



Worlington Pump

April 2016

Dear Friends,

Vicaring is not known for its perks, but I have just had a fantastic visit to the base at RAF Mildenhall, hosted by the chaplains. We were introduced to the 100th Air Refuelling Wing, got to crawl all over a big old fuel tanker and even got up close and personal with one of those amazing CV-22 Ospreys, the ones that can go vertical like a helicopter or swivel the propellers forward and zoom along like a normal plane. We all see (and hear!) them flying around but not many of us get the opportunity to sit in the cockpit. So that was great.

Afterwards we were treated to lunch, while we listened to a talk from the Commander as well as a number of chaplains. We heard how the armed forces invest heavily in helping their people to be resilient - physically, emotionally, and socially, but also spiritually. The reason for getting us all together was partly so that they could emphasise to us how much they valued the role of local churches in providing spiritual resources to people who are far from home, often working in stressful environments and sometimes in fear for their lives. Many find it hard or even impossible to adjust to normal life away from the battlefield, and we heard a moving testimony from a young man who at first rejected faith, but later found his way back from the brink of suicide through the loving acceptance of his adopted church.

One comment from the Commander really caught my attention. He opened with the well-known statement, which you may or may not agree with, that “there are no atheists in foxholes”. It wasn’t that statement that stopped me in my tracks, but what he said next: “The more I go on, the more I realise that all of life is a foxhole.”

The psychiatrist M. Scott Peck said that one of the greatest truths is that life is difficult. If we could once accept that truth, he said, we could rise above it. Perhaps another way of saying that is that we are all in a foxhole of some kind - sometimes of our own making, sometimes forced upon us - dodging life’s explosions and bullets. We may feel as if all we can do is to lay flat and pray for the crisis to pass.

My prayer this Easter is that whatever foxhole you may find yourself in, you will know that you are not alone; and that you too will find the spiritual resilience you need through discovering the love of Christ for yourself.

Love Sandie.

Forest Heath announces dates for base meetings

Forest Heath District Council will be meeting with Government departments including the Ministry of Defence (MoD) and the Department for Transport, ahead of three engagement sessions in April and May. Leader of Forest Heath District Council, Cllr James Waters said:

The MoD announced earlier this year its intention to release part of the site for housing while still considering if it wants to keep the rest of the site for military use.

What we can say with certainty is The US Department of Defense has not published a detailed timetable for the withdrawal of personnel from RAF Mildenhall, and no planning applications for housing on the site have been submitted to us as the local planning authority to decide, nor has consultation with us over this taken place. We don't know how much of the site is to be released by the MoD.

There is still the possibility of any number of options for the future of the site. So what do we want to achieve from this site? We believe it is a mix of new employment, housing, an improved skills sector and better local education all of which will benefit living standards of the local area.

We believe this is a prime site for business growth - a chance for Mildenhall to capitalise on the science and innovation sector spilling out of Cambridge, and to replace the local jobs that will be lost when the base closes.

We held a series of very successful engagement sessions last year. Now, following both the MoD announcement and our discussions with the Government we believe the time is right to hold these meetings in our communities again to discuss not just people's concerns, but the options for the future. We also hope to have an answer from the Government soon as to whether aviation use can be considered among these options.

These meetings will help us as we continue the work with our communities and businesses on the one hand, and on the other partners including our MP, Suffolk County Council, Local Enterprise Partnerships, and the USAF, to ensure we are well placed to lead the regeneration of this site.

The engagement sessions will take place on:

- 18th April, 6pm: Forest Heath District Council, College Heath Road, Mildenhall
- 9th May, 6pm: The Jubilee Centre, Mildenhall
- 13th May, 6pm: Beck Row Community Centre

Booking is essential - members of the public wishing to attend should email malag@westsuffolk.gov.uk

Date for copy for the next edition by: **Wednesday 20th April 2016**.

Please send articles to rob@garry.me.uk or ellen.clowes@btinternet.com. Thanks.

