

FELTWELL PARISH MAGAZINE

YOUR CONNECTION TO YOUR COMMUNITY

January 2024

*Happy
New Year*

How many owls can you find inside?



Inside this issue:

**School—Reverse Advent
Calendar for Food Pantry
Farmyard Mutterings
The Feltwell Lamp
Beekeeping, Scams,
Good Health, FiB, Curios 3.
Plus all our usual puzzles**



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
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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
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Feltwell Women's Institute	Claire Scarff	827555
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Feltwell Youth Football Club	Andy Kennedy	828914
Feltwell & Thetford District Mencap	Mrs T. Sismey	827292
Feltwell Brownies	Lisa Allbut-Kentish	07710 688857
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Feltwell Primary School	Mrs J. Lillycrop	828334
Feltwell Golf Club	Joanne Bates	827644
Feltwell In Bloom	Rita Page	07785345614
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Curate of St Mary's	Juanita Hawthorne	01336 728545
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Feltwell Men's Breakfast Club	Paul Garland	827029
Feltwell Methodists	Mike Wilkinson	07712 578721
Feltwell Museum	Graham Simons	828387
Parish Clerk, Jo Martin. Email: feltwellparishclerk@gmail.com .		828383
Parish Council website: https://feltwellparishcouncil.norfolkparishes.gov.uk		
Feltwell's History Website can be found at http://www.feltwell.net		

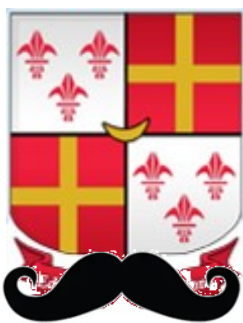
Deadline for the next issue is 14th January 2024

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),
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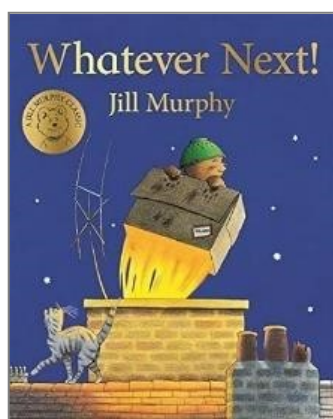


FROM THE CLASSROOM

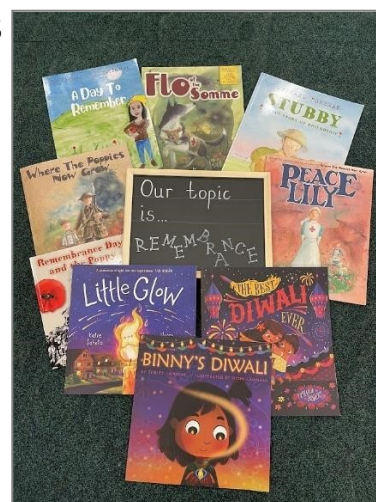
Woodpecker Class

We love reading and sharing books in our class. Here are some books we have shared this half-term for our topic – **Remembrance and Celebrations.**

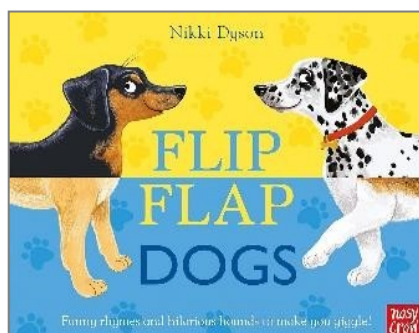
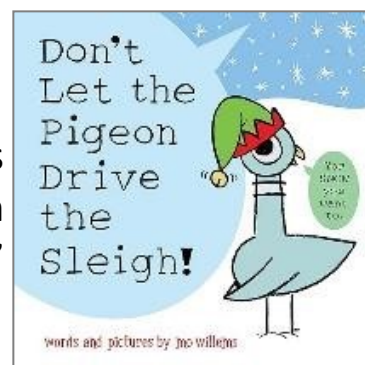
We would like to share some of our favourite books with you...



D. I like this book because Baby Bear goes in a rocket to the moon.

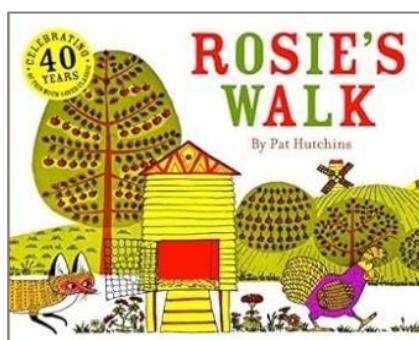
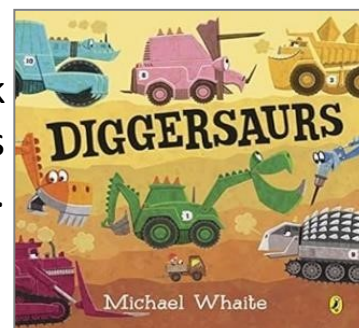


L. I like the ending of this book because the pigeon says "How do you drive the sleigh?"



W. I like to turn the flaps in this book.

T. I like this book because of the noises the diggers make.



S. I like this book because the bees try to catch the fox.

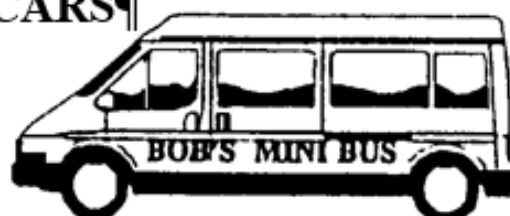
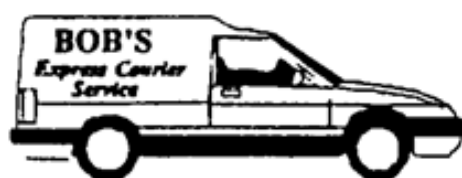
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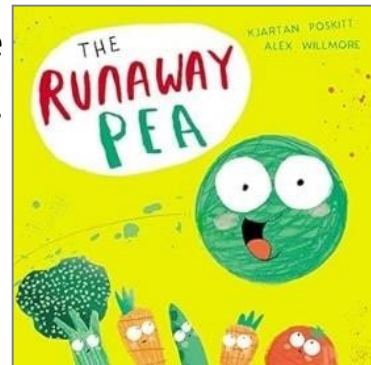
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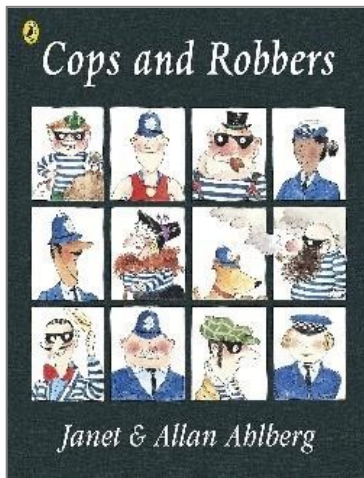
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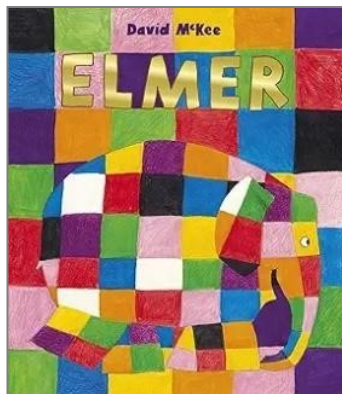
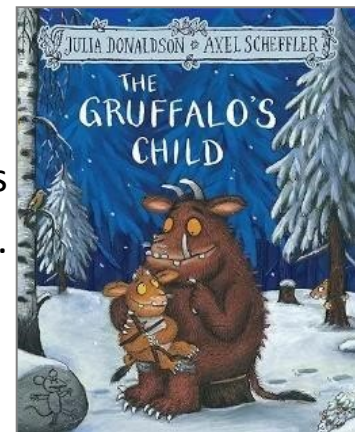
A. I like this book because
it rhymes.



I like the characters in this
book.

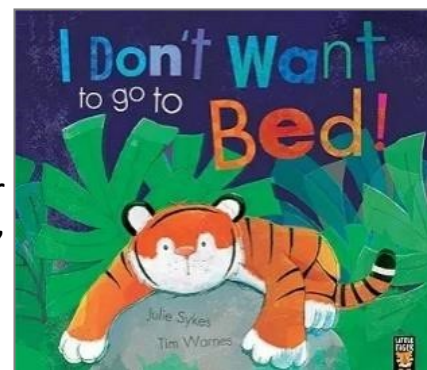


I like the rhymes in this
book.



F. I like Elmer because he is
all different colours.

D. I like this story because the baby tiger
says "I don't want to go to bed!"



**THE FESTIVE SPIRIT FILLS EDMUND DE
MOUNDEFORD PRIMARY SCHOOL**

The school of 175 children which sits at the centre of the village of Feltwell decided to support the local community through a reverse advent calendar with an opportunity for the school community to bring in a range of items. The donated items would then support 'The Food Pantry' which is a volunteer lead foodbank based at the church in the village allowing local families to purchase produce at a reduced rate as well as preparing free food-parcels for families in need.

“Christmas should be a time of happiness and celebration but we’re aware that this isn’t the case for all, so as a school we wanted to help our local community. The event has been far bigger than we ever thought possible and I’m very proud to be part of this thoughtful community,” said deputy head Mrs Michelle Ablitt.

The school council have been involved in collating the items for the last four weeks with each class being given different options ranging from pasta to toothpaste and Christmas selection boxes. A special assembly was held on the 15th December where members of the ‘The Food Pantry’ visited and explained more about their aim of supporting the local villages. The donations were then handed over, with many car trips needed for the hundreds of items collected.

“The team at The Food Pantry Feltwell were extremely excited when the local school contacted us in the hopes of doing a reverse advent calendar. What a fantastic idea! We are overjoyed and overwhelmed by the amount of items pupils and families have contributed. These items could potentially help support over 50 families over the Christmas period and beyond.” Explained Suzanne Cantrill from The Food Pantry.

There are a range of events planned for Edmund De Moundeford Primary School within the local community in 2024 including taking part in the annual carnival and class visits to local farms. More information about the school can be found at www.edmunddemoundeford.co.uk.



Photographer:
Mrs G Carter –
from left- Mrs
D Gibbons,
teaching
assistant and
volunteers of
The Food
Pantry with
the school
council

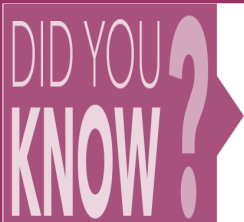


MUTTERINGS FROM THE FARMYARD

This article was held over from the December issue owing to lack of space.

As we approach the end of 2023 everything (except sugar beet) is harvested and most of the wheat for next year is in the ground and growing away. Unusually for us all our onions have been delivered to the packing station in Cambridgeshire and have now been sold through our various supermarket customers. We have been a member of G's Growers Ltd since it's formation as a cooperative nearly 40 years ago. As a group of growers we are able to provide the year long supply of onions that the customers need. The marketing team assess the quality and size of all the crops available to them and decide when is the best time to market each member's produce. The fact that ours were sold in September and October has certainly helped our cashflow.

