

Appreciation

Cliff and Pat Cooper wish to thank their family and friends who gave so generously to Macmillan care and Treatment centre at the Queen Elizabeth Hospital in lieu of Golden Wedding gifts. The total donated amounted to £1,355. Many beautiful cards were received which we will treasure.

Our house was decorated with gold balloons aand banners by “The Fairies” – a rose bush was planted in the front garden in the early morning, (By an Elf perhaps).

We had a memorable party so :- Thank you to Dan and Adrian Jenkinson for “Our Age” disco music. Pam for beautiful flower arrangements. Emma, Dawn and Sarah for balloons and Hall decorations and The George Hotel for hospitality.

Also. Congratulations to Sam and Betty Rix of No 1, Church Lane who celebrated their 50<sup>th</sup> on the same day, 31 – 03 – 06.

Thanks again. **Cliff and Pat.**

Northwold Bowls Club

The Bowls Club are urgently looking for new members. Whether or not you have played before you are welcome to come along every Sunday at 6pm to try your hand.

For more information contact

**Bernie Bartlett** on 727250  
**Roger Preston** 727694

Sylvia

It will be noted that there have not been any 100 Club results for the last few issues. This is because Sylvia has had an unfortunate accident culminating in a quite serious operation. She is slowly on the mend but these things take time.

Sylvia is one of the people who for years have worked for the benefit of the Bowls Club and other organisations.

I am sure that the members of the Bowls Club will join with me in wishing her a complete recovery. ED

The 100 Club draw for March, April and May, 2006 is as follows:

March.

D. Holman £20  
D. Lanario £15  
B. Gould £10.

April

Gary Cater £20  
J, Barrett £15  
K. Lawrence £10

May

R. Crisp £20  
C. Whiting £15  
T. Cater £10

We asked recently for the details of the village organisations to make up a directory. To date I have only had 8, six of which came from Jim Booty. There is no point in producing a part of a directory as we only do one every other year or so. PLEASE LET ME HAVE YOUR DETAILS. This directory is for the benefit of the Village as a whole not village Life.

Village Life

Don't have anything to do with them

Janice King has brought this nasty business to our attention

If you receive a card through your door from a company called PDS (parcel Delivery Service) saying that they have a parcel awaiting delivery instructions and can you contact them on 0906 6611911....DO NOT CALL THE NUMBER as this is a mail scam originating from Belize.

If you call the number and you start to hear a recorded message you will already have been billed £15 for the phone call.

If you do receive a card with these details, then please contact Royal mail fraud on 02072396655 or ICTIS at <http://www.Icstis.org.uk>, or your local trading standards office.

ICTIS have the following information about this number.

This is a card posted through your letter box from PDS Parcel delivery suggesting that they were unable to deliver a parcel and to call the premium rate number in question. This service costs £1. 50p per minute. This service is under investigation by ICSTIS.

Please be aware of this scam and forward this information to as many as possible.

Should you receive a card from this company please follow the above instructions.

Thanks Janice.

If you have any contact with any of these creatures either by phone or letter, give it a wide berth. Remember, there is no such thing as a free lunch and you may well end up paying for it

Strange Power Supply Failures

By Jane Gathercole

For some time now, there have been electricity cuts in Northwold, usually lasting between two and four seconds and generally around 8pm to 8.45 pm and are causing problems with lost computer data and the need to re-set clocks on electrical equipment. Only recently has it become clear that many people are suffering this irritation. Someone is probably using electricity not up to the requirements needed to run some equipment or generally faulty electricity supply. The electricity board has checked their equipment which is not the problem. They have asked for evidence upon which they can further investigate this difficulty. If you would like me to pursue this matter, kindly log all the times and dates that this happens in your home - in a few weeks, I will contact you through this magazine and put the findings on a map to show the extent of the problem and contact the electricity board again. If you have any theories as to the cause of this problem, many of us will be interested. To those using electric equipment, please check with your neighbour that you are not the cause of other people's discomfort.

We are indebted to you Jane for bringing this matter to our notice and for doing something about it. I personally have suffered on four different occasions, one of which resulted in me losing a lot of work.

I should think that whoever is causing this problem must be local and I should imagine that what they are doing is in no small way dangerous, and probably illegal too.

If you have any knowledge of anything that might be connected with this problem, tell either us at Village Life or the power supplier direct the telephone number of which is with your Bill.

Ed.

