

August 2022

# FELTWELL PARISH MAGAZINE

YOUR CONNECTION TO YOUR COMMUNITY



**Inside: Radish Push, End Of Year School Report, Growing Up in Felwell, WW2 Hero- A. H. Brown, Good Health, Scams, Council Report, RSPB, Puzzles & lots more. Another maxed-out 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	Trevor Hobbs	827079
The Royal British Legion	John Linkin	828729
RBL Poppy Appeal Organiser	Mary Reynolds	828130
Feltwell Historical and Archaeological Society	Marion Lucas (Chairman) (Secretary)	828769
Feltwell Baby and Toddler Group	Lara Payne	07592 126767
Beavers and Cubs	Claire Scarff	827555
Feltwell School PTA	Lisa Strutt	@ the school
Feltwell Women's Institute	Claire Scarff	827555
Feltwell Playgroup	Samantha Newman	07582 371984
Feltwell Scout Group	Claire Scarff	827555
Feltwell Football Club	Sarah Ramsey (Secretary)	07825 506974
Feltwell Youth Football Club	Andy Kennedy	828914
Feltwell & Thetford District Mencap	Mrs T. Sismey	827292
Feltwell Brownies	Lisa Allbut-Kentish	07710 688857
Feltwell Social Club		828093
Feltwell Primary School	Mrs J. Lillycrop	828334
Feltwell Golf Club	Joanne Bates	827644
Feltwell Wellbeing Group		
Rector of St Mary's Parish Church	Revd. Joan Horan	828034
Curate of St Mary's	Juanita Hawthorne	01336 728545
Churchwarden of St Mary's	Christine Parker	827152
Friends of St Mary's	Stephen Parker	827152
Feltwell Men's Breakfast Club	Paul Garland	827029
Feltwell Methodists	Mike Wilkinson	07712 578721
Feltwell Museum	Graham Simons	828387
Parish Clerk, Jo Martin. Email: <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> August 2022**

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

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

Email: [garlandp@btinternet.com](mailto:garlandp@btinternet.com)

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

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

Advertisers, please contact Susan Withers (827758)

Distribution is by Ian Webb (828167) & Paul Garland

## GROWING UP IN FELTWELL IN THE 1950S & 60S

BY ROBERT WALDEN

### 17. Pubs & Clubs

While post-war 1950s austerity was swept away by the vibrant consumerism of the brash, bright 1960s; most village pubs experienced a steady decline during these times. A gradual tightening of the drink driving laws throughout the 1960s had its effect but television was the main cause. There had been a surge in TV set ownership for the Coronation in 1953 but the real growth occurred in the late 50s and early 60s when grey, “snowy” 12 inch screens were superseded by larger, clearer screens: by the 1960s a 21-inch set was something of a status symbol. Our primary school form teacher Mr Feltwell, had assured us that men visited the local pub primarily for the social interaction rather than a desire to consume alcohol. That was probably true but it was soon clear that people preferred the swish entertainment on television to mere social contact. Once those regular customers whom you relied upon for good company and raising a smile, stayed away from your pub; there was even less reason for you to venture out on a cold evening.

In the early sixties keg beer became the norm and real ale all but disappeared. The shiny keg barrels and their names – Watneys Red Barrel and Whitbread Tankard seemed to fit in with the pervading feeling of modernity and at first were accepted with little resistance. Going to the Royal Norfolk Show in 1968 we stopped at a pub a few miles from the Colney Showground where Whitbread Starlight was on offer at 1/10d a pint (less than 10p). It was probably the weakest flavoured beer I have ever tasted. I found this on a website recently: “This beer was so weak that a Sunday Mirror investigation found that it could have been legally sold in the USA under Prohibition!” Most pubs charged between 2/- and 2/6d a pint then. Gradually of course the campaign for real ale did gather momentum, producing the many micro-brewery craft beers we have today. But other than a bag of crisps, there was little in the way of food on sale until the late 60s. The time when people ate out on a frequent or even occasional basis was yet to arrive and importantly, so was the micro-wave oven.

**newrooms**   
kitchens bedrooms bathrooms

**KITCHENS**

**BEDROOMS**

**BATHROOMS**

**FLOORING**

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

**01366 727417**

**[newroomsdesign.co.uk](http://newroomsdesign.co.uk)**

Follow us on



**facebook.**



**twitter**



*Instagram*



*Pinterest*

The Crown and The Cock were Steward & Patteson pubs, old buildings with rather cramped accommodation which reeked of stale beer and tobacco smoke when you walked past, especially when their doors were wide open on a sunny summer's day. I was familiar with The Crown from an early age because of its proximity to Munson's Place and my errands to collect the odd light ale for mum. I got to know the gravelly voices of Charlie and May Vale and in 1960 my mother volunteered me to walk Major, their docile and rather overweight old mongrel, after school. He was a long haired black, gold and white Labrador-collie cross I think. Never any trouble, he did much to help me overcome my early fear of dogs; I don't think I ever heard him bark. Returning him via the empty gravel yard (where some customers would park on Sunday afternoons if they preferred their car not to be visible outside for the duration), I was always fascinated by the masses of different coloured beer-bottle crown-tops littering the gravel – red, blue, gold, green, yellow etc. It was hard to see how they could be left there: beer was mainly served from the barrels in the tap room and what bottles were opened by the pub would be opened inside; no-one sat outside to drink. I would open the door and call out to May and Charlie out of sight in their little kitchen and one of them would respond with "Right-oh Robert" as I slipped Major's lead. Walking past the front door on a hot day you were just feet away from the conversations within and that smell of stale smoke and beer. Men who had served in the First World War sat on the benches to the left of the entrance, holding little bowl pipes firmly between their teeth even as they spoke, removing them only to sip from their glass. But as well as alcohol, the Crown sold "coconut buttons" (think Bounty Bars but in 50mm squares and wrapped in pink foil). I loved them. At Christmas time they also sold sugar mice with string tails. Charlie died in 1962 and May took over as licensee but the pub finally closed its doors in 1964. Prior to 1950 Charlie, a former RAF steward, had been the licensee of The Cock.

I went into The Cock probably just once – to request display of a poster for a Youth Club event. You stepped down on entering from

## BARRY CARTER

Replacement UPVC Fascias Etc.  
& Flat Roofing Specialist

*High performance  
torch on felt system*

**Tel: 01842 814648**

**Mobile: 07775 946278**

*Free Advice & Estimates*

*All Work Guaranteed*

## Help with IT services



- Has your PC crashed?
- Is your laptop slow?
- More storage needed?
- Wi-Fi coverage issues?
- Need a website setup?
- General IT help required?

Covering Feltwell and the surrounding area

To discuss further please email me at:

**david@help-with-it.services**

**[www.scoresonthedoors.org.uk](http://www.scoresonthedoors.org.uk)**

Know the hygiene rating of the venue you choose to eat at. Download the app or use the website to check the Food Hygiene ratings for the places you visit and eat at.

To advertise in this space for just £2.50 per month.

Phone

Susan on 07957 716272 or

email

**s\_withers@hotmail.co.uk**

An independent and family company with a long established history, founded by David Turner in 1960 and now run by his daughter, Lydia.

Providing a transparent and tailor-made service to every family at a time when it matters most.

# Turner Funerals

SERVING TOWN & COUNTRY



Thetford  
15 Old Market Street | Thetford | IP24 2EQ  
Telephone: 01842 761333  
Email: [thetford@turnerfunerals.co.uk](mailto:thetford@turnerfunerals.co.uk)



Brandon  
2A Thetford Road | Brandon | IP27 0BS  
Telephone: 01842 811245  
Email: [brandon@turnerfunerals.co.uk](mailto:brandon@turnerfunerals.co.uk)

**24  
HOUR  
SERVICE**

the street and the bar was immediately in front of you, running lengthways so that the room was of shallow depth. For me it held some sinister connotations – we had heard about the 1908 Feltwell murder while working in the harvest fields and how the culprit Nicholls was arrested at the Cock before his trial and his subsequent hanging at Norwich. The Cock had a rubble-surfaced car parking area and no doubt with refurbishment could have been a successful central venue today. Public auctions of real estate as well as chattels were held there; an arrangement which probably suited both auctioneer and licensee. There had once been a billiards room at the rear and meeting rooms on the upper floors. Like the Oak and The Chequers it had its darts, dominoes and bowling teams and played in local leagues as far as the King's Lynn area. But it held more value as frontage and access for the development land to the rear (Mulberry Close) and less than a year after the Crown's demise, The Cock closed its doors also.

The distinctive, 1930s style Chequers could muster a good darts team. The Sunday People newspaper ran a National Tournament and in June 1959 the Chequers team reached the Final of The Eastern Counties Area by beating the Kings Head of Freiston, Lincs (which is still trading). They lost to Leighton Buzzard's British Legion, who thus qualified for the National Finals in London but it was still quite an achievement for a small, village team. John's dad was in that team and John also recalls being in the pub as a small boy one lunchtime, when Bill the landlord came in covered in blood on both arms right up to his shoulders declaring loudly that he was "in desperate need of a beer." One of his sows had just given birth! My uncle from Scunthorpe (Feltwell born but expelled on his last day at school for his part in the Great Stinging Nettle Incident *see Part 7 – Out of Mischief*) always made a beeline to the Chequers whenever he came back to Norfolk. Big brother's skiffle-cum-country & western band (The Blackjacks) began practising in the relatively spacious bar on a Friday night and shortly thereafter changed their name, to "The Checkers". If pubs could only speak... *(to be continued).*

## FELTWELLBEINGS

**Thursdays from 10.00 till 12.00 at Feltwell Methodist Church Hall.**

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

## Walking on Air

07596157826

D.T.Byrne MCFHP MAFHP

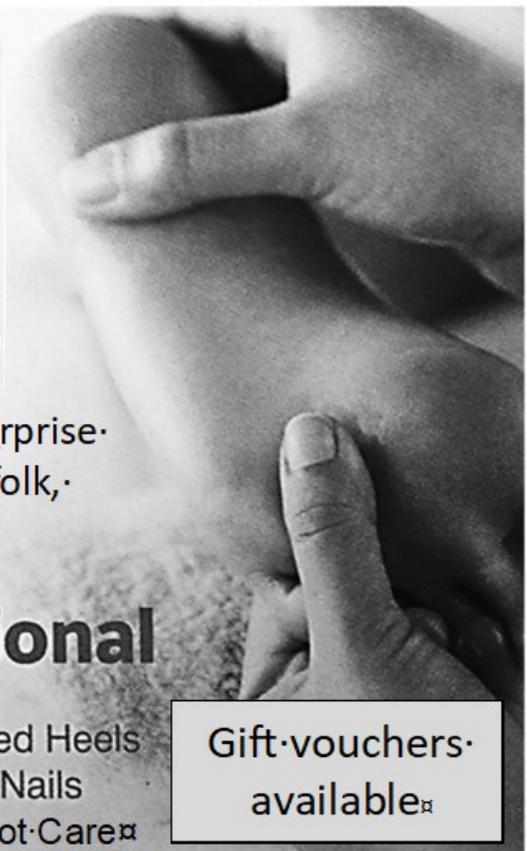
Walking on Air, Unit 4, Harvey Adams Enterprise Centre, Wimbledon Avenue, Brandon, Suffolk, IP27 0NZ

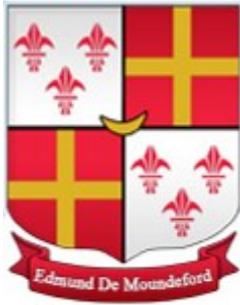
α

## Foot Health Professional

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

Gift vouchers available α





## END OF YEAR ACTIVITIES

It's been a lovely boiling hot summer so far in the village of Feltwell. However, at Edmund De Moundeford Primary School, this has resulted in: sweltering hot classrooms (where children stick to their chairs); wilting flowers all around the school grounds; and perspiring children - who are now ready for the summer holidays. In this month's edition, of our annual school update, we will be sharing



with you all the excitement that comes at the end of the year including: Sports Day, the Leavers' Show and summer trips. Despite the belief that learning begins to unwind during these final weeks, this term usually proves to be hectic.

