



# West Row Parish Echo

This edition has an historical theme. We are interested in including any pictures or articles you have which can be safely scanned and returned to owner. Check out our Parish website

<https://www.westrowparish.org.uk/history>



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**Our deadline for issue 42 May/June 2023] is: 15<sup>th</sup> April 2023.**  
Please email Sharon Vale on [westrowpc@gmail.com](mailto:westrowpc@gmail.com).  
Anything received after this date may be included in the next issue.

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## A note from the EDITOR

Dear Reader,

Welcome to the early Spring edition of the Parish Echo which I hope you will find time to read and enjoy.

In particular look out for the article about The Westrovia on page 19 and also a report from the History Group on pages 6 & 12. Both articles give an insight to the past history of the village. The Parish Echo would like to hear from any resident who can add information to the subjects covered either written or in photographic form.

Apparently there have been various comments made about the Warm Rooms project. Again the Parish Echo would like to hear from anyone who has attended one or more of the sessions held.

The Community Choir is again looking to provide something to support the Coronation of King Charles III. Anyone wishing to join the choir will be most welcomed.

It is pleasing to see the West Row Gunners football team progressing well and its report is on page 23.

Support is still needed for the 100 Club so please consider joining in this venture where you can give something back to the Village and you may even win a prize! Look out for details.

Wishing all readers a prosperous 2023.

*Peter Rolfe*

*Editor*

### January/February Quiz answers.

1. Punishment 2. Prosecutors 3. Therapeutics 4. Waitress 5. Schoolmaster 6. Butterfly  
7. A decimal point 8. The detectives 9. The Countryside 10. A shoplifter 11. The ears  
12. A sentence of death 13. Elvis Aaron Presley 14. Clint Eastwood 15. Gillian Anderson  
16. Ian Botham 17. Frankie Dettori 18. Rod Stewart 19. Dame Agatha Christie 20. Harry Potter  
*It was again pleasing to see more entries than usual. Eight entries tied in first place with all answers correct. The winner, Kirstie Jackson, Cooks Drove, West Row was drawn independently by lot.*

## Contacts for The Parish Echo

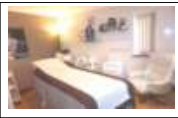
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Adverts	Carol Bebee	<a href="mailto:carol_beebe@hotmail.com">carol_beebe@hotmail.com</a>	01638 712400

**The Parish Echo** editorial team takes no responsibility for endorsements of, or statements made in published adverts which are accepted in good faith. However, we reserve the right to refuse any advertisement, article, or item that we feel is considered inappropriate for publication.

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**01638 476095**

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## WEST ROW VILLAGE HALL FOUNDATION

Chapel Road, West Row, IP28 8NY  
Registered Charity No. 1165959



### To Hire the Hall

Call Vicki Butler on 01638 716924 mob 07704 693 706  
Check out our website <https://westrowvillagehall.co.uk/>  
or visit us

<https://www.facebook.com/westrowvillagehall/>

West Row Village Hall offers a wealth of classes for sport, exercise and dance every week for all ages and abilities.

**Sunday:** 6:30m – Kuk Sol Won, a martial arts training programme to children and adults of all ages. Darren Hart is the owner/trainer who has years of experience in teaching and participating at the highest level. Martial Arts with Darren Hart mob 07717 886 917

**Monday;** from 4.30 until 7.30pm: PWL (Performance Without Limits) offers dance/acro classes for children of all ages. These classes are extremely well attended and run by superb teachers who encourage the children to enter into various performances around the area. Mob 07510 611 231

**Tuesday** offers an evening class of Fitness Pilates run by experienced Health & Fitness Instructor Karen Peachey-Gallagher who delights in welcoming new people every week of all ages and abilities. Mob 07554 119 550

**Thursday Evening:** 6pm – 6:45pm a Fun Step Aerobics class with all equipment provided and for all ages and abilities.

**Thursday Evening** from 7.30pm till 9.30pm: Linday Hop, Swing Jive Open to all adults. Caroline 07886 492 772, Dale 07399 776 994

**Friday: 2<sup>nd</sup> Friday and Last Friday of each moth:** from 12:30pm. Warm Rooms Fish and Chip lunch. Contact Sharon (Parish Clerk) to reserve a place, alternatively turn up for Soup and hot drink.

**Friday 6:30pm :** 5:30–7:30 pm Kuk Sol Won – same as Sunday

*To book the hall: £15 per hour (Residents of the Parish of West Row  
£18 per hour – Non residents  
Extra charge for Bar and Sun-Lounge*

The Parish Council is looking to hold regular Film Nights if enough support is given. Would you be interested in attending a Matinee event ? Or evening ?

## OLD TIMES FROM THE HISTORY GROUP

The History Group are arranging The West Row Battlefield Tour, **Sept 2024**.

Taking in the stories of the men of West Row across France and Belgium. If you are interested please contact Ellen, the Bungalow, Cricks Road, IP28 8PQ [ellenclark1914@gmail.com](mailto:ellenclark1914@gmail.com)

Tel. 07976 670 679

They will gauge preferences before final arrangements are made.

They need to know: Friday to Monday, or Friday to Sunday plus number travelling



The group is keen to set up a museum for the Parish, but to do so we need your input and help. Ideas for fund raising, where it could be sited, who is prepared to be a volunteer? What should we exhibit? (Unfortunately, we could not afford to display even a replica of our beloved Roman Treasure) Contact Ellen and help get this long overdue project off to a fantastic start.



*by Ellen Clark*

I have been asked to put together a piece for each issue of the Parish Echo pertaining to the history of West Row and give insight into the life of our village and her peoples over the past few centuries. This first article is very much an introduction, telling you what I plan to write about and a little bit of background on the village itself for anyone who may not know.