Issue May 2006  
Copy date for the next issue is;  
23rd May 2006  
copy@northwold.net  
Tel. 01366 728233

Look Who's 40 !



She was born on 4<sup>th</sup> May 1966 which was an excellent year. It's none other than **Trudi** who needs no introduction.

Love and congratulations from all the family, and from the host of your friends and admirers.

Now the driving force behind Tesco, and no doubt the reason for their record profits last year.

All the best from us all at Village Life.

Urgently needed.

Is there anybody out there who works in Kings Lynn who would be able to collect the Village Life from the Council Offices. It's only a five minute job but it's a special trip for me to fetch them every month. 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

## Care Group Car Drivers



The Chairman and Parish Councillors would like to express their thanks to all drivers for providing vehicles and surrendering their time in journeys for the benefit of parishioners. This is greatly appreciated and once again many thanks to you all.

**Joy Cookson** Clerk to parish Council

## From The Editor

Have you tried to contact the Police recently? I have. I am informed that no matter what Police Number you dial the call will be transferred to Headquarters at Wymondham where a telephonist will take your name and address and the nature of your enquiry. After that they will put you through to the control room– Well that is what they tell you. You are then subject to a recorded message telling you that all the “Agents” are busy with other enquiries and you are in a queue. During your wait there will come a message telling you that you can contact them by e mail and the e mail address is then trotted out so quickly that you can’t write it down. After 7 minutes I hung up. Not to be beaten I phoned back to the telephonist who advised me. . . Wait for it . . . “**Phone Crime stoppers.**” I did that offering my opinions. Within 2 minutes I got a call from Police headquarters. How odd!!

They say that recorded crime figures show a drop, and I believe them. I mean how can you report anything if nobody will take your call. My enquiry was only a piece of found property. I was told we wouldn’t call round just to

collect a piece of found property you’ll have to take it to a Police station.12 miles there and the same back=24. Diesel 98p a litre. Have you had any such experiences. Let me Know.  
**ED**

## The Sycamore Tree

In the April 2006 issue of Village Life Pog mentions the Sycamore tree, and the butcher’s property. I am the daughter of the late G.D. Crisp and would like to give a few details. “In 1911 my father bought the piece of land known as Sycamore garden. He employed local men to help him cut down the tree and pull down a wall. The tree was cut down on October 9<sup>th</sup>, 1911 and October 10<sup>th</sup> 1911. The tree was sold for 15 shillings on 17<sup>th</sup>.

I received this information through my letter box by hand and I feel sure that it came from Audrey Crisp. But what an amazingly accurate account of the end of the tree. Look out Pog you have competition. Ed.

## Little Normans

Northwold Pre-School currently have a vacancy for a Pre School Administrator.

5 hours per week term time only @ £5. 05p per hour. To start September 2006.

Knowledge of Payroll, general accounts and administration skills, excellent communication skills and able to report to a management committee. Two references required. Applications in writing to :- Mrs S. Farrow – Chairperson, Little Normans Pre-School, Fendick Field, School Lane, Northwold, Norfolk IP26 5NB

## Derek Johnson

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## Northwold W I



The April meeting saw another very good attendance. Our President, Pat Coles, welcomed one guest to the meeting and was later delighted to announce that she and two earlier visitors have now joined us bringing our membership total up to 35 from 17 a while back.

Pat reported on an enjoyable Annual Federation meeting at St. Andrews Hall, Norwich where the afternoon speaker Zinia Skinner was welcomed and gave a very entertaining and amusing talk. The Luncheon Club is still very popular with usually between 12 and 16 members joining together for lunch at a local eatery.

The Cator Cup competition which we had entered with our exhibit portraying the Country of Norway and which in fact was organised overall by Pat had been very successful with

thirty five entries all together. Special mention must be made of the knitting entry by Peggy Clear who obtained a full 20 marks for her knitted hat; Fiona Eyles had 19 out of 20 for her Hardanger and Jenny Langley and Verity Lynch had 18 points each for their cooking and cross-stitch greeting card respectively. The background picture of a Norwegian fjord painted by Glenda Burton was most attractive and greatly admired.

