



Worlington Pump

September 2016

August Bank Holiday

Open Church

Saturday 11am - 5 pm, Sunday 2:30 - 4:30 pm
Refreshments, Homemade Cakes, Books for sale



Worlington Cricket Club Beer Festival

Saturday 6pm - late, Sunday 11am - late
20/20 Match against Newmarket Hockey club,
Live Music, BBQ

In aid of Worlington Cricket Club and East Anglian Air Ambulance



East Anglian
Air Ambulance

Main Sponsor



Togetherness is Good For You

Dear Friends

Did you know that a recent study has shown that loneliness is as bad for your health as smoking 15 cigarettes per day, and actually worse for you than being overweight? Loneliness has become a recognised factor not just in things like depression but in many other diseases, and in the speed at which we are able to recover from injury or surgery. There is a lot of it about, perhaps because so much of our modern way of life tends to make us do things alone.

When my parents were young no-one had a car, so people would walk or catch the bus together; they lived near to where they worked, and tended to know their work-mates as neighbours as well. It was much more common back then for people to live in extended families, with the different generations caring for each other. No-one bothered to close the front door – it was expected that people would pop in and out of their houses to say hello or to borrow something. It's all very different now, even in rural Suffolk. We tend to live more private, separate lives, travel about in cars like little metal isolation bubbles, and when we do meet we don't always really get to know each other deeply.

One of the things I'd like to think the church can do within a community is to provide lots of opportunities for people to meet together and really get to know each other at a deeper level. Sunday worship too is a great time to get together – and did you know that according to Heart Research UK, singing, particularly communal singing, is good for your heart and lungs, releases 'feel good' endorphins and is brilliant for your all round health. Messy Church on 2nd Sundays in the Village Hall at 11am is a particularly good opportunity for adults and children to spend some quality time chatting, doing crafts and worshipping together.

It's interesting that according to the bible when God made the world he said seven times that it was "Good", and the first thing he described as "Not Good" was for man to be alone – so he made him a companion. As the song says, 'Everybody needs somebody sometime' – and it's true isn't it? Why come and worship with us this autumn and do yourself a bit of good?

Sandie x

Date for copy for the next edition by: **Tuesday 20th September 2016.**

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

All Saints Church Services September 2016

Sunday 4 th	11:00 am	Holy Communion
Sunday 11 th	11:00 am	Messy Church (Worlington Village Hall)
	6:30 pm	Evensong
Sunday 18 th	8:00 am	Holy Communion
Sunday 25 th	11:00 am	Harvest Festival Family Service

Priest in Charge	Rev. Sandie Barton	01638 720048
Elder	Heath Rosselli	01638 717337
Churchwarden	Mrs Shirley Reeder	01638 716096
Treasurer	Mr Rob Garry	01638 715611

Flowers

Sunday 4 th	Mrs L. Kuziw
Sunday 11 th	Mrs T. Peachey
Sunday 18 th	Mrs J. Morgan
Sunday 25 th	Mrs J. Morgan

Contacts for the Pump

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Advertising Rates

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

Special Event in St Andrew's Freckenham

On Saturday September 17th The Anna Mudeka Band with 'Dendende' – featuring the so-called sunshine music of Zimbabwe. Book early for what should be a fantastic evening with a band that recently performed to rave reviews at the Latitude Festival.

Tickets £12 adult and £6 under 16s – book online at www.ouroldshop.com or by phoning Sandie on 01638 720770.

Bird Talk - The Worlington Swifts

A brief summary – in 2009, at the instigation of Judith Wakelam, who lives in the village, Action for Swifts (AfS) installed ten swift boxes in the tower of All Saints Church. The church put up a sound system for attraction calls plus, in 2013, a couple of CCTV cameras.

In mid-July in 2013 and again in 2015 we held successful Swift Fest evenings which were attended by many Suffolk Wildlife Trust (SWT) members. The number of boxes is now 43 and we have four CCTV cameras linked to a DVR (digital video recorder) so that we can look back at what has been happening in the four boxes. This equipment has been generously supplied by AfS. The colony is now so well established that we no longer use attraction calls.

