

April 2022

FELTWELL PARISH MAGAZINE

YOUR CONNECTION TO YOUR COMMUNITY

Events, Celebrations & Special Days

Siblings Day 10th April

Earth Day 22nd April

National Shakespeare Day 23rd April

St George's Day 23rd April

Penguin Day 25th April

Easter Day 17th April

Good Friday 15th April

Easter Monday 18th April

Fetes, Fairs & the Circus

War Hero No.42 —

T. W. Willett

Message in a Bottle

**Plus: Movement for
Health, From the Class-
room, Good Health,
Scams, Council Report,
Puzzles & lots more.**

Another maxed-out issue



FELTWELL ORGANISATIONS

List maintained by Paul Garland.

| | | |
|--|--|--------------|
| Feltwell Bowls | Trevor Hobbs | 827079 |
| The Royal British Legion | John Linkin | 828729 |
| RBL Poppy Appeal Organiser | Mary Reynolds | 828130 |
| Feltwell Historical and Archaeological Society | Marion Lucas (Chairman) (Secretary) | 828769 |
| Feltwell Baby and Toddler Group | Lara Payne | 07592 126767 |
| Beavers and Cubs | Claire Scarff | 827555 |
| Feltwell School PTA | Lisa Strutt | @ the school |
| Feltwell Women's Institute | Claire Scarff | 827555 |
| Feltwell Playgroup | Samantha Newman | 07582 371984 |
| Feltwell Scout Group | Claire Scarff | 827555 |
| Feltwell Football Club | Sarah Ramsey (Secretary) | 07825 506974 |
| Feltwell Youth Football Club | Andy Kennedy | 828914 |
| Feltwell & Thetford District Mencap | Mrs T. Sismey | 827292 |
| Feltwell Brownies | Lisa Allbut-Kentish | 07710 688857 |
| Feltwell Social Club | | 828093 |
| Feltwell Primary School | Mrs J. Lillycrop | 828334 |
| Feltwell Golf Club | Kim Heybourne | 827644 |
| Feltwell Wellbeing Group | | |
| Rector of St Mary's Parish Church | Revd. Joan Horan | 828034 |
| Curate of St Mary's | Juanita Hawthorne | 01336 728545 |
| Churchwarden of St Mary's | Christine Parker | 827152 |
| Friends of St Mary's | Stephen Parker | 827152 |
| Feltwell Men's Breakfast Club | Paul Garland | 827029 |
| Feltwell Methodists | Mike Wilkinson | 07712 578721 |
| Feltwell Museum | Graham Simons | 828387 |
| Parish Clerk, Jo Martin. Email: feltwellparishclerk@gmail.com . | | 828383 |

Parish Council website: <https://feltwellparishcouncil.norfolkparishes.gov.uk>
Feltwell's History Website can be found at <http://www.feltwell.net>

Deadline for the next issue is 14th April 2022

Submitted articles may be hand written or typed in Word 2019 or earlier.

The editors are Paul Garland, 16, Falcon Road, Feltwell, (827029),

Email: garlandp@btinternet.com

Susan Withers, The Bungalow, Blackdyke Road, Feltwell (827758)

Email: s_withers@hotmail.co.uk

Advertisers, please contact Susan Withers (827758)

Distribution is by Ian Webb (828167) & Paul Garland

GROWING UP IN FELTWELL IN THE 1950S & 60S

BY ROBERT WALDEN

13. Fetes, Fairs & the Circus

One of my earliest memories was being taken to a small visiting fair in Barrets Lane in the early 1950s. No housing development had taken place there then and the lane was just a farm track lined with tall trees and almost buried within them was a decrepit wooden threshing machine from which hung a tatty canvas belt. Underneath it was a hen's straw nest complete with eggs! The clear tungsten light bulbs which festooned the stalls and swinging boats while hens scratched about, created a never to be forgotten image in my mind.

One summer's evening in the mid 1950s a hog roast was held on the playing field. My parents thought it far too late for me but obviously relented: my father returning home for me when I was almost asleep and scooping me up in a blanket and dressing gown, held me aloft in a short queue while Godmother's husband Dick carved a child's portion with stuffing and apple sauce as the spit was turned. Eve Boswell's big hit "Pickin' a Chicken With Me" in early 1956 seemed to foster interest in BBQs and in 1959 an attempt was made to repeat the hog roast success in what was a very hot summer. Sadly, with no refrigeration, the hog was condemned on the day as unfit.

Fetes were well organised there (by the local British Legion I think) and the post war baby boom ensured that they were well attended, though fund raising may not have been their prime objective.

Sometimes they were opened formally by a celebrity: I remember in the late 1950s Norman Painting (Phil Archer from the Archers soap) who stayed overnight at the Oak Hotel and in the early 1960s, Drew Russell (Anglia TV's first presenter) doing the honours. Bill Hockley (Hockley's shop in Long Lane) was in charge of the ancient valve PA system which resonated with unseen people blowing enthusiastically into the microphone and counting "one-two, one two!" and playing 78 rpm shellac records with little or no regard for the Performing Rights Society. There would be at least one large white marquee to house the bar, tea and cake stalls, the miniature

FELTWELLBEINGS

Thursdays from 10.00 till 12.00 at Feltwell Methodist Church Hall.

We adhere to all government guidelines and you will be required to wear a mask unless you are exempt. Tables and chairs are all set out socially distanced and a one-way system is in operation. Hand sanitisers are in place on entry and around the hall. The hall is cleaned before and after all meetings. Everyone is welcome. £3.00 per session to cover hall costs including insurance, tea, coffee and snacks. We start off with gentle exercises which are mostly sitting in your chair. This is followed by a organised game session which can include a Quiz, Bingo, Countdown, a talk, Beetledrive, Candle abstract making and glass painting. Other topics will be included. After the first hour, we play games that you want to play, these include scrabble, table tennis, small snooker table, cards, chess, draughts and dominoes to name a few. Tea and snacks provided throughout the session. New members always welcome.

Walking on Air

07596157826

D.T.Byrne MCFHP MAFHP

Walking on Air, Unit 4, Harvey Adams Enterprise Centre, Wimbledon Avenue, Brandon, Suffolk, IP27 0NZ

α

Foot Health Professional

Long nails ,Corns, Callus, Hard skin,Cracked Heels and Fissures, Fungal Nails, Ingrowing Toe Nails (Home or Clinic visits available) Diabetic Foot Care α

Gift vouchers available α

gardens which were always popular with children (even if too many incorporated a small mirror from mum's face compact to create a quite unrealistic pond) and also the wilting wild flower arrangements which had to be prepared on the day. The sandpits up Lodge Road where wild hollyhocks grew and the verges of the Old Methwold and Brandon Roads were easily robbed. Pet shows could be a bit predictable. We would lug poor old Tinkle (our tabby) in a cardboard box and he would arouse less interest than a cherished white mouse or the little girl's goldfish in a preserving jar. The Walker family from Munson's Place had what I think was a Flemish Giant rabbit which had its own varnished box with rosettes and certificates fixed inside the lid. It always seemed either to win outright or come joint first with Toni Burr's glamorous Lassie type border collie from the Oak Hotel. Some years ago one of the Walker family contacted Paul's website and via Paul, I reminded him of their fine bunny. He had no idea what I was talking about but was probably a few years younger than those of us whose hearts sank whenever we saw the Big Flem arrive! At one Fete somehow I won at "Bowling for the Pig" and won not a pig but a live rabbit which I collected from the amiable Stan Pease's home. Stan scrunched its ears when he caught it for me and they never fully recovered. We called it Flop Ears.

The convivial Mrs Swann allowed her extensive rear garden at Beck House to be taken over for an annual Church fundraiser which was smaller and more intimate and usually included the always-popular jumble stall of used clothing. In 1961 Terry and I won second prize for the best decorated "go-cart" or soapbox: we used cardboard to make it into a boat complete with sails and a broomstick for a mast and Mrs Swann herself gave us two pirate outfits to wear. We were 11 and I still have the photo. Mike, Pinky and others set up a real (petrol driven) go kart track through her steeply sloping orchard and I was allowed to pay for 3 circuits on condition that I didn't touch the accelerator. On the last lap I did just that and the kart careered off the track completely out of my control and the men had to fight their way through 5ft stinging nettles to retrieve me. I stayed put but

as they came upon me I started singing “Tell Laura I Love Her” – a hit record the previous year about a young driver who crashes his stock car. That caused much amusement amongst my rescuers who kindly absolved me from blame by diagnosing a fault with the steering rack.

Bugg’s fair did set up on the playing fields one year but more often were to be found on the British Legion’s land opposite the Blade Cafe with dodgems, swinging boats, coconut shy, slug gun targets and lots of goldfish in polythene bags. The records played on the dodgems were always a few years out of date – eg “Well, I Ask Ya!” (Eden Kane) and “You Always Hurt the One You Love” (Clarence Frogman Henry). For 6d you got 4 wooden balls to throw into 3 metal buckets. Straight in and they bounced straight out but if just one stayed then you won a goldfish! My big brother set up a similar stall at home using tennis balls and worked out if you threw the balls at the sides of the buckets, they spun round inside rather than bouncing straight out again. We won 13 gold fish between us which prompted the stall holder to order us to throw straight at the buckets and not from the side and Dad to build a goldfish pond at our Munson’s Place home. Unfortunately by the time it was ready for occupation, our latest cat Fred had managed to catch and eat every single one. Wire netting over the giant sweet jars proved ineffective and the final 3 went after they had been placed in the upstairs bath for safe keeping. Someone left the bathroom door ajar on leaving for school...

I also remember 2 or 3 visits from a small circus which once set up in Paynes Lane opposite the playing fields entrance in the mid-sixties. It was mainly clowns, tight-rope and trapeze artists and some poodles who could stand and walk on their hind legs. The clown carrying a bucket immediately behind the baby elephant as it walked around the ring drew the biggest laugh from the less-than-capacity audience. I felt rather mean when us lads bluntly declined to assist the friendly proprietors with the striking of the “Big Top” at the end. We had booked to play snooker on the full size table in the British Legion.



FROM THE CLASSROOM

At Edmund de Moundeford Primary School we celebrated National Story Telling Week by telling, creating and sharing stories. Here are some examples of stories and poems created and shared by the children.

Dinosaurs by Owls Class, Year 2

Dinosaurs have super sharp teeth.
They roar enough to break the coral reef.
They are ginormous, much bigger than enormous.
Terrifying claws, as sharp as razor blades.
T-Rex is the dinosaur chief.
It's a terrible beast!
Now I've told you about dinosaurs.

Egyptian Cinderella by Kingfishers Class, Year 3

Many moons ago in the sunny land of Egypt, there lived a little girl called Little White Robe. She was very cheerful and beautiful. She had coal black hair and robes as white as snow.

One morning, her mum said "Oh Little White Robe, come down."
"Ok mum." replied Little White Robe and down she came.

"I want you to go and see the pharaoh but stay on the path following the river Nile." said her mum, but Little White Robe was out the door at the word pharaoh.

Even though her mum had told her to stay on the path, Little White Robe did not. Suddenly, the big bad mummy popped out and said "Where are you heading in these parts of Egypt, little girl?"
"Oh, I'm just going to see the pharaoh."

Meanwhile, the mummy toddled off and gobbled the pharaoh whole.

When Little White Robe finally got to the pyramid, she was

traumatised, she couldn't believe her eyes. The big bad mummy was pretending to be the pharaoh but she could see straight through his disguise.

"What big eyes you have," Little White Robe stuttered.

"All the better to see you with," he replied.

"What big ears you have."

"All the better to hear you with, my dear."

"What yellow teeth you have."

"All the better to eat a pharaoh with!"

Little White Robe picked up an amulet and slid it through her hands.

"I know your weakness – designer jewellery!" she exclaimed as she lay down a trail of amulets leading to the river Nile.

The big bad mummy went kuplunk into the sea and all of its linen floated away. The pharaoh escaped from the mummy and married Little White Robe and they all lived happily ever after.

By JS

Many moons ago in the land of Egypt, there were three little pharaohs who lived with their mum. The first little pharaoh's name was Bob, the second little pharaoh's name was Jeff and the third little pharaoh's name was Jeffrey.

One day, their mum said, "Go and make your own houses." So, they went off to find a spot to build a pyramid. The first little pharaoh made a pyramid of dry sand. The second little pharaoh made a pyramid of wet sand and the third little pharaoh made a pyramid of sandstone and limestone.

Suddenly, the big bad mummy came along. He saw the first pyramid and asked "Can I come in little pharaoh?"

"No, no, no, not by the gold on my chinny chin chin," the pharaoh replied.

"Then I'll huff and I'll puff and I'll blow your house down!" So, he did and the pyramid was destroyed. The first little pharaoh ran to his brother's pyramid but the mummy followed him.

“Can I come in little pharaohs?” the mummy asked

“No, no, no, not by the gold on my chinny chin chin,” the pharaohs replied.

“Then I’ll huff and I’ll puff and I’ll blow your house down!”

The pyramid was destroyed so the two brothers ran to the third pyramid. The mummy followed them again and tried to blow the third pyramid down but this time, it wouldn’t blow down.

The mummy realised that the door was open so he walked in but the door led to a tomb filled with scorpions. The scorpions stung the mummy and he died of poisoning and the three pharaohs lived happily ever after.

By BS

Jack and the Beanstalk, Years After *by Eagles Class, Year 6*

Skidding through the freshly ploughed mud, Jack Zara –who was now 17 years old- exported towards an ancient house. The roof was decaying and the walls were engraved with ivy. With a gust of wind, the door whirled open. He stared blankly into the small cottage. Through the green, rotten window, he saw the bottom of a brand new, towering beanstalk. He charged out of the door and ran to the aged vegetable patch. He breathed heavily as he looked up into the fluffy, blue tinted clouds.

Before he could catch another gasp of springtime air, he was already clambering up the colossal beauty. The atmosphere whistled through his long, curly hair.

As he grew ever closer to where he found the most magnificent, fairy-tale castle, his heart thumped loudly. Eventually, his body shifted through the puddles of soaring water. Suddenly, the immense castle came into his view.

At the very moment, a voice cried out to him, “How dare you return, you stole my son away from me!

“w-what do you mean, son-?” he called back as fear began to overwhelm his bravery.

“Don’t pretend to be clueless,” it wailed.

He began to back away. His heart fell as his body whirled down the extreme plant of shiny, golden leaves. He closed his eyes. Suddenly, he was on the back of... a fish? No- A DRAGON!

