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PARISH & COMMUNITY NEWS

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February 2016

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Contents

	Page		Page
A Word in Your ear	33	Just Gardening	17
Church News	33 - 37	Kettle's Calling	9
Community News	20 -32	Mobile Library	42
Community Circle Club	9	Parish News Information	4
From your Correspondent	10 - 15	Small Ads	63, 64, 65
Dates for Your Diary	5	Useful Contacts	67
Good Neighbours	65	Wyverstone Cafe Dates	9

Our February cover photograph is of Roley Baker, veteran of the Second World War, survivor of the Death Railway, resident in Bacton for 60years and still going strong at 94 years old.

We apologise if anyone finds his story distressing but we felt it was the least we could do for him after what he did for his country all those years ago.

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PARISH NEWS

Magazine Deadline

Please note that the deadline for submissions to this magazine is the **15th** of the previous month, i.e. 15th January for the February edition.

To contact the Parish & Community News, send a contribution, or for those of you who contribute to the magazine regularly, please e-mail your information to **ajmanley@icloud.com** by the **15th of the previous month at the latest**. You don't need to format it if you are happy to leave it to us.

If you do not have email, please deliver your contributions with a contact phone number to :-

Parish News Editor, The Limes, Rectory Road, Bacton, IP14 4LE
(Next to the Scout Hut)

To advertise in the Parish & Community News please contact -

Linda Last on 01449 781772 or linda.last@talk21.com

Current rates for 12 issues are:-

Full A5 Page - £200, ½ A5 page - £115,

¼ A5 page portrait - £60, Small Ads - 50p per word

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or only £100 for an A4 issue

Please contact **Linda Last** at least two months in advance.

If you have an Ad you think could benefit from a re-design we can do this for you for a fee of only £7.50

Bacton, Cotton and Wyverstone Parish & Community News

If you know of anyone new to the area, a visitor or anyone who would like a current copy of the Parish & Community News there will be a limited number available to buy each month at Bacton Post Office.

The current price for a single issue is 15pence.

DATES FOR YOUR DIARY 2016**February**

Day/Date	Time	Event
Mon 1st	7.30pm	Bacton & District W.I. - 'It'll Be Alright on the Night' - Gayle Wade (from Woolpit Drama Club) page 20
Mon 8th	7.30pm	RBL Women's Section - "The Top End of Australia" - Graham Jenner
Tues 9th	2pm - 4pm	Community Circle Club - at Cotton Village Hall
Tues 16th	7.30pm	RBL - Old Newton Sports and Social Club
Tues 16th	7.30pm	Bacton History Society - "Servants in Suffolk Country Houses 1700 - 1900" page 27
Sat 20th	7.30pm	Wine tasting Quiz with Supper - Bacton Village Hall page 21
Tues 23rd	2pm - 4pm	Community Circle Club - at Cotton Village Hall

March

Day/Date	Time	Event
Sat 5th	10.00am - 12.00noon	Community Circle Cafe - at Cotton Village Hall 
Tues 8th	2pm - 4pm	Community Circle Club - at Cotton Village Hall
Tues 22nd	2pm - 4pm	Community Circle Club - at Cotton Village Hall



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2016**

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22nd June,
5th October
7th December

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Stowmarket Choral is holding another Singing Day

on **Saturday 27th February** from **10am to 4pm** at Stowmarket URC. Appropriately for this year of the Queen's 90th birthday, the work being studied is Mozart's uplifting Coronation Mass. Details and online booking are available on the choir's website - **www.stowmarketchorale.org.uk**

The choir's next performance will be at **the Apex, Bury St Edmunds on Saturday 7th May at 7.30pm**. The choir will be accompanied in Mozart's Coronation Mass and Solemn Vespers by the Kingfisher Sinfonietta who will also be playing Mozart's much-loved Clarinet Concerto with soloist Julian Farrell. Tickets are already available online at **theapex.co.uk** and early-bird prices are available until the end of February.

**Plant Heritage Suffolk Group
Warmly invites you to a talk**

'The Narcissus (pre 1930 daffodils) Plant Collection'
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Duncan's extensive experience includes: Curator at Chelsea Physic Garden; Head of Gardens, Scottish National Trust; Internal Plant Registrar for the RHS. In addition, he has developed Croft 16 Daffodils an outlet for surplus pre 1930s daffodils a National Collection of which is shared by Duncan and his wife.

Saturday 20th February 2016 at 2.30pm
Stowupland Village Hall IP14 4BQ

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FEBRUARY 6th & 20th

March 5th & 19th

Kettle's Calling



Where....The Community Room, St Mary's Bacton

When?2pm - 4pm

FEBRUARY - 1st, 15th & 29th

**March - 14th (No Kettle's Calling on B.H.
Monday 28th)**

Who? Everyone is welcome - Free!
(though donations always welcome!)

Why not come along for tea, toast, cakes and savouries?

Why not bring a friend?

For more details, please ring - Linda Last: 781772, Janice Shea: 781263

Please let us know if you would like a lift.

Cotton Community Circle Tuesday Afternoon Club

We are a social group and we meet at Cotton Village Hall on the second and fourth Tuesdays of most months from 2pm until 4pm.

(NB: No meetings during July, August, and December 2016)

So why not come along? You choose – board games, darts, table tennis, plus a collection of books and DVDs to swap.

And there's **always** friendly, lively conversation!

Coffee or tea, biscuits (and sometimes cake) are available.

What's not to like? Bring your friends!

All this for only £1.00 per person.

For more information, ring: 01449 781083

From your February Correspondent

The Railway Man, starring Colin Firth and Nicole Kidman, is based on the best-selling book by Eric Lomax, the movie tells the story of the infamous 'Death Railway' which British prisoners of war (PoWs) were forced to build in Burma by their Japanese captors. The film was premiered at the Regal cinema, Stowmarket on the 17th of January 2014 in the presence of a very distinguished guest. Bacton resident Roland (Roley) Baker, a Japanese PoW survivor himself, was invited to walk the red carpet at the Stowmarket Regal as a guest of honour, after he was unable to accept his invitation to the London premiere of the film in Leicester Square.

