

February 2022

FELTWELL PARISH MAGAZINE

YOUR CONNECTION TO YOUR COMMUNITY

Events, Celebrations & Special Days

Harry Potter Book Night -3rd Feb

Winter Olympics 4th Feb to 20th Feb

World Nutella Day 5th Feb

Charles Dickens Day 7th Feb

Safer Internet Day 8th Feb

Darwin Day 12th Feb

St. Valentine's Day 14th Feb

Random Acts of Kindness Day 17th Feb

New Trees for Golf Club

**War Hero No.40 —
W. A. Wilkin**

**Plus: Improve Your
Diet, From the Class-
room, Good Health,
Scams, Radio Caroline,
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
Alveva Quilters	Beryl Quilter	01366 727472
Feltwell Golf Club	Kim Heybourne	827644
Feltwell Wellbeing Group		
Rector of St Mary's Parish Church	Revd. Joan Horan	828034
Churchwardens of St Mary's	Juanita Hawthorne	01366 728545
	Christine Parker	827152
Friends of St Mary's	Stephen Parker	827152
Feltwell Men's Breakfast Club	Paul Garland	827029
F3 - Feltwell Film Fans	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 February 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

One Million Trees for Norfolk

The first trees have been planted in this ambitious scheme to plant one million trees in Norfolk over the next five years. Feltwell Golf Club is part of this scheme and in December 2021 planted 80 trees around the Golf Course after being awarded a grant.



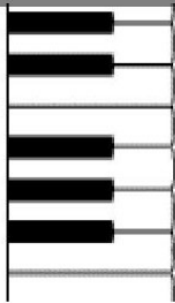
By planting trees and hedges we are helping to tackle climate change by increasing carbon storage as well as encouraging wildlife. One million trees represents more than

one tree per resident population 908,000 in Norfolk at 2019. This project will help achieve zero carbon by 2030. To get involved visit <https://www.norfolk.gov.uk/what-we-do-and-how-we-work/campaigns/1-million-trees-for-norfolk>

Feltwell Golf Club is very keen to look to the future by improving our environment and wildlife. The Golf Club is committed to developing the skills of new young golfers with a thriving junior section, with the help of Jo Bates (PGA Professional), England Golf and the Golf Foundation.

The driving range and the Club house is open to non members, and with this superb facility in our village and surrounding area, the Club can go from strength to strength in the years to come.

Steve Wellington



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Georgina Sims



FROM THE CLASSROOM

This month's edition is brought to you by four auspicious Year Six students.

The year has begun with bleak, frost ridden mornings! There is a chill to the air as it sweeps the open fields of Feltwell. Meanwhile, at our favourite local primary school: Edmund De Moundeford, the teeth-chatter of freezing-cold children can be heard echoing through the playground as the vermillion-coloured bell rings to signal the start of another term.

In Eagles (Year 6), the children are immersed in learning about natural resources and evolution as part of their current topic, 'Plastic Planet.' The students-who are delighted to be back with friends and teachers- have been identifying the reserves of our planet which are necessary for us to survive such as: coltan, uranium, timber and phosphorus. Later in the term, they will be learning about non-renewable and sustainable energy to replace the exhaustible stores, that we currently depend on.

In Maths, the students have been learning about decimals and how to multiply decimal numbers to solve problems. In English, this week, they have been exploring discussion texts and determining whether Jack (from Jack and the beanstalk) is guilty or innocent after stealing the giant's harp and hen. As well as this, in Art, Eagles were excited to be learning about Graffiti and enjoyed making their own designs.

Further on in school, Year Two have started their new topic learning about the UK; we are hoping they will become expert geographers as they study maps of our country's towns and cities. In addition, they will be learning new skills in Maths (partitioning) and investigating different materials, in science. Inside Year Five, they have been studying space and natural disasters; this was an

extremely popular topic of ours last years. As well as writing interviews with the police. What on Earth have these unlawful pupils been up to?

As we draw to a close, we look forward to upcoming exciting events such as the Judaism Day and much more -which will be covered by another eager class. Thank you for reading our news article and we hope you have enjoyed reading about what goes on in **Edmund De Moundeford Primary School**.

Thank you, Year 6 reporters.

ART FOR PLEASURE

For over a decade now we have been meeting every Thursday 10.30 am – 12.30 pm in Weeting Village Hall. Our members come from several of the surrounding villages, Brandon, Hockwold, Lakenheath, and of course many a Feltwell artist has enriched our meetings.

We are of mixed ability, many members never having painted before they joined us. We work in a variety of mediums, water-colour, acrylics, pastels, but we often start with a quick pencil sketch. Before Lock-down we often had a professional artist visit and do a workshop or demonstration but on ordinary meetings we help each other with suggestions, useful criticism, and inspiration.

You may have seen some of our work when we have exhibited in local art galleries or at Hockwold Country Fair. However, the main essence of the group is in the title – the pleasure of painting and socialising with like minded art lovers.

So if you have always wanted to try your hand at drawing/painting, or want to return to a hobby you once enjoyed, we would love to see you any Thursday at Weeting Village Hall.

Beryl Pountney, Secretary. Phone No: 01842 828750

This article was rerun this month owing to the omission of a contact phone number.

DID YOU MAKE A NEW YEAR'S RESOLUTION TO IMPROVE YOUR DIET?

A recent study found that nearly 40% of people, who made a New Year's resolution for 2021, were focused on improving their diet.

We are now approaching the time when those New Year resolutions become challenging.

If you were thinking about making a positive change to what you eat in 2022, or have started your plan you're not alone, keep going! Like any other kind of resolution, there are a few simple practices you can follow to help you carve out your path to achieve those goals, avoid diet burnout, and sustain your healthy lifestyle into the future.

Why does it matter that we sustain our healthy eating?

I expect you have all heard of the expression, 'garbage in, garbage out.' Even if we make a few small changes, your body will respond in numerous (and sometimes surprising!) ways to a continued diet of healthy foods. Try thinking of your body as a car, and food as the fuel that powers it, put in the wrong quality or type of fuel and the overall performance becomes compromised.

Most people have the basic understanding that healthy eating contributes to maintaining a healthy weight. However sometimes we are so caught up in the here and now, we tend to lose sight of longevity. How we manage our diet now will impact, for example the health of your skin, teeth, and eyes for the future.

Other benefits of healthy eating include:

Lower risk of heart disease, type 2 diabetes, and some cancers

- Stronger bones
- A boost to your immunity system
- Better digestive system function
- Improved muscle development

Improved cognitive health

If you have a family, your healthy eating habits will have a strong

influence on your children's diet, too. Children experience all the same benefits of healthy eating as adults, plus many advantages related to their growth, like healthy brain development. It is a great opportunity to involve them in learning to manage their future health for themselves.



Sticking to your plan. I like to keep things simple, and don't tend to watch the calories, but healthy diets come in all shapes and sizes. They will vary from person to person because

everyone has different needs. Here are just a few starting points you to help you achieve your goals:

Do some research. This is by far the best way to go down your own path. I have found if the information is handed to you on a platter (excuse the pun) it will not be as effective as embracing your own learning. Examples and structure are helpful but your effort you put in now, will enforce your thinking so your thought process becomes a habit.

Consider your favourite meal and break it down to substitute.

If you want to incorporate more fruits and vegetables into your diet, you could look up different kinds of salads (they are not all cold!) that sound appealing to you, or even vegetable pasta alternatives like spaghetti squash. If you're trying to cut out certain foods like chocolate, you could research how to satisfy that chocolate craving with avocados, nuts, and healthy fats, such as olive oil.

Be SMART with your goals.

S. Specific. The more specific your goal the better. e.g., I am going to have at least 1 mug of vegetables for 5 days

M. Measurable. Find a way to track your progress e.g. I will drink 2 Litres of water every day this week. Strike a big tick on your

calendar.

A. Attainable. Is it achievable? Do I need to learn how to cook, to accomplish my goal of eating home cooked meals?

R. Realistic. Avoid any excuse that will prevent you from taking action.eg I will lower my LDL cholesterol over the next 3 months by exercising at least 150 minutes a week, eating less saturated fat and added sugar, and eating more whole grains, vegetables, and fruits.

T. Time based. Set a target date and break it down to weekly tasks.eg I will lose 5 pounds by June 30, 2020 by eating dessert only one time a week and walking more than 10,000 steps a day.

Keep a food diary You may feel some resistance to this, but it really helps your focus. You can be surprised at what you actually consume. Logging everything you eat for future reference can really put into perspective where your biggest eating challenges lie.

Cook at home more frequently

Knowing the exact ingredient (not necessarily the calories) can be a challenge when you order a take away. Even a pre made meal can be a big obstacle if you're trying to limit your sodium or sugar intake or even controlling your portions is harder to manage.

Don't do it alone

Many people prefer to be private with their goals, especially when it is personal. However, it is recognised that when you take part in a shared public goal the support of a social platform of likeminded people who understand you, support you, and holds you accountable, is a recipe (pardon the pun) for success.

By Helen Goddard-Nickolls

Stott trained Pilates Instructor and Personal Trainer

Helen has trained and helped many women achieve extraordinary results. Message 07977186969 to book a call to discuss a way forward. Live the life you are capable of and do the things you want to do.

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

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D.T.Byrne MCFHP MAFHP

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LATEST CONSUMER ALERTS AND TRADING STANDARDS NEWS

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

Cold Calling Alert – Telephone cold calls stating ‘you have been registered to the National Debt Forum’

Scam Alert – Facebook messages from fake accounts

Scam Alert - Hermes texts

Scam Alert – Telephone cold calls claiming to be the ‘NHS Vaccination Hub’

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.

Scam Alert – Telephone cold calls claiming to be from ‘Amazon’

Recent reports have included:

That ‘an order of £700 has place for an iPhone, if this isn’t you please press 1

That ‘a payment of £79.99 has been taken to renew your Amazon Prime subscription’ the call then states you can ‘press 1 to cancel the payment’

That ‘a purchase costing £1,000 has been made on your Amazon account’ the call then states you can ‘press 1 if you did not make this purchase’.

Etc. Do **NOT** interact with this call in any way, just hang up.



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, first weds in each month:

Friday 4 February.

Join a member of the reserve team on a seasonal guided tour of the reserve, taking in current wildlife highlights and learning about the reserve and conservation as we go.

If the weather is wet and windy, we will move the event a week ahead until it cheers up enough for a walk!