I plan on having a different topic be the main focus of each article, things like the agriculture within the village, our flower business, architecture and housing, archaeology found within the village, world wars and even events and trends throughout the ages that the village would have seen and may have been impacted by.

It is unknown what the meaning of West Row's name means exactly and where it derives from but *West* is obviously the direction in which it lies. *Row or Rowe* as it has been recorded on maps in the past is a head scratcher. It could come from the Norweagean *Rå* meaning boundary line (West Boundary line) or the Middle High German *Rige* meaning Row/Ditch (West Ditch, West Row).

The village of West Row itself dates back to the time of the Bronze Age; evidence being found of a small settlement just outside the modern village. In the Bronze Age the settlement would have been surrounded by marshland, Alder trees growing on the lower ground with Oak trees upon the high ground, very different to today's landscape. Emmer wheat and grains have been found along with other forms of crafting and agriculture showing that this was an established settlement.

Then in the 2<sup>nd</sup> - 4<sup>th</sup> century AD, the Romans came to England and West Row, leaving us with two or three Roman villas and many buildings to do with agriculture, animal rearing and famously the West Row treasure. The small settlement of West Row had begun to take shape. But after the fall of the Roman empire the buildings would have fallen into disrepair and a new invader would come to West Row.

(Cont. on Pg 12)

The Westrovia has a page of advertisements of businesses which existed in 1932. We would very much like to identify the location of these businesses and where possible, photograph their original location and what is on the site now. Any old pictures made available to safely scan would be most welcome.

Where are they now? Email the Parish Clerk if you can identify any of the following

10

THE WESTROVIAN.

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---

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**F. M. HINDS.**

District Councillor Lance Stanbury and County Councillor Colin Noble have created an Action Team to campaign to get improved services and amenities for the communities of West Row. And they have been joined by Jordon Millward who will be working with both West Row and Beck Row parish councils to support bringing a monthly cinema to the villages.

The two councillors have used their Locality Funding to support The Shed, the Mildenhall & District Sea Cadets, which has members from West Row, West Row cycle security scheme and even desktop publishing support to this Parish Echo magazine.

### District Councillor Lance Stanbury

Tel. 07955 434410

Email lance.stanbury@westsuffolk.gov.uk

### County Councillor Colin Noble

Tel. 07504 417929

Email colin@askcolinnoble.com



### Jordon Millward

Call 07771 621038

Email: jkmillward@askjordon.co.uk

**You now need photo ID to vote at a polling station**

If you have no photo ID, then you can apply for a free Voter ID. Just visit: [electoralcommission.org.uk/voterID](http://electoralcommission.org.uk/voterID) or phone 0800 328 0280 before 25 April.

If you want a postal vote, please call 01284 763233 or email [elections@westsuffolk.gov.uk](mailto:elections@westsuffolk.gov.uk)

Don Waldron is also your Local District Councillor for the Rows  
Nothing to report

**LITER & GARDENING DAY** Saturday 25th Mar 10-12pm  
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## WARM ROOMS

These have been set up to support and champion the community response to the cost-of-living crisis and to provide a warm welcome to everyone who might need it this time of year.

They are to **encourage** people to get out of their cold houses and receive a warm welcome at various facilities within the village.

We aim to provide hot refreshment, a snack, a warm drink, followed by an activity which is optional.

The only dates to be booked are the second Friday and last Friday of the month when we will be providing **Fish and Chips for a donation of only £4.** (Free Soup is an alternative)

Contact Sharon tel: **01638 715329** or [westrowpc@gmail.com](mailto:westrowpc@gmail.com)

If you do not fancy Fish and Chips, or Soup you are most welcome to come along for a drink and chat

### **Transport can be arranged**

Cllr Rosalind Hamill said: *“The Parish Council and Warm Room Volunteers are acutely aware of the financial pressures and stresses currently faced by our residents, so I’m pleased that we are able to provide welcoming spaces to help alleviate some of that burden. Our volunteers have been working hard to provide hot lunches in the community at our parish venues (Bowls Club, The Shed, Church Hall and Village Hall). We are very grateful for the show of support we’ve received – and it means we’re able to continue with the project as long as funding is available.”*

## SIGNS OF STRESS

- Irritable, angry, impatient or wound up.
- Over-burdened or overwhelmed.
- Anxious, nervous or afraid.
- Thoughts are racing and you can't switch off.
- Unable to enjoy yourself.
- Depressed.
- Uninterested in life.
- Like you've lost your sense of humour.

**It is not just people who live alone who can be lonely.**

None of the volunteers are medically qualified, therefore, no-one can judge your level of need. People attend the Warm Room days for a variety of reasons:

- ✚ To make friends
- ✚ To share a hot snack
- ✚ Chat over a cup of coffee/tea
- ✚ Learning to laugh after so many months of isolation
- ✚ Discussing current affairs or sharing a joke or silly memory
- ✚ Learning about the Parish history
- ✚ Displaying a hobby or craft

To suggest some should not attend, is to put that person's recovery back and untold damage is done to their health and well-being. We are renowned as a caring community which looks after its residents. Long may it continue.

# PARISH NEWS



**The 100 Club:** goes from strength to strength. Winner of the Jan/Feb draw was Karen Peachey-Gallagher who received £48. The more who are paid up members, the higher the prize money will be. By joining the 100 Club you are helping towards the printing costs of the Parish Echo. If you have not joined, please consider it. Only £12 per year, payable either by cash or cheque but preferably via bank transfer: Payee: West Row Parish Council, Sort Code 30-96-26 A/c 50461860  
**If you have paid your membership, please contact Sharon (Parish Clerk) who will advise your 100 Club number, she will also ask for contact details** – in case you are a future winner.