Roland was born in Stowupland on the 17th of January 1921 and the family moved to Wickham Skeith in 1930. He left school aged 14 to work on a local farm and at 18 yrs old decided to join the Territorial Army. To this end he cycled to Stowmarket two evenings a week for training, an 18 mile round trip, before being called up in September 1939 for service in the second world war. Roland Frederick Baker became Private R.F. Baker 5828330 serving as a company commander's driver.

In 1941 his regiment was sent to fight in Singapore and Roland recalls that Bren gun Carriers were used as tanks in their fight against the enemy. Unfortunately these vehicles had open backs which enabled the Japanese soldiers to throw hand grenades into them with deadly consequences. The solution to this appeared to be covering the backs of the trucks with wire netting but the Japanese soon got wise and countered this by putting hooks on the hand grenades which caught in the netting and clung on.

In 1942 Roland and the 4th and 5th Battalions of the Suffolk Regiment fought in the Battle of Singapore, before being ordered to surrender to the Japanese Imperial Army. Roland's years of brutal captivity began when the soldiers were transported to Thailand by train. "We were taken from Singapore to Thailand for four days and four nights in cattle trucks," he said. "There were 30 inside and 10 on the top but when the sparks from the engine came out the 10 on top had to get inside, so there were 40 inside. We had to take it in turns to sit down". "When we arrived in Thailand we were bombed by the Americans; that killed 100 in our camp."

From that moment Roland's gruelling work on the Thailand - Burma Railway (otherwise known as the Death Railway) began. The prisoners were forced to march through the jungle, sleeping in the open until they had built their own camps.

The huts were constructed from Bamboo and accommodation for their captors had to be completed before they were allowed to build shelter for themselves. During the three and a half years that they worked on the railway their twice daily ration of food consisted of water and rice, often maggots infested, on which ration they were expected to work a twelve to eighteen hour day seven days per week. When the prisoners' own clothes wore out they wore only loin cloths and, at night, slept with only rice sacks to cover them.

"All the bridges were built of wood cut from the jungle and we carried the sleepers on our shoulders," Roland said. "Having no clothes, there was no padding or protection of any sort, so the blood was running down our arms and backs and I still have the scars today. You can't forget it and I'll never forget it." In addition to this Roland and his comrades would often be beaten with pick axe handles or bamboo for making mistakes or not bowing to their captors.

"There was a whole division from East Anglia out there and two battalions from Suffolk, and we had over 180 killed in action in Singapore in two weeks and then 638 died as prisoners of war." Listening to Roland's story it's a wonder that any of those brave men survived.

Among those killed were many of Roland's friends from Stowmarket, Bury, Haverhill and Eye and Roland holds an official record of every man who was killed as a prisoner. When work on the railway had been completed the surviving prisoners were transported back to Bangkok docks whence they were taken to the borders of Indo-China and put to work constructing an airstrip.

Several months before their liberation Roland and his fellow prisoners felt the Japanese soldiers becoming kinder to their captives and finally the prisoners heard a bomb had been dropped on mainland Japan which could end the war. They were liberated by British forces in 1945 and supplies were dropped from British planes to sustain them until they could be finally got out.

Roland told us that when he was called up in 1939 aged 18 he probably weighed 10 or 11 stone (63 - 69 Kilos) and when he was finally released from captivity he weighed only 5 stone (31 Kilos).

We are grateful to Roland for contacting our village magazine with his story and hope you will all feel the better for having read this tale of strength, stoicism and extraordinary courage. Roland is surely an example to us all and deserves the greatest respect from all of us.

Report by Amanda Manley

Dad's Tin Box by Sheila Hinch

Father was thin when he returned from the war
He kept repeating "Can't believe what I saw",
Went on about men and how they were cruel,
And how he'd survived on stinking gruel.

We wondered why he was moody and cross,
Sometimes he smiled, but not a lot,
He would lock himself away for days,
As kids we didn't understand his ways.

We would hear him weeping behind his door,
Then cry out loud, "No more, no more",
Mam would say, "He'll be alright",
But we would hear him night after night

It put such a look on Mother's face,
Whatever happened in that faraway place?
Changed all our lives - most of dad's
Sometimes he seemed to us "quite mad".

This strange behaviour went on and on,
We would look at him and ask, "What's wrong?"
With tears in his eyes he held us near,
We'll never forget that look of fear.

In the garden he worked for many an hour,
Digging and planting whilst talking to flowers,
He'd dress in old shorts with a band round his hair,
And spoke to his friends as though they were there.

One windy night, when I couldn't sleep,
I went downstairs with quiet feet,
The wind must have blown Father's door open wide
I silently made my way inside.

Father was sleeping but sat upright,
He held a tin box, clutching it tight.
He awoke from his sleep, saw me and fled,
And locked himself away in the shed.

A few months later he passed away,
"Now his torture is over", Mother would say.
The past wouldn't leave him, that was quite plain,
For all Mam had tried couldn't ease the pain.



ROLLIE BAKER
d.o.b. 17 JAN. 1921
ARMY 5TH SUFFOLKS

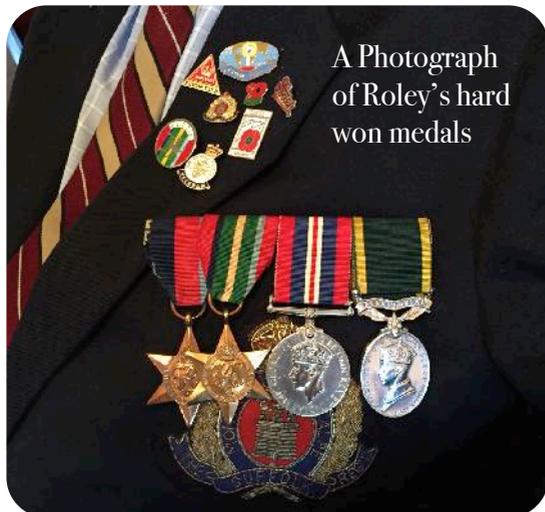
CAPTURED
SINGAPORE. JAN.42
JAPANESE P.O.W.
1942 - SEPT. 1945.
DEATH RAILWAY

Roley (as he likes to be known) was very keen that this poem should be published with his story as he said it could have been written for him.