Recently I have had friends, who are interested in countryside matters, ask me what crop is growing and flowering in the fields in November. The answer is that the fields of white, yellow and even purple flowers are mixtures of brassicas and legumes that are planted as Cover Crops as specified in the new Government support schemes. The aim is to have as much of the land as possible with growing plants for the greatest possible part of the year. These cover crops will soak up nutrients from the soil and thus stop them from being leached by the rain into the groundwater. They also provide a valuable service with their roots improving the structure of the soil and in the event of heavy rainfall should prevent soil being washed from the fields onto roads and into rivers. Any means of slowing the passage of excess rainfall into water courses should help to reduce the risk of flooding in urban areas.



A person's feet has about 500,000 sweat glands and can produce about a pint of sweat a day.



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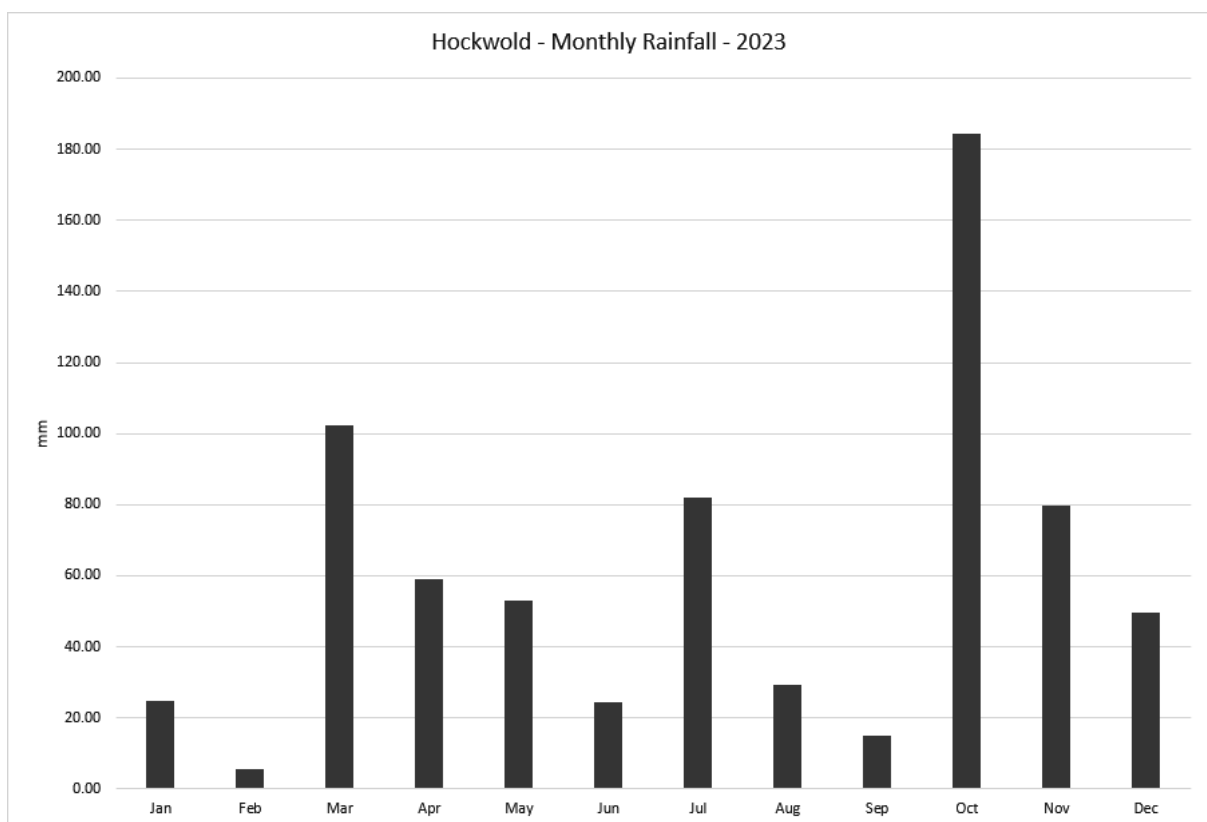


Pinterest

The vines have grown very actively over the autumn months. It is apparent that some of the varieties are more vigorous than others and we were careful to choose rootstocks for the grafted vines that we planted that were able to cope with the very alkaline soil in this area. High pH tends to restrict the availability of many micronutrients to growing plants and we have had to combat this by using foliar feeds sprayed onto the leaves.

Figures recently released suggest that up to 2 million vines have been planted this year in the UK. Obviously this will start to have an impact on the amount of English wine available for sale. To get this into perspective however it is worth considering that in a good year England can produce about 15 million bottles of wine while Champagne sells about 300 million bottles and Prosecco some 500 million!

Rainfall data from the farm this year show that 2023 has had the driest Feb (5.5mm) and wettest March (102mm) and October (184mm) since 2000. This comes after 2022, the 6th driest year of our records back to 1965.



Rainfall data is up to early December.



Happy New Year everyone. As the New Year begins, gardeners, like myself and many others, are already planning what will, and will not, be planted into their gardens this year. We review mentally, or grab the photos of plants we grew, to decide what was successful or not. This is always reliant on the weather we might have had during the previous year. With this in mind we are also aware of how global warming is affecting some of our choices of plants. My front garden is based on an old fashioned cottage garden. It can run a little wild at times but the foundation plants are in and thriving. Amongst those, for a longer and brighter flowering season, I will add annuals. My back garden is normally pots planted with colourful annuals as well as the odd group of tomatoes, cucumbers, carrots and this year I thought I would grow some French Beans also.

Around the village, however, there are many different gardeners who have different ideas. I have been lucky to visit someone who has a 'Japanese style' garden where a koi pond is central to this. Others I have seen have bananas and palms growing in their gardens. Whatever style you choose, there is no doubt that gardening is very therapeutic – even if you are cursing the weeds as you pull them up! It would be lovely to share our efforts with others who share a genuine interest. So as we plan, can you ask yourself as to whether you would be willing to share your garden with others – plant or vegetable based. I know that it is early to be asking – so I will ask again later in the year. But FiB would really like to do an Open Gardens day this year. Please keep it in mind.

Feltwell in Bloom members are also planning for next year. We hope to extend the wilding area as one of our projects and hopefully, to include more tubs around the village. If you have any ideas which we might be able to use, please contact us on the following platforms:-

Facebook - *#Feltwell in Bloom* Email – fib@yahoo.com
Or phone Rita on 07785345614

We are open to new ideas and new members. You do not have to have a great knowledge of gardening to join us. Come along and have fun and find new friendships during the year. I will let you know when our next meeting is soon.

BEEKEEPING

I bought my first hive of bees in June 1973 from Dougie Yates of Brookville. I then bought two more hives from the widow of an old beekeeper, Bronko Howlett. He kept his in a small orchard belonging to a farmer. I continued keeping them in the same place for a few years.

I added hives by collecting swarms and after 50 years I still have bees, but not so many. I should give them up but I can't. I have given up chasing swarms, however, but then, six years ago, a swarm found me. They arrived in the garden and to this day that is where they remain safe in a hive.

In the early days of my interest in beekeeping it was much better! Less spraying of chemicals took place and there was no Varroa¹. Also, we now have the threat of Asian Hornets which feed on bees and wasps.

I showed honey each year at the Royal Norfolk Show, one year winning a trophy. About 10 years ago I got badly stung and spent two days in hospital. In the New Year I look forward to checking the bees to see how well they have wintered. I look for eggs and the Brood—check to see if the queen is okay—and to watch the worker bees returning with pollen. If all is okay then this is good.

Mr Hockley, who had a shop in the village and who kept bees way back, told me that in the 1940-50s many people kept bees, when sugar was rationed, honey being a suitable alternative.

If any of you decide to keep bees then I recommend you go on a beekeeping course as I did.

Brian Leet


- 1 *Varroa destructor* is a parasitic mite of adult bees and brood. In the past hundred years or so it has become the most serious pest of Western honeybees, particularly for the European honey bee *Apis mellifera* which lacks natural defences to be able to deal with the mite. When populations overwhelm a colony, it leads to a disease called Varroosis and if left untreated an infested colony will usually die within 2-3 years.

Need to clear out after Christmas!
Have something you don't need
Book a Table for a fiver



Community Hall

Bell Street

The **Methodist** Church 



A GLIMPSE INTO THE PAST

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

.Lynn News & Advertiser, Friday, Nov. 4, 1966

400,000 acres bequeathed from 17th century

MEN and families have left behind them many varied memorials but few more lasting and substantial than that which recalls the efforts of earlier members of the Russell family (the Dukes of Bedford). They have bequeathed to England nearly 400,000 acres of some of its most fertile soil.

When John Russell became the fourth Earl of Bedford much of the land we today call the Fens was either submerged or so waterlogged as to be useless. He organised a drainage scheme of such brilliance that, he added between 300,000 and 400,000 acres of highly fertile land to England.

Little wonder that Christopher Trent, recording the family's history in 'The Russells' (Frederick Muller 36s.), says: "The draining of the Fens is the greatest contribution ever made to the reclamation of English land for farming.

The transformation of what came to be known as the Bedford Level from waste and bog into some of the richest agricultural land in the country is equally the greatest contribution made by a single family in this achievement."

INSPIRATION

For although the Earls (subsequently Dukes) of Bedford were not alone in this vast project, they not only made themselves responsible for a great deal of the work involved but inspired others to join them and made it possible for those who came after to complete the work.

It was the 4th and 5th Earls who were mainly responsible. They tackled what, at the beginning of the 17th century, was an ill-defined tract covering large part of Huntingdonshire, Cambridgeshire and parts of Northamptonshire, Lincolnshire and



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Norfolk, known then as the Great Level. Later it was to become Fenland, or 'the Fens.

On a map the level of the Fen land was shown as an extension of the Wash bounded by a coastline consisting of the higher ground in Norfolk, Suffolk, Cambridgeshire and Huntingdonshire.

It was known to Fenmen as an area of two distinct parts - the Silt and the Fen, or Peat. The surface of the Peat was little more than the alluvial deposits of the great rivers that ran through it. The Silt was a great salt marsh running far inland from the coast.

The Ouse and the Nene were shown on such maps as running into the sea. But their fall was so slight that the rivers had not scoured out channels for themselves and meandered into the Wash over 100 changing channels.

The rivers could not deal with the periods when a heavy flow of water to the sea met an unusually high tide. Then several feet of water covered all the Fens.

The State and, in particular James I, were concerned, and schemes were mooted for improving the land and reclaiming some of it on a smaller scale than the Russells finally carried out.

The king called into conference Cornelius Vermuyden, the Dutch engineer. But the king died, and it was his son, Charles, who carried on the preparations. Vermuyden was approached but prejudice against a foreigner made a contract with him impossible. At the same time it was made, plain that not everyone regarded the reclamation scheme as a good idea. People who lived in the Fens feared for their livelihood from fowling, fishing and reed gathering.