First, we begin with the infamous Sports Day, after a few missed years due to COVID the children were ready and raring to go. The children – who gathered eagerly in the hall – were initially separated into mixed age teams. Before exiting onto the field and beginning a carousel of activities, which included: long jump, nerf throwing and the bean bag toss. The competitive stakes began to rise throughout the morning with some enthusiastic parents participating as well. The activities drew to a close as the children lined up along the racetrack and were entered into a series of sprints determining who was the quickest in each year group. Thankfully, the morning ended in triumphant cries as the PTA handed out ice-lollies to all the hot and bothered participants. Overall, it was a huge success.

Next, we move on to the spectacular Year Six end of year show. This hour-long epic performance was intended to capture the essence of school life from the perspective of ex-Edmund De Moundeford

## FELTWELL BOWLS CLUB QUIZ NIGHT

Saturday 13th August 2022, doors open 7.00pm,  
quiz starts at 7.30.

£3-00 per person, please bring your own Drinks and Nibbles.

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

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

To be held in the large room at the British Legion entrance via main entrance doors. Tables are well spaced. here is a large carpark for off road parking.

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

DID YOU  
KNOW?

A human skeleton renews itself completely every 10 years.



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

grandparents as they retold the frivolities of their own experiences to their grandchildren: Billy and Becky. This not-to-be-missed play included many humorous elements such as a number of boys-in-dresses, a witty imitation of the head teacher and four militant SATS revision generals. The show comprised of a number of well-co-ordinated dance routines and witty song lyrics. It is fair to say that the Year Sixes truly out did themselves; there was not a dry eye in the room.



*"I loved the head teacher – that was so funny!" –Sawyer*

*"When the children had the make-over, it was hilarious.*

*I laughed so hard it hurt my sides."* –Carla



Year Four also had their class excursion to Wicken Fen to complement their study of the local area. This fantastic trip allowed them to explore the scenic nature of the Norfolk countryside as well as learn more about Fen living. They discovered what life was like for those living in the Fen cottages including the fascinating ways they caught and store their meat. The children were captivated by this experience and had lots to say:

*The best part of the whole trip was getting to see the tools in the workshop.*

*We learnt all about how they kept their meat in a wooden box with only a net over it to stop the bugs getting in."*



# METHWOLD AUCTION MART EVERY MONDAY

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

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

## Sale Start Times

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

## COMPLETE HOUSE CLEARANCE SERVICE AVAILABLE

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

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

We sell up to 1300  
lots every Monday  
of various items

---

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

---

Come to us to Buy  
and Sell

---

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

---

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

---

Proudly operating  
under the same charter  
since the 17<sup>th</sup> century

*“My favourite part was the eel traps. These were stored in jars with salt and vinegar” –Max.*

Key Stage One sports day was also a huge success with the support of the fabulous Year Sixes, who assisted the younger children around their events offering support and encouragement. Their events – which were slightly different – included: water relay, sack races and javelin throwing. This was a remarkable experience as for many of these children the disruption of their school time meant it was their very first sports day. All the children did incredibly well, leaving some proud and emotional parents.

As this article draws to a close, I would like to take this moment to share the thoughts of some of our Year Six children as they head off on their exciting new adventure to various high schools and leaving their childhood behind at Edmund De Moundeford:

*Jenson: I have really enjoyed being in Year Six because we had the privilege of sitting on the chairs in assembly. Also, one of my best memories from this year has been World Book Day. I will miss golden time which we had lower down in school: we got to do lots of things like football, Computing and Art. I am excited about high school and making new friends.*

*Daisy: I loved doing the play this year; it was so much fun. Being the oldest in school has been great - we have been able to enjoy every moment with our friends. I will always remember being in Robins (on my first day) because I thought everyone was scary and then they turned out to be my friends. I am looking forward to high school and being in a new place.*

*Jacob: I will miss all my friends and companions which I have made at school. I have been proud of myself for the achievements I have made in my SATs. It has been great to go to the discos again this year. I am looking forward to moving on and being able to study new subjects.*

## Sudoku Puzzle

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

Answer on page 41

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



## *The Food Pantry Feltwell*

### WHO ARE WE ?

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

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

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

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

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

### OPENING TIMES:

<b>Monday</b>	<b>9AM - 11:30AM</b>
<b>Wednesday</b>	<b>9AM - 11:30AM</b>
<b>Saturday</b>	<b>12:30PM - 2:30PM</b>

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

## FELTWELL'S MEN'S BREAKFAST CLUB TOOK THE RADISH HOME

On the 10<sup>th</sup> of July 2022 at 10am members of Feltwell's Men's Breakfast Club together with other volunteers could be seen pushing wheelbarrows full of radishes from the Wellington to the Love Radish factory on the Sounthery Road, a total of approximately 4.7miles. We did this walk to raise money for the Norfolk and Waveney Prostate Cancer Support Group.

At the time of writing I don't know the final figure raised but hope it to be in the region of £500.

I must thank all those who pushed the wheelbarrows, you know who you are and, in particular, Scott, Ross, Dave and Mike who, between them provided the much easier to push two-wheeled barrows and the radishes and kindly escorted the walkers.



Although it was a hot day, we had the sun at our backs and plenty of water for everyone. We covered the distance in just under 1.5 hours having had to stop for a flat tyre on one of the barrows and a photo opportunity with the Love Radish factory in the background! The main problem that we had to contend with was the road itself which, at times, seemed as though it wanted to direct us straight into the grass verge!



*Even my grandson joined us for a short walk.*

## Chris Mills

Antique Furniture Restorations

Repairs, Repolishing  
Waxing and Woodworm Treatment

Antiques bought and sold.

Tel: 01842 827357

Mobile: 07790 707036

## Total Health Footcare

Your feet in safe hands

**Karen Stewardson**  
**Foot Health Practitioner**

TCFCP Dip. BEd Hons

**07789 608310**

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

Please call for a home visit appointment

Now offering Reflexology



## John Skelly (Fish) Ltd



*Fresh Fish delivered  
to your door every  
Thursday afternoon*

Fresh, Smoked & Shellfish

**Mob: 07759 916990**

## Suffolk Maids

*The Housekeeper Register*

**Domestic Cleaning & Ironing Service – Est. 2006**

We use our register of reliable local housekeepers to provide  
cleaning and ironing services to homes regularly each week.

**Personal Housekeeper**

**Fully Insured**

All for less than £13 per hour.

Tel: 01284 811777

[www.suffolkmaids.co.uk](http://www.suffolkmaids.co.uk)

*Looking for work? Contact us today.*

*\*Sponsors of Lakenheath FC at 'The Nest'\**

## Experienced Painter, Decorator & Handyman

Work Required

**Free Estimates**

NO Job Too Small

**Call Brian:**

**01842 827165**

**07515 069775**

## PLUMBER

BASED IN FELTWELL

OVER 30 YEARS  
EXPERIENCE

FREE ESTIMATES

NO CALL OUT CHARGES

**07951 158460**

GAS SAFE REGISTERED



# *Your Good Health*

by Dr Ian Nisbet

**At war with Airbnb.com  
(Current situation – uneasy  
truce!)**

Head Office and I are delighted to be coming to Hockwold in the middle of September for some good friends' Golden Wedding Celebration. As always (thank Goodness) our dear friend Judith has asked us to stay with her in Methwold Hythe. We (Management, Judith and me) visited Blakeney last month and, over crab salads, we decided to return for 3 days after the Golden Wedding in September. Obviously, we would require one double and one single room and we ran into immediate problems. Firstly, the hotels had very few single rooms and even fewer had single rooms ensuite. I think our days of trotting off down the corridor to the bathroom are over. Anyhow, all the single rooms are already booked. Secondly, the hotels

need payment in gold bars so, with a flash of genius, we thought of renting a cottage through bnb.com. an outfit which matches "hosts" who own property and wish to rent it to punters such as us. Problem solved.

I came home, went on line and soon found a splendid 2 bedroom, 2 bathroom flat by the quay. It was available for our dates and the charge was reasonable. I set about booking the accommodation.

All went well until Airbnb went all technical on me. To rent through Airbnb it is necessary to prove your identity. All I had to do was send a copy of my passport through the airwaves and then take a "selfie" using my iMac camera and send that to them. Two or three hours later, the mission was accomplished and I had a reservation. Payment was also a problem as my Mastercard

expired on the day this was happening and Airbnb seemed unhappy with the new card – same number of the front but different three figure number on the back.

Just to check, I telephoned Airbnb in America (!) to confirm that all was well – passport arrived OK, selfie arrived OK, fee paid OK. The kind man on the telephone, who kept talking in dollars and cents, reassured me that all was well. I even contacted the host, who assured me that we were OK.

An email arrived at 2am the next morning telling me that, because my selfie was inadequate for identification purposes, **they had cancelled the entire booking and refunded my payment.**

Another couple of hours and the selfie was sent. They kept telling me that time had expired and I should start again. Next, I had made too many attempts to log in so I should wait an hour before trying again. Eventually, I received an email telling me that they believed who I said I was and that I was now an accredited person, able to book an Airbnb

anywhere in the world should I feel strong enough. Our booking was confirmed.

The next day, Deannie (and probably Judith) received an email from Airbnb requesting that they should prove their identity as they would be accompanying me. To date, we have ignored this request and I will look at it again nearer the time.

There once were twin boys, age six, that had developed extreme personalities. One was a pessimist and the other a total optimist. Concerned, their parents took them to a psychiatrist. First, the psychiatrist treated the pessimist. Trying to brighten his outlook, the psychiatrist took him to a room filled with toys. But instead of yelping with delight, the little boy burst into tears. “What’s the matter?” the psychiatrist asked. “Don’t you want to play with any of the toys?” “Yes,” the little boy bawled, “but if I did I’d only break them.” Next, the psychiatrist treated the optimist. Trying to dampen his outlook, the psychiatrist took him to a room piled to the ceiling with horse manure. But

instead of wrinkling his nose in disgust, the optimist climbed to the top of the pile, and began gleefully digging out scoop after scoop with his bare hands. “What are you doing?” the baffled psychiatrist asked. There once were twin boys, age six, that had developed extreme personalities. One was a pessimist and the other a total optimist. Concerned, their parents took them to a psychiatrist. First, the psychiatrist treated the pessimist. Trying to brighten his outlook, the psychiatrist took him to a room filled with toys. But instead of yelping with delight, the little boy burst into tears. “What’s the matter?” the psychiatrist asked. “Don’t you want to play with any of the toys?” “Yes,” the little boy bawled, “but if I did I’d only break them.” Next, the psychiatrist treated the optimist. Trying to dampen his outlook, the psychiatrist took him to a room piled to the ceiling with horse manure. But instead of wrinkling his nose in disgust, the optimist climbed to the top of the pile, and began gleefully digging out scoop after scoop with his bare hands.

“What are you doing?” the baffled psychiatrist asked. “Well” said the child “with all this manure, there must be a pony in here somewhere”.

A man sitting at a bar discussed his stress, “I’m not sleeping well. I have nightmares about a monster under my bed and I am too embarrassed to seek help.” A psychiatrist was nearby – “Maybe I can help. The first thing is you recognize these are only dreams, and that is obvious so I should be able to help you in a few sessions. Here’s my card, give me a call.” A few weeks pass and the same two are once again at the bar after work. The psychiatrist says to the man, “Hi, how go the nightmares? I never heard from you so I hope you are doing okay.” The man replied “Things are great, the bartender helped me.” Psychiatrist, “the bartender helped you? You needed a trained professional to help you, what possibly could a bartender do that psychiatrist couldn’t?” The man replied “He told me to saw the legs off my bed.”

Best wishes to you all  
Ian Nisbet

## SUMMER HOLIDAY LOGISTICAL

This Logistical puzzle was designed by Chris at the Wellington.

	Luton	Stansted	Gatwick	Manchester	Malaga	Mallorca	Tenerife	Barcelona	Ryanair	Buzz	Easyjet	Tui
Fred												
Larry												
Nathan												
Percy												
Ryanair												
Buzz												
Easyjet												
Tui												
Malaga												
Mallorca												
Tenerife												
Barcelona												

Match each holidaymaker to their airline, destination and departure airport.