Last year Simon Evans, who co-ordinates barn owl boxes in Suffolk, and much else as well, checked all the boxes on July 16th and 17th. There were 25 breeding pairs with 40 chicks of which Simon ringed 36. Two left early and two were predated by a squirrel which was fortunately recorded on camera enabling the squirrel to be safely trapped the next day. This year Simon checked the boxes and did the ringing on July 11th and 26th. The occupancy was almost the same at 27 pairs. However, this year they produced 57 chicks, an increase of 17 or 42% which is most encouraging for everyone involved. Fertility is clearly on the increase in the village!

We invariably complain about some aspect of the weather but I have to say that July in Worlington was pretty good. The swifts have invariably been there in the early morning swirling round the tower and across the fields which is a delightful incentive to get one out of bed. They also perform at other times, particularly in the evening, with numbers upwards of 40.

In the late evening of 27th July a neighbour and I watched the birds for over half an hour. There were more than fifty on this occasion and they were mesmerising, rushing up to the tower then banking off at speed with only the occasional bird actually entering a box through the louvers. Regularly a group of 20 to 25 birds formed into a tight squadron and zoomed past the west side of the tower before climbing steeply and dispersing, then coming together for another close knit assault – spellbinding stuff.

The four CCTV boxes, after some false starts, produced eight chicks between them. As I write this near the end of July there are still four chicks in the boxes that are not due to fledge for another couple of weeks so it will be nice to have chicks to look at into August.

On the last Sunday of July we had a combined service with the other three churches in our group. The theme was Christianity and Creation and our vicar, the Rev Sandie Barton, used recorded videos of the swifts projected onto a large screen to illustrate our commitment to our visitors from Africa. Dick Newell of AfS

was present but he is not scheduled to preach although he might say a few words about the birds!

Another sight that swift lovers would relish is the sky above the medieval fortress of Montreuil sur-Mer. It is a delightful small walled town about an hour's drive southwest from Calais where we had a five-day break in mid-July this year. Although it is called sur-Mer, it is now about twelve kilometres from the sea. Despite much refurbishing the old buildings must still provide nesting places because there are many swifts.

You can see them by just looking up but the most dramatic location to watch them from is almost any point on the impressive ramparts. The experience is enhanced by the presence of many house martins and some swallows. Victor Hugo took holidays in Montreuil and set part of *Les Miserables* in the town so it is easy to visualise the great man getting inspiration from the ancestors of the present generation of aerial acrobats who give us so much pleasure.

A short drive from Montreuil, on the Somme estuary, is the Parc Ornithologique du Marquenterre that is well worth a visit. At this time of year the heronry is the main attraction for me. There aren't actually many herons but there are dozens of white storks, spoonbills and great egrets. Some of the young birds had already flown but there were plenty still in the nests with attendant adults. A number of the young storks were amusingly jumping up and down in their huge nests and flapping their wings in preparation for flight, reminiscent of young swifts doing their press-ups. Even my non-birding wife watched entranced for thirty minutes rather than the usual thirty seconds.

The service mentioned above was splendid. The church was full, Sandie's sermon was right on the button and well received and the projected recording of the birds was flawless. Dick Newell powerfully reminded us of just how endangered these wonderful birds are and how important it is to provide suitable nesting sites to arrest the decline. He thanked the church for the part it is playing in this successful joint operation.

Don MacBean

Village Hall Bingo 24th June 2016

A big thank you to those that turned out to support us. We gave away £80 in cash plus some great raffle prizes as well. A great time was had by all. Altogether we raised just over £150 for the village hall so thank you.

Please keep your eyes out for our next bingo night. It would be great to see more of you there!!

Worlington Village Hall Committee

Worlington Cricket Club Update

As we enter the final month of the 2016 cricket season at Worlington, the senior sides are, on the whole, enjoying an impressive year.

The 1st XI are set for their highest ever finish in Division One of the Two Counties Championship and are on track to cement a top half finish which will see them attain their start of season goal. A seven game unbeaten streak during June and July set them up with some great all-round team performances.