VICTIMS

Their fears were well-founded. Many of them were the innocent victims of the scheme which was eventually carried out.

Finally, the Commissioner's responsible for the Fens, meeting at Lynn, came to an arrangement with the Earl of Bedford that he would (for a consideration of land, of course) carry out a drainage scheme in the southern Fens - the Bedford level.

The Earl, despite the opposition, engaged the Dutch engineer and



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the work began. The Bedford River from Earith to Denver was the major part of a complicated scheme of new cuts. The Earl poured out £100,000 towards the cost and the work was complete by 1637.

“Now the adventurers sat back to enjoy the results”, the author bluntly announces.

The scheme proved inadequate and the 5th Earl took over the task. The first scheme had provided thousands of acres of land from summer flooding. Among other things, the new scheme would free it from flooding all the year round.

A major part of the second scheme was the construction of the New Bedford River and the linking of the old Nene with the outfall of the Ouse by a cut known as Vermuyden’s Drain.

The scheme was successful, but the Fens were yet to have their revenge. For as the water was drained from the land, so it shrank. The land level fell ever lower – below the level of the rivers in which it was to drain. The use of powerful pumps to lift the water into the rivers became a more and more important feature of the permanent reclamation.

It is a fascinating story which has had a happy outcome for Britain. It is the greatest, but not the only contribution the Russells have made to Britain. Rarely has a family so consistently provided generation after generation of wise and far-sighted men who enriched their

age.



This ariel photograph shows Weasenham Farms out on the Fen. The old river courses can clearly be seen and help us understand why flooding was so common and why the Fens needed to be drained before they could be effectively and economically farmed.



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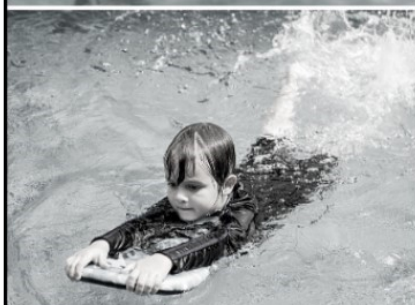
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Your Good Health

by Dr Ian Nisbet

As I write this article, almost exactly a year since Deannie's death, the world around me is coming alive with Christmas lights and all the associated decorations, Children are excited and cannot wait for Father Christmas to come and I really have to "get a grip" on my emotions, stop being tearful and try to re-join the real world. Thank God for family, friends, old patients and Rotary, they have all been so supportive.

My new choir has come on well and our second concert last week was well received. The next big performance will be on December 16th, a big Saturday afternoon concert with copious audience involvement. I am pleased to say that many of my family and friends will be joining us and some of the grandchildren will be taking part. I have invited all of them and some friends to the house after the concert and thirty of us shall enjoy lots of cakes shepherds'pie, lasagne and all

the trimmings, wonderful desserts, etc., until late in the evening. This will be the first big social event in the house this year and, although she will be sorely missed, I know Deannie would have been happy to see the house full again.

Nothing else spectacular to report. I managed to lift all my dahlias, geraniums and begonias before severe frosts last week trashed the remainder of the garden and it has now rained almost non-stop ever since so not much incentive to get out there.

Fed up being cold at night, I ordered myself an electric overblanket and, when it arrived, I put it on the bed. I went to bed at about 11.45pm and turned it on. It was just warming up really well when one of our power cuts started at midnight and went on until about 6am! On our new estate, we have many power cuts. They are not ordinary power cuts, they are not even M&S power cuts, they are very



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long power cuts, unexplained and requiring a team from Shoeburyness or somewhere equally distant, to come and fix it. Our estate What's App goes ballistic. "How will I charge my car?" cry all the modernistas who, unlike me, do not rely on diesel (one tankful = 700 miles). As only half the estate seems to "go off" each time, the night is punctuated by people moving their car to a neighbour's house for charging and the airwaves are full of offers of help. People report the fault and obtain reports as to the fixing process and report it to our Whats App group. What do I do? Well, I take all my eight battery electric lanterns from my study and fire them up. Then, as I have gas but no electricity, I can boil a pan of water, using a match to ignite the gas and then I have a cup of hot chocolate. A Marmite sandwich can be made without electricity and I have plenty of lantern light to read my book, so all is well until the juice returns. Quite why we have all these powercuts on a new estate remains a mystery!

Many of you will remember that marvellous comedy film, *Airplane*, which starred Leslie Nielsen, and Lloyd Bridges amongst others. As a family, we watched it time and again, enjoying its surreal humour,

rapid slapstick comedy, visual and verbal puns, gags, running jokes and dark humour. The pilot's name is Roger so the copilot is for ever saying "Roger Roger" and so on. The response to "Surely you can do so and so" always elicits the response "Stop calling me Shirley" Not very funny out of context, I agree, but hilarious in the film.

I came across an article by one Catherine Burton, a retired airline pilot, entitled

"WHY DO PILOTS SAY ROGER? WHAT DOES ROGER MEAN IN AVIATION?" She explains that

Roger, very specifically means "Your message has been received and understood"

Wilco means "Your message has been received and understood and I will comply"

Affirm means "Yes" but it is clearer over the radio. **Negative** means "No"

Over means "I have finished speaking and I expect a reply"

Out means "I have finished speaking and do NOT expect a reply"

Roger Wilco Over and Out means "I am not a pilot"

I wish all of you a very Happy and Healthy New Year

Ian Nisbet

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

Sudoku Puzzle

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

Answer on page 76



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, please leave in the Food Pantry area in St. Mary's.

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 – 1:00PM

Saturday 12:30PM – 2:30PM

For more details visit our Facebook Page or call 07454 259280

Scam Alert – Fake parcel delivery emails and text messages

As Christmas and the new year approach we are again warning residents to be aware for fake parcel delivery emails and text messages.

Previous examples have included ones claiming to be from Royal Mail, EVRI, DPD, UPS and the Post Office.

They are sent by criminals who have created fake website to look like the genuine ones, with the same branding, layout, and font choices. These are used to gather personal and financial information or take payments.

If you receive one of these messages **do not** click on any links or open attachments.

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 from residents in the Breckland and South Norfolk areas.

During the call, the call recipient is told their bank cards have been cloned and money is being taken from their accounts. The caller then uses this to attempt gather personal and financial information which can then be used to commit further frauds.

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, quoting 'Operation Radium'.

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

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

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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 sign.

Scam Alert – Fake 'Royal Mail' websites selling stamps

We are warning residents about fake Royal Mail websites claiming to be offering postage stamps at discounted prices.

The websites are being advertised on social media sites with posts often claiming to be part of a limited time 'clearance sale' selling large amounts of postage stamps at heavily discounted prices.

Recent versions have offered 80 2nd Class postage stamps for around £30.

Anyone following the link to the website is then encouraged to order larger amounts with additional offers made including 'buy 4 get 20% off' and 'free shipping' on multiple purchases.

In some cases these websites are used to collect personal and financial information, in others consumers who have made purchases have received stamps which, when used, have turned out to be counterfeits.

When looking at social media posts making claims of offers and sales remember:

- Is the offer too good to be true? Often this is a sign that it could be scam
- When was the social media account created? Scam sites will often be recently made

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- Is it the genuine URL associated with the brand? The official Royal Mail website is **royalmail.com**
- Look at the payment options. If they only take bank transfer treat it with real caution as it offers you no or little protection
- Are you being rushed to make a purchasing decision? Scammers will look to push you into a transaction before you've had time to think. Always stop and take five if you're being pressured

Scam Alert – Telephone cold calls offering to stop telephone cold calls

We are warning Norfolk residents to be aware of telephone cold calls stating they can help stop telephone cold calls after receiving reports from residents recently.

We are aware that there are a number of companies who cold call claiming to be able to offer this 'service' with some charging one-off fees and others charging ongoing monthly fees.

It is extremely unlikely that any 'service' of this type can legitimately claim to be able to stop cold calls, so any money paid is unlikely to achieve any benefit.

We advise **never** to buy items or agree to ongoing services when approached by a telephone cold call.

If you have responded to one of these cold calls which you now believe may not have been genuine or the company is taking an ongoing monthly payment and you need further advice, contact our partners the Citizens Advice consumer helpline on **freephone 0808 223 1133**.

Scam Alert – Text messages offering loans

We are warning residents to be wary of unexpected text messages claiming to be offering loans.

Scammers often try and target people when looking to take out loans or may contact you unexpectedly offering money at very low interest rates.

But before giving the loan, they'll ask for an upfront payment as a deposit, administrative fee, or insurance. They might claim it's because of issues like a bad credit history.

They'll often put pressure for the fee to be paid quickly via a bank transfer, or they may ask for vouchers to be used, for example from Google Play, Amazon or One4all. Scammers have even started asking for payments to be made via crypto exchanges.

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, 14:00-18:30

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

☎ 01842 829738 or 01842 828481

You can order your medication or ask any queries regarding your medication online via our website:

www.feltwellsurgery.co.uk or by using the NHS App. We have a dedicated telephone number in place for our housebound patients to order their medication, which is open Monday to Friday between **10.00-12.00** and **14.00-16.00**.

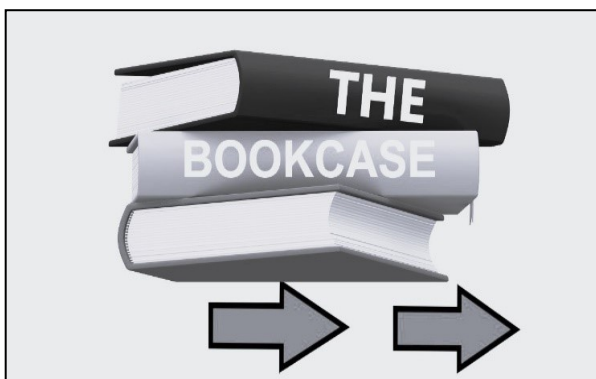
Having a party?

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



"THE BOOKCASE"

*Located in the Methodist
Chapel entrance hall is
NOW OPEN*

Just one plea.....

**.....the reason the
bookcase was closed was that the books had become
disorganised and in a mess. PLEASE, when you use The
Bookcase, replace the books in the order in which they
appear on the shelves.....in alphabetical order of the
author. Thank you.**

Some scammers will claim that the fees are refundable but no matter what amounts are paid no loan will ever be given.

[The Financial Conduct Authority offer more advice on protecting yourself from financial scams on their website.](#)

Suspicious or scam text messages can be reported by forwarding the message to 7726. More information on this free reporting service and how to forward messages from your device is available on the [Ofcom website](#).

Safety Alert – Fake branded chocolate bars

We are highlighting a warning from the Food Standards Agency (FSA) about food safety risks from fake branded chocolate.

The FSA warn that fake branded chocolate bars may be unsafe to eat as there is a possibility that they are being made or repackaged by unregistered businesses or by criminals who will not be following hygiene, labelling and traceability laws.