It was accompanied by the following footnote.

'The furore over Japan's whitewashing of it's wartime atrocities is understandable.

**We decided to open Dad's rusty tin box,
What was inside left us all in shock.
Pictures of men being beheaded and shot,
Some strung on poles and some left to rot.
A few scribbled words, some pictures of Mother.
The words read 'Be happy, love one another'.
A dirty old hanky, a dried bag of rice
And all through the box the remains of dead lice.
That's all we had to remind us of Dad,
We all cried together for what he had had,
Years of starvation, torture and pain,
Hot sun, mosquitoes and torrential rain.
The strain on Mother had taken it's toll,
Yet another victim of War's Roll Call.
It left us children feeling cheated and sad,
That war took Mother, and the mind of our Dad.
Will they ever say sorry for what they have done,
Those from the Land of the Rising Sun?
For thousands of men, their sun didn't rise.
Those who survived still have tears in their eyes.
Over fifty years have now slipped away,
Many memories are stirred on each VJ Day.
My father's face, I remember it well,
As the face of the man who had been to Hell!**



A Photograph
of Roley's hard
won medals

It is, however, inexcusable that the Japanese government should treat lightly the atrocities of its past militaristic government. Crimes that still haunt many Asian citizens and surviving British Prisoners of War, and many other military and civilian personnel who endured years of incarceration.

While Japanese right-wing nationalists insist that Japan was forced to go to war, they must explain why it was necessary to brutalise, rape, kill, and maim millions of civilians and prisoners of war. If barbarity and terror were part of their strategy, then they deserve to be investigated.

At the same time it would be reasonable to expect the various governments of the allies to undertake a strong line in the investigation and the justice that goes with it, on behalf of so many victims'.



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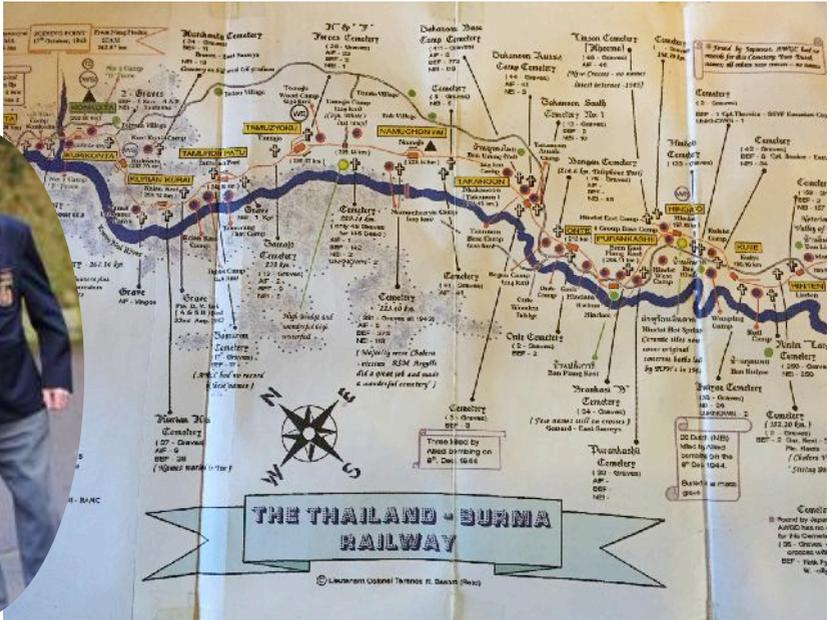
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From approximately 1990 foreigners began to petition Japanese courts for compensation related to atrocities committed in WWII. On the 51st anniversary of VJ day Roley, with William Theobald (also from Stowmarket) and members of the Southend Prisoners of War Association went to 10 Downing street with a petition.



A section from Royle's Map of the infamous railway that claimed so many lives.

Royle Baker has lived with us here in Bacton for 60 years and has been living on his own since his wife, Kathleen, died aged 102.

Since the war he has been privileged to lay a Wreath at the cenotaph every remembrance Sunday, has met many prominent citizens including Terry Waite and has been invited to ceremonial occasions at Buckingham Palace and St James's Palace.



On July 10th 2005 there was a parade in Bury St Edmunds to mark the 60th Anniversary of the end of WWII and a wrought iron commemorative plaque was installed on Angel Hill to honour those Far East Prisoners of War who did not return home.

Royle tells us that 20,000 men died working on the railway, 337 were from his own regiment. He himself nearly lost a leg when an open sore became infected and he says the 'surgeon' could cut off a leg with a wood saw in 11 minutes. However, some crystals were obtained from local people which effected a cure allowing Royle to keep his leg, he was one of the 'lucky' ones. He tells us that he survived only by a miracle, because he didn't catch Beri Beri, Malaria or Cholera which caused so many brave souls to succumb. Those who died were thrown onto heaps and burnt.

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Just Gardening

As far as outside work is concerned, everything depends on the weather. This time of year can be very mixed and you have to pick your days.

There is always an odd job or two which needs to be done this time of the year. You can see a lot more, especially under bushes and shrubs and I take this opportunity with a leaf rake to have a good clear out of any debris which might have accumulated in those parts of the garden. It's warm work and just right on a cold clear day.

If it has been wet try to stay off your lawn as more harm than good will be caused by this action.

Make sure any protection you have applied to your more tender plants are still in place.

Have a look at a seed catalogue if you are thinking of purchasing any packets of seeds.

Plan for the new season. Think about that area of the garden you've not been too happy with and plant it out in a new style using colour and texture.

If any bulbs are beginning to show above the soil and you have a good supply of your own made compost, you can spread some around the flower beds just to give the bulbs a little protection and in turn this will improve the quality of your soil.

It you have a shed or garage now is the time to give the garden furniture a new look with a coat of paint or preservative.

Happy Gardening Norman Parcell



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Bacton RBL Women's Section: The Christmas meal venue for 2015 was Lizzy's Café at Risby Barns near Bury St. Edmunds.

