W E S R O P A R S ECH

Issue 57 Dec 2025 — Jan 2026







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NEXT ISSUE:

Published February 2026

Our deadline for February/March 2026

is:

15th January 2026 12 p.m.

Please email Helen Webber at helen.webber60@gmail.com

100 Club Winner

Congratulations to this time's winner

Name Sue Spencer £74.00

For Further information or to join, contact Sharon The Parish clerk at

clerk@westrow-pc.gov.uk

The 100 Club helps support the printing of the Parish

DIARY DATES

| <u>December</u> | | | |
|-----------------|----------------------------|--|----------------------------|
| Fri 5th | Church Green | Light Switch on | 6.30 p.m |
| Sat 6th | Santa's Sleigh Route 1 | See pull-out | 5 p.m. |
| Sat 6th | Christmas Bazaar & Cafe | Village Hall | 10—10.30 |
| Sun 7th | Santa's Sleigh Route 2 | See pull-out | 5 p.m. |
| Sun 7th | St Peter's Church | Holy Communion | 11.00 a.m. |
| Sun 7th | West Row Baptist Chapel | Advent Services | 10.45 a.m & 6.30 p.m |
| Fri 12th | West Row Village Hall | Fish & Chip Xmas Lunch (fully booked) | 12.30 p.m |
| Sun 14th | St Peter's Church | Sunday Celebration | 11.00 a.m. |
| Sun 14th | Baptist Chapel | Advent Service | 10.45 a.m & 6.30 p.m |
| Tues 16th | Baptist Chapel | Community Lunch Contact Richard 07796 616679 | 12.30 p.m |
| Sun 21st | St Peter's Church | Carol Service | 4 p.m. |
| Sun 21st | West Row Baptist Chapel | Christmas Family Service | 10.45 a.m. |
| Sun 24th | St Peter's Church | Christmas Communion | 11.30 p.m |
| Sun 21st | West Row Baptist Chapel | Carol Service | 6.30 p.m |
| Thurs 25th | West Row Baptist Chapel | Christmas Service | 10.45 a.m. |
| <u>January</u> | | | |
| Sun 4th | St Peter's Church | Sunday Celebration | 11.00 a.m |
| Sun 11th | St Peter's Church | Holy Communion | 11.00 a.m |
| Sun 18th | St Peter's Church | Sunday Celebration | 11.00 a.m |
| Tues 20th | Baptist Chapel | Community Lunch Contact Richard 07796 616679 | 12.30 p.m |
| Sun 25th | St Peter's Church | Holy Communion | 11.00 a.m |
| Sat 31st | Bowls Club | Bingo | 7 p.m |

A note from the EDITOR

Dear Reader,

This latest edition of the West Row Echo contains many different articles which I hope you will have time to read.

My highlight is the article about 'West Row Remembers' on page 8. The ladies of the Knit and Natter group, who produced around 3,500 poppies to adorn Joey the Horse, should be proud of their achievement. The photographs show the dedication given by this group and I hope you have managed to see Joey in person.

As Christmas approaches please look, on pages 15-18, at the various 'celebrations' planned in the village. Children look out for Santa's routes and approximate timings.

Also the Parish Council report on page 5 is worth reading.

As a final reminder, please consider joining the 100 club detail of which can be found on page 7.

Wishing all readers a very Merry Christmas and a Happy New Year.

Peter Rolfe

Editor

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Early Autumn Quiz answers

- 1. Golden Gate Bridge 2. Acropolis 3. Stonehenge 4. Great Barrier Reef 5. Angkor Wat 6. Big Ben 7. Forth Bridge
- **8.** Niagara Falls **9.** The White House **10.** Tower Bridge **11.** Eiffel Tower **12.** Great Wall of China **13.** The Louvre **14.** Christ the Redeemer **15.** Victoria Falls **16.** Parthenon **17.** Trevi Fountain **18.** St. Paul's Cathedral **19.** Sydney Opera House

20. Statue of Liberty

There were seventeen entries, four with all 20 correct answers, and the winner, drawn by lot, was John Barnes, Church Road, West Row.

<u>The Parish Echo</u> 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.

UPCOMING EVENTS





PLEASE NOTE THAT THERE IS NO BINGO IN DECEMBER



Soup & Sandwich Saturday & Quiz
Sat 17th January 2026
Mildenhall Social Club Pavilion
1pm - 3pm
In aid of Mildenhall & District
Poppy Appeal
£5 in advance for catering
purpose

Marion <u>07751196867</u> Helen. <u>07309114235</u>



Valentines Coffee & Cake & Quiz Sat 14th February 2026
Mildenhall Social Club Pavilion 2pm - 4pm
In aid of Mildenhall & District
Poppy Appeal
£5 in advance for catering purposes

Marion <u>07751196867</u> Helen. <u>07309114235</u> Clerk: Sharon Vale

Email: clerk@westrow-pc.gov.uk
Website: https://westrow-pc.gov.uk

Parish Update - December 2025—January 2026



HEDGES AND VERGES: A huge "Thank You" to those residents who have tidied up their frontages, it really makes a difference, not only to pedestrians, but gives the village a "cared for" impression when driving through. Well done

SPEED WATCH: We haven't had too much success despite the initial enthusiasm. We (erroneously) contacted the Community Speed Watch organisation and duly completed their on-line training, but they then mentioned a fee for further training. Unbeknownst to us, they are NOT connected to the Norfolk & Suffolk Community Speed Watch who offer FREE training. So, those who are still interested (and we need SIX (6) of you) should download the Application Form and complete "by hand", then scan and post, or email it to communityspeedwatch@norfolk.police.uk

If you experience any difficulty, come along to the next Parish Council meeting and we can assist with an Application Form. Without 6 volunteers, we cannot proceed.

The VJ WEEKEND Celebrations and Commemorations in August were fantastic. Organised by the West Row History Group with support from the Parish Council. It seems a long way past now, but the community spirit was very much in evidence. We also supported the VILLAGE FETE in September organised by the Village Hall committee with the Parish Council supporting with them with "Hook a Duck".