*The solution is on p29*

1. Nathan flew to Barcelona on EasyJet.
2. Percy & Fred didn't depart from Manchester. One of them flew with Buzz, the other flew with Tui.
3. Percy's Tui flight to Malaga didn't depart from Stanstead.
4. Percy didn't travel to Tenerife.
5. The Mallorca flight departed from Stansted, it wasn't operated by Buzz, as that flight left from Gatwick.

### ART FOR PLEASURE

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

## NEWS FROM THE LEGION

Since the last magazine the branch (in one way or another) has been involved in two large events, the Royal Norfolk show which was attended by princess Anne who came straight past our gazebo but was going so fast she did not stop. Our standard bearer was involved with the march round the circuit, which was later followed by the sunset parade which closes the show.

The next outing, we had was The Desert Rats which we did with our new gazebo and very good it looked. Mary was looking after the poppy merchandise. Other members of the branch who were in attendance were being serenaded by a pearly king singing some of the old-time favorites. Our standard bearer was once again involved in the service that was held to remember the desert rats' veterans. Two very good events

It has been strange not being the chairman, but Ian is doing a very good job seeing as he has had very little experience of legion matters. The normal things that we do are all being well attended in particular the evening session of the carpet bowls. To add a little bit more fun to the morning carpet bowls session every once in a while, everybody bowls with their opposite hand, and in some cases, they have said they bowl better, but no one has stuck with it yet.

As stated in last month we are holding a QUIZ NIGHT 6<sup>th</sup> Aug starting at 19.30 (7.30pm) and that one of the rounds will be on VJ. Look forward to seeing you all.

John Linkin

### **Feltwell Dispensary Opening Hours**

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

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

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

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

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

 01842 829738 or 01842 828481

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

# **DM** **CARPENTRY & BUILDING SERVICES**

All Aspects Of Carpentry & Building

**Kitchens - Doors - upvc - Roofing - Fencing**

**Renovations - Extensions - New Builds & Lots More**

**NVQ Level 3 Qualified Carpenter**

**For A Professional Friendly and Reliable Service Call Dean**

Mob: 07825700575 Tel: (01842)827645

Email: DM.Carpentry@yahoo.co.uk

1

## **PR. BOWERS & SON** **FUNERAL DIRECTORS**



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

**TEL 01366 727432**  
**07796 780270**

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

## LATEST CONSUMER ALERTS AND TRADING STANDARDS NEWS

### **Scam Alert – Text messages claiming ‘Someone who came in contact with you tested positive or has shown symptoms for COVID-19’**

The message also contains a link which if followed goes to a bogus website which attempts to gather personal details.

### **Cold Calling Alert – Telephone cold calls regarding ‘saving energy’**

This follows reports of people being offered a cut price deal over the phone, for example £50 of electricity meter top-up for a cash payment of just £25.

The cold callers may also ask questions about the residents’ property before asking for personal information including the resident’s age.

Our advice is always be very wary of any approach made in a telephone cold call, never give, or confirm any personal or financial details and do not agree to someone visiting your home if approached in this manner.

### **Scam Alert – Fake messages from ‘friends and family’**

We are warning residents to be aware of WhatsApp messages and emails where scammers attempt to impersonate people you know in order to steal money.

A Norfolk resident has reported receiving an email from a ‘friend’ requesting they pay an invoice. The resident then contacted the friend directly who confirmed they had no knowledge of the email and had not sent it.

We have also seen reports of residents receiving WhatsApp messages from a ‘family member’ asking to send money. The messages often state that the family member is in trouble and needs the money urgently.

Our advice if you receive a message like this is always be suspicious, especially if a request for money is involved, and try and contact the person who the message claims to be from via another known number or method.

### **Scam Alert – Fake ‘unable to deliver your parcel’ emails**

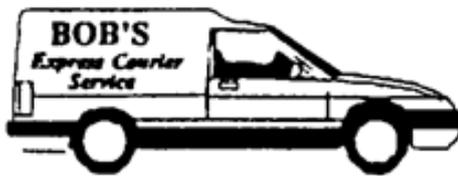
We are warning residents to be aware of fake parcel delivery emails which contain links to bogus websites that attempts to gain personal information or take payments for ‘redelivery’.

# BOB'S TAXIS & MINIBUS COURIER SERVICE

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



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



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

CALL US - FOR THE SERVICE YOU CAN  
RELY ON

*EXPRESS-COURIER-SERVICE¶*

*LICENCED-TAXIS-&-PRIVATE-HIRE-CARS¶*

*DISTANCE-NO-OBJECT¶*

*Airports--Weddings--Parties¶*

*CONTRACTS-WELCOME¶*

18, MILL-LANE-HOCKWOLD¶

Tel: (01842) 828471¶



Car-Phone.....Car-Phone¶

07836-603232...-...07889-078797¶

This follows a report from a Norfolk resident who received an email claiming to be from DHL stating 'they had attempted to deliver your parcel' and then providing a link to 'rearrange your deliver'. When the resident followed the link it took them to a website which attempted to charge a 'redelivery fee'.

These emails have been sent by criminals who have created the fake website to look similar to the genuine websites, with the same branding, layout and font choices.

If you receive these or similar emails **do not click on the link**.

If you think you have provided scammers with your financial details you should contact your bank immediately.

If you receive what you think is a fake email, you can report it to the National Cyber Security Centre by forwarding the message to [report@phishing.gov.uk](mailto:report@phishing.gov.uk)

### **Scam Alert – Automated telephone cold calls claiming to be 'your bank security department'**

We are warning residents about automated telephone calls that claim they are from 'your bank security department'.

The calls, which are spoofed to appear on caller ID as if they are from a local number, state that they have 'detected two charges on your card, one of £300 to Amazon and a second of £1,000 to an international money transfer service', it then goes on to say that 'these transactions may be fraudulent as you have never used these services before'. At this point the recording states that you can 'press 1 to allow the transactions or press 2 to speak to support staff'.

These calls are a **scam** and the claims made are not **genuine**.

If you receive this, or a similar call, **do not** interact with it in any way and **hang up**.

It is likely there are several variations of these calls stating different transactions, amounts and actions that can be taken.

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.

## Open Gardens—August 6th

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

Please get in touch with one of the people listed below or contact [mikegw15@gmail.com](mailto:mikegw15@gmail.com) message me or text me 07712578721. We have a letter box at the Methodist Chapel if you want to drop us a note.

Bailey Brown, Christine & Stuart Samuels (The Wellington), Mike & Brigitte Wilkinson, Stevo Saunders, Martin & Jo Blackman, Janet Clements, Carol Fletcher, John Bone, Geoff Dennis



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



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



Tel/Fax 01842 879904    Mobile: 07946 733188

Graham.smith09@hotmail.co.uk

## **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.

## **OLD CODGERS NIGHT**

Music from  
your youth

**Last Saturday each Month**

**6.30—10.00pm**

Quizzes &  
Refreshments

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

You can report contacts you think are fraudulent to the Citizens Advice consumer helpline on **03454 04 05 06**.

### **For more advice and updates**

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

Find us on Facebook      Follow us on Twitter

### **Reporting scams**

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

You can report scams and get further advice from our partners the Citizens Advice consumer helpline: **0808 223 1133 (freephone)**

[Citizens Advice consumer service website](#)

If you've been the victim of an online scam you can get advice and support from Citizens Advice Scams Action: **0808 250 5050 (freephone)**

You can also report Frauds, Cyber Crime and Phishing attempts to Action Fraud, the National Fraud & Cyber Crime reporting centre:

**0300 123 2040**

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

### **And finally: Checkawebsite**

Get Safe Online has partnered with Cifas, the UK's leading fraud prevention service, to launch 'Check-a-Website'.

An innovative new feature, hosted on Get Safe Online's website that invites users to check if a website is safe to use before accessing. It is expected to prevent thousands of people in the UK falling victim to unwanted online scams every year.

Check a website is an easy-to-use online tool which helps determine whether a website is likely to be legitimate or a scam ... before you visit it. Users simply type in the address of the website they want to check, and their results will appear within seconds.

Provided in the UK by Get Safe Online, in conjunction with Cifas, ScamAdviser, Barclays and other partners, it cleverly uses an algorithm to provide a trust score based on more than 40 data sources as well as



## **G J Waters** **Small Groundworks**

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

**Aggregates Delivered -**  
Sand - Stone - Hardcore

**Tel: (01842) 827237**  
**Mobile: 07702 408869**



## **CENTRAL GARAGE**

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

44 HIGH STREET, FELTWELL.  
Telephone 828354

## **POST BOX COTTAGE**

2 BEDROOM HOLIDAY LET

LODGE ROAD FELTWELL, IP26 4DL

**TELEPHONE: 07427 042593**

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

## **HILL HOUSE**

### **Bed and Breakfast**

21 Hill Street, Feltwell, Norfolk. IP26 4AB

Angela and Richard Watts

Telephone 01842 829902

Mobile 07958 708835

[www.hill-housebandb.co.uk](http://www.hill-housebandb.co.uk)

## **Rothwell's** **Carpet Cleaning**

### **Carpet Cleaning**

**& Stone Floors, Upholstery, Rugs**

*A few points that make us stand out,*

Rothwell's has been in business since 1993

We're an honest local family firm.

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

Members of both the NCCA and TACCA.

We will move the furniture.

100% satisfaction or it's FREE.



*Call Oliver or Max Campbell*

*for expert help today.*

**01638 428 060 [www.Rothwells.biz](http://www.Rothwells.biz)**

## **COUNTRY RETREAT** **BOARDING CATTERY**

Whitedyke Farm, Blackdyke Road,  
Hockwold, IP26 4JW

### **NEW LARGER** **LUXURY CATTERY**

Feline Advise Bureau Trained

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

**Viewings welcome**

Phone David 01842 829099

or Mobile: 07900 920130

[www.countryretreatcattery.co.uk](http://www.countryretreatcattery.co.uk)

thousands of reports of malicious websites from law enforcement agencies, regulators and consumer brands every week.

To find out more about Check a website visit the [Get Safe Online website](#)

### **Home Repairs or Improvements? Make sure you #CHECK**

Did you know that 13% of UK residents have been victims of botched jobs in the past year? When thinking about home improvements or looking to get repairs done on or around your home make sure you think **#CHECK**:

**Compare** – Speak with multiple tradespeople to compare. Get at least three quotes. Check with friends and family for recommendations or find a [Norfolk Trusted Trader](#). Take your time, legitimate traders will not rush you to make a decision

**History** – Ask for the traders’ references, recommendations and reviews and make sure you check them out

**Establish the details** – What work will be carried out? When will it start? Who will be doing the work? How much will it cost? Remember that a quote is more binding than an estimate

**Contract** – Ensure everything is recorded and ask for a contract for the work

**Keep all the paperwork** - This may be needed should anything go wrong

Norfolk Trusted Trader is the only accredited trader scheme where members have been checked and accredited by Norfolk County Council Trading Standards, helping you to choose with confidence and supporting quality local businesses.

To find out more about Norfolk Trusted Trader [watch our short video](#) or to find a member [visit our website](#)

## **SUMMER HOLIDAY LOGISTICAL SOLUTION**

Fred	Gatwick	Tenerife	Buzz
Larry	Stanstead	Mallorca	Ryanair
Nathan	Manchester	Barcelona	EasyJet
Percy	Luton	Malaga	Tui



# Feltwell in Bloom

## THE HAPPENING

We've created some colour on some of our grass verges.

We will need to get more plants to keep us blooming through the autumn, winter and spring months.

- 1 Just 50p each will help us buy some large plant tubs.
- 2 We also need willing helpers to tend the plots by soaking them when the weather is dry. If you have a watering can, you'll be invaluable to us. Even a bottle of water will be welcome by the thirsty plants.
- 3 **If you are clearing out your spring/summer bulbs/plants, consider donating them to us to go in the plots. Just drop them off at the chapel.**

### **Open Gardens – ~~6 August 2022~~ – CANCELLED.**

We've missed an opportunity this year to let others enjoy your garden. You are invited to prepare to take part the 2023 event.

