

July 2023

# FELTWELL PARISH MAGAZINE

YOUR CONNECTION TO YOUR COMMUNITY



**Winners of the Scarecrow Competition 2023.  
The Beatles by Katy Holland and neighbours.**



**Inside this issue:**

**Carnival Winners**

**Big Me Day Pics at EDM**

**Feltwell in 2021 Census**

**Council Tax Discounts**

**TV Interference Explained**

**Plus all our usual features & lots  
more in another 80 page issue.**

All proceeds from the sale of this magazine are shared between village organisations and St Mary's Church

## **FELTWELL ORGANISATIONS**

List maintained by Paul Garland.

Feltwell Bowls	Martin Blackman	829821
The Royal British Legion	John Linkin	828729
RBL Poppy Appeal Organiser	Mary Reynolds	828130
Feltwell Historical and Archaeological Society	Marion Lucas (Chairman)	828769
Feltwell Baby and Toddler Group	Lara Payne	07592 126767
Beavers and Cubs	Claire Scarff	827555
Feltwell School PTA	Lisa Strutt	@ the school
Feltwell Women's Institute	Claire Scarff	827555
Feltwell Playgroup	Samantha Newman	07582 371984
Feltwell Scout Group	Claire Scarff	827555
Feltwell Football Club	Sarah Ramsey (Secretary)	07825 506974
Feltwell Youth Football Club	Andy Kennedy	828914
Feltwell & Thetford District Mencap	Mrs T. Sismey	827292
Feltwell Brownies	Lisa Allbut-Kentish	07710 688857
Feltwell Social Club		828093
Feltwell Primary School	Mrs J. Lillycrop	828334
Feltwell Golf Club	Joanne Bates	827644
Feltwell In Bloom	Rita Page	07785345614
Rector of St Mary's Parish Church	Revd. Joan Horan	828034
Curate of St Mary's	Juanita Hawthorne	01336 728545
Churchwarden of St Mary's	Christine Parker	827152
Friends of St Mary's	Stephen Parker	827152
Feltwell Men's Breakfast Club	Paul Garland	827029
Feltwell Methodists	Mike Wilkinson	07712 578721
Feltwell Museum	Graham Simons	828387
Parish Clerk, Jo Martin. Email: <a href="mailto:feltwellparishclerk@gmail.com">feltwellparishclerk@gmail.com</a> .		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 14<sup>th</sup> July 2023**

Submitted articles may be hand written, emailed or typed in MS Word and sent to: The Editor, Mr Paul Garland, 16, Falcon Road, Feltwell, (827029),  
Email: [garlandp@btinternet.com](mailto:garlandp@btinternet.com)

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Email: [s\\_withers@hotmail.co.uk](mailto:s_withers@hotmail.co.uk)

Distribution is by Ian Webb (828167) & Paul Garland

You can subscribe to this magazine for £5 a year, incl. two free issues and free delivery in Feltwell. Gift subscriptions are available, contact the editor.

## THANKS FROM THE CARNIVAL COMMITTEE

A huge thanks from us all to everyone who contributed in some way to making our Grand Village Fete & Carnival and evening live music event the success it was!

All the local organisations who kept everyone fed and watered throughout, the evening food vendors, especially the one who jumped in at the last minute after we were let down by someone else (saying he would at least be able to do something), all the stallholders, sponsors, raffle prize donators, friends and family roped in to marshal and be on hand to help with anything else needed, all the scarecrow entrants and local VIPs who judged them as well as the floats, the volunteers we didn't know who put their names forward to help, local people behind the scenes who helped with a trailer and gave up their time freely to help with anything else, local companies who provided skips and heras fencing, hi-vis vests, lighting rigs and cones all free of charge, local groups who put floats together and took part in the parade, local farmers who let us use their premises as a starting point and those who provided the trailers, those who brought their vintage vehicles and the wonderful steam traction engine to be part of the procession. Thanks also to the gent who really kindly agreed to take photos of the whole event when we spotted the very expensive and professional looking camera he was carrying! We will be posting the pics soon.

A massive thank you to our resident DJ and compere who was the glue that held the event together, giving up his time to do that free of charge.

We will be putting a proper shout out to you all later in the week and haven't named names in this post in case we missed anyone but just wanted to quickly say tonight how much we appreciate each and every one of you.

Lastly thank you to members of our community and surrounding villages who came along to our event. We hope you had a great time and see you all same time next year.



# OVER 60S MEAL



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# Edmund De Moundeford

## Voluntary Controlled Primary School

### FROM THE CLASSROOM

Summer Term at Edmund De Moundeford Primary School.

This term, Year 6 have been conducting experiments into the refraction of light. They started by exploring the work of Isaac Newton then tried to split white light into different colours using a variety of different prisms. They had lots of fun changing variables before writing up their discoveries.

ive: To create a scientific report

### The World Of Light

Introduction  
Light, which everybody thought was white, might be made out of different colours. Yesterday, we did an experiment to see whether which objects refracted light the best. I predict that light is made out of various colours; when you have a glass of water and show it through a light source you can see a rainbow, the rainbow is the result of refraction.

First Equipment  
To make this experiment work, you will need:

- Prisms (of different shapes)
- A light source (such as a torch)
- Pen and paper (to record findings)

Method  
Firstly, we made sure that the torch was working. Next, we got all of the different shapes of the prisms and shone them into them with a torch. Then we moved the torch around the shape; we wanted to see if there was a rainbow and if it refracted.

Diagram

Conclusion  
In conclusion, we found out that the triangular prism refracted light the best. The colours we found were: red, orange, yellow, green, blue and purple. Next time we will change the type of light (such as the sun) to see if there are any changes.

Introduction:  
Isaac Newton, who was a famous Scientist, explored light. Isaac Newton also discovered that light is made up of various colours. My prediction is that the experiment will work because the sun and the water (from the rain) makes a rainbow. We completed this experiment to see if it worked.

Equipment:

- Prisms (different shapes).
- Light (We used a torch).
- Pencil (or pen) and paper.

Method:  
Firstly, we took a torch and checked it was working. After that, we shone the light through the prism. Lastly, we moved the torch around (so the light could refract) and waited for a rainbow.

Conclusion:  
In conclusion, we noticed that some prisms refracted the light better than others. The light went in as a straight line and bent. Some showed a rainbow and others galled.

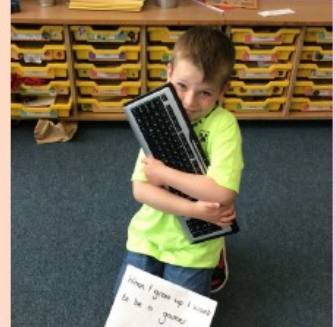
There have been many trips occurring this term too with Hawks class visiting the Fitzwilliam museum and Owls class visiting Ely Cathedral. We also had a whole school themed day on the 9<sup>th</sup> June 'Big Me Day' which allowed children to come dressed up as their chosen career. It was an amazing day and we look forward to following this on next year with another themed day.



These images can be viewed in colour when this issue is uploaded onto the village website at the end of July.



These images can be viewed in colour when this issue is uploaded onto the village website at the end of July.



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The logo for 'Feltwell in Bloom' features a stylized flower with seven petals in shades of green, yellow, and purple. The text 'Feltwell in Bloom' is written in a bold, black, sans-serif font, with the flower graphic positioned to the right of the word 'Bloom'.

## Making Our Village Beautiful

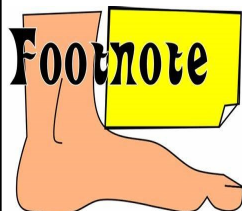
July is here and life feels warmer. As we travel through the village it is lovely to see all of the hanging baskets, tubs and gardens where residents have taken the time to help make everything look beautiful during the summer months. Thank you, it is appreciated by many people.

I would like to thank all of those who came and cheered on our float at the village fete on June 17<sup>th</sup>. Many of you visited the stall also and purchased some of the plants we had for sale on the day. It helps us to raise the money to continue adding new planters to the village and to stock them to provide colour throughout the year, as far as is possible.

You will have noticed the wilding area is beginning to grow. This is a long term project and we hope that year on year it will provide a source of food for many insects and birds.

We are still asking for help to ensure that tubs and areas we have planted are kept watered throughout the year. If you are able to help us, please call Rita on 07785345614. I would also like to thank those villagers who have provided us with plants for the stall at the fete or for using within our planted areas. It is really kind of you. There is always room for more contributions if you find you have too many plants at any time of the year – we would welcome them.

We are now organising our next fund raising event. Come and join us on September 9<sup>th</sup> from 9.30am when we will be at The Wellington Pub having a plant sale outside, with cakes and beverages for sale inside. Come and say hello, talk about gardens and plants or ask questions and we will try to help you with advice freely given.



My lavatory seat is cracked, where do I stand?  
I am writing on behalf of my sink, which is coming  
away from the wall.

*Extracts from letters written by council tenants*



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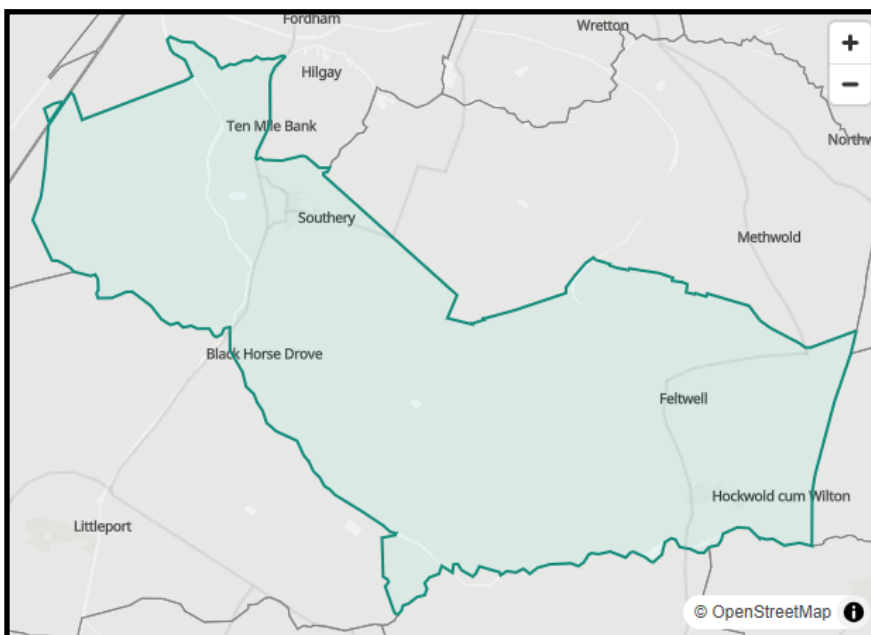
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## This is Our Village. Census 2021 results for Feltwell

*The census results and data that follow were made available in June 2022 but it is only now that I've had space in the magazine to include these analyses. The more I explore this online tool ([www.ons.gov.uk/visualisations](http://www.ons.gov.uk/visualisations)) the more I discover because the ONS keeps adding more functionality and additional data sets. Previously, I was only looking at Feltwell Ward data then, two weeks ago I discovered a new charting tool that enabled me to look at Feltwell Parish data. The difference between the Ward and the Parish is seen below. There'll be more about our village next month.*

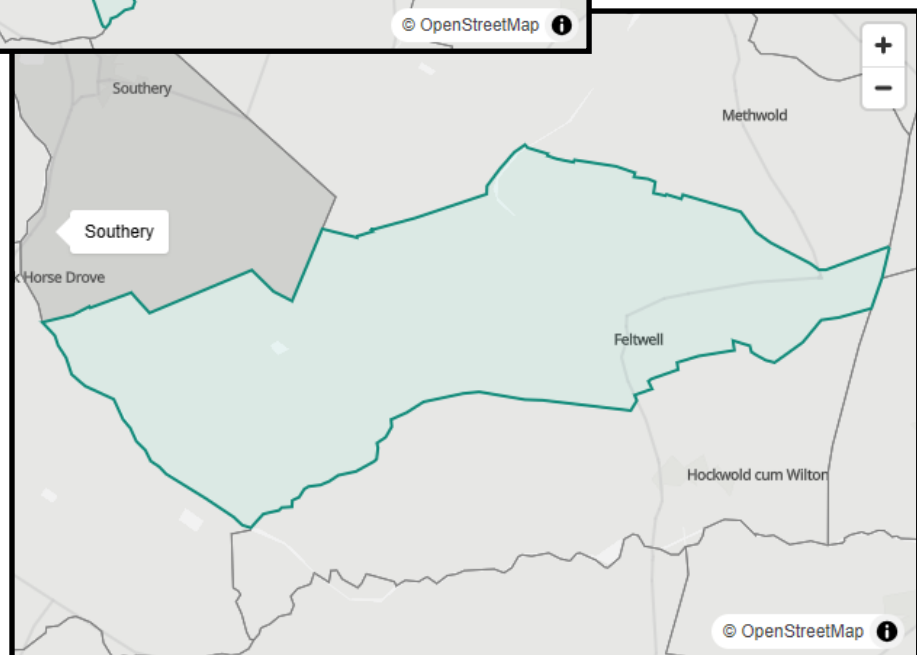


The geographical area of Feltwell Ward.

