

Northwold News
From Jim Booty

Parish Council

A donation of £ 500 was given to the Village Hall Charity, and tenders for the grass cutting were dealt with. A catalogue of all Parish Council records deposited at the County Archive was received, and it was decided to send the old Council minutes.

Good progress was reported on the proposed new children’s play equipment.

Circus visit

The Foolhardy Folk Circus will visit on June 28<sup>th</sup>. For performance times, look out for posters around the village.

Village Hall
Fund Raising Committee

Lots of suggestions have already been put forward as to how money can be raised for the Village Hall deficit.

Village Directory

Last month the Deputy Editor asked for the various organisations to send in their details so that he could compile a directory of Village activities .

Unfortunately only one organisation, The Tennis Club have responded. Please let us have these details. It is very useful for people who want to take part in any activity, or to join in something and do not know who to contact. Just send me a short e mail or drop a note through my door. Ed

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Several fund raising events will be taking place this year and already Keith Loads – the Norfolk Entertainer of Thursford Christmas Show fame has been booked for Friday 23<sup>rd</sup> of June. Details of all events will follow which we hope will be generously supported.

Jim Booty

Please keep us informed of news and events in, and around Northwold & Whittington. Please send correspondence to the Editor, 10 Methwold Road, Northwold. editor@northwold.net

Letter To The Village Life team

We would like to thank you for your very kind donation to Tots and Co, it’s very much appreciated and will go towards craft material and replacement toys.

Thank you once again,

Tots and Co Committee.

Hamish’s
Football
Pontoon

The Last 3 winners of the Bowls Club Pontoon were:

Wendy Lavender

Wally Riches

Pat Askew

Each won £ 39. 90.

Apologies for not publishing this earlier This was due to shortage of space in the last edition Ed.

From page 4...

The husband replied,
“I just wanted you to know
what it’s like when I’m driving
the car”



Village Life
NORTHWOLD & WHITTINGTON

The Rising Stars Of Tae-Kwon-Do

Meet the Brother and Sister of Tae-Kwon-Do.

Jack and Lily Bowers have been attending The Mark Farnham School of Tae- Kwon- Do at Downham Market for the last two years, learning the Art with the tuition of their coach Brian Doake, under who’s guidance they have started to make a lot of progress which to date looks quite impressive.



At Coventry in the British Championship Lily was placed second in her weight and height category.

In the South Midlands Championship held at Hereford recently, and attended by 700 contestants both Jack and Lily came first.

At their School in Downham Market, Jack was awarded the distinction of being Student of the Year. They have to learn to speak and count in Korean when taking part in this Sport, as well as learning the physical side.

To date Lily has a grading of Blue Stripe, and Jack is a Blue belt. They expect to progress in their grading very soon.

On the 11<sup>th</sup> of February this year at Kettering in the Midlands Championship Lily was obliged to go in with youngsters much older, a great deal heavier, and a lot taller than she is. She says, “I got a bloody nose, and I got punched in the belly twice but I carried on” And she’s only seven. Jack turns 11 this year so soon he will be mixing it with the “Big ‘Uns”

In March this year they are off to Coventry again, to take part in the English Championships, and in June it’s off to Belfast for the Irish Championships.

Apart from the physical side of the sport this must be very time consuming and expensive. Isn’t it nice to know that, not only have we got youngsters who are prepared to get stuck in and do something worthwhile, but also that there are parents who bother to take an interest in what the children want to do, and give them the support they need. WELL DONE AND GOOD LUCK

Easter Fun At St.Andrew’s Church

Easter service is at 11. am on Sunday, April 16<sup>th</sup>. After lunch, from 2.00pm, why not join us for the great Quiz and Easter Egg Hunt ! Refreshments will be served from 3. 0 pm. BRING THE FAMILY AND FRIENDS.

Approximate Timetable 2.00 pm Quiz available. 3pm teas available. After tea, Easter Egg Hunt.



Issue March 2006
Copy date for the next issue is;
23rd March 2006
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Northwold, a wake-up call

Use it !, or loose it and go to the dogs, Well! see just what happened before, Already we’ve lost such a terrible lot Can we really afford to loose more?