The NEIGHBOURHOOD PLAN is now with West Suffolk County Council, (so we are getting nearer to the end). Huge thanks to Sharon Vale our Parish Clerk and Cllr Michael Peachey for keeping focused on this long-winded project.

REMEMBRANCE SERVICES:

As this edition of The Echo has gone to print one week early (to ensure delivery before the Dec. events are upon us), we can only report that the Parish commemorates our fallen-on Remembrance Sunday. Wreaths are laid, Names of the Fallen are spoken, Last Post and Two-Minutes Silence, followed by the Remembrance Service within St. Peter's Church. The Parish Councillors, West Row Academy Year 6 Children and members of the public also meet on Armistice Day (11th Nov.) to Commemorate the fallen. Both events take place at our War Memorial on Church Green.

There is a new RAF COMMANDER AT RAF MILDENHALL whom the Chair has met. His name is Squadron Leader Owen Crosby whom we hope will attend our Parish Council meetings when possible, in order to develop a good working relationship with himself and our American neighbours.

There is a PARISH (Email) CONTACT LIST, maintained by the Vice Chair, Rosalind Hamill. This keeps those on the list, up to date with events in the Parish, plus any last-minute amendments. The email went out recently, if you would like to be added, please email: rosalind_hamill@yahoo.co.uk. No spam. All emails are sent "Blind" to protect your identity. Just a quick recap of what that email contained:

Dates for your Diary

Tuesday 2nd Dec. Christmas Tree arrives ready to be decorated Also, the Mildenhall Charities Pensioner's Payout. Village Hall 3.30pm – 4.30pm Remember your ID!

Friday 5th December: The Annual Christmas Tree Lighting Ceremony on Church Green. There will be mulled wine, minced pies, carol singing and the usual Disco. It's a great way to herald the Festive Season.

Saturday 6th December: Christmas Fayre: West Row Village Hall. No further details known. FMI: Karen Peachey-Gallagher **Saturday 6th December: Santa** begins his tour of the village. This year we will ring the changes by having photo opportunities at strategic points. Santa will follow his usual route, with fewer stops. Tonight, he will be on the South route

Sunday 7th December: Santa visits North roads of the Parish. See the central pages herewith for timings, which are approximate

Wednesday 31st December: Happy New Year to one and all. Stay safe. Goodbye 2025 (it was memorable) . Hello and welcome 2026

Remember: Parish Councillors meet 3rd Wednesday 7pm in the Parish Office (the old Outdoor Bowls Club). **For November only**, we are meeting on **Tuesday** 18th November. Members of the public are most welcome. Ideas of what you think we should consider. Contact Sharon Vale.

Parish Surgeries are usually held in the Parish Office, 3rd Saturday of each month, 10am-11am. All welcome to attend and to bring your concerns to the Parish Councillors' attention. If you'd like clarification on anything the PC is involved in, just come along and ask.

Edited by Rosalind Hamill, Vice Chair Approved by Alan Fisher, Chair

LAKENHEATH FEN RSPB

Everywhere we look during the month of December seems to be themed with Christmas- there's events on, food and presents to buy and soon there'll be trees, decorations and crackers everywhere too. At the reserve, however, life for the wildlife goes on as normal and we will be making provision to keep the birds fed over the festive period, and to keep the trails open for visitors throughout the holiday season. The toilets and Visitor Centre will be closed from 24 December to 1 January, but on any day you will still be able to park up, walk round the reserve and enjoy the wildlife that lives here.

So, what might you see? Nearer the Visitor Centre, small birds like Siskin and Marsh tit should be using the feeders- these are two species we only tend to see at the feeders during the winter months, along with Long-tailed tits. There may also be the odd Redpoll mixed in with them or even a beautiful Brambling if we get a cold snap- these are very closely related to Chaffinches and often mingle with them, but they have beautiful speckled orange, black and white plumage.

As you walk along the riverbank there should be some Whooper swans visible on the Hockwold Washes- and depending on the time of day you could see quite a lot- the overnight roost now numbers hundreds, with many still present at first light and until around 9am. Some will stay all day, and we may even have a few of their rarer cousins- Bewick's swans- with them. Bewick's are smaller, with more black on their bills and their calls are different. They also tend to keep to themselves in their own little group, often near the edge of the main group. Ducks like Shoveler, Teal, Wigeon and Gadwall should be present on the Washland too, with egrets and herons around the edges and maybe even a Kingfisher flying down the river.

If you happen to come towards the end of the day, our raptor roost will have built up by December and could be quite impressive. We get a wide variety of birds of prey attracted to the reedbeds as the light fades, both for roosting and hunting in. The majority of these raptors will be Marsh harriers, but one or two Sparrowhawk and Kestrel are common and sometimes Barn owl, Peregrine, Short-eared owl or Merlin are present too. Lots of small birds like Pied wagtails, Reed buntings and Blue tits love roosting in the reeds too, and

these attract some of the more nimble raptors.

If you stay to watch the roost coming in, don't be fooled into thinking that's the end of the show- on your walk back towards the car park, our visitors and staff often see Woodcock and sometimes a Barn owl, and during the winter hearing a Tawny owl hooting around the car park or along the entrance track is common.

We hope that our festive message to all of our supporters has been delivered- that the reserve is here and full of wildlife and vistas for everyone to enjoy over Christmas and New Year, no matter how you celebrate the season. We hope to see you soon!



Photo Credit—Lee Gregory

The photo shows a male Brambling being ringed at the reserve

LAKENHEATH FEN RSPB DIARY DATES

Places for all events need to be booked online- please visit https://bit.ly/LakenheathFenEvents to read more and book tickets.

Moth Mornings

27 February (10am to 11am)

Learn more about the amazing world of moths-join us to admire what we catch in our harmless trap.

RSPB members £5 (£2.50 for Under 18's); non-RSPB members £6 (£3 for Under 18's).

Wild Wetland Winter Guided Walks

Sundays 23 November, 11 January (9:30am-12:30pm)

Wrap up warm and join us to see the best that winter has to offer- we will be looking for seasonal highlights with our knowledgeable guides on this beautiful reserve!