It was decided that we would have a float in the Carnival again this year. We will be supporting the evening of entertainment at the Village Hall on 23<sup>rd</sup> June, by supplying refreshments, and those who have already seen Keith Loades both at Thurston and elsewhere know that this is going to be a very enjoyable event. Those members able to do so will be participating in the MacMillan Walk on Friday 19<sup>th</sup> May starting from the Village Hall at 2.30p.m. and organised by member Ann Howarth and will be supporting the Coffee morning at 74 High Street 10 – 12.30a.m. on 27<sup>th</sup> April in aid of Multiple Sclerosis organised by Ginnie Robson-Hull.Pat

asked us to support our local shop and post office and also called for volunteers to assist in cleaning the Church

Having dealt with all the business items we settled back to watch lovely slides of garden birds brought along by David Hennessy and to learn of their feeding habits and the type of food and feeding stations we should be using plus of course hygiene not only for their sake but our own. And of course nesting boxes should be in place by now.

A very enjoyable evening for everybody was rounded off with refreshments by Fiona Eyles and Jenny Bunyan. Mr.Hennessy judged the competition for a bird ornament and this was won by Mieke Bush with Glenda second and Fiona and Ginnie joint third.

Verity.

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**WHAT DOES THE DOCTOR  
THINK THIS MONTH?  
May 2006  
SUDDEN ADULT DEATH  
SYNDROME  
and an event at the Surgery on June  
10<sup>th</sup>**

**SADS** is the acronym for **SUDDEN ADULT DEATH SYNDROME**, or, as doctors call it, **SUDDEN ARRHYTHMIC DEATH SYNDROME**. (An arrhythmia is an irregularity of the heart beat which, if it is severe enough, will cause instant death). It should not be confused with Seasonal Affective Disorder, a form of winter depression.

This syndrome occurs when an apparently healthy person suddenly dies from a cardiac arrest and no post-mortem heart irregularities are found to explain the death. The abnormality occurs in the heart's electrical circuit, causing the heart to stop.

All of us at Feltwell Surgery were devastated last Summer when Nettie, one of our dispensary team, lost her 15 year old son Joe to this condition during a holiday in America. Nettie, Steve and their daughter Ellis have been slowly and painfully reassembling their lives since then; Nettie has researched the condition and has started fund-raising for The Ashley Jolley Sudden Adult Death Trust. We would like to support her and, to this end, the girls in the surgery have coopted Deannie and me to help arrange an event in the Feltwell surgery car park and **Saturday, June 10<sup>th</sup> from 10am to 4pm**. The event will take the form of a car boot sale with pitches available at £5, with associated stalls selling cakes, nearly-new clothes, a tombola and so on. The details have yet to be finalised but anyone interested in taking part or donating cakes, etc., should contact a member of the dispensary staff at Feltwell Surgery (01842 828481) for further details nearer the time.

Also, Nettie is going to undertake a parachute jump in aid of the Trust and she would be extremely grateful for sponsorship. Forms will be available in the villages and at the Feltwell Surgery shop and reception area. At present, very little is known about this condition. A great deal of research will be necessary to find out more about the cause of SADS and how to

prevent it. The condition may have an hereditary element and it may be possible to prevent future cases by undertaking ECGs on potentially affected youngsters to detect the electrical problems before the catastrophic event. Treating such youngsters with beta blockers may prevent problems. As this rare form of death has occurred in our midst, I am sure that many of our patients and folk living in the local villages, especially Hockwold, where Joe lived, will be keen to help with the fund-raising and I exhort you to look out for the posters and flyers or telephone the surgery for details.

**GARDENING SECTION:** I am writing this on Good Friday; at long last, the weather seems to be warming up. We have been having very wet, cloudy days with a frost at night – not fair at all! The bluebells are really cunning. Having seen the weather so far this year, they have been very slow about emerging. So far, no great problems to report. Most of the perennials have survived the cold weather, the greenhouse is full, the rhubarb is well up and none of the chickens is coughing yet. Having bought a petrol driven lawn scarifier and lots of moss-killer, we pulled three lorry-loads of moss and thatch from the lawns which are now beginning to recover, so all is well.

**LOCUM WORK AND WHEAT:** I am really enjoying my locum work in Feltwell, Boughton and Lakenheath Surgeries. They are all lovely places to work and the patients are all great. I saw a 19 year old girl who was extremely fed up because she had been extremely lethargic for months, sleeping in the afternoon, half the evening and unable to get up in the mornings. Her weight had ballooned and she was at her wits' end. Obviously, I did a lot of blood tests, looking at the thyroid, etc. I told her to come back a week later for the results and, as an afterthought, asked her to avoid wheat in her diet for the week before she came back.