Last year, fake Wonka Bars were removed from sale after having been found to contain allergens which weren't listed on the label, posing a major health risk to anyone who suffers from a food allergy or intolerance.

They are now warning about Prime branded chocolate bars which again are fake as there are no Prime branded foods.

If you see Prime or Wonka chocolate bars on sale please report it to our partners the Citizens Advice helpline on **freephone 0808 223 1133**.

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 (NCSC) by forwarding it to report@phishing.gov.uk.

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

You can report suspicious text messages received by forwarding them to 7726.

What is 7726? A free service for you to use to report suspicious texts or calls you might receive on your mobile.

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ART FOR PLEASURE

Most of us are retired so making art is a pleasant way to get out and meet people, especially during these winter months. Some of us have painted for many years, whilst others are taking up a hobby now they have retired, or had always wanted to paint but work got in the way. The overwhelming desire to produce “a work of art” is the magnet that draws us all together. However, we all produce such diverse work. A couple of the ladies paint adorable animals, some of the men concentrate on buildings and street scenes, whilst flowers and seascapes are popular with most of us. If the subjects are so diverse so are the mediums ranging from pencil drawings, pen and ink, pastels, to watercolour and acrylic. When the weather is wet and windy it is a pleasure to be in Weeting Village Hall painting and laughing with friends who help and encourage each other to achieve that “work of art”.

We are proud of the standard of work our group produces but as our name suggests we all meet to enjoy the pleasure of painting. So if you are interested in art we meet every Thursday morning 10.30am – 12.30pm at Weeting Village Hall. You will be made very welcome.

May we take this opportunity to wish you all a peaceful New Year.

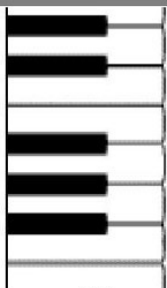


For more details phone Beryl Pountney
01842 828750

Every Thursday 10.30 am – 12.30pm.
£3 per session at Weeting Village
Hall.

Contact Beryl Pountney, Secretary,
for details on
01842 828750

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NEW YEAR'S RESOLUTION LOGISTICAL

This Logistical puzzle was designed by Chris at the Wellington. The solution is on p66

	Take Up Painting	Stop Smoking	Cycle More	Join The Gym	1 Week	3 Weeks	3 ½ Weeks	2 Months	£40	£173	£295	£595
Kevin												
Joe												
Martina												
Veronica												
£40												
£173												
£295												
£595												
1 Week												
3 Weeks												
3 ½ Weeks												
2 Months												

Match the person to their New Year's Resolution, the time they stuck to it and how much money they invested in it.

1. The person who kept it up 2 Months spent less than the person who gave up after 1 Week.
2. The Cyclist kept it up for longer than Joe but spent the least.
3. The Smoker gave up for longer than Veronica visited the Gym.
4. The Painter spent the most Money but kept it up the least time.
5. Kevin kept up his resolution for 3 Weeks.
6. The Gym ran a membership offer - 6 Months for £295



Answer me this: Do Headline Writers Read What They Write? Answer on page 69

KEEP IT UP KIDS

It's good to see poetry
Or should I call it rhyme
Written by school pupils
It reminds me of my time

So long ag, eighty years
When fourteen years of age
And just a month more at school
Then let out from that cake

The teachers then were very old
With the young ones gone to war
The ones we had were once retired
And all of them a bore

But then a lady teacher came
Which brightened up our day
When she started reading poetry
Then at school I liked t stay

Every poem that she read
We had to add another verse
But I found that so easy
And really quite perverse

This put mw on another road
And completely changed my life
And written verse for many years
Long before I found my wife

So school children keep it up
You may also find it fun
Like me you might love it
And a new life has begun

Harry Gill

IN THE SMALL HOURS

The first thing that springs to mind is darkness, and more often as not, that silence that is only broken by 'things that go bump in the night'. The 'small hours' are usually, for many of us, the time we know little about, as we slumber on through them with no conscious awareness of what is going on beyond our closed eyelids. They are a time for dreams that entertain, or nightmares that scare us into wakefulness throughout those early hours before dawn. They are a time that insomniacs dread as being the lonely hours they have to endure, whilst the rest of the world sleeps on. They are a time when problems linger, to keep you awake and deprive you of those few precious hours of relief from the daily grind.

But for some, the 'wee small hours of the morning' as Frank Sinatra reminded us were, and are time for reflection on what might have been, or even what could be, with the right approach. A romance that still awaits that special moment when a suitor's wish is fulfilled, or more mundanely, a time when approaching exams can be prepared for in that quiet, uninterrupted time between midnight and sunrise.

The literary authorities have no more informative suggestion than 'the hours between midnight and the rising of the sun', a theory not expanded upon by the scientific world. Although clocks and time-keepers across the world all state the passing of time in harmony, they only agree on the passing of the minutes and seconds that record each hour as it passes. We all know that as the world spins, its path is divided into time zones that accommodate the needs of individual areas as to the identification of day and night, and the passage of the twenty-four hours that make up each day.

As we pass through our own 'wee small hours' between our midnight and the rising of our sun and another daybreak, across the World, their 'wee small hours' are either ahead of us, or yet to come for them. The 'wee-small-hours' in our time zone are unique and cannot be shared across the world, which makes them a few moments in time that are personal to us, and us alone. What we

experience in those few dark, quiet hours are for us to enjoy or endure whatever that experience may be. They can be tense times that keep you awake, waiting for that call that means so much, or simply those few hours that give you peace from your worries.

Wee small hours? It's how you look at it, I suppose, and whatever the reason for your wakefulness, each of those hours is still sixty minutes long. It is neither longer or shorter than those that preceded it, or those that will follow, so why do we call those few hours between midnight and dawn, the small hours?

There is no logical definition other than that, so maybe it's all down to Frank Sinatra and his mournful lament for that call from his lover, and we have adopted his interpretation of what it means to enter that 'limbo' zone, when everything hinges on something that will see us through till dawn, when we can put it all behind us, and face another day.

Frederick James

The cogitation you've just read came from a thought I voiced to Fred a few weeks before Christmas. I had heard the phrase, "the wee small hours" and, as is the way my mind works, suddenly thought, "What is their opposite?" So, I asked Fred.

According to the World Wide Cobweb they really do have an opposite—"the peak hours," which refers to the busiest or most crowded hours, usually between 9 a.m. and 5 p.m. It implies that these hours are essential or noticeable, often filled with activity and noise.

In response to Fred's piece in the December issue in which he mentioned '*going the extra mile*,' Colin Clement sent me this amusing photo of the back of a lorry





The Curse of Truss is broken! Our speaker for our December meeting, Robert Enderby, was waiting for me when I arrived at the Wellington and, boy, was I mightily relieved.

This was Robert's second appearance before us and, after a quick resume of his first talk which covered his training and first few years in uniform, Robert moved on to tell us about his next 15 years of service in the Metropolitan Police. In part three, next September, he will tell us about his time in the CID.

For context Robert listed some of the major events in which the Met was involved and which all, in some way, impacted upon his duties as a serving police officer, many he attended.

1989—Robert joins the police cadets.

1989, August—Marchioness disaster, 51 people died.

1990, January—Robert "hit the streets of London."

1990, March—Poll Tax riots. *"Anarchy in Trafalgar Square."*

As a uniformed officer each day is never the same as another, anything can literally happen. *"One day I was driving along the service road behind some shops when a box came flying over the wall into the arms of a bloke who then jogged on down the street. His mate had just stolen some videos games from Woolworths. The chance of him running into the arms of a policeman are slim but there I was."*

1990s—Lots of IRA activity in London.

1991—IRA mortar attack on Downing Street.

1992—Baltic Exchange car bomb, 3 people killed.

1993—Truck bomb in Bishopsgate.

1993—Stephen Lawrence murder. *"A blight on how the police*



"I had been driving for forty years when I fell asleep at the wheel and had an accident.

Genuine statement from an insurance form.



investigated matters." The Public Enquiry in 1998 recommended the abolition of the double jeopardy rule in the case of murder if new compelling evidence comes forward. Two of the original suspects were eventually convicted in January 2012.

1996—Large bomb explosion in Docklands. *"Nothing is more eerie than standing on a police cordon. It's completely silent apart from the sound of alarms going off, all the glass is shattered in the office block and there's just the ripple sound of blinds being blown in the breeze."*

Robert became a trained public order officer having attended a course in Hounslow. *"It looked like a film set, fake buildings etc,"* He was taught tactics on how to clear buildings, how to do cordons, clear streets etc. And all whilst being pelted with petrol bombs and wooden bricks! Refresher courses every six months. Kept him busy.

1996—Euro '96.

In 1997 Robert moved to Forest Gate, Stratford, Canning Town.

He became a Response Driver and Carrier Driver taking groups of officers to public order events. He became a Street Duty Instructor inducting new officers.

1997, September—Princess Diana's funeral.

1999—London nail bombings and the murder of Jill Dando. Barry George found guilty, acquitted after 8 years in jail.

2000—Millennium celebrations and death of Damilola Taylor and the failed Millennium Dome raid on the De Beers exhibition.

2001—Robert was assigned to the public intelligence unit following 9/11 which led to heightened tensions between various London communities. This involved monitoring internet chatter and endeavouring to work out how to keep London as safe as possible in the face of these tensions.

2002—took an unpaid ten month trip around the world.

2005—After 15 years of uniformed shift work Robert joined a financial investigation unit dealing with cash seizures, mainly from drug dealers and the confiscation of assets earned from crime.



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2008—seconded to the Home Office helping to set up their Financial Investigation Unit for the UK Border Agency. The largest cash seizure in his time there was £3 million from an investigation into a bogus college based in a house. *“The bed was propped up on suitcases full of cash!”*

2011—William and Kate’s wedding. Mark Duggan shot by police sparking the London riots in August.

2012—Olympic Games.

2013—Death of Lee Rigby.

2014—Robert rejoined the Met in the Central Specialist Crime Unit predominately dealing with financial investigation.

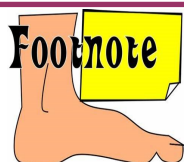
Many questions were taken and our appreciation shown in the usual fashion, then breakfast was served.

Finding 12 speakers a year is not an easy task, so, if any reader feels that they are willing and able to give a talk 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. You will get a free breakfast as payment and my sincere thanks.

The Men’s Breakfast Club usually meets on the 1st 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.

Our next meeting will be on the **6th January** when our speaker will be Brian Shorrocks, one of our members. Brian will tell us about his exploits singing barbershop.



The patient has no previous history of suicides
Apparently from an actual entry on a patient’s hospital record.

"Fit as a Fiddle or Flop: A Village Chronicle of Health through the Ages"

Greetings, villagers! Prepare your chuckle muscles because we're about to take a hilarious journey through the twists and turns of fitness and health over the centuries. From the humble cobblestone streets of yore to the virtual treadmills of today, we've seen it all!