**WEST ROW COMMUNITY CHOIR:**  
Following the success of the newly formed Community Choir at our Jubilee Celebrations and Christmas Tree Lighting event, the group wish to continue and plan to once again meet at the West Row Bowls Club. Proposed practice evenings will be fortnightly, probably on Mondays. Practices will commence at **6:30pm starting 10<sup>th</sup> March**. Contact Gaynor Fisher, email [churchmaiden@btinternet.com](mailto:churchmaiden@btinternet.com)

**FROM THE PARISH MEETING:** Every third Wednesday of each month, 7pm.  
Church Hall: Topics covered in Feb. were: Planning Matters; Neighbourhood Planning meeting 22<sup>nd</sup> Feb; Litter Pick: 25<sup>th</sup> Mar; Allotment AGM 28<sup>th</sup> Feb. Coronation 6<sup>th</sup> May; update on Footpaths, SIDs, SCC development, Parish storage facility, Dog mess signs, Shop Drove footpath, updates on the Parish Echo and Warm Places project.

Next meeting will be on **Wednesday 15<sup>th</sup> March** in the Church Hall

*Members of the public are encouraged to attend. If you wish to speak prior to the meeting, please contact the Parish Clerk who will advise on procedures.*

Minutes of each Parish Council meeting are published on our Parish website once approved in Council: <https://www.westrowparish.org.uk/>

## **ELECTIONS:**

*Following publication of the elections notice on **Wednesday 22<sup>nd</sup> March 2023**, the deadline to deliver nomination papers is **4pm on Tuesday 4<sup>th</sup> April 2023**.*

*Registration to vote deadline - **midnight on Monday 17<sup>th</sup> April 2023**.*

*Receipt of postal vote applications deadline - **5pm on Tuesday 18<sup>th</sup> April 2023**.*

*Receipt of proxy vote applications deadline - **5pm on Tuesday 25<sup>th</sup> April 2023**.*

**Residents are reminded that photo ID will be required in order to vote**

*If you have moved into the Parish since the last election – you need to register and ensure you are on the Parish Electoral Register,*

<https://www.gov.uk/register-to-vote>

FMI: 01284 757131

Email: [elections@westsuffolk.gov.uk](mailto:elections@westsuffolk.gov.uk)

Website: <https://www.westsuffolk.gov.uk>

**DOWN THE SHED Mar - Apr 2023**

**theshedcharity@gmail.com**



**WINTER IS FINALLY BEHIND US...Yeah!!:** Yes, believe it or not, the bulbs are exploding into gorgeous colour. Only a few weeks ago we were taking pictures of our frozen gardens (catch the video on our FB page <https://www.facebook.com/rosalind.hamill/videos/909166820100571?idorvanity=230385560716385>)



This space is ideal if you want a birthday party or celebration if your garden is too small. Come use the Big Circle for your event.

**MILDENHALL CYCLE CLUB:** Plans are in their infancy for the Cycle Club to host a training event and we look forward to hearing more of this later.

ALSO in the plans is for The Shed to host another Sky



Watch evening. Thanks to the support of Dr. Matt Boswell of Cambridge University, we hope to arrange a Star Gazing event when the expanse of the universe is explained in layman's terms.

**BUSY, BUSY.....**People often assume we rest over the Winter. No. There is much to do. Michael is laying more paths, this time from the twin greenhouses to one of the established paths. His list of jobs is growing a much as the weeds. Speaking of which we thank Bill for his constant control of the pesky little xxxxxers.

Jean is managing the Tea Room which is being put to good use as part of the Warm Room project funded by West Suffolk District Council. Viv and Anne keep the shrubs under control. Anne is Viv's pyrotechnic apprentice !! Paul likes anything to do with composting and Jackie is planning the new planting season, catalogue of seeds spill over the coffee breaks.

**VEG & BREAD:** Not forgetting the Veg stall girls. Val, Chrissy, Viv, June and busy Bill, helping loading, unloading, moving crates and returning crates. These lovely volunteers go out in all weathers to load up their cars and bring back supplies which are made available to all those in need. We value the donations which help keep us afloat (insurance is almost £1,000 p/a can you believe). And as long as people only take what they will use, we are happy to soldier on.

What you may not also know is these caring ladies also support many families finding times difficult. Food boxes are delivered on a regular basis. No questions asked, no judgements made, just sharing and caring.

Certain people can't wait for the weather to dry out the soil a bit more so we can get the Big Circle grass cut. This is an amenity available to all. Contact the group if you have a need to use the Big Circle (weather permitting of course). Just needs to dry out a tad more.

Beetlejuice has never been forgotten since our last sky watch !!! Can you believe it was before Covid ? It's actually Beelgeuse but we know how we can remember it. Stay tuned for publicity when the evening date has been arranged.

**AND MORE PLANS:** Yes, we will be visiting local Car Boot Sales to raise some funds and to also free up necessary storage space. If you can help, please get in contact..... many hands and all that.

And there's more. **SPRING FLING** will be back just as soon as the committee can arrange a good date. Watch this space and note in your diary to plan a visit. No doubt there will be food and drink. We know how to tempt our guests !!!

The shed has a Facebook page <https://www.facebook.com/groups/230385560716385>

*Check out our Media page and the Albums for the different months tracing our original start and how far we have come thanks to our dedicated volunteers.*

*We meet every Tuesday, Thursday and Saturday from 10am until we have had enough. Coffee around 11.30am All welcome*

**FMI:** Tel. 01638 715329 or email Roz [rosalind\\_hamill@yahoo.co.uk](mailto:rosalind_hamill@yahoo.co.uk)

(Cont. from Page 6)

The evidence of an Anglo Saxon settlement in the area has been found withing the area of Judes Ferry. Between the fourth and tenth centuries the village slowly begins to fan out into what we know today.