8 Shops we once had, and a Bus fleet as well Not to mention our Cobblers and Smiths So listen when I try to tell you the truth These things aren’t just stories and myths

Our school is still thriving, though that almost went Thank God that it’s now doing fine But what of our Church, and the old Village Hall? Neglect them? ----- You watch them decline

We have only one Pub, but used to have five. Our sporting teams played with the best Our village was thriving in years long ago But now -----, it just leaves me depressed

We can help to revive it if we only try It is after all, but a trend Yes let us hang on to just what we’ve got left And bring this decay to an end

Then lets fly the flag and raise high all our hopes Don’t loose it, as I’ve tried to say Turn enterprise into a sparkling success Support them all, “ Starting today ”

This anonymous poem Brilliantly sums up the current state of not only this village but most villages around. If there are any people out there who have been unfortunate enough to lose their cobblers, (See verse 2) then I offer my sincere condolences!

Thanks a lot. Ed.

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The views expressed in submitted items are not necessarily endorsed by Northwold & Whittington Village Life. Whilst we endeavour to ensure that all information contained in the newsletter is correct, we cannot be held responsible for errors. The Editor reserves the right to refuse or omit items without explanation.

Editorial

Last month we had to report all the details of vandalism and petty theft that have been happening in the village recently. So this month it is nice to be able to report on some youngsters who are doing something worthwhile. Jack and Lily are by no means the only youngsters engaged in the sport or art of Tae- Kwon –Do in the village and we would love to hear from any others who are engaged in this or any other sport. It is a great shame that with a recreation ground like we have, the village has no football team, especially with the School bursting at the seams. However, having been involved in this activity myself I know how much work goes into running sports clubs.

By the time that the April edition goes to print it will be forty years since We arrived in Northwold. Doesn't sound very long when you say it quick. You don't notice too many changes perhaps until you go into the cemetery and see the names on the gravestones, then you realise how time has slipped by. But probably the most surprising thing is that youngsters of about 14 ask me if it is right that I was the "Copper" here. They're too young to remember.

I had black hair then, and I remember my first day on duty. It was a General election and Charlie Dixon one of the Special Constables was on duty in The School which was the polling station. There were four shops, a Butchers, two bakers, two pubs and a garage, and a fish and chip shop, a Chapel and a lot of small farms. Incidentally Labour won that election And duly cocked things up.

So although lots of things have changed over the forty years, other's have hardly changed at all. But politics was never my strong suit so we'll leave it at that before we get complaints.

All the best.

Mick . Editor

Church Services for March, 2006.

**Wednesday. 1<sup>st</sup>.** Ash Wednesday.  
**Northwold.** Ashing and Holy Communion

**Sunday 5<sup>th</sup>**  
11am. **Northwold** Holy Communion  
9. 30am. **Methwold.** Holy Communion  
11am **Feltwell.** Joint worship with Methodists  
9.30am **Wretton.** Matins.

**Sunday 12<sup>th</sup>**  
11am. **Northwold** Matins  
9. 30am **Methwold** Matins  
11am **Feltwell.** Holy Communion  
9. 30am **Whittington** Matins

**Sunday 19<sup>th</sup>**  
8.00am **Northwold** Holy Communion  
9.30am **Methwold** Holy Communion  
3pm **Methwold.** Baptism  
Sophie Catherine Galley  
11am **Feltwell** Matins  
9.30am **Whittington** Matins

**Sunday, 26<sup>th</sup>**  
11am **Northwold** Matins  
3.30pm. **Northwold.** Mother's Day Service  
10am **Methwold** Joint worship  
11am **Feltwell** Holy Communion  
9.30am **Whittington** Holy Communion

**Derek Johnson**  
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Come To The Woodlands Inn

We Older People knew it as Broom Lodge, then it was the Robin Hood Pub. When Jimmy Hutt developed the site he named it Woodlands Lodge. More recently it has been the Comfort Inn, now it will be known as Woodlands Inn. Of later years it has not enjoyed the popularity that an establishment of it's quality should have. This is all set to change. The management of The Premises have been taken over by Ron and Jacque Straalen, who assure me that they are here on a long term basis with a view to attracting local patronage, which they hope they can improve. They are experienced in this field, and have worked extensively in the business in various locations including the Carribean. They plan to organise Karaoke nights, Quiz Nights and there is a Happy Hour from 6pm to 7pm Monday to Thursday inclusive. Also there is Sport on the big screen. Ron is from Utrecht which is in Holland unless you are Ron in which



Ron And Jackie

case it is Nederland. Jackie is from these shores, West Mersea in fact which is on the Essex coast. If you feel that things have not measured up to expectations in the past, then that is not the fault of Ron and Jackie. They are here to run a business, and they are looking forward to meeting the local people. If you are interested in individual rates for the various things please do get in touch with Ron and Jackie who will be glad to assist you.

