

MIDDLETON - CUM - FORDLEY



NEWSLETTER

September 2024

Editorial

Well, it had to happen sooner or later – a wet village fete! I think as long as I've been in the village (36 years) it's never (or hardly ever) been wet like it was on Saturday. We've had showers at the beginning and end before but not so constant. Other long -time residents may remember MCC used to have this really old, tatty tent that Basil insisted we put up every year which it was said to be our good luck charm! We hardly used it as a tent, but it was just there! That tent is long gone now, but still the fete has been running for over 50 years now with hardly a wet one. Some record. Above all, MCC did still come out with a profit, though obviously not on the scale of previous years. Rebecca has added a Chairman's note below, with this month's front cover showing the plate presentation to Peter and Jan. Congratulations to them.

Any residents wishing to opt for a digital version of this newsletter can contact me on the email below. I can't say that everyone who has the paper copy should pay as there are some residents without online access. We are grateful to those who do have the email version.

Contributions for the next edition by email preferably as a WORD doc please, as usual to: barbara.barker.t21@btinternet.com or dropped in to

6 Meadowview, Rectory Road, by **Tuesday 24th September** .

Spare paper copies will be in the church porch as usual.

Also to be found on the Parish website: www.middletoncumfordley.org.uk

Donations may be made to:
HSBC Middleton Newsletter
sort code 40-28-33
account number 61054236

MIDDLETON COMMUNITY COUNCIL – ANNUAL FETE

Well, we had a stereotypical British Summer Fete - in the rain (quite unusual for Middleton). At one point we were unsure if anyone would turn up, but it was so special to see so many people who did brave the weather and arrived with smiles and a great attitude of "now we're here, we are going to make the most of it". Silmor raised our spirits with their music and participants in games and the dog show entertained us, there was a great selection of delicious food and lots of lovely comments about all the stalls and enthusiasm of the stallholders. One of my favourite moments was in one of the heavier bursts of rain, many were sheltering, but Mike and Percy were caught juggling in the rain as they waited for customers. Our planning, setting-up, stall-manning and breaking-down teams were once again amazing in their commitment and we really appreciate everyone who has supported this year's wet fete, and of course not forgetting all those who so kindly baked cakes and/or gave raffle prizes. Without this extended team, the MCC really couldn't put on these events, so a BIG THANK YOU to everyone involved. Around £850 was raised which is amazing given the weather.

The Community plate was presented to Jan and Peter Allsop for all their community involvement over the past 40+ years, whether at Squit night, Summer fete, Autumn fayre, Christmas activities, supporting the pub, entertaining at socials and raising money for our Community - it was an absolute privilege to present the plate and to thank them both. (See front cover).

Our next event is the Autumn Fair, where we celebrate food and music with more activities and community involvement - The Random Blues Band will be playing to get us dancing and singing and we are putting in a request for your own competitive streak to battle in the Conkers and the prestigious APPLE PIE Competition.

Last years apple pie competition was very low on entrants so COME ON pie makers, let's do better this year. We know you are out there!

Rebecca, MCC Chair.



A sample of fete photos with thanks to Charlie, Nigel, Amanda and Rebecca.

The dogs weren't worried about the rain.

Best in show-
'Fred'

People do
like
to throw
things...

Boules, bean bags,
balls at coconuts,
basketballs...

...or toss them!

They also love to eat!



"The more you eat now the less you have to eat for supper!!!!!"





...and the band played on...



The raffle shared its space with dog show registering



The WI kept on smiling ... as did Peta and Amanda



The church were there..



There were winners on the tombola... and the raffle...



...and there were egg throwing champs

and boules champs



Many apologies if your stall didn't get snapped by our roaming photographers ! You were still an important part of making the day. Thank you.

A colorful poster for an autumn celebration. The background is a light cream color. It features various autumn-themed illustrations: large yellow and orange leaves, acorns, musical notes in green, pink, and blue, a bowl of soup with vegetables, a basket of fruit, a pie, and a red apple. The text is centered and reads: 'Middleton-cum-Fordley' in a green sans-serif font, 'AUTUMN' in a large, bold, orange sans-serif font, 'Celebration of Food & Music' in a dark brown script font, 'Saturday 12th October' in a dark brown script font enclosed in an orange oval, and 'At The Bell Inn Meadow 12 - 3pm' in a green sans-serif font.