A week later, the door flew open and she burst into the room, describing the change in her condition as “bl\*\*dy amazing”. She was full of energy, not sleepy at all, waking up an hour before the alarm went off and rushing around

all day. She had lost 4lb in weight during the week and had every intention of maintaining her wheat-free diet. The blood tests were all normal.

I have similar problems with wheat and, if you are suffering such symptoms, try avoiding it for a week or two and see what happens. Let me know.

**WRITTEN BY KIDS:** *No person really decides before they grow up who they're going to marry. God decides it all way before and you get to find out later who you're stuck with.* (Kirsten, age 10yr)

How can you tell if two strangers are married? *You might have to guess, based on whether they seem to be yelling at the same kids* (Derrick, age 8yr)

Is it better to be single or married? *It's better for girls to be single, but not boys. Boys need someone to clean up after them.* (Anita, age 9yr)

How would you make a marriage work? *Tell your wife that she looks pretty, even if she looks like a bus* (Ricky, age 10yr)

Best wishes to you all

**Ian G. Nisbet**

## Calling all Golfers

**Feltwell Golf Club** situated at Thor Avenue off Wilton Road is holding an open day on Saturday, 27th may from 2pm

**Come and see our excellent facilities** and meet the members. There will be an opportunity to play a few holes and see the quality of our “Inland Links Style Course”

The professional will be on hand for enquiries regarding lessons for all abilities, including beginners.

Normal Golf Club dress Code Applies  
Contact the Secretary for more details on Telephone Number 01842 827644.

**The Afternoon is free of charge!!**

The term ended on the very last day of March. We had a wonderful end to the term with an Easter Service in the church and The Easter Bonnet Parade in school in the afternoon. The display of hats was absolutely magnificent. My thanks to the PTFA who kindly provided the prizes.



The last week of term was extremely busy, on Monday evening class four performed their Molly Dancing and plays in the school hall for friends and families. This was the culmination of a term's work with The Fenland Heritage Trust and the children danced and performed extremely well.

On the Thursday after school Class Four went to Downham Market with their teacher and myself and, of course, some of our usual willing helpers. There they joined two other schools for a public performance, part of which was broadcast on Radio Norfolk.

Several children were interviewed for the radio broadcast and others. were recorded reading their work out. The radio could not possibly do the event justice as there was a magical feel to the whole evening. We said goodbye to two members of staff last term. Mrs Spindley, who has been a wonderful Teaching Assistant and governor at school as well as a hard working member of the community, and Miss Witton one of the teachers who has gone to

advance her career in another school.

This term we welcome new staff; Mr Lee Bond as Caretaker, Miss Johanna Ireland as a Teaching Assistant and Mrs Myra Oakenfold and Mrs Gill Rule who are sharing the responsibility of Class Three. Mrs Oakenfold and Mrs Rule know the children very well and will be taking the class for a term until the newly appointed teacher takes over in September.

Already we are preparing for May Day and would be pleased to see as many members of the community at the May Day Celebrations on Tuesday 2<sup>nd</sup> May at 2.00.p.m.

**Marion Dawe**

## Hamish's last

**Football Pontoon** of the season was won by Graeme Cooper who won £39.

Just think of the tins of fruit and beans he will be able to buy with that. Ed

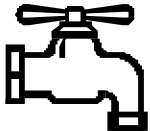
## Northwold Spiritualist Group

Meetings in The Village Hall on alternate Fridays.  
Please contact Eileen Cooper Tel. (01366) 728289 for more information Meetings for May 2006

5th Ron Reardon

19th Nick Brown

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## Are You Feeling Browned Off? Whether or not you are, or would like to be, then read on !!

Spring at last is here, we welcome Summer, but do you dare to bare? Unless you are lucky enough to already have had some sun you may be wishing of a tan. Look no further as I am now offering spray tanning treatments by Fantasy Tan, the creators of spray tanning. I offer full body at an introductory price of £20, legs or upper body including face if you don't want to bare all at £12.50. Chose from celebrity glow a medium tan great for all skin types, or chocolate tan great for medium or dark skin, or skin that already has a sun tan. A spray tan is the perfect way to look healthy without the harmful damaging U V rays of the sun. It is also perfect for that special occasion, such as a day at the races, wedding, night out, anniversary or birthday. For more information please do not hesitate to contact me on (01366) 728212

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## Page 9



# The Nija Levis Health Column

## Irritable bowel Syndrome

So many people suffer with irritable bowel syndrome IBS with many different symptoms causing it to be a very uncomfortable condition.