St. Andrew's Church

The A.G.M. of the Parochial Church Council will be on **Thursday, April 6<sup>th</sup>.** This meeting will be held in the Village Hall at 7. 30 pm and anyone wishing to attend will be welcome.Mothering Sunday March 26<sup>th</sup>

*Do join us for our Mother's Day service in St Andrew's Church at 3. 30 pm. Bring the family. A chance to say "Thank You" to all Mums. . . Grannies, Aunties .... We look forward to seeing you !*

Bowls Club 100 Club Draw February 2006

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Sylvia

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RITA’S RAMBLINGS

A few years ago I became involved in doing a lot of the paperwork involved in training some firemen. For much of the time it was fairly boring but, on occasions it was quite a challenge – helping to make sure all the trainees were in the right place at the right time and with all the necessary equipment. Most importantly, I learnt a lot. It had never occurred to me before how essential it would be to make sure that plenty of drinking water needed to be available during the breaks in training. Can you imagine how hot you would get if you climbed a ladder up to a third floor window, fully kitted out in protective clothing and heavy boots, and then lifted someone of your own size out over the windowsill and carried them back down the ladder over your shoulders? Watching the trainees do that, and more, certainly opened my eyes to the potential for dehydration. Quite apart from the physical exertion there was the kit itself. Obviously, there is the fireproof jacket, trousers and gloves which, by their very nature, are not the most breathable fabric in the world, added to which they are rather on the bulky side. Then you have the breathing apparatus itself with a heavy cylinder of air strapped to your back, the mask on your face and the gauge clipped to your jacket. Another essential is a torch, again clipped to your jacket. Talking to the instructors themselves proved to be near enough non-stop education for me – and I wasn’t even training to be a fireman! I could never hope to gain more than a small fraction of their understanding and awareness of how fire behaves but they did a very good job of improving my knowledge. I learnt about how to recognise the potential for a flashover when a door is opened in a burning building. It’s all very well seeing it played out in films like ‘Backdraft’ but it is another thing completely to be standing watching it happen for real, even knowing it was just a simulator. I was properly dressed and safely positioned to one side when the door was opened – and the tongue of flame that shot out was truly awesome. The mere thought of having to contend with such conditions in a confined and unfamiliar building would fill me with terror I’m afraid. I was also able to

have a go at some of the training myself – under strict supervision, of course! I found out just how much force was exerted by the water gushing out of the hoses; it really does take more than one person to hold it steady and direct it properly. At one point I was feebly helping to direct the hose at a blazing firewall a good number of feet away and the heat was really intense, despite all the protective clothing and breathing apparatus. Having assessed my competence/incompetence the instructors finally allowed me into the burning building simulators. First of all, we went in and had a look around and were told what to expect, this took about 10 minutes total. Once we were all outside again, the doors were shut and the scene set. Our first task would be to walk, in teams of three, through smoke filled corridors and check several rooms for any casualties. We were given basic instructions on the best way to walk carefully and quickly making sure that we were not about to trip over any mundane obstacles such as chairs, tables or CD racks or even fall through holes where the floor had burnt through. You may think they would be easy to see – but with thick smoke and no lighting they all become practically invisible. Each team leader walked with one arm moving up and down about 18 inches in front of their body and one foot tapping the ground ahead; the second and third members of the team followed by placing a hand on the shoulder of the person in front. Thus we made our way through the corridors, inching along one of the walls. As we came to a doorway we entered and made our way around the room checking for any casualties. It had never occurred to me how systematic a fireman would need to be to make sure that nothing was overlooked – think how difficult it is to find your way to the cupboard containing the candles when there is a power cut after darkness has fallen. And you know your house well! We continued in this way, ‘searching’ two more rooms; then we came to the final room where the ‘control’ fire burned fiercely in the centre of the room. Due to the design of the room it was possible for the heat to build up quite significantly and the eerie glow

accentuated just how little was visible in the smoke – I certainly gripped the shoulder of the man in front just that little bit tighter. Moving around this one room with a raging fire in the centre was extremely hot and very disorientating; our breathing became more laboured with each and every breath sounding louder through the breathing apparatus. I then saw an oblong area of light and felt us being guided towards it by one of the instructors; they had opened the ‘exit’ door. We removed our masks and breathed deeply in the fresh air, our faces all streaked with black and our hair soaked in perspiration. I sat down in the sunshine and gratefully accepted the polystyrene cup of water handed to me by the instructor. I already knew that I could never do a fireman’s job in a million years – I never have been particularly comfortable anywhere near the large bonfires lit for Guy Fawkes. I hope, with all my heart, that I will never be in that sort of situation for real, but if, heaven forbid, anything like that does happen I might remember just an inkling of what I have been shown and it might make a difference. It may give you food for thought as well.