Used to elect Borough Councillors.

The geographical area of Feltwell Parish.

Used to elect Parish Councillors.



All of the charts that will follow over the coming months, as space



FELTWELL SOCIAL CLUB PRESENTS



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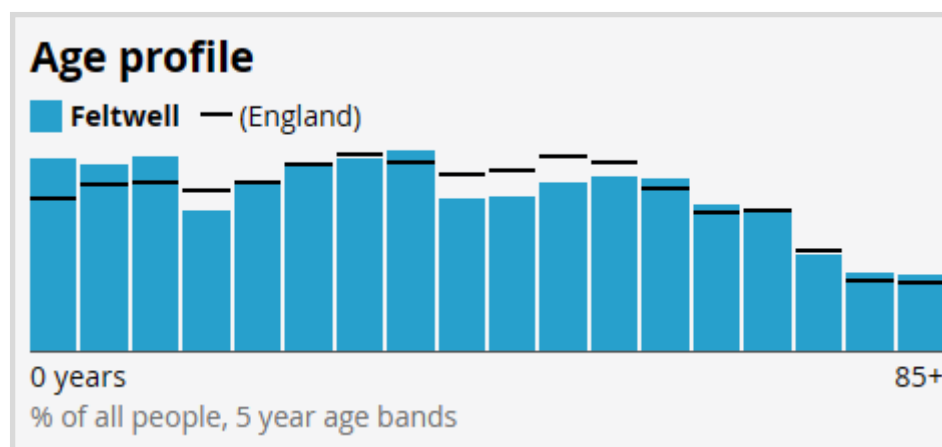
Feltwellsocial22@outlook.com

permits, will be for **Feltwell Parish** compared with England. Apart from these two...

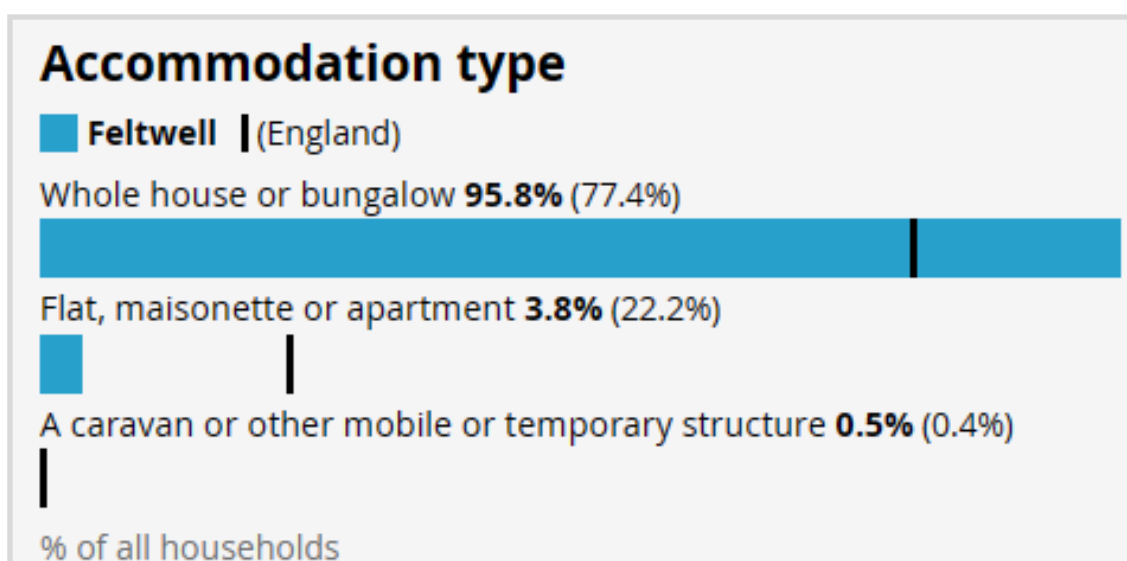


For comparison, Hockwold has a population of 1300, Southery, 1400, Methwold, 1700, Mundford, 1600, Downham Market, 11,300.

The age profile of the 3100 residents. Draw your own conclusions.



And the type of accommodation in which the 1,200 households live is shown below. Surprising? Probably not.





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## MUSIC VERSUS MUSAK?



*A discussive piece by local author Frederick James.*

*"If music be the food of love?"*

A friend has challenged me to express my opinion of the differences that might exist between the genres of Music and Musak. Simple, you might say. Music is music and Musak is-----? Music spelt differently. Simple!

So, what does Chambers say?

Music. The art of expression in sound, melody and harmony, including both composition and execution. (The remaining description mentions voice, instrument and combinations of same, and goes on in great detail.)

Musak. Piped music. Piped music! That's it!

My first reaction to the challenge was- Simple, I hate piped music! End of story, what's to compare?

Music versus Musak, which is the best? Is that the challenge? Which is the best? There had to be more to it than that. Maybe there are differences that aren't immediately obvious? My friend had to think that there was more to it than that. There was a nugget somewhere in either or both, and I had to find it!

When I think of music, I think immediately of my favourite artists, bands, orchestras etc. The BBC Proms, the New Year's Day concert from Vienna, and so on, but I've never had the privilege to experience any of them live, as it were. My music comes via the radio, CDs, DVDs, live and recorded TV, so I suppose my entertainment could possibly be Musak, too!

I will say, at this juncture, that my personal experience of Musak, (now that I'm aware of what it is actually called) is via my supermarket, garden centre, doctor's waiting room, dentist's chair and so on, but I've always found a name for it, and it certainly is not Musak! So, let's have a look at Musak, and see why I hate it so much.

*Continued on p17*



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A little research, and I was rather surprised to find the origin of what I have considered to be my nemesis until now. Apparently, in New York, way back in 1922, a certain Major General George Owen Squier, (got to have a posh name if you're a Major General!) of the USA Army Signals Corp, was tinkering with technology and stuff, with the welfare of his merry men when he had his light-bulb moment!

*"I'll send them entertainment wherever they may be. I'll give them Count Basie, Glen Miller, Benny Goodman, Amos and Andy, The Goldbergs, the choice is endless! Music for the masses! Can't call it Music, though?" Musak was born!!*

Hate to say it, but the Yanks gave us piped music which has 'entertained' us wherever we may be, ever since.

Music and Musak are simply the same product delivered in two different ways, but it's the difference in delivery that matters. We listen to music in all its forms, but with Musak we get no choice. It can indeed be a calming influence, but it can also irritate you intensely, when all you need is a little peace and quiet. So, there you have my impression of Music versus Musak.

A rose by any other name?

*Thanks for your thoughts, Fred. Personally I detest piped music, the type you get in lifts and stores and even toilets, as it forces me to listen to something that I would never listen to in my everyday life. What say you, dear reader? Do you love it? Hate it? Are indifferent?*

### A Message from the Editor

Readers are reminded that the magazine is released 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](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.

## **Edwards cafe at The Sanctuary**

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## **The Atmere Charity**

The charity awards grants to individuals who are in conditions of need, hardship or distress.

It also helps for severe chronic illness in younger people.

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

Any applicant **MUST** be a Feltwell resident.



The **3rd Annual Anglo American Car Show** took place on gloriously sunny warm day, Saturday 20th May 2023 at a new venue, Feltwell Playing Fields. Stuart Samuels (Honorary Commander of 48th CMS) & Paul Mazezy organised the event with the help of USAF personnel commanded by LtCol. Jared Struck from RAF Lakenheath's 48<sup>th</sup> Component Maintenance Squadron (48<sup>th</sup> CMS)

In the region of 250 vehicles attended throughout the day including British & American cars, motorbikes, trikes, a tractor, a US Army Deuce and a Half Truck and a retired London bus, which gave visitors lots of variety to enjoy.



Many people took advantage of the BBQ, nachos, candy floss (cotton candy) and popcorn which were provided by MSgt J Flinn, TSgt Alicea Rivera and their 30 strong team of volunteers from 48<sup>th</sup> CMS, whilst others refreshed themselves with ice cream supplied by Stuart's friend Gary Ramsay.

Other members of 48th CMS marshalled traffic & covered the entrances to collect the £2 per adult donations (children under 16 were free).

In total **£1822.45** was raised to be donated to Feltwell Parish Council to assist in improving the facilities on the Playing Fields.

Stuart & Paul would like to thank all those who attended and helped to make this event possible and look forward to seeing you at the 4<sup>th</sup> Annual Anglo American Car Show on the 18<sup>th</sup> May 2024.



Car show website is live at: [www.feltwellcarshow.uk](http://www.feltwellcarshow.uk)  
Email: [show@feltwellcarshow.uk](mailto:show@feltwellcarshow.uk)



# Your Good Health

by Dr Ian Nisbet

Since Deannie died six months ago, the winter has been absolutely horrible so I shall throw in a few medical jokes to lighten the mood.

Dr, Dr my son has just swallowed a roll of film – Let's hope nothing develops

Dr, Dr I have water on the knee – Try wearing pumps

Dr, Dr I can only remember things for a few seconds – How long has this been going on? – How long has what been going on?

Dr, Dr I broke my arm in two places – If I were you, I would avoid those places

Dr, Dr I need spectacles – you certainly do – this is a greengrocer's

*A man attended the doctor complaining of frequent migraines. Nothing seemed to help. In desperation, the GP told the patient his secret*

*"When I have a migraine, I go to my bathroom, have a hot bath with my wife massaging my temples. I then take her to the bedroom and, however bad I feel, I force myself to be intimate with her. Try it and come back in six weeks. Six weeks later, the patient returned, full of life and vigour and migraine-free. He thanked the GP profusely and told him that the treatment had been 100% successful, finishing with "By the way, doctor, you have a beautiful house!"*

A pipe burst in a GP's house. The plumber charged him £1,000. "This is ridiculous. I don't make that much as a doctor." "Neither did I when I was a doctor," said the plumber.

*Diagnostic problems encountered by a GP on a Saturday evening -*

*I feel cold and wet – Glass was being held at the wrong angle*

*I feel warm and wet – Improper bladder control.*

*Opposite wall covered in fluorescent lights – you have fallen over backwards.*

*Mouth full of cigarette butts – you have fallen forwards.*

*Floor moving – You are being carried out.*

*Everyone looks up at you and smiles – You are dancing on the table.*

A man and a woman who had never met before ended up sharing a railway sleeping carriage. Both were embarrassed. He took the top bunk and she took the bottom one. In the middle of the night, he felt cold and asked her if she could pass him an extra blanket. Sleepily, she replied "Just for tonight, let's pretend that we are married. He was excited and said "Yes, that would be brilliant" "Good", she said "Get your own blanket"

*John worked hard for a living and his wife wanted to give him a treat for his birthday so she blindfolded him and took him to a local strip club. The doorman welcomed him, "Hi, John, how are you this week?" The*

*waitress asked him whether he would like the usual Budweiser and a stripper came over, threw her arms around John and said, "Hello, John, would you like the usual table dance, big boy?" John's wife was furious and left. He followed her to the taxi and climbed in beside her. She berated him mercilessly until the taxi driver leaned back and said, "Crumbs, John, you picked up a real piece of work this time!"*

An Austrian maid asked her employer's wife for a raise. The wife was angry and asked the maid to justify the request. "Well, there are three reasons. Firstly, I do the ironing better than you." "Who told you that?" "Your husband. Secondly, I am a better cook than you." "Who told you that?" "Oh, your husband." "Thirdly, I am better in bed than you." The wife exploded, "Who told you that, my husband I suppose." "No, the gardener." I expect she received her pay rise.