RSPB members £12 (£6 for Under 18's); non-RSPB members £15 (£7.50 for Under 18's).

Raptors in the Reedbed

Sunday 25 Jan, Saturday 14 Feb 2026

Watch the reserve come to light as darkness falls, and birds of prey gather to hunt or roost in the reedbeds.

RSPB members £12 (£6 for Under 18's); non-RSPB members £15 (£7.50 for Under 18's).

Winter Walking Safari

Sunday 8 February 2026 (9:30am-3:30pm)

Many parts of the reserve aren't usually open to the public, and this behind the scenes tour provides a great opportunity to see the wildlife hiding out in pools and reedbeds which aren't visible from the current visitor trails. This walk is just over six miles long, and will include a visit to Botany Bay SSSI.

RSPB members £20 (£10 for Under 18's); non-RSPB members £25 (£12.50 for Under 18's).

The Echo and the 100 Club

By joining the 100 Club, you are contributing towards the cost of printing The Echo, which goes to every house We are short a few members, so the balance of cost is taken from the Precept. That is your money, via the government to pay for nice things around the village. Therefore, the more 100 Club members --- the less Precept is taken.

Ask Sharon how to complete a standing order - £12 for the year (which starts in January, so no time to lose)

clerk@westrow-pc.gov.uk 07860358493.

Don't forget to put your name in the "Reference" box

By setting up a standing order, Sharon will know who the bi-monthly winner is - and you don't have to keep remembering to pay the dues.

WEST ROW REMEMBERS

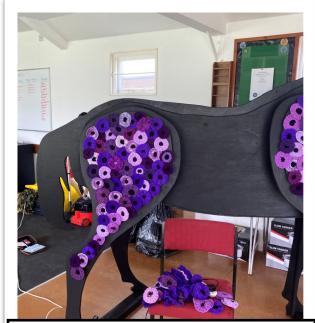
The ladies of the Knit and Natter group recently introduced the Village to its very own War Horse Joey.

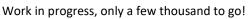
This was the work of the 9 ladies of the Knit and Natter group plus a couple more ladies from the community. Over 3500 poppies were knitted to make up the project.

The horse was made by Mark Garrard, supported by his family and what a magnificent animal he was.

The whole project was supported by the Parish, who without their financial support we could not have

made our horse.







He is nearly complete, just his saddle and bridle to go.



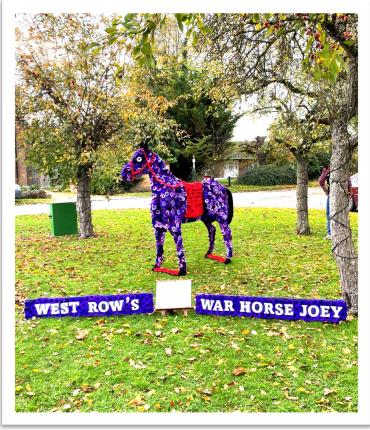


With the help of a few of the men, he was released from the Parish Office, he is ready to make his was to the Memorial.













Colin Noble

Suffolk County Council Councillor for Row Heath Division

Tel: 07545 423795

Email; colin.noble@suffolk.gov.uk



Honouring Our Past and Shaping Suffolk's Future

As the nation gathered once again on Sunday, 9th November, for Remembrance Sunday 2025, communities across Suffolk paused to remember those who made the ultimate sacrifice to defend our freedom. This year's commemorations carried an especially poignant weight, as 2025 marks the 80th anniversaries of VE Day and VJ Day. These twin moments brought the Second World War to its end in Europe and the Pacific.

Wreaths were laid at West Row's War Memorial, and the traditional silence was observed. These acts of Remembrance remind us not only of the immense cost of war but also of the enduring strength of our communities - values that continue to define Suffolk today.

While we look back with gratitude, Suffolk is also looking forward.

The county's councils — One Suffolk, and the district councils' Three Suffolk proposals have been submitted to the Government, who will determine the future shape of local Government in our county. These submissions set out differing visions for how local services might be delivered more effectively, efficiently, and closer to the people they serve.

The Secretary of State's forthcoming decision on the way forward will be one of the most significant for Suffolk in decades. Not forgetting the Norfolk and Suffolk mayoral elections in May 2026. Whatever the outcome, the debate highlights the shared ambition across our councils to make Suffolk stronger, more sustainable, and better equipped for the challenges ahead.

Meanwhile, Suffolk County Council's 2026–27 budget process is underway, and, as always, it's a balance between respecting your hard-earned money that we all pay in Council Tax, the amount the Government provides in grants, and the increased costs inflation brings. The bulk of what the county council spends - about 77 pence in every pound - is now spent on Adult and Children's services. These are not optional services but vital to protecting the most vulnerable in our communities, and so we debate how to spend the balance on highways, schools, and the environment. I am always keen to hear your views so I can add them to the debate we have at the County Council. Please get in touch.

As Christmas approaches, please do think about your elderly neighbours and how, at this special time of year, a card or a chat over a cup of tea might be especially welcome. It's a wonderful time of year, but it can be lonely for some as they remember times past and loved ones sadly gone.

This just leaves me to wish you a very Merry Christmas and a happy, healthy, and prosperous New Year.

Colin Noble

NEWS FROM JORDAN MILLWARD https://www.askjordon.co.uk/

The school governors are exploring the formation of a Parent Teacher Association (PTA) to strengthen collaboration between families and the school. We warmly invite expressions of interest from parents and guardians who would like to be involved in shaping this initiative. If you're interested in joining or learning more, please email Jordon Millward at jordon.millward@icloud.com.



Are you looking for a career WITH NEW PERSPECTIVE?



Work as a civilian on RAF Lakenheath to support the United States Air Force.

These benefits could have you dancing for joy at your new job! •

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- · Free on-site parking
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- · Development opportunities available
- Time off, cash and honorary awards, and recognition available for significant contributions and consistent high performance
- Free access to on-site gym facilities
 "Subject to terms and conditions





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 Recreation Assistant • Engineer • and MORE! •

For more information visit.

https://www.mildenhall.of.mil/libout-Us/Fact-Sheets/Display/Article/759969/civilian-personnel-start-your-job-search-hen.