All Saints Church Services April 2016

Sunday 3 rd	11:00 am	Holy Communion
Sunday 10 th	11:00 am	Messy Church (Worlington Village Hall)
	6:30 pm	Evensong
Sunday 17 th	8:00 am	Holy Communion
Sunday 24 th	11:00 am	Family Service
Priest in Charge	Rev. Sandie Barton	01638 720048
Elder	Heath Rosselli	01638 717337
Churchwarden	Mrs Shirley Reeder	01638 716096
Treasurer	Mr Rob Garry	01638 715611

Flowers

Sunday 3 rd	Mrs V. McClure
Sunday 10 th	Mrs V. McClure
Sunday 17 th	Mrs P. Morgan
Sunday 24 th	Mrs P. Morgan

Contacts for the Pump

Val McClure	01638 714336
Doreen Hubbard	01638 712688
Ellen Clowes	01638 712043
ellen.clowes@btinternet.com	

Advertising Rates

£60 per ½ page per annum
£30 per ¼ page per annum

Village Tidy Up - Thank You

A big thank you to everyone that turned out to help tidy up around the village on March 19th. We managed to collect an awful lot of litter, just over 20 bags! It is great to see so many people that care about the appearance of our village. Speaking to someone from Barton Mills earlier they said they usually only get about half a dozen turn up to help. We doubled that and some, so again thank you all very much.

Worlington Village Hall

The Village Hall is a perfect venue for parties, meetings, exercise classes, etc. Tremendous value at £8 per hour for Worlington residents, £12 for non-residents
Contact: Nick Foster 07495 764609 email: el_fozzo69@hotmail.com

Bird Talk

Enthused by coming to our Swift Evening last July a member of the Parochial Church Council (PCC) of St Mary's Church Swaffham Bulbeck has persuaded their PCC to sanction having swift boxes in their tower. The energetic leader of the project, Robin Sewell, has raised money from the village for a swift call player to attract the birds and for material for the boxes, which they are making themselves – very impressive.

In an excellent article in their parish magazine urging people to get involved Robin says – “We are heading for a world full of people, rats, woodpigeons and grey squirrels.” I share Robin’s fear of such a sterile world and this chimes with a recent announcement from the Zoological Society of London that the world has lost half its wildlife in the last forty years.

Among many UK examples are a 73% decline in marsh tits since 1966 and the curlew, which has just been added to the red list of endangered birds. The haunting cry of the curlew can still be heard on Cavenham Heath and, from time to time, on Dick Mortlock’s farm, but for how much longer? On a recent visit to Cavenham I was surprised to discover that Natural England, who manage the reserve, are having to reintroduce rabbits because of a recent serious decline. The rabbits keep the grass short creating an ideal habitat for the stone curlews for which the Heath is rightly famous. The RSPB’s slogan “Make A Home For Wildlife” has never been more appropriate.

On a February afternoon Ken Lucas, Witham Greer and I went to Wicken Fen in the hope of seeing some raptors come in to roost at dusk and our effort was well rewarded. We didn’t watch them gradually getting bigger from the horizon they were just suddenly there in front of us, three male hen harriers, and they hadn’t come to roost, they had come to hunt. There was a strong blustery wind that one might have thought would be difficult for the birds but they made it look easy and effortless. They were in control using the wind to hang in the air, virtually stationary, while looking down for prey then dropping into the reeds or banking gracefully and moving on with hardly the flap of a wing. The grey wings with their distinctive large black tips got more difficult to follow as the light faded but we could still make out the intricate markings on their undersides when they turned. I don’t know if they caught any supper but they certainly deserved to having put on such an absorbing display.

Closer to home another bird of prey has been at work. This is what Jean Hurlock of Church Farm saw from her kitchen window – in her words. “This morning we were entranced by two male blackbirds fighting in the back garden. We were appalled by their viciousness, as one would pin the other to the ground and peck at it, they locked beaks and then the one on the ground would fight back up and push