Winter Walking Safari

Many parts of the reserve aren't usually open to the public, and this behind the scenes tour provides a great opportunity to see the wildlife hiding out in pools and reedbeds which aren't visible from the current visitor trails. This walk is just over six miles long, and will include a visit to Botany Bay SSSI. We will hopefully see some of the reserve specialities on the way round, including cranes, bitterns and marsh harriers. Please wear long trousers and stout footwear. Please also bring a packed lunch and plenty of water.

Suitable for children aged 14 and above.

Sunday 6 February (9:30am-3pm) £8—£20

Ghosts of the Fens guided walk

Adults £10/ Children £5 (Non-Members) Adults £8/ Children £4 (Members).
Suitable for children aged 8 and above. Price includes entrance fee for non-members.

Tuesday 20 February (3pm—5:30pm)

We are very fortunate to have at least two pairs of barn owls nesting on the reserve. Late afternoons in winter are a great time to look for them as they tend to be out hunting regularly during daylight hours. Join us for a walk of around three miles to see these beautiful ghosts of the Fens hunting. If we are lucky, we may also see a short-eared owl and possibly even a hen harrier. Please wear plenty of warm clothes and walking boots or wellies.

Cold Calling Advice from Trading Standards

Our advice is always to **never** deal with anyone who cold calls at your property and remember:

- If someone cold calls at your property remember it is your doorstep so your decision whether you even answer the door, if you can check through a spy hole, use a video doorbell or look and talk from a window to see who is there
- Think about your home security, make sure other doors to your property are locked before answering the front door
- If the person is offering services or trying to sell something politely but confidently say you are not interested and close the door
- If the person is claiming to represent an authority, organisation or charity ask to see ID. If ID is offered, ask if you can take it to check its validity. If you are given the ID close the door and contact the company or organisation on the ID by a number you find online or in the phone book, DO NOT use information on the ID, it could be fake
- If no ID is offered, the caller refuses to let you check it, or you can not verify it is genuine politely but confidently say you are not interested and close the door
 - As the cold caller leaves, if you can safely from inside your property watch and see:
 - Do they go to call at neighbouring properties?
 - Do they return to a vehicle, is it sign written, can you see the make, model, colour and registration plate?
 - Are they alone or working with others?
 - Note down a description of the cold caller, why they were calling and who they say they were representing – all of this information is very useful to Trading Standards and the Police when looking at Cold Calling incidents

You can report any doorstep cold calling incidents to us via our partners the Citizens Advice consumer helpline on freephone 0808 223 1133 or Norfolk Constabulary via 101.

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GAS SAFE REGISTERED



The speaker for our 8th January meeting was Dave Ward who spoke to us about the history of Radio Caroline, (RC) the pirate radio station that began broadcasting on Good Friday 1964.

Virtually all members present, well, those above a certain age(!) recalled listening to Caroline and other pirate stations on transistor radios 'back in the day.'

The name Caroline was chosen by founder Ronan O'Rahilly as it was the name of John F. Kennedy's daughter whom he had seen dancing in a photograph taken in the White House.

With financial backing from five City millionaires he purchased a 702-ton Danish passenger ferry, the *Frederica*, acquired a group of disc jockeys and engineers, two 10-kilowatt transmitters and a stack of records.



The ship, then renamed the MV *Caroline*, was anchored outside the then three-mile limit off Felixstowe. With DJ Chris Moore in charge the first song played was *Can't Buy Me Love* by The Beatles.

Six weeks later Radio Atlanta, aboard the *Mi Amigo*, joined *Caroline* and on 3rd July 1964 both stations merged under the *Caroline* banner. The MV *Caroline* sailed to three miles off the Isle of Man (RC North) and the *Mi Amigo* stayed just off Felixstowe (RC South).

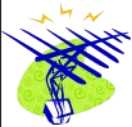
Pirate radio came about as an answer to the staid programming coming from the BBC which only played a maximum of three hours of Rock & Roll a week! By the autumn of 1964 Caroline had more listeners than the three BBC networks combined.

Other pirate stations inevitably followed but from the start the UK government made threatening noises but no serious action followed. With their tens of millions of followers legislating against the pirates was a vote loser and for some time there was a stand off where the authorities made dire threats but did nothing.

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Radio Caroline introduced a host of DJs to the listening public including, Tony Blackburn, Simon Day, Johnnie Walker, Dave Lee Travis, Tommy Vance and Emperor Rosco amongst many others.

The introduction of the Marine Broadcasting

Offences Act on August 14th,

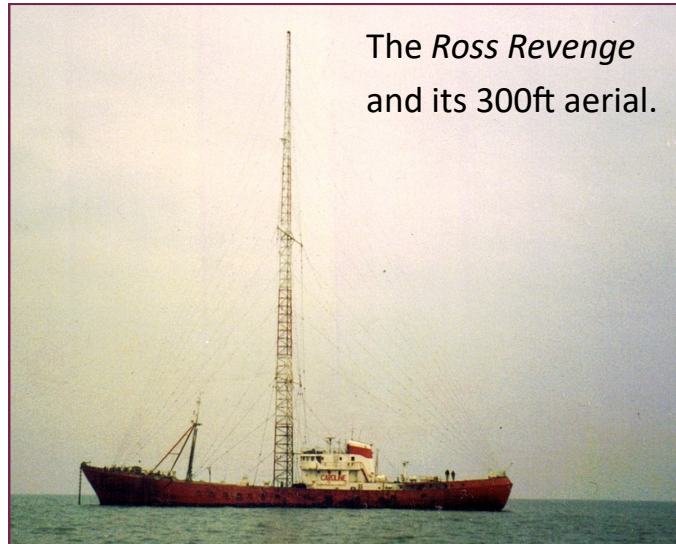
1967, saw the demise of many pirate stations but *Caroline*, by moving its base to Holland, kept on broadcasting. Coincidentally, the BBC launched Radio 1, a carbon copy of the pirate stations.

Despite financial difficulties throughout the decades and the inevitable impounding of his ships O'Rahilly kept on going. The *MV Caroline* was scrapped in 1972 to pay off debts but the *Mi Amigo* was purchased for the knock-down price of £2,400. Following several months anchored off the Dutch mainland and following the introduction of Dutch laws against the pirates, the *Mi Amigo* was towed to anchorage at Knock Deep at the mouth of the Thames. Thus began a golden age for *Caroline* until, in 1980, and in a shockingly state of repair, she sank in a storm.

But O'Rahilly wasn't finished. In the early 1980's he purchased and converted a deep sea trawler, the *Ross Revenge*, into another incarnation of the popular pirate radio. It had a 300ft aerial!

The *Revenge* rode out many storms, was raided by armed Dutch officials and silenced. In Nov. 1991 she grounded on Goodwin Sands. She was salvaged to Dover, sold for £20,000 to a supporters group.

A long, sad period followed with the *Ross Revenge* becoming less and less sea-worthy and repairs becoming more expensive. She is currently moored on the river Blackwater near Bradwell. Guided tours are available where guides describe the fishing and radio history of the ship, both during the monthly live broadcasts and when there is no broadcast. To date more than 2,000 visitors have



The *Ross Revenge*
and its 300ft aerial.



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toured the ship.

Today *Radio Caroline* survives on AM 648 using Community station status, on DAB in some areas but the greatest number of listeners is via the internet. A *Caroline App*, £1.99, is available.

The Men's Breakfast Club 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 8th January and the speaker will be Colin Clements who will talk about his time working for Sky TV



A new year, 2022, let's hope it will give us all we wish for as well as perhaps more freedom to return to some form of normality, that is if we can remember what that was!!

January saw us submit jpeg images under the title of Emotion and then we were able to listen to Lewis Turner and Tim Bridges give their talks. Our meetings in February will offer even more opportunities for our members. On the 9th February we will be endeavouring to photograph the moon in our 'Lunar Night' Workshop. There will be advice on hand for everyone on settings for your cameras, so that we can help you take some incredible images. On 23rd February there will be a talk which we are sure will be an interesting evening.

We hope you may be inspired to come along and share your interest in photography with us. 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 3rd and 17th November 2021**

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Your Good Health

by Dr Ian Nisbet

Well, here we are – the middle of January 2022. As we grow older (Deannie is nearly 80 and I am not far behind!) it is more comfortable to look backward than to look forward. Obviously, life proceeds at a slower pace these days and there is plenty of time for reminiscence. This morning, I am wondering why the 21 years since the millennium have disappeared so quickly. As 2,000 approached, in the practice, we were besieged by officialdom requiring us to prepare plans for the inevitable computer crashes which would occur at midnight when the computers failed to adapt to 2000 from the 1999. I don't think we ever did produce a coherent plan but, in the event, nothing happened and all the computers were happy. Then, my thoughts turned to Christmas past. This was always a really busy time and, looking

back, I have no idea how we coped with it all. It all started with three months' choir practices for the Methwold Nine Lessons and Carols, usually held on the Sunday before Christmas. Christmas Eve was always busy – we held a staff lunch at The Old House, the massive dining room table groaning with food (That table and the 14 balloon back chairs now live in Clent, near to us here in Hagley after I sold them to a cardiologist married to a GP. (Our 51 year old son Calum is one of their friends and often enjoys hospitality at the table where he had his birthday parties as a small boy). Back to Christmas Eve – the table was cleared and reset for a large meal in the evening with visiting family and our close friends. Then some party games and off to Methwold for the midnight service. Back home to be Father

Christmas to the children. Management and I used to wait up until they went to bed but, as they got older and went to the pub, coming home at 3am, we took to hanging the stockings outside their bedroom doors. Christmas Day was always really busy, with a massive meal followed by party games. For very many years, I was on call on Christmas Day and, one year, this prevented Head Office and me falling out big time. We were playing Pictionary which involves one person drawing and another interpreting, to work out what had been drawn. Deannie was convinced that I was useless at drawing (true) and even worse at interpreting her brilliant pictures (equally true) so we were on a road to ruin when a poor patient collapsed in his soup and required an immediate visit, thus saving the day. Deannie teamed up with Duncan who has never thought in straight lines, and they got on with Pictionary really well. New Year's Eve was always a big bash with lots of family and friends; this is in marked contrast to recent years when

just the two of us have had an early night.