Middleton-cum-Fordley

AUTUMN

Celebration of Food & Music

Saturday 12th October

At The Bell Inn Meadow
12 - 3pm

HOLY TRINITY – MIDDLETON CUM FORDLEY

Church Services during September

Sunday 15 September

11am Morning Praise

Sunday 22 September

11am Holy Communion

The Benefice service this month will be held at St Peter's, Yoxford on Sunday 1 September at 10am. Please come along

THE AUTUMN CONCERT

**Reiko Fujisawa: Piano Trio Concert at Holy Trinity Church, Middleton
3pm Sunday 20th October**



A quick reminder to contact Paul Taylor ASAP if you would like tickets for this event (for details see July's newsletter). We only have about 25 tickets left so do please get in touch soon if you would like to reserve any.

Ticket prices are set simply to cover costs (not least hiring and moving a Steinway piano – and once again we are hugely grateful to our own Graham Cooke for him offering his considerable expertise in tuning it for Reiko!) and are available for just £17.50. These can be reserved by emailing Paul on taylspaul@gmail.com. Paul will then contact you with payment details. Tickets will be allocated on a strictly first-come-first-served basis.



Holy Dusters 🧹

New dusters always welcome, of all faiths and none

11 September: Val and Camilla
16 October: Trish and Graham

25 September Nicola and Margaret

Thought for the Month

‘The great traditions tell us that community somehow already exists. When we come together in compassion and generosity, this hidden belonging begins to come alive in us.’

Eternal Echoes John O'Donohue

Middleton Dark Skies

September Highlights

Planets on View Saturn is well placed this month, out towards the SE at around 10.00 PM. Sitting approx. 30deg above the horizon, it is at its brightest on the 8th when it will be closest to the Earth. The rings are edge on at the moment, but a small telescope should be able to make them out. Jupiter makes its appearance at around 10.30 PM, followed an hour later by Mars, both rising in the NE. Venus is still on show in the western evening sky, setting at around 8.00 PM, so could be a little difficult to pick out in the twilight, but luckily it is very bright at the moment, so that should help locate it.

Constellations. This month's constellation is Draco (The Dragon), a little tricky to make out, but it is one of the largest in the sky, so once you have found the end of the dragon's tail, that sits between the big and little bears/dippers, (Ursa Major and Ursa Minor,) its fun to try and pick out the rest of the constellation as it twists its way across the sky. Look towards the North to find the Big Dipper, and depending on conditions you may be able to pick out between nine and twelve stars that form the body of the dragon, while a group of four make up the head.



Locating Draco. (North is to the left!)

Starlink train of satellites

The Moon. This month's moon has various names, all related to the harvesting of the crops. There is the Full Corn Moon, Barley Moon and possibly the best known, The Harvest Moon. Full Moon occurs on the 18th of the month, and it's another supermoon, where a full moon coincides with the moons closest approach to the Earth during its orbit. This full moon will rise partially eclipsed this month, but only about 8% of its surface will be covered by the Earth's shadow, and combined with it rising at 3.44AM, I know where I will be!!

Meteor Showers. None of any note this month.

Comets. Although not yet a naked eye object, Comet Tsuchinshan-ATLAS is making its way behind the sun this month and if it survives, (the jury is out on that one), it could make its appearance towards the very end of the month, but is otherwise predicted to be visible in our evening sky early in October.

Milky Way With the nights drawing in and cooler nighttime temperatures, on a clear moonless night the Milky Way will stand out even more as it arches directly overhead from the NE to the SW. Even on the clearest night it will appear almost cloud like, giving it that 'milky' look. Actually, **all** the individual stars that we see in the night sky also belong to the Milky Way. (and not forgetting one during the day!!).