There are different reasons why IBS exists but stress is a big cause. Stress can cause us many different problems and illnesses, I'll explain what happens to the body when stressed another time.

So, stress is normally the beginning causing the digestive system not to function as well as it should. Again it's important to listen to your body, dealing with the stress will help with the symptoms. If you are living with a lot of stress in your life this is the time to look after yourself before the body starts to become ill. Massage is the ideal way to combat stress giving you the strength to cope with the stresses you have. With NO HANDS Massage you can work on what you need in your

life at that time whether physically, emotionally, mentally or spiritually. Being aware of how your lifestyle is making you feel and working to stay happy and balanced will help you to stay well.

If you haven't dealt with the stress then as time goes on the bowels start to suffer and not work as efficiently as they should. So, constipation, bloating and abdominal pain will occur. However, it's not too late to make a difference and you can help at home and with Massage. A NO HANDS Colon Massage is a highly effective way of stimulating the colon to work efficiently. This is a very deep yet comfortable Massage on the tummy area and is a great way of making the colon healthy again.

At home there's a few things you can do. The biggest problem to the colon is bread. When bread and water mix it becomes very sticky and this will stick to the walls of the colon. So, if you have IBS limited or cut out bread from your diet. This will help to stop any bloating and flatulence. Drinking plenty of water is essential as water is

absorbed back into our bodies through the colon so if we don't drink enough our stools will be dry and hard to eliminate. Seeds are excellent for cleaning the colon giving roughage and keeping everything moving. Linseeds are ideal to add to your cereal each morning. Plenty of fruit and vegetables are also essential.

I know this is a subject which many don't like to talk about but to be healthy you need healthy bowels otherwise you are just poisoning yourself.

Nija

## From Alison Lynch

May I, Alison Lynch, express warm thanks, through your Editorial columns to the many kind people who found time to visit me while I was in hospital after the car crash on 20<sup>th</sup> December.

Back home on my feet again if somewhat unsteadily Still.

Yours sincerely, **Alison Lynch**

## RITA'S RAMBLINGS

Goodness, another month has flown by – and with many gardening tasks still not completed. Until recently it has felt more like the middle of March than the middle of April but the days they are a-changing! As I drove up towards Little London from the village yesterday I thought how bright and fresh the green hues on the hedges were – the leaves have started to unfurl ready to absorb light and moisture during the coming summer. The birds, many in their brightly coloured feathers, are pairing up to perpetuate their species. The Dunnocks have been scavenging around on the gravel carefully collecting any dog hairs lying amidst the stones; each hair is carefully picked up and neatly aligned with all the others – it really makes the birds look as though they have a pale blond moustache! I wonder if I let them indoors whether they could become an ecologically friendly vacuum cleaner and remove all the dog hairs from my carpets? Once completed their nest should have a cosy lining ready for the eggs: it's strange, though, because although we seem to have a resident pair I have never seen them with any youngsters. One of the Great Tits has also kept us amused recently as he taps gently on our windows. He (or she) flies up onto the windowsill and then moves left and right, up and down tapping all the time. It is not just one window either; it seems to be most of them. Perhaps he has taken a shine to the handsome bird that follows his every move – it's just a great pity that he is wasting precious courtship time chasing his own image. Yesterday we were sitting having a cup of coffee

when he flew onto the door handle and sat watching us watching him! Perhaps he sees the house as a giant nesting box! The best news of all is that the swallows have returned! Last weekend Rosie said she had seen one on the power lines and then a couple of days ago she came round to let me know that it was back on the cables. I am always pleased to see the first few arrive – at least then I don't have to worry about whether I hear a cuckoo or not! Just for the record, whilst I was gardening yesterday, I heard a cuckoo – so as always – thank you Rosie!

Next week I am having a few days holiday and I hope to catch up with all those little jobs around the garden – like getting rid of the weeds! There are packets of seed waiting patiently for their own tray of compost, ready to leap into growth and reward me with delicious food or with colourful flowers. There are the garden benches that need rubbing down before painting, the pond needs cleaning and I have a flowerbed to dig out. Perhaps I need longer than a few days! On a brighter note, one of the more pleasurable tasks will be cutting the asparagus spears that have just started to peek through the soil. So here's to a productive season for us all!