There were 16 members and friends including 2 members of Bacton RBL.

The welcome was extended by the Chairman Sandra Welham who then said a short Grace.

There followed a delicious home cooked meal of beef/turkey roast with fresh vegetables followed by Christmas pudding and lighter desserts.

Sandra presented Zandra Taylor with a potted plant after serving 11 years on the committee.

Former Chairman Angela Elmer was given a round of applause on winning The Gold Award.

Members were reminded to keep any unwanted Christmas presents for the Lucky Dip Stall at the 2016 Bacton Fayre and kindly give to organiser Cynthia Elmer.

Lizzy and staff were warmly thanked by everyone for a grand meal.

Members Doreen Wynne and Joyce Griggs were thanked for running the Christmas Draw, the prizes for which were donated by the Committee and a profit of £43 was made.

Sandra then recited the poem "I Keep My Snowman in the Freezer" by Ian McMillan and told a Santa Claus joke. RBL Secretary Peter Gipson also kindly told some jokes which raised some laughter and added to the Christmas spirit.

The members were wished a Very Happy Christmas and New Year and Angela Elmer thanked Sandra for the organisation of the day on behalf of the members.

The merry party then returned home via the ever reliable Mark and his mini-bus.



Now that Christmas and New Year are over Bacton W.I. will be preparing for our first meeting of 2016. This will be on **Monday February 1st** and will be a talk by Gayle Wade from the very successful Woolpit Drama Club. Gayle's talk is entitled 'It Will Be Alright on the Night' and will be a presentation on the ups and downs of a local Amateur Dramatics group.

As always visitors are very welcome for £3 up to a maximum of 3 visits.

Kevin Laflin



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CALLING ALL ACTORS!

We're having another **murder mystery event on April 16**, and are looking for would-be actors. The event, in Bacton Village Hall, involves a short three act play in which one of the characters is killed. The audience then has to guess who dunnit. Our previous murder mysteries have been great fun and very popular.

If you would like to join the cast and are free for rehearsals in late February and March, please contact our director, Cath Lockwood **as soon as possible**.

The event is in aid of the Friends of St. Mary's, Bacton.

All profits go towards the maintenance of our magnificent Doom painting which is about to be restored.



Wine Tasting

Quiz

with Supper

At Bacton Village Hall
Saturday February 20th
at 7.30pm

Master of Ceremonies
David Hammond

Tickets £12.50

from Ann 01449 781607
or Helen 01449 781255

RAFFLE

For the Friends of St Mary's, Bacton
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**WYVERSTONE
PARISH COUNCIL**
Phil Webb



A meeting of the Wyverstone Parish Council took place on Thursday 7th January 2016.

Mr Andy Mellen was co-opted onto the council.

A joint meeting with Bacton Parish Council and Suffolk County Council regarding the future of the Bacton Middle School site has now taken place. The main points arising from the Public Meeting in November were put to the County Councils officers, who thought that the community aspirations were realistic and well considered. The County Council are working with their consultants to formulate a proposal and will consult further when plans have been prepared.

The Community Emergency Plan was discussed and it was agreed to create an assets register into the existing document. Further input was to be sought from the local councils Emergency Plan co-ordinator.

The footpath warden is talking to the Local Council regarding the condition of the path between Potash Lane and Hundred Lanes walk.

To celebrate the Queens 90th Birthday a national campaign called "Clean for the Queen" has been launched and is to take place in March. It is planned for the Wyverstone litter pick, cleaning of signs etc. to take place on 20th March.

Volunteers are asked to meet at the village Hall at 10.30pm. Please put the date in your diary, further details will be in the March magazine.

Copies of the minutes of previous Parish Council Meetings can be found on www.wyverstone.onesuffolk.net/parish-council.

The next Parish Council Meeting is on **8th March 2016 at 7.30 pm** at the Village Hall. All members of the public are invited to attend the meeting. A copy of the agenda for the meeting will be posted on the village notice boards, at least 3 days prior to the meeting

**BACTON
PARISH COUNCIL**
Ian Brookman



The Parish Council publishes it's minutes in full on the parish council website at:-

<http://bacton.onesuffolk.net/home/parish-council/meetings/> .

Following requests from some residents, a brief summary of the Parish Council's work will continue to be included in the parish magazine.

The Parish Council have co-opted Shirley Miller on to the Parish Council from the December meeting to fill one of the vacancies.

Recently the Parish Council has been working on two major projects, which are:

1. The former Middle School site, together with Wyverstone and other neighbouring parish councils, SCC officers and councillors, the parish council has been working to establish the communities aspirations around the use of some of the former middle school site. Following the November public meeting in the church there was a constructive meeting with SCC who will consider these aspirations, as they develop their proposals for the site.

2. Other proposed development in Bacton.

The Parish Council have been working with MSDC and developers to ensure the best outcome from future development for the area. In connection with the Broad Road development , working with MSDC and the landowners agents proposals to improve pedestrian access to/from the village under the railway bridge have been submitted as part of that application.

The continuing problem of parked cars for drop off and pick up at the primary school has also been discussed, with County Councillor Stringer presenting proposals from the SCC Highways team. These were discussed at the last meeting and the SCC Highways team will now be developing these further with the benefit of the Parish Council's input.

Those who visit the cemetery may have noted that the rules have been updated to help with the maintenance of the Parish Cemetery as a lawn cemetery. The cemetery rules are now as follows:

Applications to erect headstones and other memorials should be made to the Parish Clerk. The placing of such memorials shall be subject to the approval of the Parish Council.

Grave memorials will be limited to a conventional headstone or a headstone with a masonry vase positioned immediately in front of the headstone . Headstones and crosses may not exceed one metre in height with a base not exceeding 800 x 400 mm.

New Interments will be permitted to have floral tributes on the plot for one month.

Christmas wreaths will be permitted two weeks before Christmas and should be removed two weeks after Christmas; any which are not biodegradable should be removed by the family as these cannot be disposed of in the brown bin.

The planting of bulbs and plants on the plots will not be permitted.

No other vases, memorabilia or mementoes will be allowed and will be removed.