Life has slowed down enormously and I thought a few jokes about the elderly might be appropriate:

Two senior ladies were out for a Sunday drive in a huge car. Neither of them could really see too much over the dashboard. When they came to an intersection, the light was red yet they drove straight through. The passenger thought to herself, "I feel like I'm losing it, but I swear we just drove through a red light." A few minutes later, they drove through another red light. The passenger was almost certain that the light had been red but was still slightly concerned that she might be going mad, so she decided to give the driver one last chance. As they were approaching the next intersection, the passenger paid a great deal of attention. This time the lights were certainly red; just as before they just sped through. "Susan!" the passenger yelled. "Do you know we just ran 3 red lights in a row? We could have been

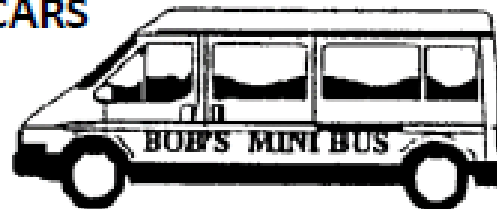
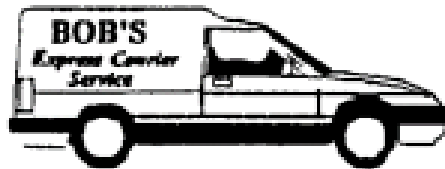
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killed!" "Oh, am I driving?" came the reply.

It was a man's 80th birthday and his friends wanted to get him a special gift. Since he was a widower of many years, and after some discussion, they decide to book a high quality prostitute to visit his house that night and give him the time of his life. Later that evening, as the old man was getting ready for bed, the doorbell rang. He opened the door and saw the lady standing there in a sexy outfit. She said "Hi there, I'm here to give you super sex!" The old man thought for a moment and then said: "Thank you, I'll take the soup".

An old man sitting at a bar shared with the bartender why he was looking so stressed, "I'm not sleeping well since my wife died. I have nightmares about a monster under my bed and I am too embarrassed to seek help." Another man at the bar said "I

overheard your story and I am a psychiatrist. Maybe I can help. The first thing is you recognize these are only dreams, and that is obvious so I should be able to help you in a few sessions. Here's my card, give me a call." A few weeks pass and the same two are once again at the bar. The psychiatrist said to the old man, "Hi, how goes the nightmares? I never heard from you so I hope you are doing okay." The old man replied, "Things are great, the bartender helped me." Psychiatrist, "The bartender helped you? You needed a trained professional to help you, what possibly could a bartender do that a psychiatrist couldn't?" The old man said, "He told me to saw the legs off my bed."

Deannie joins me in wishing you all a very Happy and Healthy New Year

Ian Nisbet

This magazine is printed by **Limetree Printing**,
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FELTWELL

IN, BL M 2022

- If you have an idea
- You want to help in some way
 - Make a donation
 - Provide plants/bulbs
 - Something else
 - Deliver leaflets
- Know a company which would sponsor us
- Are member of an organisation which would like to take part

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

Our second meeting confirmed a plan for the village. Some of the elements are

1. Naturalised English bulbs at the four village 'gateways'. Bluebells, Iris, Narcissus/Daffodil (Not cultivated), Tulip, Aconites, Snowdrops, to name a few.
2. **Meadow areas** where grass is currently mowed by authorities. This will increase and maybe even reintroduce lost insects, Lepidoptera, pollinating Bees, Ladybirds, Grasshoppers, etc. This will naturally encourage birds, Blackbirds, Great Tits, Blue Tits, Chaffinches, Goldfinches. Many of these feed on the seeds of wild grasses and flowerheads.
3. **Planters** situated at the entrances to the residential areas. These could be of various construction and recycled material processes. There are local residents who are willing and others who may be encouraged to tend these when passing.
4. **Open Gardens** – local residents are being invited to be part in



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WEEK**
28TH JANUARY -
6TH FEBRUARY



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Free Talks

Over 40 Whiskies
From Across The Globe To
Chose From

this event on 9 July. You can register your interest with one of our committee members below. Viewers would be asked to pay a fee for a map to visit the gardens; this fee would be held in the account. FiB may then consider applications for grants to local charity groups.

- 5 Businesses in the village are being invited to take part in the project either by financial support or by providing or maintaining a floral display.

Bailey Brown, Christine & Stuart Samuels, The Wellington, Brigette Wilkinson, Ian Rayner, Stevo Saunders, Victor Hill, Martin & Jo Blackman, Carol Mack

Are you on a low income, struggling to afford supermarket prices? If so this is for you.



We run a membership scheme to make your weekly shopping much more affordable. We are able to source fresh, frozen, cupboard foods and toiletries.

We are here to help save you money. We want to make shopping more affordable to help families in difficult circumstances.

There is a one off membership fee of £3.50 per household.

This scheme provides reduced fees on all items i.e. a packet of Uncle Bens microwave rice is 20p. This service is to help stop people hitting 'crisis' points and becoming reliant on food banks.

Any money received through membership fees or sales goes back into purchasing more items to keep the pantry stocked.

Crisis packages are free of charge to anyone who is in need.

If you're interested in joining the scheme or would simply like more information, please contact us directly through our Facebook page [TheFoodPantryFeltwell](#) or call 07454259280.

J M Harris EST. 1996

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GROWING UP IN FELTWELL IN THE 1950S & 60S

BY ROBERT WALDEN

11. Getting About

The bicycle was probably the most common form of transport in the village during the 1950s. Any proposal for a one-way system would have been laughed at. My family moved from Munson's Place to Cambridge House in the High Street in 1961 and whilst cars were certainly more noticeable there, a quick mental count-up suggests there were just 15 cars in the whole of Munson's Place. My father's job involved a lot of travelling and was based near St Ives in Cambridgeshire – he had a 40 mile commute most days on winding fenland roads. But his was the exception. Most people worked locally: the land, the school and local services such as insurance, pubs and shops. If they worked outside the village then the bicycle, moped or motorcycle was at least an economical form of transport.

It is easy to forget the bicycle's importance in our social history. A lady I knew who was born in 1910 insisted the bicycle had saved rural England. Until it became respectable for young ladies to cycle in groups to neighbouring villages in late Victorian times, they stood little chance of meeting menfolk from outside their village. She had a point: I have lost count of the Feltwell names to whom I have a blood connection! Bicycles could be purchased new from Basil Vincent's Elm Tree shop in Short Beck and were almost exclusively British made. Big brands included: Raleigh, Hercules, BSA, Royal Enfield and Phillips.

Mothers had cycles with little toddler carriers over the rear wheel: before they could talk, children learned to sit still in their little seats and nonchalantly watch the world go by as mum pedalled hard against wind and rain. Plastic covers or strings tied over rear mudguards prevented skirts being caught in the spokes. All cycles had a bell or horn: it was the law. Food not grown in the garden was mainly bought in village shops and a basket on the front was better than a shopping bag which might bang laterally and literally to and fro into the front forks or worse. (I recall cycling with a bag over my handlebars with its contents – a large light ale – swinging

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persistently until the revolving bicycle spokes removed the crown top clean off! I had a bag full of beer and a very cross mother when I got home). Mothers also had prams and before car ownership really took off, they were an essential means of baby transport in the village and a common sight. In fact ownership may have even slowed ownership of cars because until demountable bodies were introduced they could not be placed in car boots, although carry cots could be stowed while mum held baby in the front seat, with no seat belts of course.

The two main makes of scooter were the stylish Italian Vespa and the Lambretta but their handling was inferior to that of a motorbike. I made the mistake (only once!) of touching the footbrake on my 1959 model Lambretta Li150 just as I was turning into our driveway. There were loose chippings on the road and in a split second my scooter was lying on its side and so was I! The scooter's smaller wheels magnified any road imperfections and could not always cope if travelling too fast. Bike beginners favoured the Triumph Tiger Cub and the BSA Bantam but by the early 1960s the Japanese Honda, Suzuki and Yamaha were ousting the British bikes. For a few years in the mid to late 1960s, there were the scooter riding "Mods" (all neatly dressed in fancy shirts and Parka jackets with well groomed hair) at war with the motorbike riding "Rockers" (in studded leathers and looking "tough"). But in Feltwell, elderly farmhands might ride to work on a scooter (not so far to fall...) and Paul the perfect "mod" from Weeting would ride over to the Youth Club on a Friday night in his pink tab shirt and blue knitted tie, on his new Suzuki 79cc motorcycle. Admittedly it was a very pretty little motorcycle.

The growth in car ownership was driven less by parents and more by their offspring. Men who had not learned to drive during the War or later National Service appreciated the economy of the bicycle or motor cycle, and even a walk to the local pub was no hardship. But as post-war children became old enough to drive, not just one but 3 cars might eventually be parked outside some Munson Place homes. From 1959 there was a revolution in car design. Cars like the stylish Mini, the "Harry Potter" Ford Anglia, the "big car" Ford Cortina, the Jaguar E-Type and the Mini. Originally marketed as the Austin 7 and

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the Morris Mini Minor (in a nod to the famous Morris Minor); the “Mini” nick-name was later adopted by the British Motor Corporation in line with common parlance and of course, its name still lives on today.