Have a great summer holiday, be careful and treasure each other. Remember Deannie's final message to us all which

*Continued over*

featured prominently at her funeral and memorial service -  
“BE KIND TO ONE ANOTHER,  
LOVE EACH OTHER EVERY DAY –  
LOTS OF LOVE FROM DEANNIE”  
I found a sheet of “Zen Sayings”  
in Deannie’s desk so I shall tell

you one each month -  
*There are two theories about  
arguing with women. Neither  
one works.*  
All good wishes to you all from  
Ian Nisbet

## Cost of Living

We are acutely aware of the rise in the cost of living which is why we have absorbed the increased cost of printing this magazine and kept its cover price fixed for the coming year at least.

01842  
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### FELTWELL SURGERY OPENING

8.00am - 6.30pm Mon-Fri only

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If you’d like to submit a **FOOTNOTE** of your own, be it a quip, a fact, an idiom, whatever you feel would be suitable, please send your **FOOTNOTE** to Paul at [garlandp@btinternet.com](mailto:garlandp@btinternet.com) or post it through my letterbox.

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

**Phone: 01366 383989**

## LATEST CONSUMER ALERTS AND TRADING STANDARDS NEWS

### Scam Alert – Emails claiming to be from ‘TV Licencing’

There continues to be a range of emails circulating claiming to be from TV Licencing. Common themes for these emails are claims that there is an issue with your direct debit and then provides a link to enable the recipient to resolve the ‘issue’.

These emails are **not** from TV Licencing and any links contained within the message are likely to go to a genuine looking fake version of the TV Licencing website which will attempt to gather personal and financial details.

Our advice is **always** to be wary of claims made in unexpected email approaches and **never** click on links or open attachments if approached in this way.

TV Licencing offer the following advice to help spot scam TV Licence emails:

- **Check the sender** - Genuine TV Licensing emails are sent from donotreply@tvlicensing.co.uk or donotreply@spp.tvlicensing.co.uk
- **Partial postcode** - If you have provided us with your postcode details, our emails will include part of your postcode and/or the name on the licence
- **Look for your name** - If you’ve given us your name, then we’ll always address you using your last name and title. The scammers won’t normally have that information about you. So, watch out for emails that only address you as “Dear client” or “Dear customer” – or just use your email address (or part of it)
- **Check the spelling and grammar** - Because scammers can’t use our genuine TV Licensing web addresses or email addresses, they’ll try to use slightly different spellings – look out for things like hyphens and full stops in odd places. Be suspicious too if there are mistakes in the email with capital letters or other grammatical errors, like missing full stops – this could be a scam
- **Check the links** – Be wary of emails promising money/refunds. For example, phrases such as, “click below to access your refund”, followed by a request to provide your credit card or bank details (we would never process a refund in this way). Always check links in an email before clicking or tapping them
- **If you're on a computer:** hover over the link (but don't click it). This will reveal the name of the web address that you are being sent to
- **If you're on a smartphone or tablet:** press and hold on the link (don't release while you are on the link). This will reveal the name of the web address that you are being sent to.

## Sudoku Puzzle

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

Answer on page 69

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



## The Food Pantry Feltwell

### WHO ARE WE ?

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

*We run a membership scheme for a one-off charge of £3.50*

*For that we supply free fruit, vegetables & bread depending on availability & also the ability to shop with us at vastly reduced prices. Food donations are gratefully accepted.*

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

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

*We also offer second-hand clothing for a small donation.*

### OPENING TIMES:

**Monday**                      9AM - 11:30AM

**Wednesday**                9AM - 11:30AM

**Saturday**                    12:30PM - 2:30PM

**For more details visit our Facebook Page or call 07454 259280**



## **Scam Alert – Telephone cold calls stating ‘there is a tax fraud court case against you’**

We are warning about telephone cold calls stating ‘there is a court case against you’.

This follows a report from a Norfolk resident who has received automated cold calls saying ‘there is a court case against you’ and going on to give press button options.

If you receive one of these calls our advice is **do not** interact with the call or give or confirm any personal information and hang up.

If genuine court action was taking place against you, you would be informed formally in writing and given sufficient notice for you to obtain advice before attending.

Her Majesty’s Courts and Tribunals Service advise that they do not make unsolicited phone calls, demand money in advance to prevent a court hearing from taking place or seek payment through cash vouchers bought in local shops.

## **Scam Alert – Telephone cold calls claiming to be ‘bank security’**

We are warning residents after receiving reports of telephone calls which claim to be from ‘bank security’ making claims that your account ‘has been blocked’ or ‘is compromised’.

Previously, reports have included both live and automated calls which then attempt to gather personal and financial details.

We always advise people to be very wary of claims made during telephone cold calls. If you receive this or a similar call our advice is **do not** interact with the call and **hang up**.

If you are concerned about the security of a bank account or credit card contact your bank or service provider directly using the customer service number printed on the card, on a recent statement or via information available on their genuine website or app. **Never** use details provided in a cold call.

## **Scam Alert – Scam Callers claiming to be Police Officers**

We are highlighting a warning from Norfolk Constabulary for residents to be aware of telephone scammers pretending to be police officers after they received a number of recent reports.

In one incident a South Norfolk resident was persuaded to withdraw £3,000 from their bank account after a scam call from a person claiming to be from the Metropolitan Police.

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## What is Courier Fraud

Courier Fraud happens when a fraudster contacts a victim by telephone claiming to be a police officer, bank or from a government department, among other agencies. A number of techniques will then be adopted in order to convince the victim to hand over their bank details or cash, which may then be passed on to a courier.

Further advice includes:

- Police officers, banks and other government agencies will **never** ask you to withdraw money or transfer it to another account as part of an undercover operation.
- They will **never** ask you to reveal your full banking password or PIN.
- The police will **never** ask you to handover money for safe keeping or as part of an operation.

The police will **never** send someone to your address to collect money, cards or PIN Numbers or ask you to deliver these to another location.

Try these steps if you are approached:

- **Stop** – take a moment to think before parting with your money or information.
- **Challenge** – Could it be fake? It's ok to reject, refuse or ignore any requests, only criminals will try to rush or panic you.
- **Protect** – Contact your bank immediately if you think you have fallen victim to a scam. Report it.

Communities can help by ensuring they share warnings about this type of approach with neighbours, family and friends, particularly elderly relatives to ensure they are aware of these scams and the warning signs.

If you receive this or a similar call you should not engage with the call in any way, **hang up** and then contact Norfolk Police on **101** if possible on a different phone.

If you believe a crime is in progress, always call **999**

## Scam Alert – Be on the lookout for scam emails

We frequently receive reports from Norfolk residents about scam emails they have received. A few recent examples include:

**DID YOU  
KNOW?**

The brain contains 86 billion nerve cells joined by 100 trillion connections. This is more than the number of stars in the Milky Way.



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- Emails claiming to be from Sainsbury's stating you can 'participate in our Loyalty Programme and receive a brand-new free Air Frier'
- Emails saying your 'anti-virus software has expired' and needs 'renewing urgently'. These are often branded with the Norton or McAfee logos
- Emails claiming your TV Licence direct debit 'could not be collected' or 'has failed'

Links provided in these emails will lead to phishing websites designed to look like genuine sites but will attempt to steal personal and financial information.

You can report suspicious emails to the National Cyber Security Centre (NCSC) by forwarding it to [report@phishing.gov.uk](mailto:report@phishing.gov.uk)

The NCSC has the power to investigate and remove scam email addresses and websites. **It's free to report a suspicious email to them and it only takes a minute.** By reporting phishing attempts you can help:

- reduce the amount of scam emails you receive
- make yourself a harder target for scammers
- protect others from cybercrime online

### **Reporting scams**

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

If you have received a telephone cold call which you believe to be a scam or think you have been a victim of an online scam you can report it to us via our partners the Citizens Advice consumer helpline on freephone **0808 223 1133**.

### **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** or by forwarding the message to [report@phishing.gov.uk](mailto:report@phishing.gov.uk)

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

*I forwarded a suspicious email to [report@phishing.gov.uk](mailto:report@phishing.gov.uk) and was impressed with the speed and detail of the answer. It was probably automated but did contain this statistic—As of April 30th 2023, the number of reports received stand at more than **20,048,000** with the removal of more than **124,000** scams across **227,000** URLs.*

## Feltwell Dispensary Opening Hours

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

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

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

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

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

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

Repeat prescriptions can be ordered [online](#).

## Having a party?

Don't have enough plates, dishes, glasses or cutlery?  
Contact Sue Garland 827029 or Chris Parker 827152.  
St Mary's Church can loan you all of the above  
(at least 40 settings)

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

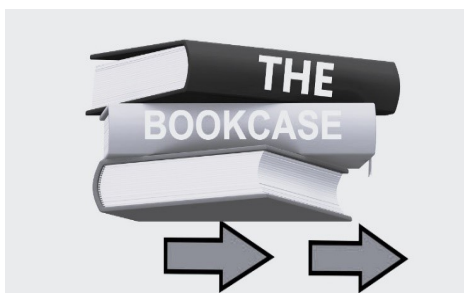
### FELTWELL BOOK EXCHANGE

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Every day from about 9am to 8pm at the Methodist Chapel in Bell St.

*Our bookcase is currently **full** to overflowing. So thank you to all those who donated books. Please don't deliver any more books until we let you know that we have space for them. Thank you.*

## What Happened to the Snow? I'll Put You in the Picture.

*A few weeks ago I was chatting with Colin Clements who, some readers may recall, did a presentation to the Men's Breakfast Club about his times working for Sky TV as a technical director. We spoke about the early days of television and all the 'snow' that we would get periodically that distorted the picture. I had a vague understanding about the effect of bad weather but when he talked about the effect of sunshine I immediately asked him if would write an article for the magazine explaining this phenomenon. Thankfully, he agreed and this is the result.*

When I was young we lived in South London – almost within sight of the Crystal Palace television transmitter aerials – and had, as an antenna, just a piece of wire coming out of the old Bush - black and white - television and pinned along the curtain pelmet. That was enough to receive the only channel the T.V. could tune in to; the BBC (405 lines). Later, when ITV started, a converter box was added which stood on top of the set and was connected between the aerial and TV and which, when a switch was turned, could toggle between the two transmissions.

Occasionally, when it rained 'cats and dogs' the picture would break up with white dots scattered all over the screen. It was called snow. It was also called rain-fade. It came on slowly and went slowly as the cloud burst passed.

It generally wasn't too often or too severe until we moved out to Essex and television became 625 lines which meant that, with an increased distance between our house and the transmitter combined with the new higher frequencies needed to accommodate the new system along with the addition of BBC 2, snow happened more often and not only because of the rain but also because of good weather.

Sometimes the transmissions of a distant transmitter sharing the

same frequency as the one serving your locality can 'bounce' off warmer, dry air in the atmosphere enabling the signal to travel further or even 'hop' over hills. The distant signal interferes with your choice of viewing and produces anything from snow to a mixture of the programme you want to see and the one 'muscling in'. In both cases, as the weather changed the problem went away.

### **Now you see it, now you don't.**

Then came digital using the same land-based transmitter sites and we witnessed the end to snow but the start of rain-out. Once the signal strength being received by the television is weakened or interfered with by a distant transmission, at a certain point the TV's electronics will no longer be able to 'make out' what is contained in the digital information so will either cause blocks of picture to appear randomly across the screen or will give up altogether and produce a blank screen. Rain or fog can cause this effect and there is nothing, generally, you can do except DON'T re-tune your telly because if you do the T.V's tuner will be 'looking' for stations that it can't possibly 'see'. Consider viewing other channels or come back later.

### **The Final Frontier**

Satellite broadcasting came about and dishes (not forgetting the squarial) were fast becoming popular. It made sense. By putting one satellite in space it could beam its signal to thousands of homes instead of having to rely on the myriad number of transmitters dotted everywhere (the BBC alone have over 1000). [The satellites are positioned about 22,300 miles \(36,000km\) above the equator in what is known as geostationary orbit – meaning it doesn't wander off \(much\).](#)

All the dishes on all the buildings point towards it. Always south but a little to the left depending on which satellite you have chosen to 'look' at (28<sup>0</sup> east-ish for Sky and Eurobird). The reception, considering how far away the transmitter is, is usually very good and stable but can suffer rain-out either if the downpour is overhead or, in Sky's case, down south over Southampton where Sky's main up-



link is. If it's too severe or predicted to last a long time they can switch to a back-up elsewhere in the country (providing it's not raining there too!).