The next Parish Council meeting will be on Monday 21 February at 7.30pm in the Village Hall.

BACTON VILLAGE HALL AGM.

All Hall users are invited to attend the Bacton Village Hall AGM on Friday 12th February 2016 at 7pm.

Any concerns or suggestions can be addressed at this meeting.

Any resident of Bacton interested in joining the Committee or willing to help in any way would be very welcome.

An ordinary Committee Meeting will follow at 7.30pm.

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Cow Green, Bacton

**COTTON
PARISH COUNCIL**
Colin Hall



During the wet weather over the last few weeks footpaths have become very muddy, a seasonal hazard. However some have become dangerous and or impassable to walkers as horse riders have been using them. I would ask those riders who have been using these paths to consider others and stop using them. Once we get a period of dry weather hopefully the paths concerned will become usable to walkers again.

It has been a quiet period for the Council since the several meetings to discuss the planning application for Broad Road. The Council and residents of Cotton are extremely disappointed at the decision made by Mid Suffolk District Council Planning Committee who, it is felt ignored the serious objections raised by Cotton Parish Council and residents.

The Council will have met again on the 20th January 2016 and a report will appear in the next issue of the Parish Magazine.

Village web-site -

www.cotton.onesuffolk.net

Facebook -

Cotton Parish Grapevine

Old Newton Cricket Club

Want to get a head start before the season begins?

Winter Nets is for you

Finborough School Sports Hall,
IP14 3EF

**3-5 pm Sundays until 10th April
2016**

Open to all aged 14 and over

There is a cost of £5 for adults
and £2 for those in full time
education.

For further details contact Kevin
Swinburne:

k.swinburne@talk21.com



The Wyverstone over 60s club

Christmas Party, held in Wyverstone Village Hall on 23rd December 2015, was a great success. Members enjoyed a Buffet and Drinks whilst being entertained by the music of 'Mandy and Charlie'. Half the total cost of the day was funded by a generous donation from the Wyverstone Town Estate Trustees and the balance by monies raised at the 'Curry Night' in November. Our next meeting will be at 2.00pm on Wednesday the 17th of February at the village hall where new members would be very welcome.

Eddie Gale



NEWS FROM BACTON PLAYCENTRE

Hello from us all at BACTON PLAYCENTRE (Bacton Under Fives). With Christmas now just a happy memory, we are busy studying all things ARCTIC and have even built our own igloo! Our rooms are busy but we do have limited spaces available for all ages from 0-5 years in our Pre-school and 5-13 in our out of school groups (including before and after school and holiday clubs). Funding is offered to all 3 and 4 year olds for 15 hours per week and there is also some funding for 2 year olds – just contact us for more details.

Our 'toddler' group is re-launching! We now run 'Mini Explorers' aimed at 'traditional toddlers' and will now be run on **Friday mornings**. A new session named 'Tiny Explorers' for non-walkers/babies will be starting in March on a **Wednesday morning**. Sessions run 9:10-11:10am – stay the whole session or just drop in for a coffee and a chat. We will end the sessions with a bit of singing and music for those that wish to stay. Each week will be themed enabling everyone to get the most out of the sessions. Check our Facebook page or website for details of the weekly themes. We would love to see some new faces and a warm welcome awaits all. A small charge of £2 is being introduced as our funding for this was cut in the

recent local authority budget cuts. The toddler group was the start of Bacton Under Fives and is something we feel passionately about.

Friday 12th February we are having a '**Prince and Princess**' disco for all children up to age 9. There will very loosely be a 'Valentine' theme. Dancing, games with prizes and buffet tea all for just £3 a ticket (£4 on the night).

February half term we are open for Holiday Club fun with baking days being requested already! We have great fun with our 'bake-offs' and there are some budding chefs out there! We also have a vast range of crafts on offer along with computer consoles, games and outdoor fun. Fully Ofsted compliant in all aspects including correct adult to child ratios at all times and run by fully qualified staff (all of whom have first aid training). Please enquire for more details.

On March 3rd, World Book Day, we are running a '**Story Cafe**' at the Playcentre. Check our website or facebook page for details. Booking in is essential as places will be limited – this will be a great opportunity to explore a story and the learning opportunities stories bring.

On March 19th we are hoping to try something a bit different! A combination of events at the same time!! There will a Jumble Sale combined with a small Easter Fair where there will be games, tombola and goodies galore. We hope this will generate lots of support to raise much needed funds for the group – see the next Parish magazine for details!

COTTON VPA
 (Village Produce Association)
 at the Village Hall, 7.30pm

17th February
 'Plants to Music'
 with Mr. Peter Green

16th March
 'How Italian Gardens have
 influenced Ickworth'
 Talk with Slides
 by Mr. Sean Reid

*We welcome new members
 and visitors*

??Quiz night??
 with *Bangers and Mash*
 Saturday 5th March at 7pm
 Wyverstone Village Hall

Tickets £7
 from the Community Café
 or call Steve & Jan Axton on

014449 780001

????????????????????????????

**BACTON & COTTON
 LOCAL HISTORY
 SOCIETY**

**Tuesday, 16th February
 7.30 pm at Bacton village hall**

*"Servants in Suffolk Country
 Houses 1700 - 1900"* Having
 said farewell to the last of
 Downton Abbey we now look
 with Dr. Nick Sign at the many
 different servant roles required
 to run a large country house, the
 below stairs hierarchy, male and
 female duties, the wages paid and
 the working and living
 conditions.

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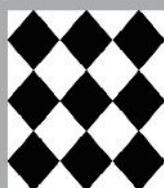
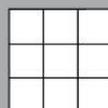
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Charity Concert

in aid of Nordoff Robbins



The Apex 20 February 7.30pm with:
St Edmundsbury Male Voice Choir
Laura Wright
Downham Preparatory School

Tickets now on sale from The Apex, on line or from the box office. <https://www.theapex.co.uk/whats-on/2016/02/20>



Coffee Morning & Cake Sale



Saturday March 19th 2016

at Bacton Village Hall

10.00am — 12.00noon

In aid of the William Brown Trust

Coffee, Home Made Cakes & Preserves

+ Raffle & Tombola - Raffle drawn at 11.30

Come & Join Us



February is National Heart Month here are a few tips from the British Heart Foundation for keeping a healthy heart.