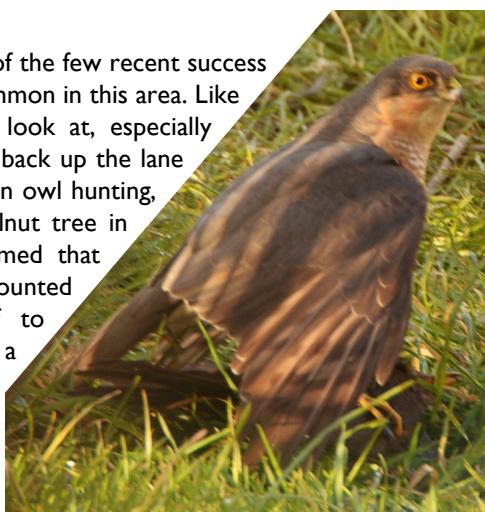
the other to the floor, flapping like crazy. This went on for quite a while with neither giving any ground. We were on the point of going out to scare them to their senses when whoosh this Sparrowhawk arrived and killed one of the blackbirds; the other flew off quickly."

Jean further reported that the next morning a bird she presumed to be the survivor was back in the garden singing with gusto. No wonder it was pleased with life; the sparrow hawk had disposed of its rival so it had the breeding patch and the female bird to itself – happy days!

After these exotic happenings a couple of observations on more ordinary birds. The chaffinch is a common bird that I tend to take for granted like I used to with sparrows and starlings until they declined. In mid March I noticed that the exposed earth under the feeders appeared to be moving. It was carpeted with eleven chaffinches, which were in a state of perpetual movement while hovering up the crumbs from the feeders. They really are attractive multi coloured birds that are lovely to look at.

I am delighted that goldfinches are one of the few recent success stories and can now be described as common in this area. Like the chaffinches, they are delightful to look at, especially when there are many of them. Coming back up the lane the other evening, having watched a barn owl hunting, I noticed movement on top of the walnut tree in the churchyard. The binoculars confirmed that they were goldfinches and I had counted roughly forty before some flew off to another perch. What a way to end a short walk – we have much to be grateful for in Worlington.

Don MacBean



Police Connect

Police Connect is a messaging service connecting you to the very latest policing news for your area via e-mail, text or phone. There is no charge for this service - all messages you receive are free.

To sign up simply follow the link on the village website, under local info. - Crime Prevention. <http://www.worlington.onesuffolk.net/>

Please remember when you leave your house or when you are getting ready for bed, to shut and lock all the windows and doors to deter any unwanted visitors. Check it, lock it, secure it.

What's on in Freckenham www.freckenham.onesuffolk.net

Films At Freckenham - Tickets £5 – no need to book.

Friday 1st April - Paddington at 2:30pm & Lady in the Van 7:30pm - We strive to show the most recent releases we can and have just added to our roster, only released in November 2015, the Alan Bennett story, Lady in the Van, starring the incredible Maggie Smith, doors open at 7pm, enjoy some refreshments – snacks and drinks from the bar in advance. And especially for families during the Easter holiday, in the afternoon, we are also screening Paddington, with tickets just £2.50 each for this afternoon show. Doors open at 2pm. Teas, coffees, soft drinks and snacks will be available.

Friday 22nd April American Air Force Pulls into Freckenham - Eastern Angles returns to the Hall with its new show, Somewhere in England, telling the story of the day the American Air Force pulled into town in 1942 and changed the course of history, both locally and nationally. It was a time when Yanks, as the English called them, had only ever been seen on the big screen, so when they turned up in smart uniforms, with silver tongues and money to match, the effect was electric. The GIs arrived to find villages without electricity, women without husbands, and bars with warm beer. The culture clash would produce sparks. It was a time when kids often saw and experienced more than they should. And it was a time when the USAAF was officially segregated according to skin colour which led to rural market towns mirroring this segregation when it came to GI pub visits and dance nights. Somewhere In England explores the effects on the social and physical landscape of the East of England following. This enthralling new play is bound to awake so many memories of a significant time in local people's lives. Tickets £10, under 18 £8 available to pre-book on 01638 720118 or 07542 198 933.