- Want to help in some way?
  - Make a donation
  - Help to plant the plants/bulbs
  - Grow some plants for us for next year
  - Donate some winter/spring plants
  - Watering/weeding

Please get in touch with one of the people listed below or contact [mikegw15@gmail.com](mailto:mikegw15@gmail.com) message me or text me 07712578721. We have a letter box at the Methodist Chapel if you want to drop us a note.

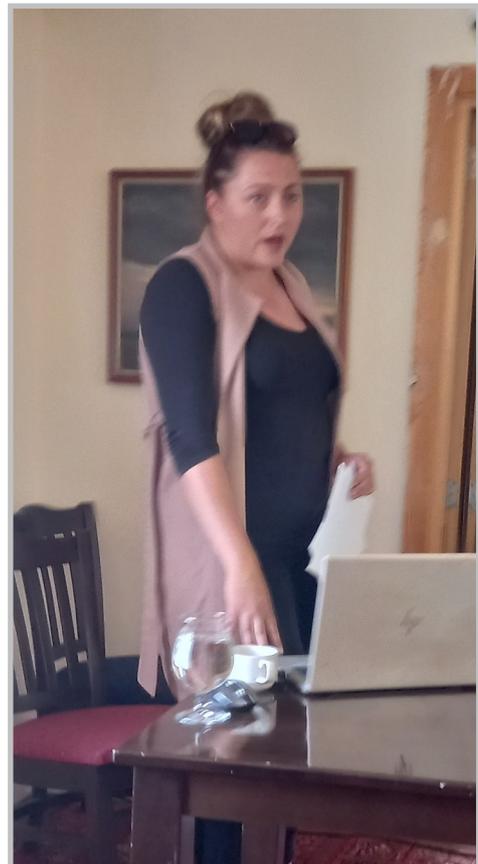
Janet Clements, Mike & Brigette Wilkinson, Stevo Saunders, Martin & Jo Blackman, Carol Fletcher, John Bone, Mick Bloy, Geoff Dennis, Christine & Stuart Samuels (The Wellington)



Our speaker for our 9th July meeting was Emma Watson from G.S. Shropshire's and Sons Ltd, otherwise known as G's.

G's have farms in many countries ranging from Spain to Senegal but Emma focused on their local growing operation. They

have 1600 hectares of fields in an area bordered by the Wissey, the A10, the Southery Rd and the Cut, with an additional 310 hectares at W. Dereham growing Wheat and Barley. 400h are given over to growing lettuce, that's about 35 million heads annually! As it costs £10 per 1000 seeds I'll leave it to you work out the figures. 160h are used to grow 10 million heads of celery, 260h produces 9000 tonnes of radish, 80h grows 3500 tonnes of onions. 5000 tonnes of potatoes are grown on 120h and let's not forget the sugar beet grown on 150h. All of this makes G's the largest grower and supplier of fresh salad crops to all of the country's major supermarkets. Next time you buy a lettuce check out the packaging, it may have been grown closer to you than the distance you travelled to buy it!



Like most who travel along the Southery Road I have my eyes fixed firmly on the undulations of its surface and thus have little time to look to the north and note the crops growing in the fields. Crops whose individual plants are set with millimetre accuracy in fields that are laser-levelled so that there is no more than a 3-4cm height difference from one side to the other! Not only does this facilitate machine planting and harvesting but it also helps ensure that each plant gets the same amount of water as each and every other. Because the entire area is about 2m below sea level and 0.5m below river level the farm has the benefit of 'reverse-drainage', that is the drainage ditches and sluices are used to allow the ingress of water

# J M Harris EST. 1996

## LANDSCAPES CONSTRUCTION

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

For Friendly Professional Service

**CALL 01842 828114**

[www.jmharrislandscape.com](http://www.jmharrislandscape.com)

[jmharrislandscape@outlook.com](mailto:jmharrislandscape@outlook.com)

## Peckhams Plumbing



**John Peckham**

**Friendly, Local Plumbing  
& Heating Engineer**

All Work Undertaken  
Big or Small

No Estimates  
Just One Price

Fully Qualified  
& Insured

NO Call  
Out Fees

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



**Tel: 07534 892411**

which enables the height of the water table in each field to be strictly controlled. This helps ensure consistency of size and quality of each plant within the crop and saves on the cost of overhead irrigation. In addition, because the soil, the peat, is roughly 70% organic content, free nitrogen levels are high and thus there is no need to apply external fertilizer, although minerals such as manganese and magnesium are added. The depth of the peat varies from 1-3m across the farm and in order to protect it against the ravages of a 'fen-blow' cover vegetation is allowed to grow during the winter months.

The farm stores 128 million gallons of water in three reservoirs as insurance against the effects of a sustained drought. Areas of the land are given over to wildlife including 50 miles of hedging. Fifteen breeding pairs of Nightingales which have been tracked by ringing, have been shown to migrate to Senegal and then return to exactly the same hedge as they left months before!

Pigeons are the biggest pests on the farm followed by aphids, caterpillars and capsids feeding on the celery.

Seed is bought in from Holland mainly with some being obtained from Australia and the USA. Fifteen varieties of lettuce are grown at various times throughout the season, first from seed in G's own glasshouses and then as plug plants in the fields. They also run regular trials of different varieties.

Emma concluded her talk by telling us about the Fenland Black Oak Project: A Table for the Nation. [The Fenland Black Oak Project](#)

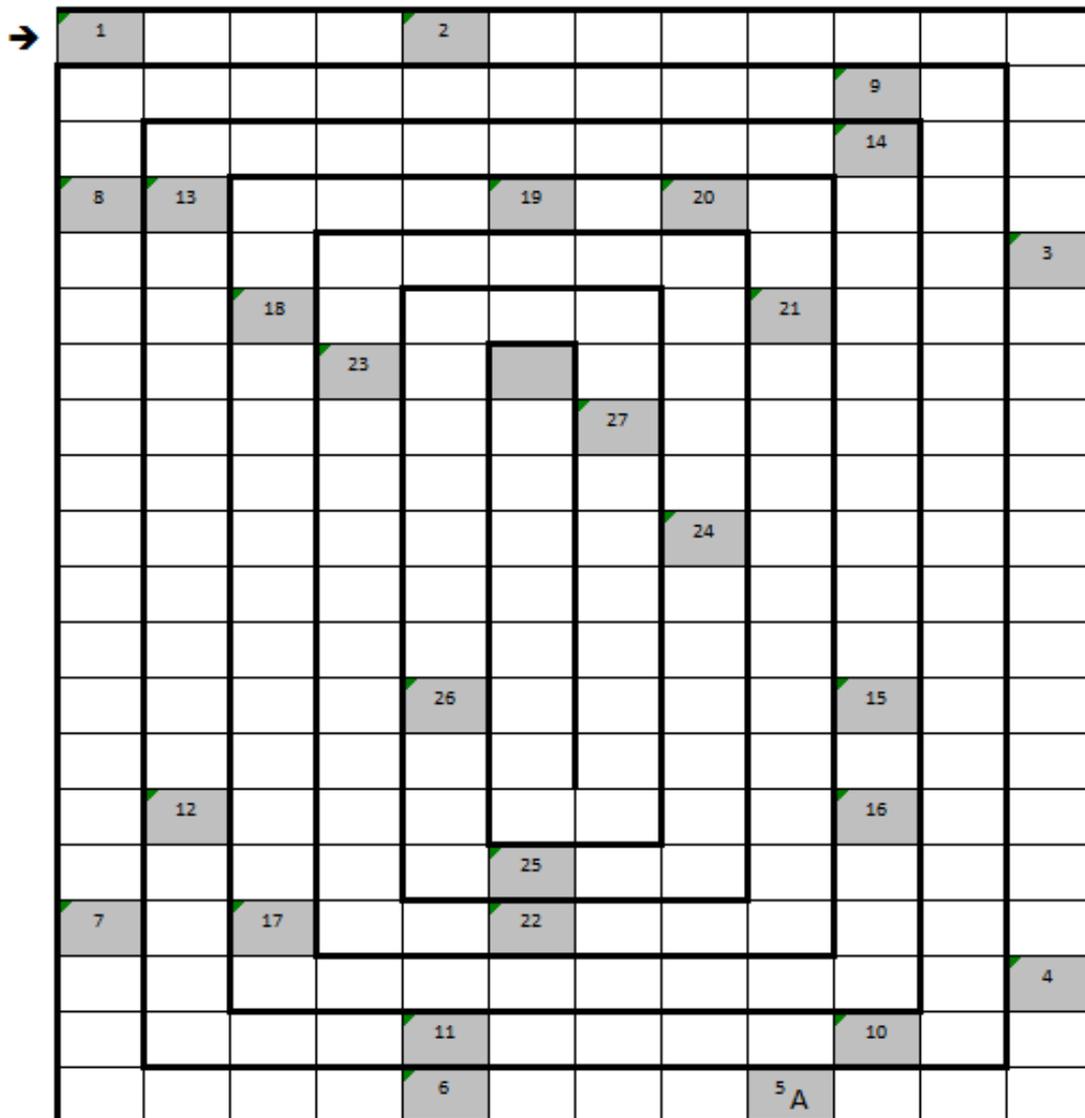
The Men's Breakfast Club usually meets on the 1<sup>st</sup> Saturday of the Month at The Wellington in Feltwell at 9am. It costs £7.50 per person to attend which includes a talk, tea or coffee and a full English breakfast which has to be tasted to be believed just how good it is.

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

Our next meeting will be on **6<sup>th</sup> August**. Our speaker will be Stephen Parker who will talk to us about the Vulcan raid on the Falklands.

## WORD TRAIL NO. 19

*Janet Clements brings us a different type of puzzle, a Word Trail.*  
 Starting at No.1 follow the clue numbers around the box clockwise finishing in the middle. The last letter of each answer is the first letter of the next answer. Work clockwise. Have Fun



### CLUES

- 1 The smallest unit of ancient Roman municipal administration consisting of a village or town ( 5)
- 2 An Oriental Sauce (5-3-4)
- 3 German romantic composer (1810 to 1856) who was married to pianist Clara Wieck (6-8)
- 4 FILM: In this 2005 film, from which fantasy land did Aslan herald? (6)

- 5 Which Greek author was famous for his fables? (5)
- 6 Pale yellow root vegetables (8)
- 7 What kind of Oranges are used to make Marmalade? (7-7)
- 8 FILM: This 1958 Rogers & Hammerstein musical featured the song - 'Some Enchanted Evening' (5-6)
- 9 British TV: Which actor played the 9th reincarnation of the Doctor in Dr. Who? (11-9)
- 10 The Italian city credited as the birthplace of the pizza (6)
- 11 A big, colourful duck, bigger than a mallard but smaller than a goose (8)
- 12 A class M1 red subdwarf about 12.83 light years from Earth whose diameter is 30% that of the Sun (8-4)
- 13 This plant is also known as 'Red Catchfly' (3-7)
- 14 Which actor played Neil in 'The Young Ones' (5-6)
- 15 The colour of most of London (UK) buses
- 16 The act of slowing down (12)
- 17 FILM: This actress starred in Moulin Rouge along side Ewan McGregor (6-6)
- 18 Mace grows around the outside of which other spice (6)
- 19 This Egyptian God is the son of Shu and Tefnut and is the God of earth and growing things (3)
- 20 A group of Larks (birds) (4)
- 21 This flower is also known as 'Lamium Galeobdolon' ( 6-9)
- 22 This little statue in Denmark has been damaged and defaced many times since the mid 1960's losing her head and arms to name two incidents (6-7)
- 23 This gent was the UK's Prime Minister from 2010-2016 (5- 7)
- 24 Danish physicist (1885-1962) best known for his work understanding atomic structure (5-4)
- 25 On the Periodic Table, which Element has the symbol 'Rn' and Atomic number of '86' (5)
- 26 This spectacular water attraction is also known as 'The Honeymoon Capital of the World' (7-5)
- 27 Music: This duo performed 'Scarborough Fair' a Scottish Ballard traced back to 1670's (5-3-9)

*This month's Word Trail solution can be found on page 72*



Churches  
Conservation  
Trust

## The Friends of St Peters Church

Station Road, Hockwold cum Wilton



# CRAFT FAIR

Sunday 4<sup>th</sup> September

10 - 4pm

**All local people with homemade items including:**

- sweets
- fudge
- ceramics
- jewelry
- textiles
- bags
- yarn crafts
- decoupage
- paintings
- cards
- hair products
- ragdolls
- wax melts
- pet treats

**Free Entry – Tombola draw**

**Our homemade refreshments available**



We at Brandon and District Photographic Club hope you are all enjoying the summer and have been able to get out in the countryside with your cameras. September sees the start of our new season 2022 – 2023 with lots of new challenges for you all to join in with or simply come down to meetings to watch and meet like minded people with a love of photography.