Ye Olde Century of Yawns (18th-19th centuries): In the days of yore, our forefathers were as fit as a well-fed ox—mostly because they were well-fed oxen themselves. The industrial revolution hit, and suddenly everyone was trading ploughs for pencils, and physical activity went the way of the corset – tight and uncomfortable.

Bustles and Bustling About (Early 20th Century): Enter the 20th century, a time when folks realized that sitting around like a soggy sack of turnips wasn't doing wonders for the waistline. Organised sports became the rage, and people started jumping and running about like headless chickens in a coop, only with more coordination.

Aerobics Anthems and Jazzercise Jives (1970s-1980s): Fast forward to the disco era, where spandex was practically the village uniform, and leg warmers were worn even in the summer. Aerobics became the workout du jour, and suddenly everyone was sweating to the rhythm of "Stayin' Alive" like a bunch of rhythmically challenged dancing queens.

Weightlifting Wisdom and Muscles on Parade: Then came the era of Schwarzenegger, where muscles were bigger than the village gossip. Suddenly, every bloke was flexing more than the blacksmith's hammer, and even Granny was caught sneaking a peek at the bodybuilding magazines. Who knew lifting iron could be so trendy?

Tech Takes a Stroll (21st Century): Nowadays, it's all about tracking your steps, heart rate, and whatever else your gadgets can measure. We went from chasing chickens in the yard to chasing virtual avatars on a screen. The only thing getting a proper workout is our poor thumbs from all that texting and tweeting.

From Fit to Fluffy and Back Again: In our quest for wellness, we've seen fad diets come and go faster than the milkman's cart down High Street. One minute it's all about quinoa, the next it's kale smoothies, and before you know it, we're back to enjoying a good old-fashioned meat pie.

Wellness in the Age of Social Distancing: And then came the pandemic, and suddenly, the only marathon anyone was running was to the fridge and back. But fear not, dear villagers, for we've adapted! Home workouts and Zoom Pilates classes have become the new village square gatherings.

So, there you have it, a whirlwind tour through the ever-changing landscape of fitness and health. From corsets to Fitbits, our quest for well-being has been as unpredictable as the weather on a summer's day. So, let's raise a tankard of elderberry wine to our village's health, happiness, and the occasional sheepish grin that comes from realising we've been chasing fitness trends since the days of knights in shining armour!

Happy New Year

Helen

Life fitness Re-Engineering



01842
828481

FELTWELL SURGERY OPENING

8.00am - 6.30pm Mon-Fri only

Extended Hours for Appointments Only

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

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

In a genuine emergency you should call 999 and ask for an ambulance.

Chest pains and / or shortness of breath constitute as an emergency.

01842
828481



Our Christmas Appeal

Thank you to everyone who helped support our appeal for Christmas decorations. Your gifts helped make Christmas an enjoyable occasion for our families with children.

This winter we have a variety of outdoor wear available for those in need of a warm coat or hat.

All we ask is a small donation in return.

Feltwell Food Pantry—Supporting our community

FELTWEELBEINGS

On your own? New to the village?

Want to meet other people?

Then come and join us.

Thursday 10am -12.noon at Methodist Church Community Hall in Bell Street.

CHAT, Gentle Exercises, Play Table Tennis, Snooker, Board Games, Cards, Dominoes and loads more. We do Countdown, Bingo and more. We also have a Bring & Buy table.

We are also a listening ear and can help with form filling and other information.

Open to all over age 18 —whatever your ability.



Come and see the warm welcome you will get in our Warm Space.

Oh, and we do refreshments.

TOTALLY ACCESSIBLE PREMISES

West Norfolk Aviation Society November 2023

www.westnorfolkaviationsociety.org.uk



The Chair, Chris H, called the meeting to order at 19-40hrs and welcomed 16 crew-members; not bad for an AGM; quality being preferential to quantity it was suggested, especially when the Lionesses were performing on the same night. Apologies for absence were accepted from Secretary Mark B, so, the minutes taken were scant.

The chairman commended John B the Speaker Seeker's stalwart efforts in procuring presenters with such well-developed oratorical skills. To this end he received a tumultuous applause and was promised a bouquet of brussel sprouts; to be presented on a future occasion.

For readers who are interested in the liquidity of the society, Commander/Treasurer David A presented a very healthy and detailed balance sheet which can be viewed on our website. He informed the crew that it had been necessary to transfer the account to Nationwide because the dismissed holders, Barclays, were incapable of meeting our needs.

Highly valued ex-Membership Secretary, Roger A, has been forced to resign with the feeble excuse that he would need to travel from the Thames estuary to get to our venue. To replace him is going to be an almost impossible task. Anybody is invited to apply for the position as long as they can reproduce Roger's qualities: charming, intelligent, innovative, dedicated and exploitative - recruiting new speakers from new and old members.

Then there was a quiz: skilfully choreographed by our very own, youngest member, IT and website technician, Steve C. The room was divided into four teams of unequal players and allocated the names: Avro, Concorde, Phantom and English Electric. The questions Steve asked sometimes had a cryptic flavour (c.f. phantom and opera or Olivia and de Havilland). The setup was supported by a highly sophisticated display system. Each team had its own designated score sheet. The questions asked were related to the names of each aeroplane. If the correct answer to the aeroplane question matched the team name then the score could be doubled. The team with the most players won – we think.

Then, something that should never have happened: a member deserving more recognition than anybody else: Raffer extraordinaire, modest John H, responsible for the treasurer's figures in black, was omitted from the credits until the very last moment. Our sincerest apologies to you, Sir, especially when we learned that you have offered to drive us to an aviation event in one of your classic buses!

Lastly, another presentation: Val and Len, guardians of the Mundford Bowls Club, our dedicated hosts throughout the year, were given seasonal fare and a bouquet which was, necessarily, far more imposing than brussel sprouts.



Let me start this report by wishing all our readers a very Happy New Year with every hope for a better one.

The indoor is playing well with very little improvement but it still very enjoyable.

Our Green keeper (a diamond) is still, when he can, carrying on with the maintenance of the green which is looking great.

The Coffee morning held on 18th November went very well with around 35 attending. There was plenty of coffee and a real spread of cakes and mince pie's. A nice profit was made to go toward the purchase of a new mower.

Our AGM held on 24th November was well attended with about 75% of the membership there. It was held the conference room in the RBL.

We now have a President, Colin Holman, a well deserved appointment (the first after a 10+ wait.)

All the Officers and Committee have agreed to remain in office for a further year.

The Chairman is Martin Blackman (another diamond) who has done a first class job in raising success and profile, and making it a much happier club.

We have also appointed 4 new committee members giving us a Men's Vice Captain, a Ladies Captain, a Ladies Vice Captain and one additional general committee member.

Several topics were raised to be discussed in committee.

The Christmas party was cancelled due to lack of support.

Coming Events

Saturday 6th January 2024 Quiz Night see separate advert.

Saturday 10th February 2024 coffee morning commencing 10 to 10:30.



HARE COURSING UPDATE

The wet weather has potentially acted as a natural crime prevention method recently as it makes it difficult for the vehicles these criminals use to get on the fields. We do continue to see a few reports particularly in the west where the soil does drain a bit quicker and also an area which has lots of unmanaged tracks.

As always, any reports of hare coursing in action should be reported on 999 immediately. Any information that can be passed slow time can be emailed into us

DIESEL AND HEATING OIL THEFTS

Whilst the mild autumn has helped keep heating oil prices perhaps lower than some expected, the drop in temperatures we have seen in the last few week could drive some criminals to start thinking about stealing this valuable commodity. Please carefully consider the security around your heating oil tanks.

Top tips:

- Hide the location of the tank (consider plants/shrubs which could help disguise tank)
- Fit your oil tank with a padlock or lockable filler cap
- Secure the oil tank within a cage
- Install lockable gates
- Fit an electronic gauge, which can activate an alarm when the oil level drops

- Fit security lights near to the oil tank location
- Consider the use of PIR (infrared beam) alarms close to tank area
- Fit CCTV cameras

All of the above tips should also be considered for those storing diesel on business sites, we continue to suffer from a rising number of diesel thefts from farms and businesses. As a matter of urgency, in these cases please review your security setups.

We are also appealing to anyone with information to come forward, it is likely due to the amount of diesel being stolen in these incidents that a large vehicle is involved with some sort of tank that will stand out when moving around at night.

BIRD FLU AND BLUE TONGUE DISEASE IN LIVESTOCK

Some of you may have seen in the news in recent weeks the return (never really left) of Bird Flu mainly in commercial flocks in Scotland so far, we are yet to see an outbreak this season in Norfolk.

Anyone keeping poultry should by now be well aware of steps they can take to prevent their flock from becoming infected. It is essential that any captive birds are kept away from wild birds to prevent the spread especially as migratory birds move down from the north to East Anglia.

The risk to humans from bird flu remains incredibly low but good bio security and steps to prevent the spread should be taken.

Sadly, to add to the worry of many livestock farmers this winter is



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 or post it through my letterbox.

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

Phone: 01366 383989

the return of the bluetongue virus. It is a viral disease which is NOT contagious, there is no public health risk associated with bluetongue. It cannot be directly transmitted from animal to animal neither. It is spread by midges; they have to have ingested blood from an infected animal and go onto bite another animal to infect them. This disease had not been seen in the UK since 2007 until this year, it has an extremely high mortality rate in sheep and to a lesser extent in cattle.

One thing we can be thankful of given the time of year the amount of biting midges are incredibly low and the recent cold snap should really help suppress the disease. So far, the initial detection came in a single cow in Kent and APHA immediately setup a 10km Control Zone and enhanced surveillance/testing which announced this week 4 more positive tests in cattle within that zone. One of the problems with the disease circulating in cattle is it can remain active in the blood for several weeks, however APHA have announced there is no evidence the disease is currently circulating in our midge population – of course the risk may increase in the Spring/Summer should the winds blow midges from infected countries in Europe. There are some vaccines available for bluetongue which became popular in the late 2000's but the problem is they only cover certain strains and there are many, this current strain BTV3 does not currently have a licenced vaccine.

Both bluetongue and bird flu are notifiable disease which mean if you suspect your animals are suffering or died unexpectedly from either disease you must immediately notify APHA on 03000 200 301 failure to do so is a criminal offence.



NEED TO TALK TO US?

PC Chris Shelley | christopher.shelley@norfolk.police.uk | 07900 407106

WHAT HAPPENED IN THE COUNTRYSIDE IN DECEMBER

December is often a time for the countryside to 'rest' with many of our native plants in a plain looking state, and there's a lack of colour although November did bring up some later colour than normal.

There were still several berries hanging on for some of our birds and smaller mammals (outside my window there is a bundle of crab apples which the rabbits are thoroughly enjoying). There are only three species that truly hibernate in the UK those being bats, hedgehogs and the dormouse. Many other species will slow down during winter months but not truly hibernate, including many of our reptiles and insects. It's worth noting if you see a hedgehog out during winter months, especially during the day, it probably isn't well. Don't initially intervene, monitor and call a specialist like the RSPCA for advice.