His face lit up as he looked into the horizon of rosy clouds.

A jolt of amazement shivered down his spine. The giant began to roar in frustration. The fear continued to bubbles inside of him; he could hear shoes tapping on metal. All of a sudden, the dragon turned at a 130-degree angle.

Instantly, he awoke, drenched in sweat. He looked around his room. Was it really just a dream?

The Bear Who Was Brave by Puffins Class, Year 1

There was once a bear called Ben who lived in a warm, cosy cave. Although Ben was big, he was afraid to try anything new.

Everyday Ben would watch his friends chat and play. It looked fun. However, Ben was afraid. Sometimes they would ask Ben to join in. Ben always said "No, I can't."

One day Ben decided to be brave. When his friends asked him to join in their games. Ben took a deep breath and said "Yes!"

All day Ben and his friends stayed together and played together. Ben had a wonderful time.

From that day on Ben wasn't afraid to try something new.

Based on the story The Koala Who Could.

01842
828481

FELTWELL SURGERY OPENING

8.00am - 6.30pm Mon-Fri only

Extended Hours for Appointments Only

Tuesday: 07:30 – 08:00 Thursday: 18.30 – 19.00

Out of Hours Service - Between 18:30 and 08:00, Monday to Friday, and all day at weekends and on Bank Holidays your call will be redirected to the **NHS 111** service.

**In a genuine emergency you should call 999 and ask for an ambulance.
Chest pains and / or shortness of breath constitute as an emergency.**

01842
828481

Movement for Health *by Helen Goddard-Nickolls*

If you are like me, you will often find other things to do than do the household chores!

As part of my research into movement for health, I came across some interesting reading that changed my view about boring household chores.

We know that doing *any* type of activity for 30 minutes each day is enough to reduce the risk of heart disease by 20% and the risk of death from any cause by 28%.

We know that 1 in 4 people worldwide don't get enough activity each day, setting aside 30 minutes to complete housework that needs to be done anyway could be your ticket to a longer life.

In summary here are 8 benefits of certain household chores.

Make your Bed and have a more productive day

The idea is that the small sense of accomplishment you get from tidying your bed sends a feel-good signal to your brain that encourages more productivity

Tidy the Kitchen for Better Weight Loss

Here the thought comes from a book by Peter Walsh: *Lose Clutter, Lose Weight*. In a study from 2010 it was found that women who felt their homes were cluttered had increased levels of cortisol (the stress hormone) throughout the day. An organised tidy kitchen it seems will help you to set out good eating habits and potentially make losing weight easier to achieve.

Mindfully Wash Dishes to Lower Anxiety

Have you ever washed the dishes while gazing out of the window? A study from Florida State University found that washing dishes can calm your mind and relieve stressful feelings. Whether you are focusing on what you're doing as you wash dishes or watching nature through the window can actually be a stress-reliever at the end of a long day.

Tend a Garden to Reduce Depression and Relieve Stress

Gardening is a hobby to many but if it isn't your thing research shows that working in a garden has benefits for overall health and specifically for relieving stress and anxiety. The physical work is good for your heart and for weight loss, and the soothing effects of nature are great for mental health.

And if mowing the lawn is your top outdoor chore, it's indicated that freshly mown grass releases chemicals that act as stress relievers. That could be the reason why many people love the scent of a just-mowed lawn, as well as it being an indicator of summer.

Clean Up Your House and Drive for Better Heart Health

A Swedish study was conducted over a 12 1/2-year period and focused on seniors who were 60 years old and up.

Those who regularly took part in activities cleaning up their house or drive DIY projects and other activities like fruit picking cut their risk of having a heart attack or stroke by 30%!

Vacuum for a Free Cardio Workout

Hoovering works a lot of muscles in your body. You especially use your legs, arms, and core to push and pull the vacuum across the floor. Cleaning for a period of 20-30 minutes also gets your heart rate up and is a good cardio workout.

Getting your heart pumping and blood flowing doing a simple chore like vacuuming can have major benefits.

Clean with Natural Citrus for a Mood Boost

Finding cleaning fluids such as lemon oil could be tricky, however in one study it was found to be better at relieving stress than either lavender or rose oil. It demonstrated potential anti-anxiety, antidepressant, and anti-stress properties.

Orange, bergamot and the Japanese citrus fruit yuzu are also mentioned for having similar mood-boosting and stress-lowering abilities.

Cook from Scratch for Better Health (And Less Stress)

The most obvious benefit is that the more you cook from scratch,

the less processed food you'll end up eating. Processed food is often short on nutrients and can hide several questionable ingredients.

Now I'm no chef but I do find that when I make time for creating something in the kitchen, I find my stress levels lower. Planning a recipe, chopping produce, adding seasoning, making adjustments- these are all part of the creative process of cooking.

So go ahead and try some new recipes, and enjoy the creativity of cooking while you're at it!

Helen runs a private Facebook group for more health and exercise tips at <https://www.facebook.com/groups/bodytransformationmasteryhelen>

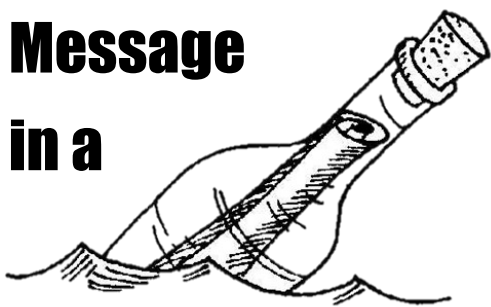
NEWS FROM THE LEGION

Where has the first 3 months of the year gone? It did not seem all that long ago that I was writing our little piece for the Jan 2022 edition. The months of Feb & March we have seen our hall hires going up, our numbers for crib are going well (always room for more). The carpet bowls has just lost 2 from our group, Rob & Linda Rothermel who have returned to their home in Wyoming, USA. We wish them well. As stated in the last magazine we held our carpet bowls dinner in the Red Lion for our trophy presentations, the trophies are for the most cheese hits in the year which was won by Geraldine Riley, and the least cheese hits and that was won by John Baker. Congratulations to you both. I have been approached to run our carpet bowls in an evening as well as the Thursday morning, so starting from the 7th April there will be carpet bowls every Thursday evening (7.30pm) during the month of April when it will be reviewed to see if it's worth carrying on. Our coffee morning (9th March) was once again well attended, but if you are free on the second Wednesday of the month, we can always find you a seat. Mary and her team will make you most welcome. Our next branch meeting will be Tuesday 19th April.

John Linkin, Chairman

Message

in a



FOOD FOR THOUGHT - FROM “CARTOONS AND CRISPS” TO “ATTENBOROUGH AND APPLES”

I grew up at a time where many a doctor, health physician, home economics, and PE teachers would repeat the mantra of “You are what you eat”. The same could be said, and has been, about the consumption of TV, “You are what you watch!”

As a passionate biologist, career cinematographer, film maker and a dedicated parent I truly believe in the importance and necessity of film making and television as an essential educational platform that doesn’t exist just to entertain and blur out the world, but an all-important entity to broaden and expand the mind. However, its “nutritional” value, its derived benefits, and its overall affect upon you, just as with food, is governed by what you actually consume, how much you consume and where it came from in the first place. As a film maker watching TV is my “homework”, but I am also a firm believer that it should be the same for everyone no matter your age, race, religion, or career choice etc. I therefore believe that watching TV is a valuable homework ingredient for my kids as well, with certain caveats in place of course.

Considering the past two difficult years dealing with COVID, lockdowns, travel restrictions and increased levels of home, hotel or even health facility confinement, everyone has turned to their TVs, computers, tablets, mobile phones and streaming platforms more so than ever before to while away the hours. This doesn’t have to be a bad thing but what you do need is a balanced “diet” and just as you know its healthier for you to watch what you eat and what goes into the foods you consume, the same goes for your consumption of TV. Over my lifetime alone I have witnessed the growth of the TV and Film media industry grow from the single TV in the family home, screening three terrestrial broadcast channels (that didn’t even run 24 hours a day) to the invention of the satellite broadcast which brought you hundreds of channels, to the more recent explosion of

online streaming content through a multitude of digital web-based platforms. Never has the world become so much bigger and yet smaller all at the same time. You can watch programmes from all over the world in their native languages with your very own chosen subtitles so you can follow along. These are now watched from every room in the house, bus, car, train, and plane, on computers, tablets, phones and smart TVs.

As a biologist I always wanted to get my research findings out to as many people as possible otherwise what was its purpose and effectiveness. As a film maker I want the same and not to just make programs for programs sake, but to make sure it had some kind of “nutritional” value and that by the end of the viewing you not only felt entertained but that you learned something new along the way and felt more enlightened by the end of it - that it was educational in some way. For the past 24 years I have taken most pride in those film shoots that have focused on raising awareness of the natural environment, its importance and why we should care about it as well as the threats it faces. What we can do to live in harmony with it, and above all, how we and the natural world can carry on surviving - a win-win for all concerned.

Since becoming a parent I have always been concerned about what my children eat, parenting 101 - a good and healthy balanced diet enables your children to grow and develop in a healthy and balanced way. As a passionate home cook I have always tried to look at the ingredients, their origin and the nutritional properties of the food I prepare or the food I buy so that my children can continue to grow to be the best they can be.

As we all know though, life just isn't that straightforward. There are many factors and decisions we make and what we ultimately consume, that shape our daily lives. There are days that call for “cartoons and crisps” which may not have the greatest nutritional value or are downright bad for you, but if they are kept to a minimum and balanced with “Attenborough and apples” and a good helping of exercise, then we can still maintain our own health but also that of our families, as well as our body, mind and soul.

As the food choices within our supermarkets grow so do the viewing options on our TVs and tablets, but as we proceed through these days and years of COVID concerns, the silver lining is that as a whole I believe there has been an increased awakening to the importance of our need to reconnect with nature. Whether we go out and actively exercise within it, or learn more about it, and also to learn how to grow and cook our own foods. This has led to an increased balance of good healthy documentary programming out there on the TV and streaming platform menus for you to choose and digest of your own free will. Ironically many of these programmes are about food and cooking!

As I say watching TV plays an important part of mine and my children homework but in a balanced way. As a family we spend a great deal of time outdoors enjoying, the environment as a whole, but also looking closely at all its "ingredients". Whether it's a majestic tree or line of termites at its base and because it's so much fun we hardly realise we walk the 2-4km along the way. Just as exercise is important, once home, we also make time for relaxation, whether through play, reading books, listening to music, and quite often, watching TV.

Whether it's Netflix, BBC player, Disney+, AppleTV+ or Curiosity Stream, the menu on offer is vast, and I have to say the quality of programming these days is increasing, just as the abundance of quality organic, single origin, ethically sourced and local produce is increasing in our local supermarkets. At the end of the day it's your choices and your consumption that will shape your health. It should also go without saying that as with some food and beverage items there is an understanding and acceptance that some are not age appropriate for younger consumers, that also goes the same for TV programs and therefore we should also make appropriate choices or advise our children in the same way.

But what has me so fired up today, that I sit and type this essay? Well it has been a culmination of many recent incidences actually, which may have been bubbling away in me for many years, but the current COVID crisis has catalysed, cooked up, and helped bake to

the point of action.

Personally I decided it was high time to become healthier, mentally and physically, and I found quite early on that these go hand in hand as I discovered the cathartic and meditative properties of walking, swimming, and bicycling. Not only did I manage to lose considerable weight but I also managed to significantly calm and clarify my mind. I also actively managed and refined my consumption of food that also played an important role in my new lifestyle. Finally for someone who finds it hard to relax, sit still, chill out, I actively pursued those aspects which allowed me to do just that as well, home projects, cooking, listening to music, reading, and yes, watching TV!

Watching TV with my family is one of my greatest pleasures whether it is “Friday-night-family-movie-night” or late afternoon “nature-TV-time”. Whether it’s the movie “Ice Age” or the latest “Green Planet” series with Sir David Attenborough, there is always something to learn, not only for my kids but for myself as well and not only does that increase the value of family time but also for family discussion, important added value to what we have just watched. As a family we have been watching the new “Green Planet” series avidly through the BBC iplayer app, eagerly awaiting a new episode each week, as well as an incredible series called “Evolve” on the Curiosity Stream channel, and “Welcome to Planet Earth” with Will Smith on Disney+Hotstar.

But what really got me fired up today of all days was watching a couple of episodes of the documentary series “Rotten’ on Netflix. The first episode was all about honey, an incredibly rounded, high quality and global account of the world of honey and what it means to us all. That followed with “The peanut problem” in the second episode, which covered all aspects of the increase in food allergies, especially amongst the younger human population. Once again an amazing high quality rounded account of this deadly issue which intrigued me, not only because I have had life threatening anaphylactic allergic reactions in my past, but have had a child with allergic responses also. In addition to these personal reasons, I feel

Sudoku Puzzle

Each row, column & 3x3 square must contain numbers 1-9

Answer on page 79

| | | | | | | | | |
|---|---|---|---|--|---|---|---|---|
| | | | | | 1 | 3 | | |
| 4 | | | | | 8 | | 1 | 9 |
| | 3 | 1 | 5 | | | | | |
| 9 | 8 | | | | | | | |
| | 1 | 3 | | | | 5 | 2 | |
| | | | | | | | 4 | 1 |
| | | | | | 9 | 8 | 6 | |
| 6 | 9 | | 7 | | | | | 3 |
| | | 7 | 8 | | | | | |



The Food Pantry Feltwell

WHO ARE WE ?

We are a group of volunteers who have set up a small non-profit shop of greatly reduced prices to help with the high cost of living for the local villages, as we are a rural community with no supermarkets nearby.

We run a membership scheme for a one-off charge of £3.50 For that we supply free fruit, vegetables & bread depending on availability & also the ability to shop with us at vastly reduced prices.

We can also provide crisis packages for those in need, free of charge with the help of public donations.

You can find us at St Mary's Church, Feltwell.

OPENING TIMES:

| | |
|------------------|-------------------------|
| Monday | 9AM - 11:30AM |
| Wednesday | 9AM - 11:30AM |
| Saturday | 12:30PM - 2:30PM |

For more details visit our Facebook Page or call 07454 259280

as a decent human being, who is aware that people around me have such deadly allergic reactions, I should keep up to date on such a subject. At the end of the documentary I was so impressed by the information and the way it was filmed, conveyed and put together it made me appreciate this bloom in TV programming even more and realised that in some way it was brought about as a product of the COVID silver lining, the bloom in online streaming programs.