Our first meeting for this year is on Wednesday 14<sup>th</sup> September at Brandon Baptist Church Hall, High Street, Brandon at 7.30pm until 9.30pm and is entitled : **Blue Hour Challenge.**

We will start the evening with a wander around Brandon capturing the town at dusk, so do bring your cameras and a tripod (if you have one). Afterwards there will be tea/coffee in the Hall for a chat and club admin, a chance for you to pay your subs for the year.

At the meeting on Wednesday 28<sup>th</sup> September we will be discussing and critiquing each other's work completed on the 14<sup>th</sup>, please bring along your images either in printed format or as a Jpeg on a memory stick.

We hope you may be inspired to come along and share your interest in photography with us. We all have a lot to learn from each other and from the experts we ask to join us from time to time. Watch out for these editorials to learn more about what we have in store as each month passes, it is promising to be a very interesting year. There is always someone on hand to help with any technical questions you may have and you don't need to splash out on a lot of expensive equipment, you can use the camera on your phone or ipad and still learn a lot about composition, focusing and lineament.

Don't forget you can follow us on  and keep up to date with what's going on.

Check out our website on [www.brandonphotographicclub.co.uk](http://www.brandonphotographicclub.co.uk)

We meet twice a month at the **Baptist Church Hall, 39 High Street, Brandon, IP27 0AQ, at 7:30pm and our next dates are 14<sup>th</sup> and 28<sup>th</sup> September 2022.**

Covid precautions and Government Guidelines will be observed at all times.

For further details, please contact [info@brandoncameraclub.co.uk](mailto:info@brandoncameraclub.co.uk)

We look forward to seeing you in October.



### **What type of exercise should I do?**

There are many ways to exercise, but finding the style that suits you, your ability, your life and more importantly the exercise style that you enjoy, requires good questions and understanding.

Of the many choices we have, here is one worth considering.

### **The advantages of body-weight exercise**

All exercise is beneficial we know, but even stacked up against other types of workouts, body-weight exercise has a lot to offer. Not only does it provide an excellent workout, but it can also help you overcome some common excuses for avoiding exercise, like "I don't have time to go to the gym" and "I don't have space for a stationary bike at home." All you have to do is move your body.

Here's a closer look at some of the benefits.

#### **It couldn't be more convenient**

No matter where you are, you've got your body, so you can start exercising anywhere, anytime—in your bedroom when you wake up, in the kitchen while you're waiting for water to boil, in your hotel room when traveling. That makes it easy to find the time.

#### **The price is right**

With body-weight exercise, there's nothing to buy other than a pair of shoes. You don't need stylish clothing. You don't even need a yoga mat, much less an expensive gym membership, although you can certainly do these workouts at the gym, too. You might want a few props, such as a chair, bench, or counter to modify some moves, but these are all items that you have on hand.

## **The intimidation factor is low**

You can do these exercises solo. You don't have to walk into a gym full of buff exercisers and complicated-looking weight machines that require adjustments and may still not fit you properly.

## **It's effective.**

Research published in the journal *Physiology and Behaviour* found that, as a form of resistance training, body-weight exercise helps build muscle "independent of an external load." But it does more than that. When Polish researchers looked at the effects of 10 weeks of body-weight exercises on various physical fitness parameters in a small group of young women, they found improvements in seven out of nine of the parameters. The biggest gains were in aerobic capacity, with a 33% improvement. Muscle endurance, particularly in the core, increased by 11%, while lower-body power posted a 6% gain. Even flexibility was better after the training.

## **You don't necessarily have to do a lot of it.**

While it's good to meet the Physical Activity Guidelines, smaller amounts of body-weight exercise can also deliver results. In a small study of active people in their 60s, Japanese researchers found that a workout consisting of eight simple lower-body exercises increased the participants' muscle strength and power by about 15% after 10 months. That may not sound like much, but during this stage of life, strength and power are often declining. What's more, the participants achieved these gains by doing only six workouts *a month*.

## **It provides "functional" exercise**

Most body-weight exercises work multiple muscles at once rather than training an isolated muscle or muscle group, as many exercise machines and dumbbell exercises do. Therefore, body-weight exercises are considered more functional, using more muscles and joints at a time, engaging balance and, and mimicking everyday activities.

# The Wellington This August



Ginboree

Let The Fun Be-Gin

JULY 30TH - AUGUST 7TH

Live Music

Romy

Aug 26th 8:30pm

Light Skies Darken Aug 27th 8:30pm

Jo Manning

Aug 28th 8:30pm

August 26th

September 4th

cider fest

## It can be adjusted to your fitness level

It may not be obvious how to do this at first. When you're using your body as the weight, you can't just remove 10 or 20 pounds as you can with machines or dumbbells. But there are ways to modify moves to decrease or increase the resistance. You can adjust your body position—for example, doing push-ups against a wall rather than the floor—or you can change the number of times you repeat an exercise or modify the pace you're working at.

## It's good for your health

Literally thousands of studies have shown that the more you move, the lower your risks for heart disease, diabetes, obesity, multiple types of cancer, joint pain, and Alzheimer's disease. Exercise can also lift your mood, reduce your stress level, and improve your sleep. Body-weight exercise is no exception.

In this general article it would be unprofessional to describe and suggest particular body weight exercises, as I don't know you or your current physical requirements. If you would like to have some specific body weight exercises geared to you as an individual or if you are interested in starting an exercise program but struggling to find something suitable, I'd be happy to help. DM me we could find your solution with a brief phone call.

By Helen Goddard-Nickolls

Stott trained Pilates Instructor and personal trainer

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

## SUDOKU SOLUTION

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

# Carl Morris Associates Ltd

07919 804 899    [carl@carlmorrisassociates.co.uk](mailto:carl@carlmorrisassociates.co.uk)

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

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

From general maintenance to complete garden renovation!

**M J HAWES**  
**Landscape Gardener**  
**Established 1988**

Tel: 01842 878784

Mobile: 07951 206602

E-mail: [mjhgs88@gmail.com](mailto:mjhgs88@gmail.com)

Like us on Facebook



Full Public Liability  
Insurance

Licensed Waste Carrier



## A GLIMPSE INTO THE PAST

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

Thetford & Watton Times 5 Nov. 1909

### **CONSERVATIVE DINNER.**

The annual dinner of the Conservative Association was held on Wednesday evening when a splendid repast was served by Host Colton, of the Royal Oak Hotel, to which 400 sat down in a large barn kindly lent by Mr. H. E. King. The Feltwell Enterprise Band played selections during the evening. The barn had been very tastefully adorned by Mrs. King while mottoes, "A hearty welcome to Sir Thomas Hare" and "Success to Tariff Reform" had been made by Mr. J. Harrison.

The barn was packed for a meeting after the dinner.

The chair was taken by Mr E. C. Newcome of Feltwell Hall, who was supported on the platform by Sir Thomas Hare, Sir Alfred Bagge, Dr Hartley, Dr E. G. Archer, Mr Turner (London) and Mr Dyson.

*Here followed a long paragraph concerning Tariff Reform, Budget proposals and the "putting on the screw" by Lloyd George "in extra taxation on land".*

During the evening a capital programme of songs was rendered by Captain Heal (Cambridge), Messrs. F. Williams, L. Payne, Heath (Denver), J. Spencer. Mr. J. E. Heath of Denver was the pianist.

Some splendid selections of music were played on the concertina by Mr Alexander Paine of London.

#### Notes on the above

*The gentleman who made the mottoes was John Abraham Harrison, Headmaster of the Elementary School from 11 January 1904 to 23 December 1910.*

*Dr Hartley was a psychiatrist who ran a home for mentally disturbed young gentlemen at Feltwell Lodge. At least one of his patients committed suicide there.*

*The barn would have been that of Hall Farm.*

Lauren, Mark & Sam Skinner



AWARD  
WINNING  
BUSINESS

With Over  
40 Years  
Experience

MSM

MARK SKINNER  
FUNERAL SERVICE



SAIF  
INDEPENDENT  
FUNERAL  
DIRECTORS

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

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

Memorials • Bereavement Support  
Competitive Pricing and Funeral Plans

Available 24 hours A Day

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

**[www.markskinnerfunerals.org.uk](http://www.markskinnerfunerals.org.uk)**



## WILDLIFE CRIME

There has been a continued trend of reports of people disturbing nesting birds. Can I please remind everyone that all birds and their nests are protected from disturbance and destruction under the Wildlife and Countryside Act (WCA). It is the responsibility of those carrying out any work to make sure no nests are present before work is done, and we would always recommend any hedge cutting or clearing is done in the Autumn after the nesting season to prevent committing any criminal offences.

We have also seen a couple reports of birds, some of which may be classed as pest species by some (i.e. Pigeons, Seagulls and Crows) being shot with air rifles. As per above, all birds are protected under the WCA and cannot be killed unless permitted under the rules of a General Licence. There are only a few species of bird that can be killed, and this is only under very specific circumstances. Anybody killing wild birds for any reason that does not comply with the rules of the General Licence is committing an offence and can expect a visit from the police. For more information on General Licences, please click here: <https://www.gov.uk/government/collections/general-licences-for-wildlife-management>

Just last week we secured a couple of warrants on the back of some reports about a Peregrine Falcon coming into captivity from the wild, and concerns around how this has happened and the suitability of the person to rehabilitate the bird for release. This was a joint operation with Suffolk Rural Crime Team, Bird of Prey Expert, RSPB and National Wildlife Crime Unit. I am pleased to report we seized the bird, and it will be suitably rehabilitated into the wild in the Autumn. I would always encourage people with any information around any wildlife in captivity and any

# TRUSTY GARDEN CARE

Grass - Hedges - Trees - Landscaping

07979 225691

trustygardencare@gmail.com

based in Hockwold, Norfolk

Care & management of trees a speciality

## Freedom Recycling Ltd



**01842 828888**



4 yard to 40 yard skips available to hire



[www.freedomrecycling.co.uk](http://www.freedomrecycling.co.uk)

Your Local, Friendly & Reliable Competitive Skip Hire Service

suspicious behaviour to get in touch with us. It's also really disappointing to tell you that we have been notified of a dog walker who entered a piece of beach on the coast that had been cordoned off to protect Red Listed Ringed Plovers, which are incredibly vulnerable ground nesters. Please be a responsible dog owner, adhere to any signs and follow any restrictions in place - these are there for the right reasons and to protect you from potentially committing an offence. This dog walker is now under investigation for several offences.



## ANIMALS DIE IN HOT CARS

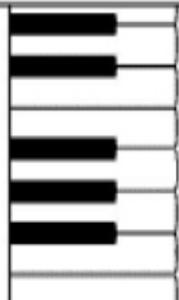
I find it still shocking in 2022 we continue to receive the number of calls alongside the RSPCA in relation to this. Whilst it may seem a cool day and you can leave a window partially down, cars get hot incredibly quickly with the smallest amount of sun. It can cause significant harm to animals not only in the short term but long term too, alongside death very quickly. No animals should be left in vehicles this time of year for any amount of time.

A colleague recently seized two rabbits and a cat found within an enclosed car, their owner remains under investigation for animal welfare offences

## GPS THEFTS

As we enter harvest time, we would like to take this opportunity to urge farmers and landowners to please look at the security around your GPS equipment. We continue to work with many other forces and the national project in tackling this issue.

Det Con Chris Piggott, agricultural vehicle crime co-ordinator at (NaVCIS) has recently been quoted offering the following advice: "These criminals are well organised and know what they are looking for - so it's essential to remove GPS kit from tractors and combines when they're not in use and store them securely.