- 1. Cut down on your salt intake!** Too much salt can cause high blood pressure, which increases the risk of developing coronary heart disease. Avoid foods like crisps, salted nuts, canned and packet soups and sauces, baked beans, and ready meals.
- 2. Watch your diet.** A healthy diet can help to reduce the risk of developing heart disease and can also help increase the chances of survival after a heart attack.
- 3. Get Active!** The heart is a muscle and it needs exercise to keep fit so that it can pump blood efficiently around your body with each heartbeat.
- 4. Manage your weight.** The number of people who are overweight in Britain is rising fast. Carrying a lot of extra weight as fat can greatly affect your health and increases the risk of life-threatening conditions such as coronary heart disease and diabetes. If you are overweight or obese start by making small, but healthy changes to what you eat and try to become more active.
- 5. Get your blood pressure and cholesterol levels checked by your GP.** People with high blood pressure run a higher risk of having a stroke or a heart attack. High levels of cholesterol in the blood - produced by the liver from saturated fats - can lead to fatty deposits in your coronary arteries that increase your risk of coronary heart disease, stroke, and diseases that affect the circulation. You can help lower your cholesterol level by exercising and eating high-fibre foods such as porridge, beans, pulses, lentils, nuts, fruits and vegetables.
- 6. Check your family history.** If a close relative is at risk of developing coronary heart disease from smoking, high blood pressure, high cholesterol, lack of physical activity, obesity and diabetes, then you could be at risk too.
- 7. Make sure you can recognise the early signs of coronary heart disease.** Tightness or discomfort in the chest, neck, arm or stomach which comes on when you exert yourself but goes away with rest may be the first sign of angina, which can lead to a heart attack if left untreated.

**Claire Bewley is a Director at My Care at Home based in Stowmarket
Tel: 01449 763086 www.mycare-at-home.co.uk**



Personal Care



Dementia Care



Respite Care

Stowmarket Lions 4th Annual Art Show at the John Peel Centre



The Stowmarket Lions are getting ready for their 4th Annual Art Show and Sale taking place over the weekend of the 4th to 6th March 2016. The show will again be held in the wonderful venue of the John Peel Centre for Creative Arts, which is centrally located in the town of Stowmarket. It is anticipated that over 300 entries by local artists and photographers will be on display offering a wide and varied range of exhibits for sale.

The Stowmarket Lions perform all their fundraising work on a voluntary basis and since its inauguration in 2013 the Art Show has raised thousands of pounds to help our local community.

The show will be open for general admission on **Saturday 5th and Sunday 6th March from 10.00am**. Admission is £1.00, with under 16's free when accompanied by an adult.

A Cheese & Wine Preview Evening will be held on Friday 4th March from 7.30pm. Tickets are priced at £6.00 each (includes Cheese & Wine) and numbers are limited. The Preview Evening is a great opportunity to view and purchase exhibits in an exclusive social setting.

Preview Evening tickets can be requested by email to **artshow2016@stowlions.org.uk**, along with general enquiries about the show.

SAVING THE DOOM

Many of us will remember the men carrying placards warning shoppers that “The end is nigh”.

In medieval times this warning message was written large on the walls of the churches.

In Bacton’s church, a 15th century Doom painting shows the saved being welcomed by St. Peter, while the sinners are falling into hell. One image shows someone being pushed in a wheelbarrow with a prancing devil nearby.

The painting, over the chancel arch has been gradually fading and now needs to be restored before we lose it altogether. So far the estimated cost is about £40,000.

The PCC and the Friends of St. Mary’s are raising money and grants to save this wonderful example of medieval art.

On February 20 we are holding a wine tasting quiz in Bacton village hall in aid of the Doom restoration. The wines will be chosen from the best on offer in supermarkets, so that those who like them can easily obtain more. We are also providing supper. Our quiz master is David Hammond.

On April 16, we are holding a murder mystery evening, also in aid of the Doom. Tickets for the wine quiz cost £12.50 and are available from Ann Kent on 01449 781607 or Helen Thomson on 781255.

Easter Themed



Chocolate Bingo!



Saturday 5th March

Fantastic Family Night Out!

Needham Market Community Centre 7.00pm

First game 7.30 prompt

Full Bar Open — Entry £6.00 (Under 10’s half price)

To include hot Supper with dessert

Bingo with a real difference!

Six exciting games with Special “Kidz only” Game
Chocolate related prizes and raffle

££££££££££ Final Game Cash Prize ££££££££££

A Word in Your Ear... Barbara Bilston

February 14th is St Valentine's day, which sets a few hearts racing. It's ironic that the best known saint in the February calendar is one about whom almost nothing is known.

There were at least two Valentines. One legend is that Valentine of Rome performed clandestine Christian marriages for soldiers who weren't supposed to marry - it made him very popular. However, the mystery about Valentine's identity never stopped people celebrating his day. The middle day of February acquired a significance in folklore. Spring is in the air. Birds are said to start looking for their mates on that day (though global warming has now confused them). Seeds start to sprout in the earth. More mundanely, on that day my grandfather, who was a master mason, could keep his employees working out of doors till 5.30!

February also sees the commemoration of one of my favourite Anglican greats, the Welshman George Herbert, whose day is February 27th. After academic distinction at Cambridge a glittering career opened up. He became an MP but then instead of pursuing politics, gave it all up to be ordained. He became the parish priest at Bemerton in Wiltshire, where he cared devotedly for his flock, preaching and writing poetry. If you have ever sung *Let all the world in every corner sing* and *Teach me my God and King*, you have read some of his poetry. It was claimed that the damp fenland air of Cambridge had weakened his health and he died of TB at the age of 39. He left behind him the classical pattern of the traditional English vicar, devout, holy, but always concerned with the welfare of his beloved people – which we all try and usually fail, to live up to.

