirming that they meet the eligibility criteria and stating why they wish to join the Parish Council.

Should more than one application be received for the vacancy, councillors will decide the appointment by a vote, or series of votes, in order to obtain a majority decision.

To find out more about becoming a councillor please contact the Parish Council clerk or visit website: <https://beacouncillor.co.uk/>

## THE OLD LOCK BRIDGE, MILDENHALL

**Do you use the Old Lock Bridge, also known as Mallards Bridge?**

You are probably aware that the Old Lock Bridge that goes over the river between Mildenhall Cricket Club and the footpath between the river and Ship Gardens, has been closed as it is unsafe to use.

Suffolk County Council is currently looking at replacing the bridge and have approached Barton Mills Parish Council to discuss partial funding.

To assist the parish council discussions, we would like to hear from our parishioners. Would you use the new bridge, and would you be happy that Parish Council funds are used to help contribute towards the cost of this?

Please send your comments to the clerk at [clerk@bartonmills.net](mailto:clerk@bartonmills.net) or via our Facebook page.

## Next Parish Council Meetings

The next Parish Council meetings will be held on Tuesday 6<sup>th</sup> October and Tuesday 3<sup>rd</sup> November 2020. 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 Home, 07560 672663

Clerk: Jaci 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**

We wish we were able to say that a date had been set for re-starting the Wednesday Club but just at the moment the situation is not safe for us to meet. We sincerely wish that this current pandemic improves soon and we all stay safe. The Committee will meet again in November to consider the situation and it is hoped that we will be able to have our first meeting on 6<sup>th</sup> January 2021. This will be the AGM. For those of you who paid your yearly subscription last January/February, we have decided that you will not have to pay anymore for 2021 membership.

Many speakers have been cancelled and we will try to re-book them for next year. We are so grateful that we received a refund for our theatre trip last March.

We must now look forward to a Healthy 2021.  
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**

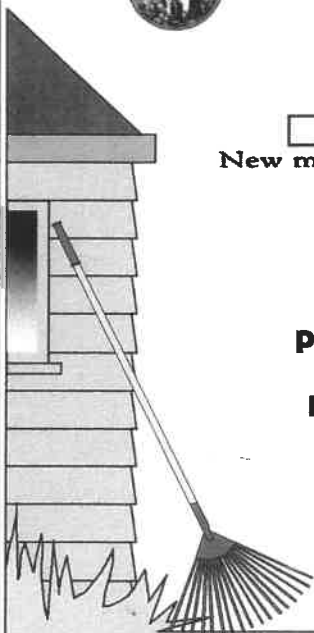
MEMBER OF R.H.S.

**Annual Subscription** **£12.00**

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

**Meetings suspended  
for the time being.  
Please see article on page 14**

**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 - September

£30	216	C. Powell
£20	98	J. Stirges
£10	218	N. Chapman
£10	189	B. Klatt

**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.....**

Mildenhall Museum opening times remain Tues, Wed, Thurs, 2-4 and Fri. 10.30- 4. and are likely to remain thus for the rest of the year unless new restrictions are enforced upon us. Visitors must wear a mask, gloves are provided. The one-way system works well. You can now access a huge number of old photographs from the computer in the Community Room and order print or digital copies for a modest fee.

Your Christmas shopping opportunities will be curtailed so why not take a look and see what is on offer here, for adults as well as children.

On Tuesday, 8<sup>th</sup> September a group of members met on the Recreation Ground at Barton Mills. We brought our own chairs and refreshments and enjoyed an hour and a half in the sun. It was the first chance many had had to see their friends since our last meeting in March. It was good to catch up with news and to see how we all coped with Lockdown. Our plan was to repeat this in October but with the new government guidelines this may not now be possible. We are all looking forward to the resumption of our meetings.



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



## Good Neighbour Scheme

### -looking forward

Since the September edition of the Barton Miller, the Scheme has received a number of requests from villagers seeking assistance with the types of tasks that represent a move towards the normality that existed pre-COVID-19.