It's a very human quality that when faced with a threat or enemy our first reaction is aggression, and to try and actively fight our way to a solution. Quite often it is the research and scientific understanding of a threatening issue that provides the best course of action. At first it was thought that to fight against peanut allergies we must ban peanuts from public spaces, restaurants, airlines, schools and so on. However, once we understood the issue more clearly we quickly realised that the best course of action was about acknowledging there was an issue and educating everyone around us more about life-threatening allergy issues. Increasing awareness, training, and the scientifically backed treatment that will indeed help overcome this issue as time moves forward.

I believe now more than ever, that we are what we eat, that we are what we watch, and that we are what we read. The “menus” on offer are now the most extensive and varied they have ever been, so choose with thought, choose with moderation and choose with not only your health in mind, but with that of your family, friends and community around you also.

Bon Appetite!

Feltwell Dispensary Opening Hours


Monday: 08:30-12:00, 14:00-18:00

Tuesday: 07:30-12:00, 14:00-18:00

Wednesday: 08:30-12:00, 14:00-18:00

Thursday: 08:30-12:00, 14:00-19:00

Friday: 08:30-12:00, 14:00-18:00

 01842 829738 or 01842 828481

You can order your medication or ask any queries regarding your medication [online](#). Or use our dedicated telephone line for ordering your prescriptions. It is open from Monday to Friday 10:00–12:00 and 14:00–17:00. Repeat prescriptions can be ordered [online](#).



Race Night

Saturday 2nd April, first race 7.30pm.

Admission £5 Includes buffet
Bring your own drinks

21 Room, St George's Hall Complex, Methwold, IP26 4NT



Limited Tickets,
Box Office: 01366 727526 and 01366 728153

**Special Ladies Day Prize:
Best Hat on parade**

EASTER EGG HUNT LOGISTICAL

This Logistical puzzle was designed by Chris at the Wellington.

| | Galaxy | Dairy Milk | Aero | Milky Bar | 4 Eggs | 6 Eggs | 7 Eggs | 10 Eggs | 10 Minutes | 12 Minutes | 15 Minutes | 16 Minutes |
|------------|--------|------------|------|-----------|--------|--------|--------|---------|------------|------------|------------|------------|
| Sarah | | | | | | | | | | | | |
| Alice | | | | | | | | | | | | |
| Vicky | | | | | | | | | | | | |
| Lottie | | | | | | | | | | | | |
| 10 Minutes | | | | | | | | | | | | |
| 12 Minutes | | | | | | | | | | | | |
| 15 Minutes | | | | | | | | | | | | |
| 16 Minutes | | | | | | | | | | | | |
| 4 Eggs | | | | | | | | | | | | |
| 6 Eggs | | | | | | | | | | | | |
| 7 Eggs | | | | | | | | | | | | |
| 10 Eggs | | | | | | | | | | | | |

Match each person to their favourite chocolate, the number of easter eggs they found and how long it took them to find them.

1. The person who found 4 eggs took 4 minutes longer than Vicky.
2. The Galaxy lover was faster than the people who like Aero and Dairy Milk.
3. Sarah found more eggs than Vicky, faster than Alice found hers.
4. Lottie loves Galaxy and was disappointed she only found 6 eggs, 4 less than her friend Sarah
5. The person who likes Dairy Milk found her eggs 3 minutes slower than the person who likes Aero.

Answer on page 47

ART FOR PLEASURE

Every Thursday 10.30 am – 12.30 pm in Weeting Village Hall.
Contact Beryl Pountney, Secretary, for details on 01842 828750

Chris Mills

Antique Furniture Restorations

Repairs, Repolishing
Waxing and Woodworm Treatment

Antiques bought and sold.

Tel: 01842 827357

Mobile: 07790 707036

Total Health Footcare

Your feet in safe hands

Karen Stewardson
Foot Health Practitioner

TCFCP Dip. BEd Hons

07789 608310

Toenail cutting and ingrown nails treated.
Verrucae, Corns and Callouses and hard skin
removal. Complete Diabetic Footcare.

Please call for a home visit appointment

Now offering Reflexology



John Skelly (Fish) Ltd



*Fresh Fish delivered
to your door every
Thursday afternoon*

Fresh, Smoked & Shellfish

Mob: 07759 916990

Suffolk Maids

The Housekeeper Register

Domestic Cleaning & Ironing Service

Established May 2006

At Suffolk Maids we use our register of reliable local
housekeepers to provide cleaning and ironing services to
homes regularly each week.

Personal Housekeeper
Unique Security System
Fully Insured

All for less than £11 per hour.

01284 811777

www.suffolkmaids.co.uk

**Experienced Painter,
Decorator
& Handyman**

Work Required

**Free Estimates
Hourly Rate**

NO Job Too Small

Call Brian:
01842 827165
07515 069775

PLUMBER

BASED IN FELTWELL

OVER 30 YEARS
EXPERIENCE

FREE ESTIMATES

NO CALL OUT CHARGES

07951 158460

GAS SAFE REGISTERED

LATEST CONSUMER ALERTS AND TRADING STANDARDS NEWS

This month we're highlighting the following Scams, Consumer Alerts and News:

Scam Alert – Fake NHS ‘order a test kit’ text messages

Cold Calling Alert – Telephone cold calls offering warranties for domestic goods and appliances

Cold Calling Alert – Telephone cold calls regarding ‘loft insulation’

Scam Alert – Beware of Charity Scams (See below)

Scam Alert – Letters claiming to be from the ‘Chartered Trading Standards Institute’

Scam Alert – ‘Free Trial Offer’ adverts (See below)

Scam Alert – Investment Scams and fake cryptocurrency exchanges

For more advice and updates

Visit our Consumer Alerts web page and catch up on previous alerts

Find us on Facebook Follow us on Twitter

Reporting scams

Reporting scams you receive helps us continue to build up intelligence on the scammers and how they target people.

You can report scams and get further advice from our partners the

Citizens Advice consumer helpline: **0808 223 1133 (freephone)**

[Citizens Advice consumer service website](#)

If you've been the victim of an online scam you can get advice and

support from Citizens Advice Scams Action: **0808 250 5050**

(freephone)

You can also report Frauds, Cyber Crime and Phishing attempts to

Action Fraud, the National Fraud & Cyber Crime reporting centre:

0300 123 2040

This is a live link to the [Action Fraud website](#) in the online issue.

Beware of charity scams

Times of crisis can bring out the best in people, but they are a magnet for scammers, and sadly right now is no different.

Fraudsters follow the headlines and have already been working overtime to create ways to encourage people to part with their cash and personal information. We saw this with the Australian bushfires



G J Waters **Small Groundworks**

Foundations, Concreting, Drainage, Paving,
Mini Digger, 3 ton Digger, Transit Tipper,

Aggregates Delivered -
Sand - Stone - Hardcore

Tel: (01842) 827237
Mobile: 07702 408869



CENTRAL GARAGE

MOT's • Servicing • Repairs
Air Conditioning Service
Petrol • Diesel • Paraffin
Exhausts • Tyres • Tracking
Coal • Kindling

44 HIGH STREET, FELTWELL.
Telephone 828354

POST BOX COTTAGE

2 BEDROOM HOLIDAY LET

LODGE ROAD FELTWELL, IP26 4DL

TELEPHONE: 07427 042593

EMAIL:
bookings.postboxcottage@gmail.com
(DOGS WELCOME)

HILL HOUSE

Bed and Breakfast

21 Hill Street, Feltwell, Norfolk. IP26 4AB

Angela and Richard Watts

Telephone 01842 829902

Mobile 07958 708835

www.hill-housebandb.co.uk

Rothwell's
Carpet Cleaning

Carpet Cleaning

& Stone Floors, Upholstery, Rugs

A few points that make us stand out,

Rothwell's has been in business since 1993

We're an honest local family firm.

Our large truck mounted machines mean more
cleaning & drying power for excellent results.

Members of both the NCCA and TACCA.

We will move the furniture.

100% satisfaction or it's FREE.



*Call Oliver or Max Campbell
for expert help today.*

01638 428 060 www.Rothwells.biz

COUNTRY RETREAT BOARDING CATTERY

Whitedyke Farm, Blackdyke Road,
Hockwold, IP26 4JW

NEW LARGER LUXURY CATTERY

Feline Advise Bureau Trained

- Choice of Indoor Units or Outdoor Chalets
- Spacious penthouse sleeping quarters with radiators
- Family units available
- Runs overlooking fields in tranquil setting
- Food of owners choice (Inclusive)

Viewings welcome

Phone David 01842 829099
or Mobile: 07900 920130

www.countryretreatcattery.co.uk

in January 2020 and throughout the Covid-19 pandemic.

If you are looking to help people in Ukraine, please donate wisely – do your research first so you give without getting scammed.

Please protect yourself with the following information:

- Scammers will pretend to be legitimate well-known charities, creating their own charity names, and impersonating people impacted by the war in Ukraine
- Scammers will be cold-calling, direct messaging and creating fake websites and pages on social media to raise funds. Avoid clicking on links or downloading attachments in unsolicited emails, texts or social media messages. They may attempt to lure you into unwittingly downloading malware onto your device or take you to a fake website to steal your money and personal information
- Do not donate via fundraising pages on platforms that do not verify the legitimacy of the fundraiser or that do not guarantee your money will be returned if the page is determined to be fraudulent
- Be careful about crowdfunding requests as these may be fake and also come from scammers. Check the terms and conditions of funding platforms and ensure you are dealing with official organisations. If you are unsure, make your donation to an established charity instead
- If you think you have paid money to a scammer, please contact your bank immediately.

If you have received a contact which you believe to be a scam you can also report it to us via our partners, the Citizens Advice consumer helpline, on freephone **0808 223 1133**

'Free Trial Offer' adverts

These are often promoted via social media and online adverts. Common examples of such offers include skin care products, slimming pills and nutritional supplements.

Consumers report that when responding to an online 'Free Trial' offer they were then asked to give credit or debit card details to cover p&p. However, if they fail to cancel within a set period they may have unknowingly agreed to an ongoing supply of the product, with a monthly charge taken directly from their account. Consumers have reported monthly payments ranging between £50 and £300



GRAND VILLAGE FETE & CARNIVAL PARADE

SATURDAY 4TH JUNE 2022

FELTWELL PLAYING FIELD

CAR BOOT 9 am

PARADE & FETE 12 noon

GRAND RAFFLE CLASSIC CARS GIN PALACE
BBQ BAR DISCO TEA & CAKES TUG-OF-WAR
FACE PAINTING BOUNCY CASTLES CRAFT STALLS
ICE CREAMS LOCAL STALLS & MUCH MORE!

In aid of play equipment for Feltwell Playing Field



For further information or if you
would like to take part,
please contact
feltwellcommunitygroup@gmail.com



Our speaker for March was Kevin Boardman who spoke to us about, 'The Great Plague of London in 1665' which has direct parallels with what we have lived through for the past two years during the Coronavirus Pandemic.

The Great Plague lasted from 1665 to 1666 and occurred just after an era of unrest following the execution of Charles I in 1649.

The Plague, officially the bubonic plague, originated in Central Asia in 1331 and first visited England in 1348 where it was known as the Black Death. After that it became endemic and was a regular visitor to London and elsewhere. Some years saw small outbreaks but in other years deaths were in the thousands. There were 30,000 deaths due to the plague in 1603, 35,000 in 1625, 10,000 in 1636, and smaller numbers in other years.

The 1665–66 epidemic was on a much smaller scale than the earlier Black Death pandemic. It became known afterwards as the Great Plague because it was the last widespread outbreak in England.

Bubonic plague, caused by the *Yersinia pestis* bacterium, is usually transmitted through the bite of a flea or louse. The fleas lived on the large black rat population that carried the bacteria in their gut.

London at that time was a city of about 448 acres surrounded by a city wall that had originally been built to keep out raiding bands, and, in the south, by the River Thames. In the poorer parts of the city, filled with overcrowded tenements, hygiene was impossible to maintain. There was no sanitation, and open drains flowed along the centre of winding streets. The cobbles were slippery with animal droppings, rubbish and the slops thrown out of the houses; they were muddy and buzzing with flies in summer, and awash with sewage in winter. The City Corporation employed "rakers" to remove the worst of the filth, and it was transported to mounds outside the walls, where it accumulated and continued to decompose. The stench was overwhelming, and people walked around with handkerchiefs or nosegays pressed against their nostrils. All in all ideal conditions for disease-carrying rats to survive and multiply.



METHWOLD AUCTION MART EVERY MONDAY

**HIGH STREET METHWOLD
THETFORD NORFOLK IP26 4NT
07802 896599 01366 728220**

Facebook: [Methwold auction mart](#)
Email: tyman1812@gmail.com
www.methwoldauctionmart.co.uk

Sale Start Times

Wood Sale 10.00 am
Barn Sale 10.45 am
Field Sale 12.30 pm
Saleroom from 1 pm

COMPLETE HOUSE CLEARANCE SERVICE AVAILABLE

Bids can be left with the Auctioneer prior to the Auction. Telephone bids welcome.

Food and Drink available all day on Mondays in our refurbished refreshment bar

We sell up to 1300
lots every Monday
of various items

Antiques
Caravans/Cars
Collector's items
Cycles/Mowers
Household Effects
Machinery
Musical items
Nursery Items
Timber, Tools,
and much more!

Come to us to Buy
and Sell

Goods taken in
Fridays 9-5pm
Saturdays 9-2pm

Viewing for sale
Saturdays 2.30-5pm
Mondays from 8am

Proudly operating
under the same charter
since the 17th century

So much is known about the spread of the disease because of the parish records and the Bills of Mortality that record deaths, for example, on June 4th 43 people died a week but by Sept 19th it was 7165 a week. In total over 70,000 died, the equivalent of 3m deaths in 2021. Mass burials in pits become the norm.

The Lord Mayor of London posted instructions for handling the disease and various officials from doctors, nurses to corpse bearers fought against its spread whilst the rich and powerful left by river to places such as Oxford.

Plague sufferers were quarantined in their houses with watchmen left on guard to ensure that they stayed indoors. One has to remember that at that time nobody knew the real cause of this feared disease. Many mistakenly blamed emanations from the earth, "pestilential effluvia", unusual weather, sickness in livestock, abnormal behaviour of animals or an increase in the numbers of moles, frogs, mice or flies. Consequently many dogs, cats and pigeons were mistakenly culled. It wasn't until 1894 that the bacterium was identified by Alexandre Yersin, and its transmission by rat fleas became known.