Saturday 30th April Freckenham Farmers & Crafts Market 10 - 12 noon
Suppliers include fresh meat from Culford Flock (www.culfordflock.co.uk) fruit and vegetables from West Row Plantation Farm (email plantationfarm@btinternet.com) Suffolk honey, preserves, award-winning savoury pies (www.the-pie-kitchen.co.uk or email sally.lewis7@btopenworld.com), a huge variety of preserves from www.gardenpreserves.co.uk, local honey, preserves, pickles, eggs. Craft stalls will be on a rota to give everyone a chance to sell – so may include candles, felting, knitting, jewellery, gifts and more tbc. New for this month hand crafted cards, Refreshments of drinks, bacon rolls & cakes available. Free entry.

Friday 6th May - Mr Holmes

Saturday 28th May Freckenham Farmers & Crafts Market 10 - 12 noon

Check the website www.freckenham.onesuffolk.net for our weekly activities and do check if you have not attended recently. Our new Wednesday evening of FitSteps will be continuing for an initial period - check the website for more information.

Tuesday Coffee Morning

Last Tuesday of each month,
At All Saints' Church, Worlington
Next one is April 26th, 10:30am - 12:00pm
Join us for coffee and homemade biscuits
Everyone welcome

Worlie Café

Worlington Village Hall
Friday 1st April 2016
11:30 am to 2:00 pm

Menu

Soup
Honey Roast Ham with salad
Vegetarian Pizza with side salad
Home made Cakes
Tea, Coffee & Cold drinks

Look forward to seeing you trying the lunches
and having a chat with friends and locals

Worlington All Saints Parochial Church Council AGM

The All Saints PCC AGM will be held at 7:30pm in All Saints Church on Wednesday 20th April, everyone is welcome to attend.

Bingo - Thank You

A big thank you to everyone who came to our first bingo evening, we gave away £100 in prize money and I think everyone agreed that it was a very enjoyable evening. We raised just under £100 for the village hall as well which is great. We will be holding another bingo night in the near future, so why not come along. You never know lady luck may be on your side!

13-15 Oxford Street, Exning, Newmarket, Suffolk, CB8 7EW

Are You Avoiding The Dentist?

You are not alone

British Dental Association says that 25% of our population suffer from some sort of anxiety before visiting dentist

Intravenous sedation can help you

Do you:

- Have dental anxiety?
- Have difficulty getting numb?
- Dread your previous bad dental experience?
- Have a bad gag reflux?

If you answered "yes" to any of these questions,
Olive Dental Care can help you

Call us today on:

01638 577031

www.olivedentalcare.co.uk

We offer

- Free parking
- Ground floor access
- The latest technology



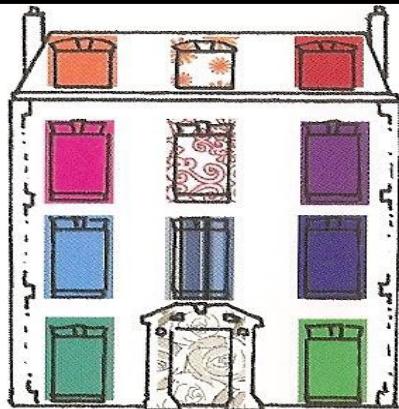
ALTERATIONS

To clothing and curtains

Contact Debbie

Experienced Seamstress

Tel 01638 780286



D.J.SHEEN
fine quality decorator

EST 1989

07766 763642

SUE HART

BSc (Hons), S.R.CH, M.Ch.S

20 years experience with High Risk patients including:

- Diabetics
- Rheumatoid Arthritis
- Peripheral Vascular Disease
- Corns/Callus
- Ingrown Toe Nails
- Thickened Toe Nails
- Gait Analysis/Biomechanics/Orthotics
- Footwear Advice
- Verruca's
- Fungal Infections
- Diabetic Advice and Treatments

Home visits, Daytime and evening appointments

Home: 01638 555187 Mobile: 07710155409

E-mail: susie.harty@googlemail.com



THE GREENBOX FIREWOOD CO.

Locally-sourced & sustainable, seasoned firewood delivered to your home. Various sized loads available, please contact Ed Lubbock for details:

07847 812513

edward.lubbock@btinternet.com

CG MOLE CATCHING

From residential gardens to large commercial sites, CG Mole Catching can provide the effective and efficient answer to your mole problem.