## ***Piano Lessons***

**Anne Reece, MA PGCE LRAM**

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

**Tel: 07890 954775 or email: [annereece279@gmail.com](mailto:annereece279@gmail.com)**

## *Creative* Ideas

### **Beautiful Curtains, Blinds & Soft Furnishings**

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

**FREE** home consultation with no obligation quotation

**Call Laura** on 01842 828643

[www.facebook.com/Curtainsbylaura](http://www.facebook.com/Curtainsbylaura)  
[www.mycreativeideas.co.uk](http://www.mycreativeideas.co.uk)

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

Regular fortnightly Solid Fuel deliveries in your area.

Competitive prices and a full range of products.

***"Don't Shiver We Deliver"***

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

Tel: 01842890568  
or visit  
[www.taylorssolidfuels.co.uk](http://www.taylorssolidfuels.co.uk)

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

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

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



**One bedroom Holiday Let in Southery**  
for visiting friends and family  
Tel 01366 378417  
Email: [littlelondonnorfolk@gmail.com](mailto:littlelondonnorfolk@gmail.com)

"It's also well worth using indelible ink to mark GPS cases and domes with your farm name and post code to make it less attractive to thieves - and to help police return recovered kit to its rightful owner.

"Many systems now have PIN security – and activating it makes it much harder for thieves to sell systems on.

"Some stolen GPS kits are offered for sale in the UK. One of the best things farmers can do to reduce this crime is to carefully check the provenance of any second-hand equipment offered for sale - including checking if it's legitimate with the manufacturer."

Farmers are also advised to keep photographs and serial numbers of their equipment and report any suspicious activity to the police.

## **STACK FIRE—PREVENTION**

As we move into the harvest season it's important for farmers to consider security and prevention around stack fires:

- Ensure the site where bales are stored is as secure as possible.
- Hay and straw should be removed from fields as soon as possible after harvesting, stored away from other buildings, in stacks of a reasonable size, spaced at least 10 metres apart.
- Store away from livestock.
- Store away from the road if possible, so as not to be an easy target to anyone passing.
- Petrol, diesel and other fuels should be stored in secure areas; storage tank outlets should be padlocked.
- Fertilisers and pesticides should be kept under lock and key.
- Rubbish should be disposed of safely and on a regular basis.
- Electrical safety checks should be carried out and firefighting equipment should be checked frequently.
- Prepare a fire routine and action plan to ensure all farm workers know what to do in the event of a fire.
- Ensure cigarettes are fully extinguished in an appropriate container.
- Where possible, regularly check and maintain open water supplies for firefighting.

If you see any suspicious behaviour around stacks please call 999, likewise if you spot any signs of fire call 999 immediately.

**FELTWELL**



**MUSEUM**

## Returns for 2022 😊

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

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

**FREE ENTRY**

**FREE BOOMERANG**

(Donations appreciated)

***Last Saturday of each MONTH***

***Starting from MARCH. 11-3PM.***

The Beck

**IP26 4DB**

Enquiries

Graham 01842 828387

## WHAT HAPPENED IN THE COUNTRYSIDE IN JULY

July is one of the busiest in the farming calendar: arable farms worked day and night to get the cereal crops in from the fields, cutting winter barley and oilseed rapeseed first. Oilseed rapeseed will be a vitally important crop this year for the UK agriculture industry. Winter barley is generally considered a feed product used to feed livestock; it has larger yields than the spring variety. Once these are in the shed, they will move on to winter wheat which is generally used for bread and pasta: a staple in our diets. Once these are done, they will move onto the Spring varieties of barley generally used in the brewing industry, which has a rich history here in the Eastern region. The Spring wheat is generally used for 'lighter' products such as pastries and cakes.

Many other crops were harvested including peas, which have a very long season and are planted from March to June with a 16-week growing window. The idea of this staggered drilling is to ensure a consistent supply to factories as peas have to be frozen incredibly quickly, generally within 2 hours of being harvested.

Many of our livestock farms in modern farming also have arable operations so they too were busy with that side of things, alongside the continuing care of their animals. Cattle and sheep require regular fly treatment to prevent a nasty thing called Fly Strike, which can be a real issue in sheep. Fly Strike is when flies lay eggs in the sheep's wool and they hatch and start eating the flesh of the live animal and, if left untreated, can lead to death. Another key part in avoiding this is obviously shearing.

The long summer days of heat and sun increase the numbers of insects, which provide a feast to many bird species who will be extremely grateful as they look to stock up for the winter months and as they prepare to migrate to warmer climes in the Autumn. Also, many of our adult birds will have started moulting so will be slightly scruffier than usual...you often see a scruffy blackbird this time of year! With the warmer weather there will be plenty of butterflies around, so keep an eye out as you walk around. Alongside the colourful array of butterflies, I hope you didn't miss out on the beautiful colours of many of our wild plants.



**THE THEME FOR THE CHRISTMAS TREE  
DECORATING IS "HEROES AND/OR HEROINES"**

**FOR THOSE OF YOU NEW TO THE VILLAGE OR WHO  
HAVE NOT BEEN INVOLVED IN THE PAST, WE  
INVITE LOCAL BUSINESSES, ORGANISATIONS AND  
FAMILIES TO DECORATE A CHRISTMAS TREE, FOR  
DISPLAY IN ST. MARY'S OVER THE WEEKEND.**

**WE WOULD LOVE TO SEE MORE TREES DECORATED  
BY FAMILIES, WHY NOT HAVE A GO AT DESIGNING  
ONE DURING THE SUMMER HOLIDAYS. PRIZES ARE  
GIVEN FOR THE WINNING TREES IN BOTH THE  
CHILDREN'S AND ADULT'S SECTIONS**

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

**Phone: 01366 383989**

*Reminiscences by Mr A. J. 'Pip'  
Orange Part 2*

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

In an area abounding with game, there are many tales told in Feltwell concerning poachers who used to wait in the pubs, all night if necessary, until "the moon was right". Until the onslaught of myxamatoxis, the rabbits around Feltwell were reckoned to be the best in the land and it grieves me to have to include that delicious country dish - a rabbit pie - in a chapter headed "Reminiscences".

One country pursuit which seems to be on its way out is the Coursing Match. The Feltwell Coursing Matches were held on the Heath every year on the two days following Christmas. As the last of these took place over twenty years ago and we may never see another, I will explain briefly what was involved. On each of these mornings a line of beaters was strung out along Wilton Road and these men, armed with sticks, then walked slowly over the land, driving hares eastwards up to the Heath where the hares were guided into a wire-netting enclosure.

Once the match started a hare was released and simultaneously two dogs were "slipped". The hare was chased by the dogs until it either got away or was caught, while the judges in their colourful "pinks" rode horse-back. This was a very popular sport, lots of money changed hands and large crowds were drawn from a very wide area.

The beaters were paid 7/6 - 10/- each for about two hours work, whereas, when beating or "brushing" for a shoot, they received for a whole tiring day's work, 5/-, half a loaf of bread, half a pound of cheese and a bottle of beer.

I well remember in the 1920's and 1930's the Town Crier, John W. Willett, touring the village with his large hand-bell and shouting "OYEZ! OYEZ!" before announcing forthcoming events of any importance. We lads were always pleased to hear the announcement of a Pot Auction.

**More next month.**



Thank you to all who supported us on 23rd July.  
We are pleased to announce the next

# QUIZ NIGHT

Saturday

27<sup>th</sup> August

7.30 pm



**St. Mary's Church, Feltwell**

**£6 to Include Supper**

Please bring you own plates, cutlery, glasses,  
drinks and nibbles

**All proceeds to Church Funds**

## FELTWELL'S WW2 WAR HEROES NO. 1

*This month we begin a new series but in the same format and from the same source.*

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

### Abbreviations used.

CWGC - Commonwealth War Graves Commission  
SDGW – Soldiers Died in the Great War  
IRC – International Red Cross  
MIC – Medal Index Card

*This month's War Hero is:*

### **A H Brown Royal Norfolk Regt.**

On the Church Roll of Honour he is also recorded as A.H. Brown

No obvious match on CWGC

It was a Japanese Prisoner of War Card for a Lance Corporal 5778150 Arthur Ernest Brown, 6th Battalion Royal Norfolk Regiment that provides a possible answer. His "Place of Origin" is Lodge Road, Feltwell.

Arthur was born 6th September 1914, Mothers name Mary and his civilian occupation was labouring. He was captured at the fall of Singapore on the 15th February 1942, (or Japanese year 17 as it's shown on the card). The person to be informed was a Mrs A. Brown, of 25 Victoria Street, Grove Road, Norwich. There is a faded note on the bottom of the card "Overseas 25/4/43".

Sadly like so many Arthur is remembered on the CWGC database.

Private BROWN, ARTHUR ERNEST

Service Number..... 5778150

Died..... 03/04/1944

Aged.....29

Unit.....6th Bn. Royal Norfolk Regiment

Son of John William and Mary Ann Brown; husband of Violetta Brown, of Norwich.

Buried at YOKOHAMA WAR CEMETERY

Cemetery/memorial reference: Brit. Sec. C. A. 10.

Source: [www.cwgc.org/find-war-dead/casualty/2207685/brown,-arthur...](http://www.cwgc.org/find-war-dead/casualty/2207685/brown,-arthur...)

# FELTWELL LODGE

## RESIDENTIAL CARE HOME

Lodge Road, Feltwell, Norfolk IP26 4DR



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

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

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

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

**01366 728282**

Website: [www.feltwelllodge.com](http://www.feltwelllodge.com)

E-mail: [feltwelllodge@hanleycarehomes.com](mailto:feltwelllodge@hanleycarehomes.com)

The Army Roll of Honour 1939-1945 records that Private 5778150 Arthur E Brown died in the Far East on the 3rd April 1944 whilst serving with the Royal Norfolk Regiment. He was born and resident Norfolk.

The 1946 Probate Calendar records the death of an Arthur Ernest Brown of Lodge Road, Feltwell who died on the 3rd April 1944 on War Service. Administration with Will was granted at the Norwich Court on the 18th May 1946 to Violetta Brown, widow.

Source: [probatesearch.service.gov.uk/Calendar?surname=Brown&y...](http://probatesearch.service.gov.uk/Calendar?surname=Brown&y...)

### **Birth and family**

His PoW card has him born 6th September 1914. The birth of an Arthur E. Brown was registered with the Civil Authorities in the District of Thetford in the October to December quarter, (Q4), of 1914. Then, as now, you had 42 days after the event to register the birth, without facing prosecution and a fine – so the date of birth and period of registration are not incompatible.

His mothers' maiden name was Cole-Wilkin. We have most likely met Mary Ann Cole-Wilkin before – she had lost her brothers Frederick and Walter in the Great War.

The marriage of a John William Brown to a Mary Ann C. Wilkin was recorded in the Thetford District in the April to June quarter, (Q2), of 1910. The couple were recorded on the 1911 census of England and Wales living at Feltwell, although the exact address isn't shown. John (29, a General Farm Labourer, born Feltwell) and Mary, (23, born Feltwell), have been married for 1 year and have had just the one child so far – their 2 month old daughter Florence, born Feltwell.

Until September 1911 the quarterly index published by the General Registrars Office did not show information about the mothers' maiden name. A check of the General Registrars Office Index of Birth for England and Wales 1911 – 1983 shows one other likely child of this couple. The birth of an Albert R Brown, mothers maiden name Cole-Wilkin, was registered in the Thetford District in the October to December quarter, (Q4), of 1912.

### **Marriage**

The marriage of an Arthur E. Brown to a Violetta Harris was recorded in the Norwich District in the April to June quarter, (Q2), of 1940. A check of the General Registrars Office Index of Births for England and Wales shows no likely births registered in Norfolk for this combination of surnames.

### **1939 National Register**

The 1939 National Register was a mini-census which was used to do a

## EDMUND ATMERE (FELTWELL) CHARITY

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

It also helps for severe chronic illness in younger people.

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

Applicants MUST be a Feltwell resident.