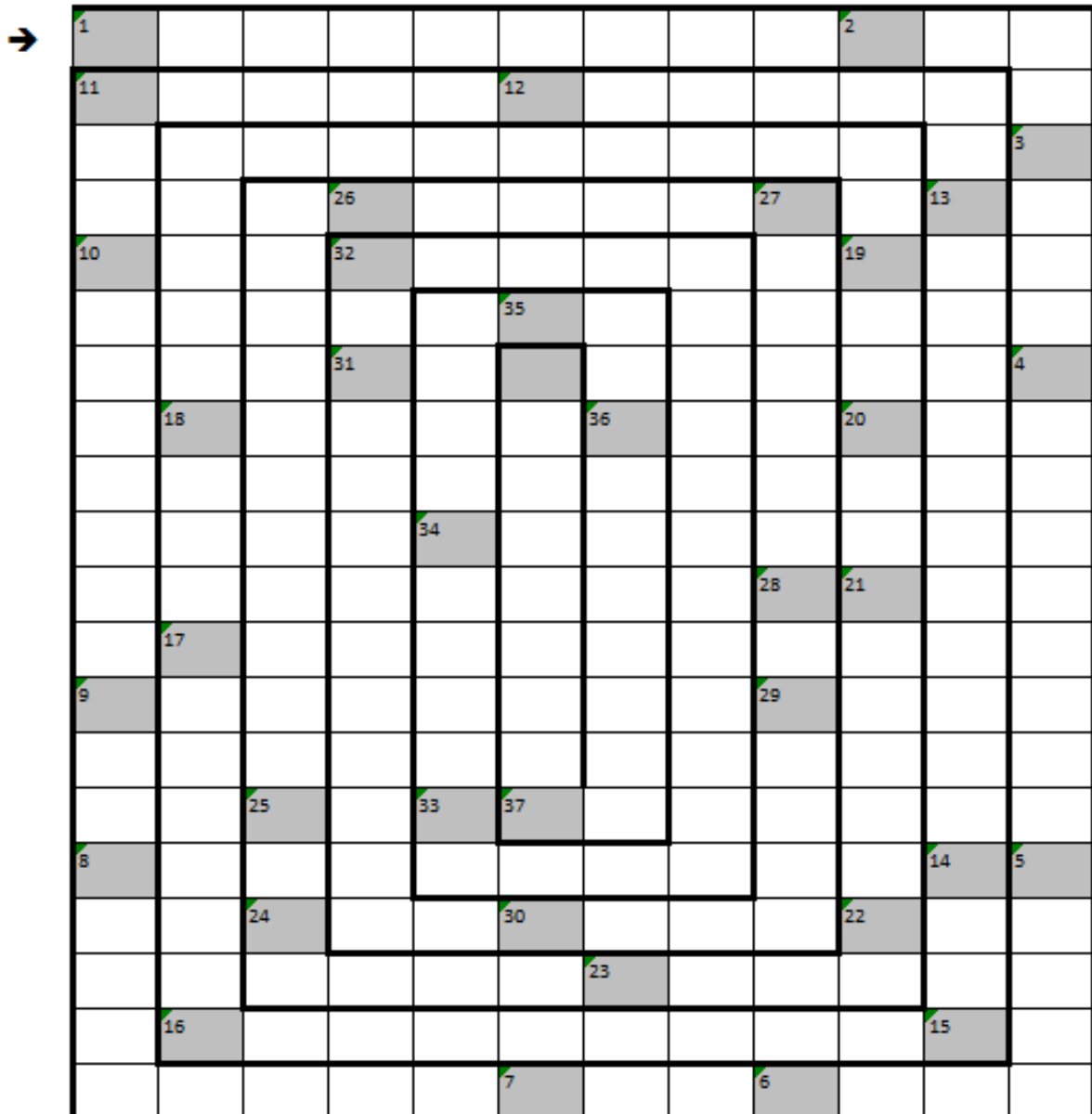
Cars were almost exclusively British: Austin, Ford, Hillman, Jaguar, MG, Morris, Riley, Sunbeam, Triumph, Vauxhall, Wolseley – to name a few – and each could be distinguished from a distance. The odd VW “Beetle” might show its face during the 1960s and I recall seeing a left-hand drive BMW “just visiting” Munson’s Place in about 1960. That was long before the clever “Ultimate Driving Machine” marketing - for it was a complete rust bucket! But French or Italian cars were almost unheard of until the 1960s, when the Renault Dauphine and Fiat 500 began to appear. The little German Heinkel and Isetta “bubble” cars were conspicuous by their design and if seen were probably from the RAF camp. (Incidentally, the RAF base was always referred to as “the camp” - at least until the USAAF arrived).

The “Sunday Afternoon Drive” was popular in the late 1950s and I hated it. We did not stop anywhere; mum and dad just drove around the neighbouring villages. It was so boring for a child. And by the early sixties car owners were justifying a shopping trip to Norwich supermarkets by the substantial savings that could be made on village shop prices. The difference between local and supermarket prices for the new large jars of Maxwell House coffee was often cited. Towlers of Brandon operated a Saturday shopping bus from Feltwell to Bury and twice weekly to Lynn. I have happy memories as a teenager of buying a half pint of brown shrimps on Lynn market for the bus journey home. And though relatively expensive, trains were a fine way of travelling away on holiday once a year for those with no cars. Or leaving for the honeymoon. There were at least two taxi operators in the village for the ride to Lakenheath station: Russell’s at the north end of Short Beck and Lovell’s at the Elm Tree end. And manned with a stationmaster, a booking clerk and a porter; no-one complained when confetti was thrown at the happy couple departing.

WORD TRAIL NO. 13

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 The botanical name for a Ginger Lily (10)
- 2 Mark on a shoe (5)
- 3 Newly prepared or made (5)
- 4 A type of aircraft without wings (10)
- 5 Roll-call used in schools (8)

- 6 Compete in speed (4)
- 7 English children's author 1897-1968 (4-6)
- 8 National Aeronautics and Space Administration (abbrev 1-1-1-1)
- 9 Two Temples built side by side for Rameses and Nefatari is located where? (3-6)
- 10 Norse God of mischief (4)
- 11 Advance student or recent graduate residing in a hospital (6)
- 12 Death of a piece of tissue esp. of bone (8)
- 13 Jumping race-course (13)
- 14 Work shift pattern (4)
- 15 Belonging to a college or university (10)
- 16 Small ornamental tree with poisonous seeds (8)
- 17 A type of exotic fruit (5)
- 18 Where in Egypt did Agatha Christie write 'Death on the Nile' (3-9-5)
- 19 Relatively broad flat organ of a plant springing from the side of a stem (4)
- 20 How many fused bones comprise the human Sacrum (4)
- 21 The botanical name for a 'Pineapple Lily' (7)
- 22 Small lizard of the family Scincidae (5)
- 23 Where in the human body would you find the 'Loop of Henle' (6)
- 24 Slang for a lout or hooligan (3)
- 25 An area where the Popliteal Artery passes close to the skin (6-3-4)
- 26 Someone who is highly sensitive to the emotions of others (6)
- 27 Whose task was it to take 'The Girdle of the Amazon Queen' (8)
- 28 To gently take a drink (3)
- 29 Prevalent all over the whole of a country or worldwide (7)
- 30 Everything must go (9-4)
- 31 To consume sustenance (3)
- 32 Botanical name for a hardy Chusan Windmill Fan Palm (12-8)
- 33 To bring or introduce from another country (6)
- 34 Syria and Georgia are two countries that border this nation (6)
- 35 Monetary unit of China (4)
- 36 Santa Claus home location (5-4)
- 37 Machines that travel to all floors (8)

This month's Word Trail solution can be found on page 65

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Feltwellians Around The World



Sarah Manning

My husband is Steven Manning, son of George Manning who's mother was Dora Manning, sister to Francis Arthur Manning who's name appears on Feltwell St Nichola's war memorial. Parents to Francis, Dora and other sibling are Mr & Mrs G.A Manning (mother appears previously to be Alice Walker.)

The link to Feltwell was only discovered on Georges birth certificate recently.

Any history or family links would be interesting.

I replied as follows:

Thank you for your email. I've trawled through all the material I have collected about Feltwell and found the following:-

From Burial records

Margaret Manning — 30/1/1934

Frank Manning—8/11/1941

George N Manning—29/3/1943

George Arthur Manning Age—74, 10/7/1951

From two histories about St Mary's Church

In the windows of the nave, on the north side, are these shields, Quarterly or and gul. in the 1st quarter a tree vert.

Southwell, arg. three cinquefoils gul.

On the south side,

De-Grey of Merton, az. a fess between two chevrons or.

Manning, quarterly or and gul. a cross flory between five trefoils slipped or, and Tey as before.

This from a more recent source - The windows on the North side of the nave once bore the shields and arms of de Moundeford, Manning, Grey and Southwell, but these have now disappeared.

From a newspaper cutting - Mrs. D. Manning attended a funeral in 1933 of Mr William Beamis

From Baptism records - 10/3/1823 Francis Manning baptised, father Henry Manning, labourer, wife Maria

Two photos from my village website www.feltwell.net



Circa 1928. Taken at the rear of the YMCA Hut on Fair Close.

Top row: Bella Roper, Kathleen Collins (*Mother Goose*), Queenie Anderson

Second Row: Dorothy Hewitt, Madge Banham, Kathleen

Spinks, Mercy Ward, **Lucy Manning**, Nellie Laws

Front Row: Nancy Steward, Muriel Curtis, Marjorie Steward, Becky Adams, Olive Rice, Edith Ward (Daughter of Charles Ward), Seated: Raymond Shingfield

Taken about 1925 outside the Little School.



The teacher is Miss Winie Spinks. Note: Girls names are maiden.

Back Row: A. Bellingham, R. Butcher, F. Rudling, ? Laws, S. Pease, S. Edwards, I. **Manning**

Middle Row: R. Walden, E. Hicks, K. Tuck, H. Cock, ?, May Maggs
Front Row, V. Davidson, D. Brody, E. Pryer, R. Curtis, M. Nichols, V. Lawrence, E. White (Polson)

I have a note of a **Manning** running a general store at some time mid-1900s.

The Walkers are a long established Feltwell family.

Alice is recorded on the 1881 census- Born Hockwold, head of the family W-widow, age 72, female.

The Walker family still farms in the village.

I hope all of the above is sufficient to help you get started on the Manning family history.

Sarah replied as follows:

When Steve's father died we found his birth certificate, the house keeper had registered his birth, mother Dora Manning. The address was the workhouse, Wicklewood, possibly why he never talked about his life or family.

It was easy to establish Dora's parents and siblings, one being her brother born 1913, he's name is on the war memorial (head stone) St Nicholas Church yard. Florence Brain being the sister, parents GA Manning.

Other siblings are George and Lucy. Lucy appears to be in a photo you forwarded (second row right).

What I would love to find is some old photos, relations, lets hope the search is fruitful.

Can any reader help Sarah and her husband in their quest to find more information about the Manning family in Feltwell? If you can then please contact me, Paul, on the details on the inside front cover of this issue of the magazine. Thank you.

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DOGS WORRYING LIVESTOCK

We have currently got three wildlife incidents under investigation. The first was a dead buzzard which was found in slightly suspicious circumstances and has been sent for further tests to establish if a criminal offence has taken place or not.

We are also looking into a report of works done to a building which contained roosting bats, this remains at a very early stage. It is really important to remember if you plan to do any work to your house or even outbuildings if at any stage you have had bats roosting it could be an offence to carry out any work in that area or block any access, professional advice should be sort.