Registered with the BTMR, all work is fully insured, please contact Ed Lubbock for details:

07910 019716

edward.lubbock@btinternet.com



WINDOWS, DOORS & CONSERVATORIES

UPVC Windows & Doors

Conservatories

Cladding

Fascias

Guttering

Family Run Business

20 Years Experience

**Call Gary 07889 769131
or 01638 717448**

Charles Melrose Close, Mildenhall IP28 7BA



Keep Active Zone

Karen Stringer
Personal Trainer



Mobile: 07747 536153

email: karenstringer@keepactivezone.com

Personal Training within my own private gym

Free Consultation Level 3 Qualified

Fitness Programmes designed around your
goals

Full range of Life Fitness Cardio Equipment

Concept II Rower

Free Weights & Studio Equipment



Based in
Worlington

ARBORICULTURAL AND LANDSCAPE SOLUTIONS

ALL ASPECTS OF TREE SURGERY

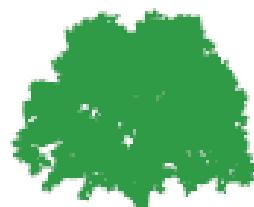
SOFT AND HARD LANDSCAPING

MAINTENANCE AND LAWN CARE

DOMESTIC & COMMERCIAL CONTRACTS

FULLY INSURED

NPTC QUALIFIED



GREEN SCENE

CONTACT FOR FREE QUOTATIONS AND ADVICE

01638 515911 / 07866 866880

INFO@GREENSCENETREESURGERY.CO.UK

•VERY CLEAN• N.C.S.

CHIMNEY & PLUMBING SERVICES

**YOUR LOCAL CHIMNEY SWEEP
WE'RE FRIENDLY & WE'RE CHEAP**

-BIRDS NESTS REMOVED

-SMOKE PRESSURE TEST

-OIL & GAS BOILERS

-INSECT MESH, POTS, COWLS

-SOLID FUEL, STOVE FITTED

-FLUE LINERS

- Competitive Prices -

FOR FREE QUOTE CALL ME ON

MOB:07824727277 TEL:(01638)662760

E-MAIL:NCS.NEWMARKET@YAHOO.CO.UK

WWW.ncsnewmarket.co.uk



***10% DISCOUNT
FOR ALL WORK!!**

Suffolk Maids

The Housekeeper Register

Domestic Cleaning & Ironing Service

At Suffolk Maids we maintain a fast growing register of reliable local housekeepers who offer cleaning and ironing services to private homes.

Personal Housekeeper

Unique Security System

Fully Insured

All for less than £9.75 per hour.

For further information please call:

0844 544 9905

or visit our website at:

www.suffolkmaids.co.uk

K R Sheen

**Roofing Services
Mildenhall Suffolk**

- Roof Repairs
- Chimneys
- Guttering
- Leadwork
- Chalk/Flint Wall Specialist

Tel: 01638 510152

Mob: 07867 568225

E-mail: bazsheen@hotmail.com

29 Mulberry Close

Mildenhall

IP28 7LL



D.G.FIELD

Property Maintenance Ltd

Household and Commercial Maintenance

Carpentry Tiling Laminate Flooring Decorating Kitchens fitted

General household fixtures, fittings and repairs

Decking Fencing & Gates Landscaping

Sheds erected/repaired Hedge Cutting Tree pruning

All interior & exterior home improvements undertaken

Free, no obligation quotations

No job too small. Phone for friendly & helpful advice

Phone: 01638 712290

Mobile: 07768 793545

(Worlington, Suffolk)

Yard Sale

Saturday 30th April

10:00 am - 2:00 pm

Garden furniture, DIY tools,
garden tools, household
items, free paint.

4 Church Lane
Worlington

LBM Plumbing and Heating Luke Monksfield

Fieldview

3 Garrod's End

Chevington

Bury St Edmunds

Suffolk

IP29 5QY

01284 711578 07900 374504



Oil And Gas Boiler Serving,
Breakdowns & Maintenance.

Oil and Gas Installations.

Gas landlord Certificates.

Gas Safe including LPG

Natural Gas Registered.

Bathrooms, Plan, Design
and Installation.

Fully Insured.

Free no Obligation Quotations and
Honest Advice.



303274