And then we reach the medieval period of 1066-1485. It is the first period in which we still have surviving evidence from in the form of five houses dating from the mid- to the late medieval period which are dotted throughout the modern layout of the village, suggesting that the villages footprint hasn't changed much along its twisting cattle paths since the 16<sup>th</sup> century.

From then on, the village continued to grow, adapting to modern times and making way for modern means. Many of the medieval, and later 1600-1700s wooden houses made way for flint and brick buildings, the previous succumbing to fires throughout the ages. We lost our abattoir as people stopped raising their own livestock but gained a butchers. We lost Bedlam Yard on the right heading The Green close to the triangle near Beeches Road, but in return we saw better housing and indoor toilets.

Our village continues to grow and adapt. Next issue we will talk about the Romans coming to Britain and the impact it had on West Row.

The Parish Echo is happy to accept articles from residents who have a notice of an upcoming event. This is your magazine – which goes to every house. Give us the facts – we will do the rest. Deadline always the 15<sup>th</sup> prior to the next edition (15<sup>th</sup> April for May/June)

Tractor Road Run  
21<sup>st</sup> May in aid of  
Cancer Research  
Fur further details contact  
Peter Brown

21<sup>st</sup> May 2023  
Longwood Farm, Tuddenham



For further information, donations or speakers,  
please contact Sharon Phillips on 0742121305

lymphoedema  
support  
suffolk

2023 MEETING DATES  
MONDAYS 7PM - 9PM  
MORFON HALL COMMUNITY  
CENTRE, BURY ST EDMUNDS  
SYMONDS ROAD, IP32 7EE

MONDAY 16<sup>th</sup> JANUARY  
MONDAY 6<sup>th</sup> MARCH  
MONDAY 5<sup>th</sup> JUNE  
MONDAY 7<sup>th</sup> AUGUST  
MONDAY 2<sup>nd</sup> OCTOBER  
MONDAY 4<sup>th</sup> DECEMBER

For more details about LSS  
please contact:

LSS email: [lssuffolk@gmail.com](mailto:lssuffolk@gmail.com)  
Facebook: [LSS@lymphoedema](https://www.facebook.com/lssuffolk)

West Suffolk Lymphoedema Service:  
[west.suffolk.lymphoedemaservice@nhs.uk](mailto:west.suffolk.lymphoedemaservice@nhs.uk)  
01284 712732

WORLD DAY OF PRAYER 2023  
**FRIDAY 3 MARCH**  
SERVICES FOR EVERYONE!  
You have heard  
about your faith

Year the service has been prepared by the Christian women & men - an engaging service with stories of faith to encourage and/or prayerful action.

Friday March 3<sup>rd</sup>, everyone, men and women, are welcome to the following services and be part of waves of prayer extending 1 earth for 24 hours. Services will be followed by refreshments.

1.30am at St John's Church Hall Beck Row  
iv Caroline Butcher, 01838 515665

10am at All Saints Church, Gazeley  
iv Chris Onda, 01838 429211

3.00pm at Mildenhall Methodist Church, High Street,  
mildenhall, Rev. Sue Leadley, 01838 711830

3.00pm Online Time to pray and consider Ephesians 1:15-18

INFORMED PRAYER, PRAYERFUL ACTION  
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Chairman: Thomas Fin  
9 Woodcutters Way  
Lakenheath  
IP27 9HQ  
Tel: 07926191750

Treasurer: Norman Smith  
Brinkley House  
Lakenheath  
Tel: 078812202843

Secretary: Mark Gerrard  
Green Farm  
The Green  
West Row  
Tel: 07889103404  
email: [m.gerrard@lincsod.com](mailto:m.gerrard@lincsod.com)

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# WEST ROW BOWLS CLUB NEWS

It is pleasing to report that a record number of 'newcomers' have been receiving regular coaching sessions, indoors on a Wednesday evening.

Some of these Beginner members are now playing competitive bowls in a Super Five Pairs competition with a few experienced bowlers.

Also a Triples Tournament is being organised for **Sunday 12<sup>th</sup> March**, with Beginner bowlers being mixed with more experienced bowlers.

*As a reminder anyone can apply for Social Membership of the Club. This membership entitles you to use the bar facilities when the Club is open and also take part in the many social activities that take place e.g. monthly Bingo evenings, dances, barbecues and other social activities such as the annual Potters weekend when the World*

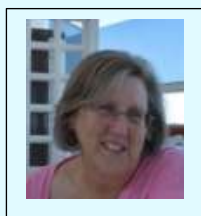
*Indoor Championships are held. Not all members sat around the rink, but relaxed in the Garden Room watching the events on television screens. The fact that the seating is adjacent to the (free) bar was never a deciding factor !!!*



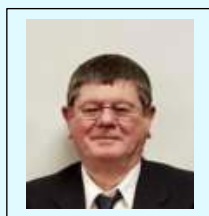
The Club had new LED rink lighting installed over the Christmas break by CK Electricals based in the village. The brightness on the rinks is a vast improvement and also running costs should be greatly reduced.

Last minute alterations to the indoor building extension plans have been approved and building work should have begun around the time you are reading this. It is hoped that all external building work and internal 'knock through' work and redecoration will be completed over the summer months.

It is with great sadness to report that three friends have passed away since the last Parish Echo and our thoughts are with their families.