Many of our winter migratory birds are now well settled in, one of our largest visitors the Pink-Footed Geese spend a lot of time on harvested sugar beet fields where they eat off the disposed tops. They start their journey south in September from Iceland/Greenland to Scotland before making their way down south to the sugar beet fields. You will often see large flocks around the A47 in Yarmouth which was a great sight to see.

In our gardens we can help our native birds. The tits, robins, blackbirds, and thrushes will really appreciate a few fat balls, seeds and other winter feed to keep them going through the cold mornings. Also consider building an insect hotel to nurture the bug life through the winter months, these can be anything from huge complex structures to a few logs piled together in a corner.

Farming could be seen as taking a small break through December but nothing could be further from the truth - if we finally got some dry weather there was still the possibility of getting some late winter cereal crops in behind harvested sugar beet which was harvested and transported to the factories on a daily basis across the Eastern region. Sadly, some of our autumn planted cereal crops like the winter barley was



looking very 'poorly' in places with some significant discolouring, mainly caused by waterlogging and possibly also the flushing of nutrients in the soil due to the amount of rain we had.

The vegetables grown in the west of the county on the free draining black soils were busy being harvested for our Christmas dinners including sprouts, parsnips, leeks, and cauliflowers, although there were sadly some reports of these even being rotten through saturation. Winter months also provide an essential window for maintenance on anything from machinery and buildings to paths and ditches. The ditch network, which we all drive past daily, is not only essential to keeping the land healthy for cropping but also assists with removing run off water from our roads and 'concrete jungles' we have created over many years.

Livestock farms were as busy as ever. Autumn calving was well underway and most of our livestock would be housed in more pleasant drier conditions, which require a daily refresh of summer sun with a fresh bale of hay and straw baled up in the summer.

The Atmere Charity

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

It also helps for severe chronic illness in younger people.

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

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

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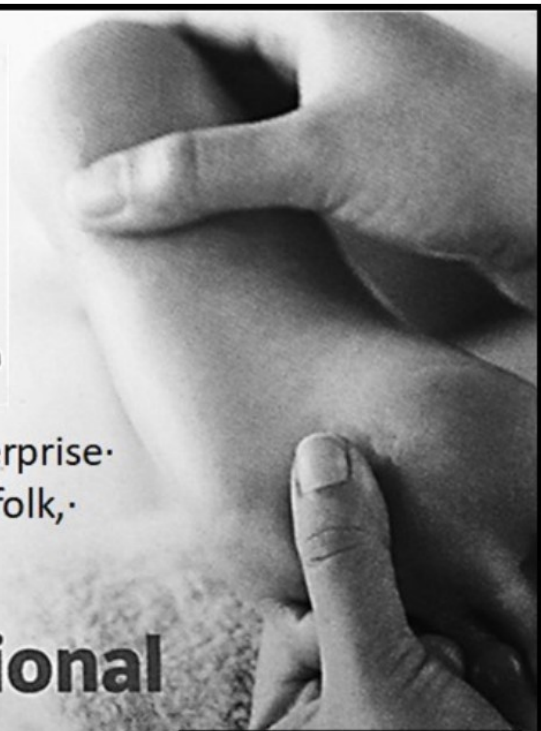
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▪

Foot Health Professional

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THE FELTWELL LAMP

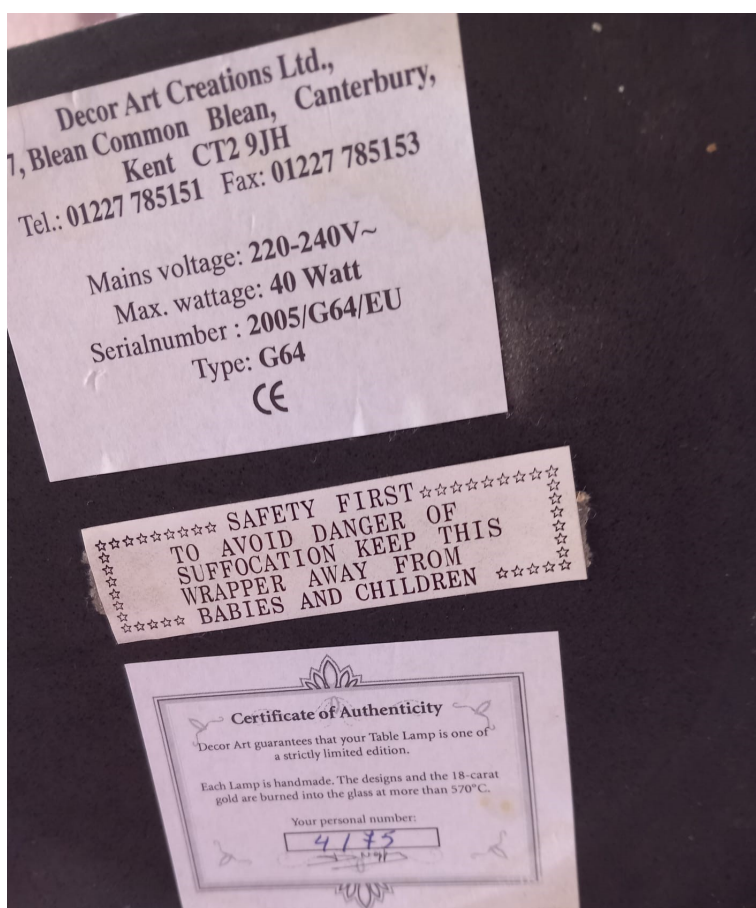


A chance conversation with a Feltwell resident a few months ago revealed the existence of a Feltwell lamp. Intrigued, I asked if they would send me photographs of the lamp and they willingly agreed. This is the lamp in question, it is quite lovely.

The shade is in the form of a three-sided pyramid with photographs of St Mary's Church, the Methodist Church and High Street etched onto the glass.

On the bottom of the lamp are these three stickers.

- 1 Décor Art Creations Ltd, 127, Blean Common, Blean, Caterbury, Kent, CT2 9JH. (This company appears to no longer exist)
- 2 A safety notice.
- 3 A Certificate of Authenticity showing that this particular lamp is number 4175.



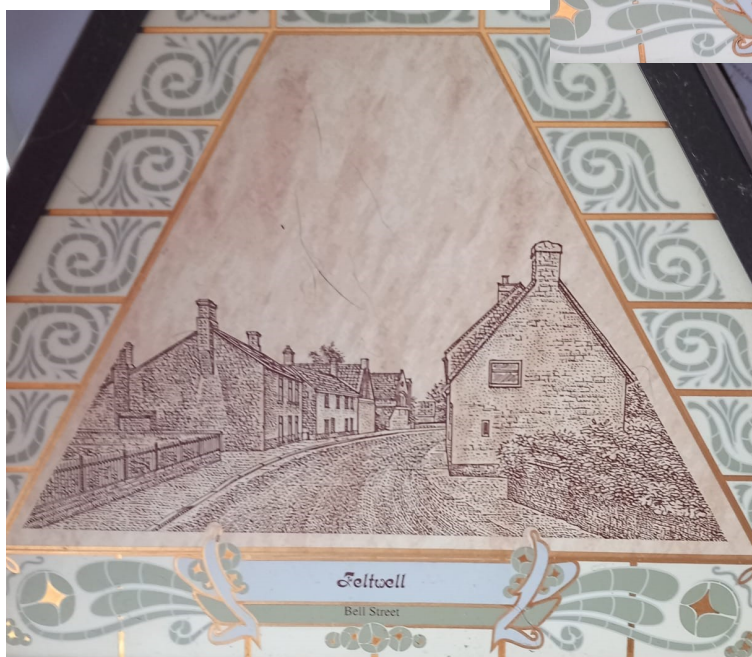
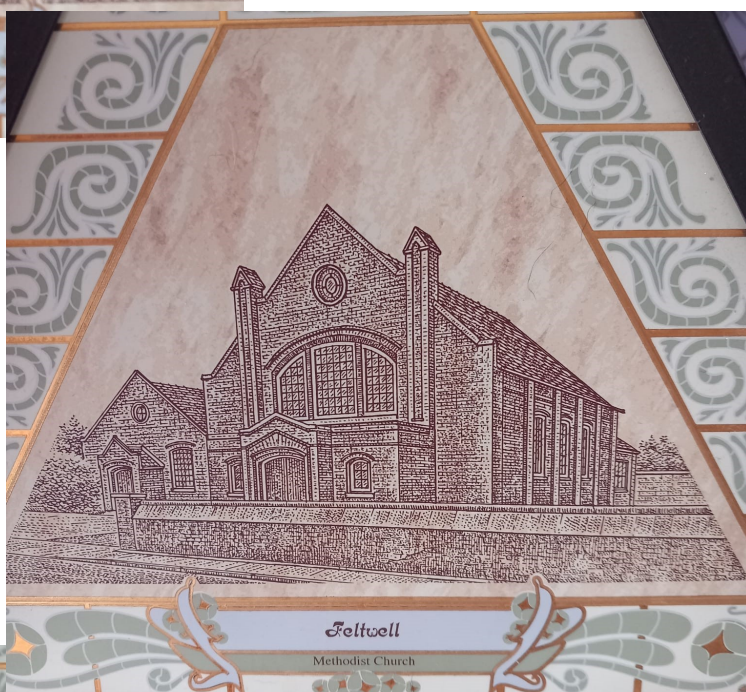


Top. St Mary's Church.

Middle. Methodist Church.

Bottom. High Street.

In addition, the owner also possesses an ashtray with the western view of St Mary's etched on the glass and a tea towel with a picture of St Mary's as viewed from the south-west. (See over)





If anyone has any additional information on any of these items such as who did the drawings, who organised the production of the items, were I can get one from, etc. please get in touch with me, Paul, at garland@btinternet.com or phone 827029.

Thank you.