The 48th Fighter
Wing provides
worldwide responsive
combat airpower
and support.

The 48th Fighter Wing – also known as the Liberty Wing – is located at RAF Lakenheath and RAF Feltwell. Consisting of more than 5,000 U.S. military members, over 1,500 British and U.S. civilians, and around 8,500 dependents, it is the largest U.S.-operated Air Force base in the United Kingdom and home to both F-15E and F-35A fighter jets. Current priorities for the 48th Fighter Wing include doubling our F-35A fleet by 2024 and providing balance for our people.





Historically, the 48th FW has been the foundation of USAFE's combat capability and remains so today. The Liberty Wing led the El Dorado Canyon raids into Libya in 1986 and was the first F-11 fighter unit to deploy to the Gulf during Operations Desert Shield and Desert Storm. The Liberty Wing also anchored NATO forces during Operations Deliberate Force and Allied Force. Since September 11, 2001, the 48th FW has played a key role in antiferrorium operations, flying combat missions, and providing combat missions, and providing combat support in Operations Enduring Freedom and Iraqi Freedom.





Barbershop

37 Beeches Road, West Row, IP28 8NP
Call Stephen to set up an appointment on

07985 426561

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MILDENHALL





WEST ROW VILLAGE HALL FOUNDATION

Registered Charity: 1165959

Chapel Road, West Row, IP28NY

To hire the hall please call:

Vicki Butler - 01638 716924 or 07704 693706

Or visit our website westrowvillagehall.co.uk or visit us on Facebook

Our Foundation offers a great range of sports, classes, clubs & opportunities for all the community to enjoy including a FREE Tennis Court, Children's Play Park, Football Pitch & Pavilion (to hire) plus the following inside the hall:

MON 4.30-7.30pm PWL Acro & Gymnastic Club for children/adults of all ages

(pwldance.co.uk)

TUES 7-8pm "Pilates for All" – Karen Peachey-Gallagher. All abilities & ages.

Contact Karen (07554 119550)

THURS 6-6.45pm "STEP AEROBICS" – Open to everyone! Booking essential. Contact

Karen Peachey-Gallagher (07554 119550)

THURS 7.30-9.30pm SWING JIVE CLASSES—Contact Martin / Caroline Culverhouse on

07886 492772 or Linda/Dale Goldthorpe 07399 776994

FRI 12.30pm Monthly Fish & Chip Lunch. Contact Alan Fisher 07715 957292 or

churchman14@btinternet.com

FRI 5.30-7.30pm Martial Arts Training with Darren Hart. Children & Adults welcome

- contact Darren on 07717 886917

Hall Fees: £15 per hour (residents of parish) / £18 per hour - non residents

Extra Charge for Bar & Sun Lounge Hire



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Friday 5th Dec. The Green, St. Peter's Lighting the Christmas Tree Meet 6.30 pm - Refreshments

Saturday **6th** December AND
Sunday **7th** December
Santa's Sleigh Ride through the village

 For more information contact Sharon, Parish Clerk

clerk@westrow-pc.gov.uk
Tel. 07860 358 493



West Row Parish Council warmly invites you to the West Row Christmas Festivities 2025



We start the goodwill season on Friday 5th December, 6.30pm at Church Green (next to War Memorial)

Welcoming comments and no doubt lots of mince pies, sausage rolls and warm drinks. Then:

Festive Carols and Seasonal Tunes. Singing and Dancing encouraged. At 7pm the Lighting Up Ceremony

Following the Tree Lighting, join in with the Big Countdown
Then more seasonal music and refreshments

We have it on good authority that Santa will be doing a patrol of the village starting Saturday 6th and Sunday 7th December.

Make sure you keep his routes safe!

Let the party begin and Merry Christmas Everyone

The routes are listed herein, but please be mindful times can only be approximate.

In past years residents have asked to donate, therefore the Elves will be bringing festive cheer for anyone who wishes to contribute to a worthy cause within the Parish.

Absolutely no obligation



SANTA'S SLEIGH ROUTE Saturday 6th December

PLEASE BE AWARE – TIMES ARE APPROXIMATE

Picture opportunity before Santa departs.

| 5 pm | Leaving V/Hall Car Park |
|---------|--|
| 5 10 | Right into Chapel Road |
| 3.10 pm | Right into Friday Street |
| | Continue onto St. Peter's Green SANTA STOP (15 min) |
| | SANTA STOP (15 min) |
| 5.25 pm | Continue along Church Road |
| | Left into Cricks Road |
| | Right into Wellington Close |
| - | SANTA STOP (15 min) |
| 5.50 pm | Continue right into Cricks Road |
| | Turning Right onto Pott Hall Road |
| 6.00 pm | Bagsham Lane corner |
| | Along Bargate Road |
| 6.20pm | Around into Eldo Road |
| 6.25 pm | Stopping at Eldo Gardens junction |
| | SANTA STOP (10 min) |
| 6.35 pm | Continue along Eldo Road then. |
| • | Around the corner into Church Road |
| 6.45 pm | Arrive Church Green and the Christmas Tree |
| | SANTA STOP (15 min) |
| 7.00 pm | Continue along |
| 1 | Friday Street |
| 7.10 pm | Into Chapel Road |
| 7.15 pm | Back to Village Hall |
| • | Car Park |
| 7.10 pm | Santa has left the Play Park to wrap all the Christmas gifts |
| | 5.10 pm 5.25 pm 5.30 pm 5.35 pm 5.50 pm 6.00 pm 6.20pm 6.25 pm 6.45 pm 7.00 pm 7.10 pm 7.15 pm |