Julie Hiley



Harry Cash



David Smyth

The Indoor season finishes with **Finals Weekend on 1<sup>st</sup> & 2<sup>nd</sup>. April** with the outdoor season starting at the end of April. Anyone wishing to try the sport outdoors please make contact on the number below.

For further information regarding any aspect of the club please contact Club Coach, Peter Rolfe, tel: 01638 714073 or email: [peter.rolfe3@bopenworld.com](mailto:peter.rolfe3@bopenworld.com)

## KING CHARLES III 6<sup>th</sup> May 2023 Coronation Plans

### MAY 6<sup>TH</sup> WEST ROW VILLAGE HALL

The planning committee have started to arrange the Parish celebrations for the Coronation of King Charles III on Saturday 6<sup>th</sup> May, 2023.



As with all our events, we welcome suggestions and look forward to your input - while we are at the planning stage - (rather than “should have” after the event 😊 )  
If you would like to help in any way, please contact Sharon (Parish Clerk) who will gladly take your details. We have lots of bunting to put up. If anyone has the Union Flag to borrow – that would be great.

This is another once-in-a-lifetime occasion and we will celebrate as only West Row knows how.

Proposals so far are: The center of the day's activities will be in and around the Village Hall. This coincides with the Annual Big Picnic, so we will be hosting the Big Coronation Picnic with Fish and Chips. Tickets can be purchased at the subsidised rate of **£5 per portion**. Advanced bookings necessary via the Parish office.

Live entertainment will be provided by Aaron and also a disco. We plan a few games (the West Row favourite of Egg Tossing) as well as children's activities. And of course – we will be lighting our lovely Beacon.



Events will start mid/late afternoon to allow people to watch the ceremony on their televisions.

In case of inclement weather, we will have several marquees, gazebos and of course the Village Hall.

Time is of the essence so your ideas need to be forwarded as soon as possible to the Clerk.

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**A'n'I**

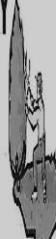
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*Psychic Medium & Reiki Healer*

I am a Psychic Medium, based in West Row. I specialise in Readings and Reiki Healing. Spiritual guidance and healing can help to give you strength, clarity and harmony within yourself!

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## Services at St Peter's Church, West Row



### **CONTACTS:**

**Team Vicar:** Rev'd David Butcher

Tel.: 07747 815 038

Email: [revdavidbutcher@gmail.com](mailto:revdavidbutcher@gmail.com)

### **Other priests serving at St Peter's:**

Rev'd Gordon Anderson and

Rev'd Gill Anderson

**Churchwardens:** Beryl Austin 01638 712708 - Debbie Eaglen

**Elders:** Tricia Leverington - David Sennitt

## **Services at St Peter's Church, West Row**

5 <sup>th</sup> March	Sunday Celebration at 11.00am	
7 <sup>th</sup> March:	Lent lunch 12 O'clock in the Church Hall	
12 <sup>th</sup> March	Holy Communion at 11.00am	
19 <sup>TH</sup> March:	Mothering Sunday 11:00 am	
26 <sup>th</sup> March	Holy Communion at 11.00am	
2 <sup>nd</sup> April	Sunday Celebration at 11.00am	Palm Sunday
4 <sup>th</sup> . April	Community Lunch 12:00 pm	Church Hall
6 <sup>th</sup> April	Maundy Thursday at Freckenham:	Group Service 7.00pm
7 <sup>th</sup> April:	Good Friday Service 2:00pm	
9 <sup>th</sup> April	Easter Day	Holy Communion 11:00 am
Service		
16 <sup>th</sup> April	Sunday Celebration at 11.00am	
23 <sup>rd</sup> April	Holy Communion at 11.00am	
30 <sup>th</sup> April	Group Service at Worlington	Holy Communion at 11.00am

The recent Burn's Night raised a total of £300 for the Children's Society – thank you everyone who arranged and attended the event





# Vicars Voice

## Times and Seasons

*For most of us as each year progresses, we have particular times and dates which are significant to us. There are family birthdays, wedding anniversaries, public holidays and our own times when we have planned to go away on holiday. There will also be sad times when we remember those who we have loved but are no longer with us.*

*As I write this it doesn't seem long since we were celebrating Christmas. Our churches were full as we remembered the birth of Jesus and all that God gave us through His Son. But as you read this article the Christmas season will have passed for another year and the Christian Church will soon be starting to remember the events of Holy Week and Easter as the season of Lent begins. As we enter this season, we give thanks that through his death on the cross, using the words from a well-known Hymn, Jesus "died that we might be forgiven, He died to make us good". And on Easter Day we celebrate that God raised Him from the dead so that we might have life in all its fulness. You are welcome to join us as we travel this journey over the next couple of months.*

*On a personal note, and following the theme of Times and Seasons, it is time for me to step down as Vicar of St Peter's and the other 3 churches in the Lark & Lee Group. It has been a privilege to serve in these parishes for the last 2 years, but it is now time for me to stop and as from the 12<sup>th</sup> February I will be handing over the reins to the Rev'd David Butcher, who will look after St Peter's until a new Team Vicar is appointed. You will find his contact details on the St Mary's Church page. I have very much enjoyed my time in the Lark & Lee Group, and I will continue to see you occasionally as I lead worship in the churches as part of the retired clergy team.*

Rev'd David Everett – Vicar

## AROUND THE ALLOTMENTS



After the fun and relaxation of the Christmas and New Year's festivities it's a good time to start getting the allotment (or garden) ready for the coming year. Having a good clean and tidy space helps with planting and for keeping the plot clean of weeds in future months.