Ash Wednesday this year falls in the middle of February – the 10th. We shall be offering two services of holy communion that day: 10 am at Wickham Skeith and 7 pm at Bacton. Traditionally Lent is a time of fasting or self-restraint. That makes it less than cool by today's standards. True fasting as a spiritual discipline has played a part in all world religions. The intention is to encourage a bit of self-discipline, self-restraint - and generosity.

We aren't hungry, but plenty of people are. Lent is here to remind us - sharply - that if we fast, we do it from choice, whereas for others it is catastrophic necessity. Today people in poor countries don't starve because of bad harvests, they starve because of inequality. The weak and vulnerable are prevented from getting enough food by the strong and ruthless.

The prophet Isaiah was withering about fasting, if done merely to give a false sense of virtue. To God, he said, fasting is far more valuable if it is combined with some practical charity. *Is not this the fast I require*, wrote Isaiah, *to loose the chains of injustice... and to set free those who are oppressed? Is it not sharing your food with the hungry?* (Isaiah 58:6 – 7. You probably have your own favourite charity, but if not, the exceptionally well-run Stowmarket Food Bank will collect your food gift from one of our churches.

THE BENEFICE OF BACTON

WITH WYVERSTONE, COTTON, OLD NEWTON AND WICKHAM SKEITH

central contact email address: bactonbeneficechurches@gmail.com

ST MARY'S BACTON

Rev Jan Fowler 01449-782107
(Priest with permission to officiate
in the Diocese)

Church Wardens -

Mr David Black 781347
Mr Ray Bartrum 781526

Joint PCC Secretary -

Mrs Pat Hall and Mr Mike Hall 782004

PCC Treasurer - Mr Brian Manley 781595

Bell Ringer - Mr Winston Girling 674425

ST ANDREW'S COTTON

Church Warden

Mr Mervyn Walker 780272
Miss Carole Jones 781874

PCC Treasurer - Mrs Jane deBeer 781594

PCC Secretary - Mr Mervyn Walker 780272

ST GEORGE'S WYVERSTONE

Church Warden Mrs Angela Cook 781328

PCC Secretary - Mrs Helen Hardy 781841

Lay Readers -

Mrs Elaine Miller 770337
Mrs Sheila Wright 766392
Mrs Helen Matter 780379

Elders -

Mr Peter Paine 767897
Mrs Janice Shea 781263
Mrs Jean Willoughby 766621

Rural Dean of Stowmarket -

Rev Canon Barbara Bilston 781253

Methodist Ministers

Rev Rita Carr 612619

Catholic Parish of Our Lady Stowmarket

Fr David Finegan 612946

From the BACTON PARISH REGISTER

BAPTISM

Sunday December 20th - Edward George Britchfield

SIDESMAN'S ROTA FOR ST. MARY'S BACTON - February 2016

7th 8.00a.m.....	Robert Black
9.30a.m.....	Brian Last & Linda Last
14th 9.30a.m.....	Carol Bartrum and Ron Southgate
21st 9.30a.m.....	Mike Hall & Pat Hall
28th 9.30a.m.....	Rosy Black & Brian Manley

CHURCH OF ENGLAND SERVICES IN THE BENEFICE

February 2016

February 7th (SUNDAY NEXT BEFORE LENT)

St Mary's Bacton	8.00 am Holy Communion	Canon Barbara Bilston
	9.30 am Family service	Helen Matter
St Andrews Cotton	<i>No service</i>	
St George's Wyverstone	6.30 pm Praise in the Community	Helen Hardy
St Andrews Wickham Skeith	9.30 am Family Service	Wickham Skeith team
St Mary's Old Newton	11.00 am Holy Communion	Canon Barbara Bilston
St Nicholas Gipping	3.00 pm Evening Prayer.	Peter Paine

Wednesday February 10th (ASH WEDNESDAY)

St Andrews Wickham Skeith	10.00 am Holy Communion	Canon Barbara Bilston
St George's Wyverstone	7.00 pm Holy Communion	Canon Barbara Bilston

February 14th (LENT 1)

St Mary's Bacton	9.30 am Family Communion	Revd M Wainwright
St Andrews Cotton	11.00 am Holy Communion	Canon Barbara Bilston
St George's Wyverstone	<i>No service</i>	
St Andrews Wickham Skeith	9.30 am Holy Communion	Canon Barbara Bilston Preacher Peter Paine
St Mary's Old Newton	11.00 am Family Service	Sheila Wright
St Nicholas Gipping	<i>No service</i>	

February 21st (LENT 2)

St Mary's Bacton	9.30 am Holy Communion	Canon Barbara Bilston Preacher Sheila Wright
St Andrews Cotton	<i>No service</i>	
St George's Wyverstone	11.00 am Holy Communion	Canon Barbara Bilston
St Andrews Wickham Skeith	9.30 am Holy Communion	Canon Sally Fogden
St Mary's Old Newton	11.00 am Holy Communion	Revd Jan Fowler
St Nicholas Gipping	<i>No service</i>	

February 28th (LENT 3)

St Mary's Bacton	9.30 am Holy Communion	Canon Sally Fogden
St Andrews Cotton	11.00 am Morning Worship	Peter Paine
St George's Wyverstone	<i>No service</i>	
St Andrews Wickham Skeith	9.30 am Holy Communion with healing	Canon Barbara Bilston
St Mary's Old Newton	11.00 am Mattins	Sheila Wright
St Nicholas Gipping	<i>No service</i>	

CATHOLIC PARISH OF OUR LADY, STOWMARKET

Parish Priest: Father David Finegan,
The Presbytery, 29 Lockington Road, Stowmarket IP14 1BQ
Tel: **01449-612946** E-mail: **ourlady.stowmarket@btinternet.com**

MASS TIMES:

Saturdays (First Mass of Sunday):

St Mary's C of E Church, Woolpit IP30 9QG - 6.00 pm

Sundays:

Our Lady's, Stricklands Road, Stowmarket IP14 1AW - 8.30 am & 10.15 am

Holy Days:

Our Lady's, Stricklands Road, Stowmarket - 8.00am, 10.00am and 7.30 pm

Weekday services in the Parish are advertised at the front of Our Lady's Church, in the weekly Newsletter and on the Parish Website

www.ourlady-stowmarket.co.uk

FEBRUARY IN OUR PARISH

The Season of Lent will begin on Ash Wednesday, 10th February, in preparation for Easter Sunday, 27th March. Catholics around the world will be marking Ash Wednesday with a fast and with abstinence from eating meat.