Although the weekly numbers in early November were about 1000 a week – the cold weather started to have an impact slowing the breeding rate of the rats, fleas, and lice.

The Men's Breakfast Club usually meets on the 1st Saturday of the Month at The Wellington in Feltwell at 9am. It costs £7.50 per person to attend which includes a talk, tea or coffee and a full English breakfast which has to be tasted to be believed just how good it is.

New members are always welcome. If you would like to join us then either call The Wellington and book on 01842 828224, before 4pm on the previous Wednesday, or email the Club co-ordinator Paul Garland at garlandp@btinternet.com.

Our next meeting will be on **9th April (second Saturday)** and the speaker will be Stephen Barber talking about his experiences working for Wallace Arnold.

DM **CARPENTRY & BUILDING SERVICES**

All Aspects Of Carpentry & Building

Kitchens - Doors - upvc - Roofing - Fencing

Renovations - Extensions - New Builds & Lots More

NVQ Level 3 Qualified Carpenter

For A Professional Friendly and Reliable Service Call Dean

Mob: 07825700575 Tel: (01842)827645

Email: DM.Carpentry@yahoo.co.uk

1

PR. BOWERS & SON FUNERAL DIRECTORS



**ANMER COTTAGE METHWOLD ROAD NORTHWOLD
THETFORD NORFOLK IP26 5LN**

**TEL 01366 727432
07796 780270**

**24 HOUR SERVICE, PRIVATE CHAPEL OF REST.
UPHOLDING TRADITIONAL FAMILY VALUES OF
DIGNITY & RESPECT. FOR YOUR LOVED ONE'S
FUNERAL PLANS . MEMORIALS . FLORAL TRIBUTES**



Your Good Health

by Dr Ian Nisbet

Conversation with a parking meter: For 76 years, I have managed to survive without using my telephone to pay for parking. It is all I can do to make my fingers work quickly enough to answer the wretched mobile 'phone when it rings so I was horrified to be told by a parking meter that I had to pay by telephone! Rewind:- Head Office had her 80th birthday in the middle of March and it seemed appropriate to buy some small trinket to celebrate. Obviously, I have little idea of which trinket would appeal so we agreed to go together to buy something she would really like and treasure. I know, I said "We'll go to The Jewellery Quarter". During our 40 years in Norfolk, it would have been a trip to Norwich or Bury St Edmunds. However, as we now live 7 miles from the centre of Birmingham, our options are

phenomenal – concerts, theatre, canals, heavy traffic disrupted by roadworks, and also The Jewellery Quarter. Other Quarters are available in Birmingham, viz: Irish, Gay, Gun, Chinese Gay, Grain and Glass, Glass, and Creative Quarters, amongst others.

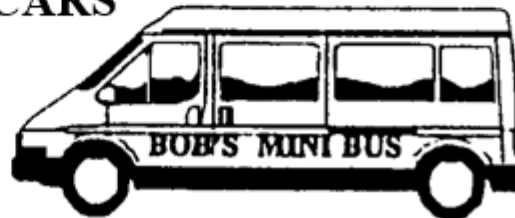
The Jewellery Quarter occupies 1 sq. kilometre in the middle of Birmingham with a population of 9,000 people and, for over 250 years, it has been home to over 700 jewellery businesses. The area produces 40% of all the jewellery made in the UK and, since 1773, it has contained the world's largest Assay Office, which hallmarks about 12 million items every year. There is no space here to go into details about the history of the area, which also sports a Bohemian café culture, but, if you are interested, Wikipedia "Jewellery Quarter" will give

BOB'S TAXIS & MINIBUS COURIER SERVICE

**No Car? No Bus?
Forget it you can rely on us!**



**4-6-8 and 16 seaters available also
ESTATE CARS**



**When you haven't got a car of your own and
the buses all run on the wrong day or at the
wrong time**

**CALL US - FOR THE SERVICE YOU CAN
RELY ON**

EXPRESS COURIER SERVICE

LICENCED TAXIS & PRIVATE HIRE CARS

DISTANCE NO OBJECT

Airports - Weddings - Parties

CONTRACTS WELCOME

18, MILL LANE HOCKWOLD

Tel: (01842) 828471

**Car Phone Car Phone
07836 603232 - 07889 078797**

you 26 pages of detail.

It seemed that there would be a good choice of trinkets, so down we went, parked at a meter, inserted £2.20 in coins, put the ticket in the windscreen and went into the nearest shop. Wonderful selection, trinkets were chosen and we would have to return 2 days later to collect the one we had ordered. We bought me a new wedding ring as mine was worn thin with sharp edges, walked around the corner to a place which buys gold, and they gave me £65 for my old ring, probably more than we paid for it nearly 40 years ago! Off to a Bohemian Café for lunch and then home – a successful trip.

“What about the parking meter?” I hear you shout. Well, two days later, we went back to the same road and the same meter. The money slot was taped up and a notice said, “Use another meter”. All the other meters were similarly taped up and bore the same notice. However, the machines did have a notice that you could pay by ‘phone. So, standing in the rain, I rang them. “What is

your car registration?” It took them three repeats to get that right. “What make is your car?” I told them “Seat”. “Did you say Fiat?” Three goes to get that right. “How long do you want to park for? (Their grammar, not mine). I keyed in 2 for 2 hours. “The maximum time you are allowed is 4 hours. How long do you want to park for?” By now, the rain is running down my neck and we are still nowhere near credit card time. After three unsuccessful attempts to allow 2 hours parking, which, by my reckoning, is much less than the 4 hours allowed, the automatic voice said words to the effect that we were getting nowhere fast, that he was going to hang up and that I should ring the Council! At this point, two traffic wardens walked past and received a forceful diatribe from me. “We don’t know anything about it, mate, we was just walking past”. I then found a multi storey car park 30 yards away and it was less expensive. I had a word with our jeweller as to why, over 48 hours, the street parking system had changed and had become so difficult. Apparently, someone



Do you have an unusual or interesting garden? If so would you like to open it to visitors for Feltwells first annual open gardens event on August 6th 2022?



Feltwell
Open gardens

For more information please get in touch at

stevesaunders_59@yahoo.-



Feltwell
in Bloom

(perhaps a Bohemian) had been attacking the parking meters with a bent clothes hanger and had messed up the inner workings of the machines.

Last month's joke about the duck who was a plasterer caused more feedback than any other article in the last 30 years (one telephone call from a dear friend). I have yet to find anyone who either understands it or finds it funny. The late Barry Cryer explained that, with such jokes (shaggy dog stories), one half of the brain is perfectly happy to entertain the idea that the duck works as a plasterer, while the bossier, more rational other half of the brain is simultaneously dismissing it as nonsense. I hope this helps. I am coming to the idea that my sense of humour is not widely shared and more feedback would be appreciated. (ian@drnisbet.co.uk or 01562 886128)

Below, please find a selection of Barry Cryer's favourite jokes,

starting with the duck theme:

Two ducks were sitting on a pond. One said "Quack" and the other said, "I was going to say that." Their dyslexic friend across the pond joined in "Quick, Quick".

A man ran over a cockerel on a country lane and killed it. He knocked on the farm door and said to the farmer's wife, "I appear to have killed your cockerel and I would like to replace him." The lady looked at him oddly and said, "Please yourself. The hens are round the back". Barry first told this joke in 1955.

A man, George, walks into a pub, gets a hamster out of his pocket and puts it on the piano. It runs up and down the keyboard, creating wonderful music. The man then pulls out a parrot who proceeds to sing like Pavarotti. The customers stay all evening and one of them approaches George offering to buy the animals from him. No! "Well, will you sell me just one

This magazine is printed by **Limetree Printing**,
44A Paradise Road, Downham Market PE38 9JE.

Phone: 01366 383989

7th Annual Beer Festival

29th April - 2nd May

At The Wellington

Huge Selection of
Locally Produced Beer and Cider



Live Music All Weekend

Friday - *Betty Swallox Band*

Saturday - *Light Skies Darken*

Sunday - *Harmonic Voices*

of them?" "OK", says George, "You can have the parrot for £100" and the deal was done. Later, George's friend said, "You're a bit stupid, selling that parrot for only £100". "No I am not," replied George. "The hamster is a ventriloquist"

As far as I know, the last joke Barry told was to his nurse as he was dying:

A married couple were walking down the road when the wife said, "Look at that man over there. I think he is the Archbishop of" (not to give offence). She ran on and on about it and, eventually, the

husband crossed the road and asked, "Are you the Archbishop of"? The peremptory reply was "F... Off". The husband repeated the question and received the same repost. He went back and reported to his wife who said, "Oh dear, now we'll never know."

Next month, we shall discuss the six bob banana. If you were born before 1960 and can remember 15th February 1971, you will understand the discussion.

All good wishes,

Ian Nisbet

could you foster?

nexus fostering

we urgently need carers in Norfolk

Ofsted Outstanding Provider

Visit us at www.nexusfostering.co.uk Call us on **01603 951 405**
The School House, 1 The Street, Framingham Earl, Norwich, NR14 7QY

Carl Morris Associates Ltd

07919 804 899 carl@carlmorrisassociates.co.uk

Carl is an experienced local Structural Engineer, who, as the name suggests, is an engineer who specialises in the structure of buildings.

Carl can offer cost effective solutions for your building and renovation projects, is able to provide advice, specifications and calculations for the design, as well as suggest appropriate materials.

From general maintenance to complete garden renovation!

M J HAWES
Landscape Gardener
Established 1988

Tel: 01842 878784

Mobile: 07951 206602

E-mail: mjhgs88@gmail.com

Like us on Facebook



Full Public Liability
Insurance

Licensed Waste Carrier



Feltwell in Bloom

- Are you a member of an organisation which would like to take part, Brownies, Scouts, WI, Feltwellbeings, Bowling Club, Playgroup, Monday Meet-up, church, parish council, etc.,
 - In May we hope to be planting the 500 plants we have received. If you'd like to help at this momentous time, please get in touch.
- Want to help in some way?
 - Make a donation
 - Provide plants/bulbs
 - Register for Open Gardens
 - Deliver leaflets

Please get in touch with one of the people listed below or contact mikegw15@gmail.com, message me or text me 07712578721.

Open Gardens – you are being invited to take part in this event. You can register your interest with one of our committee members below.

Perhaps you would like to be involved in this exciting project but don't know how, or think you are not a gardener and wonder what you can do...GET IN TOUCH. We especially welcome ANYONE including young people, 'older' people, people with disabilities.

Bailey Brown, Christine & Stuart Samuels (The Wellington), Brigitte Wilkinson, Stevo Saunders, Martin & Jo Blackman, Carol Mack.



Pest & Vermin Control **Graham Smith & Sons**



- Local family business
- NPTA badge carried
- Prompt 24hour reliable service, 7 days a week
- For mice, rats & wasps
- Also ants, fleas, flies, mites & squirrels etc



Tel/Fax 01842 879904 Mobile: 07946 733188

Graham.smith09@hotmail.co.uk

Lauren, Mark & Sam Skinner



AWARD
WINNING
BUSINESS

With Over
40 Years
Experience

MSM

MARK SKINNER
FUNERAL SERVICE



SAIF
INDEPENDENT
FUNERAL
DIRECTORS

**Our family and caring team will look after
your loved one, like we would our own**

"After recommendations, research showed impeccable reviews and very competitive prices. You were not only totally professional and so approachable, but treated my Dad like I felt you would your own family. Wouldn't go anywhere else!" G Kent

Memorials • Bereavement Support
Competitive Pricing and Funeral Plans

Available 24 hours A Day

London Road, Brandon, Suffolk, IP27 0EW, T: **01842 810534**
27 High Street, Lakenheath, Suffolk, IP27 9JS, T: **01842 862777**
30 Bury Road, Thetford, Norfolk, IP24 3DE, T: **01842 752197**

www.markskinnerfunerals.org.uk



FELTWELL BOWLS CLUB



Much better news this month with the start of the outdoor season only 2 or 3 weeks away.

We have entered 2 leagues both run by the Mundford Bowls Club.

1. The Rosie Smith League played on a Monday evening, to consist of 3 teams of 3 i.e Triples first match 16th May commencing at 18-30.

2. The David Allen League played on a Thursday evening, this will be a new venture as it consists of 4 teams of 1, 2, 3 and 4 i.e. Singles, Pairs, Triples and Fours. First match 23rd June.

Club evenings to be Tuesday and Wednesday evenings (Tuesday evening is difficult for myself but I will be at the club on a Monday and Wednesday evening if anyone wants to a game or bit of tuition).

Enrolment evening I have no information to date.

Club opening will be either Saturday 16th or Tuesday 19th April depending on the weather conditions.

Our Quiz night was held on Saturday 12th March. There was a very good repose and a very enjoyable evening.

Our **next Quiz night** is to be held on **Saturday 30th April 2022**, doors open 7-00pm for a start at 7-30pm.

£3-00 per person, please bring your own nibbles and drinks.

There will be a raffle and prize for the winning team.

Call Trevor on 01842 827079 to book a team of 4 or more, if you do not have a 4 call and we can arrange for a team to join, you will be made most welcome.

To be held in the large room in the British Legion, enter through the main entrance doors. There is a large carpark for off road parking.