Pruning of fruit bushes and trees should have been done by the end of February (not in the frost though) and it's an ideal time to chit early potatoes ready to set in March/April for some lovely new potatoes ready to harvest ten to twelve weeks later. If you have a polytunnel or greenhouse it's possible to set some inside a little earlier for a few tasty bites before the outside crop is ready.

Now is also the time that you can set crops into the ground such as broad beans, salad onions, garlic, shallots, onion sets and parsnips. For crops including cabbages, peas, onion seeds and rocket, sowing seeds under cover will give them a good head start ready for planting outside. Before the growing season gets into full swing it is an ideal opportunity to get jobs done such as building or repairing fruit cages and cold frames ready for growing.

Looking a bit later into March (depending on the weather), it's a good time to plant things like beetroot, turnips, swede, carrots and radishes. Also, it's a good idea to keep on top of any young weeds so they don't overpower your crops and become a nuisance. Bird scarers can also be useful on the allotment or garden to help with the ever-hungry bird population.

Some useful advice about gardening and allotments can be found through websites such as The Royal Horticultural Society, <https://www.rhs.org.uk>, and The National Allotment Society, <https://www.nsalg.org.uk/growing-advice>.

*Happy planting for March and April*

*Anyone wishing to put their name on the waiting list for an allotment plot down The Gravel, please contact Sharon, our Parish Clerk [westrowpc@gmail.com](mailto:westrowpc@gmail.com)*

Tips from Colin:

*Hello Folks: Just a few tips for your veg. patch.*

**BROAD BEANS:** Variety - **Masterpiece Green**, very good for freezing. Get planting as soon as you can. Lots of vitamin A and C.

**CARROTS:** Variety – **Romance**. **RADISH:** **Pink Lady**. If you have a greenhouse or poly-tunnel plant in March onwards and outside from April to July. Sow thinly. Cover with fine soil and newspaper but don't let the leaves touch the covering. Water with a fine spray if conditions are dry.

**ONIONS and SHALLOTS:** high in vitamins. Plant in March

**LEEKS:** Variety **Musselburgh:** Sow March/April in prepared seedbed for use in October through April. Sow thinly 1" apart in drills ¼" deep and 6" apart. Cover with fine soil. Thin out as soon as possible to 2" apart and again 4" apart. Can be sown earlier under glass

**POTATOES:** Variety **Casablanca**. Set in egg trays with eyes upward in frost-safe place. Early variety and good disease resistant.

*Good luck, Colin*



## The WESTROVIAN

Did you know that West Row had a village magazine which was produced at Christmas 1932, some ninety years ago? it was titled The Westrovian and produced by the Mildenhall West Row Council School.

it is planned to reproduce some of the articles that were printed, in this and future editions of the echo, which it is hoped you will find interesting and at times would be deemed controversial in today's current thinking by some people!  
The introduction contains the following:

*'It is an expensive business to start and continue a paper which has no stunts, and while we have limited income from advertisements, the circulation managers will be glad to receive small subscriptions from friends who would like to keep our journal alive. More especially we would appeal to our readers to buy from our advertisers. West Row and district traders pay rates and taxes to keep the neighbourhood going, but every club and social organisation always depend upon them for support and the help is generally given. When you shop, see what you can get in West Row first.'*



(Scanned copy of the 1932 edition)

Not a great deal has changed in the comments that are often made in the editorial of the echo in current times!

A list of advertisers in The Westrovian included:

*'Morley's Stores, West Row for tobaccos, cigarettes, chocolates, sweets, grocery, drapery and ironmongery. bonus coupons given.'*

*'G.A.Morley haulage contractor'*

*'A. Clarke, the stores, west row noted for Christmas cards, stationery, crackers, figs and oranges all at low prices'*

*'A.W.Hinds, Friday Street, West Row, come to the Christmas bazaar'*

*'A.Mackender, fish merchant, Wilde Street, Beck Row'*

*'A.B.Butler, fish merchant, West Row'*

*'Miss Mary J. Fendick, pianoforte lessons, with special attention given to young beginners'*

*'W. Taylor, Bury Road, Mildenhall, haulage and removal contractor'*

Daisy Mason points out in her article: *'Improvements needed in West Row'*

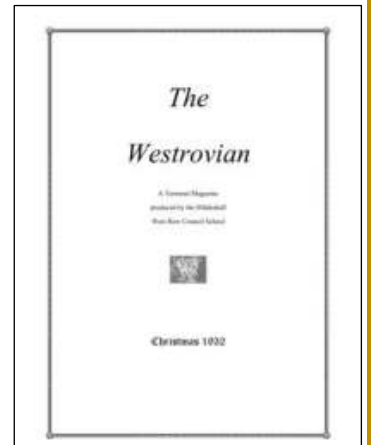
*In the north west corner of Suffolk, in what is thought to be the largest parish in England, namely that of Mildenhall, is a small village. it is called West Row and the improvements needed in this village are great in number. First a proper kerb is required to distinguish the footpath from the road. Secondly, street lamps would be very convenient in the winter, as older people might happen with serious accidents, with sugar beet lying about.*

*The pond ought to have decent railings round it and cleared out as it has a pungent smell. It must be very unhealthy, especially for the small children who are always playing round it.*

*A board should be erected near the School to warn motorists, because the infants and reckless boys and girls might dash out into the road and cause or sustain a serious accident.*

*If some of the houses were renovated, it could be a picturesque village. It is in a way picturesque now, after heavy rain, because of the lake in front of Mr. Morley's garage. Proper drainage is another improvement needed.*

*One great improvement has been effected. A wall that made a blind corner was blown down and a low wall built thanks to Messrs Greene King'*



(the modern 2023 version)