Until next month, take care.

Rita

Congratulations  
To Cliff and Pat on  
their Golden Wedding



Love and Best Wishes from Graeme and Janice. Diana and Roger. Jason and Sarah and all the family. And from Me And Pam. Ed



All schools are part of the community they serve and I am delighted that this is very much the case for this school. We are always pleased to welcome members of the community to special events and would also like to thank parents and friends who come to school to help us.

My thanks to Mr and Mrs Young and Mr and Mrs Lavender who have prepared an area of the garden for the eco-council to grow vegetables!

We are fortunate that we regularly receive visitors who take our act of collective worship. Parents regularly attend collective worship on Friday afternoons and we value their presence with us.

At long last the school has been connected to ‘Broadband’ this will make a huge difference to us when using the internet for lessons. Many of the children are very skilled in using computers and other IT hardware.

Many thanks to everyone who came to the charities morning. We supported Guide Dogs for the Blind, Quidenham Hospice and The Pakistan Earthquake.

Earlier in the month we were pleased to welcome two students from Methwold High School to work with our older pupils. We enjoyed their company and I understand they gained a great deal from the experience.

Next week we are celebrating a Multi-Cultural week and we are focussing on Africa. We will be producing lots of

art work and the children will be working with a musician to learn how to use African drums. In addition we have a visitor from UNICEF to talk about children’s rights. There will be a ‘fair trade’ stall in school and we hope to make this week an annual event taking a different part of the world each time.

Marion Dawe

Look Who’s 18



Happy 18th Birthday Chris  
For Friday 10th March.

Love from Mum, Dad and  
Sammi

And best Wishes from all at  
Village life



The return of this half term after a well needed break will see the children being creative with Spring Time and Easter crafts, with the better weather hopefully approaching the children will also start to enjoy more outside play and adventures.

On a sad note, we are saying Goodbye to Kirsty, a valued member of our staff who’s last day will be Friday, 17<sup>th</sup> March. Both Staff and Children will be sorry to see you go but Good Luck for the future.

If you have a child(ren) of pre-school age and are interested in the Little Normans then please call in and collect one of our information booklets or phone 727804 and speak to a member of staff.

The Pre School opening hours are as follows:

Monday	9am – 12 pm
Tuesday	9am – 3pm
Wednesday	9am – 3pm
Thursday	9am – 3pm
Friday	9am – 12pm

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# Humour

You don't stop laughing because you grow old, you grow old because you stop laughing

A bee was sitting on a buttercup in a cow meadow when a cow came along. The cow said to the bee, "Move off that buttercup I want to eat it". The bee said, NO I'm not moving. The cow said "If you don't move off, I'll eat you as well". The bee wouldn't move so the cow ate the buttercup, bee and all. When the bee got down inside the cow it thought, "It's lovely and warm in here I think I'll have a nap and when I wake up I'm going to sting into her guts for her and teach her a lesson" But when the bee woke up the cow had gone!!

The moral is of course, always heed a warning or you may finish up in the fertilizer

Send your jokes that you would like printed. Anything considered that is not too vulgar or personal to any particular person Ed

I wonder how many people can relate to this situation. It comes courtesy of Frank Fendick, and may well have originated in America.

A wife was making a breakfast of fried eggs for her husband. Suddenly her husband burst into the kitchen shouting.  
"Careful...CAREFUL! Put in some more butter! Oh my God ! You're cooking too many at once. TOO MANY!!.... Turn them! TURN THEM NOW!.. We need more butter. Oh my god !! WHERE are we going to get MORE BUTTER ?.. Theyr'e going to STICK! Careful.... CAREFUL !! You never listen to me when you're cooking! NEVER! Turn them!! Hurry up !! Are you CRAZY? Have you lost your MIND? ..Don't forget to Salt them. You know you always forget to SALT THEM!! Use the Salt, USE THE SALT !!, THE Flaming **SALT** "

He wife stared at him."What the heck is wrong with you ? You think I don't know how to fry a couple of Eggs?