Masses with the blessing and imposition of ashes will be celebrated in Our Lady's Church, Stowmarket on Ash Wednesday at 8.00 am, 10.00 am and 7.30 pm.

Father David Finegan

FORGE COMMUNITY CHURCH

Adults, youths and kids meet every Sunday morning **10.30am** at Debenham Leisure Centre and Sunday afternoons at **4.00pm** at the New Green Centre, Thurston
(refreshments are available beforehand, so it's worth getting there a little earlier)

Contact: **info@forgechurch.com** or **01449 710437**
or visit the website **www.forgechurch.com**

ST. ANDREWS'S CHURCH COTTON 2016

February

CLEANING ROTA

12th Diane Dickinson and Jo Marriott **25th** Chris Marston and Chris Carr

We are a very small group of willing cleaners of the church but would very much appreciate more helpers to give a helping hand (even if just once or twice a year). Please give me a call if you would be prepared to join in. Thank you so much. Chris 781567

FLOWER ROTA

Chris Marston



Women's World Day of Prayer

'Praying for Cuba'

www.wwdp.org.uk

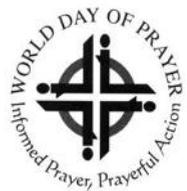
2.00 pm

Friday March 4th

at Old Newton Methodist Chapel

Receive children. Receive me

Registered Charity Number 233242



COTTON METHODIST CHURCH 2016

All services at 10.30a.m. unless stated otherwise -

A warm welcome awaits everyone.

February

7th - led by Mrs Stella Davis,

14th - led by Rev Ruth Ridge, with Holy Communion,

21st - led by Dr Barbara Chipperfield, **28th** - led by Mr Bill Humm

CHERNOBYL CHILDRENS LIFELINE

December 30th saw a somewhat sad farewell to the children who had been with us in December for our first ever Christmas group visit of first time travellers. I am delighted to report that this was a great success. I would like to extend my thanks to the host Families for their generosity and selflessness in reaching out to these children despite their own family commitments. Also a very big thank you to their children who so unselfishly let complete strangers share their family time at Christmas.

During the visit many new experiences were enjoyed and again we have been touched by the generosity of our sponsors. What was quite amazing to see was how the group were so dedicated in making their memory books, recording minute details and saving scraps for mementos that we would discard without a second thought. The children who my husband & I hosted would spend long hours into the evening working on their memory books rather than watching TV. The children also liked to play traditional board games and spending quality time with their Host families meant so much to them, this is something they do miss out on a lot at home. Even the smallest of gifts became a treasured item to take home, wrapping paper, cards and bows all being carefully saved as well. A link to a short video showing the activities that took place during the month can be seen on our website.

We heard that everyone arrived home safely in time to celebrate the New Year with their families, this is a very important celebration for the people in Belarus. However they did get a bit of a shock returning to temperatures as low as minus 22 degrees after having spent the previous 4 weeks in our mild weather. Unless the temperature reaches minus 25 they will still return to school as usual with many of them walking both to and from school on their own and in the dark. All of the families of the children sent their thanks to our Host families and there were comments on how children had returned home more confident and enthusiastic after their visit and with a more positive outlook for the future.

We now look forward to the 2016 group visit which takes place in July. We do hope that you will be able to support our forthcoming Fund Raising events to make sure this can take place. Last month I mentioned our Pig Racing evening on 13th February to be held at the Football Club in Needham Market and am pleased to report that CHOCOLATE BINGO returns on Saturday March 5th, many people said they missed out not having the November event so get your tickets as soon as possible as this is sure to be a big night as always. For those of you who are not familiar with this event it is a great family night out, see our advert for full details. Tickets are now on sale.

Our very grateful thanks as always to our supporters and here's looking forward to a great 2016

Elizabeth Parker, Link Chair

01449 760343 enquiries@ccllmidsex.org.uk www.ccllmidsex.org.uk

Come & join us for Pig Racing!

Saturday 13th February

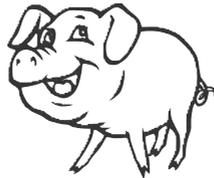
Bloomfields - NM Football Club, Quinton Rd, Needham Market

Supper of "Pigs in Pyjamas" & dessert included

Tote & Pig Racing hosted by Stowmarket Lions

Doors open 7:00 pm first race 7.30 prompt

Tickets
£8



Available from
Stowmarket Tourist Office
or CCLL Charity Shop
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N.B. These dates have been amended due to new information received

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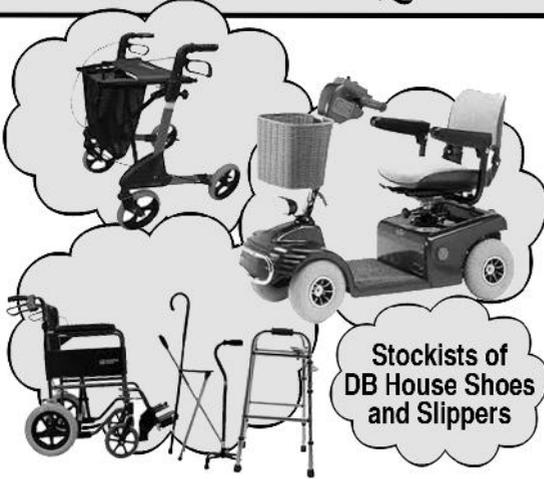
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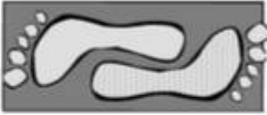
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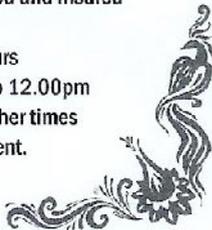
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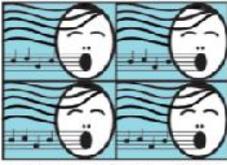


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