Until next month, take care.

Rita

Thanks as always Rita. They do say that whatever you are doing when you first hear the cuckoo, that is what you will spend most of your time doing during the summer. **Ed**

## Little Normans

### Pre School

Hello, hope you have had an enjoyable Easter break and restrained yourself from eating too much chocolate!

Going back to the beginning of March we held a coffee morning at the Sports and Social Club at which we managed to raise £93. 14p plus three new games from Orchard Toys. We had a lot of support from both local villagers and mums from the Pre-School. Thank you if you were one of those people who came for a cuppa and helped us raise money or you helped us by making a cake for our cake stall, whatever Thank you one again.

We have been able to purchase some new outside play equipment this term, this is because Shelly and Julia(with helpers) gave us a great night out at the celidh which raised us £ 1000. 00p. A very big thank you to you both, the children love their new bikes!

### Job Vacancy

We currently have a vacancy for a new Administrator within the Pre-School. Please look at our advert within this newsletter.

## Congratulations.

Congratulations to William, Suzanne and Brianna on the birth of their son, Billy Keith Smith, born 23<sup>rd</sup> April 2006 weighing 7lb. 7oz  
Love Mum and Dad



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Our Past According To POG

Aka Mike Coley



Trees have always played an important part in our lives, in mine especially and some of them remain as happy memories for me to this very day. I suppose that’s hardly surprising really as we’re all-but surrounded by them, but it isn’t this fact that’s actually the reason they linger on in the mind.

Long before the forestry commission planted those ubiquitous fir trees on our heath-lands, there was an attempt to protect us from the savagery of the Winter weather that was the norm in years gone by. ( *in my young days we regularly coped with weather that swung between what, by today’s standards would be seen as positively arctic, to those long hot summer days that heralded the harvest* ) Northwold, is located in something of a dip, and is particularly vulnerable to extremes of weather, therefore broadleaf trees were employed in an attempt to screen us from the worst of it. Take a trip up the church tower next time you get a chance and see for yourself just how many trees are still right here in our midst, that’s an eye-opener if you’ve never thought about it.

One tree that I’ve mentioned on a previous occasion, was the big Lime Tree that grew in the school playground. This old friend was lost forever in order to make room for the later extensions that exists there now. A recent publication in hardback from the ‘Lets Talk’ magazine, simply entitled ‘**Schooldays**’ carries a picture of the school **as it was** on the front cover. Although the shot misses the trunk of our tree, part of the picture is taken through its bare winter branches that later would give us all both shade and shelter.

As a child I also loved the wind, and would delight in scaling one of the trees that still grows amongst the Horse Chestnuts at Riverside. I would climb this arboreal giant when-ever there was a good gale blowing and would cling to its high branches as it swayed like the mast of a tall ship with every howling gust.

Just outside the village on the far side

of the ‘Top Road’ was the **Big Wood**, aptly named as it sprawled over some 19 acres. You can still see the width of it in the pathetic, scrubby remnants that survive today, immediately opposite the lay-by at the Western End, just beyond Bryan Caters yard. Sadly this magnificent wood is long gone and only open farmland remains there today.

Of course the **Big Wood**, which was planted way back in the year 1600, was only the local name for it, it’s much grander official title was **The Great Plantation**. Colloquially it was perhaps better known by yet another name, which itself was a further corruption of its proper name, It was **The Planton**.

The 2<sup>nd</sup> world war did precious little to help the Planton along either, as at least two crippled aircraft came down amongst the trees as they tried unsuccessfully to limp back to their bases in either Methwold or Feltwell. But it was another part of the war effort, not a military one this time, that took a much heavier toll on the old place. It was the urgent need for **pit props** down the mines that actually denuded this fine bit of woodland.

Timber was cut down wholesale at that time, but the roots were never grubbed up. Consequently the wood regenerated itself, not with strong young trees, but largely as a result of the suckers that sprang up after the felling.

A much smaller planton that still remains **‘all but’** intact, is situated between the top road and the Rec. This was never on the scale of the big wood of course, but it had the distinction of offering residents the right to gather wood for the fire, I spent many hours with a couple of sacks, doing the age old chore of **Sticking**. ( *Dry sticks make good kindling* of course )

Many individual trees loomed large in our young lives, on the Rec itself was one such, an aged Oak tree, ( *some 100s of years old* ) that everyone fondly knew as **The Cats Cradle**. Sadly, I see that it is no more. However it was easy to clamber up back in my day, and often we would leap straight down again from it’s other side ( *from the central lower crutch from whence it got its name* ) into a big pile of sweet smelling grass that would have been freshly cut by the gang-mowers that

kept our cricket ground so neatly trimmed.