The absence of the such requests during the period of lockdown and shielding meant that the focus of the Scheme was very much centred on shopping and prescription collection, for which a corps of dedicated volunteers readily and willingly provided their services to meet. The potential for a degree of normality to return to the Scheme will hopefully enable more of our volunteers to offer their skills and time to meeting other types of requests for assistance, alongside the continuation of the shopping and prescription collection services that we have always offered.

The Good Neighbour Scheme is not just about one-off tasks but also offers regular chats by telephone or face-to-face (when times and COVID-19 restrictions permit) between our volunteers and villagers experiencing isolation and loneliness. Such contacts have already brought about new friendships and reduced loneliness amongst those for whom the Scheme has met their needs.

Each December, the Good Neighbour Scheme has held a Coffee Morning on a pre-Christmas Saturday in the Village Hall. These Coffee Mornings have raised considerable funds for the Scheme to meet its financial needs but more importantly they have been great social events that have brought villagers together over teas, coffees and delicious cakes. In these uncertain times it is difficult to plan for a 2020 event but it remains under review at this time and we will try to publicise it sufficiently in advance if we are able to hold it this year.

Can I remind readers that we offer quite a wide 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)

## **READERS' LETTERS**

In the September Barton Miller we printed an article suggesting that if you sometimes feel that you would like to tell everyone in Barton Mills what you think about something, you could write a 'Reader's Letter' and have it published in the Barton Miller. Although there are now various ways of saying things on social media, this magazine is the only way of getting your views in to every home in the parish.

But, so far, the Editors have not received any such letters! Does this mean that there is nothing to talk about in Barton Mills? No suggestions, or comments on local events? We need your letters to make an interesting feature. Please put your thoughts, preferably on a local topic, and definitely in printable language, into a letter, and send it to the editor, Frances Lewis, by hand or post to 11 Church Meadow, Barton Mills, IP28 6AR or by e-mail to frances\_lewis11@hotmail.com.

The editors' decisions on publications will be final, and letters may be edited before publication!

*Frances Lewis, Nancy Higgins*

## **GARDEN CLUB**

The Garden Club Committee recently met to decide if we should have an AGM and how to proceed. A copy of the accounts will be circulated on which members will be asked to comment. We will hold elections for officers and the committee when we are able to hold a full AGM. If anyone wants to stand for the committee please let me know and we can arrange to co-opt them until those elections can be held.

It was decided that we could not afford to open for club meetings with limited numbers and with the cost of speakers, we would lose too much at every meeting. All programmed meetings are cancelled, as has the New Year Lunch.

We decided we would produce a newsletter comprised of any garden related topics members wish to submit.

We will meet to decide future action at the end of the year, unless government advice changes the situation.

**CANCELLED**  
**SORRY!**

*Autumn Fair*

*St Mary's Church*

*Barton Mills*

*Saturday 17<sup>th</sup> October*

*1pm – 5pm*

Please visit the HOSPICE CHARITY SHOP  
in Mildenhall for your Christmas cards  
and calendars

## **BARTON MILLER DELIVERERS NEEDED!**

**We are looking for two new volunteers to deliver the Barton Miller:**

- 1. Mildenhall Road (approx. 40 copies)**
- 2. Manor View and Burrell Crescent (approx. 40 copies).**

**Please contact Claire on 07585 383334 or [claire.b.miller1@gmail.com](mailto:claire.b.miller1@gmail.com) if you are interested. Thank you!**

### **Barton Mills Quilting Group**

We are a friendly group of twenty ladies who love to quilt and sew. We normally meet in the Village Hall on the second Saturday of each month from 10.00 – 16.00. Unfortunately, we have not been able to meet since March this year. We had hoped to start meeting in groups of ten in October but even this is not allowed at present. We are looking forward to the time when we can meet again. Many of our ladies made scrubs for West Suffolk Hospital during April. It was good to feel that we were doing something to help. Meanwhile we continue to sew for ourselves and charities. The Rosie in Cambridge benefits from members making and donating small quilts for their neo-natal unit and we also make lap quilts for the Kidney Patients Association for their dialysis units at Cambridge, Bury St Edmunds, Hinchinbrook and Peterborough.