Artificial Satellites. You will only need to watch for around 30 minutes to notice that several points of light have moved across the night sky. It is also getting more likely that you may see several following each other (usually W-E). Up to 20+ is even possible in the days following a launch of SpaceX Starlink satellites. Groups of 2 or more can also be seen, these generally travel from S-N. Occasionally a satellite will 'flare' as the sunlight momentarily reflects off of its solar panels which causes it to rapidly, but temporally, increase in brightness. Quite a sight if you are lucky enough to see it.

Brian Near

September Nature Notes

Bats are creatures familiar to us all, especially at this time of year when they emerge around sunset to feed. Although numbers have fallen through the years, through loss of habitats and roosting sites, warm late summer evenings still give us a good opportunity to observe these fascinating animals. Bats are the only flying mammals; they form an order of mammals known as the Chiroptera (from the Greek, chiro - hand and ptera - wing). The 17 species of bat known to breed in Britain constitute a third of our native land mammals and of these 13 species are resident in Suffolk. Bats are all relatively small (190 - 450mm wingspan) and dark in colour and are therefore difficult to identify in flight. The best indicators of species are feeding habitat and flight pattern. To take two of our most common bats, the Common Pipistrelle has a fast erratic flight at head height along edges of habitats whereas the Daubenton's bat has a fast straight flight, often seen low over standing water.



Contrary to the saying, bats are not blind, they have good night vision, but not usually good enough to catch prey. Instead, bats have developed a sophisticated echo-location system for catching small insects and avoiding obstacles even in total darkness. Bats in flight produce a stream of high-pitched calls, and from their echoes they produce a highly accurate sound picture of their surroundings and possible prey items. These echo-location calls are produced at frequencies above the human hearing range, but using electronic 'bat detectors' these calls are reduced to sounds audible to the human ear, allowing us to detect the presence of bats and in some cases to separate species. All British bats are insectivorous; insects are caught in flight, or picked from the surface of water, the ground or from the foliage of trees. Some species specialise in catching larger prey items such as beetles and moths, while others eat small gnats and midges, catching thousands every night. Bats need plentiful supplies of insects and feed over areas of pasture, woodland, marshes, ponds and along rivers and hedgerows. However, in winter the supply of insects dries up and therefore after putting on weight during the autumn bats prepare to hibernate. When this occurs their metabolism is greatly reduced enabling them to maintain fat reserves for as long as possible.

Bats need roosts to shelter in during the day and for hibernation in winter. Roosts can be in almost anywhere but they are mainly in buildings, in caves and cellars and in hollow trees. Bat colonies have preferred hibernation and roosting sites, which they return to each year, and female bats gather in separate maternity colonies during the summer. In winter, bats can travel hundreds of miles to find the necessary stable conditions to hibernate. This dependence on traditional roost sites means all bat roosts are fully protected by law as are all bats.

Peter Vincent

WI News

August Bank Holiday Saturday arrived and so did the rain but the Middleton Fete went on regardless! Lynda and Colin and a few others managed to erect the WI gazebo and display tables. It turned out that the WI gazebo is better suited for the sunshine rather than the wet but we managed to set up and fill the tables with a great display of members' contributions of plants, flowers, beans, tomatoes, marrows, courgettes, cakes, biscuits, scones, rusks, preserves, picallilies and jellies ready for the 2pm start. Not great crowds, but it was nice to see that there were villagers and visitors who were willing to brave the weather and visit the Fete, their faces peering out from hoods, rain hats, macs and umbrellas! Although it was soggy people seemed happy to browse and our member, Janet, (saleswoman of the year) convinced many to buy as well from our stall. Lynda was in charge of "guess the weight of the tomatoes". All in all the afternoon went well, we enjoyed the challenge and we thank everyone who helped out.

Our next meeting is September 18th at 7:15pm. Our speaker is Mary Newton, a pathologist. Her talk is entitled "Blood, Sweat and Fears". All welcome.

LV

CREATIVE ARTS ACTIVITIES



Hello all

I am just wondering if anyone in the village would be interested in creative activities to be held at the village hall, for example music making , singing, dance, art, sculpture and creative writing ,with skilled tutors in their chosen field.