A small watercourse meanders from Little London to Brookville and beyond. This seeming anomaly is called **Pot Run** ( *some say Potsy Run* ) and its major peculiarity is that it flows **in two directions at once**. The little London end flows Northerly toward the Little River, passing under the road in the process. The other end of the Run flows away to the West, to pass under the Methwold Road. Of course the answer is simple really, it’s just that it’s fed by the fresh-water springs that rise up beyond **Pooley Farm**, and hence it escapes via the route most accessible to it.

The shallow Run is flanked by a broad ribbon of trees that marks it progress across the land and its clear spring waters produced copious amounts of Water Cress that was sumptuous to eat. The Run passes under the ‘Top Road’ at one point, just before the area we know as **Tom Jolley’s Hill**.

There were some lovely old trees along this stretch of the Run but something that was always visible at ground level were the anvils ( *large stones* ) that the thrushes ( *vastly more numerous then* ) would use to break open the shells of the multi-coloured snails which made up a large part of their diet.

To sit in the branches of those trees was also something special, because it was there that I learned from a very early age, that if you sit still and quiet for long enough, the wild birds would come and sit along side you and share their various songs with you. That to me was **just Magic**. Simple pleasures like these may have been free, but I wouldn’t have missed them for the world.

Incidentally, you can still see all the places where the Run crosses under the various roads, thanks to the white roadside rails that mark its existence.

Well my old bewties, there we go again, another bit of nostalgia ( *some may call it squirt* ) to see you through the coming weeks. I hope that like me, you’ll be **looking forward** to **looking back** again next time, ‘til then **Best wishes**  
**Pog**

Riverwatch

The withdrawal symptoms are quite bad. The season for river fishing ended in March and the urge to go fishing again is really strong. Last season produced no record fish but I always have high hopes. However there were lots of really enjoyable winter days mostly shared with a good friend in the confines of a rather small and often windswept boat which itself was memorable. The new season begins mid June and tradition is that these early mornings are warm and tepid. The expectation is often reality and then the wildlife, the birdsong and just the feeling of well being at 5 o’clock in the morning is quite special. Any difficulty at getting up so early is quickly forgotten and combined with several hours of prime fishing time my looking ahead now gets quite exciting. However I must be patient.

Meanwhile we have spring and all its new growth. In just a few weeks darkness and gloom has changed to colour. Daffodils, aconites and the hawthorn in blossom alongside the river provide a bright cheerfulness. A new warmth in the days is noticeable. The intervals of sun are often brief but together with the welcome rain everything is bursting forth. Today a walk along the top of a high riverbank gives a good view of the surrounding countryside. Geese and ducks grazing alongside the river panic as we approach. A few stubborn ones bar the way and then reluctantly slide into the water. Even then they protest loudly at the intrusion. Numerous foxgloves are either side of the grass path and must be remembered for the future just to see what colours they make. We look

down at the widest point of the river Wissey. The water is rough but soon the warmer weather will prompt the fish to spawn and hopefully my pike will be multiplying in large numbers. Now is an ideal time to explore the riverside and to seek out likely looking spots for future fishing. Suddenly rabbits including small baby rabbits appear and disappear which is another indicator of the beginning of a new season. We find a shallow pond alongside the main river which no doubt started life as a puddle. It looks an ideal place for frogspawn and although a solitary frog is spotted he seems rather sleepy and probably has not yet thought of mating.

With our heads down to avoid the bitter wind we see the cloven prints of deer. They are everywhere and really big so obviously refer to full grown animals. Herds of deer were certainly seen alongside this part of the river a few months ago but despite our commanding view they are missing today. The walk has taken us to a somewhat remote section of the river and with adjacent fields bordered by woodland on one side and a background of endless dead reed beds on the other it is ideal territory and camouflage for deer. It is now a challenge to see them so we will keep returning.

The afternoon ends with tired legs and although little activity has been seen it was a typical April day. Thus it is very easy to look ahead to summer but there are many reminders that winter has only just passed.

Ivor Hook

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