Calmly her husband looked at her, and his reply can be found at the end of page 12

## POLICE WARNING TO FOG LIGHT OFFENDERS

Motorists are being warned to use their fog lights legally or face being landed with a £30 fine.

The two week campaign, which ended on Wednesday February 15<sup>h</sup>, brought to police attention in the West of the county a significant number of car drivers using their fog lights illegally.

Inspector Paul Rush of Swaffham Road Policing said: "Fog lights are to be used when driving in reduced visibility only and can dazzle other road users when use unnecessarily. As they do present a danger, drivers using them wrongly are liable to be stopped and can face a £30 fine.

"I would urge drivers to be mindful of the potential dangers and inconvenience caused and to check that their fog lights have not been inadvertently left on, or to treat them as a fashion item."

**The law on this is simple. Only in fog or driving snow. That's it. Ed.**

The Parishes of St. Andrew's, Northwold, All Saints, Wretton with Stoke Ferry & Christ Church, Whittington  
Reader: Keith MacLeod, West Barn, Ryston Road, West Dereham. Tel. (01366) 500960 or 07766766137 email: keith.macleod@virgin.net

## Keith MacLeod's Monthly Report

### March 2006 Anglican Church Letter

I suppose it is rather dangerous to get into the current international controversy about the Mohammed cartoons, first published in the Danish press. But we all have views on these things and we do not always stop and try to work them out. It is good to leave reaction until after thought (which is not to say that it should be simply an afterthought). Jesus reduced the Commandments to two – Love your God and Love your Neighbour. He turned what were mainly prescriptive instructions and denials ("Thou shalt not . . .") into positive instructions on how to lead the good life. As fundamental concepts, they are acceptable to most civilised people, even atheists who will not find it hard to find an appropriate word to substitute for God – eg Nature. Most Christians and not a few Jews don't read too much of the Books of Moses in the Bible, where there are pages and pages of detailed prescriptive rules and regulations. There are also a myriad of behaviour habits ingrained into our societies, which we seek to protect more or less jealously. The Muslim habit of paying attention to the Quran and to the traditions of their religion is hardly unusual or revolutionary.

At the very end of the Bible, in the Book of Revelation, we read of the end times, when heaven and earth are swept away and there is a new heaven and a new earth. Everything starts again with a clean slate. I suppose in that new ideal world, there will be no laws or rules. Everyone will be free to do as they wish, but will nonetheless behave with compassion and concern for those upon whom they have an impact.

We live in Europe, where the law of custom rules, subject only to statute law. What is not forbidden by statute we are free to do. This is substantially moderated by the basic 'Roman' law of many continental countries, where conceptually, you can

only do what the law permits, but the old pre-Napoleonic Common Law still exists to some degree. Similarly, it contrasts with the situation in many Muslim countries. Hence, the Danes are free to publish what they like, subject to libel law. But Muslim countries cannot understand how it is that the Danish Government cannot apologise for what their free citizens did, however unfortunately, unfairly or even downright insultingly.

What went wrong and what can we do about it? Well, nothing went wrong in a legal sense. But some people, specifically one or more newspapers, were gratuitously offensive to a very large proportion of the world's population. Unfortunately, that group of people to a great extent live in countries where 'free speech' is not a right that has embedded itself in their national consciousnesses. Moreover, as religious people, they have sensibilities, which we have substantially lost in England. It is not that long since the blasphemy laws in England would have been supported by the majority of the English and enforced – to protect Christian sensibilities. Now as a largely secular society, we have made laws banning Irish jokes, but not against religious jokes, even those in appallingly bad taste.

For some years, my daughter wore a wooden bangle saying 'WWJD' on it – 'What Would Jesus Do?' Well he would have argued for ever with what he thought was wrong with the Muslim religion, but he would never have insulted them or the religion as such. Most Christian Churches throughout the world (regardless of denomination) now use the Common Lectionary, which sets out readings from the Bible for every day of the year, covering almost all of it over three years. On a recent Sunday, Churches everywhere will have read the story of Jesus curing a leper. Interestingly, once he had done that, Jesus told him to go to the priest and to obey the law of Moses. An appropriate glance at the Book of

Leviticus will tell you what the cured leper would have to do as a result of the cure – and what he had to do depended on whether he was rich or poor. The point is that Jesus was telling him to obey the law. Later he made the more famous requirement that we 'Render unto Caesar that which is Caesar's'.