These activities would be free to attend and would be held weekly for hour or two, depending on the activity that week .

Any age would be welcome , but especially welcome are the age range of 50 plus .

The project would also hopefully involve Yoxford , Darsham, Westleton and Eastbridge at their respective village halls.

I will be putting a funding application to the Sizewell Community Fund and need to gather evidence of need for these activities, and also how Sizewell will impact you in your everyday routine. The idea is to provide activities in your own village so you don't have to contend with the huge increase in traffic that is coming .

The Sizewell Community Fund will prioritise applications where a negative impact from the build of the power station can be shown locally.

So ??

If taking part in creative activities , learning new skills and having fun whilst you do so is of interest , plus if you think Sizewell is going to affect you negatively , please feel free to email me with your thoughts ,or indeed give me a call /text.

This will help validate the application.

Regards

George Fothergill

george@statuscreativecic.com

07733386247

website

statuscreativecic.com (Feel free to take a look.)

The Big MacMillan Coffee Morning Friday 27th September 10am-12pm

Over the years we have had a great turn out and fantastic fundraising for this great cause. This year it is held on Friday the 27th September between 10am and 12pm again at the Bell, Middleton.

This is an opportunity to meet with neighbours and friends, enjoy a coffee or tea with cake while raising money for a very worthwhile cause. There will be a raffle, cake sale and auction as well as games. If you are new to the village this is a great chance to make new friends.

Last year we raised over £600 let us try to beat that this year. Please do come along and support us make this the best year yet.

Any questions ring Fiona Cusack on 01728 649060



DGT Maintenance Services

Locally based Maintenance Company. Repairs & maintenance to all types of property. Small Jobs
Welcome, Free no obligation quotes T: 07941 243140 or 01728 668715
E: dgtmaintenanceservices@gmail.com

Please can we add a note into the next village newsletter.

'Apologies in advance, Fletchers (Fletchers Lane) will be having a party to celebrate Andy turning 50 on the Saturday the 7th September. There will be band music playing through until late.

Thank you
Hannah

Also on 7th September at The Bell from 6pm



Bodgit and Legit Promotions would love to see new faces coming to enjoy the very eclectic mix of vinyl being played on 7th September. Various wannabe "DJ's" will be playing their favourite choices throughout the evening and hoping to share them with a discerning audience. Come and see what its all about – you may like to have a go next time. 'Picky Pete' kicks it all off at 6pm .

CARPET BOWLS

Another sign that Autumn isn't that far off – **Middleton Carpet Bowls** – in the Village Hall – has resumed on Thursdays from 6.30pm to approx. 8.30pm.

Anyone is welcome to come along and have a go, previous experience is not a prerequisite.

If Thursdays are no good to you then maybe Wednesday suits you better. Some of our bowlers do both.



Bramfield Carpet Bowls Club meet every Wednesday evening at 7 pm in the village hall at Bramfield.

Come along for a trial first visit, free of charge. (Usually £4 per session including refreshments . All abilities welcome.

Contact Colin for further details ~ 07805 140367



CRIBBAGE

Our local league starts again with a home game on Tuesday 10th September at The Bell. Anyone interested in a catch up before then let Barbara know.

Are there any new players in the village that would like to join us? Or learn the game? New players always welcome. barbara.barker.t21@btinternet.com

Village Hall News



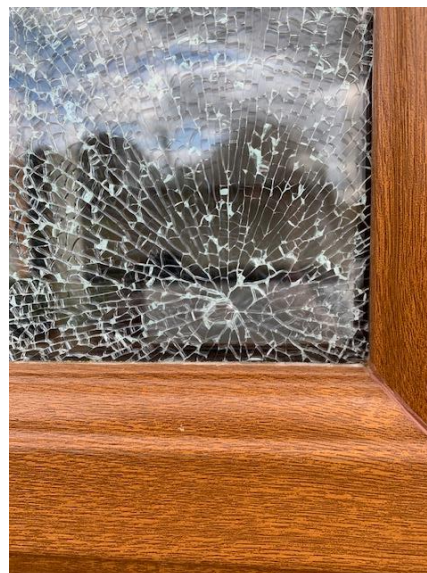
Before



After:



We have had the kitchen window repaired - thank you Cleartherm of Leicester for supplying the glass and Brian for fixing it. If anyone can shed any light on how it got broken we would be pleased to hear from you, you won't get a bill but we are a bit perplexed!