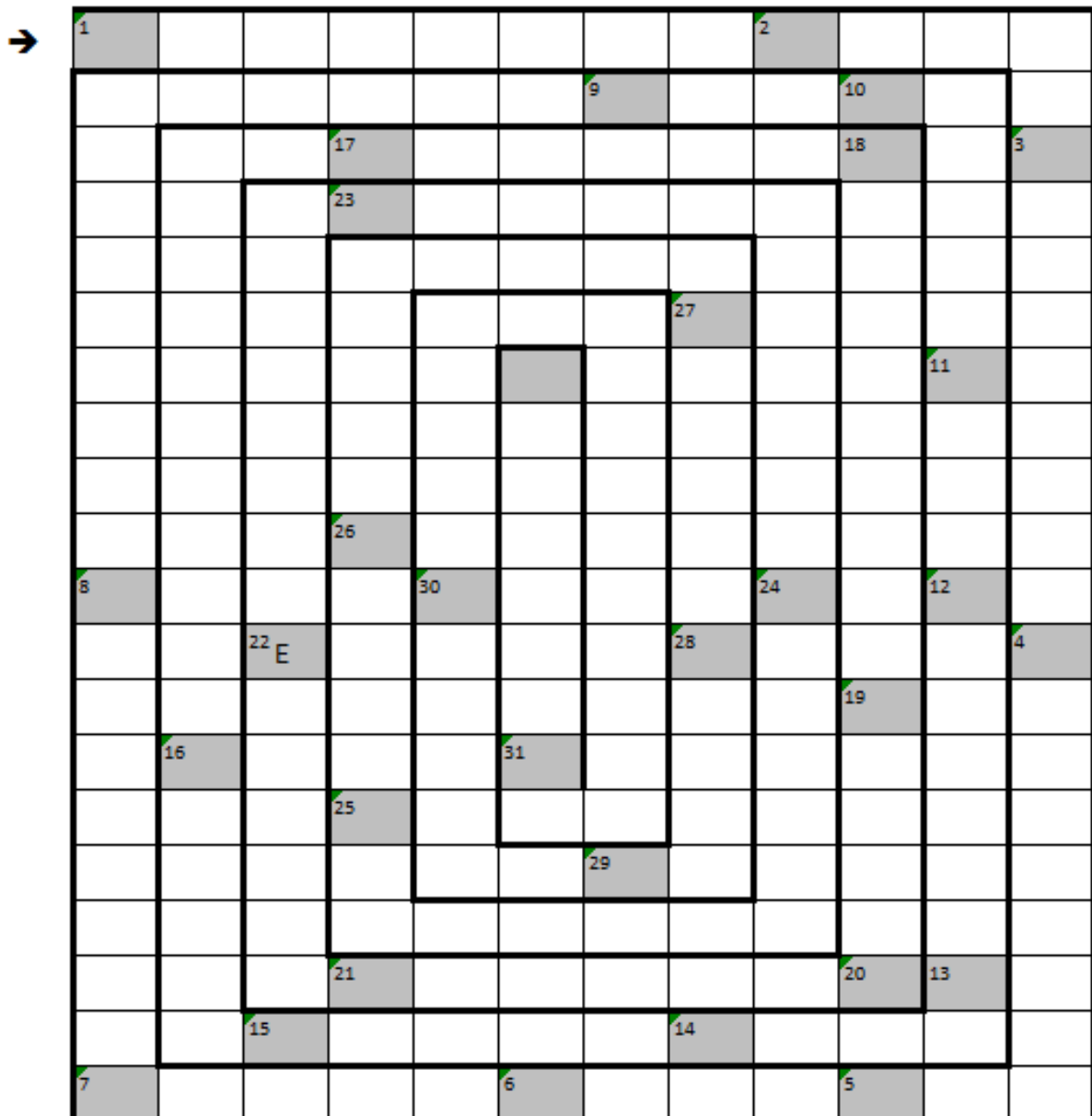
This is a very popular Quiz enjoyed by all who attend, so why not come along and join us, and maybe we can interest you in joining the Bowls Club as well.

Max

WORD TRAIL NO. 15

Janet Clements brings us a different type of puzzle, a Word Trail.

Starting at No.1 follow the clue numbers around the box clockwise finishing in the middle. The last letter of each answer is the first letter of the next answer. Work clockwise. Have Fun



CLUES

- 1 HISTORY: What did the Romans call Scotland (9)
- 2 The location of the hottest continent on earth (6)
- 3 A severe and potentially life-threatening reaction to a trigger such as an allergy (11)
- 4 This music mogul broke his back riding an electric bike (5-6)

- 5 MUSIC: Complete the lyrics of this all-girl band song 'If you wanna be my you gotta get with my friends' (5)
- 6 SPORT: The name of the horse that was the three time of the Grand National (3-3)
- 7 Referring to killing one's mother (10)
- 8 FILM: A 2004 film starring Judi Dench, Maggie Smith befriending a foreigner (6-2-8)
- 9 The city where the Amphitheatre of Nero is found (4)
- 10 Earth's highest mountain above sea level, located in the Mahalangur Himal sub-range of the Himalayas. (7)
- 11 Saturn's largest moon (5)
- 12 The poisoning of Sergi and Yulia Skripal involved which nerve agent (8)
- 13 The destiny you earn through actions (5)
- 14 The name of a company that is also the name of one of the longest rivers in the world (6)
- 15 Also known as the Water Lily (7)
- 16 The name of the author who in 1927 first published 'The Big Four' (6-8)
- 17 To make a public statement of your approval or support for something (7)
- 18 This gent was the first to achieve a Premier League hat-trick (4-7)
- 19 Apply habitually or compulsively (6)
- 20 Silent and motionless group of persons arranged to represent a scene (7)
- 21 Last, final, beyond which no other exists (8)
- 22 Sudden outburst of passion, war etc (10)
- 23 MUSIC: Song by The Lovin' Spoonful in 1966 (10-4)
- 24 Which female authored, 'The Hunger Games' book series (7-7)
- 25 The farthest planet from Earth that can be observed by your naked eye.(7)
- 26 Conservative MP for the Cities of London & Westminster (6-5)
- 27 In 1943, which city had the first ever Fashion Week (3-4)6
- 28 Instrument like zither, with fifty to sixty strings (6)
- 29 At the present day (8)
- 30 This colourful tropical fish is best known for its sparing and is also known as the Betta Splendens (7-8-4)
- 31 The act of one who bargains or negotiates (8)

This month's Word Trail solution can be found on page 66

J M Harris EST. 1996

LANDSCAPES CONSTRUCTION

Fencing, Patios, Paving
Driveways, Groundworks
Landscaping, Tree Surgery
Turving, Artificial Grass
Property Maintenance & Repair

For Friendly Professional Service

CALL 01842 828114

www.jmharrislandscape.com

jmharrislandscape@outlook.com

Peckhams Plumbing



John Peckham

**Friendly, Local Plumbing
& Heating Engineer**

All Work Undertaken
Big or Small

No Estimates
Just One Price

Fully Qualified
& Insured

NO Call
Out Fees

- ✓ Full Heating Systems
- ✓ Heating System Updates
 - ✓ Radiator Changes
 - ✓ Oil Tank Changes
- ✓ Fully Fitted Bathrooms
 - ✓ Leaks & Repairs
- ✓ Boiler Replacements
 - ✓ Boiler Services



Tel: 07534 892411



A GLIMPSE INTO THE PAST

Both of these articles from April 1964 seem very timely considering, not only the time of year, but the weather that we have had recently.

Ignoble end for Feltwell's ancient oak.



A branch is winched off the trunk, which legend has Oliver Cromwell once sat under, as the oak comes to an end.

The ancient oak at Feltwell, a village landmark for possibly 1300 years, came to an ignoble end yesterday when it was pulled down in the interests of safety.

The fate of the old oak, which marked the eastern entrance to the village standing on a grassy mound at the junction of the Brandon-Methwold and Southery roads, was sealed at a parish meeting last September. A vote of 15-12 went in favour of it coming sown.

In its place a young oak sapling will be planted, possibly by the village's oldest inhabitant, sometime this year.

The tree was torn apart with ropes on a winch by a contractor. It split down the middle and the fact that it had had its days was plain

TRUSTY GARDEN CARE

Grass - Hedges - Trees - Landscaping

07979 225691

trustygardencare@gmail.com

based in Hockwold, Norfolk

Care & management of trees a speciality

Freedom Recycling Ltd



01842 828888

4 yard to 40 yard skips available to hire



www.freedomrecycling.co.uk

Your Local, Friendly & Reliable Competitive Skip Hire Service

to anyone. The whole centre of the ancient trunk was full of dust and soil and completely rotted away. All the roots had rotted, too.

SOUVENIR HUNTERS

The felling of the tree was quite unceremonious. Few people witnessed it, although when the word spread several went to get pieces for souvenirs.

The mound on which it stood is to be removed and replaced by a smaller one and a retaining wall will be built around it.

Mr H. C. Walden, who strongly opposed the move at the parish meeting and suggested trying to enlist the aid of the Council for the Preservation of Rural England, admitted yesterday that it had now been proved the tree was in an unsafe condition.

However, Feltwell will have a reminder of its ancient tree. A picture of it in its heyday hangs as the inn sign of the nearby Oak Hotel.

EDP Friday, April 24, 1964

On the same page...

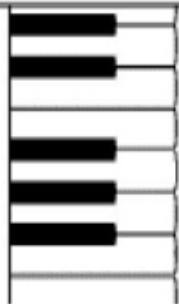
Where's the cuckoo?

Sir-The folk of Feltwell village have always listened for, and loved to hear, the call of that elusive bird, the cuckoo, but this year his absence is most noticeable. Only once has his voice been heard, and that very early in his season.

I wonder if the numbers of cuckoos are seriously decreasing, and if other places have noticed their absence this year?

(Mrs) C. L. Orange, Lawn House, Feltwell

| EASTER EGG HUNT LOGISTICAL SOLUTION | | | |
|--|------------|---------|------------|
| Sarah | Dairy Milk | 10 Eggs | 15 minutes |
| Alice | Milky Bar | 4 Eggs | 16 minutes |
| Vicky | Aero | 7 Eggs | 12 minutes |
| Lottie | Galaxy | 6 Eggs | 10 minutes |



Piano Lessons

Anne Reece, MA PGCE LRAM

Professional, experienced teacher in Feltwell with friendly approach offering piano tuition for all ages and all standards. Taster lessons welcome.

Tel: 07890 954775 or email: annerece279@gmail.com

Creative Ideas

Beautiful Curtains, Blinds & Soft Furnishings

Large selection of Fabrics & Wallpapers, Tracks & Poles, Upholstery
Fitting service available

FREE home consultation with no obligation quotation

Call Laura on 01842 828643

www.facebook.com/Curtainsbylaura
www.mycreativeideas.co.uk

Taylor's Solid Fuels LTD **Family run since 1946**

Regular fortnightly Solid Fuel deliveries in your area.

Competitive prices and a full range of products.

"Don't Shiver We Deliver"

Quality top soils and aggregates.
Bulk bags and Tipper loads from 1-20 tonnes

Tel: 01842890568
or visit

www.taylorssolidfuels.co.uk

GOOD QUALITY Second-hand Furniture, Carpets, Bric-a-Brac, Toys Bought & Sold

OPEN: Monday - Saturday 9:00 - 4:00
Some Thursday's CLOSED

Telephone Emmie: 01842 828406
53 High Street, Feltwell IP26 4AF



One bedroom Holiday Let in Southery
for visiting friends and family
Tel 01366 378417
Email: littlelondonnorfolk@gmail.com



WILDLIFE CRIME

Unfortunately, we have received a report this month of a tractor driving over a badger sett, causing at least one entrance or tunnel to collapse. The landowner worked with us and the contractor was identified as being responsible for the damage – the contractor admitted the damage and claimed he wasn't aware. It was decided the best course of action would be to deal with this crime with a Community Resolution and ask the offender to give back to the 'harmed'. This involved me working with the contractor, so he fully understood the Protection of Badgers Act as well as his legal obligations. He also donated money to a local wildlife charity.

Regarding our other ongoing investigations, they remain live so nothing to update you on this month. I continue to work closely with the RSPB and Natural England collating evidence on a couple of these investigations. Most of these now are awaiting full scientific and forensic reports before we can progress further.

HARECOURSING

After a small rise in reports last month, this month has been very quiet again thankfully and we've received fewer reports than last season. We are now coming to the end of the traditional season, and I am really pleased to say reports have remained incredibly low. I believe this is partly due to our collaborative work with our six neighbouring forces so it's worked for one year, and we will continue to enforce and work with our colleagues across borders. This time

FELTWELL



MUSEUM

Returns for 2022 😊

Our popular '*make your own boomerang*' is back!

Kids, and grown-ups... make and decorate your own '*rang*' to keep.

FREE ENTRY

FREE BOOMERANG

(Donations appreciated)

Last Saturday of each MONTH

Starting from MARCH. 11-3PM.

The Beck

IP26 4DB

Enquiries

Graham 01842 828387

next year, we may also have new legislation that will make it more difficult for this type of criminality.

I continue to urge anyone who believes hare coursing is ongoing or has any information relating to hare coursing to please get in contact with us or anonymously by contacting Crimestoppers.

GPS THEFTS

As I mentioned last month, we have received another report of this high value crime and I'd encourage all owners of these systems to please remove them where possible and mark them clearly with your name/farm name and postcode. Make sure you know the serial numbers of your units (these should be on the system itself or the box it came in) and consider other security options. Several retailers are now offering aftermarket anti-theft solutions and it may well be worth discussing this further with your local dealership.

I'm pleased to tell you that thanks to more collaborative working with several forces across the country, one man has been arrested in Norfolk for the theft of GPS systems in Cheshire last year, and another two men were arrested in Cheshire following that arrest. This provides further evidence that these are criminals who travel and it is hard to predict where they will hit next, but with better information sharing and a national approach to tackling the issue we are making some headway. Here in Norfolk, we have been working with NAVCIS (National Vehicle Crime Intelligence Service), a European Consulate and their police force and several other police forces to investigate our most recent crimes. There is a lot of work going on behind the scenes and although I'm unable to share further details with you at this stage, please know we are investigating every opportunity we have. But the fact remains prevention is also key so please take steps to protect your property that I've outlined above



We would very much like you to submit a **FOOTNOTE** of your own. A quip, a fact, an idiom, whatever you feel would be suitable. Please send your **FOOTNOTE** to Paul at garlandp@btinternet.com.

FELTWELL LODGE

RESIDENTIAL CARE HOME

Lodge Road, Feltwell, Norfolk IP26 4DR



Feltwell Lodge is a comfortable Victorian property dating from 1860. It is a former hunting lodge set in 5 acres of beautiful landscaped gardens situated between Feltwell and Methwold.

The home is run by the proprietors, together with a fully experienced and caring staff providing a full 24 hour cover. The atmosphere is friendly, with no restrictions other than consideration for fellow guests.

Visitors are welcome and we encourage the maintenance of close links between residents and their families and friends.

**For Brochures please phone: Mr Paul Hanley RN
or Mrs Sandra Hanley RN**

01366 728282

Website: www.feltwelllodge.com

E-mail: feltwelllodge@hanleycarehomes.com

WHAT HAPPENED IN THE COUNTRYSIDE IN MARCH

March was less breezy than February and the temperature started to slowly warm up with longer days and the sun sitting higher in the sky. Snowdrops bloomed alongside the yellow and purple crocuses brightening up the roadside - one day there was be nothing to see, and the next was awash of colour...crocuses can grow very quickly. Add the daffodils, which seemed to pop up earlier and earlier (I have already seen several this year in sheltered areas), and we can be sure spring is on its way.