Jesus commanded his followers to honour the law (even that imposed by a foreign occupying power) and the customs (the Jewish law in the leper's case) of the country. The Danish papers – and even more so the other papers throughout Europe who thought to support their Danish colleagues, by doing the same thing – were guilty of terribly bad taste – gratuitously so – and their targets have grossly over-reacted. The papers broke customary standards of behaviour – of which many papers are frequently guilty, in England as much as anywhere else – but not the law.

This means that we are in an impasse – where we can only condemn behaviour as bad, but permissible, but Muslims believe that such behaviour should be banned (as it is in their law), condemned and punished – a Mexican stand-off. I doubt that many of the readers of this would want to change our law to accommodate or incorporate these particular Muslim laws.

In recent months, I have been very fond of repeating St Francis of Assisi's injunction to his disciples to go out and preach the Gospel *and, if necessary, to use words!* This is I think our best response. We have to condemn, with words, bad behaviour of any sort, including the offering of gratuitous insults, but, more importantly, we have to show in our lives and our actions that we respect all peoples and all faiths and non-faiths that subscribe to those two commandments of Jesus, whether they accept that they emanate from him or not.

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# **NORTHWOLD** **W.I.** **January 2006**

It seems ages since we were all at the Village Hall for our Christmas Meeting. Hilda Bond gave an excellent demonstration and then most of us tried to turn our chocolate sponges into life-like mushrooms with varying success. Mine ended up a mass of crumbs! The competition for the best mushroom was won by Jenny Bunyan, Ann Howarth 2<sup>nd</sup> and Rosemary Crisp 3<sup>rd</sup>. It was also time for the presentation of the Shield for the member gaining most competition points during the year and this went to Jackie Young..

We had a very short business meeting and then it was time for refreshments and Christmas cake. We all had a Christmas present and raffle prize to bring home to add to the Christmas wreaths which many of our members had made at a class at Oxborough Hall supervised by Mr. Graham Donachie

and his two very able assistants. Everyone voted this successful but it was very hard on ones hands.

2006 started off with Rosemarie Jacob giving us a very entertaining talk on her 27 years as a Newsagent. Her anecdotes were hilarious but sometimes also hair-raising. Arrangements were confirmed for the visit to Oklahoma at the Theatre Royal Norwich and for the lunch club at the end of the month. Several members are going to the Taste of Anglia Fayre at Chilford Hall in March and we are already discussing plans for our next birthday party in October. In the meantime we have a full monthly programme commencing with Trevor Burlingham's talk "A Walk around East Anglia" next month.

With very best wishes for 2006

**Verity**

## **PLAYGROUND** **PROJECT**

A big thank you to all for supporting the Family Valentine Disco, it was a great success. We raised £420 in total. Thank you to everybody who donated raffle prizes and a special thank you to Kevin and Tara from the post office for their donation. Not only did we raise money for the Playground Project but a good time was had by all.

**Rosa & Angie.**

## **St Andrews church** **Advance Notice.**

The A.G.M. of the Parochial Church Council will be on Thursday, April 6<sup>th</sup>. This meeting will be held in the Village Hall at 7. 30 pm and anyone wishing to attend will be welcome.

## **Tick Tock** **By Brian Hull**

"Hey", it's me again. A little time ago I took a coach tour to Bournemouth. I took a Timepiece with me - the one I rise to each morning. It's about the size of a saucer and if I set makes a racket to wake the dead.

I packed this timepiece in the centre of my suitcase. I had this vision of the alarm going off and passengers and crew thinking their time was up.

I haven't owned a wristwatch, ever and never had time on my hands. I say, "How time flies, or was it a cuckoo clock I saw?"

If I go by the clock up stairs I'll be early. If I go by the one in the kitchen I'll be late. The one in the living room is right but I can't see it too clearly. Wordsworth wrote of a time to stand and stare. It's ironic that clock watchers get on their retirement a clock to stand and stare.

This infernal and eternal time that marches on, time that waits for no man. Solomon of the Bible among numerous sayings said, "There's a time to weep and a time to laugh".

At Church recently an ailing man heard from the pulpit, "Who wants eternal life?" He shouted out at the top of his voice, "No fear" Another said, "I don't want to be a Postman for eternity".

### **Poem**

My body clock tells me when to rise or sleep.  
I find the smell of food tells me when to eat.  
Daily labours tell me when I'm beat.  
**Brian**

## **Your Well Being and** **No Hands Massage**

This month it came to my attention that I should explain not only how NO HANDS Massage is performed but why you should consider massage at all.