SANTA'S SLEIGH ROUTE Sunday 7th December

<u>PLEASE BE AWARE – TIMES ARE APPROXIMATE</u>

| 5 pm | Leave V/Hall Car Park, right into Chapel Road | | |
|---------|---|--------------------------------|-------------------|
| 5.10 pm | Arrive at Mason Ga | rdens SANTA STOP | (5 mins) |
| 5.15 pm | Return along Chapel Around corner into I | | |
| 5.25 pm | Left into Manor Fari | n Road SANTA STOP | (5 mins) |
| 5.35 pm | Right into White Ho | rse Drive (pause at SANTA STOP | top) (10 mins) |
| 5.45 pm | Right into Beeches I | Road, Triangle SANTA STOP | (10 mins) |
| 5.55 pm | Continue along Bee | ches Road | |
| 6.00 pm | Blenheim Close | SANTA STOP | (10 mins) |
| 6.10 pm | Right at junction with Mildenhall Road | | |
| 6.15 pm | Victoria Close | SANTA STOP | (10 mins) |
| 6.25 pm | Back to Beeches Roa | ad | |
| 6.30 pm | The Triangle | SANTA STOP | (10 mins) |
| 6.40 pm | The Green, Green Fa | arm SANTA STOF | (10 mins) |
| 6.50 pm | Continue along Cool | k's Drove | |

Santa arrives at Chair Fen Drove where he will feed his reindeers before heading off to Lapland for a well-earned est.

<u>The revised route has been adjusted to cover the most popular Santa Stops from previous years</u>



ANCIENT PARISH of MILDENHALL CHARITIES

CHARITY DISTRIBUTION 2025

The Trustees have approved the distribution of £10 to men and women residents of the Parish, either married or single **WHO RECEIVE AN OLD AGE PENSION** or are 60, female, or 65, male, (widows/widowers of any age are also eligible). To obtain this gift please note carefully the following conditions.

Payment will be made to persons living in the village of the venues shown below when **EVIDENCE**OF AGE AND ADDRESS IS PRODUCED, THIS CAN BE A PASSPORT, BIRTH CERTIFICATE, D.H.S.S.
LETTER, HEATING GRANT LETTER, BANK STATEMENT OR COMBINATIONS TO CONFIRM AGE
AND ADDRESS.

Anyone applying for payment on behalf of someone eligible who is unable to attend in person MUST PRODUCE TO THE TRUSTEES PRESENT A LETTER WRITTEN TO AUTHORISE THE COLLECTION OF THE MONEY, SIGNED BY THAT PERSON), AND EVIDENCE OF ELIGIBILITY AS ABOVE.

VERY IMPORTANT: The distribution will take place ONLY at the places and on the dates and times shown below:

WEST ROW The New Village Hall, on Tuesday, 2nd December 2025 between 3.30 p.m. and 4.30 p.m.

BECK ROW Church Room, St. Johns Street, on Wednesday, 3rd December 2025 between 2.15p.m. and

3.30p.m

MILDENHALL St John The Evangelist Roman Catholic Church, St. Johns Close, on Thursday, 4th December

2025 between 10.30 a.m. and 12.00 p.m.

8

Jubilee Centre, Recreation Way, on Thursday 4th December 2025 between 2.15 p.m. and

3.30 p.m.

TRUSTEES: R Alecock, Mrs FG Bristow, Mrs K Sallis, Mrs. T. Gooch-Taylor-Balls, Mrs J Reeve, Mr J Tanswell, Mr S Mitchell V Coomber, Clerk to the Trustees

DOWN THE SHED December 2025—January 2026 theshedcharity@gmail.com

OFF WITH THE OLD – IN WITH THE NEW: It's strange writing this in October in order to catch the early deadline of 15th November in time for printing the December 25 / January 2026 Edition of The Echo. But so much is going on in the village early December, needs must.

What have we been getting up to I hear you ask?
We held **our AGM** in September and received the resignations of Val and June who had been with The Shed for some time. We wish June a speedy recovery but to take things easy in the meantime. Ill health has also clipped the wings of another volunteer. Viv is on the mend, but again, must NOT return to helping too soon.

Still on the medical issues. We were shocked to hear that Jean, who looks after our Tea Room, was rushed to hospital and remained there for over 2 months. Fortunately, she is back home and recovering. It was a happy sight to see her smiling face back at The Shed, despite the pain and discomfort she has endured. On a happier note, we welcomed new members Brian and Nicoleta Butcher to the Food Team, along with occasional help from Chris Markham and Maxine Huxnall. We are always grateful for additional help, either collecting from local supermarkets, or putting out the produce in and around our Little Shed at the front gate. This is a vital service we provide for those who may be struggling with the cost of living, etc. All we ask is that everyone only takes what they need. Several days we are able to put out quite a lot - which means food for many - NOT - lots of food for a few. If you feel you could provide an hour or two for this project, please get in touch.

We also welcomed **new Trustees**: Roxanne Rutter and Jan Chipchase-Winn. Very welcome additions to the team. We have strong links with St. Mary's Church of England Academy in Mildenhall and our new Trustees will further that link. The Shed has been accepted for the **Lidl Charity Toy Drive** closer to Christmas when our local store in Thetford allows us to collect toys that customers have donated. It is our way of helping children enjoy a present or two at this festive time.

People are always fascinated to hear "our story" and how The Shed has evolved. Please check out our FB page...The Shed https://www.facebook.com/groups/230385560716385 The Shed | Facebook

During our AGM, we agreed to have a **Trustee and Volunteer's Christmas Lunch** which is arranged for Wednesday 3rd December. An opportunity for the two Teams (Gardening and Food) to socialise. Looking into the New Year, we expect to host once again our **Annual Spring Fling** around April/May time when the weather is warmer, and the clocks are back to BST. This is our opportunity to reach out to the community, showcase our facilities and encourage more volunteers and users of our Big Circle. The Shed is a registered community asset, and we like to share whatever we can. FREE



Guinness World Record for the most Nativity Scenes. The Shed will participate and proud to do so.



January can be a bleak and miserable time. But at The Shed we like to embrace all seasons, dress appropriately and

do whatever jobs need doing (and there is ALWAYS something to be done).

February on the

other hand is a breath of loveliness when all the flowers start to poke their heads out of the ground, and burst into a rainbow of colour. So cheerful and friendly





March, planting in earnest. Fruit trees in beautiful blossom. Shrubs and flowers provide an array of colour. And we start to cut the grass!!! Hopefully by Spring we will have completed out latest greenhouse and no doubt the gardeners will be busy filling it with seedlings and baby plants to grow on.