Many of our native birds started to speak their minds at morning chorus, and this sound really is a sign of spring. We also started to see some of our migratory birds returning from warmer winter climates. One of the first to return was the Chiffchaff (some do overwinter in UK now) which often head south to Spain and Northern Africa during the winter. Towards the end of the month, we were lucky enough to see probably the most famous of our migratory birds - the Swallow - started to appear as they returned with the warmer days and an increase in flying insects: their natural food source. Many of our winter visitors from the north, the wetland and wading birds, remained in the county a little longer before leaving for northern areas this month.

Another one to mention for the month of March is the Great Crested Newt, Sadly, these have been in decline over the last few decades mainly due to the rapid growth of urban areas. The Great Crested Newts started to come out of hibernation last month and all pond maintenance should have been completed by the end of February to prevent any harm or potential offences being committed as Great Crested Newts are a protected species under the Wildlife and Countryside Act.

On the farm, the drier days saw the cultivation equipment out in the fields preparing the ground for spring planted crops: spring barley, wheat, early peas, and sugar beet. You may also have seen sugar beet being harvested as this is one of very few crops in the UK that can take up to 12 months to grow. At the time of writing, the factories around the county remain open and generally do into March and possibly even April if the harvest is taking longer than normal.

Livestock farmers started to think about their spring turn out plans with many looking at how they can prepare their fields to get the best out of the grass growing season and repairing fencing and walls. Some early spring lambs started to appear, especially in the slightly warmer climate of the east and most of our lambs were born indoors initially to get a head start before making it into the fields a few days later. In the north, many ewes lamb outside so the season tends to be well into April to allow for better weather.

EDMUND ATMERE (FELTWELL) CHARITY

The Charity awards grants to individuals who are in conditions of need, hardship or distress by making grants of money for items, services or facilities designed to reduce the need, hardship or distress.

It also helps for severe chronic illness in younger people.

Applications for assistance must be made to: The Atmere Charity Secretary, 16 Falcon Road, Feltwell, IP26 4AJ giving as much detail as possible about the need, hardship, distress or illness being experienced.

Applicants **MUST** be a Feltwell resident.



For all your financial planning needs including...

- Retirement & Pension Planning
- Investment Planning
- Long Term Care Planning
- Inheritance Tax Advice
- Life Assurance Planning
- Protecting you and your estate

www.davidcordnerwealth.co.uk

Tel: 07771553787

E: david.cordner@sjpp.co.uk

Authorised and regulated by the FCA. ref Number 787447



FELTWELL METHODIST CHURCH & COMMUNITY HALL

MONDAYS

CRAFT GROUP continues – 2.00pm to 4.00pm

NEW LOOK WEDNESDAYS

To help raise funds for our disabled persons' access we are offering Bacon Butties & coffee 10.00am to 12 noon along with Community Gardening.

THEN from 1pm – 3pm it's "INDOOR SPORTS CLUB"

– Table tennis, Snooker, Darts & Badminton.

SUNDAYS

10.45am to 12 noon – Fellowship and refreshments.

Find us by scanning this QR code on your Android or iPhone.



We can be contacted on Facebook, Messenger or mobile 07712578721 or by email mikegw15@gmail.com Mike & Brigette Wilkinson

NEXT MUSIC & QUIZ NIGHT SATURDAY 30 APRIL

Light snacks are often available along with hot & cold drinks.

Charity Coffee Morning & Cake Sale—Saturday 7 May 10.30am

In aid of Royal National Institute for the Blind (RNIB)

**DID YOU
KNOW ?**

Women's hearts beat faster than men's.
Average male heart rate is 70-72 whereas a woman's heart beats 78-82 times a minute



FELTWELL'S WW1 WAR HEROES No.42

All of the information in the "Feltwell's War Heroes" series can be found at <https://www.flickr.com/photos/43688219@N00/42905937225/in/album-72157679638767304/>.

This month's War Hero is:

T.W. WILLETT, 3RD ESSEX

On the Church Roll of Honour he is also recorded as T.W. Willett.

Private WILLETT, THOMAS WILLIAM

Service Number: 20708

Died: 13/08/1915

Aged: 22

Unit: 1st Bn. Essex Regiment

Son of George and Elizabeth Willett, of High St., Feltwell, Norfolk.

Commemorated at HELLES MEMORIAL

CWGC: www.cwgc.org/find-war-dead/casualty/683409/willett-thoma...

SDGW records that Private Thomas William Willett "Died" on the 13th August 1915 whilst serving "At Sea" with the 1st Battalion Essex Regiment. He was formerly 16921 Norfolk Regiment. He was born and resident Feltwell, Norfolk, and enlisted Norwich.

The Medal Index Card for Private 20708 T W Willett, Essex Regiment, is held at the National Archive under reference WO 372/21/176941 discovery.nationalarchives.gov.uk/details/r/D6435080

He qualified for the Victory Medal and the British War Medal.

The Army Register of Soldiers Effects records that he was drowned aboard the Royal Edward. The balance of his pay was sent in December 1915 to his father George. George would also receive his sons' War Gratuity when that was paid out in August 1919.

1893 – Birth & baptism

The birth of a Thomas William Willett was registered in the Thetford District in the April to June quarter, (Q2), of 1893.

The baptism of a Thomas William Willett, born 21st March 1893, took place in the Parish of St Mary and St Nicholas on the 25th June

Abbreviations used.

CWGC - Commonwealth War Graves Commission

SDGW – Soldiers Died in the Great War

IRC – International Red Cross

MIC – Medal Index Card

1893. His parents were George, a Labourer, and Elizabeth. The family live in the parish.

Source: www.freereg.org.uk/search_records/5818f8fee93790eca32d283...

The most likely marriage of his parents occurred in the Thetford District in the October to December quarter, (Q4), of 1892. This was when a George Willett married an Elizabeth Adams.

1901 Census of England and Wales

The 8yr old Thomas W Willett, born Feltwell, was recorded living in one of the Cottages on Cock Street, Feltwell. This was the household of his parents, George, (aged 28, a Carter on Farm, born Methwold, Norfolk) and Elizabeth, (aged 27, born Feltwell). As well as Thomas they also have a 6-year-old daughter Elizabeth, born Feltwell.

1911 Census of England and Wales

The Willett family were still living on Cock Street, Feltwell. Parents George, (38, a Labourer, born 'Hythe'*, Norfolk) and Elizabeth, (37), have been married 18 years and have had 2 children, both then still alive. The only one living with them on the night of the census is the 18-year-old **Thomas William Willett, who works as a Labourer.**

*This most probably means Methwold Hythe.

On the day

From a piece on another man who was probably in the same group of Norfolk Regiment men who volunteered to join the 1st Essex.

On Saturday 8th August 1914 the 3rd Special Reserve were sent to Felixstowe. In addition to taking a hand in the defence of the Harwich coastline against a possible invasion, the battalion had the duty of training and despatching drafts overseas. It was practically debarred from going abroad as a battalion and the task demanded from it as a special reserve was a far more weary and thankless one. It had to accept thousands of recruits, equip and train them and as soon as the men showed promise to draft them off to other regiments. It seems that Teddie wanted to see active service and so he and some other Norfolk men volunteered to join the Essex Regiment and they were in the draft of July 24th 1915. It was a custom in the Great War for a soldier to be issued with a different number when he changed regiments so Teddie who by this time had become Lance Corporal Tuttle No 17596 of the Norfolk Regiment,



NEED A WILL?

NEED PROBATE?

NEED LASTING POWERS OF ATTORNEY?

FUNERAL PLANS?

Kerland Pitman Ltd are a family run company established in 1990 with offices in Braintree, Dagenham, Chadwell Heath and are now expanding into the Norfolk / Suffolk area.

We are experts in Estate Management and offer a home visit service at no extra cost.

Call us on: - **0208 598 8022**
0208 590 0776 to book an appointment
07710 825253



Local Domestic Oil Boiler Servicing

Servicing Standard & Condenser Boilers

Annual Service with Tank Inspection &

Boiler Commissioning

Breakdowns, Maintenance & Repairs

WESTNORFOLKBOILERSERVICES.CO.UK

Electrical Testing Specialists

Portable Appliance Testing

Fixed Appliance Testing

Full Reports, DRB Checked

WWW.MAYESELECTRICAL.NET

COVID-19: As an essential Business we are open and operating with Covid-19 guidelines in place

TEL: 01842 828129/MOBILE: 07791 204492

became Lance Corporal Tuttle no.20637 of the Essex Regiment. A postcard with the postmark 'Devonport' and dated 31st July 1915, 9.45am and with 1/2d stamp addressed to Mrs.E.Tuttle,Norwich Road,Mattishall, East Dereham,Norfolk arrived, it read: "Dear Father & Mother, Am sending a photo of ship have only an hour longer here as we sail tonight at 8 o/c Friday, Much love Ted Don't expect letter just yet. Farewell". The picture was of the 'Royal Edward' entering Avonmouth dock. A passage from the History of Norfolk Regiment tells the rest of Teddie's story: Colonel Tonge refers to the loss of 300 men, the best draft that ever left Felixstowe. These men volunteered to join the Essex Regiment and appear to have constituted the drafts of June 23 and July 24 1915. They were part of the reinforcements carried by the transport "Royal Edward" which was torpedoed and sunk in the Aegean Sea on August 14th 1915. She sank two and a half minutes after the torpedo struck her. Of the 1,400 men she carried only 600 were saved, and the drowned included all but 18 of the 300 Norfolk men.

The men who had had a route march just before leaving Alexandria, were waiting on deck for foot inspection at about 9.20 am. Their lifebelts were down below, and when the ship was unexpectedly struck most of them ran below to fetch the belts. Owing to the ship's sudden heeling over and sinking, these never got up again. Those who escaped were picked up by a hospital ship which responded to the s.o.s. signal.

To partly replace this sad loss, another draft of 150 men to the Essex Regiment was dispatched on September 29, 1915.

Addenda 1994 From: "Men of Gallipoli"(David & Charles,1988) by kind permission of the publishers. One of the features of the Cape Helles monument is the rows of names of men drowned in the torpedoing of the Royal Edward, which sank in the Eastern Mediterranean on 13th August with a loss of over 850 lives.

A.T.Fraser in the Border Regiment, was in a deckchair on the afterdeck starboard side when suddenly dozens of men ran past him from port to starboard. The explosion came before he had time to ask what was the matter." The ship had no escort and we had not

been ordered to have our life-belts with us. The hundreds on deck ran below to get their life-belts and hundreds below would have met them on their way up. I shared a cabin accessible from the deck I was on and I raced there to get my life-belt and ran to my life-boat station which was on the star- board side.

As the men arrived they fell in two ranks. Already the ship was listing and this prevented our boats from being lowered, so we were ordered to jump for it. I saw no panic, but of course one could imagine what was happening on the inside stairs. I swam away from the ship and turned to see the funnels leaning towards me. When they reached the sea, all the soot was belched out, there was a loud whoosh and the ship sank. No explosion, no surge. So I was alone. The little waves were such that in the trough you saw nothing, on the crest you saw a few yards. The water was warm. I wondered if there were sharks".

Fraser found some wood to rest on and he was joined by a seaman, an older man who had twice previously been torpedoed. This brought the young Scot confidence. An up turned Royal Edward lifeboat was to provide 17 of the survivors with a little more security though in what Fraser calls half-hourly recurring turbulence, the boat turned over, offering them conventional but completely waterlogged accommodation every alternate half hour but at least providing them with something to do. There was no singing and little conversation. The first ship that passed hailed the scattered men and promised to signal for help. It could not stop as it had high explosives for Lemnos. Some of the men became depressed and showed unwillingness to clamber back in the life boat when it overturned, but on each occasion all were persuaded.

Finally, the hospital ship SOUDAIN arrived to pick them up in her life-boats, and at 2 o'clock Fraser was safely aboard her after just under five hours in the sea. He remembers that a large number of men lost their false teeth as we were constantly sick in the sea- and these men were sent back to England. We the younger ones, were clothed and kitted and on another ship three days later for Gallipoli."

www.paulinedodd.com/from-norfolk-to-gallipoli.html

THE WEST NORFOLK AVIATION SOCIETY

Our meeting on March 1st was the first with a guest speaker since the start of Covid. The speaker we expected was unwell but, entrepreneur Stuart Samuels from Feltwell came to our rescue and described a *pair* of Wellingtons to us.



The first one is a pub in Feltwell of which Stuart is the Navigator, if not the Captain. He recalled how he had bought the building, the state it was in, how his crew came together and, his motivation.

This resulted in the second Wellington in our story: the bomber aircraft based at Feltwell during the Second World War and the one after which his pub is named.

He told us that it was a much underrated aeroplane and its story has not been properly recalled. It has now, though, as one can appreciate when first entering his pub which is filled with artefacts and pictures commemorating its action in all theatres throughout WW2. It proved to be robust and able to survive great battle damage due to the Barnes Wallis design's use of geodetic construction; coincidentally the same technique was used in the construction of the Golfball radar scanners at Feltwell now.

A large section of the two part presentation, given without notes for over ninety minutes, was dedicated to the crews of the aircraft. Stuart recalled the actions of James Allen Ward, a New Zealander who in July 1941 climbed out through a hatch onto the wing of his Wellington to beat out an engine fire caused by a night fighter attack, thereby saving the crew and the aircraft. For his gallantry he was awarded the Victoria Cross, but, tragically died two months later during a raid in another Wellington.

Stuart also mentioned how captured airmen made their own survival equipment during escape attempts. An example of which was a compass disguised as a button; this was on display at the meeting with various other artefacts.

All-in-all, the lecture was an excellent start to our new season of guest speakers.

Just one nag: no mention of Copenhagen! Cheers, Stuart!

For more details of future WNAS meetings, please visit:

<https://sites.google.com/view/wnas-uk/home> and for membership details phone our membership secretary on 07706030307 or email wnas-uk@googlegroups.com

WORD SEARCH

Submitted by Mrs J. Clements.

This month our word search is on things you would find **IN A MAN CAVE**. Find the words from the list. They run vertically, horizontally, diagonally, backwards and forwards but always in a straight line.