The 2nd XI however, are not fairing as well and have a relegation battle on their hands in Division Five as we approach the business end of the season. They will be hoping for some improved performances in order to avoid the drop.

At the beginning of the season, the Sunday Academy team set themselves the target of a mid-table finish. The young side, led by Shaun Lister, have gone above and beyond and after three defeats to begin the season, they have since remained unbeaten in their last ten matches to occupy an automatic promotion spot. If this form continues for the remainder of the year, then there is every possibility that they could push the current league leaders for the Sunday League Division Four title.

Congratulations also, to Graham Ford and his Midweek XI who were victorious in the final of the La Hogue Fordham & District Midweek League against neighbours Mildenhall in July. It was the club's first title in the competition since 2006.

Details of all the fixtures and results as well as other events taking place at the cricket club can be found online at our website www.worlingtoncricketclub.co.uk

Duck Race & Picnic

The weather looked a bit iffy but thankfully it held off for a lovely relaxing picnic down at the hythe, followed by a nail biting duck race, with 83 ducks in contention for the grand prize. Everyone had a really great time and we raised £76 through duck sales which is great, so thanks to those that supported us. We will definitely be holding one again next year!

The podium was as follows:

1st - Tony Nocito

2nd - Chris Hall & Michelle Ferris

3rd - Heath Rosselli

Thanks again,

Worlington Village Hall Committee

Village Hall Quiz

Quiz & Curry Night

Worlington Village Hall

Friday 23rd September 7:30pm

£8 Per Person – Booking Essential

Please Look Out For The Flyer Through Your Door

All Profits To Worlington Village Hall Reg. Charity No. 208949

Village Hall Events

23 rd September	Quiz & Curry Night
8 th October	Homemade Craft Fayre
14 th October	Village Hall Quiz
4 th November	Worlie Café
2 nd December	Worlie Café
6 th January	Worlie Cafe
20 th January	Village Hall Quiz
3 rd February	Worlie Café
3 rd March	Worlie Café
24 th March	Village Hall Quiz

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Keeping hedges cut back

Please could we ask that all boundary hedges are kept trimmed back and off of the highway/footpaths.

It is essential that all pathways remain clear and hazard free for pedestrians.

Thank you for your cooperation.

Worlington Parish Council

*Harvest Teas
& Flowers*

All Saints Church

Sunday 25th September

Tea & home-made cakes
with the church decorated for Harvest
Your favourite bakes and cakes
freshly made for you to enjoy.

2:30 – 4:30pm

Please join us

Proceeds in aid of All Saints

Tuesday Coffee Morning

Held the last Tuesday of each month,
All Saints' Church, Worlington

August 30th and September 27th

10:30am - 12:00pm

Join us for coffee and homemade biscuits

Everyone Welcome

Future Dates for your Diary

Friday November 4th
& Friday December 2nd.

All Saints Church

Fish & Chip Quiz Night



Quizmaster Brian Cole

A warm welcome to some future quiz nights and the best fish & chip supper around freshly cooked at the Village Hall. Simply delicious!

More in the October Pump.

July Strawberry Teas

A lovely idea from Paula Morgan to hold a special Strawberry Tea afternoon in the church. As well as baking her legendary meringues and cream slices, Paula challenged us to produce all kinds of cakes with a strawberry theme.

It was a lot of fun and a pleasure to greet so many people on what was to be a beautiful summer's afternoon. Our thanks to everyone who came along to support us and to the ladies who baked and helped on that day.

A total of £200 was raised for All Saints Church.

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

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

Friday 2nd September: The true story of Florence Foster Jenkins - starring Meryl Streep and Hugh Grant. The story of Florence Foster Jenkins, a New York heiress who dreamed of becoming an opera singer, despite having a terrible singing voice. Meryl Streep takes centre stage in this very likable, frequently hilarious, yet still poignant tragi-comedy from director Stephen Frears. Streep plays the titular songbird, a New York socialite and eager patron of the arts whose enthusiasm for a good tune is matched only by her inability to sing one. Not that it stops her from trying. Inspired by the “profound communion” of a performance by soprano Lily Pons, Madame Florence resumes her own singing lessons, her private recitals leading to 78rpm recordings and even an October 1944 concert at Carnegie Hall, which has since passed into legend.