Finally, it is the rather high profile incident which was reported in the middle of December whereby a large badger sett had been interfered with in the Little Ryburgh area near Fakenham. This involved over 50 entrances which were blocked, some of which were clearly very active. We attended with Norfolk Badger Trust and our CSI team to gather evidence and make sure there were no animal welfare issues. Thankfully due to the timely reporting of this incident we do not believe there were any wildlife casualties whilst we cannot be completely sure.

BIRD FLU

Bird Flu continues to be a real threat to our wild birds and poultry industry DEFRA are reporting record number of confirmed incidents this winter. It remains vital that if you own any poultry you keep

them indoors and covered to prevent them coming into contact with wild birds who are the carriers of the disease.

Just a reminder – the risk to humans remains very low however you should not touch or move any dead wild birds.

If you find dead wild waterfowl (swans, geese, or ducks) or other dead wild birds, such as gulls or birds of prey, you should report them to the Defra helpline (03459 33 55 77). Do not touch or pick up any dead or visibly sick birds that you find. For further information see our advice to the public.

[Avian influenza \(bird flu\) - GOV.UK \(www.gov.uk\)](http://www.gov.uk)

GET NEW TOOLS FOR CHRISTMAS?

We continue to see reports of tools and small building equipment being stolen from outbuildings, vehicles, and other locations.

If you were lucky enough for Santa to bring you new tools or equipment for Christmas please consider the following basic advice to help protect your new presents (or old presents!).

- ◆ Always remove tools from sight
- ◆ Never leave in vehicles over night
- ◆ Always lock outbuildings and sheds
- ◆ Mark your property with your surname and postcode with permanent marker or engraver
- ◆ Have a record of serial numbers should the worse happen
- ◆ Have photographs of the equipment
- ◆ Consider installation of alarms or CCTV systems

Should the worst happen make sure your insurance cover is correct.



WHAT HAPPENED IN THE COUNTRYSIDE IN JANUARY

Farming in January often takes a slower pace on arable farms, drier days allow some further groundwork to prepare soils for spring crops. One crop that continues to be harvested in the eastern region is sugar beet which is a really important crop in the crop cycle on arable farms. It is a non-cereal crop which helps break down disease risks that can build up in soils, it also allows the soil to receive different sorts of manure and fertilisers replenishing vital nutrients which are often lost during the normal three years of cereal crops.

Livestock farms never get much of a rest, lambing started in many of our pedigree showing flocks and others rearing lambs for the early spring lamb market. Other farms were busy feeding the heavily pregnant ewes ahead of lambs in March and April. Most lambs in the east are generally lambed indoors or under closer supervision than is seen on the moors in the north, largely down to the breeds used to produce lamb which generally need a bit more assistance and care, whereas the ewes up north generally produce lamb for future breeding stock, tend to be hardier and lamb easier.

Most cattle farms had the cattle indoors to protect the grass from being destroyed in wet conditions so there was the constant need to feed and keep their bedding clean which takes up a large portion of time.

January can be seen as somewhat of a dull month as far as wildlife goes, but this doesn't have to be the case. Obviously, the seals along our coastline put on a huge spectacle these days with huge numbers of pups being born. Another place always worth a visit this time of year is some of our waterways and RSPB reserves with many of them filled with many migratory waterfowl; they can put a real show on at certain times of days.

We also saw the snowdrops appearing towards the end of the month which really is the first sign that spring is around the corner. And we also saw some hard frosts to remind us that it is still winter!

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FELTWELL BOWLS CLUB



Not much to report this month being mid point of the closed season.



The Green keeper continues to mow and maintain the green whenever it is possible to get onto it in this wet time. The front hedges have been trimmed and are looking good.

Have been and sorted out the number of spare bowls into order and sizes ready for the new season, and carried out a couple of repairs to the club room.

The club captain is arranging entry to a league we have enough members to enter and friendly matches. I hope to have more on this for the next issue.

The indoor closed for two weeks over Christmas. We started again 4th January, we have one team mid league and one near the bottom. Hoping to improve now we have started again.

Our Quiz Night was cancelled due to the increase of the virus, not looking too good at present but hope it will improve over the next month.

Hoping for better news in the next issue.

Max

Sudoku Puzzle

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

Answer on page 79

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

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LIVE MUSIC LOGISTICAL

This Logistical puzzle was designed by Chris at the Wellington.

	Joanna	Logan	Graham	Cindy	Friday	Saturday	Sunday	Monday	London	Cardiff	Manchester	Glasgow
Stereophonics												
Green Day												
Michael Ball												
Kylie Minogue												
London												
Cardiff												
Manchester												
Glasgow												
Friday												
Saturday												
Sunday												
Monday												

Match the Reveller, to the Act, the Day and the Location of the Concert

1. Graham saw the Kylie concert on a school night.
2. The act in London played 2 days after the act in Cardiff.
3. Stereophonics played in Manchester after the Michael Ball concert.
4. Joanna saw Green Day on Friday.
5. On Sunday, Cindy went to the concert in Manchester

Answer on page 51



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FELTWELL METHODIST CHURCH & COMMUNITY HALL

As many of you know from our Facebook (Meta) post, we had a lovely Christmas Day Lunch in the hall. We served 10 guests with the typical turkey with all the trimmings, followed with Christmas Pudding or Apple Pie with cream or custard. Mmmmmmmmm! Our Facebook posts drew over 200 positive messages of support and offers of help for Christmas 2022, which is on a Sunday. So we may have a Christmas Day service before lunch. (If we decide and are able to offer lunch).

We were very conscious at Christmas that the UK sends over 9.4 million tonnes of edible food to waste every year, 70% of which is thrown away by households, that's you & me!! That made us very aware of anything we left on our plates on Christmas Day. We also often buy far more than we need and trim more than necessary off our food. Most, if not all our food is edible and what is left can often go into a stew or casserole which can be eaten to extinction. This will not only stop waste but will also save money by creating another tasty meal. How often do we leave bits on our plates to be thrown away without a second thought. One of the consequences is that the more waste we create the more must be produced to meet our needs and this often travels 1000s of miles around the world to satisfy our personal foibles. These foibles are the cause of most of our carbon footprints and environmental damage. The theme of our Sunday fellowship in January was "Change" and whether we expect everything and everyone around us to change or whether we can make the commitment to change ourselves. It is only by changing ourselves, our lifestyles and bad habits that the world can change. Are you prepared to change to change or save the world?

MONDAYS

CRAFT GROUP continues – 2.00pm to 4.00pm

A new era of craft with new members. We make topical banners for events during the year. We made Nativity and Harvest banners and a “Remembrance” banner. The men are helping make raised beds for strawberries vegetables etc. And we have refreshments. No membership fee! No gender discrimination!

Maria’s Exercise Group – 6.00pm to 7.00pm Is back!

TUESDAYS—9.00am to 10.00am – Pilates with Helen

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.

Not much to do in the garden in winter except some tidying and preparing for the new growing season. We have created raised beds using ceramic Royal Doulton sinks, thanks to Terry. We’ve also made great progress removing overgrown ivy by the hall. We just need to get rid now. It’s a chance to meet and make friends construct raised beds, climbing frames for this year’s beans etc. and some topical chat & tea/coffee, and we’ll be selling bacon butties on Wednesday mornings. Please get in touch via details below or “Message” me if you want in or just turn up.

FELTWEEL IN BLOOM – see the special article in this issue.

THURSDAYS

10.00am to 12 noon – Feltwellbeings.... See the program of activities in Feltwellbeings article in this magazine.

6.00pm to 7.30pm – Brownies.... Brownies is about trying new things that teach **girls aged** seven to 10 about themselves, their community and their world **Brownies** introduces girls to a world of new opportunities, challenges and fun.

SUNDAYS

10.45am to 12 noon – Fellowship and refreshments.... may include singing, praying, listening, discussing.

All our work can be found on our page of the West Norfolk Methodist Circuit website 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

Oh, and don't forget our monthly music and quiz night on last Saturdays at 6.30pm. We call it "Old Codgers", but it's for anyone who likes to listen to good music, enjoys a bit of banter and a light hearted quiz. Light snacks are often available along with hot & cold drinks.

NEXT OLD CODGERS SATURDAY 26 February

NEWS FROM THE LEGION

January has started off well with a few of the Hall bookings being cancelled because of COVID, but our crib nights (Mondays 19.00 to 21.00 ish), our carpet bowls (Thursdays 10.30 to 12.30 ish), going very well. This month's coffee morning (2nd Wednesday of the month 10.30 >) was also very well attended, included in this get together is a small fun quiz which goes down really well. Talking of quiz the Feltwell & district RBL will be having their first ever quiz night Saturday 12th Feb doors open at 19.00 to start at 19.30. Teams will be a maximum of 8. The cost will be £3.00 per head, please bring your own drinks and nibbles. Raffle prizes would be appreciated. Can you please have your names registered by close of play 11th Feb so that we will know how many teams there are and for the laying out of the hall. (nuttygrand1@gmail.com). John Linkin

LIVE MUSIC LOGISTICAL SOLUTION

Stereophonics	Cindy	Sunday	Manchester
Green Day	Joanna	Friday	Glasgow
Michael Ball	Logan	Saturday	Cardiff
Kylie Minogue	Graham	Monday	London

*Reminiscences by Mr A. J. 'Pip'
Orange*

*Taken from his 'The Story of Feltwell' published
in 1970*

Prior to the advent of television, country people especially, had to create their own amusement and in this chapter I would like to recall a few memories concerning Feltwell activities during the first forty years of this century.

First, let me put you "in the picture"; because Feltwell has since been denuded of many of its trees, it is no longer as pretty as it was then. It can be made more attractive for the future if those who have the space, particularly in their front gardens and along the roadside, would plant a tree or two occasionally.

Some villagers will remember the avenues along Lodge Road, The Beck and Short Lane, the trees along one side of the Western Close and Wilton Road, the elms in the yard of the "big" school and the glory of the Rectory Woods before they were thinned out. It was a sad day for me when the elms along the West wall of St. Nicholas' churchyard were felled and both to fill the gap and to commemorate the birth of our daughter (in 1964) my wife and I planted three silver birches and a copper beech in their place.