The solution is on page 66.

| | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| P | P | A | B | O | O | Z | E | J | D | G | C | S | B |
| C | O | C | O | G | L | I | R | F | A | N | N | P | H |
| S | K | O | O | M | F | P | L | Q | R | K | G | O | A |
| L | E | G | L | T | E | L | I | O | T | I | I | R | A |
| O | R | N | K | T | W | H | A | Z | B | P | S | T | B |
| O | T | I | J | N | A | S | I | H | O | L | R | S | C |
| T | A | T | O | O | O | B | R | C | A | U | O | M | G |
| S | B | H | L | P | H | E | L | N | R | S | O | E | N |
| R | L | G | S | F | Y | A | W | E | D | N | D | M | O |
| A | E | I | M | A | B | A | R | B | L | O | E | O | I |
| B | K | L | L | F | Q | E | K | K | Q | C | V | R | S |
| H | P | P | F | M | N | G | X | R | I | G | A | A | I |
| W | D | O | U | I | F | D | C | O | C | N | C | B | V |
| C | S | S | L | J | L | I | P | W | M | I | N | I | E |
| S | I | C | M | G | K | R | N | I | G | M | A | L | L |
| C | E | K | H | B | I | F | L | H | J | A | M | I | E |
| R | B | A | F | O | S | A | F | M | A | G | B | A | T |

BAR
 BAR STOOLS
 BOOZE
 CD PLAYER
 DART BOARD
 FRIDGE
 GAMING CONSUL
 LIGHTING
 MAN CAVE DOOR SIGN
 MUSIC
 POKER TABLE
 POOL TABLE
 RECLINER
 SOFA
 SPORTS MEMORABILIA
 TELEVISION
 TOILET
 WORK BENCH

Having a party?

Don't have enough plates, dishes, glasses or cutlery?
 Contact Sue Garland 827029 or Chris Parker 827152.

St Mary's Church can loan you all of the above
 (at least 40 settings)

All we need in return is a donation to St Mary's Church
 Funds and an understanding that you will pay for any
 breakages.



Imagine two boys lazing away a weekend fishing in a pond. What do they talk about?

Frederick James has some ideas.

YA PROMISE?

“ave ya made any New Year's revolutions?”

“Resolutions, numpty! T'word is resolutions, an' no I ain't! Not yet, any road. T'thing is, I ain't been givin' it much thought of late. Too much of t'Old Year left yet ta enjoy wi'out thinkin' a makin' a load a new resolutions!”

“What's t'idea of them resolution things, any road? They's all on about 'em in our 'ouse right now, an' I ain't got a clue wot they's on about.”

“Yeah, my lot too. All makin' promises they ain't gonna keep, once all t'booze wears off! Ya see, that's wot resolutions is. Promises, like. It's like fat folks promisin' ta cut down on pies an' such, an' p***- *eads sayin' they's gonna give it up this time! No chance! By t'end a January, they'll all a forgotten about t'reolutions. Take my word!”

“My Gran says if ya makes a promise, ya 'as ta keep it, or ya'll go ta 'ell in a 'and-cart! Dead serious about promises, is my old gran! Dead serious about most things, she is, but promises is way up there, an that's a fact!”

“Yeah, I reckon all grans is serious about lotsa things, an mine ain't no exception! Don't do ta cross 'er, if ya wants a dip of 'er curry-pot. She makes a great curry, does my gran. Mind you, ya 'as ta earn it. I pays 'er paper bill for 'er and gets 'er shoppin' most Sat'days, ta get a dip of 'er curry. Fair exchange, mind ya. She ain't daft, ain't my gran!”

“D'ya think your gran would show my gran 'ow ta make curry? Fancy a bit a curry, I do! All I gets for my jobs is a tanner when she remembers. Mind ya, t'tanner comes in 'andy for sweets, an' comics, an' stuff! Maybe if I makes a resolution to do more jobs for 'er, Gran might make a resolution to learn ta make curry? Fancy a bit a curry, I do!”



**St Mary's Feltwell wishes
A Happy Easter to All**
St Mary's is open every day from
9am - 6pm.

It is for your use if you need some space or quietness,
somewhere to reflect, think or pray, or indeed just to admire
the building or avoid a passing rain cloud.

CONTACTS

Rector

Rev'd Joan Horan

01842 828034

joanhoran123@btinternet.com

The Rectory, Oak Street, Feltwell

Curate

Rev'd Juanita Hawthorne

01366 728545

revjuanita58@gmail.com

Churchwarden

Chris Parker

01842 827152

grimshoebeneficeoffice@gmail.com

Benefice Administrator

Chris Parker

01842 827152

grimshoebeneficeoffice@gmail.com

**TO ARRANGE, WEDDINGS, FUNERALS AND
HOME COMMUNION**

Please contact Chris Parker 01842 827152

grimshoebeneficeoffice@gmail.com

TO ARRANGE BAPTISM

Please contact Tracey Rudge 07880 490187

“Yeah, ok. I'll see wot Gran says when I see 'er on Sat'day. Mind ya, it could be a bit difficult, wot wi' t'restrictions an' so on, cos your gran'll be in 'er own bubble, same as mine is, an' they won't be able ta mix, like, till t'restrictions is over.”

“Wot d'ya mean, my gran's in a bubble? Wot's that all about, when it's at 'ome? 'an' ya say your gran's in one, an' all?”

“Wish I'd never said nowt now. It's t'government's idea on 'ow ta stop us catchin' t'virus, an' spreadin' it about, like. T'grown-ups 'ave ta decide who they wants ta spend most time with, all livin' 'together in one place, like. Anyone else who wants ta see 'em 'as ta keep their distance, an' shout through t'winder at 'em.”

“Does that mean you an' me's in a sorta bubble? We sits pretty close together here, don't we? Am I in your bubble, or are you in mine? I don't mind bein' in your bubble, cos we is mates, after all!”

“Cor, give me strength! I do wish I'd never said owt about bubbles. 'an' all cos I told ya 'bout me gran's curry!”

“Ya will ask 'er, won't ya? 'bout teachin' my gran? When t'government will let 'em outa their bubbles, o'course.”

“Tell ya wot. You stop mitherin' 'bout my gran's curry, 'an' get back ta t'job in 'and, an' I'll see wot she says!”

“Ya promise?”

“Said so, didn't I?”

“That's ok, then, as long as ya gives it some thought!”



Feltwell Open Gardens

If you have an interesting garden with unusual plants or landscaping and would be interested in opening it to the public in July/August in order to raise funds for Feltwell in Bloom, please get in touch with Mike Wilkinson.

Email: mikegw15@gmail.com, Phone/text 07712578721.

WORD TRAIL No. 15—SOLUTION

| | | | | | | | | | | | |
|----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|----------------|
| ¹ C | A | L | E | D | O | N | I | ² A | F | R | I |
| A | V | E | N | D | E | ⁹ R | O | M | ¹⁰ E | V | C |
| L | T | I | ¹⁷ E | N | D | O | R | S | ¹⁸ E | E | ³ A |
| N | S | O | ²³ N | A | S | H | V | I | R | R | A |
| I | I | I | E | A | I | K | E | L | I | E | P |
| S | R | T | I | S | E | F | ²⁷ N | L | C | S | H |
| E | H | I | K | E | G | I | E | E | C | ¹¹ T | Y |
| I | C | L | C | M | N | G | W | C | A | I | L |
| D | A | L | I | A | I | H | Y | A | N | T | A |
| A | H | U | ²⁶ N | I | L | T | O | T | T | A | X |
| ⁸ L | T | B | R | ³⁰ S | G | I | R | ²⁴ S | O | ¹² N | I |
| A | A | ²² E | U | Y | G | N | ²⁸ K | U | N | O | ⁴ S |
| D | G | T | T | A | A | G | A | Z | ¹⁹ A | V | I |
| I | ¹⁶ A | A | A | D | ³¹ H | F | N | A | D | I | M |
| C | E | M | ²⁵ S | A | S | I | O | N | D | C | O |
| I | H | I | N | W | O | ²⁹ N | O | N | I | H | N |
| R | P | T | I | L | L | O | C | E | C | O | C |
| T | M | L | ²¹ U | A | E | L | B | A | ²⁰ T | ¹³ K | O |
| A | Y | ¹⁵ N | O | Z | A | M | ¹⁴ A | M | R | A | W |
| ⁷ M | U | R | D | E | ⁶ R | E | V | O | ⁵ L | L | E |

Word Search Answer

Next month's
Word Search
will feature
WILD ANIMALS

| | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| B | H | A | A | B | C | G | N | O | S | V | E | L | E | T | | |
| S | P | O | R | T | S | M | E | M | O | R | A | B | I | E | A | |
| C | N | G | I | S | R | O | O | D | E | V | A | C | N | A | M | B |
| G | N | K | I | P | L | U | S | N | O | C | G | N | I | M | A | G |
| D | A | R | I | B | O | A | R | D | L | Q | I | C | M | G | J | A |
| J | F | Q | T | Z | H | C | N | E | B | K | R | O | W | I | H | F |
| E | R | L | T | A | I | R | L | W | A | R | K | X | C | P | N | L |
| Z | I | P | L | H | S | B | E | A | R | K | X | C | P | N | L | F |
| O | G | L | T | W | A | O | H | F | A | B | A | F | G | D | R | F |
| B | O | M | F | E | W | A | S | B | A | R | K | X | C | P | N | L |
| A | B | O | G | L | T | W | A | O | H | F | A | B | A | F | G | D |
| P | A | C | O | M | F | E | W | A | S | B | A | R | K | X | C | P |
| P | A | C | O | M | F | E | W | A | S | B | A | R | K | X | C | P |
| P | C | S | L | O | O | T | S | R | A | B | H | W | C | S | C | R |



RSPB Lakenheath Fen

WILDLIFE WAKING UP AND WORK PARTIES KEEPING BUSY!

Given how quickly the natural world changes in Spring, I thought this month I would write a general update on the reserve- with wildlife news and also what the human beings have been up to!

We now have our two crane pairs firmly back on the reserve and at the time of writing, we believe 'pair B2' now have eggs to look after, as we are only seeing one adult at a time arriving into or leaving their territory; indicating the other bird has it's wings full! We are hopeful this year of seeing a third pair settle on the reserve and become permanent summer visitors to us. Marsh harriers are beginning to 'sky-dance'- the males tumble through the skies in a very steep swoop, before changing direction and soaring upwards afterwards. This show of agility and strength is designed to impress any watching females, who often sit in nearby willows.

We have also heard the first 'grunts' of a bittern, near Joist Fen Viewpoint, on 23 February and these grunts are precursors to the more well-known 'booms' of males that echo across



An orange-tip butterfly, will be commonplace across the reserve when you receive this issue.
Photo by Tom Marshall.



giving
nature
a home

Events at RSPB Lakenheath

Places for all events need to be booked online- please visit events.rspb.org.uk/lakenheathfen to read more and book tickets. Please call **01842 863400** or e-mail lakenheath@rspb.org.uk with any queries.

Friday's Foray

Adults: £7 non-RSPB members, £5 for RSPB members

Children (10+ years): £3 for non-RSPB members, £2 for RSPB members.

Monthly guided walk – 11am-1pm, **usually** the first Friday in each month, so: **Friday 8 April (2nd Friday in April)** Friday 6 May Friday 3 June.

Monthly guided walk with a member of the reserve team, taking in current highlights.

Treasures of the Moth Trap

Adults: £3 non-RSPB members, £2 for RSPB members. Children (under 16's) go free! 10am to 11am: Saturday 30 April

Monthly moth-trap opening at the Visitor Centre.

Eggs and bunnies at RSPB Lakenheath Fen

An Easter-themed family trail around the accessible Brandon Fen loop, for all ages and abilities.

Friday 8 April to Sunday 24 April

Price: £1.50 per child. Pay at the Visitor Centre, open 9am to 5pm daily.

The Sound of Spring- Dawn Chorus at Lakenheath

A dawn chorus walk on International Dawn Chorus Day -we will look for cuckoos and warblers! Sunday 1 May (6am-9am)

Price: Adults £20 (RSPB members), £16 (non-RSPB members), Under 18's £10 (RSPB members), £8 (non-RSPB members).

The Butterflies and Dragonflies of Lakenheath Fen

A guided walk during peak season for butterflies and dragonflies at Lakenheath Fen. Saturday 11 June (11am-1pm)

Price: Adults £10 (RSPB members), £12 (non-RSPB members).


reedbeds and mark out their territories. As well as the birds, smaller wildlife is just as important and March has seen plenty of peacock and brimstone butterflies, buff-tailed bumblebees and hoverflies emerging from hibernation to visit early flowers. Any day now we should hear the first chiffchaffs, blackcaps, see the first sand martins feeding over the Washland and we should find the variety of butterflies increase too.

While the wildlife is beginning to emerge from its winter sleep, the staff and volunteers are winding up certain jobs out on the reserve so as not to disturb the wildlife during the breeding season. All the cutting of reeds and clearing of scrub has finished; now and through the warmer months jobs will include painting and varnishing of furniture and buildings, some work on the viewpoint roofs and survey work to monitor breeding wildlife.

We had hoped that our burglary in our workshop on 23 December was the last bad luck we'd suffer for a while but on 3 March we had a small fire in the workshop which created a huge amount of smoke and melted a few items nearby. It also destroyed the electrical control panel for our biodigester, meaning our toilets are out of action for at least a couple of weeks. So for anyone visiting us soon- we are operating port-a-loos but hopefully by April the normal facilities will be back in use. We can still serve refreshments as the power supply to the Visitor Centre has been restored.

I hope this update has been useful and enjoyable and I hope you will be able to visit us in the coming weeks to enjoy Spring here in all its glory.

Heidi Jones (Visitor Experience Officer, RSPB Lakenheath Fen).



Cuppa care
Bringing us together

Join us for a cuppa
and a chat

The Cuppa Care Bus will be visiting Feltwell on **Friday 29th April, 10.00am—12 noon**. Methodist Car Park.

Whether you just want to get out of the house, to meet new people, or chat about something that's worrying you, they have friendly people on hand who can help.

A warm welcome from
St Mary's to our Services.



| | | | |
|---------------------------|-----------|------|----------|
| Sun 3 rd April | Eucharist | 10am | Feltwell |
|---------------------------|-----------|------|----------|

HOLY WEEK

| | | | |
|--|---|-----------------------|----------------------------------|
| Palm Sunday 10 th April | Eucharist | 10am | Hockwold |
| Tues 12 th April | Tenebrae | 8pm | Weeting |
| Maundy Thurs 14 th April | Eucharist | 7pm | Feltwell |
| Good Friday 15 th April | Stations of the Cross Good Friday Service Burial of the Cross | 10am 2.30pm 7pm | Feltwell Weeting Northwold |
| 16 th April | Easter Vigil | 9pm | Northwold |
| 17 th April | Easter Eucharist | 10am | Feltwell |
| 24 th April | Service of the Word | 10am | Hockwold |

Easter Quiz Sheet 2022

£2

Available in local shops



Closing Date 30th April 2022
(More details on the quiz sheet.)