### **After the rain, the sun.**

Unless something other than rain gets in the way of the satellite transmission (tree branches for instance) the reception is fine – except twice every year when the sun gets behind the satellite and swamps the receiver with radiation as it appears to move across the sky. Sun-outs happen just before the spring equinox and just after the autumn equinox and last for a few minutes a day for a few days. Not all channels are affected equally. Predictions are given by the satellite operators and are available on-line.

If satellites are being used to receive content by the broadcasters themselves – a National Football Association match from the U.S.A. or a live two-way from Ukraine for instance – these predictions are vital to ensure continued reception – even if it means switching to another receiving site for the duration of the sun-out and switching back before that site too gets the full force of the sun.

### **Sun down – you'd better take care.**

At night you would think it was all over but the lack of sunshine on the solar cells which power the satellite will cause the transmitter to switch over to on-board batteries and thus reduce radiated power. This usually isn't a problem and may only be noticeable if watching a programme at the very fringes of its coverage.

Colin Clements

(ex BSKYB Technical Director [retired])



### **Update from St Mary's**



Cross your fingers so you don't have to cross your legs!

The date for the toilet pod has been pushed backwards again, but we are hoping that w/b 26th June should see this happen. Perhaps by the Yard Sale day we will have a loo. We are still fighting the contractors over the state of the churchyard. Thanks for your patience.

## SCHOOL TRIP LOGISTICAL

This Logistical puzzle was designed by Chris at the Wellington.

*The solution is on p72  
Last month's solution is on p74*

	Hockwold Primary School	Feltwell Primary School	Mundford Primary School	Northwold Primary School	Mrs Davies	Miss Bloom	Mr Hardcastle	Mrs Leggat	Norwich Castle Museum	Castle Acre	Weeting Steam Rally	Gressenhall Museum
Clarence												
Isabelle												
Shamus												
Lottie												
Norwich Castle Museum												
Castle Acre												
Weeting Steam Rally												
Gressenhall Museum												
Mrs Davies												
Miss Bloom												
Mr Hardcastle												
Mrs Leggat												

Match the student to their school, their teacher & their school trip destination.

1. Mr Hardcastle teaches in Northwold.
2. Clarence attends Feltwell School, he isn't taught by Miss Bloom & he isn't visiting Castle Acre.
3. The student visiting Weeting Steam Rally is taught by Mr Hardcastle.
4. Lottie visited Gressenhall Museum, she doesn't attend Mundford Primary School.
5. Mrs Davies is visiting Castle Acre with Isabelle.



Our June meeting marked the first return of Fraser Reich as our speaker. His topic this time was entitled the Life Cycle of a Star. Members were treated to a detailed but clear account of the history of research in this area that has culminated

in our present-day understanding of stellar evolution. Most of what we now know has been discovered in the last 100 years or so. Some of the concepts and ideas sound like Science Fiction but are Science Fact. Now get ready for some numbers that are hard to comprehend.

Fraser started by telling us that around 13.8 billion years ago there was an event now known as the Big Bang followed by a huge period of super expansion. For about 375,000 years there was no structure to the universe, just a plasma soup. Out of this hydrogen atoms eventually formed to make up about 98% of all the matter in the universe at that time. There then followed a Dark Period lasting about 400 million



years after which the first stars began to form owing to the gravitational attraction between the hydrogen atoms. Eventually galaxies like the Milky Way formed consisting of 100 billion stars and more.

In 1911 a Danish astronomer Ejnar Hertzsprung wanted to know if there was a relationship between the brightness (luminosity) of a star and its colour, an indicator of temperature—think the range of colour that a metal strip displays when heated. Independently, in 1913, Henry Russell did the same. The resulting plot is now known as the H-R diagram. (See over page.)

Analysis of this plot shows a clear relationship running top left (bright, hot stars) to bottom right (dimmer, cooler stars), now called the Main Sequence. We now know that this is where stars spend 90% of their life as stable stars. They do **not** travel down the Main

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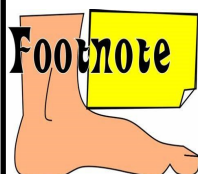
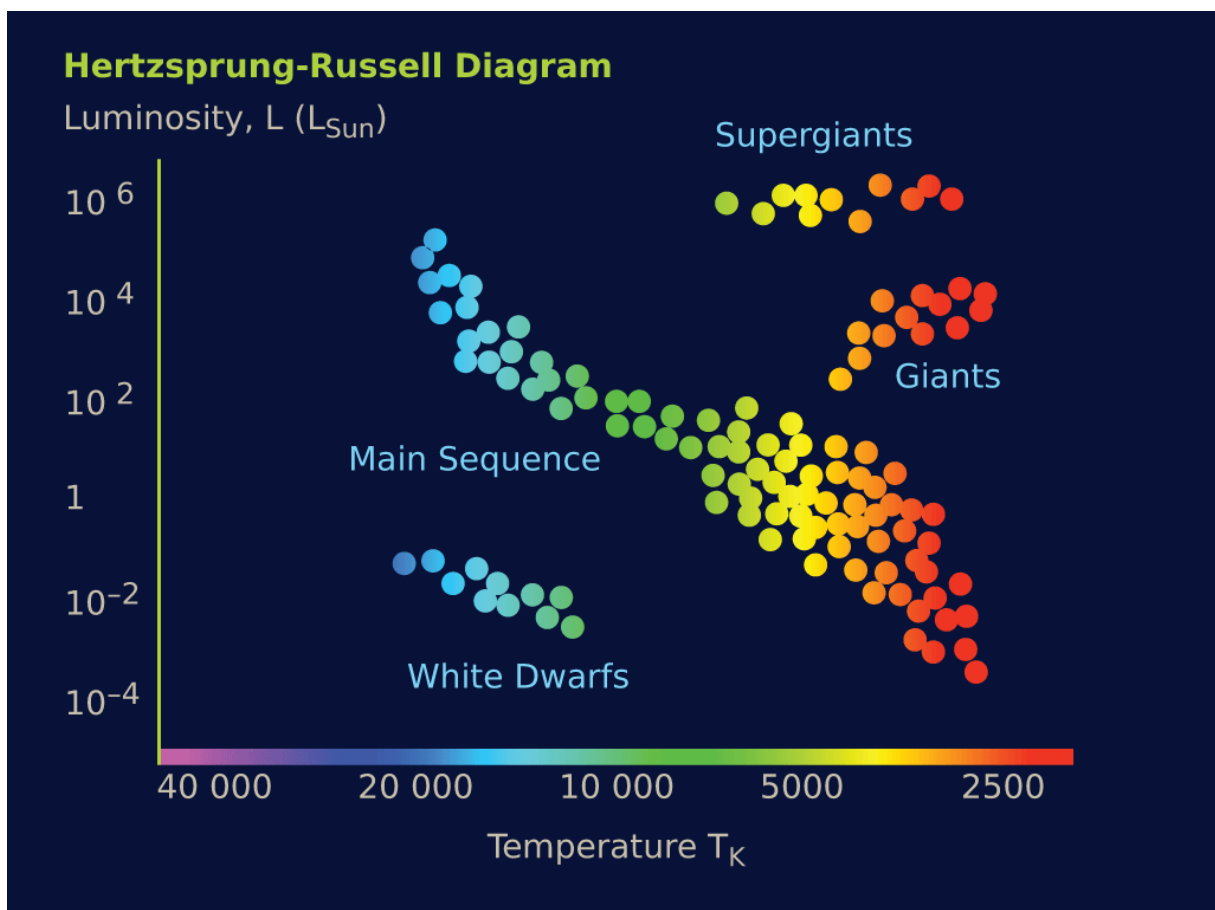


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sequence, they only occupy a place on it throughout their life. There is a group of stars (now called 'giants') top right and another group (now called 'white dwarfs') bottom left. But none of this was known at the time. We only had the observation but not the explanation and when it was worked out it had everything to do with a star's mass. It has to be realised that in the 1920s we knew virtually nothing about the star on which we all depend. Now we know it is a massive nuclear furnace and we call it our Sun.

Inside the sun hydrogen atoms are being squeezed together by gravity to form atoms of helium. In this process an incredible amount of energy is released. This is nuclear fusion. In the Dark Age of the universe gravity was pulling hydrogen atoms together. Over millions of years as they collided with each other they got hotter



Going to work at 7am this morning I drove out of my drive straight into a bus. The bus was 5 minutes early.

*Genuine statement from an insurance form.*

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and denser and eventually at a temperature of 10 million degrees a star is born, nuclear fusion starts and in our star it is still ongoing. Fraser then explained what we know about the structure of a star, the so called 'onion model'. Unfortunately I don't have enough space to cover this but would encourage you to look it up. Our star has enough hydrogen within it to last another 5 billion years. Eventually it will expand to encompass our solar system and will become a red giant. It will have left the Main Sequence. The length of the life of a star is dependent upon the mass of hydrogen within it when it ignites. Large stars have a shorter life (a million years), small stars can burn for 50 billion years! At the end of their life stars leave the Main Sequence and, depending upon their initial size become either White Dwarfs, (a teaspoon of the compressed matter in this hot remnant would weigh 15 tons!), neutron stars (a thousand million tons in a teaspoon!) or Red Giants. There was much in Fraser's talk that I could not cover, including Singularities and Black Holes, but suffice it to say that the talk was delivered with enthusiasm and Fraser's ability to explain the complex in a manner that we could all follow is remarkable. We will be having him back.