Enquiries to Ann on 01638 510008 or [jacobs.family@me.com](mailto:jacobs.family@me.com)



## *A Curious Papal Connection to Barton Mills?*

There is a reference to the document: '*List of Rectors with Sundry Documents relating to Church Matters at Barton Mills*', written by Edgar Powell in 1907. His document only inferred that in the 13<sup>th</sup> Century, Jacobus de Scabellis was a non-resident rector of this parish. However, Edgar Powell was correct in identifying Scabellus as the man who became a Pope.

Internet research reveals that Giacomo Savelli, who took the Latin name Jacobus de Scabellis, was the son of a Senator from a wealthy and influential family in Rome. He studied at the University of Paris, and had funds from various sources. Scabellis rose to the status of a Cardinal, and by 1285 he became Pope Honorius IV. It is recorded that when he was Pope, he relinquished the benefice of 'Berton' in the Diocese of Norwich.

No records of this Berton or Barton in the Norwich Diocese's history have yet been found. Nor any direct evidence of Barton Mills (or Barton Parva as it was once known) being within the diocese of Bury St. Edmunds Abbey until the following century!

*Alistair Nobbs. (Alistair lives in Moulton and has been researching information on villages in this area. Ed)*

## **PRESERVATION TRUST QUIZ:**

Because of all the Covid 19 regulations, the Quiz, scheduled for Friday 23<sup>rd</sup> October, has had to be cancelled. But here are some of the questions that might have been used on that evening. Why not have a 'Group of 6' get - together and see how many you can answer? The answers will be printed next month.

### **A. ENTERTAINMENT:**

Which British singer's real name is Gordon Sumner?

Which actress, born in Holland, won an Academy Award for the 1953 film 'Roman Holiday'?

At the 2014 Cannes Film Festival, who won the best actress award in David Cronenberg's Hollywood satire 'Map to the Stars'?

Who played the title role in the 1970 film 'A Man Called Horse'?

In 'Snow White and the Seven Dwarfs', which dwarf wore glasses?

### **B. GEOGRAPHY:**

What is the name of the extinct volcano in Edinburgh that is the main peak of the group of hills which form most of Holyrood Park?

Windhoek is the capital city of which African country?

What is the name of the suspension bridge linking Kenmare to Glengariff?

In which middle eastern country did Ariel Sharon succeed Ehud Barak as Prime Minister in March 2001?

Which main canal runs between Birmingham and London?

### **C. ART and LITERATURE:**

Charles Dickens' novel 'A Tale of Two Cities' is set in London and which other European capital?

Who wrote the play 'The Mousetrap'?

What 'C' is in the Scottish orchestra acronym, S.C.O.?

Who wrote the book that the film 'The Beach' is based on?

In which city is the Prado Gallery?

D. SCIENCE and NATURE:

Which German scientist proved that the planets orbit the sun in ellipses?

Which fish has the Latin name 'salmo trutta'?

Which animal is also known as a ground squirrel?

Lonesome George died at the Galapagos National Park in Ecuador in June 2012 at the estimated age of 100. Believed to be the last of its subspecies, what kind of animal was George?

What name is given to the larval stage of frogs and toads?

E. FOOD and DRINK:

Plantain is a cooking variety of what familiar fruit

What type of wheat is spaghetti traditionally made from?

Gin and lime juice garnished with a lime wedge is known as a what?

What did Mark Twain call "Nothing but a cabbage with a college education"?

Which Scottish town do you associate with a rich fruit cake decorated with almonds?

F. HISTORY:

Which George was on the throne at the time of the American Declaration of Independence?

What famous 'D'; philosopher quoted "I think therefore I am"?

In 1660, which famous diarist wrote about the first ever use of the shoe buckle?

Who became British Prime Minister in 1979?

In which year in the 1920s did the Great Wall Street Crash occur?

How many could you answer? And how about looking up the rest so that you can score full marks next month?

Sorry – no prizes this time!!