After being visited yet again by the fireman I discovered my fire had not been installed correctly. Therefore I called upon a local professional tradesman to put it right for me. It was while he was here that my last article came into conversation and a few things came to mind.

Firstly, what NO HANDS Massage actually is. Many make the mistake and think that my hands are just floating in the air somewhere or that it's using elbows, neither are correct. Basically NO HANDS Massage is still Massage but using mainly the soft part of my forearm rather than my hands. After Massaging with my hands for about 18 years and having seen how the pin-pointed pressure of thumbs causes pain I can now enjoy treating people using this softer moulding surface of my arms which causes no pain to my clients with quicker and greater effects. Massage is about the power of touch being able to be used by you to change your life in some way whether that be physically, mentally, emotionally or spiritually. NO HANDS has totally transformed the power of touch.

Secondly, the need for the professional. Our lives are so full of things we need to function correctly so that our daily lives are comfortable that far to often that's all we think

about and forget ourselves in the process. We call in the professionals to fix the mechanical things but too many totally ignore the aches and pains of our bodies. Our bodies will tell us when we need attention, tense muscles, back ache, headaches, the list is endless. Do you listen to your body or do you ignore it and carry on in your daily life, work, exercise, stresses and expect your body to continue to carry on with you? It will carry on with you until the point where you've ignored the signs and it gives up for a while leaving you unable to work or enjoy life. Ask yourself, what's the point of putting so much effort into your life to achieve all the things you want but putting none into yourself and then not being fit enough to enjoy your achievements. So investing a little into your well-being you can continue to do all the things you want and need to do feeling physically fit, full of energy and enjoyment now and into the future.

Whilst the identity of the tradesman shall remain anonymous, thank you to Mark Roberts for the inspiration of this article.

**Nija Levis**

## **N o r t h w o l d** **Spiritualist Group.**

Meetings in Northwold Village Hall Friday evenings at 7.30pm on the following dates in March 2006

10<sup>th</sup>. Carol and Len Minnett

24<sup>th</sup> Rachel Finbow

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Our Past According To POG Aka Mike Coley



“In days of old, when knights were bold Before paper was invented They wiped their A\*\*\* upon the grass And walked away contented”

This ancient ditty from my youth will act nicely as a prelude to this months little historical gem, not exactly from my childhood you understand, but from a time when we actually did have local knights and they were indeed bold.

I'm taking us back this time, around 1000 years to when our country was divided up, not just by Counties, but further, into area's known as 'Hundreds'.

This is not so different to the methods of demarcation that gives us specific areas for taxation purposes today. E.G W.N.D.C. and Breckland D.C., both of which tax us as appropriate to their needs and demands. All of whom further relieve us of our hard earned cash of course, and that in addition to the main Taxes applied by the government of the day. That's a bit of a sod I know, but surprise, surprise, it's absolutely nothing new.

The 'Hundred' in which Northwold was situated was called “Grimeshou” ( probably pronounced “ Grimes Hoo “ ) Where the land was described as being “Sandy and Barren, unless improved by the Farmers. A Hilly, Open Country that is improved by the flocks of sheep that are kept in almost every town” ( Good sized villages were then referred to as Towns . )

We were known for the quality of our Mutton and it was said that our sheep were less likely to suffer from what was called ‘The Rot ’ which was rife in more fertile parts of the country. But the land, although sandy on the top, possessed other useful properties like Blue clay, chalk and lime. Not to mention the prodigious number of Wild Rabbits, ( seen not as pests, but as currency in those days ) that especially

occupied the poorest ground.

With all these extra attributes, the land was valued as being equal to any other, despite ‘the other’ being naturally the more fertile.

Grimeshou consisted of some 16 villages, from Croxton ( near Thetford ) in the East, to Northwold and Methwold in the West. Within these villages were various Manors that were held by wealthy families, usually connected to either Royalty or the Church. Those that were beholden to the latter in our area, would have paid fees directly to the church in ELY.

We had both such Manors in our village however, and they were aligned to ( that is, paid dues to ) the Powerful Earl Warren and later his successors. The Earl was powerful indeed as he couldn't have been better connected, considering that he was the son-in law of William the Conqueror.

It's quite likely that the Earl and his descendants would have received substantial revenues from much land and property, ( E.G Grimeshou ) as part of a wedding present from ‘old Bill the Conc’. This, if for no other reason than he had taken one of the old boys daughters off his hands, ( cheap at half the price ).