Mains electricity did not reach the village until 1935 and the daily chores included trimming, cleaning and filling of oil lamps, stoves and ovens. Despite this Feltwell was not behind the times in street lighting for in 1895 27 new oil lamps of 45 candle-power were ordered. Mr. Greenfield Cock, one of our wheelwrights, was instructed to provide some of the oak posts and the iron frames and ladder-rests were made by Mr. R. W. Johnson, one of the blacksmiths. By 1901 there were 36 street lamps, in Feltwell and if you search carefully you will still be able to find at least 10 of the lamp-brackets and some of the posts. One bracket disappeared in September 1970 when the high wall of South Hall was demolished. Mr. Harry Pryer was the last lamp-lighter. *More next month.*

FELTWELL'S WW1 WAR HEROES No.40

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:

W.A. WILKIN, 3RD NORFOLK REGT.

Abbreviations used.

CWGC - Commonwealth War Graves Commission

SDGW – Soldiers Died in the Great War

IRC – International Red Cross

MIC – Medal Index Card



There is a standard Commonwealth War Graves Commission, (CWGC), pattern headstone in the churchyard at St Nicholas, Feltwell. The inscription reads:-

*16678 Private
W.A.C. WILKIN
Norfolk Regiment
4th April 1919 Age 27*

Thy will be done

On the Feltwell War Memorial he is recorded as W. A. Wilkin, 3rd Norfolk Regt.

On the Church Roll of Honour he is also recorded as W.A. Wilkin.

Private WILKIN, W A C
Service Number: 16678

Died: 04/04/1919
Aged: 27
Unit: 3rd Bn. Norfolk Regiment
transf. to (436050) 428th Agricultural Coy. Labour Corps
Son of Robert and Ruth Cole Wilkin, of Lodge Rd., Feltwell.

Buried at FELTWELL (ST. NICHOLAS) CHURCHYARD
CWGC: www.cwgc.org/find-war-dead/casualty/2803525/wilkin,-/
Walters brother Frederick would also die in the Great War.

His Service Records appear to have survived the incendiary attack during the Blitz on the Warehouse where all the Other Ranks Army Service Records were stored.

Walter Albert Cole Wilkin enlisted at Norwich on the 18th November 1914. He was living then at Feltwell near Brandon and was 23 years, 6 months old. A single man, he worked as an Agricultural Farm Servant. He attested in the Norfolk Regiment and was given service number 16678.

He was born Feltwell, Norfolk. His next of kin was given as his mother, Ruth Cole Wilkin, of Feltwell.

At his medical at Norwich on the 18th November 1914 he was recorded as 23 years and six months old. He normally worked as an Agricultural Labourer. He was 5 feet 7 and a quarter inches tall and weighed 140lbs. His physical development and vision were good.

He was posted from the Depot to the 3rd Battalion of the Norfolk Regiment on the 25th November 1914.

He was first admitted to the Herman De Stern(?) Hospital at Felixstowe on the 16th October 1915 for Synovitis of knee. He stayed in until the 25th.

On the 24th March 1916 he was admitted to the Cliff Military Hospital, Felixstowe for Abscess C.T.arm. This time he would stay in until the 1st June 1916.

While he was in hospital, he was transferred to the 2nd Home Service Garrison 'Bd', Suffolk Regiment.

There is a very faded entry for another admission to the Cliff Military Hospital, Felixstowe on the 29th July 1916, possibly for some sort of wound. He was discharged on the 31st August 1916.

There is a separate statement elsewhere in the file that is his statement about injuries and illnesses incurred whilst in the Army. He refers to an incident in bayonet fighting training in which he slipped and he was caught in the forearm. The initial bruise disappeared but subsequently a lump appeared about a week later which kept getting bigger. After a month he reported sick and was admitted to Felixstowe Hospital in March 1916. He had an initial operation and was in hospital for 2 months. He then had to attend hospital every day to have the wound inspected, but on the 29th he was admitted for another operation.

On the 21st October 1916 he was transferred back to the 3rd Battalion, Norfolk Regiment, who subsequently put him on the strength of the Depot. The reason stated for transferring him back is that he was assessed as a Category "A" man and so fit for overseas service.

However, another Medical Officer certified at the end of October 1916 that the injuries suffered would interfere with his future efficiency as a soldier. On the 21st October 1916 he was transferred back to the 3rd Battalion, Norfolk Regiment, who subsequently put him on the strength of the Depot.

On the 28th July 1917 Walter was posted to 428 Agricultural Company and subsequently transferred to the Labour Corps on the 22nd October 1917, probably to continue serving with the same Agricultural Company.

On the 18th July 1918 he was admitted to The Lakenham Military Hospital, Norwich, with Tubercular disease of Kidney. He was an inpatient there until the 25th October 1918.

He died from Tubercular disease of the kidney on the 4th day of April 1919. He is recorded as having died whilst on leave from Hospital at "Feltham", Norfolk. The Casualty Report corrects this, adding that he died at Lodge Lane, Feltwell on the 4th April 1919 from T.B. Kidney

originating in service. His date of birth is shown as the 25th April 1891.

*A memo was sent to the Stores in December 1919 requesting that any personal effects be sent to his father, Robert C **Wilkins**, of Lodge Road, Feltwell.*

Post war when it came time to issue medals and pay out the War Gratuity, Amy for W.5080 was sent out to the next of kin of those who had died. This asked for details of surviving family members. The layout followed the order of precedence for inheritance as it then applied in UK law. His mother Ruth completed the form in May 1920. First it confirmed there was no wife or children.

Father of the Soldier: Robert Cole Wilkin, Lodge Lane, Feltwell

Mother of the Soldier: Ruth Cole Wilkin, Lodge Lane, Feltwell

Brothers of the Soldier (Full Blood)

William Cole Wilkin, aged 47, address unreadable

Robert Cole Wilkin, aged 43, address Brompton(?)

Edward Cole Wilkin, aged 46, address unreadable

George Cole Wilkin, aged 40, address Manchester(?)

Brothers of the Soldier (Half Blood): None

Sisters of the Soldier (Full Blood)

?????, aged 33, High Street, Feltwell

? Cole Wilkin, aged 26, address unreadable.

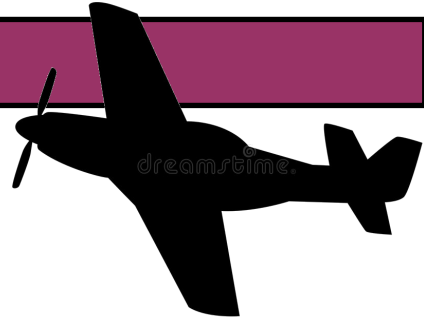
Sisters of the Soldier (Half Blood): None

The Army Register of Soldiers Effects records that the balance of his pay and his War Gratuity was sent to his father, Robert C, in December 1919.

1892 – Birth and baptism?

The birth of a Walter Albert C Wilkin was registered with the Civil Authorities in the Thetford District in the April to June quarter, (Q2), of 1891.

THE WEST NORFOLK AVIATION SOCIETY



On Tuesday 11th a healthy crew assembled at the Mundford Bowls Club all prepared for take-off. There were some old-ish faces returning to the fold with the prospect of three potential new members.

Commander, David A, called us all to order and announced the first action for the evening: a quiz presented by the Chairman and resident wit, Chris H. Each crew member was given a check list with 10 missions: the brief was to identify the various events, characters and machinery in aviation history. Not one question went unanswered. Chris afterwards revealed the scores: the response exposed a wealth of wisdom among the participant's knowledge but, the guesswork produced more hilarity.

A film was then shown depicting archive aviation material. For those of us who were less well informed, community contributions made up for what the film lacked in narrative support.

The modest commander then made mention of the fact - as he relinquished his position as raffler and appointed John H as his successor - that the turnover in generosity had almost doubled since his abdication.

These evenings would not be the success that they are, without the stalwart efforts of the MBC stewards, Len and Val; three cheers for them.

Next month the modest commander will present a talk of his own entitled: 'This Idiot's Guide to Gliding'. We will not be deterred. It is also planned to show the second instalment of the Coventry Air Show DVD.

All welcome.

<https://sites.google.com/view/wnas-uk/home>

The above is a live link in the online issue. Ed.



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The baptism of a Walter Albert **Wilkins**, born 25th April 1891, took place in the parish of St Mary and St Nicholas, Feltwell on the 28th June 1891.. His parents were Robert Cole, a Labourer and Ruth.

Source: www.freereg.org.uk/search_records/5818f8fde93790eca32d263...

The Army Records for Walter Albert Cole Wilkin show him as born 25th April 1891. (see above)

1901 Census of England and Wales

The 9 year old Walter Albert Cole Wilkin, born Feltwell, was recorded living in a dwelling on Lodge Road, Feltwell. This was the household of his parents Robert Cole, (52, Roadman for Norfolk County Council, born Northwold, Norfolk) and Ruth, (48, born Feltwell). As well as Walter, still single and living with them were three of their unmarried children:-

George Cole aged 21 born Feltwell Ordinary Agricultural Labourer

Mary Ann Cole aged 13 born Feltwell

Ruth Cole aged 6 born Feltwell

1911 Census of England and Wales

His parents, Robert Cole, (62, Roadman for the County Council) and Ruth Cole Wilkins, (58), were still living on Lodge Road, Feltwell. The couple have been married 28 years and have had 9 children, of which 8 were then still alive. Still living with them was their unmarried son **Walter Cole, aged 19 and a Farm Labourer.**

On the day

His service records have comprehensively covered that he died at home whilst on hospital leave from his tubercular disease of his kidneys.

The death of a Walter A C Wilkin, aged 26, was recorded in the Thetford District in the April to June quarter, (Q2), of 1919.

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A semi-regular column featuring historical news reports relating to the village.

From the EDP 27/4/67

Norfolk pub sign found in Paris

Mr G. J. Arnold, sales director of Lotus, the sports car makers, who recently moved to Hethel, came across a reminder of Norfolk in a strange place.

Visiting the famous Flea Market in Paris – a sort of Parisian Petticoat Lane – he came across the pub sign of the Crown Inn, Feltwell.

“How this came to be in Paris, priced at £20, is a mystery, but perhaps I have discovered a unique new export market!” says Mr Arnold.

Feltwell Crown has been closed for several years – how many they were unable to tell me at Steward & Patteson’s Ely office. Kellys’ 1937 Norfolk directory gives the landlord as Mr. W. W. Tuck.