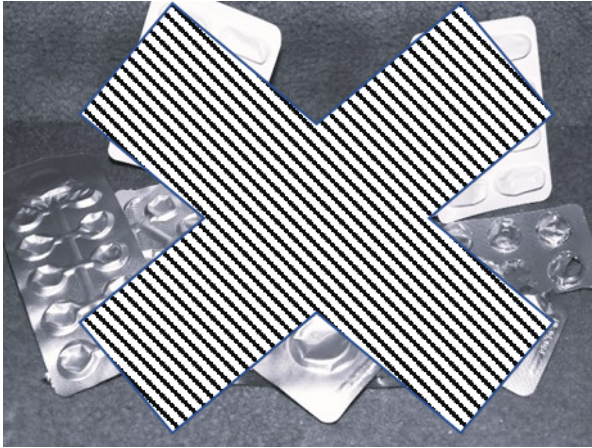
~~~~~

If any reader feels that they would like to give a presentation to the Breakfast Club on a subject of their choosing, be it their working life or a personal interest or an area of expertise, please contact me at the email address below.

The Men's Breakfast Club usually meets on the 1<sup>st</sup> Saturday of the Month at The Wellington in Feltwell at 9am. It costs £8.00 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](mailto:garlandp@btinternet.com).

Our next meeting will **not** be on the first Saturday but will be on the third Saturday, the 15<sup>th</sup> when our speaker will be our MP, Liz Truss. I have no idea what she will talk about but members will have lots of questions, I'm sure.



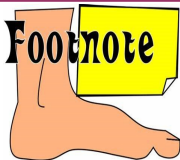
## ***BAD NEWS FOLKS!!***

***PILL BLISTERS ARE OFF. Please do not bring any more blisters to the Methodist Chapel.***

***Superdrug are now refusing to take our sacks. We have delivered over 50 sacks in the***

***last two years.....Thank You All***

***We are looking for alternative sources of recycling and will keep you informed.***



On the second day the knee was better, and on the third it disappeared

*Apparently from an actual entry on a patient's hospital record.*

## **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.



WNAS June 2023, Mundford Bowls Club

[www.westnorfolkaviationsociety.org.uk](http://www.westnorfolkaviationsociety.org.uk)



Thompson man, Mark Burch, could easily have headed his CV, 'Forty Six Years in Air Traffic Control' before presenting his talk to the WNAS on the 6<sup>th</sup> instant.

Like so many boys, Mark had an early ambition to fly.

He joined the ATC (Air Training Corps) at Bournemouth in 1976 and learned to fly gliders but his eyesight would never allow him to fly professionally (Wg Cdr Ken Wallis, late president of the WNAS, might have given him some advice on eye test dodges). So, Mark became *another* ATC (Air Traffic Controller).

He gradually developed his career serving at various famous aeronautical locations like: Cranworth and Shawbury. Then he came our way and did more time at Honington and Watton's Eastern Radar establishment. He spoke of his time at Mildenhall, helping to organise the annual air shows, juggling the performances of regular visitors with the encrypted flight plan of a classified arrival: after refuelling in the North Sea it began its return to Mildenhall at Mach 3. No prizes for guessing: The Blackbird.

In one breath Mark mentioned Bloodhound Radar and height finders; one wonders whether he had control over low flying missiles as well?

He spent further time at Wattisham controlling the behaviour of helicopters over the North Sea and proudly boasted that this airfield was a close second in prominence to Aberdeen in its involvement with North Sea oil fields. He made a personal comment that the army were better helicopter flyers than the air force (Chuck Pettitt, a former WNAS member, would have loved to hear that). Why did he say this? Perhaps he regretted not having spoken to Ken first.

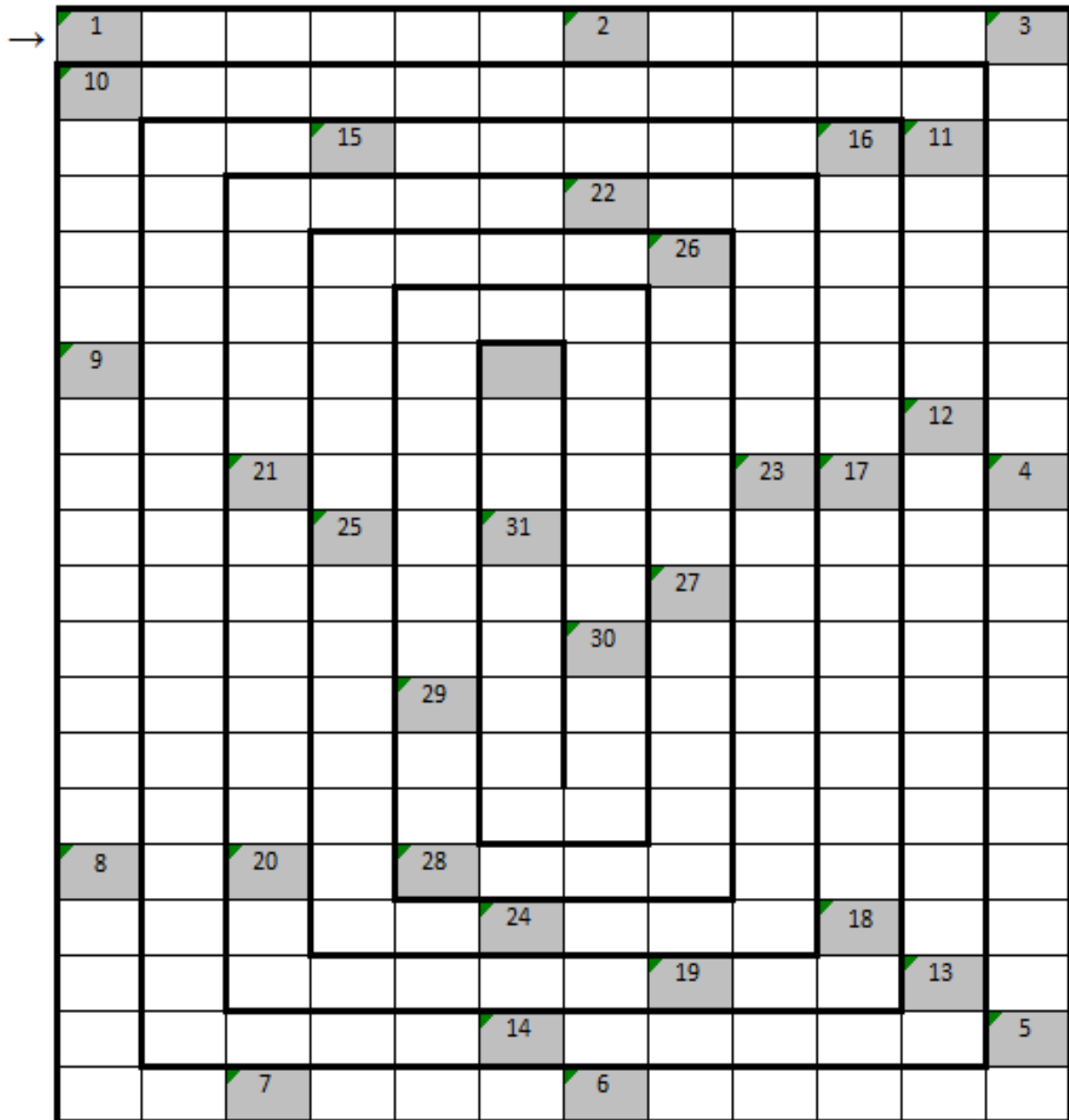
Mark offered his services to supervise charity events at Duxford. For the first time in his career he was present during an air accident: a mock dog-fight between a Mustang and a Skyraider resulted in a collision and a subsequent ball of smoke at the end of a runway. Both pilots walked away from the crash unscathed and, allegedly, shook hands afterwards. It was never Mark's fault but he chastised himself for looking in the wrong direction at the moment of collision.

After retiring from the RAF in 1997 he went back to Bath Flight Training Academy, in an attempt to obtain commercial flight recognition. Here he found the syllabus identical to the one he had undertaken after joining the RAF.

His fame circulated the grapevine and very soon received an invitation to attend an interview at Norwich Airport. He was recruited before getting through the door and stayed there until his retirement about a year ago. He now holds the equally challenging position of Club Secretary at the WNAS.

## WORD TRAIL NO. 30

*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 Chinese root vegetable (7)
- 2 Full hereditary grouping (6)
- 3 **MUSIC:** 1961 song from The Everly Brothers (5-4)
- 4 **SPORT:** At which venue is the British Grand Prix held (11)

- 5 This European country lies north of Latvia (7)
- 6 The capital of Jordan (5)
- 7 Zero's (7)
- 8 **MEDICAL:** Short acting Beta-Adrenoceptor stimulation delivered by aerosol inhaler (10)
- 9 A small passerine bird of the Finch family (6)
- 10 Gossip (6-6)
- 11 Accompany (6)
- 12 Extremely high sensibility (11)
- 13 This is crisp, smooth, plain, woven fabric used in ball gowns (7)
- 14 A.N.C. in full (7-8-8)
- 15 Break into pieces (5-2)
- 16 Grassy plain (7)
- 17 The history of linguistic form (9)
- 18 Relating to or belonging to (4)
- 19 Jolly witty conversation/banter (8)
- 20 Number 63 on the periodical table (8)
- 21 Part of a musical instrument (10)
- 22 A machine that takes you from floor to floor (8)
- 23 A treatment used to fight Cancer (12)
- 24 Basic concepts in traditional Chinese medicine and philosophy (3-3-4)
- 25 Type of small animal(s) with reddish brown fur found in North America (10)
- 26 Temporary substitute (5-2)
- 27 JM Barrie wrote this book (9)
- 28 The rising of the sun (4)
- 29 **FILM:** 1959 film by Alfred Hitchcock (5-2-9)
- 30 Athletic footwear (5-5)
- 31 To dismiss from employment (4)

*This month's Word Trail solution can be found on page 74*



**BONE  
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# **Family Fun Day**

**SATURDAY 22ND JULY 2023**

**WEETING PLAYING FIELD & VILLAGE HALL**

**10AM-2PM**

**Gym Challenge**

**Martial Arts**

**Bouncy Castle**

**Coffee Cafe**

**DJ Jay Entertainment**

**Food Stalls**

**Fitness Demos**

**Face Painting**

**Icecreams**

**Craft Stalls**

**Owl Display**

**Strongman Club**

**Glitter Bar**

**Yoga**

**Football Fun**

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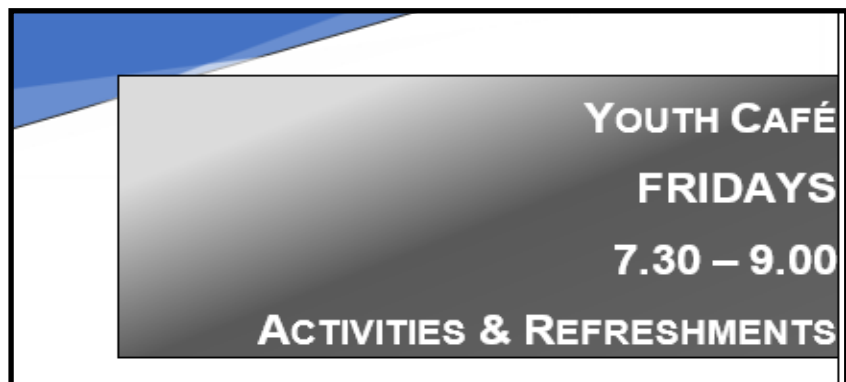
Come and share your favourite hobbies, quilling, card-making, felt, chalk, modelling or whatever you come with or want to share.



**Table-Tennis 1.45pm** has taken off with a swing with up to 14 players enjoying some fun and games. Steve Wellington is the organiser. Everyone welcome for an afternoon of fun. Any skill level including

novices. See advert in this mag.

.....  
**Wednesdays We Weed**, potter, trim, repair. All available hands welcome. Have you a skill to share?  
.....

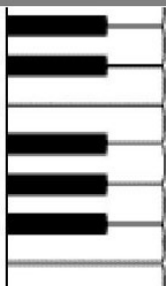


So to **SUNDAYS**—our day to relax and reflect on our lives, where they've been and where they should be going.

**10.45am for 11 to 11.45 – Fellowship and Refreshments**

**Sunday Fellowship—Speakers for July**

2 – Local Speaker



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- Wi-Fi coverage issues?
- Need a website setup?
- General IT help required?

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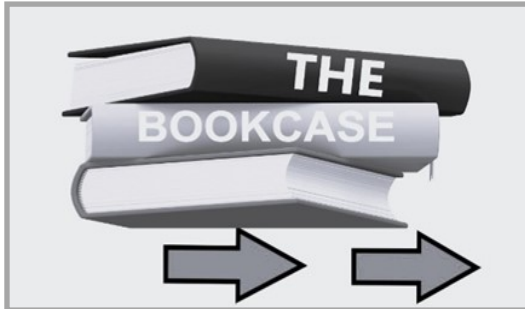
53 High Street, Feltwell IP26 4AF

9— Rev Paul Critchley      16—Pauline Driver  
23— John Houghton      30—Local Speaker

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We can be contacted on Facebook, Messenger or mobile 07712578721 or by email [mikegw15@gmail.com](mailto:mikegw15@gmail.com) Mike & Brigitte Wilkinson  
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Our bookcase is currently full to overflowing. So thank you to all those who donated books. Please don't deliver any more books until we let you know that we have space for them. Otherwise, you won't be able to get to the books..... for books!  
Thank you.

## FELTWELLBEINGS

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# Events This July @ The Wellington



## Street Food Trucks This Month



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# MUSIC IN JULY



Karaoke  
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8pm

JO  
MANNING



Saturday 15th 8.30pm

EMILY  
BLAKE  
Sat 22nd  
8:30pm



Mr  
E



Friday 28th 8.30pm





## WILDLIFE CRIME IN NORFOLK

We have managed to finalise an investigation in relation to destruction/disturbance of a protected European species, namely Great Crested Newts. This work required a licence from Natural England which was in process however was not in place at the time of the work. This licence is now in place, restorative work has been carried out and a donation to a local wildlife charity has been paid as part of a community resolution. If you plan to carry out any work that requires or likely to require a licence, please make sure the licence is fully in place before work is carried out.

We also had a number of reports of nesting birds being disturbed and destroyed. These can be incredibly frustrating crimes to deal with as we need to prove the nest is active. That said we have stepped into contacting a few builders/developers where it looks like work is going to be carried out damaging such nests these have including seagulls, house sparrows and blue tits over this month. All nests are protected whilst being built or active, they cannot be removed until the end of the season around the end of August.

We have also had one or two well-meaning calls reporting Larsen traps being set illegally. Upon checking these have been set correctly, they can often look slightly odd. A Larsen trap generally involves a live bait bird in one section which attracts other corvid species (i.e. magpie/crow). That bait bird must have food, water, perch and shelter at all times to meet its welfare needs. Corvid species do need controlling; magpies can be real devils. They will pick the backs of sheep and even eyeballs out of lambs, they will also take eggs from other bird species. We would always rather check these traps are being used correctly if people have concerns.

# J M Harris EST. 1996

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## HERITAGE CRIME UPDATE

Norfolk and Suffolk Heritage crime officers have been collaboratively working on a large case, involving four Norfolk males illegally metal detecting on the Roman scheduled site at Baylham in Suffolk. The weight of evidence gathered has led to all the males pleading guilty. This, along with a lot of behind the scenes forensic and phone work, has led to a vast amount of intelligence being gathered around the organised nature of this sort of crime commonly referred to as 'nighthawking'. Two men, involved in another incident, were also charged for going equipped for illegally detecting in North Norfolk. If you have any information relating to individuals or places where nighthawking is occurring, please contact PC Holmes by emailing [Christopher.holmes2@norfolk.police.uk](mailto:Christopher.holmes2@norfolk.police.uk)

## NEW MARINE AND COASTAL WILDLIFE CODE

May saw the launch of the new Marine and Coastal Wildlife Code which goes hand in hand with our OP Seabird national project to protect our coastal wildlife. This really useful webpage has collated a huge amount of information and links, in an easy to read format: <https://www.gov.uk/government/publications/marine-and-coastal-wildlife-code/marine-and-coastal-wildlife-code-advice-for-visitors>