1st Prize £10

2nd Prize £5

All proceeds to St Mary's Church, Feltwell

SPOT THE DIFFERENCE NO. 30

Photos taken from Mr P. Garland's "Feltwell: Yesterday and Today" presentation first shown in 2018 and provided by Mr C. Cock. Modern photos taken August 2018 by Mr C. Brown.



High Street from the west. Above: Neville's Butchers (white) then Barley Porter's store. Below: One Stop with Post Office and The Wellington.
Does anyone know when the front of Barley Porter's came down?



newrooms 
kitchens bedrooms bathrooms

KITCHENS

BEDROOMS

BATHROOMS

FLOORING

Our showroom is located on the
Brandon Road, Methwold, IP26 4RH

01366 727417

newroomsdesign.co.uk

Follow us on



facebook.



twitter



Instagram



Pinterest

BRECKLAND CATS PROTECTION

Sometimes cats spray short bursts of urine on vertical objects outside to mark territory and leave information for themselves or other cats to 'read'. If your cat starts to spray inside the home, then it is almost certainly a sign that all is not right in their world, and can indicate that they do not feel secure in their surroundings. Urine spraying can be performed by any cat, whether male or female, neutered or not.

Urine spraying is a completely different behaviour from normal toileting. When a cat goes to the toilet to rid the body of waste products, they will generally urinate from a squatting position and usually produce a large puddle of urine in a private or secluded area. In contrast, cats will spray urine in order to leave a specific 'scent message'. When they spray, they will back up to a vertical surface in an open location and squirt a spray of urine from a standing position – sometimes while paddling with the back legs and quivering the tail.

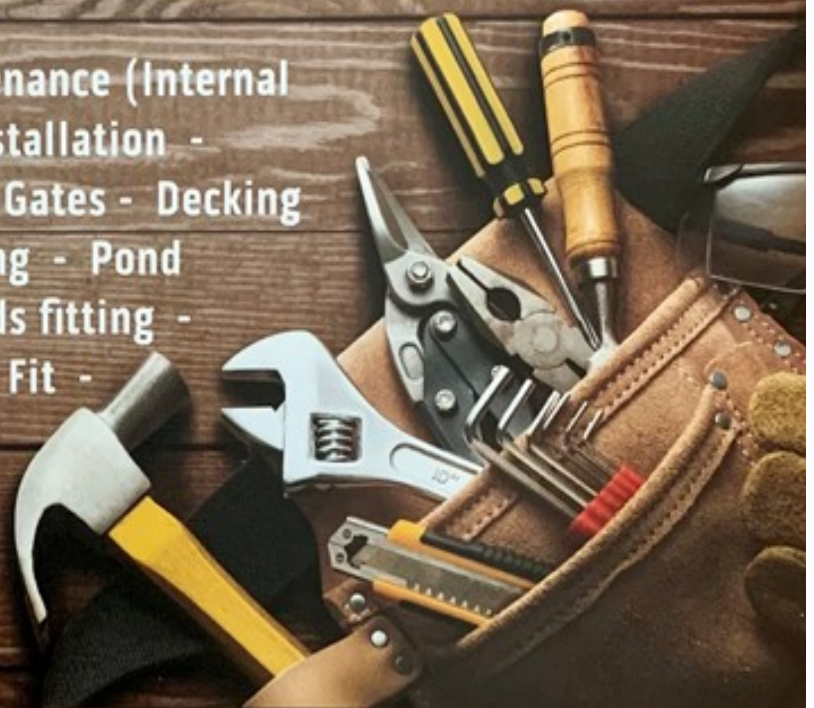
If your cat is spraying indoors then the reasons are either they are ill, or stressed by a perceived threat, or stressed by changes in the household or by cats in the surrounding neighbourhood – this is the most common reason. Many owners punish their cat for spraying in the house – this tends to make the cat more anxious and more likely to spray. The best thing you can do is identify what is worrying your cat and address it.

The first thing to do is to take your cat to your vet for a health check to ensure there is no underlying medical cause for the behaviour. If the vet deems your cat is healthy, the next stage is to find out what the cat finds threatening and then take action to stop it. This process can be quite complicated as there are often many factors involved, It is best to ask your vet to refer you to a suitably qualified behaviourist.

Once a cat has sprayed, if the area is not cleaned appropriately their sensitive nose will draw them back to spray the same area again in an attempt to top up the faded scent. Many household cleaning products contain ammonia which is also found in cat urine, so using these can make the problem worse. Its best to use warm water with 10 percent solution of biological washing powder, rinse with clean water and allow to dry. If the surface is suitable, surgical spirit can be applied to remove any lingering traces of urine. Carpet is very absorbent and the urine soaks into the underlay and the flooring underneath. If the area is badly soiled over a long period it may be necessary to cut out the section of carpet and underlay and treat the concrete or floorboards underneath before replacing. For help or advice, or if you need assistance with the cost of neutering, please call us on 01842 810018.

WORKSHOP CREATIONS & HOUSEHOLD SERVICES

General Repairs & Maintenance (Internal & External) - Decking Installation - Picket Fencing & Garden Gates - Decking Cleaning - Patio Cleaning - Pond Cleaning - Internal Blinds fitting - Rustic Shelving Supply & Fit - No job too small



We are a small family run business from Brandon who go the extra mile to try and achieve what your looking for whether it be rustic shelving, furniture or just a helping hand around your home with jobs you need help with.

15% off

First order
(limited to 1 order only)
with proof of this voucher.

valid until 31 dec 2021

07958626947 / 07985299841



Instagram : workshop_creations_8

Facebook : Workshop Creations

workshopcreationsbrandon@gmail.com

**CONTACT US TODAY
FOR A FREE
NO OBLIGATION QUOTE**

Hospital Happenings *by Tony Bennett*



*Monthly Ramblings about West
Suffolk Hospital*

News: April 2022

Covid at the hospital:

Very restricted visiting is being allowed now on most wards, one visitor for one hour, but please check before travelling as some wards have different restrictions.

Other News:

Services seem to be slowly getting back on track but restrictions still mean that some services have long waiting lists. Oddly, because my department, nuclear medicine, is a specialised one at the end of the diagnosis pathway, we have a low wait for most tests. At one point it was 24 hours for bone scans but longer for other tests where we may have difficulty in obtaining the radiopharmaceutical required. As we are catching up with some referrals from a while ago please ring if you have been waiting longer than a month for a nuclear medicine test.

The food and drink venue at the front of the hospital has been open again recently but only takeaway snacks and drinks are available. The service may be variable so it is probably best to take refreshments to be on the safe side.

Incidents and Anecdotes:

Last month I mentioned an incident at the hospital in Portsmouth where I worked in the early 1980's. Dave, my colleague, and I often played tricks on each other when it was quiet. His favourite was to call me pretending to be a doctor on a ward or in A&E. He would ask for an x-ray on a patient too ill to attend the department. I

would trundle off with the x-ray machine only to be met with blank faces from the ward staff followed by much sniggering when they realised I'd been had.

One day I ended up in A&E near the end of the day. Fed up with being fooled again I plotted my revenge with the A&E staff. They put my wrist in some out of date plaster and I went back to complain to Dave that his suitably apologetic and followed his apology by buying my evening meal and much beer. The first visit next morning was to the plaster room to have the plaster removed before turning up for duty as usual. It was a few minutes before Dave noticed the plaster had gone. He was apoplectic at being spoofed but it worked, he didn't send me on any more fools' errands!

(I should point out that in today's regulated world, such pranks would not happen!)

SIR EDMUND DE MOUNDEFORD CHARITY

GRANTS AVAILABLE FOR POST 16 STUDY

- Are you over 16?
- Have you lived in Feltwell for at least two years and are still resident in the village?
- Are you studying at College or University?
- Do you need assistance with the purchase of equipment or books to enable you to study?

If you can answer "YES" to all of the above then apply in writing to Mr B. Hawkins, Agent for Sir Edmund De Moundeford Trust, 15 Lynn Road, Downham Market, Norfolk. PE38 9NL. In your letter you **MUST** include the date you moved into the village, details of the course you are studying, where you are studying, the qualification you expect to achieve upon completion and any costs necessary for you to embark upon the course. Include details of any books and/or equipment required. If you know a Trustee please put their name in your application. The award of a grant is at the discretion of the Trustees and shall not exceed £300. Only one award will be made per applicant.



We are well into 2022 now and Spring is upon us, time to dust off those cameras and go out and take some incredible images.

This month we will be holding our 3rd Print Competition. As always this is a golden opportunity for newcomers to come along to the meeting and have a look at our members' work. Wander round the tables at your leisure, chat to the members and then settle in to listen to the judge's critique of the work on show. A lot can be learned from these evenings. So come along on Wednesday 6th April and see for yourself.

On the 20th April we are planning a talk; these evenings should not be missed as we invite professionals in their field of photography to talk to us about their experiences, show us some of their work and they are always ready to answer any questions you may have.

Some of our more experienced members are always on hand to help with problems you may be having with your camera or the settings that may be baffling you, they can advise too on places to go

offering beautiful photographic opportunities and help you take some incredible images.

We hope you may be inspired to come along and share your interest in photography with us.



Holkham Gallops by Richard Lovelock

We all have a lot to learn from each other and from the experts we ask to join us from time to time. Watch out for these editorials to learn more about what we have in store as each month passes.

There is always someone on hand to help with any technical questions you may have.

We meet fortnightly at the **Baptist Church Hall, 39 High Street, Brandon, IP27 0AQ, at 7:30pm and our next dates are Wednesday 6th and Wednesday 20th April, 2022**

For further details, please contact info@brandoncameraclub.co.uk

Check out our website on www.brandonphotographicclub.co.uk

The Meeting of the Parish Council was held Monday the 14th of MARCH 2022 in the British Legion, Long Lane. Nine Councillors attended, 3 members of the public and Squadron Leader Geary

Sqn Leader said all squadrons continue to be very busy at present with the 336th Squadron flying out to Poland to enhance air patrols and F35's being deployed to Estonia and Lithuania. Demand for off-Base housing will increase over the next 5-7 years due to Lakenheath and Mildenhall expecting over 1000 extra people. Mr Storey asked whether Trenchard Square could be used to house Ukrainian refugees and Sqn Leader said he would look into this but as these houses are now owned by the Ministry of Defence, the Base had no authority over them. However, Mr Storey asked him to look into this as a matter of urgency. A working group involving Highways and the Police has been set up to tackle parking issues on the A1065 caused by aircraft enthusiasts. Coach Services will remind all their drivers of traffic issues caused at the entrance to RAF Feltwell and will undertake some ad hoc ride-alongs and street inspections to monitor their performance.

Rangers are in the village in April. Clerk to report dangerous potholes on B1112 Feltwell to Weeting road, potholes at the entrance to Oakfields and dip forming again on St Mary's Street. Loose drain and manhole covers on Lodge Road also to be reported. Parking along Oak Street is becoming an issue again and several complaints have been received.

Mr Storey has allocated £3000 of his £10,000 budget to implement flood defences at the corner of Munsons Lane/ Old Methwold Road which will take place in the new financial year. £400 has been allocated to 30mph roundels painted on Lodge Road and Wilton Road, and £500 to 'Slow Down Children Playing' signs for Paynes Lane, all of which should be in place within 12 months.

Work to increase the vehicle entrance onto the playing field will be done by the end of March.

New seesaw has been installed at the playing field.

Due to the price for emptying the bottle bank increasing from £15 to £36/tonne as of 1st April 2022, and residents now being permitted to put glass in their own green bins, it was decided to remove the bottle bank from the playing field at the end of March.

Norfolk Association of Local Councils subscription renewed at cost of £412.80.

Don't forget to join Feltwell Parish Council's Facebook page for regular updates and subscribe to our website <https://feltwellparishcouncil.norfolkparishes.gov.uk/>

The next Parish Council meeting will take place at the British Legion on Monday 11th April 2022 at 7.30 pm, all are welcome.

Your **Parish Councillors** are:
 Mr Ian Rayner (Chair), Mr Edmund Lambert (Vice-Chair), Mrs Sue Arnold, Mrs Miranda Bane, Mr Christopher Cock, Mr Paul Cole, Mrs Helen Wilson, Mrs Bernadette McGeeney, Mrs Linda Peckham, Mr Martin Storey, Mr Jonathan Fenn.

SUDOKU SOLUTION

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 2 | 6 | 9 | 4 | 7 | 1 | 3 | 8 | 5 |
| 4 | 7 | 5 | 6 | 3 | 8 | 2 | 1 | 9 |
| 8 | 3 | 1 | 5 | 9 | 2 | 6 | 7 | 4 |
| 9 | 8 | 4 | 2 | 1 | 5 | 7 | 3 | 6 |
| 7 | 1 | 3 | 9 | 4 | 6 | 5 | 2 | 8 |
| 5 | 2 | 6 | 3 | 8 | 7 | 9 | 4 | 1 |
| 3 | 4 | 2 | 1 | 5 | 9 | 8 | 6 | 7 |
| 6 | 9 | 8 | 7 | 2 | 4 | 1 | 5 | 3 |
| 1 | 5 | 7 | 8 | 6 | 3 | 4 | 9 | 2 |



**WE ARE
MEMBERS**

The Fish Piper

43 High Street, Feltham 01842 828878

Your Local, Traditional, Fish & Chip Shop

- ◆ ***Telephone Orders Preferred***
- ◆ ***LINE CAUGHT Cod***
- ◆ ***10% Off for N.H.S & Blue Light Card Holders***
- ◆ ***Fish Piper Loyalty Card***
- ◆ ***All Fish Cooked to Order***
- ◆ ***Please wear a face mask***

EASTER TIMES

**Good Friday & Easter Saturday
open 11:30 to 1:15 & 4:30 to 6:30**

Opening Times

CLOSED - Sun, Mon & Tues

Wednesday, Thursday: 4:30pm - 8:00pm

Friday & Saturday:

11:30am - 1:15pm & 4:00pm - 8:00pm

- ◆ ***Last Orders taken half hour before closing***

Advance orders welcome

***Gluten Free Chips, Sausages
& curry sauce available***

www.facebook.com/TheFishPiper