Lynn Advertiser 30/5/1941

This week Feltwell has added reason to be proud of her Servicemen. Jim Cordy (son of P.C. Cordy), who lost a brother on the Hostile, is on the Sheffield, and Jock and Dan Dickerson (sons of Mr and Mrs E Dickerson) are serving on the Suffolk. The Sheffield and the Suffolk, everyone will remember, were engaged in the magnificent naval operation which ended in the destruction of the Bismark. –Another Feltwell Serviceman, Alan Howlett, R.A.F. (son of Mr and Mrs R. Howlett, Wilton-rd.), has had the experience of bailing out from a blazing aeroplane at Toronto, Canada. In that sad accident the pilot was killed. A cablegram received by his parents from Howlett says that he is “unhurt and feeling fine.”



Imagine two boys lazing away a weekend fishing in a pond. What do they talk about? Frederick James has some ideas.

SPRING FORWARD, FALL BACK

“My lot are tellin' me t'clocks go back this weekend. Go back where? Wot's all that about? S'far as I know, there's nowt wrong wi our clocks at 'ome. Not spot on wi' t'pips sometimes, but alright most of t'time. They's ok for when it's time for t'school bus, an' that sort a stuff, so why's they sending 'em back, eh?”

“It's nowt ta do wi' t'school bus, or t'pips, for that matter. Ya see, they calls it 'Daylight Savin', an' they does it twice a year, like. Round about t'same time as when t'summer and winter solstices are around.”

“Where'd ya get a word like that from? Wot's a solstice, when its at 'ome?”

“I was about ta tell ya that before ya stuck ya penn'orth in. Don't know exact like, but its summat ta do wi' t'sun, an' where it 'appens ta be twice a year. Any road, puttin t'clocks back an' forth ain't really owt ta do with t'sun. Well, in a way it is, cos its about 'ow much daylight we gets then.”

“Wot's it gotta do wi' sending t'clocks back? Can't ya just open t'curtains, an' see if t'sun's shinin'? I open's t'curtains ta see if its rainin, then I knows if I needs a mac for school. So why do we 'ave ta send t'clocks back ta see if t'sun's shinin'?”

“I ain't gonna try ta explain about t'soltices, cos they don't really count. An' besides, I don't know meself. So let's get back to t'daylight savin, cos I do know summat about that. Only wot Dad's told me, ya understand?”

“Go on! I likes listenin' ta you tellin' me stuff. You's clever, an I can learn off you. I's allas said that. So, wot's it all about, this daylight saving stuff?”

“Ok, I'll tell yer it as my old man told me. Ya see, it's all ta do with t'farmers, an it's been on t'go for years. Since before you an' me was born, any road. So, instead of just opening t'curtains, like you suggested, they thought that changin' t'time of day would be a better idea. So, in October, t'clocks are changed so's getting' up time's an hour later, then, as well as getting' another hour in bed, t'farmers don't 'ave ta go ta work in t'dark. T'trouble is, they dips out in June, when t'clocks is changed again, an' they 'as ta get up an hour earlier. Swings an' roundabouts, sort of. Do ya get it now? “

“So, there's nowt wrong with t'clocks, an they don't need to go back? So if t'clocks doesn't need sendin' back ta get mended, why don't t'farmers just open their curtains, and see what's up? If it's rainin' stay in bed like I do, an if it's sunny, get off ya pit, an get ta work! Simple!”

“Sometimes, I think my education is wasted on you, my friend. I try to help you by explaining the finer things in life, but today I have failed miserably. You'll get your extra hour in bed this weekend, but please don't ask me to explain to you how that happened. In the meantime, let's forget about all that, and fish. Got any live worms in your pocket?”

“Yeah, ok. Can I ask ya summat?”

“Yes?”

“What time is it?”

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every day.**

Did you know?

The Church of England is the original church of the Anglican Communion, which represents over 85 million people in more than 165 countries.

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joanhoran123@btinternet.com

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Curate

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**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

WORD TRAIL No. 13—SOLUTION

¹ H	E	D	Y	C	H	I	U	M	² S	C	U
¹¹ I	N	T	E	R	¹² N	E	C	R	O	S	F
K	T	A	R	A	C	T	H	O	T	I	³ F
O	A	E	²⁶ E	M	P	A	T	²⁷ H	E	¹³ S	R
¹⁰ L	C	N	³² T	R	A	C	H	E	¹⁹ L	T	E
E	D	K	A	E	³⁵ Y	U	Y	R	E	E	S
B	L	E	³¹ E	K	S	A	C	C	A	E	⁴ H
M	¹⁸ O	H	L	R	R	³⁶ N	A	U	²⁰ F	P	E
I	G	T	A	U	O	O	R	L	I	L	L
S	N	D	S	³⁴ T	T	R	P	E	V	E	I
U	A	N	E	R	A	T	U	²⁸ S	²¹ E	C	C
B	¹⁷ M	I	C	O	V	H	S	I	U	H	O
⁹ A	U	H	N	P	E	P	F	²⁹ P	C	A	P
S	N	E	A	M	L	O	O	A	O	S	T
A	R	²⁵ B	R	³³ I	³⁷ E	L	R	N	M	E	E
⁸ N	U	O	A	E	N	U	T	D	I	¹⁴ R	⁵ R
O	B	²⁴ Y	E	L	³⁰ C	I	M	E	²² S	O	E
T	A	E	N	D	I	²³ K	N	I	K	T	G
Y	¹⁶ L	A	C	I	M	E	D	A	C	¹⁵ A	I
L	B	D	I	N	⁷ E	C	A	⁶ R	E	T	S

A Message from the Editors

Readers are reminded that we publish the magazine online on the village website towards the end of the month in which it is issued. The web address is :

http://feltwell.net/magazines/mag_index.htm

All issues are in pdf format for easy viewing. What you may not realise is that many of the links in the online version are active and, of course, it is in colour. But please buy a printed copy as well.



RSPB Lakenheath Fen

AN INTRODUCTION TO THE BIG GARDEN BIRDWATCH

From all of us at RSPB Lakenheath Fen, we would like to wish you a Happy New Year! January is named after the Greek God Janus, who was the God of transitions, doorways and gates (and therefore new beginnings). Janus was depicted as having two faces- one looking to the past, and one to the future. So as the days begin to lengthen, and we begin a new calendar year, we might reflect on 2020 but we hope that the year ahead will be full of success for Lakenheath Fen and its visitors.

One of the first events of the year for wildlife lovers is the Big Garden Birdwatch, which takes place over a long weekend in January and this year it's 28-30th January. All over the UK, families and individuals, regardless of age or ability, can count the birds they see in their garden or local green space, for an hour. They count the highest number of each species seen at any time, and there is space to record not just birds but other garden wildlife too, such as squirrels or wood mice! Please feel free to come along here to do your survey if you want to.

You can either record what you see on paper or on the Big Garden Birdwatch website. If you have internet access, then visit **[rspb.org.uk](https://www.rspb.org.uk)** where there is a large banner across the front page all about Big Garden Birdwatch, and you can download recording sheets here to print after registering. If you aren't online, then you can phone 01767 693680 which is our number for general enquiries, and they will be able to help you register and send you recording sheets in the post. The Big Garden Birdwatch is a fantastic activity for families and often a way to help get children interested in nature, as well as for adults who want to learn more about birds to

have a place to start.

But why count the birds, you may ask? Well, all the data from the years the Birdwatch has been running (since 1979!) adds up to give a detailed picture of how the birds in our garden are faring. Way back in 1979 the RSPB teamed up with Blue Peter, and Peter Holden, the then-presenter, asked children to count the birds in their garden. In 2001 the event was modified to include adults too, and in 2021 over a million people took part. The commonest bird was the house sparrow, then the blue tit took second place and the chatty, boisterous but beautiful starling took third spot. Magpies, robins and blackbirds were commoner than in 2020 whilst woodpigeons, goldfinches and long-tailed tits got a bit less common.

These trends matter even more when you look over a longer time period- for example, thanks to 'BGBW' (Big Garden Birdwatch)



Will you see a song thrush in your garden this year?' Photo by Matt Walton

data, we know that since the survey began song thrushes have declined by 77% and house sparrows 56%. And even more sudden trends, such as the fall of 90% in greenfinches since 1995, are supported by the results of each Big Garden Birdwatch. So not only is it a fun and inclusive activity for all ages, that helps people to connect with nature and learn, but it also does the world of good for our garden birds by highlighting how many of them there are out there in our gardens.

I hope this first article has been interesting and useful for you and I hope that despite the short, cold days of January you are able to get outside to enjoy some time with wildlife and in the precious winter sunshine!

Heidi Jones (Visitor Experience Officer)

**DID YOU
KNOW?**

50,000 cells in your body died and were replaced by new ones while you were reading this sentence.



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



Sun 6 th Feb	Eucharist	10 am	Feltwell
Sun 13 th Feb	Eucharist	10 am	Hockwold
Sun 20 th Feb	Service of the Word	10am	Northwold
Sun 27 th Feb	Eucharist	10am	Weeting

Zoom Eucharist Every Wednesday 10am
Please email Chris Parker for invitation details:
grimshoebeneficeoffice@gmail.com

**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.

Due to the continuing uncertainty of the Covid situation we will still ask for masks to be worn in church and for hand sanitising to continue. We hope you understand that this is in an attempt to continue to keep everyone safe.

SPOT THE DIFFERENCE NO. 28

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.



Looking east up High Street. Small building on the left was Sam Steward's Harness Maker's Shop later to become The Blue Café. Note the sign and only one pavement. Right hand side just behind the post – initially Mrs Llewellyn General Store before Mrs Pryer took it over. Now empty. Below: We've got an extra pavement and the road is now one-way.



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kitchens bedrooms bathrooms

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BRECKLAND CATS PROTECTION

Some cats are born with only three limbs, but the majority of three-legged cats have suffered injury or disease, which has led to amputation of the affected limb. Cats adjust to a three-legged lifestyle remarkably well, although the initial adaptation process can be a little challenging. However, once adjusted, most three-legged cats are able to jump, climb, hunt and play albeit perhaps a little more slowly than in their four-legged days, Young cats and males are more likely to become three legged, with males more likely to roam further than females and younger exploring cats more likely to be involved in road accidents. Most three-legged cats have lost a hind limb, rather than a forelimb.



Some cats will feel that they can still use their missing limb – for example, many cats missing a hind leg, will continue to try to scratch their ear with the missing limb, for the rest of their lives. It is not absolutely known whether cats are affected by phantom limb sensation which affects a high proportion of human amputees, but they only rarely show signs suggestive of this.