Sadly, over the May holiday weekend, we were made aware of a few individuals who continue to cause issues particularly at Snettisham. We are incredibly lucky to have a tiny little bird called Ringed Plover who nest along our coastline. These birds are in significant decline and under real threat. They nest on the ground and their eggs look like small pebbles (to naturally prevent predation) which makes them incredibly vulnerable to humans and dogs destroying them. For this reason, the RSPB (and other organisations/estates) cordon off small areas to allow them to rear their young in safety.

Disappointingly it was reported that someone had cut the ropes and pulled poles out around these nesting areas. This is criminal behaviour, in regards to the damage, but the persons responsible also run the risk of committing wildlife offences of damaging and destroying wild birds nests. These cordons are in place to try to prevent people committing offences. They are in place for a short period of time and in the grand scheme of our coastline, cover a very small area. Please respect them. They will be obvious and are all signposted as to why they are in place.

Dogs should also be kept on leads and prevented from going into these areas. You are responsible for your dogs' action. If your dog destroys a nest, you are criminally responsible.

Lauren, Mark & Sam Skinner



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## WHAT HAPPENED IN THE COUNTRYSIDE IN JUNE

Livestock farms were very busy this month with several having the added pressures of agricultural shows including the Royal Norfolk Show. They spent days preening and washing the stock ahead of showing them in the ring over the two-day spectacle. It takes months of training, cleaning and trimming to get them looking as good as they do. Winning a the show can carry significant importance as they can add value to the stock.

Many of the sheep flocks in the fields started to look a little more naked as shearing got under way. Shearing is a costly business these days, the value of wool is very poor and it doesn't even cover the cost of shearing. The shearing has to be done for welfare reasons once a year. It is no longer a profitable by-product these days. It used to be an incredibly profitable industry during the industrial revolution and before the importation of cotton, but those days are long gone.

Some farmers are now in fact breeding sheep which naturally shed their wool, similar to moulting dogs and this is becoming a sought-after breed characteristic. This shows how agriculture can evolve in changing times.

Farms were also dosing wormers and fly repellents to sheep and cattle to protect them from two of the biggest threats over summer. Whilst there are industry concerns around the use of wormers (in particular with some worms becoming resistant to the wormers used) so many now only do this when necessary, rather than routinely. The use of wormers is generally seen as necessary as we don't have enough land to rotate around, to allow stock to be on constantly clean ground. These worms, like in humans and other animals, can cause serious illness and death if left untreated.

The fields continued to change colour, most of the oilseed rape turned green with their yellow flowers being replaced with the green seed pods which will eventually turn brown/black as they become ready for harvest. The fields of winter barley became in ear and started to turn a wispy green as the ears swelled and grew This was then followed by the winter wheat coming into ear ahead of harvest maybe towards the end of the month or early July.

The countryside remains in full song with many of our native and visiting birds present. Many of our native species have already had their first clutch of chicks. The likes of tits, blackbirds and corvid species will now be looking to have a second clutch.

In June the meadows, roadsides, and woodlands were bursting with life with flowers popping up everywhere and bees busy pollinating and collecting. June was a really great month to get out and about even if it did get a little too hot and dry and many plants turned brown unfortunately.

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## Embracing Our Beautiful Village Bodies: Let's Celebrate Self-Acceptance with a Pilates Twist!

Hello, lovely villagers! Today, we're diving into a topic that is close to our hearts: body positivity and self-acceptance. In our little village, we believe that Every Body is unique and beautiful in its own way. So, let's throw away those beauty standards, embrace our fabulous selves, and discover how Pilates can assist us on our self-care journey!

In this bustling village, we're all about self-care and self-love. We know that taking care of our bodies and minds is essential. That's why we've added a special touch to our self-care routine: Pilates! Picture this: villagers stretching gracefully like swans, strengthening their cores like mighty oak trees, and finding balance like tightrope walkers. Pilates has become our secret ingredient for feeling fabulous!

Pilates, with its gentle yet effective exercises, helps us build strength, flexibility, and body awareness. It's like a dance of movement and mindfulness combined. As we flow through the Pilates routines, we connect with our bodies, honouring their abilities and embracing their unique shapes and sizes.

You see, Pilates isn't just about sculpting our bodies; it's about cultivating a positive relationship with them. We learn to appreciate the strength in our muscles, the power in our breath, and the resilience in our joints. It's a celebration of what our bodies can do, rather than focusing solely on how they appear.

In our village, we challenge those narrow-minded beauty standards while flowing through our Pilates practice. As we roll like happy hedgehogs or extend our limbs like graceful swans, we see the beauty in our movements and the joy that radiates from within. Pilates becomes a delightful tool that helps us embrace our uniqueness and nurture our self-acceptance.

So, my dear villagers, let's stand tall and proud, celebrating our bodies with the help of Pilates. Let's fill our village with laughter,

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love, and acceptance, one Pilates move at a time. Together, we can create a body-positive haven where every villager radiates confidence and self-acceptance, all while enjoying the wonders of Pilates.

Remember, it's not just about how we look; it's about how we feel. And in our vibrant village, we feel fantastic, thanks to Pilates! So, go forth, stretch and strengthen, enjoy that mind-body connection, and remember that in our village, we're all beautifully unique.

Stay fabulous, villagers, and keep spreading the love, one Pilates session at a time!

Helen



## COUNCIL TAX DISCOUNTS

*Following the positive feedback and successes that some readers have had from last month's article on broadband social tariffs I thought I would follow it up with this one on Council Tax reduction.*

Many people are eligible for a council tax discount or reduction of between 25% and 100%, saving £100s each year. Those living alone or only with children, people on a low income, students, those with a carer or a specific medical diagnosis, and even people with empty properties are among those who could cut their bill.

Reasons why you might qualify for a lower council tax bill can be divided into three broad categories: those based on the types of people who live in your home; those based on being on a lower income or receiving certain benefits; and those based on the type of property you live in.

**Discounts based on who you live with.** In brief, the amount of council tax you pay depends on the number of 'qualifying adults':

- **TWO or more qualifying adults in a household** – means that **no** discount applies, and the full council tax is due.
- **ONE qualifying adult in a household** – means that a single person discount applies, equivalent to 25% off the council tax bill.
- **NO qualifying adults in a household** – results in either a discount of 50% or a 100% exemption, depending on exactly who lives in the property. Though note that having no qualifying adults is not the same as when a property is unoccupied.

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The main types of Qualifying adults are:

- Students
- SMI adults – those diagnosed with a 'severe mental impairment'
- Live-in carers

### Who is 'disregarded' for council tax?

1. **Children.** You are not considered for council tax purposes until you turn 18.
2. **Full-time students.** To count as a full-time student your course must last at least a year and involve at least 21 study hours a week. Full-time student nurses can normally claim this discount too (and some councils also let part-time student nurses apply as well). Certain apprenticeship schemes also count, as does getting funding from the Education and Skills Funding Agency (if you're under 25) and registered foreign language assistants.
3. **Adults considered to be 'severely mentally impaired' (SMI).** This could include those who have Alzheimer's, Parkinson's, profound learning difficulties, multiple sclerosis or who have had a severe stroke. To qualify, you'll need to be both medically certified as having an SMI, **and** be receiving at least one of a number of benefits.
4. **Live-in carers.** Live-in carers are disregarded if they look after someone with a disability who isn't their partner, spouse or child under 18, for an average of at least 35 hours a week – looking after a mother, father, brother, sister, niece, nephew, friend, uncle or aunt DOES count. The person cared for must be getting one of the following benefits:
  - Attendance allowance.
  - Middle or higher rate of the care component of disability living allowance.
  - Standard or enhanced rate of the daily living component of personal independence payment
  - An increase in constant attendance allowance.
  - An increase in disablement pension. As a live-in carer you do NOT need to be receiving carer's allowance to qualify for this council tax discount. More than one person in a household can qualify as a live-in carer, so long as each fits the qualifying criteria above.

Where you don't fall into any of the categories above, you will be classified as a qualifying adult for council tax purposes. Yet if you are the only qualifying adult in the household, you will be eligible for a single person discount, which is a 25% discount off your bill.

If you are eligible for a discount, you'll need to apply to the council to get it.

You might also qualify for money off your council tax bill based on your household income. Unlike the discounts mentioned above, each council operates its own reduction scheme – meaning the size of any reduction and



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the qualifying criteria vary by local authority.

If you are eligible for a reduction, you'll need to apply to get it.

### **You're on a low income and/or benefits**

If you're on a low income or claim benefits, such as universal credit, your household may qualify for a council tax reduction – which can be as much as 100%. It doesn't matter if you own your own home or rent, or whether you're employed or not. Yet what you get depends on:

- Where you live
- Your circumstances (e.g. income, number of children, benefits, residency)