SIR EDMUND DE MOUNDEFORD CHARITY

GRANTS AVAILABLE FOR POST 16 STUDY

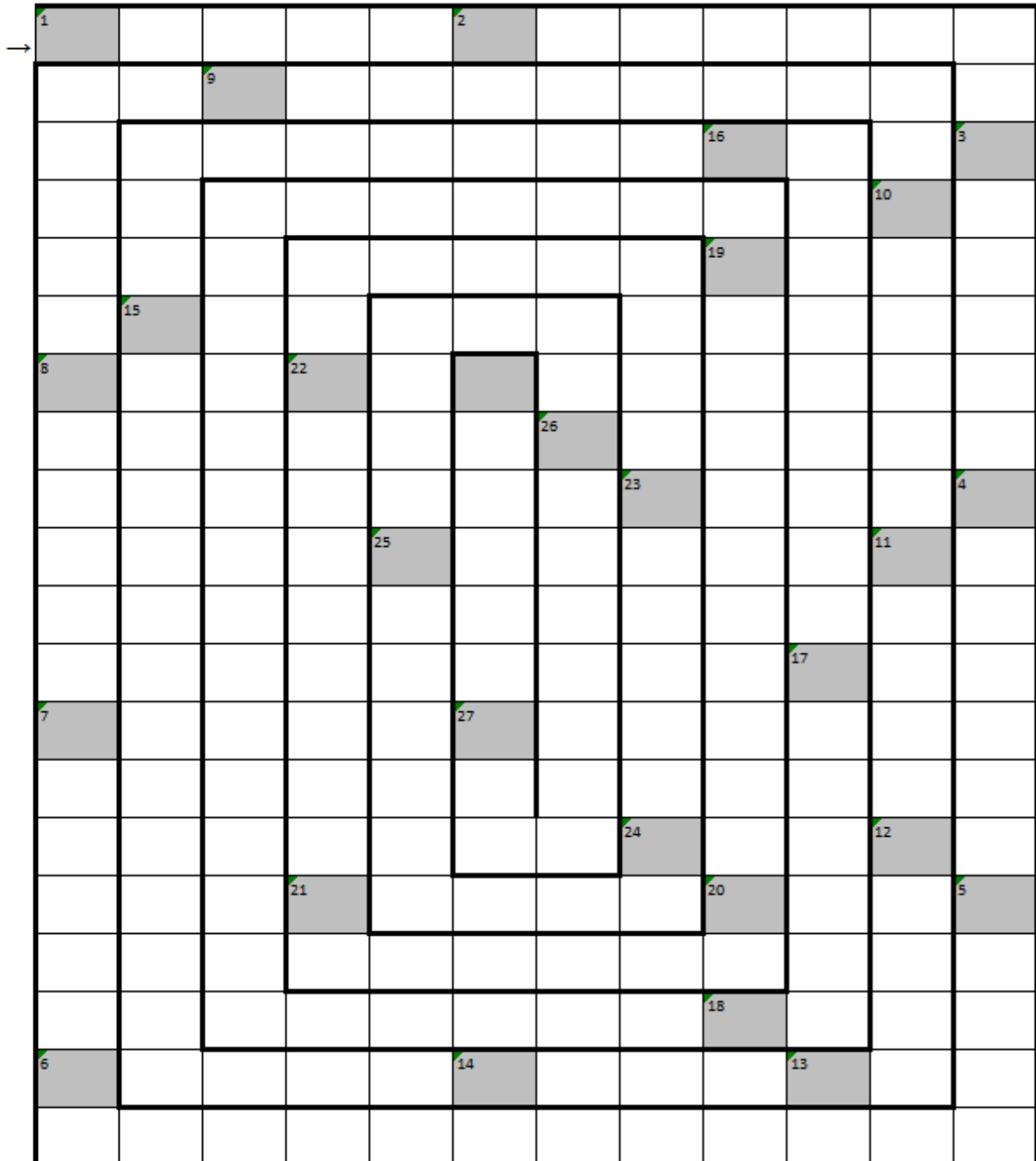
- Are you over 16?
- Have you lived in Feltwell for at least two years and are still resident in the village?
- Are you studying at College or University?
- Do you need assistance with the purchase of equipment or books to enable you to study?

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.

WORD TRAIL NO. 36

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 Astrological sign (6)
- 2 This herb is used worldwide in many culinary dishes (9)
- 3 Accidentally meet (3-4)

- 4 One having great power or authority (8)
- 5 This creature has winglike membranes that supports gliding flight and is endemic to South East Asia (5-6-6)
- 6 FILM: 1958 an urbane bloodsucker and Van Helsing in this blood soaked film (7).
- 7 A genus of the buttercup family with a blue, purple or yellow flower (7)
- 8 This country is two of its borders adjoining with Djibouti and Eritrea (8)
- 9 MUSIC: 1960 - Written by Ike Turner and sung by Tina Turner (1-4-2-4)
- 10 Mortal princess, daughter of Agamemnon and Clytemnestra (7
- 11 Goat hair (6)
- 12 Having no ethics (6)
- 13 One of the edible offal meats (6)
- 14 This person was elected as Lord Mayor of London in 1397, 1398, 1406, and 1419 (7-11)
- 15 Which bird did not sing in Berkley Square after all (11)
- 16 On the Periodic table 'Es' stands for (11)
- 17 A change that occurs in our DNA sequence, either due to mistakes when the DNA is copied or as the result of environmental factors (8)
- 18 NAAFI in full (4-4-3-8-9)
- 19 MEDICAL: An instrument for recording the pulse (12)
- 20 In jewellery making these are used to add dangle elements to ear hooks (4-4)
- 21 Greater than the speed of sound waves through air (10)
- 22 Flesh eating (11)
- 23 Financial backer (in sport) (7)
- 24 AUTHORS: This person wrote 'Percy Jackson & the Olympians' (4-7)
- 25 Things that you must have (9)
- 26 A unit of time equalling 10–24 seconds (11)
- 27 Feeling or displaying strong affection

This month's Word Trail solution is on page 75.

Lauren, Mark & Sam Skinner



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Tuesdays at 1.45pm.

NEW TIME

and

Steve Wellington is the organiser. Any skill level or none. Just come along for an afternoon or evening of fun. It's a load o' laughs, which is good for the heart, and the physical exercise loosens those stiff joints. All ages welcome. See advert in this mag.

WWW.garden—Wednesdays We Weed

The Community Garden is always open for anyone to potter, prune, dead-head, trim, repair. All available hands welcome. Have you a skill to share? Or just come along for a coffee and a chat

Need to clear out after Christmas!

Have something you don't need

Book a Table for a fiver

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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 January

7.Jan—Communion with Rev Paul Critchley

14 Jan—Your favourite hymns

21 Jan—Mrs Foster

28 Jan—Mrs Cumber

ALL are welcome to share with us in these informal meetings

**Keep up to date
with our electronic notice board in the foyer**

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

We can be contacted on Facebook, Messenger or mobile 07712578721 or by email

mikegw15@gmail.com Mike & Brigitte Wilkinson

Give us a call or message us or one of our members.



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CURIOS No. 4

First, the answer to Curio No. 3 from last month. The objects were a set of four corn butterers. Just what every gastronome needs!



*Now to this month's curio.
Answer next month.*



Description. "This object would have been a common sight on some shop counters from Victorian times up until the 1950s. When the handle was raised and lowered it would have squeezed any finger caught between the wheel and the serrated edge. Its real purpose?"



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

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

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

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

01366 728282

Website: www.feltwelllodge.com

E-mail: feltwelllodge@hanleycarehomes.com

WORD SEARCH

Submitted by Mrs J. Clements.

This month our word search is on **UK WILD FLOWERS**. 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.

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

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THRIFT WATER CRESS WOOD ANEMONE

The solution is on page 76

METHWOLD CHURCH SPIRITUALIST SERVICES

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

Closed January

**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 Monday at 7.00pm and 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.

NEW YEAR'S RESOLUTION LOGISTICAL SOLUTION

Kevin	Cycle	3 weeks	£40—Puncture repair kit and a new water bottle
Joe	Painting	1 week	£595—Paints, easel, brushes, books, canvases, beret & art class
Martina	Sop Smoking	2 months	£173—Vapes & Patches
Veronica	Join the Gym	3 ¹ / ₂ weeks	£295—6 month gym membership

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All subscriptions below 11 copies are pro rata.

Breckland Branch



For a small branch, Breckland Cats Protection have helped a lot of people in 2023. We have only 8 fosterers yet we have managed to home 110 cats up to the end of November last year. (I am writing this at the beginning of December) We have trapped neutered and returned 96 feral cats preventing them having more kittens. 148 cats have come into our care. 11 cats were transferred to other branches, who had more space than us. One cat sadly died in our care. Another 14 cats that came into our care had to be put to sleep, as sometimes cats are in such bad condition, that although seen by our vet, cannot be saved. That includes 5 of the 8 cats that were recently dumped at Didlington, which had Feline Leukaemia, which is deadly and untreatable. We have 14 cats and kittens currently in our care awaiting new homes.

Of our 8 fosterers, some have one of our pens in their garden, which have heating and lighting. Others foster indoors in a dedicated room with a washable floor. We desperately need more fosterers, so if you are interested, please call the number below. Everything is paid for, so it will only cost you your time, and is a very rewarding occupation.

As fosterer and Neutering Officer, I have sent out 412 vouchers which includes neutering our own cats and kittens and also helping the public neuter theirs. Of the 367 vouchers sent to members of the public, 143 were used, which means that 264 were not. It amazes me that giving cat owners a voucher for either £70 for a female cat and £50 for a male cat, the vouchers are still not used. Which means there are still a lot of unneutered cats out there, having lots of kittens which does not make our job any easier. Not sure what else we can do to encourage cat owners to get their cats neutered.

If you need help with the cost of neutering, please get in touch on the number below. January is the time when unneutered female cats come into season, and the kittens are born in the spring. To avoid unwanted pregnancies, female cats can be neutered as early



**Diss, Thetford
& District**

YOU NEED US AND WE NEED YOU!

Would you like to come and join us as a volunteer?

You could work as an adviser, a trustee, a fundraiser, a campaigner or in our new food hub.

Come and see what we do and how we do it at our Diss and Thetford offices.

You could observe an adviser, talk to volunteers and see what's involved to help you decide.

You don't need lots of knowledge and skills, just a willingness to learn, as we offer a comprehensive training programme and ongoing support. You will never work alone - a supervisor is always available and there are other volunteers to ask - it's a very friendly environment.

We help and support people with a huge variety of problems connected with debt, housing, relationships, benefits, consumer and many more. We offer advice through face-to-face appointments or by phone and email.

As a volunteer your personal attributes need to include friendliness, good listening skills, a non-judgmental attitude, patience, compassion, respect, tact, reliability - in fact all the qualities we would like to uphold in everyday life.

If you're interested or would like to find out more, please email us at v.recruitment@cadat.org.uk and one of our team will contact you.

For further information see our website cadat.org.uk

as 4 months old, when they are likely to come into season and get pregnant. It is also important to neuter male cats to prolong their life and stop them getting infections from fighting with other male cats, and have road traffic accidents while out looking for a female mate. Please use the voucher we send you. They all have an expiry date, which can be lengthened if necessary. Vets are very busy and often cannot fit your cat in immediately. Please keep unneutered cats indoors until they are neutered.

For help or advice, or for assistance with neutering, please call our help line on 01842 810018, listen to the message and make a note of the number you need. Our helpline does not take messages.

Rita Thompson. Breckland Cats Protection, 01842 810018.

Do Headline Writers Read What They Write?

The answer to this question is not always, as witnessed by this selection of genuine headlines, from a much larger collection, sent in by Colin Clement.

As space permits in future issues I will include additional headlines.



And they pay these people?

One really does have to wonder.



giving
nature
a home

Events at RSPB Lakenheath Fen

Places for all events need to be booked online- please visit <https://bit.ly/LakenheathFenEvents> to read more and book tickets.