# **MARCH/APRIL QUIZ 2023**

Identify popular 'retailers' in the High Street and online

e.g. Birds that can fan out their eye like tails      ANS      PEACOCKS

1. Material swappers?      ANS.....
2. Could be Seine Corfu or Yangtze Cuba?      ANS.....
3. Sounds like a finished tree?      ANS.....
4. It can be found in a plates company?      ANS.....
5. Could have nearly been the first important biblical boat?      ANS.....
6. It has a harpoon like bill?      ANS.....
7. A pure girl fliers?      ANS.....
8. Approximately 4,000miles from source to mouth?      ANS.....
9. A floor covering that's not left?      ANS.....
10. The gods formed her out of clay but not her trinkets?      ANS.....
11. Definitely not an ancient view?      ANS.....
12. Could be the sound of crying?      ANS.....
13. Riders, hikers and climbers have these?      ANS.....
14. Could be arable produce combined?      ANS.....
15. Sounds as if it's very cold here?      ANS.....
16. It caused Sir Isaac to formulate a law?      ANS.....
17. Christian name of one of King Charles III nieces?      ANS.....
18. A symbol gas precedes a biblical prophet?      ANS.....
19. Asquith and Davies in a shortened form?      ANS.....
20. Could said to be succeeding?      ANS.....

NAME OF ENTRANT .....

ADDRESS.....

Contact tel. no.....

**PLEASE LEAVE YOUR ENTRY AT THE VILLAGE STORES BY**  
**25<sup>th</sup> MARCH 2023 AT THE LATEST**

**THERE IS ALWAYS A PRIZE AWARDED TO THE WINNER**



## From the Pastor's Desk



It has been heart-breaking to see and hear of the devastation caused by the earthquake in Turkey and Syria. Many people have lost everything ... their loved ones, their jobs and all their earthly possessions. This natural disaster has caused havoc on an unprecedented scale and one cannot help but feel a deep and enduring sorrow and sadness for those experiencing such terrible hardship.

The same has to be said for those in Ukraine too. The war there is coming up for its first dreadful anniversary and it has caused untold heartache and grief for many millions of people. Nor can we forget about all those people in the horn of Africa who are again feeling the effects of the famine ravaging that part of the globe. It's glaringly plain to see we live in a world that has gone terribly wrong! In all of our hearts there is the inbuilt knowledge that this is not how things ought to be and we long for better days.

Now for the true Christian (one who has acknowledged their sin before God, repented of it and trusted in Christ to save them from it and restore their relationship with God) there is wonderful hope because the Lord has promised that for them, things will get better.

Yet, God does not shy away from the brokenness, despair and violence that all people experience in this world. He tells us in the Bible this is the harsh reality we will all face due to our own sin and the sin of others. We do well to realise the world is in a mess not because of God but because of us!

The Psalmist tells us in Psalm 14 vs 2-3, **"The Lord looks down from heaven on the children of man, to see if there are any who understand, who seek after God. They have all turned aside, together they have become corrupt; there is none who does good, not even one."**

We all have to take the blame for the state of the world, and we cannot blame God. Yet, as I have intimated, God promises things will get better for the believer.

He has promised that He will send Jesus back one day. On that day all wrongs will be put right and everyone, both the living and the dead, will be judged for the things they have thought, done and said. Nobody will escape that judgement and nobody knows the time or the day when Jesus will return but He, Himself tells us there will be signs of the end of the age.

In Matthew 24 vs 7-8 of the Bible we read, **"For nation will rise against nation, and kingdom against kingdom, and there will be famines and earthquakes in various places. All these are but the beginning of birth pains."**

These signs of wars, earthquakes and famines are happening all around us and are a reminder that Jesus will return one day to put things right.

The question you need to ask yourself is, "Am I ready for the return of Christ?" If you have trusted in Jesus and received His righteousness as your own – you will one day be able to bow before Him with great joy as your Saviour and friend, as well as your Lord.

With this hope you have every reason to look forward to the future ... even through tears, pain, disappointment and regret – as one day you will be in God's presence forever and then the trials, hardships and devastations of this world will be over and a new age will have dawned.

**"He will wipe away every tear from their eyes, and death shall be no more, neither shall there be mourning, nor crying, nor pain anymore, for the former things have passed away."** Revelation 21:4.

May the Lord stir your hearts to trust in His Son.

**"The clock is ticking"** Now where have I heard that!!!

Well enough of dwelling on the past; upwards and onwards. Springtime is just around the corner, and we'll soon be altering the clocks, (Spring forward – Fall back) for those who remember! According to me its planned for the early hours of 26th March, and if you find it's a bit of a chore re-setting all your clocks, including that digital thing in the car, think if you had to do it 4 times in a month!

Apparently back in 1908 one of the forerunners of "Daylight Saving Time" was a builder called William Willet. He suggested that the clocks be put forward 80 minutes in 4 stages of 20 minutes each, during the month of April !!!

As expected, that suggestion didn't get approved, but eventually the "Summer Time Act" was passed on 17th May 1916. We've had a few other changes since then, "Double Summer Time" in 1947, was one of them.

But can we really change time? "Time and tide wait for no man."

No, we can't do anything to change or stop time. We may change our clocks to record anytime we wish, but time still ticks on. It's what we do with our "God given" time that counts.

In the Bible book of Ecclesiastes Ch 3, it speaks a lot about things to do with "Time", some of which we have no control over at all. But in another Bible book, Hosea 10v12, it states, "it is the time to seek the LORD".

The clock is ticking - Are you making the most of your time?