*For all your financial planning needs including...*

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

[www.davidcordnerwealth.co.uk](http://www.davidcordnerwealth.co.uk)

Tel: 07771553787

E: [david.cordner@sjpp.co.uk](mailto:david.cordner@sjpp.co.uk)

Authorised and regulated by the FCA. ref Number 787447

stocktake of the nations' skills, (with the view to making best use of the available resources in the event of war) and as the basis for the issue of ID cards and ration books. After the war it was used as a register for the National Health Service and continued to be used until the system was computerised in the early nineties. Known deaths and change of name were manually captured. It was this part of the register that entered the public domain via a Freedom of Information request. However entries where the person were still believed to be alive at the time the manual system was closed down **and** if they were less than a 100 years old were officially closed. Layout also leaves much to be desired, with location restricted to the relevant Urban or Rural District Council rather than village, town or city. It also doesn't set out relationships, so these need to be inferred. Having said which there are two households of possible interest.

The first is likely to be the Royal Norfolk Regiment man and his family. They were recorded in one of the Council Houses on Lodge Road in the Downham Rural District Council area of Norfolk. That area included the village of Feltwell. Living there were the following three residents:-

1: Brown, Mary A, Widowed, born 28th September 1887, Occupation Incapacitated.

2: Brown, Albert R, Single, born 28th, (or 29th/9th, entry has been faintly amended) September 1912, Occupation Farm Labourer.

3: Brown, Arthur E, Single, born 6 September 1914, Occupation General Labourer.

(Note – same date of birth as the man who died a Japanese Prisoner of War).

There is also another Brown household at The Beck in the Downham Rural District Council area of Norfolk. That was made up of:-

1: Brown, Arthur H, Married, born 27th February 1914, Occupation Plasterer's Labourer.

2: Brown, Vera, Married, born 4th August 1912, Occupation Unpaid Domestic Duties.

3: This record is officially closed.

4: Matthews, Edward C, Married, born 22nd January 1900, Occupation, Glazier.

This would appear to give us an A H Brown of the right age to have served and with a Feltwell connection, but I still couldn't find a candidate on the CWGC database. It may be a co-incidence but the death of an Arthur Henry Brown,



**NEED A WILL?**

**NEED PROBATE?**

**NEED LASTING POWERS OF ATTORNEY?**

**FUNERAL PLANS?**

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

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

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



**Local Domestic Oil Boiler Servicing**

Servicing Standard & Condenser Boilers  
Annual Service with Tank Inspection &  
Boiler Commissioning  
Breakdowns, Maintenance & Repairs

[WESTNORFOLKBOILERSERVICES.CO.UK](http://WESTNORFOLKBOILERSERVICES.CO.UK)

**Electrical Testing Specialists**

Portable Appliance Testing  
Fixed Appliance Testing  
Full Reports, DRB Checked

[WWW.MAYESELECTRICAL.NET](http://WWW.MAYESELECTRICAL.NET)

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

**TEL: 01842 828129/MOBILE: 07791 204492**

born 27th February 1914, was recorded in the King's Lynn District of Norfolk in the October to December quarter, (Q4), of 1996.

### **On the day**

#### **YOKOHAMA WAR CEMETERY**

##### Location Information

Yokohama War Cemetery is 9 kilometres west of the city centre

##### History Information

YOKOHAMA WAR CEMETERY was constructed by the Australian War Graves Group after the Second World War and contains the graves of Commonwealth servicemen who died in Japan as prisoners of war or with the occupying forces after the war. It comprises of four main parts; the United Kingdom section, the Australian section, the Canadian and New Zealand section and the Indian Forces 1939-1945 section. The cemetery contains 1,555 Commonwealth burials and commemorations of the Second World War, including 53 unidentified burials and a small number of special memorials to casualties known to be buried in the cemetery, whose graves could not be precisely located. There is also one First World War burial and a Dutch war grave. The POST WAR PLOT contains 171 non-war service and civilian burials. The cemetery also contains the YOKOHAMA MEMORIAL which commemorates 20 members of the Army of Undivided India and the Royal Indian Air Force who died while serving with the occupation forces in Japan, for whom no burial or cremation information exists. The YOKOHAMA CREMATION MEMORIAL, a shrine which houses an urn containing the ashes of 335 soldiers, sailors and airmen of the Commonwealth, the United States of America and the Netherlands who died as prisoners of war in Japan also stands within the cemetery. Their names (save for 51 who were not identified) are inscribed on the walls of the shrine.

Source: [www.cwgc.org/find-a-cemetery/cemetery/49433/yokohama-war-...](http://www.cwgc.org/find-a-cemetery/cemetery/49433/yokohama-war-...)

The Ashes of Private Brown were recovered from Yokohama Mausoleum in September 1946 and were identified by the details on the urn. They were buried in Yokohama Cemetery in December 1955.

Private A E Brown was originally posted missing at the fall of Singapore.

The British Army Casualty List records that he died at No. 13b Camp, AOMI, Japan, on the 3rd April 1944. The source for all the names on that page for men who died in the same camp was a Lieutenant Stephen S. Abbott, of The East Surrey Regiment.



# St Mary's Feltwell Your Parish Church

## 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 Tracey Rudge 07880 490187**

Tokyo 13B - Omi—(Earlier known as Tokyo 9B then Tokyo 7D)

The British PoWs arrived from Singapore, originally Force "F", they were transported from Singapore in the Kyokkp Maru on the 25th April 1943 and the journey took 25 days.

1943 12th May camp opened as Tokyo 9B

1943 23th May 296 British arrive from Singapore in the Kyokko Maru

1943 1st August the camp was renamed Tokyo 7D

1944 14th April the camp takes in Americans

1945 August camp is renamed Tokyo 13B

1945 6th September the camp was liberated and the PoWs travelled by train to Yokohama.

[www.roll-of-honour.org.uk/Japanese\\_Homeland/Camp\\_Rolls/To...](http://www.roll-of-honour.org.uk/Japanese_Homeland/Camp_Rolls/To...)

The same site records that he died of gastro enteritis.

[www.roll-of-honour.org.uk/Japanese\\_Homeland/Camp\\_Rolls/To...](http://www.roll-of-honour.org.uk/Japanese_Homeland/Camp_Rolls/To...)

The same cause of death is shown here:-

[www.mansell.com/pow\\_resources/camplists/tokyo/tok-13b-omi...](http://www.mansell.com/pow_resources/camplists/tokyo/tok-13b-omi...)



Unfortunately I have to report our fortunes remain low in the league games with the following losses in the Rosie Smith league against Swaffham, Shouldham and Mundford, but wins against Hockwold and Weeting. In the David Allen league 2 losses against Northwold and Shropham.

The teams remain upbeat and hopefully we will see more wins in the future.

Some of the greens are not playing well but ours remains in excellent condition although it will take more upkeep in this heatwave we are experiencing at the moment, but we must not grumble.

With this very fine weather now is a good time to give the game a try so why not give it a try and who knows you may get the itch, we are there on a Monday and Wednesday starting 6 o'clock you will be made most welcome, we have plenty of bowls you can use.

On a much brighter note I can confirm our next Quiz night is fixed for Saturday 13th August.

Max

# WORD SEARCH

Submitted by Mrs J. Clements.

This month our word search is on **BREEDS OF DOMESTIC CATS**. Find the words from the list. They run vertically, horizontally, diagonally, backwards and forwards but always in a straight line.

*The solution is on page 76*

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

ABYSSINIAN
AMERICAN
BOBTAIL
ARABIAN MAU
BALINESE
BENGAL
BRITISH
SHORTHAIR
BURMESE
CHARTREUX
CYPRUS
DEVON REX
DONSKOY
DRAGON LI
EGYPTIAN MAU
HAVANA BROWN
KORAT
MAINE COON
MANX
PERSIAN
RAGDOLL
SAVANNAH
SCOTTISH FOLD
SIAMESE
SIBERIAN
SOMALI
SPHYNX
TONKINESE



*A forgotten conversation between our two boys, lazing away a weekend fishing in a pond.*

*What do they talk about?*

*Frederick James has some ideas.*

### **THEN T'WORMS'LL COME**

*“Ad a dream, last night. A nightmare, actually! Scary it was, too! Real scary! Couldn't go back ta sleep after! Right scary it was. Every time I shut me eyes, there it was again! Wot d'ya reckon causes nightmares? I's 'ad dreams afore, but they was sorta nice ones, but not nightmares. No, not nightmares. Real scary, they is!”*

*“You 'avin' nightmares? Ya's never said nowt afore about 'avin nightmares. Dreams is ok, I s'pose, as long as they's ok ones. No scary bits, like you 'as 'ad last night. Not as 'ow I'd remember, any road.”*

*“Yeah, but wot causes 'em?”*

*“Remember my Ma saying as not ta eat spicey stuff afore goin' to bed, cos that can make ya dream, sorta. Didn't want ta be bothered makin' us supper, is wot I thinks. Funny, that, cos Gran used'ta give us onions done in milk for us supper, when she was in charge. Didn't do us no 'arm, that didn't!”*

*“Onions in milk? Whot's they like? Sound a bit iffy ta me!”*

*“Right nice they are! An' like I says, very tasty, very nice! Ya ought ta 'ave a word wi your Ma, an' see if she'd do ya some for ya supper one day. Gran says they 'ad 'em durin' t'war. Cheap an' cheerful, she said. An' not on t'ration book, neither! Her an' Granpa used ta live abroad somewhere, before t'war started. Eat all sorts a stuff, they did. Not normal grub, like wot we eat, though. Any road, wot did ya dream about, in yer nightmare? Ya ain't said. Just as 'ow ya'd ad one, an' all”*

*“T'were about worms, it were. It were about worms!”*





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



Sun 7 <sup>th</sup> August	Eucharist	9.15am 11am	Feltwell Northwold
Sun 14 <sup>th</sup> August	Eucharist	9.15am 11am	Hockwold Weeting
Sun 21 <sup>st</sup> August	Eucharist	9.15am 11am	Northwold Feltwell
Sun 28 <sup>th</sup> August	Eucharist	9.15am 11am	Weeting Hockwold

Morning Prayer Every Tues 9-30am Hockwold

Zoom Eucharist Every Wednesday 10am  
Please email Chris Parker for invitation details:  
[grimshoebeneficeoffice@gmail.com](mailto:grimshoebeneficeoffice@gmail.com)



Want to keep cool?



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

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

*“Blimey! Ya 'ad a nightmare about worms? They's nowt be scared of! Ya ain't scared a puttin' em on yer hook when we's fishin' are yer? Ya ain't scared of 'em then, are yer?”*

*“Naah, ya knows I ain't. They's only little. An' any road, they doesn't bite. Those in t'nightmare were big enough ta bite yer 'ead off! 'an they could move fast, an' all! They was catchin' me, when I woke up!”*

*“Crikey! I reckons I'd a 'ad a nightmare too, dreamin' 'bout worms as wanted ta bite me 'ead off! Summat musta set ya off, and no mistake! It couldn't be owt ya 'ad fer yer supper, cos ya said ya don't 'ave nowt, so it 'as ta be summat else, don't it?”*

*“Come ta think of it, I were listening ta t'wireless, givin it time ta warm up, like, afore Dick Barton started. They was playin' diff'rent songs an' such. T'last one were 'Ilkley moor bar t'at'. Said it were by a nonimouse, or summat like that. T'last line said summat like 't'worms'll come an' eat thee up!' Right upset me, that did! Talkin' 'bout worms big enough ta eat grown-ups, an' all! Couldn't get it outa me 'ead, neither! Not even when Snowy an' Jock was 'elpin' Dick Barton catch t'baddie, neither!”*

*“Blimey, worms big enough ta gobble ya up! That'd give anyone a bl\*\*dy nightmare, and no mistake! Any road, ya can catch up wi Dick Barton on Sat'day mornin' if ya ain't goin ta t'flicks can't yer?”*

*“Yeah, guess so. Who'd a thought a song on t'wireless would make me 'ave a nightmare? 'ope they don't play t'same thing tonight!”*

*“Tell yer wot. Let's forget about Ilkley Moor 'an Dick Barton, an' do a bit a fishin, eh? Take yer mind off things, sorta like. Concentrate on summat else? Pass t' bait tin, an we can get sorted, eh? Hope they's still alive, after all that mitherin' about nightmares an' such!”*

*“Will ya do mine for me?”*



giving  
nature  
a home

# Events at RSPB Lakenheath

July-September 2022

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.

## Friday's Foray

Price: Adults £5 (RSPB members) or £7 (non-RSPB members).