We are open Tuesdays, Thursdays and Saturdays from 10am. We say "weather permitting" but to be honest, the hardy crew are out in all elements..... dressed for the weather, as they say.

The Food Team puts out surplus produce most days, but primarily on Mondays, Wednesdays and Fridays. There should be plenty for all – but – human nature, if people see the shelves overflowing, they assume they can take more than they need. Which is a shame as we want to help those who really need it. And on that note. Although we are no longer able to deliver Care Boxes, if you know anyone who would appreciate some extra basics, then please let us know and we will gladly put some supplies together for them. Just tell us where they live and what the family consists of..... # of adults, # of children and approx.. ages. So we can adjust the boxes accordingly. Also, if you are aware of any allergies.



A reminder that we <u>do</u> have CCTV at our main gate. Primarily because our Donation box was "removed" earlier this year, but it is also necessary to monitor who is visiting. Generally, people are very honest – it's just the odd one or two!! *Isn't the new box smart? Thank you so much Graham (Moggy) Morley for an excellent piece of work, and thanks also to R.Palmer and Sons of Fordham who provided the steel. Free gratis can you*

believe. People are SO kind

FMI: Contact Roz Hamill 01638 715329



Season's Greetings and Thanks from West Row Academy

A Message to All Residents of West Row Village

As the chair of the Governors of West Row Academy, I am delighted to extend my warmest wishes to every resident of West Row this Christmas season. At this special time of year, we are reminded of the importance of community, kindness, and togetherness – values that lie at the heart of both our village and our school.

On behalf of everyone at West Row Academy, I would like to sincerely thank you for the steadfast support you have shown our school throughout the year. Whether you have attended our events, volunteered your time, or simply cheered on our pupils from afar, your encouragement has made an enormous difference to the lives of our children and the work we do.

Our school is a vital part of the village, not just as a place of learning but as a centre for community spirit and pride. By engaging positively with West Row Academy – through volunteering, attending performances, or sharing your skills and experience – you help to create a vibrant and supportive environment in which our children can thrive. Your involvement, no matter how big or small, enriches the educational experience and helps forge strong links between generations, ensuring our village remains a wonderful place for everyone.

As we look forward to the New Year, I invite all residents to continue this journey with us. Together, we can support our young people as they grow in confidence, curiosity, and compassion. Your partnership with the school makes a lasting impact, not just on individual pupils but on the community as a whole.

May you and your loved ones enjoy a peaceful, joyful Christmas and a happy and healthy 2026. Thank you once again for all that you do for West Row Academy and for being such an integral part of our school's story.

With warmest Christmas wishes,

Evan King

Chair of Governors

West Row Academy





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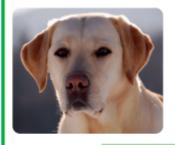
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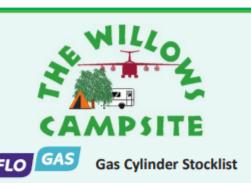
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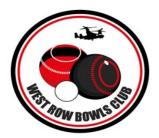


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<u>WEST ROW</u> BOWLS CLUB NEWS

The Indoor season is well under way and a few new 'Beginners have joined the Club.

As a reminder, anyone who wishes to try out the sport should come along to the Club on a Wednesday evening, from 6.00 p.m. 7.00p.m. The first five coaching sessions are offered free of charge and then anyone wishing to join is asked to pay a Beginner membership fee of £20. This entitles a Beginner member to practise at any time the Club is open and a rink is free. A rink fee of £2.00 per hour is charged.

All bowling equipment is provided at the Club. Flat soled shoes that have only been worn indoors are required but the club also has a selection of shoes that can be borrowed.

Once a Beginner member feels ready for some more formal competitive games, a Bowls Drive is held every Wednesday 7.15 p.m. 9.00 p.m.

In the Spring, a Sunday bowls competition will be held with the latest Beginner members being offered places in the event.

Also as a reminder, the Club holds monthly Bingo sessions on a Saturday and also look out for social events that are planned.

The Club is open most evenings so why not drop in to see what the Club has on offer and maybe give bowls a try!

We are again playing in both the Men's County League and the Mixed County League, and for the first time in many years have entered a team in the Joey Taylor-Balls Ladies League

For more information regarding any aspect of the Club

For information regarding any aspect of the club please contact Club Coach, Peter Rolfe, tel: 07501 640328 or email:

peter.rolfe3@btopenworld.com

St Peter's Church West Row





Churchwardens:

Beryl Austin 01638 712708 - Debbie Eaglen

Elders:

Tricia Leverington

CONTACT:

Vicar: Rev'd Mark McCaghrey

Tel.: 01638 495001

Email:

mark.larkandlee@outlook.com

"And for us this the end of all the stories, and we can most truly say that they all lived happily ever after. But for them it was only the beginning of the real story. All their life in this world and all their adventures in Narnia had only been the cover and the title page: now at last they were beginning Chapter One of the Great Story which no one on earth has read: which goes on for ever: in which every chapter is better than the one before."

In *The Lion, the Witch and the Wardrobe* the writer and scholar C.S. Lewis' retells the Easter Story. Aslan is Jesus. He dies for Edmund and is raised from death. In the last of the Narnia stories, *The Last Battle*, he retells the end of the Christian Story – that Jesus came so that we might be part an eternity without evil or pain and where our relationship with God is restored.

I love those words I quoted -the very last words of *The Last Battle*. In part this is because I have loved the Narnia stories from childhood, even though I was an atheist then. But now, as a Christian, I find that they are able to say something which I find difficult to put into words, but which is so key to understanding what the Christianity is actually about.

The four weeks preceding Christmas are called Advent. We tend to think of Advent only in terms of Chocolate (or other) Advent Calendars, counting down the days until Christmas Day. But Advent is really about looking much further forward and into the very purpose of Christmas itself and what it means for us.