*Evan*

evan@westrowbaptist.org.uk



# West Row Baptist Church Events

**Monthly Lunches: Contact Carol: 07786007075 or Richard: 07796616679 or 01638 715255**

Held Every 3<sup>rd</sup> Tuesday in the month, except September, which is the 4<sup>th</sup> Tuesday





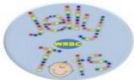
Apr 18<sup>th</sup>    May 16<sup>th</sup>    June 20<sup>th</sup>    Jul 18<sup>th</sup>    Aug 15<sup>th</sup>  
Sept 26<sup>th</sup>    Oct 17<sup>th</sup>    Nov 21<sup>st</sup>    Dec 19<sup>th</sup>

If you usually attend and for some reason cannot, or you know of any others who would like to attend, please contact Carol or Richard by the previous Friday.

## Easter Services

Good Friday    6.30pm    Easter Sunday    10.45am and 6.30pm  
Come and join us

West Row Baptist Church Events

 <b>JAM</b> Fridays (Term Time) 7.45—9.00pm for Year 7 up to 18 yrs old	 <b>POPCORN</b> Fridays (Term Time) 6.30 - 7.30pm for 7-11 yr olds
 <b>SMARTIES</b> Fridays (Term Time) 3.15 - 4.45pm for 4-6 yr olds 	<b>Thursdays (Term Time)</b> 9.30 to 11 am for Mums, Carers and Toddlers 

**Sunday Club**

Every Sunday at 10:45am.  
 Singing, crafts, Bible stories, and more in three age related groups.  
 Come and join with us for some fun!!!!

Jesus said, "I am the way, the truth and the life." John 14 v 6

**Pastor:**  
Evan King 07717214622

**Elders:**  
Martin Bedford 01638 712854  
Richard Taylor 01638 715255

**Deacons:**  
Neil Green            01842 814551  
Mark Johnson        07712635631  
Barrie Taylor         01638 715577

**Website:** [www.westrowbaptist.org.uk](http://www.westrowbaptist.org.uk)

Jesus said. "I am the wav. the truth and the life." John 14 v 6



## *From The Bench*

After a difficult end to 2022, results have definitely picked up.

Early New Year we travelled to Hemingfords United (A) where we gained a hard-earned point with a 2-2 draw. This in itself shows the progress having been thumped 7-2 by the same team early in the season

This was quickly followed up by a 2-1 league cup win at home to high flying Fenstanton putting us in the quarter finals.

Confidence was clearly building; we beat a tough Mepal Sport 1st team 2-1 at home. Pushing us comfortably into mid table. It really does feel like our team efforts are coming together and this has been epitomised by beating the previously unbeaten top of league Outwell Swifts in their own back yard 2-1

We're certainly not getting carried away, but the manager's (Willow's) team talks are focused on us definitely moving in the right direction. We've gone up a notch. Three new signings have underpinned our progress: warm welcome to Jay Marston, Mason Nembhard & regular man of the match Jordan Tufts.

Currently: won 5 lost 5 drawn 3

Unbeaten in 2023. Onwards and upwards!

We are aiming for two teams next season, one in Cambs as is now and one in the Norfolk League. We suspect we need 40 players signed to achieve this. At the end of the season there will be dates for pre season. All welcome age 16 upwards.

Up the Gunners

*Willow*

**Willow (David Wilson)**

West Row Gunners Fc Manager

*PS. Don't forget Tesco's Newmarket have West Gunners FC as their blue token charity - we need your votes which closes very soon !*

If you are interested in joining the club, sponsoring, volunteering or cheering the lads on, contact Willow on [david79fred@gmail.com](mailto:david79fred@gmail.com)

## EASTER 9<sup>TH</sup> APRIL 2023

Easter is one of the principal holidays, or feasts, of Christianity.

**It marks the Resurrection of Jesus three days after his death by crucifixion.** For

many Christian churches, Easter is the joyful end to the Lenten season of fasting and penitence.



A lot of us eat chocolate eggs at Easter, but originally eating fresh eggs was not allowed by church leaders during Holy Week. So any eggs laid that week were saved and decorated to make them Holy Week eggs. Victorians adapted the tradition with satin-covered boxes filled with gifts. This then developed into the traditional chocolate egg.



**Tulips.** Are the ultimate spring flower. White tulips are associated with forgiveness, a common theme for Easter

### Fish

Tradition says that **fish** is the meal of choice on Good Friday rather than meat. Christians have abstained from eating meat on Good Friday for centuries and many people, religious or not, choose to eat fish on the Friday before Easter Sunday.

**Simnel Cake:** It was originally made for the fourth Sunday in Lent, also known as Laetare Sunday, the Refreshment Sunday of Lent (when the 40-day fast would be relaxed), Mothering Sunday (not to be confused with Mother's Day), the Sunday of the Five Loaves, or Simnel Sunday; named after the cake. All cakes started life as sweet loaves and then evolved into textured cakes. A Simnel Cake is basically a rich fruit cake but lighter than those made for Christmas. It has a layer of marzipan through the middle giving it a moist and unique flavour. The 11 marzipan balls on the top represent the 11 disciples, minus Judas of course.



Events to look forward to

March

The Annual General Meeting of the Parish Council is on 25<sup>th</sup> March

May

King Charles III Coronation. Full details of how the village will celebrate

May is also the month for Voting for your Parish and District Councillors.

May elections will take place on *Thursday 4<sup>th</sup> May 2023*

Election Results: *Friday 5<sup>th</sup> May*. Who will be your new Parish/District Councillors

*If you have an event planned – let the Editorial Team know so you can achieve maximum publicity. The Parish Echo goes to every house – notify the Parish Clerk if you do not receive your copy.*

*We also run the 100 Club to help offset the printing costs. It's only £12 per year and your number is entered into a bi-monthly monetary prize draw. Got to be in-it to win-it.*