- Your income, including savings, pensions and your partner's income
- If any children or other adults live with you.

When working out your income, councils in England can partly or fully disregard things like child maintenance, fostering payments and charity contributions – see the council's website for its full list. Disregarded income should include any payments you get in relation historic child sexual abuse.

### **You're receiving pension credit**

If you or your partner get the 'guaranteed' part of pension credit, your household could be eligible for a full reduction on your council tax of up to 100%.

If you get the 'savings' part of pension credit, then you might also be eligible for a reduction, though this won't be a full reduction – how much you'll get will depend on how much you have in savings. And if you live with any adults who aren't dependent on you, then the reduction might also be less.

### **Properties adapted for a disabled person – drop a band**

If your home has been adapted for a disabled person, and you can demonstrate this, you'll drop a council tax band. Where your property is already in band A (the lowest council tax band) and you qualify for this discount, your council tax bill will be reduced by 17% instead.

The types of adaptations could include:

- An extra bathroom or kitchen for a disabled person to use.
- A room that's 'predominantly' used by a disabled person. For example, this could be a downstairs room in a two-storey house that has been turned into an accessible bedroom. Or a room that has been adapted specifically for a disabled person to use.
- The creation of sufficient floor space to make the home accessible for someone who uses a wheelchair.

### **For unoccupied properties undergoing MAJOR work to make them liveable**

You may be able to claim a council tax exemption of up to 100% for up to 12 months.

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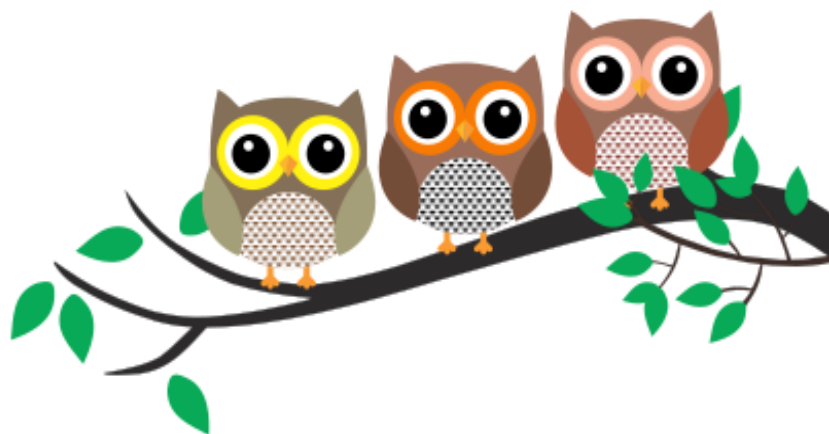
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## WORD SEARCH

Submitted by Mrs J. Clements.

This month our word search is on **WORDS BEGINNING WITH C**. Find the words from the list. They run vertically, horizontally, diagonally, backwards and forwards but always in a straight line.

***There is ONE extra name on the list that is not found within the grid.***

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

CAB STAND  
 CABARETS  
 CABBAGES  
 CABINETS  
 CABLEWAYS  
 CACHETED  
 CACHEXIC  
 CALLIPER  
 CAMBERED  
 CARBON  
 CARPET  
 CATS  
 CELLARED  
 CHARMFUL  
 CHARMING  
 CHIDE  
 CHRONIC  
 CLOSURE  
 COMMANDS  
 COMPOSES  
 CONTORTS  
 COURTESY  
 COWARD  
 CREPITUS  
 CRESOTE  
 CRUCIFIX  
 CUCUMBER  
 CUDDLE

*The solution is on page 78*

## THE CHANGING FACE OF SHOPPING IN FELTWELL 3—1959-1967

In a copy of the St Mary and St Nicholas Parish Magazine from 1967 (price 6d), provided by Diane Crane comes this page of adverts.

*I am open to any corrections of what follows.*

|                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p style="font-size: 1.5em; font-weight: bold;">W. G. Hockley</p> <hr style="border-top: 1px dashed black;"/> <p>GROCER &amp; TOBACCONIST</p> <p>CONFECTIONER &amp; FRUITERER</p> <hr style="border-top: 1px dashed black;"/> <p style="text-align: center; font-weight: bold; font-size: 1.2em;">FELTWELL</p> | <p style="font-size: 1.5em; font-weight: bold;">J. T. ORANGE</p> <p style="text-align: center;">Newsagent and Stationer</p> <p>Prompt and Regular Delivery of<br/>Newspapers and Periodicals</p> <p style="text-align: center;">CIGARETTES, TOBACCO<br/>CONFECTIONERY AND<br/>FANCY GOODS</p> <p>Films developed and printed.<br/>Patent Medicines, Drugs, etc.</p> <p style="text-align: center;">BATTERIES CHARGED</p> <p style="text-align: center;">Feltwell - Norfolk</p> <p style="text-align: center;">Phone 253</p> |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

Leading Makes of Cycles and Radio supplied Cash or Terms  
by

B. S. VINCENT

ELM TREE - FELTWELL

Phone 214

HARDWARE, PAINTS, DISTEMPERS  
PINK PARAFFIN DELIVERY SERVICE  
PRAMS, PUSH-CHAIRS, CARRI-COTS

---

Are You Ex-Service?

The British Legion looks after ALL Ex-Service men and women in case of need.

When necessary, ask any member to obtain for you Forms S.C.4 and S.C.5.

When returned, your case will be considered in confidence by the Services Committee. Why not get Form B.7 now and

JOIN THE BRITISH LEGION?

**B.S. Vincent**, corner of Long Lane & Short Beck, now apartments. *This was a wonderful hardware shop and the first time I'd been asked if I wanted to buy nails by the pint or half-pint. I'd gone in looking for a packet of a dozen or so for a small job.*

**W.G. Hockley**, Long Lane, now a house.

**J.T. Orange**, top end of Hill Street near The Chequers, now a private dwelling.

**British Legion**, exactly where it is now, in Long Lane?





## FELTWELL BOWLS CLUB



We are now well into the outdoor season, the green is looking very good and bowling well all thanks to our Green keeper Colin ably assisted by Neil, John, Martin and Jo.

The Taster day went well and was well attended with about 6 to 8 turning up to give it a try, two are looking at joining.

We have managed to enrol 10 new members who are all enjoying it very much, some being included in the league competitions.

Our Quiz night is/was on 1st July. I will report on this in the next issue.

To date, 11<sup>th</sup> June, we have played 8 league matches consisting of 2 Friendlies, 3 in the Rosie Smith League and 3 in the Ashill league.

| DATE | LEAGUE   | OPPONENT               | VENUE | VENUE | POINTS |
|------|----------|------------------------|-------|-------|--------|
| 12/5 | Friendly | Southery               | Away  | Win   |        |
| 15/5 | R.S      | Hockwold               | Home  | Win   | 8 - 0  |
| 2/5  | R.S      | Swaffham               | Away  | Loss  | 2 - 6  |
| 23/5 | Ash      | Dereham St<br>Nicholas | Home  | Loss  | 2 - 6  |
| 30/5 | Ash      | Watton                 | Home  | Win   | 8 - 0  |
| 01/6 | Friendly | Hockwold               | Home  | Win   |        |
| 05/6 | R.S      | Weeting                | Home  | Loss  | 2 - 6  |
| 06/6 | Ash      | Cressinghall           | Away  | Win   | 2 - 6  |

Results are as follows:-

Rosie Smith 12 points, Shots 162 for 142 against  
Ashill 16 points, Shots 165 for 119 against

Considering we are using a number of new members we appear to be doing well. Max



This year's annual celebration of all things Norfolk, **Norfolk Day**, will be on Thursday July 27th.



# St Mary's Feltwell

Your Parish Church is open  
every day.



## CONTACTS

### Rector

Rev'd Joan Horan

01842 828034

[joanhoran123@btinternet.com](mailto:joanhoran123@btinternet.com)

The Rectory, Oak Street, Feltwell

### Curate

Rev'd Juanita Hawthorne

01366 728545

[revjuanita58@gmail.com](mailto:revjuanita58@gmail.com)

### Churchwarden

Chris Parker

01842 827152

[grimshoebeneficeoffice@gmail.com](mailto:grimshoebeneficeoffice@gmail.com)

### Benefice Administrator

Chris Parker

01842 827152

[grimshoebeneficeoffice@gmail.com](mailto:grimshoebeneficeoffice@gmail.com)

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

**Please contact Chris Parker 01842 827152**

[grimshoebeneficeoffice@gmail.com](mailto:grimshoebeneficeoffice@gmail.com)

**TO ARRANGE BAPTISM**

**Please contact Tammy Wright 07717 507665**

[grimshoebaptism@gmail.com](mailto:grimshoebaptism@gmail.com)



# **RSPB Lakenheath Fen**

## **A SUMMER OF NATURE AT LAKENHEATH FEN**

As we move into early Summer, we are enjoying watching wildlife such as bitterns and marsh harriers raise their young and dragonflies whizzing around. We are planning a summer filled with events which we hope will help our visitors to connect with all this wonderful wildlife easily and enjoyably.

Approaching fast is our Big Wild Sleepout- our annual night of camping on the reserve, this year on Saturday 29 July. As well as listening to the sounds of the reserve as night approaches and a new dawn begins, we host a range of activities the evening before and the day after. We'll have pond-dipping, bug-hunting, stargazing with Breckland Astronomical Society and one or two guided walks, looking specifically for night-time wildlife such as barn owls and bats. We'll also run a couple of moth traps on the reserve.

There's access to drinking water and toilet facilities (including an accessible/baby-changing cubicle) at all times, and the event is open to adults as well as families.



As well as our Big Wild Sleepout, we have monthly guided sessions on moth trap identification and pond-dipping, which are designed to introduce guests to the hidden worlds of nocturnal moths and underwater pond-life. At our moth events (which are held on the last Friday of each month), we'll empty a trap set on the reserve the night before, to count and admire what was caught inside.

At our pond-dipping sessions, our friendly volunteer guides will be on hand to show their guests the technique of pond dipping, as well



## Events at RSPB Lakenheath Fen

Places for all events need to be booked online- please visit [events.rspb.org.uk/lakenheathfen](https://events.rspb.org.uk/lakenheathfen) to read more and book tickets.

### **Guided Pond Dipping**

1 July, 5 August, 2 September (11am to 1pm).

Come along to see what beautiful and strange creatures live below the water at our nature reserve!

Adults £6 (RSPB members), £7 (non-RSPB members), Under 16's £3 (RSPB members), £4 (non-RSPB members).

### **Treasures of the Moth Trap**

Fridays 28 July, 25 August, 29 Sept, 27 Oct (all 10am to 11am).

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

Adults: £3 non-RSPB members, £2 for RSPB members. Children (under 16's) go free!

### **Big Wild Sleepout 2023**

Saturday 29 - Sunday 30 July (1pm-1pm)

Come and join us for a night camping under the stars. Reserve entry, breakfast, pitch fees and a range of activities including stargazing, a camp-fire, guided walks and pond-dipping are all included.

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

### **Race for Wildlife 2023**

Sunday 15 October (11am – 2pm)

Choose from either a 5k or 10k route through the most scenic parts of the reserve. Expect a friendly and supportive atmosphere, and every finisher gets a medal! This event is the perfect way to combine healthy exercise with helping your local wildlife.

Price: Adults £15, Under 16's £7.50.


as helping to identify what they catch using the nets. From a dark and seemingly calm pond, it's amazing to fill a tray with just a small amount of pond water and find that it is teeming with life, with hundreds of little creatures from dragonfly larvae, to diving beetles and (harmless) fish leeches! These little animals often look like nothing you've ever seen before, so it can be as if you are lifting a lid on a whole new world when you first come pond-dipping!

If you are confident to start exploring more independently (and you don't want to wait for these once-a-month events) you can turn up to the Visitor Centre on any day and hire a pond-dipping kit to use at our dipping platform. Bug-hunting kits are also available to hire to explore the hedgerows and grasslands to see what critters are living on the reserve. Kits are £2 to hire, for up to the whole day.