The first of our two Manors was named after Roger Dakeney ( De-Akeney ) and was called Dageney's Manor. Sir Thomas Dakeney fought for King Edward 1st in his war against the Scots ( the Scots got their own back when they sent “‘Jock’, Duke of Glebe Close’ to live amongst us ) {sorry Jock, that was too good to miss} Sir Tom's name also appears on the roll of honour with other Norfolk Knights.

This Manor was lost over time and was eventually amalgamated with the second and larger Manor, owned originally by the loyal William de Haville. It was from him that the name that we would be familiar with today comes, Hovells Manor. This grand property, situated in fine Knightly style within a moat, was not beholden to any ecclesiastical master, thanks to the Earls Warren.

Situated as it was on what we now call the ‘Rec’ ( recreation ground .) all that's left of it's past glory is the name ( misleading to the uninformed as it implies poor and ramshackle dwellings ) applied to the lane that runs past the original sight ( now Hovells Lane )

This splendid building, having been demolished without trace long ago, was removed, as was its once great moat also. It's not forgotten however as it's aquatic defences are still in a state of settlement after all these years. As a result, the topsoil still needs to be levelled from time to time, even now.

I have always been proud to be a Norfolk man, as our history has always shown that we have constantly proved ourselves to be a Trustworthy, Warrior Breed. Norfolk Hero's all. Boadicea and her Icini were based in and around Thetford, at a time when it was occupied by the Vikings and most famously by the Romans. Somewhat later, Yo-Ho-Ho, another of our great seafaring warriors was Horatio, Lord Nelson, from Burnham Thorpe, near Fakenham.

So many of our brave soldiers in fact, some gaining notoriety whilst others remained uncelebrated, have been represented in all the major conflicts that have occurred throughout the world since those early days. In all of them, we have acquitted ourselves with distinction and compassion, yet without ever needing or desiring to succumb to the base levels of the braggart.

At one time, after Hovells Manor was no more, the parish council openly advertised for hire, those auspicious grounds for grazing purposes. Conditions applied of course, the main one being that access for recreational purposes would not be denied or restricted.

Gadzooks Varlets, yea verily we have come to the end of yet another piece concerning our past, But fear not for Zounds, already am I Looking forward to Looking Back with you again next month. ‘Til then,

Best Wishes, Sir Pog

I queried the Knighthood with Pog. The reply was somewhat Evasive....Ed.

Riverwatch

By Ivor Hook

Alas the river is unwell! Our climate is changing and the River Wissey cannot escape the consequences. It has become an innocent victim.

Mother Nature surely intended winters to be long, cold and wet. Although this winter we have enjoyed some seasonal weather it lasted only days and not for the prolonged periods our childhood memories can recall. Snow and ice then lasted for weeks, if not months, on end and likewise rain was then frequent and heavy. Now all is changing – or perhaps is already changed! The present mild winters suit many peoples modern style of armchair life but it is all very disturbing.

The river being a living mass is largely controlled by weather conditions with rain and temperature being the most important. Now the months of the year have less variation and I am convinced the poor fish are totally confused. Their natural instincts must urge them to do one thing and yet their environment prompts them differently. Many fish would normally be semi dormant during the winter and thus rested for spawning in the spring. At present most fish are fully active throughout the year. Conversely, in winter, my friends the pike would normally be found amassed in large numbers in the deepest and thus the warmest part of the river. However they are still widespread and waiting for a sustained temperature drop which will probably never come. Many even

remain and are somewhat trapped in the dykes and tributaries which urgently need rainfall to flush them into the main river. Without rain the volume of water in the river and also the flow is seriously lacking. When boat fishing and pulling up mud weights there is a distinct smell of rotten eggs indicating that the riverbed has become stagnant. Normally winter would be a healthy time for a river with a continuous strong flow to cleanse it through but in reality it is very different.

The river looks the same as always but it is deceptive as natures clock is not working as intended. But fear not - evolution must surely be such that the fish and all other river life will adapt and survive. The same thing obviously occurred centuries ago when the ice age disappeared although you imagine that such change is so slow that the variation would not be so noticeable in a single life span. In years to come the natural instincts and activities of the fish will just be completely different to those as we knew!

This is my sad lament to the River Wissey and I do not apologise. My grumbings are probably yet one more sign of old age but be assured the usual happy format will return next month!

Ivor Hook



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