Children (10+ years) go free!

Monthly guided walk – 11am-1pm, **usually** the first Friday in each month—5 August, 2 September.

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

## Treasures of the Moth Trap

Adults: £3 (non-RSPB members), £2 (RSPB members)

Children (under 16's) go free!

25 August, 29 September, 27 October (10-11am)

Monthly moth-trap opening at the Visitor Centre.

## Big Wild Sleepout 2022

A family-friendly night spent camping under the stars, with a campfire, guided walks and children's activities on offer!

20 – 21 August (1pm-1pm)

Price: Adults £20, Under 18's £10 (RSPB members), Adults £25, Under 18's £12.50 (non-RSPB members).

## Race for Wildlife 2022

Our annual 5km or 10km race, following routes across a variety of habitats, suitable for all abilities. Profits from ticket sales help wildlife and there's homemade cakes at the end!

16 October (11am-2pm)

Price: Adults £15, Under 16's £7.50.



# RSPB Lakenheath Fen

## THE SECRET WORLD OF MOTHS

Whilst most of us are tucked up in our beds at night, our gardens and green spaces come alive with buzzing wings as moths visit flowers such as honeysuckle and jasmine. In the UK there are around 2,500 different species and they do suffer from bad publicity - many people think the only thing they do is eat our clothes (only a couple of species do!) and annoy us by flying into the bathroom when we leave the light on.



A Pebble hook-tip

But moths are so much more- they are vital pollinators of our fruit and vegetables and a major part of the ecosystem- the broods of many species of songbird, especially tits, are raised on their caterpillars. The adult moths make up most of the diet of bats too, and will help to feed swallows, swifts and house martins. Not all moths are nocturnal- some like the cinnabar, mother-of-pearl or small magpie can be seen in flowery places, feeding by day.

Here at RSPB Lakenheath Fen, we set moth traps overnight roughly once per week during peak moth season (Spring and Summer) and less frequently in autumn and winter. It's a humane trap which doesn't hurt the moths- they are attracted to a bright light in the middle of the trap, and then most of them end up flying through a gap in the bottom. Once they're in here they find an assortment of egg boxes which they like the texture of and settle down on. Then, in the

# WORKSHOP CREATIONS & HOUSEHOLD SERVICES

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



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

**15% off**

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

valid until 31 dec 2021

07958626947 / 07985299841



Instagram : workshop\_creations\_8

Facebook : Workshop Creations

workshopcreationsbrandon@gmail.com

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

morning, we open the trap and count what we have. Keeping a tally helps us to monitor how well the reserve is doing in helping both common and rare species.

As I write this, we set a trap last night and were pleased to find a couple of Fen wainscot, a species which we often catch here because the caterpillars feed inside the stems of common reed. In all we caught over 300 moths of roughly 60 species, including some with beautiful names such as Rosy rustic, Beautiful hook-tip, Scalloped oak and Frosted orange. At events like our Big Wild Sleepout (30-31 July this year) we tend to set a trap or two so that families can enjoy watching us open it up and get up close to moths- something that isn't normally possible in our day-to-day lives.

Whilst you can buy dedicated traps to set in your garden, it can be surprisingly easy to see moths in your garden or local area- if you go for a walk at dusk, when most moths are waking up, you can often see them feeding at popular

flowers like honeysuckle in the summer or autumn in the winter. If you have salvias, campion, lavender or buddleia growing in your garden it's worth checking these too. Butterfly Conservation (this charity also works to help moths as well as butterflies) have a great 'Identify a Moth' search facility on their website if you find a moth that you would like to identify: <https://butterfly-conservation.org/moths/identify-a-moth>. Or, you can always give us a call on 01842 863400 or send us a photo at [lakenheath@rspb.org.uk](mailto:lakenheath@rspb.org.uk) if you would like us to help.

With best wishes for the month ahead,

Heidi Jones (Visitor Experience Officer, RSPB Lakenheath Fen and photographer of both images used in this article).



Elephant hawkmoth with a Poplar grey for company

## WORD TRAIL No. 19—SOLUTION

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

### Northwold Spiritualists Church - News Update

To everyone that has supported Northwold Spiritualists Church over the years I would like to say thank you and announce that I am making way so that Jose O'Ware, one of our regulars, can take over the running of the Church from the Autumn.

Please give Jose the support that you have given me in her new role and we look forward to a new programme of events and a new venue for future meetings.

Jose lives in Methwold and as an active member of her village community has decided that all future meetings will be held at Methwold Village Hall. Please watch for updates from Jose with dates and future events in your village magazine.

## SPOT THE DIFFERENCE NO. 33

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.



Previously known as Howards Lane then renamed after a firm of agricultural engineers, Robert Payne & Sons, in the 1950s



## BRECKLAND CATS PROTECTION

Indoor or outdoor cats? Some cats have to be kept indoors for medical conditions such as blindness or deafness or if they are FIV positive (Feline Aids which can be transmitted to other cats). Apart from that, keeping a cat indoors all the time can be very difficult. You would have to keep all windows and doors closed and if the cat is an unneutered male or female, they will always find a way out. Just the smallest gap, and they will be through it. When female cats come into season, they are desperate to get out and find a mate. They are just doing what comes naturally to them and are led by their hormones. Unneutered male cats would also like to find a mate. And if they are not used to being outside, they are immediately lost, can become highly stressed and disorientated.

Therefore, indoor cats must be neutered and microchipped, so that if they do escape, there is a chance they will be reunited with their owner. Indoor cats need lots of stimulation to prevent boredom setting in. Otherwise, they can exhibit behavioural problems such as scratching furniture, spraying, over grooming, aggression and depression. They have no mental stimulation, such as hunting.

They can't get away from building workers you may have in your home, or visitors and inactivity can lead to obesity.

You will need to provide lots of toys to play with, cat towers and battery-operated play things. But I am not sure why you would want to keep a cat indoors all the time. Maybe it's because you live on a main road or busy road. Perhaps then you should think twice about having a cat. Even dogs get taken for walks, but it's not so easy with a cat.

We at Cats Protection never home cats as indoor cats, unless there is a medical condition that requires it. We check all our potential adopters' homes, to make sure it is a relatively safe environment, away from busy roads and railway lines.

All cats should be given the opportunity to go outside and explore, climb trees, chase leaves, dig up the garden!

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

Rita Thompson.

## Hospital Happenings *by Tony Bennett*



*Monthly Ramblings about West Suffolk Hospital*

### **Covid at the hospital:**

A request for outline planning permission has been made for the new hospital. This is a first step and an important one as it seeks to establish if the principle of building on the proposed site is acceptable. We await the outcome with bated breath.

A massive amount of work has already taken place, for example, an Environmental Impact Assessment. This has required extensive research to be undertaken, to collect data to understand the local area (everything from road infrastructure through to protected species and habitats present, including bat, botanical and fungi surveys). An arboricultural consultant who specialises in veteran trees has been appointed and each veteran tree has its own management plan.

Gardeners, maintenance and security staff are on site to care for and protect the manor house which the hospital intends to retain.

### **Student Volunteer Programme:**

WSH's student volunteer programme is an opportunity for sixth form and college students to volunteer regularly on a busy ward helping ward staff and patients. This is especially useful for any student considering a career in healthcare or hoping to study medicine at university.

On offer are approximately 30 placements a year.

Students are required to commit to 50 hours volunteering (at least a two hour session once a week, until 50 hours are completed) This allows students to become a valuable member of the ward team, giving them a rewarding volunteer experience, while avoiding their school exams.

All enquiries must come from the student themselves.

*PTO*



This year's applications open on Monday, 4 July 2022.

If you'd like to apply, please complete the relevant form which is on the website.

### **Incidents and Anecdotes:**

While not an anecdote as such, this clinical case was interesting as it demonstrated the value of our hybrid camera. Our patient had lower back pains and also a prostate cancer. The suspicion was that he may have secondary cancer in the pelvic area and so a bone scan was requested. Sure enough there was some increased uptake in the pelvis near the lower end of the spine which looked it may have been bone cancer. The appearances were not conclusive though and as our consultant was handy I asked him for his opinion. He thought it might be but asked for SPECT which takes slices through the patient using the nuclear cameras. He came to view the result which looked very odd and not really like bone cancer at all. He thought it was possibly fragility fractures, cracks caused by osteoporosis, and it did look that way but to be sure we agreed that a CT scan was justified. The hybrid camera is also capable of taking CT scans so we set up the computers and took the images which only takes about 2 minutes. The advantage of doing it this way is that the CT and SPECT pictures can be put one on top of the other and faded in and out as required. So we could see the 'fractures' on the nuclear images which showed where to look on the CT images. Knowing precisely where to look revealed some cortical thickening of the bone which gave a clear diagnosis of Paget's disease, a benign and treatable condition much less serious than bone cancer. We breathed a sigh of relief and the consultant went off to make his formal report.

(James Paget Hospital at Gorleston is named after the surgeon who first recognised the disease. He was born in Great Yarmouth, trained at Bart's in London and was friends with Charles Darwin.

### **Cost of Living**

We are acutely aware of the rise in the cost of living which is why we will endeavour to absorb the increased cost of printing this magazine and keep its cover price fixed for as long as we can.

# NEWS FROM THE PARISH COUNCIL

A Meeting of the Parish Council was held on Monday the 11<sup>th</sup> of July 2022 in the British Legion, Long Lane. Five Councillors attended, 2 members of the public and RAF Commander Geary

Police have been contacted following a resident's report of several youths setting fire to a litter bin at the playing field.

Weed spraying has been reduced to one spray per year and is due to take place in July. Clerk will write to Norfolk County Council advising that the quad method is ineffective as several weeds are missed due to the speed of the quad and also advising that weeds should be sprayed during their early growth stages as their uptake of the chemical at this time of year is not adequate to kill them.

Clerk to request Highways inspect St Mary's Street as the road has dipped again.

Clerk to ask Borough Council when the grass cut is due because village greens and verges are considerably overgrown.

Streetlight maintenance contract renewed with K&M Lighting again due to the excellent service they have provided over many years. Clerk is waiting to hear back from the insurance company regarding the damaged streetlight at Curtis Drive.

The Parish Partnership Scheme is running again for 2023/24 and deadline for application is 9/12/22.

Residents are reminded to cut back their greenery to within their boundary line if it is causing an obstruction to pedestrians or vehicles.

Changing Room rent will remain the same for Feltwell United FC for the forthcoming season who are to be commended for winning two cups last season as well as the League, promoting them to the Anglian Combination League.

Residents are asked to report HGVs speeding through the village, quoting the date, exact time and any contact details

gathered from the vehicle's signage, following a resident's concern about the growing number using the village as a short-cut and the speed at which they are travelling. The purchase of another SAM2 with two new locations at Wilton Road and Lodge Road will hopefully make drivers more aware of the speed limits through the village.

Cllr Martin Storey gave his report from the Borough Council and Norfolk County Council:- The Borough Council are spending £300k over three years to take action on fly-tipping which is becoming a major issue; a fixed penalty of £300 can be enforced and repeat offenders fined £50k or even imprisoned. 52 electric car charging points are to be installed in Borough Council car parks (5 x King's Lynn, 1 x Hunstanton, 1 x Burnham Market) and vehicles can park freely whilst they charge from 6 pm – 8 am. An extra £25m needs to be sourced for the Norwich & Western Link project and NCC believe this should go ahead to benefit Norfolk as a whole.

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

As there is no August meeting, the next Parish Council meeting will take place at the British Legion on Monday 12<sup>th</sup> September 2022 at 7.30 pm, all are welcome.

Your **Parish Councillors** are:

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

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](mailto:feltwellparishclerk@gmail.com). Or by phone on 828383.



**WE ARE  
MEMBERS**

# *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***

## **JUBILEE WEEKEND TIMES**

**Thurs 2nd June 4:30 to 7:00**

**Fri 3rd & Sat 5th 11:30 to 1:15  
& 4:30 to 7:00**

## **Opening Times**

**CLOSED - Sun, Mon & Tues**

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

**Friday & Saturday:**

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

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

**Advance orders welcome**

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

**[www.facebook.com/TheFishPiper](http://www.facebook.com/TheFishPiper)**