Jesus came at Christmas with a twofold purpose. Firstly, to die for us on the cross and be raised from death so that we might begin a relationship with the Father no longer separated from him. Secondly it was so that we might be able to be part of his eternal plan, which is so much greater than we can imagine. But we can't receive the second part without accepting the first. We must accept Jesus' gift of his life on the cross to be able to receive the gift of eternity, because without that we are still separated from God.

So this Christmas as we focus on the first part of the story – the birth of the baby Jesus, let us remember the second part – Jesus' death on the Cross and look forward to the last part – that God hopes that we might be with him into eternity.

"All our life in this world had only been the cover and the title page: now at last we were beginning Chapter One of the Great Story which no one on earth has read: which goes on for ever: in which every chapter is better than the one before."

DOWN THE ALLOTMENTS IN DECEMBER & JANUARY



Allotment Tasks for December and January

Introduction

December and January are the coldest and often the quietest months on the allotment, but there's still plenty to do to prepare for the coming growing season. While growth slows and many plants are dormant, these months offer an ideal opportunity for maintenance, planning, and a few productive jobs that will set you up for success in spring.

General Maintenance and Preparation

- Clear Away Dead Plant Material: Remove spent crops, dead leaves, and any diseased material from beds and compost what you can. This helps prevent pests and diseases from overwintering.
- Weeding: Take advantage of bare soil to remove perennial weeds. They're easier to spot and less likely to regrow in cold weather.
- Digging and Soil Preparation: Now is a good time to dig over beds, especially on lighter soils. For heavier clay soils, leave them rough-dug so that frost can break down large clods, improving structure for spring sowing.
- Add Organic Matter: Spread well-rotted manure or compost over your beds. Worms and weather will help work it in, enriching your soil for the months ahead.
- Clean and Organise Tools: Sharpen, clean, and oil your tools to prevent rust and make spring work easier. Repair any broken handles or replace worn-out equipment.
- Check Structures: Inspect greenhouses, sheds, and cold frames for damage. Repair leaks, broken panes, or doors, and ensure everything is secure against winter winds.

Planning for the Upcoming Season

- Order Seeds and Supplies: Browse seed catalogues and place your orders early for the best selection. Take stock of what's left over from last year and make a shopping list for fertilisers, compost, and other essentials.
- Draw Up a Crop Plan: Map out your beds for crop rotation, taking care to avoid planting the same family in the same spot as last year. This helps prevent soil-borne diseases and pest build-up.
- Start a Planting Diary: Keep notes on what you plan to grow, sowing times, and any lessons learned from previous years.

Sowing and Growing

- Start Early Crops Indoors: If you have a heated propagator or a warm windowsill, you can sow early varieties of broad beans, onions from seed, or even some salad greens indoors during January to get a head start.
- Garlic and Shallots: In milder winters or with well-drained soil, it's still possible to plant garlic and shallots outdoors in December if you haven't already done so.
- Fruit Bushes and Trees: Bare-root fruit bushes, canes (such as raspberries), and trees can be planted now, as long as the ground isn't frozen or waterlogged.

Care for Overwintering Crops

- Protect Brassicas: Check netting over cabbages, sprouts, and broccoli to keep out pigeons. Remove any yellowing leaves to improve airflow and reduce disease risk.
- Check Root Crops: Parsnips, leeks, and Jerusalem artichokes can be left in the ground and harvested as needed. Cover with straw or fleece to make lifting easier in frosty weather.
- Mulch Beds: Apply a thick mulch to bare soil and around overwintering crops to protect roots from deep freezes and suppress weeds.

Summary

Although December and January are quieter months on the allotment, they are invaluable for getting ahead with maintenance, planning, and a little indoor sowing. Wrap up warm, take advantage of the slower pace, and you'll reap the rewards when spring arrives.

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West Row Baptist Church

From the Pastor's Desk

evan@westrowbaptistchurch.org.uk.

As we journey through these long, dark evenings in West Row and surrounding villages, many of us find ourselves switching on our lights earlier and earlier. The glow from our windows stands out against the night, a small but powerful reminder that light always breaks through the darkness.

This simple act—lighting our homes—can serve as a vivid illustration of the world we live in. The Bible often describes our world as one shrouded in darkness, not just the physical kind, but a spiritual darkness brought about by sin and separation from God. Yet, into this darkness, God sent His Son, Jesus Christ, as the true Light of the world.

The prophet Isaiah, centuries before the birth of Christ, spoke words of hope to a people walking in darkness:

"For to us a child is born, to us a son is given, and the government will be on his shoulders. And he will be called Wonderful Counsellor, Mighty God, Everlasting Father, Prince of Peace. Of the greatness of his government and peace there will be no end. He will reign on David's throne and over his kingdom, establishing and upholding it with justice and righteousness from that time on and forever." Isaiah 9:6 -7

Isaiah's prophecy points us to the heart of Christmas: the arrival of Jesus, the promised Saviour, who brings light, hope, and peace to a world in need.

The Gospel of John echoes this message:

"The true light that gives light to everyone was coming into the world. He was in the world, and though the world was made through him, the world did not recognise him. He came to that which was his own, but his own did not receive him. Yet to all who did receive him, to those who believed in his name, he gave the right to become children of God." John 1:9-13

Christmas is not just a celebration of a baby born in Bethlehem; it is the celebration of God's light breaking into our darkness. Jesus came to save sinners, to offer forgiveness, and to bring us into the family of God. The invitation is open to all who will receive Him.

Unfortunately, the Chapel Sign "Jesus is the light of the world" which is switched on each Christmas as a reminder of God's greatest gift to us will probably not be there this year because of the building work, but nevertheless, as you see the lights shining in the windows of West Row homes this Christmas, let them remind you of the greater Light—Jesus Christ—who came to dispel the darkness and bring us everlasting hope.

May you experience the peace and joy of Christ this Christmas and may His light shine brightly in your heart and home.