# What's on in Freckenham October 2020

Some weekly events are starting back at Freckenham Village Hall. But there are different things in place to make sure we all can keep as safe as possible. So do contact the instructor first to check what is needed, some due to space are having to operate a booking system, perhaps even doing two sessions, some are continuing with their Zoom or other virtual lessons! Yoga tutors Chrissie Bond and Suzy Howard will restart in October. Some of you may remember Suzy 07548 898 775 from her classes at your village hall and she will change her Zoom class to Thursday. We are also delighted that we have some new tutors to replace Julia Cragie. Sharon Haynes for FitSteps and FABS is now called #ChairFit with Karen Peachy-Gallagher 07554 119 550 it is designed for the less mobile 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! 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 **OUTDOOR Farmers Market** over the summer have been popular. We are looking at moving some of the stalls inside for October 31<sup>st</sup> market 10 – 12 noon and hopefully continuing in that style. Still 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 inside stalls. Sorry no refreshments. Stalls likely to include fruit & veg, meat, pies, cheese, olives, bread, honey, eggs, WI, chocolate, Suffolk Scone Lady, preserves & pickles, and some craft stalls. A Sunnica Awareness Stall run by Freckenham Parish Council and a Poppy Appeal Stall too.

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

**The Golden Boar Inn** with all their Covid-19 aware procedures in place, have restarted their weekly Thursday quiz nights so do take a look at their Facebook page or give them a ring 01638 723000!

## **CLASSES FOR FITNESS AND WELLBEING**

### **New Classes in Barton Mills Village Hall on Tuesdays**

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

Chair based dance, mobility and strength class every Tuesday at 2:00 pm. 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 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**

## **FREE SESSIONS for PROPOSED NEW CLASSES**

#### **Vinyasa Yoga and Pranayama: Free Session on Thursday 15<sup>th</sup> October at 10am**

Asana and Pranayama practice to release your daily stress while you tone your muscles, improve your mobility and quiet your mind. You'll explore the fundamentals of power vinyasa yoga through invigorating flows that build heat from within. Prepare to elevate your awareness and engage every muscle in your body while improving your strength, endurance, and flexibility.

**Book a free session on Thursday 8<sup>th</sup> October at 10:00 am**

**Contact Marta at: marta.maj@mmhealthandfitness.co    Mobile: 07914493352**

#### **Strictly Dance: Free Session on Thursday 15<sup>th</sup> October at 10:45 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 class we will enjoy moving to cha cha cha, samba, rumba, tango, flamenco, boogie, swing and many more. 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**

**N.B.** Exercise classes are exempt from the 'rule of 6', and Barton Mills Village Hall is a 'covid-19 secure' venue. *Ed.*

# Thank You

In the absence of boot sales during the summer I had plants and then miscellaneous items on sale at my gate in exchange for donations. Huge thanks to everyone who supported this effort. A cheque for over £200 was sent to The Brooke for their work with working donkeys and horses abroad.

If you use kindling and firewood keep an eye on my gate- I plan to put some boxes/bags there soon.

*Norma Chapman*



## Patrick McDonough



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	½ page of A5	<b>£5.00</b>	<b>Per issue</b>
	Whole page A5	<b>£10.00</b>	<b>Per issue</b>

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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#### **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.

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**The Parish Council has a vacancy for a councillor.**

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There are more details on the Parish Council page inside this issue.

**Contacting the Parish Council:**

Anyone in our community who has an issue or question they need to raise can contact the council at any time. As councillors we are your representatives and are available to address any issues you may have.

You can reach us via email: [clerk@bartonmills.net](mailto:clerk@bartonmills.net)

via Facebook or the website: [www.bartonmills.net](http://www.bartonmills.net)

or by contacting the Chairman, Neil Horne by phone: 07590 672963

**Next Parish Council meeting:  
Tuesday 6th October 2020  
7.30pm**

Our next meeting will either be held remotely or in the village hall. At the time of going to press we are keen to return to our traditional meeting place as soon as government guidelines allow. When this is possible we will be back! In the meantime everyone is welcome to join our remote meetings via Zoom. Details will be published on the Parish Council agenda, placed in the village notice board and across our social media platforms a few days before if you would like to attend.

For latest advice visit West Suffolk Council website  
<https://www.westsuffolk.gov.uk/coronavirus/>