Thanks to several successful grant applications, notably The National Lottery Community Fund, The John Gilpin Charitable Trust in Southwold and Suffolk County Council Locality Budget through Councillor Richard Smith, the Village Hall now has a lovely new set of entrance doors – front, back and kitchen. They are more secure than the old ones which were around 40 years old and give better insulation against heat loss thus hopefully reducing our electricity bill. The double doors have panic bars on the inside for emergency exiting but can also be opened from the outside (when unlocked) thus alleviating the need for leaving them open when waiting for people to arrive.

Re-use / Recycle

Middleton carpet bowls club have a long box surplus to requirements that used to contain one of our mats if anyone would like it perhaps for shed or garage storage? It's about 6 feet long . Contact Barbara to view.



MCC



If anyone has any rosettes from this years or previous Middleton Fete Dog Shows that are in very good condition and no longer require them, then the MCC would be keen to receive them back. This will mean less expenses for the fete and more money for the MCC coffers to be spent on village projects. Please return to Peter Vincent, Pennyfields, Rectory Road. Thank you.



Due to the ban on single use plastics for selling food that came in last year we have a large amount of plates and plastic cutlery that we can't use at fetes etc. Can anyone find a use for them – perhaps grandchildren's paint palettes?

Wooden steamer chair and matching footstool.

Free to anyone able to take it away. Call Bill on 01728 668660.



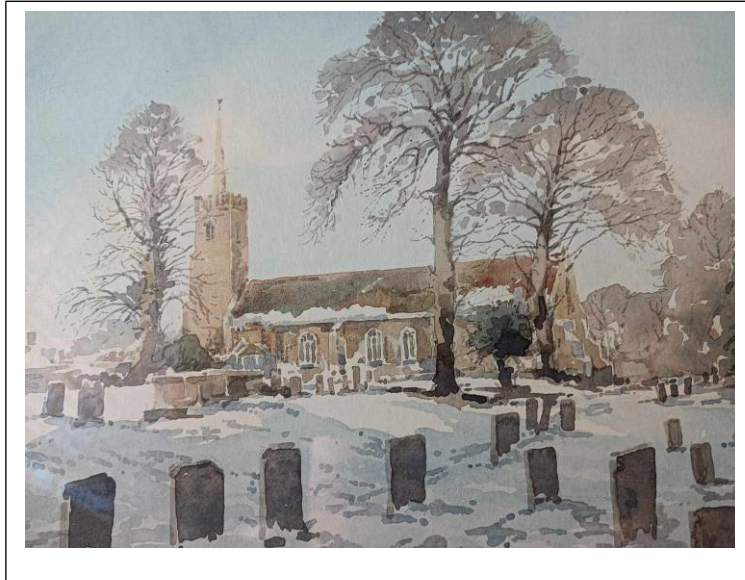
I know this is a sore point but I have already received two charity Christmas card brochures. Yes – it is far too early but ...

The church has printed packs of 5 of this painting by George Miller, our very own local artist, who lived with Joyce in Fletcher's Lane. Card size: 5" x 7" (13 x 18cms). Each pack costs £5.

If you could give the card a "plug" in the Newsletter that would be much appreciated. If we leave it much after September / October people say they have already made their arrangements.

The cards are on sale in church or by contacting Rita Pateman.

Mark Mitchels



On another seasonal mention for Newsletter diary:

Dickens and Scrooge **The writing of a classic Christmas story**

Illustrated talk by Mark Mitchels
Holy Trinity Church.