Evan

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

EARLY WINTER QUIZ 2025

| All answers are FRUIT OR VEGETABLES | | | | |
|--|----------------|--|--|--|
| E.g. H20 meets confused lemon? (10) | ANS Watermelon | | | |
| 1. Turn with short pain? (7) | ANS | | | |
| 2. Love apple? (6) | ANS | | | |
| 3. Sounds like two in a meeting? (10,4) | ANS | | | |
| 4. Spanish colour? (7,6) | ANS | | | |
| 5. Sounds as if it is a bit burnt? (5) | ANS | | | |
| 6. Blushing female is joined by an IT company? (4,4,5) | ANS | | | |
| 7. Evergreen fruit? (9) | ANS | | | |
| 8. A Scandinavian? (5) | ANS | | | |
| 9. Could be puree with a house space? (8) | ANS | | | |
| 10. Nonsense? (7) | ANS | | | |
| 11. Senior fruit? (10) | ANS | | | |
| 12. Liquid with mustard's partner? (10) | ANS | | | |
| 13. Chinese official? (8) | ANS | | | |
| 14. Sounds a bit pedestrian? (4) | ANS | | | |
| 15. Old queen's the best? (8,4) | ANS | | | |
| 16. Sounds like a dog's bloom? (11) | ANS | | | |
| 17. An oriental that is unwanted? (7, 10) | ANS | | | |
| 18. Charming tuber? (5, 6) | ANS | | | |
| 19. Sounds like two hats joined up? (10) | ANS | | | |
| 20. Sugar source origin? (8) | ANS | | | |
| NAME OF ENTRANT | | | | |
| ADDRESS | | | | |
| Contact tel. no | | | | |

N.B. PLEASE POST YOUR ENTRY IN THE BOWLS CLUB SILVER LETTER BOX SITUATED ON THE FENCE BY 14th DECEMBER 2025





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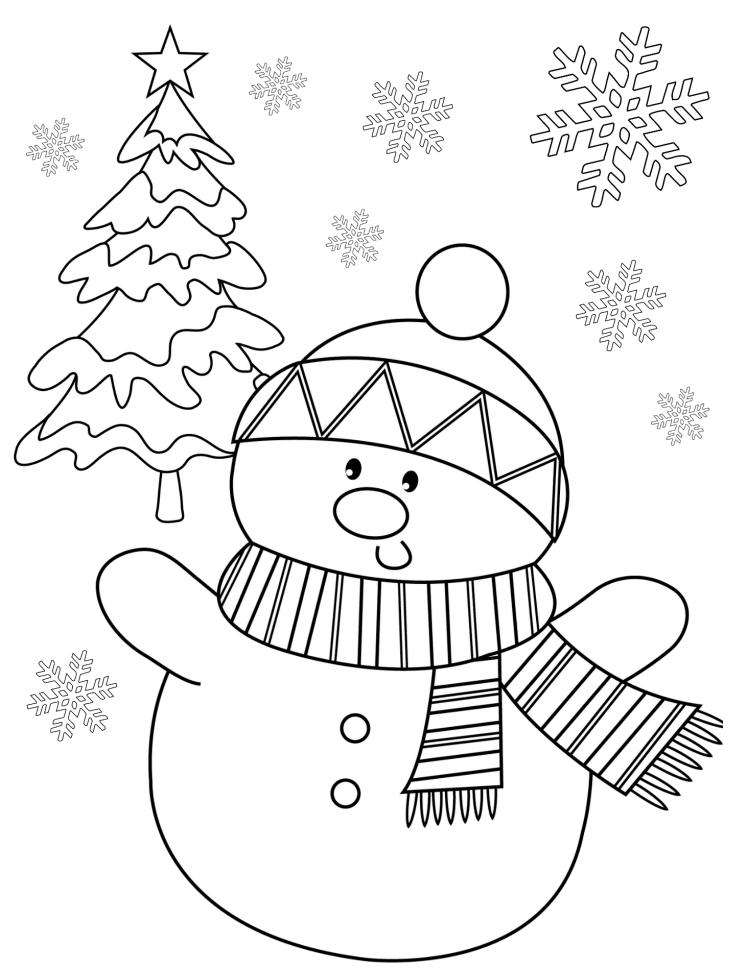




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CHILDRENS CORNER

Festive Reindeer Rice Krispie Treats

A Fun and Easy Christmas Recipe for Children

These Reindeer Rice Krispie Treats are perfect for little hands, require no baking, and can be decorated with a touch of festive cheer!

Ingredients

- 50g unsalted butter
- 200g marshmallows
- 150g Rice Krispies cereal
- 100g milk chocolate (for melting)
- Red Smarties or M&Ms (for noses)
- Mini pretzels (for antlers)
- Edible candy eyes or white chocolate chips and food colouring pen
- Sprinkles (optional, for extra decoration)

Equipment

- Large mixing bowl Saucepan Baking tray lined with parchment paper Wooden spoon
- Microwave-safe bowl (for melting chocolate)

Instructions

- 1. Melt the Butter and Marshmallows:
- 2. In a saucepan, gently melt the butter over a low heat. Add the marshmallows and stir continuously until smooth and gooey. This step is best done by an adult.
- **3.** Mix in the Rice Krispies:
- **4.** Remove the saucepan from the heat. Pour in the Rice Krispies and mix well with a wooden spoon until everything is evenly coated.
- **5.** Shape the Treats:
- 6. With clean, slightly damp hands, scoop small handfuls of the mixture and shape them into ovals or rectangles (these will be the reindeers' faces). Place them onto the lined baking tray.
- **7.** Cool and Set:
- **8.** Let the treats cool for about 10-15 minutes.
- 9. Decorate the Reindeer:
- **10.** Melt the milk chocolate in a microwave-safe bowl in 30-second bursts, stirring between each burst until smooth.
- **11.** Dip one side of a mini pretzel into the chocolate and press it gently into the sides of each Rice Krispie shape to make antlers.
- **12.** Use a dab of melted chocolate to stick on a red Smartie for a nose and candy eyes above it.
- **13.** Get creative with sprinkles or extra decorations if you fancy!

Enjoy!

Allow the decorations to set (you can pop them in the fridge for 10 minutes), then enjoy your festive reindeer treats with friends