The real Florence Foster Jenkins was one of those larger than life characters you just couldn't make up. No wonder, then, that she has inspired numerous theatrical and cinematic productions. Preparing to play the “diva of din” on stage in Peter Quilter's 2005 play *Glorious!* Maureen Lipman called her story “one of triumph over embarrassment”, and insisted that one must “learn to sing well before you can sing badly”. Earlier this year, Catherine Frot won a best actress César for playing a fictionalised version of “the first lady of the sliding scale” in *Marguerite*, a film whose central character's name, “Marguerite Dumont”, alludes to the longstanding comic foil of the Marx Brothers' movies. Frears himself says that Jenkins “reminded me of Margaret Dumont... just preposterous, but touching at the same time”, an assessment that perfectly sums up both Streep's performance and the overall tone of Frears's film. Running time: 1 hour 50 minutes. Bar, Pimms, popcorn & ices.

Monday 5th September: Macmillan Garden Party Free entrance, refreshments available, bring & buy, knitwear, cards and raffle. 2.30 – 4pm.

Saturday 17th September: African Music in St Andrew's Church - With the support of Creative Arts East - - 'Dendende's a show featuring music and dance by the Anna Mudeka Band, a six piece band playing the 'sunshine' mbira music of Zimbabwe. The show is packed with melodies and rhythms that speak to all generations and nationalities. With songs in Swahili, Hindi and Shona, this is a show full of truly global sounds. Mudeka's mbira playing takes centre stage, while conga beat and six string bass underpin Zimbabwean rhythms, creating a real fusion of vibrant sounds.

Creative Arts East's Comments "*This wonderful fun and high energy performance from the Anna Mudeka Band never disappoints. The atmosphere created is infectious, toe-tapping and clapping is unavoidable and dancing is positively encouraged.*" £12 for adults and £6 for under 16s, there will be some limited visibility side-aisle seats available at £5, adults and children. Ticket sales 01638 720770 or <http://www.ouroldshop.com/>.

Saturday 24th September Farmers & Crafts Market 10:00 - 12:00 noon.

Back with seasonal produce, bread, cheese, honey, eggs, preserves & pickles, a new meat supplier, fresh cut flowers and crafts at the market. Then in the evening another Extra Film Night The Rocky Horror Show, Saturday 24 September dressing up actively encouraged! Plus a disco after the screening more details to follow. We also hope for a session of Cash Bingo soon!

NEW: *Low Impact/Strength and Balance class coming to Freckenham Village Hall!* With Fit Villages support we are launching a new Strength and Balance class, which is an evidence based Otago programme, proven to reduce the risk of falls in older people. The class will be mainly chair based and standing exercises, all of which are very gentle and suitable for people with limited mobility. You do not need to have any experience of taking part in an exercise class and the exercises can be adapted to suit your needs. We all need to keep moving as we get older, and this is the perfect opportunity to take part in a gentle, structured and safe exercise programme locally, delivered by a qualified instructor. We are running a free taster session on Thursday 8th September at 2pm which will be followed by refreshments, so why not come and try it? attend. There will be an initial run of 8 weekly classes in the village hall supported by Fit Villages, though hopefully like Pilates and FitSteps there is enough support to continue beyond that. For more information and to express your interest in the free taster session, please contact Julia Cragie 07542 518470. We look forward to hearing from you!

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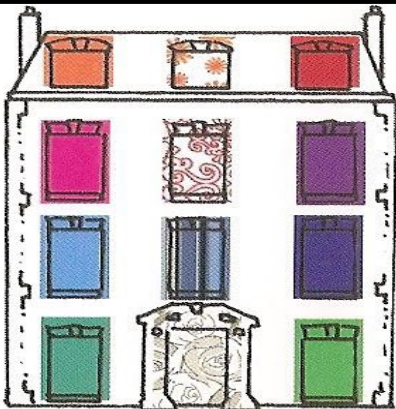


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