It is likely that the change in movement and load shared over the remaining limbs, may contribute to the development of arthritis later in life. The majority of elderly four-legged cats are already affected by arthritis, so it is possible that it may develop earlier in their three-legged counterparts. For this reason, it is especially important to control their weight carefully. Extra weight puts more strain on the remaining legs which can cause problems later in life. Cats which have lost a front leg may be particularly at risk of the consequences of excessive weight and arthritis, as the front legs carry more weight than the back legs. Some cats overeat when stressed and there is likely to be a reduction in exercise during recovery from amputation, so owners should be aware that their cat could be prone to becoming overweight. Discuss an optimum weight for your cat with your vet and ask them to help you in implementing an appropriate diet. For information or advice or if you need help with the cost of neutering, please call us on 01842 810018.

Hospital Happenings *by Tony Bennett*



*Monthly Ramblings about West
Suffolk Hospital*

News: February 2022

Whistleblowing Report:

The report on a whistleblowing incident has been published. It is too long and complex to discuss here but to cut the story short the hospital was censured for hunting the 'culprit' rather than taking the clinical problems seriously. The end result was the resignation of the chief executive (although reports have said that he is still being paid a £270,000 salary and pension package) and the stepping down of the chairperson and medical director. Should you wish to read the report it is here: <https://www.england.nhs.uk/east-of-england/wp-content/uploads/sites/47/2021/12/west-suffolk-review-081221.pdf>

It would be unfair not to mention the steps the interim chief executive has taken in response to the report. Firstly, the trust has appointed a number of 'Speak Up Guardians' who can be spoken to in confidence to allow a pathway for staff to raise concerns. The trust has added a whistleblowing section to the compulsory training requirement for staff as if the matter was all the fault of staff in the first place. The module seeks to ensure that employees know how to report concerns which is no bad thing but staff had reported this particular issue and were ignored. The trust's full response can be found here: <https://www.wsh.nhs.uk/News-room/news-posts/Response-to-independent-review-findings.aspx>

Time will tell if the measures taken will restore confidence in the management and its systems, I suspect it will take some time.

Other News:

The hospital is quiet due to the restrictions and I dare not mention the visiting times etc as things change so quickly that they will be out of date by the time you read them.

All staff are now required to be fully vaccinated and there is the government threat that those who choose not to be vaccinated without a medical exemption will be deployed away from patient-facing duties or even be fired. Staff are like gold dust at the moment so this may seem counter-productive but the risk of transfer of the virus to colleagues and more importantly to vulnerable patients takes precedence. Many of our patients are immuno-compromised due to chemotherapy treatment and a dose of C19 could easily kill them so the policy seems more understandable.

Incidents and Anecdotes:

This month I reflect on my student days again and the first time I ever went in to an operating theatre. I had gone up with a qualified radiographer to x-ray a pin and plate operation, the surgeon drills a hole into the head of the femur and fixes it to a plate to stabilise a fractured hip. To ensure the pin goes in the right place he first inserts guide wires which are x-rayed. The plates were wet developed in a small darkroom in the theatre complex.

The radiographer pointed me at the gents' changing room and told me to change into scrubs, put anti-static wellie boots on and a theatre cap. She disappeared into the ladies. I found the scrubs and changed into those but struggled to find boots. They all had names written on them and I was reluctant to steal someone else's boots but after a prolonged search I had no choice. Conscious of the time I hurriedly looked for a hair cap and found a box of plastic ones a bit like blue shower caps. I tried one on and it felt perfect so I nervously entered the theatre corridor and found my designated theatre. I knocked, which was unnecessary, and walked in. The patient was asleep and the operation was in full swing with the surgeon testing his air powered drill prior to putting the guide wires in. Everyone looked up as I walked in and then, to my horror, they all started laughing at me. I had no idea why but singlehandedly I had brought



 @cuppacarenorfolk

The Cuppa Care Bus aims to bring people together and tackle loneliness.

Whether you just want to get out of the house, to meet new people, or chat about something that's worrying you – we have friendly people on hand who can help. Come on your own or with a friend, you'll be more than welcome to join us for a cuppa and a chat!

Contact us at
cuppacarenorfolk@gmail.com
 or 01603 404440

91%
 of UK adults think small moments of connection can make a difference to someone who feels lonely
*Based on a YOUGov PLC survey of 2,147 UK adults in September 2019.

Where	Feltwell Methodist Church, Bell Street, Feltwell IP26 4AL	
When	Friday, 28th January, 2022	
From	10.00 am	To 12.00 noon
When	Friday, 25th February, 2022	
From	10.00 am	To 12.00 noon
When	Friday, 25th March, 2022	
From	10.00 am	To 12.00 noon
When	Friday, 29th April, 2022	
From	10.00 am	To 12.00 noon
When	Friday, 27th May, 2022	
From	10.00 am	To 12.00 noon
When	Friday, 24th June, 2022	
From	10.00 am	To 12.00 noon



Cuppa Care is a project initiated by the Rotary Club of Norwich, lead by Hear for Norfolk and delivered by a number of local organisations who help and support people of all ages with a range of services.

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10 til 12

Homemade Cakes in Aid of



HELP US TO HELP THEM

**Feltwell Methodist Church
 Community Hall**

the whole operation to a halt, even the surgeon had to get the nurse to wipe his eyes for laughing until the tears ran down his face.

It turned out I had put a theatre overshoe on my head. They had run out of caps so I couldn't have found one no matter how hard I looked. The problem with the overshoe is that it is pointed at both ends. I looked like some kind of unicorn with the pointy bit sticking out the front and another sticking out the back. Well, I was glad I gave them all a laugh.

 <p data-bbox="197 862 662 1001">Join us for a cuppa and a chat</p>	<p data-bbox="662 645 1394 828">The Cuppa Care Bus will be visiting Feltwell on Friday 25th February, 10.00am—12 noon. Methodist Car Park.</p> <p data-bbox="662 828 1394 1001">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.</p>
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SIR EDMUND DE MOUNDEFORD CHARITY

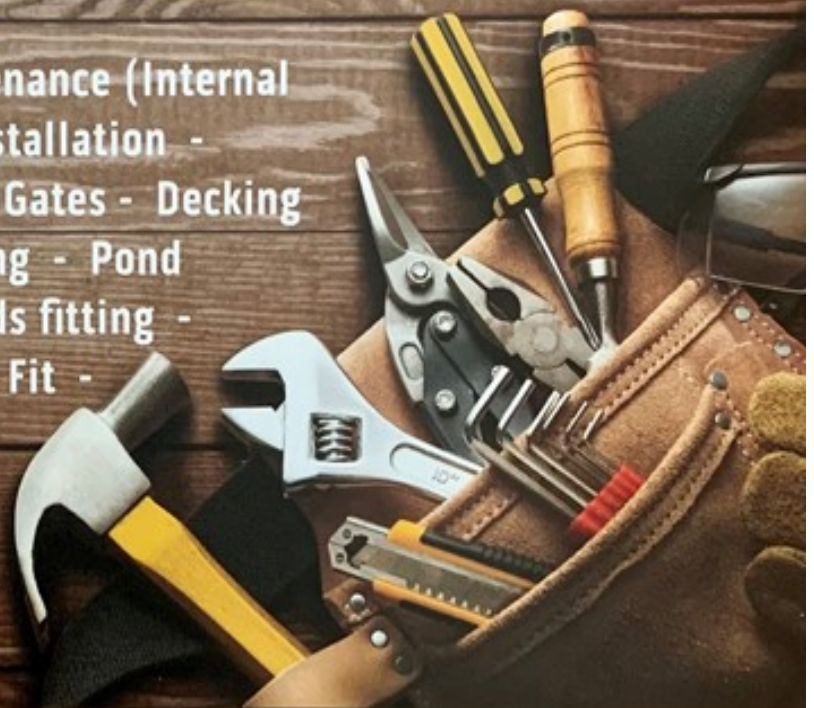
GRANTS AVAILABLE FOR POST 16 STUDY

- 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.

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WORD SEARCH

Submitted by Mrs J. Clements.

This month our word search is on things you would find **IN THE OFFICE**. 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 79.

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

CHAIR
 COMPUTER
 DATE STAMP
 DESK
 ENVELOPE
 FILES
 FILING CABINET
 FOLDER
 GLUE
 GUILLOTINE
 HOLE PUNCH
 LAMP
 PAPER
 PENCILS
 PENS
 PHOTOCOPIER
 PRINTER
 RING BINDER
 RULER
 SCISSORS
 STAPLER
 TELEPHONE

The Meeting of the Parish Council was held Monday the 10th of JANUARY 2022 in the British Legion, Long Lane. Seven Councillors attended, two members of the public and Squadron Leader Geary.

Sqn Leader gave a brief update on recent operations and activities. As the 494th Squadron have returned and the 336th Squadron are here practicing the Agile Combat Engagement (ACE), there are currently five operational squadrons at RAF Lakenheath. EOD activity on 24/11/21 had to go ahead despite low cloud cover that day as Thanksgiving celebrations were taking place the following day and over that weekend which meant EOD could not postpone. The recent planning application at RAF Feltwell is for a mock runway to be used purely for practicing rapid airfield damage repair activities and definitely not for any kind of aircraft landing. He explained it was a necessary requirement for maintaining competency as part of ACE training. The redesign of the main entrance at Feltwell is scheduled for financial year 2024 but funding still has to be secured.

Two new litter bins are to be purchased for the playing field to replace existing damaged bins. Quarterly play equipment inspection had presented only low or very low risk issues. New see-saw to be installed beginning of March. New Viper swing being installed 27th January. Play equipment was deep cleaned and disinfected 10/1/22. Work to increase the width of the vehicle entrance onto the playing field will start this month. Necessary work to lift crowns and cut back branches of various trees is scheduled for January as well as felling of one tree which is hollow. An Extraordinary Meeting will take place later in the month to discuss locations for planting new trees as part of NCC 1 Million Trees project.

Changing Rooms will be decorated by Paul Billmen at the end of the football season in May and before the fete/carnival and Queen's Jubilee celebrations on 4th June.

The Precept will remain at £42,500 for 2022/23.

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 Hall on Monday 14th February 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.

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

Word Search Answer

Submitted by Mrs J. Clements
 Next month's Word Search
 will feature **CAR PARTS**

SUDOKU SOLUTION

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



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