Tuesday 10th December at 7pm.
Donations to Middleton Church



The UK's only not-for-profit dedicated to older adult mental health



Suffolk and North East Essex
Integrated Care Board (ICB)



<https://the-mindful-life.com/>

The Mindful Life Group is offering an online mindfulness course that is fully funded to support older adults (over 65) and carers or former carers in Suffolk. The course is designed by a clinical psychologist who is also a mindfulness teacher.

The course is based on the mindfulness-based stress reduction course developed by John Kabat Zin but has been adapted for these populations.

We have had really good feedback from participants, and we have found that it improves peoples' attention and memory, as well as reducing loneliness, low mood, stress, anxiety and chronic pain.

We currently have courses starting in October, all courses are fully online and are six weeks long.

Places are free but limited to around 15 per course

More information can be found on our website: <https://the-mindful-life.com/>

This letter arrived at the Village Hall, I assume residents on The Moor also received one but thought it of interest to all.

Sizewell C
The power of good for Britain

Sizewell C
48-50 High Street
Leiston
IP16 4EW

Middleton Village Hall
Mill Street
Middleton
SAXMUNDHAM
IP17 3NG

20 August 2024

Sizewell Link Road

Dear resident,

We are writing to you to inform you that Sizewell C will begin preparation works to enable the archaeology works to commence in the vicinity of Littlemoor Road in preparation for the construction the Sizewell Link Road.

To create a safe working environment at the location we will create a bell-mouth entrance and a welfare compound for our workers to conduct archaeological works. The compound will consist of car parking, portacabin style facilities.

There will be traffic management in place whilst these works are conducted.

These works are due to commence on 27 August 2024 and will take approximately 3 weeks. Archaeology works will then commence the week of 16 September 2024. Our working hours will be Monday – Friday 07:00am – 18:00, with the option of Saturday 08:00 – 13:00.

If you have any questions, please do contact our helpline 0800 197 6102 or email info@sizewellc.com. You can also view our works tracker at www.szcworkstracker.co.uk

Yours sincerely,

Community Relations

DIARY DATES 2024

September

Sunday 1 st	Benefice Service, St Peter's Yoxford 10am
Thursday 5 th	"Squit Night" – live music at The Bell – from 8pm
Saturday 7 th	Vinyl night , The Bell
Tuesday 10 th	Parish Council Meeting , Village Hall, 7pm
Sunday 15 th	Morning Praise, Holy Trinity, 11 am
Wednesday 18 th	WI – Village Hall - 'Blood, Sweat & Fears' Mary Newton Pathologist
Sunday 22 nd	Holy Communion , Holy Trinity 11 am
Tuesday 24 th	Newsletter copy date
Friday 27 th	The Big MacMillan Coffee Morning 10am-12pm The Bell

October

Thursday 3 rd	"Squit Night" – live music at The Bell – from 8pm
Tuesday 8 th	Parish Council Meeting , Village Hall, 7pm
Saturday 12 th	MCC Autumn Fair,
Wednesday 16 th	WI – Village Hall – 'The True Cost of Fish', Andy Malcolm ~The Fishermen's Mission
Sunday 20 th	Reiko Fujisawa: Piano Trio Concert at Holy Trinity Church, 3pm

November

Thursday 7 th	"Squit Night" – live music at The Bell – from 8pm
Tuesday 12 th	Parish Council Meeting , Village Hall, 7pm
Wednesday 20 th	WI – Village Hall - Cheese and Wine evening + AGM

December

Thursday 5 th	"Squit Night" – live music at The Bell – from 8pm
Saturday 7 th	"Santa Boules" tournament – Playing Field, 10.am
Tuesday 10 th	Parish Council Meeting , Village Hall, 7pm
Tuesday 10 th	Dickens and Scrooge – a talk by Mark Mitchels - 7pm- Holy Trinity
Saturday 14 th	MCC Christmas Party –Village Hall
Wednesday 18 th	WI–Village Hall - End Year Celebrations. Martin & Annie ~ Sizewell Gap musicians
Friday 20 th	Carol Service, Holy Trinity, 6pm
Tuesday 24 th	Midnight Mass, Holy Trinity, 11.15pm