Treasures of the Moth Trap

26 January (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. Under 18's go free! January dates are free, just turn up!

Sundown at Lakenheath Fen (accessible)

Sun 21 Jan 2024 (4pm-5:30pm)

Join us on this new event to experience the reserve as dusk falls across the reedbed. This event is designed to be accessible to all, including those with reduced mobility. Hot drinks and biscuits included!

Adults £6/ Children £3 (RSPB-members) Adults £7.50/ Children £3.75 (non-RSPB members)

Raptors in the Reedbed guided walk

Sun 14 Jan 2024 (2pm-5pm)

Watch the reserve come to life as darkness falls, and birds of prey emerge to hunt or arrive to roost in the reedbeds.

Adults £12/ Children £6 (RSPB-members) Adults £15/ Children £7.50 (non-RSPB members)

FELTWELL FOLK 2.

This column will feature *Feltwell Folk* from the past, sometimes in sports teams, sometimes in working situations and even singly. In many cases, as in these two photographs, names may not be known. Our second entry is of two cricket teams, and that is all I know! No names, no location, no details whatsoever. Not even the date. If anyone has any information on either of these please get in touch. Paul. (garland@btinternet.com)





St Mary's Feltwell

Your Parish Church is open every day.

We wish you a Happy and Peaceful New Year

CONTACTS

Rector

Rev'd Joan Horan

01842 828034

revjhoran@gmail.com

The Rectory, Oak Street, Feltwell

Curate

Rev'd Juanita Hawthorne

01366 728545

revjuanita58@gmail.com

Churchwarden

Chris Parker

01842 827152

grimshoebeneficeoffice@gmail.com

Benefice Administrator

Chris Parker

01842 827152

grimshoebeneficeoffice@gmail.com

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

Please contact Chris Parker 01842 827152

grimshoebeneficeoffice@gmail.com

TO ARRANGE BAPTISM

Please contact Tammy Wright 07717 507665

grimshoebaptism@gmail.com

NEWS FROM THE POPPY APPEAL ORGANISER 2023

Sorry this article is a bit late again this year but our counting day came after the December dead line for the Magazine.

Thank you to Sylvia for spending 2 days counting all the money with me again this year. Very much appreciate her help and company.

Thank you to all who have made donations to the Appeal this year during another tough time for most of us.



The collecting boxes raised

Feltwell £859.56.

Hockwold £337.90.

Northwold £431 81.

Northwold has 5 volunteer house to house collectors unfortunately one was unable to collect this year. Northwold relies on the collectors as static areas are very limited.

Hockwold has one house to house volunteer.

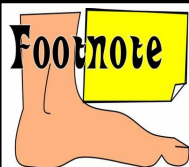
At the present time Feltwell has none but volunteers would be welcome.

All three Village Churches collections raised £383.12.

Other donations including our November Coffee morning. Crib and Carpet Bowls and the Wreaths make up the total so far.

£3124.31

Your donations are very much appreciated as our Service men and women and their families need our help as much as ever as conflicts continue.



The toilet is blocked and we cannot bathe the children until it is cleared.

Extracts from letters written by council tenants

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



Sun 7 th Jan	Eucharist	9.15am 11am	Feltwell Weeting
Sun 14 th Jan	Eucharist	9.15am 11am	Hockwold Northwold
Sun 21 st Jan	Eucharist	9.15am 11am	Feltwell Weeting
Sun 28 th Jan	Eucharist	9.15am 11am	Hockwold Northwold

Other Services

First Tuesday of the month Holy Communion at Hockwold at 9.15am. All other Tuesdays Morning Prayer.

For details of Wednesday morning Zoom Eucharist and Evening Prayer at Feltwell at 4pm email Chris Parker:

grimshoebeneficeoffice@gmail.com



Coffee, Cake and Chat
from 9am every Weds morning.
Internet available and help to use it.

Thank you to everyone who decorated a Christmas Tree and made St Mary's look so amazing.

Children's category winners - Paygroup.

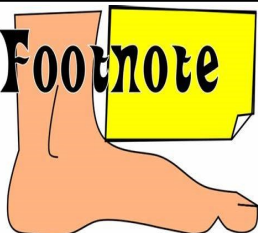
Adults - Barrie and Jackie Reeves and Sue Arnold.



WORD TRAIL NO. 36—SOLUTION

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O	H	T	I	N	G	A	L	¹⁶ E	I	V	³ R
I	G	N	S	T	I	T	U	E	N	¹⁰ E	U
H	I	I	R	N	I	V	O	¹⁹ S	S	L	N
T	¹⁵ N	E	A	S	S	A	R	P	T	E	I
⁸ E	O	C	²² C	E	² D	R	O	H	E	C	N
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I	G	O	N	E	T	O	²³ S	G	N	R	⁴ O
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⁷ A	T	A	E	R	²⁷ D	S	S	R	U	O	L
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⁶ D	A	H	C	I	¹⁴ R	E	V	I	¹³ L	A	C
R	A	Z	I	L	S	N	A	L	O	V	O

Footnote

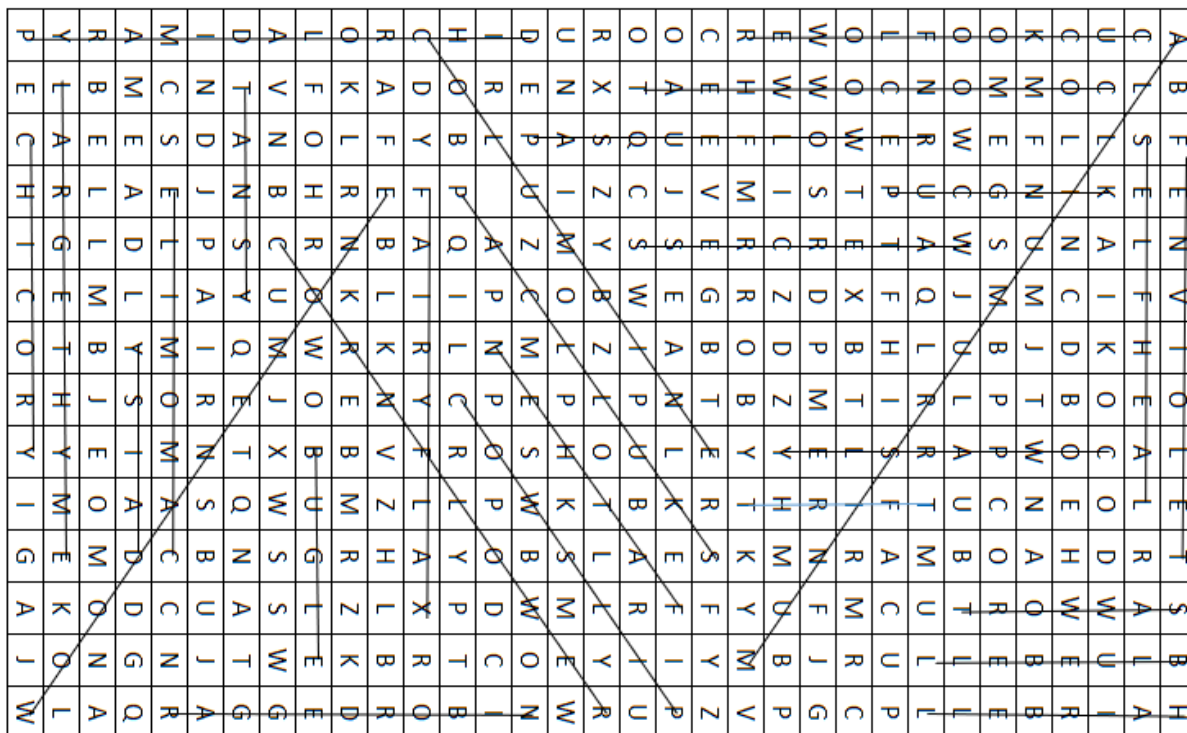


“We went on holiday to Spain and had a problem with the taxi drivers as they were all Spanish.

Actual complaint received by Thomas Cook

Word Search Solution

Next month's Word Search will feature
Characters From 007



Including this one, there are
13 owls hidden somewhere
in this issue.

SUDOKU SOLUTION

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

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.

A Meeting was held on Tuesday the 12th of DECEMBER 2023 in the British Legion, Long Lane.

Nine Councillors attended and two members of the public

Mr Storey said County Councillors have voted to accept a county deal devolution agreement with the Government to transfer significant funding and powers to Norfolk, allowing them to make more decisions for Norfolk and securing an investment of £600m to be spent over 30 years in areas such as transport, skills and job opportunities, housing and regeneration, tailored to the needs of local people. 27 new gritters will join Norfolk's fleet this winter covering over 2200 miles on each gritting run on A, B and C roads. A survey carried out by Ofsted which received over 45,655 responses found 99% of children feel safe whilst in foster care. More information on these and other matters can be found at www.norfolk.gov.uk and www.west-norfolk.gov.uk.

Mr Storey will meet with Highways before Christmas to obtain an update on the 30mph and 40 mph roundels planned for Lodge Road and Wilton Road as well as other matters such as white lining, the 'Give Way Ahead' sign for Hill Street and the widening of Oak Street footpath following another complaint. Parishioners who feel the path needs to be widened are strongly urged to contact Highways as well. Highways can be contacted on 0344 800 8020.

New SAM2 post will be installed along The Beck before Christmas.

J M Ayres & Son will undertake the revamp on the corner entrance of the playing field.

Further update from Flagship Housing stated work should commence on the Long Lane development site in January 2024.

The new Handyperson has been appointed and will commence the role on 1st December. The previous



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workshop_creations_8

workshopcreationsbrandon@gmail.com

jobholder, Terry George, will retire at the end of December, having been in the position since June 2016 and done a sterling job.

Thanks were given to Mr Rayner and his family for the wonderful illuminations in St Mary's Churchyard and to Mrs Arnold and Mr & Mrs Reeve for decorating the Parish Council's Festival of Light tree in the church.

Don't forget to join Feltwell Parish Council's Facebook page for regular updates and subscribe to our website <https://feltwellparishcouncil.norfolkparishes.gov.uk> to be automatically notified of latest news including RAF Feltwell demolition activities.

The next Parish Council meeting will take place at the British Legion on **MONDAY 8th January 2024 at 7.30 pm**, all are welcome.



Your **Parish Councillors** are:

Mr Ian Rayner (Chair), Mr Edmund Lambert (Vice-Chair), Mrs Sue Arnold, Mr Paul Cole, Mrs Helen Wilson, Mrs Bernadette McGeeney, Mrs Linda Peckham, Mr Martin Storey (County Councillor), Mr Jonathan Fenn.

The Parish Council website can be found at:

<https://feltwellparishcouncil.norfolkparishes.gov.uk/>

The Parish Clerk, Jo Martin can be contacted by email at feltwellparishclerk@gmail.com. Or by phone on 828383.



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Friday & Saturday:

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