If you'd like to book on our Big Wild Sleepout or our monthly guided events, please visit <https://bit.ly/LakenheathFenEvents> or if you have any queries you can give us a call on 01842 863400, e-mail us at [lakenheath@rspb.org.uk](mailto:lakenheath@rspb.org.uk) or pop in and see us when you are next passing.


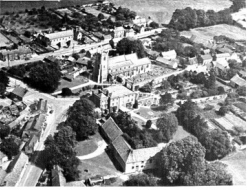
With best wishes for the month ahead,  
Heidi Jones (Visitor Experience Officer, RSPB Lakenheath Fen).

### AVAILABLE IN AUGUST



**FELTWELL**

VILLAGE

**TOUR**

### SUDOKU SOLUTION

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



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



|                           |                    |                 |                       |
|---------------------------|--------------------|-----------------|-----------------------|
| Sun 2 <sup>nd</sup> July  | Eucharist          | 9-15 am<br>11am | Feltwell<br>Hockwold  |
| Sun 9 <sup>th</sup> July  | Eucharist          | 9.15am<br>11am  | Hockwold<br>Northwold |
| Sun 16 <sup>th</sup> July | Eucharist          | 9.15am<br>11am  | Feltwell<br>Weeting   |
| Sun 23 <sup>rd</sup> July | Eucharist          | 9.15am<br>11am  | Hockwold<br>Northwold |
| Sun 30 <sup>th</sup> July | Benefice Eucharist | 10am            | Northwold             |

Every first Tuesday of the month there is a simple service of Holy Communion at Hockwold at 9.15am. On all other Tuesdays there will be Morning Prayer.

**Zoom Eucharist - Every Wednesday 10am**

Please email Chris Parker for invitation details:

[grimshoebeneficeoffice@gmail.com](mailto:grimshoebeneficeoffice@gmail.com)

**St Mary's is open every day from 9am - 6pm.**



**Coffee, Cake and Chat**  
from 9am every Weds morning.

Internet available and help to use it.

## CARNIVAL 2023—FLOAT WINNERS

1st prize.  
Bill & Ben and  
Little Weed by  
Feltwell in Bloom



2nd prize  
Rock 'n' Roll  
by the Cubs



Third prize  
School of Rock by  
Feltwell School



Well done to all of you.

*These images can be  
viewed in colour when  
this issue is uploaded  
onto the village website  
at the end of July.*

## **METHWOLD CHURCH SPIRITUALIST SERVICES**

Friday Meetings 2023, Doors open 7pm for 7.30 start.

Evening of Clairvoyance with

July 7<sup>th</sup> ANN VENN

July 21st SHELLY YOULL

### **AUGUST CLOSED**

**The 21 Room, St. George's Hall Complex,  
16 High Street, Methwold, Norfolk IP26 4NT.**

Entrance donation £3. Evening of Clairvoyance £5 (towards costs)  
(Ample parking at rear) For further information ring 01366 727160



### **TABLE TENNIS**

Feltwell Table Tennis club is now up and running every Tuesday from 1.45 at the Methodist Hall, Feltwell.

Come and have a coffee, great company and a bit of exercise from beginners up. £3 for two hours of fun.

### **SCHOOL TRIP LOGISTICAL SOLUTION**

|          |           |               |                       |
|----------|-----------|---------------|-----------------------|
| Clarence | Feltwell  | Mrs Leggat    | Norwich Castle Museum |
| Isabelle | Mundford  | Mrs Davies    | Castle Acre           |
| Shamus   | Northwold | Mr Hardcastle | Weeting Steam Rally   |
| Lottie   | Hockwold  | Miss Bloom    | Gressenhall Museum    |

### **SUBSCRIPTION INFORMATION**

If you would like future issues of this magazine delivered

**FREE** to your home in Feltwell please contact our Distribution Manager Ian Webb on 828167.

March-March -£5 (12 issues, 2 free).

All subscriptions below 11 copies are pro rata.



## SPOT THE DIFFERENCE NO. 41

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.



**Lodge Road.** How things have changed.



## WORD TRAIL No. 30—SOLUTION

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

## FROM LAST MONTH - CORONATION PICNIC LOGISTICAL SOLUTION

*Whoops! Many apologies for printing the solution to May's logistical in the June issue. Here is the correct solution.*

|         |       |         |                 |         |
|---------|-------|---------|-----------------|---------|
| Ian     | Taxi  | Italy   | Wizz            | 1:15pm  |
| Ryan    | Coach | Croatia | British Airways | 12:30pm |
| Belinda | Train | Poland  | EasyJet         | 1pm     |
| Laura   | Car   | Spain   | Ryanair         | 1:30pm  |

# Breckland Branch



Cats Protection is a national charity, and here's some figures for you. We have 207 Branches, 31 Centres and 106 shops across England, Wales, Scotland and Northern Ireland.

In 2022 we helped 144,000 cats and kittens, which is about 400 a day! We neutered 132,00 cats to keep them happy and healthy and prevent unwanted litters of kittens. We found homes for 30,000 cats and helped 900 cats stay with their loving owners. 2,000 cats were reunited with their families and we microchipped 43,000 owned cats and cats that we rehomed to help them find their way home. We handled 143,000 enquiries from the public, providing expert advice on a range of cat topics. 900 cat welfare talks were delivered to schools and community groups spreading the word about good cat care. 9,200 volunteers gave their dedication, skills and time to help cats across the UK. Families fleeing domestic abuse were helped by our Paws Protection cat fostering scheme.

Our fantastic Cat Champions have trekked the three peaks, run the London Marathon, canoed the Zambezi river and jumped out of planes all in aid of cats and kittens. They've also taken part in our Craft for Cats craftalongs and hosted online gaming streams as Pawsome Players, as well as visited our charity shops, supported our appeals and donated to our cause in so many wonderful ways.

Thank you, on behalf of the cats, for everything you helped make possible in 2022.

Paws Protect is a free and confidential fostering service for people experiencing domestic abuse so they can rest assured that their cat will be taken care of until they can be safely reunited. The service is available in London, Herts, Beds, Berks, Bucks, Essex, Kent, Surrey, Sussex, Yorkshire and East Anglia.

To get in touch with the local Paws Protect branch call 0300 021 0283 or email [pawsprotecteastanglia@cats.org.uk](mailto:pawsprotecteastanglia@cats.org.uk). Calls are handled by our experienced female team. They will take details about your cat and arrange safe collection.

For help or advice, or if you need assistance with the cost of neutering, please call us on 01842 810018.



# WORKSHOP CREATIONS

& Household Services

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**Bathroom installation / Upgrade - Kitchen installation**  
**Rustic Furniture & Shelving - Property Maintenance**  
**and so much more.....**

Please see our facebook page or  
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or just for inspiration.

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**07958 626947**  
**07985 299841**



**workshop\_creations\_8**

**workshopcreationsbrandon@gmail.com**

A Meeting was held on Monday the 12<sup>th</sup> of JUNE 2022 in the British Legion, Long Lane. Ten Councillors attended, 9 members of the public and RAF Commander Geary.

Vandalised bin at the playing field is irreparable and therefore a new one will need to be purchased. Racist graffiti which occurred on the skate park over the weekend of 6<sup>th</sup>/7<sup>th</sup> May had been removed, names of vandals have been given to the Police who are investigating this matter.

Clerk to meet electrician on site at the playing field to determine whether the vandalised meter door needs replacing or the whole unit.

A meeting will be arranged with Highways to look at improving safety measures at the Hill Street junction with St Mary's Street/The Beck.

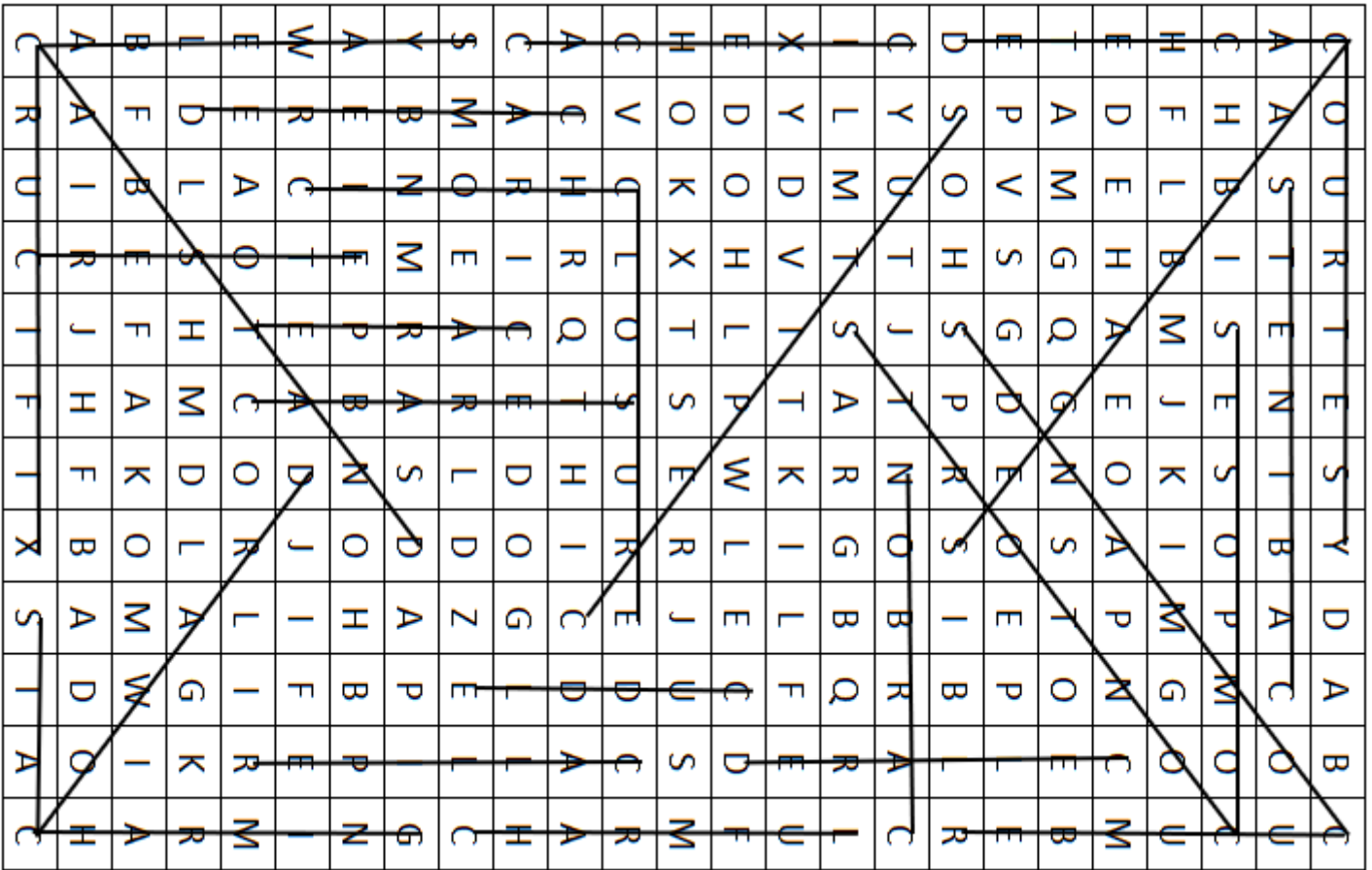
It was agreed that a public meeting should be held in conjunction with Methwold Parish Council if planning applications 22/00860/FM and 22/00866/FM were re-submitted to the Parish Council, involving Highways and the Planning Officer. Mr Storey urged parishioners to keep up to date with the progress of the applications via the Borough Council's website [www.west-norfolk.gov.uk/info/20077/planning\\_applications/111/view\\_and\\_track\\_planning\\_applications](http://www.west-norfolk.gov.uk/info/20077/planning_applications/111/view_and_track_planning_applications) or the Parish Council's website [www.feltwellparishcouncil.norfolkparishes.gov.uk/planning](http://www.feltwellparishcouncil.norfolkparishes.gov.uk/planning)

Mr Storey spoke of his joy at the new QE Hospital being built in King's Lynn which will be finished by 2030. Following the elections, he will re-take his seat on the Borough Council's Planning Committee and said all election information is available on the website.

Thank you to Mrs Danielle Lambert for making a superb job of painting the gold lettering on the memorial bench. Thanks also to Mr Stuart Samuels for his input with this and The Wellington for supplying the paint. Mr Andrew Lambert will

## Word Search Solution

Next month's Word Search will feature  
**Edible Seeds**



## SCARECROW COMPETITION 2023



Elvis by Chloe Ryman won second place.

Brian Hay by Anne Tappin came third

Well done to everyone who entered. It was not an easy decision choosing the winners.



re-install the bench and Mr Samuels will provide chemicals and clean the concrete base prior to this.

New defibrillator to be installed at R H Lindsays by S Walker Electrical.

Peckham's Construction will install a concrete pad for the new WW2 Memorial Bench to be situated near the WW1 bench.

Warren Energy Community Fund application was successful and £500 has been granted towards a new park bench for the playing field.

Mr Samuels thanked the Parish Council for use of the playing field for the Anglo-American Car Show which he helps to organise, and donated entrance monies of £1822.45 to the Parish Council, requesting they be ringfenced for the playing field and possibly spent on improving gate entrances.

Rangers are in the village in July, work requested includes cutting back greenery at Moat Side. Weed spraying has been carried out and Mr Storey confirmed weeds would only be sprayed once this year compared to 2/3 times in past years.

Internal Audit was approved for year ending 31/3/23 and will be displayed on the noticeboard and website for the exercise of public rights.

A resident, Michelle Morris, offered to look into setting up a Community Speed Watch Group and anyone interested in volunteering should contact Michelle via her email [dolmanster@googlemail.com](mailto:dolmanster@googlemail.com)

**Residents are encouraged to deposit any glass waste into the bottle bank on the playing field as the Parish Council can obtain recycling credits for every tonne collected.**

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

The next Parish Council meeting will take place at the British Legion on Monday 10<sup>th</sup> July 2023 at **the later time of 7.30 pm**, all are welcome.



# *The Fish Piper*

*43 High Street, Feltwell*

*01842 828878*

***Your Local, Traditional, Fish & Chip Shop***

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

## **Opening Times**

**CLOSED - Sun, Mon & Tues**

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

**Friday & Saturday:**

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

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

**Advance orders welcome**

***Gluten Free Chips, Sausages,  
chicken breast,  
Peas & curry sauce***

